THE BOOK OF HOUSEHOLD MANAGEMENT;

Comprising Information for the

MISTRESS, HOUSEKEEPER, COOK, KITCHEN-MAID, BUTLER, FOOTMAN, COACHMAN, VALET, UPPER AND UNDER HOUSE-MAIDS, LADY'S-MAID, MAID-OF-ALL-WORK, LAUNDRY-MAID, NURSE AND NURSE-MAID, MONTHLY, WET, AND SICK NURSES, ETC. ETC.

ALSO, SANITARY, MEDICAL, & LEGAL MEMORANDA;

WITH A HISTORY OF THE ORIGIN, PROPERTIES, AND USES OF ALL THINGS CONNECTED WITH HOME LIFE AND COMFORT.

BY MRS. ISABELLA BEETON.

Nothing lovelier can be found
In Woman, than to study household good.—MILTON.

Published Originally By S. O. Beeton in 24 Monthly Parts 1859-1861.

First Published in a Bound Edition 1861.

PREFACE.

I must frankly own, that if I had known, beforehand, that this book would have cost me the labour which it has, I should never have been courageous enough to commence it. What moved me, in the first instance, to attempt a work like this, was the discomfort and suffering which I had seen brought upon men and women by household mismanagement. I have always thought that

家政管理全书；

包括以下信息：

女主人、管家、厨师、厨房女仆、男管家、男仆、马车夫、贴身男仆、上下等女仆、贴身女仆、杂役女仆、洗衣女仆、护士与护士助手、按月雇用的护士、奶妈与病患护士等等

另附卫生、医疗及法律备忘录；

附有关于一切与家庭生活及舒适相关之物的起源、性质与用途的历史。

伊莎贝拉·比顿夫人著。

再没有比这更可爱的东西了
研究家政之善，胜过研究女性。--弥尔顿。

最初由 S.O.Beeton 于 1859 年至 1861 年分 24 期按月出版。

初版于1861年以装订本形式出版。

前言。

我必须坦率承认，倘若我事先知道这本书会耗费我如此多的辛劳，我绝不会有足够的勇气着手撰写。最初促使我尝试这样一部著作的，是我所见到的因家务管理不善而给男男女女带来的不适与痛苦。我一直认为，

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there is no more fruitful source of family discontent than a housewife's badly-cooked dinners and untidy ways. Men are now so well served out of doors,—at their clubs, well-ordered taverns, and dining-houses, that in order to compete with the attractions of these places, a mistress must be thoroughly acquainted with the theory and practice of cookery, as well as be perfectly conversant with all the other arts of making and keeping a comfortable home.

家庭不和的最多产根源，莫过于主妇烹饪糟糕的正餐和邋遢的习惯。如今男人们在户外--在俱乐部、秩序良好的酒馆和餐馆--受到如此周到的招待，因此为了与这些地方的吸引力相竞争，女主人必须精通烹饪的理论与实践，并完全熟悉营造和维持舒适家庭的一切其他技艺。

In this book I have attempted to give, under the chapters devoted to cookery, an intelligible arrangement to every recipe, a list of the *ingredients*, a plain statement of the *mode* of preparing each dish, and a careful estimate of its *cost*, the *number of people* for whom it is *sufficient*, and the time when it is *seasonable*. For the matter of the recipes, I am indebted, in some measure, to many correspondents of the "Englishwoman's Domestic Magazine," who have obligingly placed at my disposal their formulas for many original preparations. A large private circle has also rendered me considerable service. A diligent study of the works of the best modern writers on cookery was also necessary to the faithful fulfilment of my task. Friends in England, Scotland, Ireland, France, and Germany, have also very materially aided me. I have paid great attention to those recipes which come under the head of "COLD MEAT COOKERY." But in the department belonging to the Cook I have striven, too, to make my work something more than a Cookery Book, and have, therefore, on the best authority that I could obtain, given an account of the natural history of the animals and vegetables which we use as food. I have followed the animal from his birth to his appearance on the table; have described the manner of feeding him, and of slaying him, the position of his various joints, and, after giving the recipes, have

在本书中，我试图在专论烹饪的各章之下，为每一份食谱作出明晰的安排，列出配料表，平实地说明每道菜的做法，并审慎估算其费用、可供多少人食用以及何时合于时令。至于食谱的内容，我在某种程度上得益于《英国妇女家庭杂志》的许多通信者，他们惠然将他们许多原创配方的制法供我采用。一个很大的私人圈子也给了我相当多的帮助。为忠实完成我的任务，还必须勤勉研读当代最优秀的烹饪作家的著作。英格兰、苏格兰、爱尔兰、法国和德国的友人也给了我极大的帮助。我对归在“冷肉烹饪”名下的那些食谱格外留意。但在属于厨师的那一部分中，我也力求使我的作品不止是一部烹饪书，因此，依据我所能获得的最可靠的权威资料，记述了我们用作食物的动物和蔬菜的自然史。我追述了动物从出生到出现在餐桌上的过程；描述了饲养和宰杀它的方式、它各个关节部位的位置，并且在给出食谱之后，还

described the modes of carving Meat, Poultry, and Game. Skilful artists have designed the numerous drawings which appear in this work, and which illustrate, better than any description, many important and interesting items. The coloured plates are a novelty not without value.

描述了切肉、家禽和野味的切法。技艺精湛的画师为本作品设计了众多插图，这些插图比任何文字描述都更好地阐明了诸多重要而有趣的条目。彩色图版是一种并非没有价值的新颖之处。

Besides the great portion of the book which has especial reference to the cook's department, there are chapters devoted to those of the other servants of the household, who have all, I trust, their duties clearly assigned to them.

除了本书中特别涉及厨师职责的大部分内容之外，还有专为家庭其他仆人而设的章节，我相信他们的职责都已清楚地分派给他们。

Towards the end of the work will be found valuable chapters on the "Management of Children"——"The Doctor," the latter principally referring to accidents and emergencies, some of which are certain to occur in the experience of every one of us; and the last chapter contains "Legal Memoranda," which will be serviceable in cases of doubt as to the proper course to be adopted in the relations between Landlord and Tenant, Tax-gatherer and Tax-payer, and Tradesman and Customer.

在本书接近末尾处，可以找到关于"儿童管理"--"医生"的有价值章节，后者主要涉及意外事故和紧急情况，其中一些必定会出现在我们每个人的经历中；最后一章包含"法律备忘录"，在涉及房东与租户、收税人与纳税人、商人与顾客之间关系而对应采取何种适当做法存有疑问时，将会有所帮助。

These chapters have been contributed by gentlemen fully entitled to confidence; those on medical subjects by an experienced surgeon, and the legal matter by a solicitor.

这些章节由完全值得信赖的先生们撰写；医学主题的章节由一位经验丰富的外科医生撰写，法律内容由一位律师撰写。

I wish here to acknowledge the kind letters and congratulations I have received during the progress of this work, and have only further to add, that I trust the result of the four years' incessant labour which I have expended will not be altogether unacceptable to some of my countrymen and countrywomen.

我想在此感谢在本书撰写过程中收到的亲切来信和祝贺，并只想进一步补充说，我相信我投入的四年不间断劳作所取得的成果，不会完全不被我的某些同胞所接受。

ISABELLA BEETON.

伊莎贝拉·比顿

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小牛头，煮夏洛特苹果派鳕
鱼头和肩蟹，调制

野鸭

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Eggs, poached, and spinach

Fowl, boiled with cauliflower
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Fruits, centre dish of various

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Grouse

Ham, cold glazed
Hare, roast

Jelly, two colours of

Lobsters, dressed

Mackerel, boiled
Mutton cutlets and mashed potatoes
Haunch of roast
Saddle of roast
Mutton, shoulder of roast

Oysters, scalloped

Partridge
Pheasant
Pie, raised
Pig, sucking, roast or baked
Pigeon
Plum-pudding, Christmas, in mould

Rabbit, boiled
Or fowl, curried

鸭子，两只，烤

菠菜卧鸡蛋

家禽，与花椰菜同煮
烤，配水田芥
水果，各式中央拼盘

烤鹅
松鸡

冷制上光火腿
烤野兔

果冻，双色

龙虾，烹制

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羊排和土豆泥
烤腿肉
烤鞍肉
烤羊肩肉

扇贝牡蛎

山鹑
雉鸡
馅饼，凸起式
乳猪，烤或烘鸽

圣诞李子布丁(模具版)

兔肉，水煮
或家禽，咖喱风味

Raspberry cream
Rissoles

Salmon, boiled
Snipe
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Spinach and poached eggs
Strawberries, au naturel, in
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Tongue, cold boiled
Trifle
Turbot, or brill, boiled
Turkey, roast

Veal, fricandeau of
Vol-au-vent

Whiting, dish of, fried
Woodcock

THE BOOK OF HOUSEHOLD MANAGEMENT.

CHAPTER I.

THE MISTRESS.

"Strength, and honour are her clothing; and she shall rejoice in time to come. She openeth her mouth with wisdom; and in her tongue is the law of kindness. She looketh well to the ways of her

覆盆子奶油炸饺

鲑鱼，煮鹬

鱼排，配菠菜泥和水波蛋的菜
肴，原味草莓，配

观赏花盆

牛舌、冷煮松糕

比目鱼，或菱鲆，水煮火
鸡，烤

小牛肉，弗里坎多酥
皮盒

鳕鱼，菜肴，炸鹬

家政管理全书

第一章

女主人。

“能力和威仪是她的衣服；想到日后的景况就喜笑。她开口就发智慧；她舌上有仁慈的法则。她观察家务

household; and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her."—*Proverbs*, xxxi. 25-28.

家务；并不吃闲饭。她的儿女起来称她有福；她的丈夫也称赞她。”--《箴言》第31章25至28节。

I. AS WITH THE COMMANDER OF AN ARMY, or the leader of any enterprise, so is it with the mistress of a house. Her spirit will be seen through the whole establishment; and just in proportion as she performs her duties intelligently and thoroughly, so will her domestics follow in her path. Of all those acquirements, which more particularly belong to the feminine character, there are none which take a higher rank, in our estimation, than such as enter into a knowledge of household duties; for on these are perpetually dependent the happiness, comfort, and well-being of a family. In this opinion we are borne out by the author of "The Vicar of Wakefield," who says: "The modest virgin, the prudent wife, and the careful matron, are much more serviceable in life than petticoated philosophers, blustering heroines, or virago queens. She who makes her husband and her children happy, who reclaims the one from vice and trains up the other to virtue, is a much greater character than ladies described in romances, whose whole occupation is to murder mankind with shafts from their quiver, or their eyes."

一、正如军队的统帅，或任何事业的首领一样，一家之主的女主人也是如此。她的精神将贯穿整个家宅；她越是明智而周全地履行自己的职责，她的仆人也越会效法她的榜样。在一切尤其属于女性特质的才艺之中，在我们看来，没有哪一项比通晓家政管理的各项职责享有更高的地位；因为一个家庭的幸福、舒适与安康，无时不系于此。这一看法也得到了《威克菲尔德牧师传》作者的印证，他说：“谦逊的处女、审慎的妻子、细心的主妇，在人生中远比穿裙子的哲学家、虚张声势的女英雄或悍妇女王更为有用。使丈夫与子女幸福、使一人改邪归正、使另一人养成美德的人，其品格远高于传奇小说中描写的那些贵妇--她们的全部营生，不过是用箭袋里的箭或自己的眼睛去杀害世人。”

2. PURSUING THIS PICTURE, we may add, that to be a good housewife does not necessarily imply an abandonment of proper pleasures or amusing recreation; and we think it the more necessary to express this, as the performance of the duties of a mistress may, to some minds, perhaps seem to be incompatible with the enjoyment of life. Let us, however, now proceed to describe some of those home qualities and virtues which are necessary to the proper management of a Household, and then

2. 探究这幅图景，我们还可以补充说，做一个好主妇并不必然意味着放弃正当的娱乐或有趣的消遣；我们认为更有必要表达这一点，因为在某些人看来，履行女主人的职责或许似乎与享受生活不相容。然而，现在让我们继续描述一些对于妥善管理家庭所必需的家庭品质与美德，然后

point out the plan which may be the most profitably pursued for the daily regulation of its affairs.

指出为日常料理家务而可能最有益地遵循的方案。

3. EARLY RISING IS ONE OF THE MOST ESSENTIAL QUALITIES which enter into good Household Management, as it is not only the parent of health, but of innumerable other advantages. Indeed, when a mistress is an early riser, it is almost certain that her house will be orderly and well-managed. On the contrary, if she remain in bed till a late hour, then the domestics, who, as we have before observed, invariably partake somewhat of their mistress's character, will surely become sluggards. To self-indulgence all are more or less disposed, and it is not to be expected that servants are freer from this fault than the heads of houses. The great Lord Chatham thus gave his advice in reference to this subject:—"I would have inscribed on the curtains of your bed, and the walls of your chamber, 'If you do not rise early, you can make progress in nothing.'"

3. 早起是良好家政管理所包含的最重要品质之一，因为它不仅是健康之母，还带来无数其他好处。的确，当女主人早起时，几乎可以肯定她的家会井然有序、管理得当。相反，如果她一直睡到很晚，那么仆人--正如我们先前所说，他们总会多少沾染女主人的性格--必定也会变得懒惰。人人都或多或少倾向于自我放纵，不能指望仆人比一家之主更能免于这一毛病。伟大的查塔姆勋爵就此提出过他的忠告："我愿在你的床帷和卧室的墙上写下：'你若不起早，便一事无成。'"

4. CLEANLINESS IS ALSO INDISPENSABLE TO HEALTH, and must be studied both in regard to the person and the house, and all that it contains. Cold or tepid baths should be employed every morning, unless, on account of illness or other circumstances, they should be deemed objectionable. The bathing of *children* will be treated of under the head of "MANAGEMENT OF CHILDREN."

4. 清洁对健康同样不可或缺，必须在个人、房屋及其所含一切方面加以讲究。除非因病或其他情况而不宜，否则每天早晨都应进行冷水浴或温水浴。儿童的沐浴将在"儿童管理"一节中论述。

5. FRUGALITY AND ECONOMY ARE HOME VIRTUES, without which no household can prosper. Dr. Johnson says: "Frugality may be termed the daughter of Prudence, the sister of Temperance, and the parent of Liberty. He that is extravagant will quickly become poor, and poverty will enforce dependence and invite corruption." The necessity of practising economy should be

5. 节俭与 economy 是家庭美德，没有它们，任何家庭都无法兴旺。约翰逊博士说："节俭可称为谨慎之女、节制之妹、自由之母。挥霍者将迅速变穷，而贫穷会招致依赖并诱发堕落。"实行 economy 的必要性应当

evident to every one, whether in the possession of an income no more than sufficient for a family's requirements, or of a large fortune, which puts financial adversity out of the question. We must always remember that it is a great merit in housekeeping to manage a little well. "He is a good waggoner," says Bishop Hall, "that can turn in a little room. To live well in abundance is the praise of the estate, not of the person. I will study more how to give a good account of my little, than how to make it more." In this there is true wisdom, and it may be added, that those who can manage a little well, are most likely to succeed in their management of larger matters. Economy and frugality must never, however, be allowed to degenerate into parsimony and meanness.

这一点对每个人来说都是显而易见的，无论其收入仅够维持家庭所需，还是拥有足以使经济困境无从谈起的巨额财富。我们必须始终牢记，持家的一大优点在于善于经营微薄之资。霍尔主教说："能在狭小空间里掉转车头的，才是好车夫。在富足中过得好，是产业的荣耀，而非个人的荣耀。我要更多研究如何为我的微薄之资交出一份好账，而非如何使它增多。"这其中蕴含着真正的智慧，而且可以说，那些能善于经营微薄之资的人，最有可能在经营更大事务上取得成功。然而，节俭与俭省绝不可沦为吝啬与卑劣。

6. THE CHOICE OF ACQUAINTANCES is very important to the happiness of a mistress and her family. A gossiping acquaintance, who indulges in the scandal and ridicule of her neighbours, should be avoided as a pestilence. It is likewise all-necessary to beware, as Thomson sings,

6. 择友对于女主人及其家庭的幸福至关重要。爱说闲话、沉溺于议论和嘲笑邻里的熟人，应当像瘟疫一样避而远之。同样完全必要的是提防，正如汤姆逊所吟唱的，

"The whisper'd tale,
That, like the fabling Nile, no fountain knows;—
Fair-laced Deceit, whose wily, conscious aye
Ne'er looks direct; the tongue that licks the dust
But, when it safely dares, as prompt to sting."

那低语相传的故事，
那如寓言中尼罗河一般，不知源头何在的--巧言令色的
欺诈，其狡黠而自知的目光从不直视；那舔舐尘土的舌
头，一旦安全无虞，便随时准备蜇人。"

If the duties of a family do not sufficiently occupy the time of a mistress, society should be formed of such a kind as will tend to the mutual interchange of general and interesting information.

如果家务不足以充分占用女主人的时间，就应当结交那种有助于相互交流普遍而有趣的信息的社交圈子。

7. FRIENDSHIPS SHOULD NOT BE HASTILY FORMED, nor the heart given, at once, to every new-comer. There are ladies who uniformly smile at, and approve everything and everybody, and

7. 友谊不应仓促缔结，也不应一见新来者便倾心相许。有些女士对一切人和事都一律微笑赞许，而且

who possess neither the courage to reprehend vice, nor the generous warmth to defend virtue. The friendship of such persons is without attachment, and their love without affection or even preference. They imagine that every one who has any penetration is ill-natured, and look coldly on a discriminating judgment. It should be remembered, however, that this discernment does not always proceed from an uncharitable temper, but that those who possess a long experience and thorough knowledge of the world, scrutinize the conduct and dispositions of people before they trust themselves to the first fair appearances. Addison, who was not deficient in a knowledge of mankind, observes that "a friendship, which makes the least noise, is very often the most useful; for which reason, I should prefer a prudent friend to a zealous one." And Joanna Baillie tells us that

"Friendship is no plant of hasty growth,
Though planted in esteem's deep-fixed soil,
The gradual culture of kind intercourse
Must bring it to perfection."

8. HOSPITALITY IS A MOST EXCELLENT VIRTUE; but care must be taken that the love of company, for its own sake, does not become a prevailing passion; for then the habit is no longer hospitality, but dissipation. Reality and truthfulness in this, as in all other duties of life, are the points to be studied; for, as Washington Irving well says, "There is an emanation from the heart in genuine hospitality, which cannot be described, but is immediately felt, and puts the stranger at once at his ease." With respect to the continuance of friendships, however, it may be found necessary, in some cases, for a mistress to relinquish, on assuming the responsibility of a household, many of those

他们既没有谴责恶行的勇气，也没有捍卫美德的慷慨热忱。这类人的友谊没有依恋，他们的爱没有深情，甚至没有偏好。他们以为凡是有些洞察力的人都是心术不正的，对明辨的判断冷眼相待。然而应当记住，这种辨别力并不总是出于不宽容的性情，而是那些拥有长期经验和透彻世故知识的人，在轻信最初的美好表象之前，会仔细审视人们的品行与性情。艾迪生并不缺乏对人性的了解，他评论说："最不张扬的友谊，往往最有用；因此，我宁愿选择一位谨慎的朋友，而非一位热心的朋友。"乔安娜·贝利则告诉我们：

"友谊并非骤长的植物，虽植根于敬重之深厚土
壤，亲切交往的逐渐培育必使其臻于完美。"

8. 好客是一种极其卓越的美德；但必须注意，不可让为交际而交际的爱好成为主导的激情；因为那样一来，这种习惯便不再是好客，而是放荡。在这方面，如同在生活的所有其他义务中一样，真实与真诚才是应当着力追求之处；因为正如华盛顿·欧文所言："在真正的好客中，有一种发自内心的流露，无法描述，却能即刻感受到，使陌生人顿时感到自在。"然而，就友谊的延续而言，在某些情况下，女主人可能会发现，在承担起管理家务的责任后，有必要放弃许多

commenced in the earlier part of her life. This will be the more requisite, if the number still retained be quite equal to her means and opportunities.

9. IN CONVERSATION, TRIFLING OCCURRENCES, such as small disappointments, petty annoyances, and other every-day incidents, should never be mentioned to your friends. The extreme injudiciousness of repeating these will be at once apparent, when we reflect on the unsatisfactory discussions which they too frequently occasion, and on the load of advice which they are the cause of being tendered, and which is, too often, of a kind neither to be useful nor agreeable. Greater events, whether of joy or sorrow, should be communicated to friends; and, on such occasions, their sympathy gratifies and comforts. If the mistress be a wife, never let an account of her husband's failings pass her lips; and in cultivating the power of conversation, she should keep the versified advice of Cowper continually in her memory, that it

"Should flow like water after summer showers,
Not as if raised by mere mechanic powers."

In reference to its style, Dr. Johnson, who was himself greatly distinguished for his colloquial abilities, says that "no style is more extensively acceptable than the narrative, because this does not carry an air of superiority over the rest of the company; and, therefore, is most likely to please them. For this purpose we should store our memory with short anecdotes and entertaining pieces of history. Almost every one listens with eagerness to extemporary history. Vanity often co-operates with curiosity; for he that is a hearer in one place wishes to qualify himself to be a principal speaker in some inferior company; and therefore more

始于她早年生活。如果所保留的友人数目仍与她的财力和机会相当，这就更为必要。

9. 在交谈中，琐碎的事情，诸如小小的失望、细微的烦恼以及其他日常琐事，绝不应向朋友提及。当我们反思这些事情过于频繁地引起的不愉快的讨论，以及它们所导致的纷至沓来的建议--而这些建议往往既无益也不令人愉快--时，重复这些琐事的极端不明智便一目了然。更大的事件，无论是喜是忧，都应告知朋友；在这样的场合，他们的同情令人满足和安慰。如果女主人是妻子，绝不要让关于丈夫缺点的叙述从她唇间溜出；在培养交谈能力时，她应始终将柯珀那韵文写成的忠告铭记于心，即它

“应如夏日阵雨后的流水般流淌，而非似仅凭机械之力
所激起。”

关于其风格，约翰逊博士本人以谈话才能极为出众而著称，他说：“没有哪种风格比叙述体更广泛地为人接受，因为这种风格不带有凌驾于在座其他人之上的神气；因此最有可能取悦他们。为此，我们应当用简短的轶事和有趣的历史片段充实记忆。几乎每个人都热切地倾听即兴讲述的历史。虚荣心常常与好奇心相配合；因为在一个场合做听众的人，希望使自己有资格在某个较低层次的圈子里成为主要发言者；因此更多的

attention is given to narrations than anything else in conversation. It is true, indeed, that sallies of wit and quick replies are very pleasing in conversation; but they frequently tend to raise envy in some of the company: but the narrative way neither raises this, nor any other evil passion, but keeps all the company nearly upon an equality, and, if judiciously managed, will at once entertain and improve them all."

在交谈中，人们对叙述的关注胜过其他一切。诚然，机智的妙语和敏捷的对答在交谈中非常令人愉悦；但它们往往会在座中某些人心中激起嫉妒：而叙述的方式既不激起这种情绪，也不激起任何其他不良情感，反而使所有在座者几乎处于平等地位，若处理得当，还能同时娱乐并提升所有人。”

10. GOOD TEMPER SHOULD BE CULTIVATED by every mistress, as upon it the welfare of the household may be said to turn; indeed, its influence can hardly be over-estimated, as it has the effect of moulding the characters of those around her, and of acting most beneficially on the happiness of the domestic circle. Every head of a household should strive to be cheerful, and should never fail to show a deep interest in all that appertains to the well-being of those who claim the protection of her roof. Gentleness, not partial and temporary, but universal and regular, should pervade her conduct; for where such a spirit is habitually manifested, it not only delights her children, but makes her domestics attentive and respectful; her visitors are also pleased by it, and their happiness is increased.

10. 每一位女主人均应培养好脾气，可以说，家中的福祉皆有赖于此；的确，其影响几乎无法高估，因为它能塑造身边人的性格，并对家庭圈子的幸福产生最有益的作用。每一位一家之主都应努力做到性情开朗，并且绝不应疏于对凡关乎受其庇护者福祉之事表现出深切关心。温柔，不是偏狭而短暂的，而是普遍而恒常的，应贯穿于她的举止之中；因为当这种精神习惯性地表现出来时，不仅令她的孩子们愉悦，也使她的仆人们殷勤恭敬；她的访客也会为此感到愉快，他们的幸福也随之增加。

11. ON THE IMPORTANT SUBJECT OF DRESS AND FASHION we cannot do better than quote an opinion from the eighth volume of the "Englishwoman's Domestic Magazine." The writer there says, "Let people write, talk, lecture, satirize, as they may, it cannot be denied that, whatever is the prevailing mode in attire, let it intrinsically be ever so absurd, it will never *look* as ridiculous as another, or as any other, which, however convenient, comfortable, or even becoming, is totally opposite in style to that generally worn."

11. 关于衣着与时尚这一重要主题，我们最好引用《英国妇女家庭杂志》第八卷中的一种意见。该刊作者写道：“任人们去写作、谈论、说教、讽刺，不可否认的是，无论 prevailing 的衣着风尚是什么，无论其本身多么荒谬，它也绝不会显得像另一种风尚，或任何其他风尚那样可笑--后者无论多么便利、舒适，甚至合宜，只要其风格与普遍穿着的风格完全相反。”

12. IN PURCHASING ARTICLES OF WEARING APPAREL, whether it be a silk dress, a bonnet, shawl, or riband, it is well for the buyer to consider three things: I. That it be not too expensive for her purse. II. That its colour harmonize with her complexion, and its size and pattern with her figure. III. That its tint allow of its being worn with the other garments she possesses. The quaint Fuller observes, that the good wife is none of our dainty dames, who love to appear in a variety of suits every day new, as if a gown, like a stratagem in war, were to be used but once. But our good wife sets up a sail according to the keel of her husband's estate; and, if of high parentage, she doth not so remember what she was by birth, that she forgets what she is by match.

12. 在购买衣着用品时，无论是绸裙、软帽、披肩还是缎带，买主最好考虑三件事：一、其价格不应超出她的财力。二、其颜色应与她的肤色相协调，其大小和花样应与她的身材相称。三、其色调应允许她与已有的其他衣物搭配穿着。古雅的富勒评论说，好妻子绝不是我们那些娇贵的太太，她们喜欢每天换一套新衣出现，仿佛一件长袍，如同战争中的计谋，只可使用一次。但我们的好妻子是根据丈夫家产的龙骨来张帆的；而且，如果她出身高贵，她不会如此记得自己出身如何，以至于忘记自己因婚配而成为何等身份。

To *Brunettes*, or those ladies having dark complexions, silks of a grave hue are adapted. For *Blondes*, or those having fair complexions, lighter colours are preferable, as the richer, deeper hues are too overpowering for the latter. The colours which go best together are green with violet; gold-colour with dark crimson or lilac; pale blue with scarlet; pink with black or white; and gray with scarlet or pink. A cold colour generally requires a warm tint to give life to it. Gray and pale blue, for instance, do not combine well, both being cold colours.

对于深肤色女子，即肤色较深的女士，适合穿色调庄重的丝绸。对于金发女子，即肤色白皙的女士，较浅的颜色更为可取，因为更浓郁、更深的色调对后者来说过于压倒。最相配的颜色是绿色配紫色；金色配深绯红或淡紫；浅蓝配猩红；粉色配黑色或白色；灰色配猩红或粉色。冷色通常需要暖色调来赋予其生气。例如，灰色和浅蓝色就不太搭配得好，因为两者都是冷色。

13. THE DRESS OF THE MISTRESS should always be adapted to her circumstances, and be varied with different occasions. Thus, at breakfast she should be attired in a very neat and simple manner, wearing no ornaments. If this dress should decidedly pertain only to the breakfast-hour, and be specially suited for such domestic occupations as usually follow that meal, then it would be well to exchange it before the time for receiving visitors, if the mistress be in the habit of doing so. It is still to be remembered, however,

13. 女主人的衣着应始终与她的境况相适应，并随不同场合而变化。因此，在早餐时，她应穿着非常整洁朴素的衣服，不佩戴饰物。如果这套衣服确实只适用于早餐时间，并且特别适合早餐后通常进行的家务活动，那么，如果女主人有接待访客的习惯，最好在接待访客的时间之前换掉它。然而，仍须记住，

that, in changing the dress, jewellery and ornaments are not to be worn until the full dress for dinner is assumed. Further information and hints on the subject of the toilet will appear under the department of the "LADY'S-MAID."

在更换衣着时，珠宝和饰物须待换上赴正餐的全套礼服后方可佩戴。关于梳妆事宜的进一步信息和建议，将见于“贴身女仆”部分。

The advice of Polonius to his son Laertes, in Shakspeare's tragedy of "Hamlet," is most excellent; and although given to one of the male sex, will equally apply to a "fayre ladye:"—

莎士比亚悲剧《哈姆雷特》中波洛涅斯对其子雷欧提斯的忠告极为精妙；虽是对男性所言，却同样适用于“一位淑女”--

"Costly thy habit as thy purse can buy,
But not express'd in fancy; rich, not gaudy;
For the apparel oft proclaims the man."

“衣着华贵当量力而行，但不可花哨；富丽而不俗艳；因为衣着往往彰显其人。”

14. CHARITY AND BENEVOLENCE ARE DUTIES which a mistress owes to herself as well as to her fellow-creatures; and there is scarcely any income so small, but something may be spared from it, even if it be but "the widow's mite." It is to be always remembered, however, that it is the *spirit* of charity which imparts to the gift a value far beyond its actual amount, and is by far its better part.

14. 慈善与仁爱是女主人对自己、也对同胞所负的义务；几乎没有哪份收入微薄到无法从中省出一些，哪怕只是“寡妇的 mites”。然而须始终牢记，赋予礼物以远超其实际价值之价值的，是慈善的精神，这才是其更好的部分。

True Charity, a plant divinely nursed,
Fed by the love from which it rose at first,
Thrives against hope, and, in the rudest scene,
Storms but enliven its unfading green;
Exub'rant is the shadow it supplies,
Its fruit on earth, its growth above the skies.

真正的慈善，乃神意培育之植物，由最初使其萌发之爱所滋养，逆希望而繁茂，在最粗陋的境地里，风暴只会使其不凋的翠绿更加鲜活；它所提供的荫蔽丰盈，

它的果实在大地上，它的生长高过诸天。

Visiting the houses of the poor is the only practical way really to understand the actual state of each family; and although there may be difficulties in following out this plan in the metropolis and other large cities, yet in country towns and rural districts these

走访穷人之家是真正了解每个家庭实际状况的唯一切实途径；尽管在首都和其他大城市推行此计划可能有困难，但在乡村市镇和农村地区，这些

objections do not obtain. Great advantages may result from visits paid to the poor; for there being, unfortunately, much ignorance, generally, amongst them with respect to all household knowledge, there will be opportunities for advising and instructing them, in a pleasant and unobtrusive manner, in cleanliness, industry, cookery, and good management.

反对意见并不成立。走访穷人可带来极大益处；因为不幸的是，他们普遍对一切家务知识极为无知，这就有了机会以愉快而不唐突的方式，在清洁、勤劳、烹饪和良好管理方面给予他们建议和指导。

15. IN MARKETING, THAT THE BEST ARTICLES ARE THE CHEAPEST, may be laid down as a rule; and it is desirable, unless an experienced and confidential housekeeper be kept, that the mistress should herself purchase all provisions and stores needed for the house. If the mistress be a young wife, and not accustomed to order "things for the house," a little practice and experience will soon teach her who are the best tradespeople to deal with, and what are the best provisions to buy. Under each particular head of FISH, MEAT, POULTRY, GAME, &c., will be described the proper means of ascertaining the quality of these comestibles.

15. 在购物中，最好的商品最便宜，这可以作为一条规则；除非雇有一位经验丰富且可靠的管家，否则女主人最好亲自购买家中所需的一切食品和储备。如果女主人是年轻妻子，不习惯为家里订购“东西”，一点实践和经验很快就会教会她与哪些商人打交道最好，以及买什么食品最好。在鱼、肉、家禽、野味等各个具体条目下，将描述确定这些食物品质的适当方法。

16. A HOUSEKEEPING ACCOUNT-BOOK should invariably be kept, and kept punctually and precisely. The plan for keeping household accounts, which we should recommend, would be to make an entry, that is, write down into a daily diary every amount paid on that particular day, be it ever so small; then, at the end of the month, let these various payments be ranged under their specific heads of Butcher, Baker, &c.; and thus will be seen the proportions paid to each tradesman, and any one month's expenses may be contrasted with another. The housekeeping accounts should be balanced not less than once a month; so that you may see that the money you have in hand tallies with your account of it in your diary. Judge Haliburton never wrote truer words than when he said, "No man is rich whose expenditure

16. 持家账本应始终保存，并且要准时、精确地保存。我们建议的持家记账方法，是作一笔记录，也就是在每日日记中写下当天支付的每一笔款项，无论多么小；然后，在月底，把这些各种付款按屠夫、面包师等具体项目归类；这样就能看出付给每个商人的比例，也可以把一个月的开支与另一个月对照。持家账目应至少每月结平一次；这样你就能看出手头的钱与日记中的账目相符。哈利伯顿法官从未写过比这更真实的话：“没有人是富有的，如果他的支出

exceeds his means, and no one is poor whose incomings exceed his outgoings."

入不敷出者即为穷，入大于出者无人穷。

When, in a large establishment, a housekeeper is kept, it will be advisable for the mistress to examine her accounts regularly. Then any increase of expenditure which may be apparent, can easily be explained, and the housekeeper will have the satisfaction of knowing whether her efforts to manage her department well and economically, have been successful.

在大户人家中设有管家时，女主人宜定期核查其账目。这样，任何可能出现的开支增加都容易得到解释，而管家也能欣慰地知道自己是否成功地以良好而经济的方式管理了其部门。

17. ENGAGING DOMESTICS is one of those duties in which the judgment of the mistress must be keenly exercised. There are some respectable registry-offices, where good servants may sometimes be hired; but the plan rather to be recommended is, for the mistress to make inquiry amongst her circle of friends and acquaintances, and her tradespeople. The latter generally know those in their neighbourhood, who are wanting situations, and will communicate with them, when a personal interview with some of them will enable the mistress to form some idea of the characters of the applicants, and to suit herself accordingly.

17. 雇用仆人是女主人必须敏锐运用判断力的职责之一。有一些体面的登记处，有时可以在那里雇到好仆人；但更值得推荐的办法是，女主人向自己的朋友、熟人和商人打听。后者通常认识附近那些需要职位的人，并会与他们联系；届时亲自面见其中一些人，可使女主人对申请者的品性形成一些看法，并据此作出适合自己的选择。

We would here point out an error—and a grave one it is—into which some mistresses fall. They do not, when engaging a servant, expressly tell her all the duties which she will be expected to perform. This is an act of omission severely to be reprehended. Every portion of work which the maid will have to do, should be plainly stated by the mistress, and understood by the servant. If this plan is not carefully adhered to, domestic contention is almost certain to ensue, and this may not be easily settled; so that a change of servants, which is so much to be deprecated, is continually occurring.

我们在此指出一些女主人会犯的一个错误--而且是一个严重错误。她们在雇用仆人时，没有明确告诉她将要求她履行的全部职责。这是一种应受严厉责备的疏忽。女仆必须做的每一部分工作，都应由女主人清楚说明，并由仆人理解。如果不认真坚持这一办法，家庭争执几乎必然随之而来，而且这可能不容易解决；于是，本应极力避免的更换仆人便会不断发生。

18. IN OBTAINING A SERVANT'S CHARACTER, it is not well to be guided by a written one from some unknown quarter; but it is better to have an interview, if at all possible, with the former mistress. By this means you will be assisted in your decision of the suitableness of the servant for your place, from the appearance of the lady and the state of her house. Negligence and want of cleanliness in her and her household generally, will naturally lead you to the conclusion, that her servant has suffered from the influence of the bad example.

18. 在获取仆人品性证明时，不宜受来自某个不知名方面的书面证明所左右；如果可能，最好与前女主人面谈。这样，从这位女士的外表和她的家务状况，你就能在判断该仆人是否适合你的职位时得到帮助。她本人及其家庭普遍存在的疏忽和缺乏清洁，自然会让你得出结论：她的仆人受到了坏榜样的影响。

The proper course to pursue in order to obtain a personal interview with the lady is this:—The servant in search of the situation must be desired to see her former mistress, and ask her to be kind enough to appoint a time, convenient to herself, when you may call on her; this proper observance of courtesy being necessary to prevent any unseasonable intrusion on the part of a stranger. Your first questions should be relative to the honesty and general morality of her former servant; and if no objection is stated in that respect, her other qualifications are then to be ascertained. Inquiries should be very minute, so that you may avoid disappointment and trouble, by knowing the weak points of your domestic.

为了获得与这位女士面谈的机会，应当采取的正确做法如下：必须让寻找职位的仆人去见她的前女主人，请她好心指定一个她自己方便的时间，以便你前去拜访；这种恰当的礼节性表示是必要的，可以防止陌生人作出不合时宜的打扰。你首先应当询问的问题，应涉及她前仆人是否诚实以及一般品行如何；如果在这方面没有提出异议，然后再了解她的其他资质。询问应当非常细致，这样你就能了解你家仆人的弱点，从而避免失望和麻烦。

19. THE TREATMENT OF SERVANTS is of the highest possible moment, as well to the mistress as to the domestics themselves. On the head of the house the latter will naturally fix their attention; and if they perceive that the mistress's conduct is regulated by high and correct principles, they will not fail to respect her. If, also, a benevolent desire is shown to promote their comfort, at the same time that a steady performance of their duty is exacted, then their respect will not be unmingled with affection,

19. 对待仆人的方式，无论对女主人还是对仆人自身而言，都极为重要。仆人自然会注意一家之主；如果他们看出女主人的行为受高尚而正确的原则支配，就一定会尊敬她。同样，如果女主人表现出仁慈的意愿，设法增进他们的舒适，同时又坚决要求他们忠实履行职责，那么他们的尊敬就不会不掺杂着感情，

and they will be still more solicitous to continue to deserve her favour.

20. IN GIVING A CHARACTER, it is scarcely necessary to say that the mistress should be guided by a sense of strict justice. It is not fair for one lady to recommend to another, a servant she would not keep herself. The benefit, too, to the servant herself is of small advantage; for the failings which she possesses will increase if suffered to be indulged with impunity. It is hardly necessary to remark, on the other hand, that no angry feelings on the part of a mistress towards her late servant, should ever be allowed, in the slightest degree, to influence her, so far as to induce her to disparage her maid's character.

21. THE FOLLOWING TABLE OF THE AVERAGE YEARLY WAGES paid to domestics, with the various members of the household placed in the order in which they are usually ranked, will serve as a guide to regulate the expenditure of an establishment:—

	When not found in Livery.	When found in Livery.
The House Steward	From £10 to £80	—
The Valet	" 25 to 50	From £20 to £30
The Butler	" 25 to 50	—
The Cook	" 20 to 40	—
The Gardener	" 20 to 40	—
The Footman	" 20 to 40	" 15 to 25
The Under Butler	" 15 to 30	" 15 to 25
The Coachman	—	" 20 to 35
The Groom	" 15 to 30	" 12 to 20
The Under Footman	—	" 12 to 20

而她们会更加殷勤，以求继续配得上她的青睐。

20. 在出具品行证明时，几乎不必说，女主人应当受严格公正意识的指引。一位女士把她自己都不愿留用的仆人推荐给另一位女士，这是不公平的。而且，这对仆人本人也好处甚微；因为她的缺点如果受到纵容而不受惩罚，就会增多。另一方面，几乎不必说，女主人对已离职仆人的任何愤怒情绪，都绝不应在丝毫程度上影响她，以致促使她贬低女仆的品行。

21. 下表列出支付给仆役的平均年薪，家中各成员按通常的等级顺序排列，可作为规范家庭开支的指南：--

	未发现时制服。	发现时制服。
膳食总管	10英镑至80英镑	-
贴身男仆	25至50	20英镑至30英镑
男管家	25至50	-
厨师	20至40	-
园丁	20至40	-
男仆	20至40	15至25
副男管家	15至30	15至25
马车夫	-	20至35
马夫	15至30	12至20
副男仆	-	12至20

The Page or Footboy " 8 to 18 " 6 to 14
The Stableboy " 6 to 12 —

When no extra When an extra
allowance is made for allowance is made for
Tea, Sugar, and Beer. Tea, Sugar, and Beer.

The Housekeeper From £20 to £15 From £18 to £40
The Lady's-maid " 12 to 25 " 10 to 20
The Head Nurse " 15 to 30 " 13 to 26
The Cook " 11 to 30 " 12 to 26
The Upper Housemaid " 12 to 20 " 10 to 17
The Upper Laundry-maid " 12 to 18 " 10 to 15
The Maid-of-all-work " 9 to 14 " 7-1/2 to 11
The Under Housemaid " 8 to 12 " 6-1/2 to 10
The Still-room Maid " 9 to 14 " 8 to 13
The Nursemaid " 8 to 12 " 5 to 10
The Under Laundry-maid " 9 to 11 " 8 to 12
The Kitchen-maid " 9 to 14 " 8 to 12
The Scullery-maid " 5 to 9 " 4 to 8

These quotations of wages are those usually given in or near the metropolis; but, of course, there are many circumstances connected with locality, and also having reference to the long service on the one hand, or the inexperience on the other, of domestics, which may render the wages still higher or lower than those named above. All the domestics mentioned in the above table would enter into the establishment of a wealthy nobleman. The number of servants, of course, would become smaller in proportion to the lesser size of the establishment; and we may here enumerate a scale of servants suited to various incomes,

男仆或脚童“8至18”“6至14”马夫“6至12” -

不另给另给茶叶、糖和啤酒补贴时。茶叶、糖和啤酒补贴时。

管家 20英镑至15英镑 18英镑至40英镑贴身女仆 12至25 10至20 首席保姆 15至30 13至26 厨师 11至30 12至26

上等女仆 12至20 10至17 上等洗衣女仆 12至18 10至15 杂役女仆 9至14 7-1/2至11 下等女仆 8至12 6-1/2至10 蒸馏室女仆 9至14 8至13 育婴女仆 8至12 5至10

下等洗衣女仆 9至11 8至12 厨房女仆 9至14 8至12
洗刷女仆 5至9 4至8

这些工钱报价是大都市内或附近通常给出的；当然，还有许多与地点有关的情况，也涉及仆人一方面长期服务、另一方面缺乏经验的情况，这些都可能使工钱高于或低于上述所列。上表提到的所有仆人都可进入一位富有的贵族的家宅。当然，仆人的数量会随着家宅规模较小而按比例减少；我们在此可以列举一个适合各种收入的仆人配置等级，

commencing with—

About £1,000 a year—A cook, upper housemaid, nursemaid, under housemaid, and a man servant.

About £750 a year—A cook, housemaid, nursemaid, and footboy.

About £500 a year—A cook, housemaid, and nursemaid.

About £300 a year—A maid-of-all-work and nursemaid.

About £200 or £150 a year—A maid-of-all-work (and girl occasionally).

22. HAVING THUS INDICATED some of the more general duties of the mistress, relative to the moral government of her household, we will now give a few specific instructions on matters having a more practical relation to the position which she is supposed to occupy in the eye of the world. To do this the more clearly, we will begin with her earliest duties, and take her completely through the occupations of a day.

23. HAVING RISEN EARLY, as we have already advised (*see* 3), and having given due attention to the bath, and made a careful toilet, it will be well at once to see that the children have received their proper ablutions, and are in every way clean and comfortable. The first meal of the day, breakfast, will then be served, at which all the family should be punctually present, unless illness, or other circumstances, prevent.

24. AFTER BREAKFAST IS OVER, it will be well for the mistress to make a round of the kitchen and other offices, to see that all are in order, and that the morning's work has been properly

以--开始

每年约1,000英镑--厨师、高级女佣、保姆、下级女仆，以及一名男仆。

每年约750英镑--一名厨师、一名女佣、一名保姆和一名男仆。

约500英镑一年--厨师、女仆和育婴女仆。约300英镑一年--杂役女仆和育婴女仆。

每年约200英镑或150英镑--一名杂役女仆(偶尔还有一名女童工)。

22. 既已指出女主人关于其家庭道德管理的一些较为一般的职责，我们现在就一些与她据信在世人眼中所占地位有更实际关系的事项，给出若干具体指示。为更清楚地做到这一点，我们将从她最早的职责开始，带她完整地经历一天的各项事务。

23. 既已早起，如我们已建议的那样(见第3节)，并适当注意沐浴、仔细梳妆，则宜立即查看孩子们是否已得到适当的洗浴，各方面是否干净舒适。然后便进当天的第一餐--早餐，全家人都应准时出席，除非因病或其他情况不能前来。

24. 早餐结束后，女主人宜巡视一遍厨房和其他各室，查看一切是否井然有序，早晨的工作是否已由各仆役妥善

performed by the various domestics. The orders for the day should then be given, and any questions which the domestics desire to ask, respecting their several departments, should be answered, and any special articles they may require, handed to them from the store-closet.

完成。然后应下达当天的吩咐，仆役们就各自部门想提出的任何问题都应予以答复，他们可能需要的任何特殊物品都应从储藏室交予他们。

In those establishments where there is a housekeeper, it will not be so necessary for the mistress, personally, to perform the above-named duties.

在设有管家的家庭中，女主人本人就不必那么亲自履行上述职责了。

25. AFTER THIS GENERAL SUPERINTENDENCE of her servants, the mistress, if a mother of a young family, may devote herself to the instruction of some of its younger members, or to the examination of the state of their wardrobe, leaving the later portion of the morning for reading, or for some amusing recreation. "Recreation," says Bishop Hall, "is intended to the mind as whetting is to the scythe, to sharpen the edge of it, which would otherwise grow dull and blunt. He, therefore, that spends his whole time in recreation is ever whetting, never mowing; his grass may grow and his steed starve; as, contrarily, he that always toils and never recreates, is ever mowing, never whetting, labouring much to little purpose. As good no scythe as no edge. Then only doth the work go forward, when the scythe is so seasonably and moderately whetted that it may cut, and so cut, that it may have the help of sharpening."

25. 在对仆人进行这番总体监督之后，女主人如果是一个年幼家庭的母亲，就可以致力于教育其中一些较年幼的成员，或检查他们的衣橱状况，把上午较晚的时间留作阅读或某些有趣的消遣。霍尔主教说：“消遣”之于心灵，正如磨刀之于镰刀，是为了磨快刀刃，否则刀刃就会变得迟钝。因此，把全部时间都花在消遣上的人，总是在磨刀，从不在割草；他的草可能生长，他的马却可能挨饿；相反，总是劳作而从不清闲的人，总是在割草，从不磨刀，辛劳很多而收效甚微。没有刀刃的镰刀和没有镰刀一样无用。只有当镰刀被适时而适度地磨快，使其能够割草，并且割得动，从而得到磨刀之助时，工作才会向前推进。

Unless the means of the mistress be very circumscribed, and she be obliged to devote a great deal of her time to the making of her children's clothes, and other economical pursuits, it is right that she should give some time to the pleasures of literature, the innocent delights of the garden, and to the improvement of any

除非女主人的财力极为有限，不得不将大量时间用于为子女缝制衣服及其他节俭事务，否则她理应拨出一些时间享受文学之乐、花园的无害愉悦，以及提升任何

special abilities for music, painting, and other elegant arts, which she may, happily, possess.

在音乐、绘画及其他高雅艺术方面的特殊才能，她或许有幸具备。

26. THESE DUTIES AND PLEASURES BEING PERFORMED AND ENJOYED, the hour of luncheon will have arrived. This is a very necessary meal between an early breakfast and a late dinner, as a healthy person, with good exercise, should have a fresh supply of food once in four hours. It should be a light meal; but its solidity must, of course, be, in some degree, proportionate to the time it is intended to enable you to wait for your dinner, and the amount of exercise you take in the mean time. At this time, also, the servants' dinner will be served.

26. 这些职责和乐趣完成并享受之后，午餐的时间就到了。在早早餐和晚正餐之间，这是一顿非常必要的饭食，因为一个健康的人，加上适当的运动，每四小时就应该补充一次新鲜食物。这应该是一顿便餐；但它的丰盛程度当然必须在某种程度上与它 intended 让你等待正餐的时间以及在此期间你所做的运动量成比例。此时，仆人的正餐也将供应。

In those establishments where an early dinner is served, that will, of course, take the place of the luncheon. In many houses, where a nursery dinner is provided for the children and about one o'clock, the mistress and the elder portion of the family make their luncheon at the same time from the same joint, or whatever may be provided. A mistress will arrange, according to circumstances, the serving of the meal; but the more usual plan is for the lady of the house to have the joint brought to her table, and afterwards carried to the nursery.

在那些供应早正餐的家庭中，这当然会取代午餐。在许多家庭中，大约一点钟为孩子们提供育婴室正餐，女主人和家庭中年长的成员同时从同一块肉或所供应的任何食物中享用他们的午餐。女主人会根据情况安排这顿饭的供应；但更常见的安排是让女主人把肉端到她的餐桌上，然后再送到育婴室。

27. AFTER LUNCHEON, MORNING CALLS AND VISITS may be made and received. These may be divided under three heads: those of ceremony, friendship, and congratulation or condolence. Visits of ceremony, or courtesy, which occasionally merge into those of friendship, are to be paid under various circumstances. Thus, they are uniformly required after dining at a friend's house, or after a ball, picnic, or any other party. These visits should be short, a stay of from fifteen to twenty minutes being quite

27. 午餐之后，可以进行和接受上午的拜访和访问。这些可以分为三类：礼节性的、友谊性的，以及祝贺或慰问性的。礼节性或礼貌性的拜访，有时会融入友谊性的拜访，需要在各种情况下进行。因此，在朋友家赴宴后，或在舞会、野餐或任何其他聚会后，通常都需要进行这类拜访。这些拜访应该简短，停留十五到二十分钟就足够了

sufficient. A lady paying a visit may remove her boa or neckerchief; but neither her shawl nor bonnet.

When other visitors are announced, it is well to retire as soon as possible, taking care to let it appear that their arrival is not the cause. When they are quietly seated, and the bustle of their entrance is over, rise from your chair, taking a kind leave of the hostess, and bowing politely to the guests. Should you call at an inconvenient time, not having ascertained the luncheon hour, or from any other inadvertence, retire as soon as possible, without, however, showing that you feel yourself an intruder. It is not difficult for any well-bred or even good-tempered person, to know what to say on such an occasion, and, on politely withdrawing, a promise can be made to call again, if the lady you have called on, appear really disappointed.

28. IN PAYING VISITS OF FRIENDSHIP, it will not be so necessary to be guided by etiquette as in paying visits of ceremony; and if a lady be pressed by her friend to remove her shawl and bonnet, it can be done if it will not interfere with her subsequent arrangements. It is, however, requisite to call at suitable times, and to avoid staying too long, if your friend is engaged. The courtesies of society should ever be maintained, even in the domestic circle, and amongst the nearest friends. During these visits, the manners should be easy and cheerful, and the subjects of conversation such as may be readily terminated. Serious discussions or arguments are to be altogether avoided, and there is much danger and impropriety in expressing opinions of those persons and characters with whom, perhaps, there is but a slight acquaintance. (*See* 6, 7, and 9.)

足够。女士拜访时可以解下她的皮围巾或颈巾，但不可解下披肩或软帽。

当有其他访客通报到来时，最好尽快告辞，注意不要让人看出他们的到来是原因。当他们安静地坐下，入场的喧闹过去后，从椅子上起身，亲切地告别女主人，并礼貌地向客人鞠躬。如果你在不便的时间拜访，没有事先确认午餐时间，或由于任何其他疏忽，应尽快告辞，但不要表现出你觉得自己是个闯入者。任何有教养甚至脾气好的人都不难知道在这种场合该说什么，而且在礼貌地告辞时，如果你拜访的女士真的显得失望，可以承诺再次拜访。

28. 在进行友谊性拜访时，不必像礼节性拜访那样严格遵循礼仪；如果一位女士被她的朋友催促脱掉披肩和帽子，只要不干扰她后续的安排，就可以这样做。然而，需要在合适的时间拜访，如果你的朋友有事在身，要避免停留太久。社会的礼节应始终维持，即使在家庭圈子里，在最亲近的朋友之间也是如此。在这些拜访中，举止应轻松愉快，谈话的话题应易于结束。应完全避免严肃的讨论或争论，对那些也许只是略知一二的人和人品表达意见，是很有危险且不恰当的。(见第6、7和9节。)

It is not advisable, at any time, to take favourite dogs into another lady's drawing-room, for many persons have an absolute dislike to such animals; and besides this, there is always a chance of a breakage of some article occurring, through their leaping and bounding here and there, sometimes very much to the fear and annoyance of the hostess. Her children, also, unless they are particularly well-trained and orderly, and she is on exceedingly friendly terms with the hostess, should not accompany a lady in making morning calls. Where a lady, however, pays her visits in a carriage, the children can be taken in the vehicle, and remain in it until the visit is over.

任何时候都不宜将宠爱的狗带入另一位女士的客厅，因为许多人对这类动物绝对厌恶；除此之外，它们到处跳跃奔跑，总有打碎某件物品的可能，有时会使女主人非常害怕和烦恼。她的孩子同样不应陪伴女士进行上午的拜访，除非他们受过特别良好的训练、很有规矩，而且她与女主人关系极为友好。然而，如果女士乘马车拜访，可以把孩子带在车里，让他们留在车中直到拜访结束。

29. FOR MORNING CALLS, it is well to be neatly attired; for a costume very different to that you generally wear, or anything approaching an evening dress, will be very much out of place. As a general rule, it may be said, both in reference to this and all other occasions, it is better to be under-dressed than over-dressed.

29. 上午拜访时，宜穿着整洁；因为与平日所穿大不相同的服装，或任何近似晚装的衣着，都会显得很不合宜。作为一般规则，无论就此场合还是其他一切场合而言，宁可穿着稍欠正式，也不可过于正式。

A strict account should be kept of ceremonial visits, and notice how soon your visits have been returned. An opinion may thus be formed as to whether your frequent visits are, or are not, desirable. There are, naturally, instances when the circumstances of old age or ill health will preclude any return of a call; but when this is the case, it must not interrupt the discharge of the duty.

对礼节性拜访应作严格记录，并留意你的拜访多快得到回访。由此可判断你的频繁拜访是否受欢迎。自然，有些情况下年迈或身体欠佳会使人无法回访；但遇此情形，不可因此中断履行此项义务。

30. IN PAYING VISITS OF CONDOLENCE, it is to be remembered that they should be paid within a week after the event which occasions them. If the acquaintance, however, is but slight, then immediately after the family has appeared at public worship. A lady should send in her card, and if her friends be able to receive her, the visitor's manner and conversation should be subdued and

30. 进行吊唁拜访时，须记住应在致哀事由发生后一周之内前往。不过，若交情尚浅，则应在该家庭公开露面礼拜之后立即前往。女士应递入名片，若其友人能够接待，来访者的举止与谈吐应克制而

in harmony with the character of her visit. Courtesy would dictate that a mourning card should be used, and that visitors, in paying condoling visits, should be dressed in black, either silk or plain-coloured apparel. Sympathy with the affliction of the family, is thus expressed, and these attentions are, in such cases, pleasing and soothing.

与她的拜访性质相协调。礼节会要求使用哀悼卡，并且来访者在进行吊唁拜访时应身着黑色服装，或是丝绸，或是素色衣物。对家庭不幸的同情由此表达，而在这种情况下，这些礼节是令人愉快和安慰的。

In all these visits, if your acquaintance or friend be not at home, a card should be left. If in a carriage, the servant will answer your inquiry and receive your card; if paying your visits on foot, give your card to the servant in the hall, but leave to go in and rest should on no account be asked. The form of words, "Not at home," may be understood in different senses; but the only courteous way is to receive them as being perfectly true. You may imagine that the lady of the house is really at home, and that she would make an exception in your favour, or you may think that your acquaintance is not desired; but, in either case, not the slightest word is to escape you, which would suggest, on your part, such an impression.

在所有这些拜访中，如果你的熟人或朋友不在家，应留下一张名片。如果乘马车前往，仆人将回答你的询问并接收你的名片；如果步行拜访，则将名片交给门厅里的仆人，但绝不应请求进去休息。“不在家”这句话可能有不同的理解；但唯一礼貌的做法是将其视为完全真实。你可能想象女主人其实在家，并且会为你破例，或者你可能认为对方并不希望与你交往；但无论哪种情况，都不能流露出丝毫言语，暗示你方有此种印象。

31. IN RECEIVING MORNING CALLS, the foregoing description of the etiquette to be observed in paying them, will be of considerable service. It is to be added, however, that the occupations of drawing, music, or reading should be suspended on the entrance of morning visitors. If a lady, however, be engaged with light needlework, and none other is appropriate in the drawing-room, it may not be, under some circumstances, inconsistent with good breeding to quietly continue it during conversation, particularly if the visit be protracted, or the visitors be gentlemen.

31. 在接待晨间来访时，前述关于拜访时应遵守的礼仪的描述，将大有裨益。然而还需补充的是，晨间访客到来时，应暂停绘画、音乐或阅读等活动。不过，如果一位女士正在做轻便的针线活，而客厅中又没有其他合适的事情，在某些情况下，在交谈中安静地继续做下去，或许并不违背良好教养，尤其是当拜访时间较长，或访客为男士时。

Formerly the custom was to accompany all visitors quitting the house to the door, and there take leave of them; but modern society, which has thrown off a great deal of this kind of ceremony, now merely requires that the lady of the house should rise from her seat, shake hands, or courtesy, in accordance with the intimacy she has with her guests, and ring the bell to summon the servant to attend them and open the door. In making a first call, either upon a newly-married couple, or persons newly arrived in the neighbourhood, a lady should leave her husband's card together with her own, at the same time, stating that the profession or business in which he is engaged has prevented him from having the pleasure of paying the visit, with her. It is a custom with many ladies, when on the eve of an absence from their neighbourhood, to leave or send their own and husband's cards, with the letters P. P. C. in the right-hand corner. These letters are the initials of the French words, "*Pour prendre congé*," meaning, "To take leave."

从前，习俗是陪同所有告辞的访客走到门口，在那里与他们道别；但现代社交已摒弃了大量此类礼节，现在只要求女主人从座位上起身，根据与客人的亲密程度握手或行屈膝礼，并摇铃召唤仆人来送客开门。在初次拜访新婚夫妇或新迁入邻里的住户时，女士应将自己的名片与丈夫的名片一同留下，同时说明丈夫因所从事的职业或事务而无法有幸与她一同拜访。许多女士有一个习惯，在即将离开邻里之前，留下或寄出自己和丈夫的名片，并在右上角写上字母P.P.C.。这些字母是法语词“*Pour prendre congé*”的首字母，意为“告辞”。

32. THE MORNING CALLS BEING PAID OR RECEIVED, and their etiquette properly attended to, the next great event of the day in most establishments is "The Dinner;" and we only propose here to make a few general remarks on this important topic, as, in future pages, the whole "Art of Dining" will be thoroughly considered, with reference to its economy, comfort, and enjoyment.

32. 晨间拜访已进行或已接待，且其礼节已妥善遵守之后，大多数家庭中当天的下一个大事便是“正餐”；我们在此仅就这一重要话题作几点一般性评论，因为在后续篇幅中，整个“用餐艺术”将就其经济、舒适和享受方面进行彻底探讨。

33. IN GIVING OR ACCEPTING AN INVITATION FOR DINNER, the following is the form of words generally made use of. They, however, can be varied in proportion to the intimacy or position of the hosts and guests:—

33. 在发出或接受正餐邀请时，通常使用以下措辞。然而，这些措辞可根据主客之间的亲密程度或地位而有所变化：--

Mr. and Mrs. A—— present their compliments to Mr. and Mrs. B

A先生及夫人向B先生及夫人致意

——,

and request the honour, [or hope to have the pleasure] of their company

to dinner on Wednesday, the 6th of December next.

A—— STREET,

November 13th, 1859. R. S. V. P.

The letters in the corner imply "*Répondez, s'il vous plaît;*" meaning, "an answer will oblige." The reply, accepting the invitation, is couched in the following terms:—

Mr. and Mrs. B—— present their compliments to Mr. and Mrs. A —-, and will do themselves the honour of, [or will have much pleasure in] accepting their kind invitation to dinner on the 6th of December next.

B—— SQUARE, *November 18th, 1859.*

Cards, or invitations for a dinner-party, should be issued a fortnight or three weeks (sometimes even a month) beforehand, and care should be taken by the hostess, in the selection of the invited guests, that they should be suited to each other. Much also of the pleasure of a dinner-party will depend on the arrangement of the guests at table, so as to form a due admixture of talkers and listeners, the grave and the gay. If an invitation to dinner is accepted, the guests should be punctual, and the mistress ready in her drawing-room to receive them. At some periods it has been considered fashionable to come late to dinner, but lately *nous avons changé tout cela*.

34. THE HALF-HOUR BEFORE DINNER has always been considered as the great ordeal through which the mistress, in

--,

并请求[或希望有幸]他们的

公司

请于明年12月6日星期三来赴晚宴。

A--街，

*1859*年*11*月*13*日。请赐复。

角落处的字母意为“*Répondez, s'il vous plaît;*”，即“请回复”。接受邀请的回复措辞如下：--

B先生及夫人向A先生及夫人致意，并将荣幸地[或：将非常愉快地]接受他们于下月6日共进正餐的盛情邀请。

B--广场，1859年11月18日。

正餐聚会的请柬或邀请应提前两周或三周(有时甚至一个月)发出，女主人应注意在选择受邀客人时，使他们彼此相宜。正餐聚会的许多乐趣还取决于客人在餐桌上的安排，以便谈话者与倾听者、严肃者与欢快者适当混合。如果接受了正餐邀请，客人应准时到场，女主人应在客厅准备好接待他们。在某些时期，迟到赴正餐曾被视为时髦，但近来*nous avons changé tout cela*。

34. 正餐前的半小时一直被视为女主人所面临的重大考验，在

giving a dinner-party, will either pass with flying colours, or, lose many of her laurels. The anxiety to receive her guests,—her hope that all will be present in due time,—her trust in the skill of her cook, and the attention of the other domestics, all tend to make these few minutes a trying time. The mistress, however, must display no kind of agitation, but show her tact in suggesting light and cheerful subjects of conversation, which will be much aided by the introduction of any particular new book, curiosity of art, or article of vertu, which may pleasantly engage the attention of the company. "Waiting for Dinner," however, is a trying time, and there are few who have not felt—

"How sad it is to sit and pine,
The long *half-hour* before we dine!
Upon our watches oft to look,
Then wonder at the clock and cook,
* * * * *
"And strive to laugh in spite of Fate!
But laughter forced soon quits the room,
And leaves it in its former gloom.
But lo! the dinner now appears,
The object of our hopes and fears,
The end of all our pain!"

In giving an entertainment of this kind, the mistress should remember that it is her duty to make her guests feel happy, comfortable, and quite at their ease; and the guests should also consider that they have come to the house of their hostess to be happy. Thus an opportunity is given to all for innocent enjoyment and intellectual improvement, when also acquaintances may be formed that may prove invaluable through life, and information

举办正餐聚会，要么大获成功，要么失去许多桂冠。急于接待客人的焦虑--希望所有人按时到齐--对厨师技艺和其他仆人殷勤周到的信赖，都使这几分钟成为令人难熬的时刻。然而，女主人绝不能显出任何焦躁不安，而应展现机智，提出轻松愉快的话题，若能引入某本特别的新书、奇巧的艺术品或珍玩，愉快地吸引众人的注意，将大有助益。然而，“等待正餐”是一段难熬的时光，很少有人不曾感到--

“坐着苦苦思念，是多么令人悲伤，
用餐前漫长的 半小时 我们频频看表，
那就对钟表和厨师感到惊奇吧，
* * * * *
“并努力不顾命运而欢笑!但强装的笑声很快离开房间，留下它原有的阴郁。但瞧!正餐现在出现了，我们希望与恐惧的对象，
我们所有痛苦的终结!

在举办此类宴请时，女主人应记住，使宾客感到快乐、舒适和自在是她的职责；宾客也应考虑到他们来到女主人家中是为了快乐。如此，所有人便获得了无害享受和心智提升的机会，同时也可以结交可能终生受益的熟人，并获得

gained that will enlarge the mind. Many celebrated men and women have been great talkers; and, amongst others, the genial Sir Walter Scott, who spoke freely to every one, and a favourite remark of whom it was, that he never did so without learning something he didn't know before.

开阔心智的知识。许多著名的男女都是健谈者；其中包括和蔼的沃尔特·司各特爵士，他与每个人畅谈，他常说的一句名言是，他从未在与人交谈时没有学到以前不知道的东西。

35. DINNER BEING ANNOUNCED, the host offers his arm to, and places on his right hand at the dinner-table, the lady to whom he desires to pay most respect, either on account of her age, position, or from her being the greatest stranger in the party. If this lady be married and her husband present, the latter takes the hostess to her place at table, and seats himself at her right hand. The rest of the company follow in couples, as specified by the master and mistress of the house, arranging the party according to their rank and other circumstances which may be known to the host and hostess.

35. 正餐宣布就绪时，男主人向他所最敬重的女士伸出手臂，并将她安排在自己右手边的餐位上--或因她年长，或因她地位尊贵，或因她是宾客中最陌生的一位。若这位女士已婚且其丈夫在场，则由后者引领女主人入席，并坐在她的右手边。其余宾客成双成对地随后入座，由男女主人指定配对，依其身份及其他男女主人所知的情况安排座次。

It will be found of great assistance to the placing of a party at the dinner-table, to have the names of the guests neatly (and correctly) written on small cards, and placed at that part of the table where it is desired they should sit. With respect to the number of guests, it has often been said, that a private dinner-party should consist of not less than the number of the Graces, or more than that of the Muses. A party of ten or twelve is, perhaps, in a general way, sufficient to enjoy themselves and be enjoyed. White kid gloves are worn by ladies at dinner-parties, but should be taken off before the business of dining commences.

将宾客姓名工整(且准确)地写在小卡片上，置于希望其就座的位置，对于安排宴会座次大有裨益。至于宾客人数，常言道，私人宴会的宾客不应少于美惠三女神之数，亦不应多于缪斯九女神之数。一般而言，十人或十二人的聚会或许足以尽兴，亦足以令人愉悦。女士出席宴会时戴白色小山羊皮手套，但在用餐开始之前应当摘下。

36. THE GUESTS BEING SEATED AT THE DINNER-TABLE, the lady begins to help the soup, which is handed round, commencing with the gentleman on her right and on her left, and continuing in

36. 宾客在正餐餐桌就座后，女主人开始分汤，汤依次传递，从她右侧和左侧的先生开始，并按

the same order till all are served. It is generally established as a rule, not to ask for soup or fish twice, as, in so doing, part of the company may be kept waiting too long for the second course, when, perhaps, a little revenge is taken by looking at the awkward consumer of a second portion. This rule, however, may, under various circumstances, not be considered as binding.

同样顺序继续直至所有人都分到。通常确立的规则是不第二次要汤或鱼，因为这样做可能会使部分客人等待第二道菜过久，届时或许会以看一眼那个尴尬的二次取食者来稍作报复。然而，这一规则在各种情况下未必被视为必须遵守。

It is not usual, where taking wine is *en règle*, for a gentleman to ask a lady to take wine until the fish or soup is finished, and then the gentleman honoured by sitting on the right of the hostess, may politely inquire if she will do him the honour of taking wine with him. This will act as a signal to the rest of the company, the gentleman of the house most probably requesting the same pleasure of the ladies at his right and left. At many tables, however, the custom or fashion of drinking wine in this manner, is abolished, and the servant fills the glasses of the guests with the various wines suited to the course which is in progress.

在敬酒已成惯例的场合，通常绅士须待鱼或汤用毕之后方可向女士敬酒；届时，有幸坐在女主人右侧的绅士可礼貌地询问她是否愿意赏光与他共饮一杯。此举即为其余宾客的信号，男主人多半也会向坐在其左右两侧的女士发出同样的邀请。然而在许多餐桌上，这种敬酒的方式或风尚已被废除，由仆人依当前所上菜肴为宾客斟上相应的各种葡萄酒。

37. WHEN DINNER IS FINISHED, THE DESSERT is placed on the table, accompanied with finger-glasses. It is the custom of some gentlemen to wet a corner of the napkin; but the hostess, whose behaviour will set the tone to all the ladies present, will merely wet the tips of her fingers, which will serve all the purposes required. The French and other continentals have a habit of gargling the mouth; but it is a custom which no English gentlewoman should, in the slightest degree, imitate.

37. 正餐结束后，甜点上桌，并配有洗指碗。有些先生的习惯是沾湿餐巾的一角；但女主人的举止将为所有在场女士定下基调，她只会沾湿指尖，这足以满足所有需要。法国人和其他大陆人有漱口的习惯；但这是任何英国淑女都不应有丝毫模仿的习惯。

38. WHEN FRUIT HAS BEEN TAKEN, and a glass or two of wine passed round, the time will have arrived when the hostess will rise, and thus give the signal for the ladies to leave the gentlemen, and retire to the drawing-room. The gentlemen of the party will

38. 用过水果并传递了一两杯葡萄酒后，时间便到了女主人起身的时候，以此示意女士们离开先生们，退至客厅。聚会中的先生们将

rise at the same time, and he who is nearest the door, will open it for the ladies, all remaining courteously standing until the last lady has withdrawn. Dr. Johnson has a curious paragraph on the effects of a dinner on men. "Before dinner," he says, "men meet with great inequality of understanding; and those who are conscious of their inferiority have the modesty not to talk. When they have drunk wine, every man feels himself happy, and loses that modesty, and grows impudent and vociferous; but he is not improved, he is only not sensible of his defects." This is rather severe, but there may be truth in it.

同时起身，距门最近者将为女士们开门，众人皆礼貌地站立，直至最后一位女士离席。约翰逊博士曾就正餐对男士的影响写过一段奇妙的文字。“正餐之前，”他说，“人们相聚时理解力高下悬殊；自知不如者尚知谦逊而不多言。饮过酒之后，人人都自觉快乐，失却那份谦逊，变得放肆而喧哗；但他并未有所长进，只是对自己的缺陷浑然不觉罢了。”此言颇为严厉，但或许不无道理。

In former times, when the bottle circulated freely amongst the guests, it was necessary for the ladies to retire earlier than they do at present, for the gentlemen of the company soon became unfit to conduct themselves with that decorum which is essential in the presence of ladies. Thanks, however, to the improvements in modern society, and the high example shown to the nation by its most illustrious personages, temperance is, in these happy days, a striking feature in the character of a gentleman. Delicacy of conduct towards the female sex has increased with the esteem in which they are now universally held, and thus, the very early withdrawing of the ladies from the dining-room is to be deprecated. A lull in the conversation will seasonably indicate the moment for the ladies' departure.

从前，酒瓶在宾客间自由传递之时，女士们须比现今更早离席，因为在座绅士们不久便难以保持女士面前所必需的端庄举止。然而，多亏现代社会的进步，以及最显赫人物为国民树立的崇高榜样，在这幸福的时代，节制已成为绅士品格的显著特征。对女性的体贴举止，随着她们如今普遍受到的尊重而日益增进，因此，女士们过早地退出餐厅的做法实不足取。谈话间的一阵静默，便会适时地提示女士们告退的时刻已到。

39. AFTER-DINNER INVITATIONS MAY BE GIVEN; by which we wish to be understood, invitations for the evening. The time of the arrival of these visitors will vary according to their engagements, or sometimes will be varied in obedience to the caprices of fashion. Guests invited for the evening are, however, generally considered at liberty to arrive whenever it will best suit

39. 正餐后邀请可以发出；我们以此意指晚间邀请。这些访客的到达时间将根据他们的安排而有所不同，有时也会因时尚的任性而变化。然而，受邀参加晚间的客人通常被认为可以自行选择最方便的时间到达

themselves,—usually between nine and twelve, unless earlier hours are specifically named. By this arrangement, many fashionable people and others, who have numerous engagements to fulfil, often contrive to make their appearance at two or three parties in the course of one evening.

--通常在九点至十二点之间，除非另有明确指定的更早时间。通过这种安排，许多时尚人士和其他有大量应酬需要完成的人，常常设法在一个晚上出现在两三个聚会上。

40. THE ETIQUETTE OF THE DINNER-PARTY TABLE being disposed of, let us now enter slightly into that of an evening party or ball. The invitations issued and accepted for either of these, will be written in the same style as those already described for a dinner-party. They should be sent out *at least* three weeks before the day fixed for the event, and should be replied to within a week of their receipt. By attending to these courtesies, the guests will have time to consider their engagements and prepare their dresses, and the hostess will, also, know what will be the number of her party.

40. 正餐聚会餐桌的礼仪既已讲毕，现在让我们略微谈一谈晚宴聚会或舞会的礼仪。为这两者中任何一项发出并获接受的邀请，其写法与前述正餐聚会的邀请相同。邀请应至少在预定日期前三周发出，并应在收到后一周内回复。注意这些礼节，客人便有时间考虑自己的安排并准备衣着，女主人也能知道聚会的人数。

If the entertainment is to be simply an evening party, this must be specified on the card or note of invitation. Short or verbal invitations, except where persons are exceedingly intimate, or are very near relations, are very far from proper, although, of course, in this respect and in many other respects, very much always depends on the manner in which the invitation is given. True politeness, however, should be studied even amongst the nearest friends and relations; for the mechanical forms of good breeding are of great consequence, and too much familiarity may have, for its effect, the destruction of friendship.

如果宴会只是普通的晚会，必须在请柬或便笺上注明。简短的或口头的邀请，除非对方极为亲密或是近亲，否则很不妥当，尽管在这方面以及许多其他方面，当然总是很大程度上取决于邀请的方式。然而，即使是最亲近的朋友和亲戚之间，也应讲究真正的礼貌；因为良好教养的机械形式关系重大，过分亲昵可能产生破坏友谊的后果。

41. AS THE LADIES AND GENTLEMEN ARRIVE, each should be shown to a room exclusively provided for their reception; and in that set apart for the ladies, attendants should be in waiting to

41. 当女士们和先生们到达时，应各自被引至专为接待他们而设的房间；在专为女士们设置的房间中，应有侍者在旁等候

assist in uncloaking, and helping to arrange the hair and toilet of those who require it. It will be found convenient, in those cases where the number of guests is large, to provide numbered tickets, so that they can be attached to the cloaks and shawls of each lady, a duplicate of which should be handed to the guest. Coffee is sometimes provided in this, or an ante-room, for those who would like to partake of it.

协助宽衣，并帮助需要的人整理头发和妆容。在宾客人数众多的情况下，提供编号票签会更为方便，可将其系在每位女士的斗篷和披肩上，并将副券交给客人。有时会在此处或前厅为想喝咖啡的人提供咖啡。

42. AS THE VISITORS ARE ANNOUNCED BY THE SERVANT, it is not necessary for the lady of the house to advance each time towards the door, but merely to rise from her seat to receive their courtesies and congratulations. If, indeed, the hostess wishes to show particular favour to some peculiarly honoured guests, she may introduce them to others, whose acquaintance she may imagine will be especially suitable and agreeable. It is very often the practice of the master of the house to introduce one gentleman to another, but occasionally the lady performs this office; when it will, of course, be polite for the persons thus introduced to take their seats together for the time being.

42. 当仆人通报客人到来时，女主人不必每次都起身走向门口，只需从座位上起身接受他们的问候和祝贺即可。如果女主人确实想对某些特别尊贵的客人表示特别的好意，她可以将他们介绍给其他人，她可能认为彼此相识会特别合适和愉快。男主人常常把一位先生介绍给另一位先生，但有时也由女主人来履行这一职责；此时，被介绍的人当然应当礼貌地暂时坐在一起。

The custom of non-introduction is very much in vogue in many houses, and guests are thus left to discover for themselves the position and qualities of the people around them. The servant, indeed, calls out the names of all the visitors as they arrive, but, in many instances, mispronounces them; so that it will not be well to follow this information, as if it were an unerring guide. In our opinion, it is a cheerless and depressing custom, although, in thus speaking, we do not allude to the large assemblies of the aristocracy, but to the smaller parties of the middle classes.

不作介绍的风气在许多家庭中非常流行，客人于是只能自己去了解周围人的身份和品性。仆人确实在每位客人到来时通报他们的姓名，但在许多情况下会念错；因此不宜把这一信息当作准确无误的指南来遵循。我们认为这是一种冷淡而令人沮丧的风气，尽管这样说时，我们指的并不是贵族的大型集会，而是中产阶级的较小聚会。

43. A SEPARATE ROOM OR CONVENIENT BUFFET should be

43. 31. 应设一间独立的房间或便利的餐边柜

appropriated for refreshments, and to which the dancers may retire; and cakes and biscuits, with wine negus, lemonade, and ices, handed round. A supper is also mostly provided at the private parties of the middle classes; and this requires, on the part of the hostess, a great deal of attention and supervision. It usually takes place between the first and second parts of the programme of the dances, of which there should be several prettily written or printed copies distributed about the ball-room.

指定用于茶点，跳舞的人可以退到那里；蛋糕和饼干，以及葡萄酒尼格斯酒、柠檬水和冰品，传递奉上。中产阶级的私人聚会大多还备有晚餐；这需要女主人给予极大的关注和监督。晚餐通常在舞蹈节目单的第一部分和第二部分之间进行，节目单应有数份书写或印刷精美，分放在舞厅各处。

In private parties, a lady is not to refuse the invitation of a gentleman to dance, unless she be previously engaged. The hostess must be supposed to have asked to her house only those persons whom she knows to be perfectly respectable and of unblemished character, as well as pretty equal in position; and thus, to decline the offer of any gentleman present, would be a tacit reflection on the master and mistress of the house. It may be mentioned here, more especially for the young who will read this book, that introductions at balls or evening parties, cease with the occasion that calls them forth, no introduction, at these times, giving a gentleman a right to address, afterwards, a lady. She is, consequently, free, next morning, to pass her partner at a ball of the previous evening without the slightest recognition.

在私人聚会中，女士不得拒绝男士的跳舞邀请，除非她已有约在先。应当假定女主人只邀请了她确知品行端正、名声无瑕且地位相当的人到家中做客；因此，拒绝在场任何一位男士的邀请，都将是对男女主人的含蓄非难。此处尤须向将阅读本书的年轻人说明：舞会或晚宴上的引见，随促成引见的场合而终止，此类场合的引见并不赋予男士日后向女士致意的权利。因此，次日清晨，她完全可以对前一晚舞会上的舞伴视而不见，毫无表示。

44. THE BALL IS GENERALLY OPENED, that is, the first place in the first quadrille is occupied, by the lady of the house. When anything prevents this, the host will usually lead off the dance with the lady who is either the highest in rank, or the greatest stranger. It will be well for the hostess, even if she be very partial to the amusement, and a graceful dancer, not to participate in it to any great extent, lest her lady guests should have occasion to complain of her monopoly of the gentlemen, and other causes of

44.舞会通常由女主人开场，即由她占据第一支四对舞的首位。若有事情妨碍她这样做，男主人通常会同地位最高或最为陌生的女士领舞。女主人即便非常喜爱这一娱乐，且舞姿优雅，也最好不要过多参与，以免她的女宾们有理由抱怨她独占男士，以及其他引起

neglect. A few dances will suffice to show her interest in the entertainment, without unduly trenching on the attention due to her guests. In all its parts a ball should be perfect,—

"The music, and the banquet, and the wine;
The garlands, the rose-odours, and the flowers."

The hostess or host, during the progress of a ball, will courteously accost and chat with their friends, and take care that the ladies are furnished with seats, and that those who wish to dance are provided with partners. A gentle hint from the hostess, conveyed in a quiet ladylike manner, that certain ladies have remained unengaged during several dances, is sure not to be neglected by any gentleman. Thus will be studied the comfort and enjoyment of the guests, and no lady, in leaving the house, will be able to feel the chagrin and disappointment of not having been invited to "stand up" in a dance during the whole of the evening.

45. WHEN ANY OF THE CARRIAGES OF THE GUESTS ARE ANNOUNCED, or the time for their departure arrived, they should make a slight intimation to the hostess, without, however, exciting any observation, that they are about to depart. If this cannot be done, however, without creating too much bustle, it will be better for the visitors to retire quietly without taking their leave. During the course of the week, the hostess will expect to receive from every guest a call, where it is possible, or cards expressing the gratification experienced from her entertainment. This attention is due to every lady for the pains and trouble she has been at, and tends to promote social, kindly feelings.

46. HAVING THUS DISCOURSED of parties of pleasure, it will be an interesting change to return to the more domestic business of

疏忽。几支舞便足以表明她对娱乐活动的兴趣，而不至于过度侵占她应对宾客的关注。舞会的各个方面都应完美无缺，--

“音乐、盛宴和美酒；花环、玫瑰芬芳和鲜花。”

舞会进行期间，女主人或男主人应礼貌地与宾客寒暄交谈，留意使女士们有座位，并使希望跳舞的女士有舞伴。女主人以娴静的淑女方式轻声暗示，某几位女士已连续数支舞无人邀请，任何男士都必定不会忽视。如此便顾及了宾客的舒适与欢愉，任何女士离宅时，都不致因整晚未获邀“起舞”而感到懊恼失望。

45.当宾客的马车被通报，或他们告辞的时间已到，他们应向女主人稍作示意，表示即将离去，但不要引起任何注目。然而，若这样做难免过于喧闹，宾客们最好悄然离去，不事告辞。此后一周之内，女主人可望收到每位宾客的拜访(如有可能)，或收到名片，表示对其款待的满意。这份礼数是对每位女士辛劳费心的应有之义，也有助于增进友善和睦的情谊。

46. 如此论述了寻欢作乐的聚会之后，转而回到更为家庭化的日常事务，将会是一个有趣的转变。

the house, although all the details we have been giving of dinner-parties, balls, and the like, appertain to the department of the mistress. Without a knowledge of the etiquette to be observed on these occasions, a mistress would be unable to enjoy and appreciate those friendly pleasant meetings which give, as it were, a fillip to life, and make the quiet happy home of an English gentlewoman appear the more delightful and enjoyable. In their proper places, all that is necessary to be known respecting the dishes and appearance of the breakfast, dinner, tea, and supper tables, will be set forth in this work.

尽管我们所述关于正餐会、舞会等的种种细节均属女主人分内之事，但若不通晓此类场合应守的礼仪，女主人便无法享受和体会那些友好的愉快聚会--它们可以说为生活增添了活力，使英国淑女宁静幸福的家显得更加愉快惬意。关于早餐、正餐、下午茶和晚餐餐桌上的菜肴与陈设，凡须知晓者，本书将在适当之处予以阐述。

47. A FAMILY DINNER AT HOME, compared with either giving or going to a dinner-party, is, of course, of much more frequent occurrence, and many will say, of much greater importance. Both, however, have to be considered with a view to their nicety and enjoyment; and the latter more particularly with reference to economy. These points will be especially noted in the following pages on "Household Cookery." Here we will only say, that for both mistress and servants, as well in large as small households, it will be found, by far, the better plan, to cook and serve the dinner, and to lay the tablecloth and the sideboard, with the same cleanliness, neatness, and scrupulous exactness, whether it be for the mistress herself alone, a small family, or for "company." If this rule be strictly adhered to, all will find themselves increase in managing skill; whilst a knowledge of their daily duties will become familiar, and enable them to meet difficult occasions with ease, and overcome any amount of obstacles.

47. 与外出赴宴或设宴待客相比，家中的家庭正餐自然更为频繁，许多人还会说它重要得多。然而，两者都须从精致与享受的角度加以考虑；后者尤其要顾及经济。这些要点将在下面关于“家庭烹饪”的篇幅中特别指出。此处我们只想说，无论对女主人还是仆人，无论大家庭还是小家庭，远为妥善的做法是：无论是为女主人独自一人、为一个小家庭，还是为“宾客”，都以同样的清洁、整齐和一丝不苟的精确来烹饪和上菜，铺设桌布和餐边柜。若严格遵守这一规则，所有人都会发现自己的料理本领日益长进；而对日常职责的熟悉，将使她们能从容应对困难的场合，克服任何数量的障碍。

48. OF THE MANNER OF PASSING EVENINGS AT HOME, there is none pleasanter than in such recreative enjoyments as those which relax the mind from its severer duties, whilst they stimulate

48. 关于在家中度过夜晚的方式，没有什么比那些既能放松心智、使其从较严肃的职责中解脱，又能激发

it with a gentle delight. Where there are young people forming a part of the evening circle, interesting and agreeable pastime should especially be promoted. It is of incalculable benefit to them that their homes should possess all the attractions of healthful amusement, comfort, and happiness; for if they do not find pleasure there, they will seek it elsewhere. It ought, therefore, to enter into the domestic policy of every parent, to make her children feel that home is the happiest place in the world; that to imbue them with this delicious home-feeling is one of the choicest gifts a parent can bestow.

以温和的愉悦享受它。若晚间聚会中有年轻人，尤应提倡有趣而宜人的消遣。让他们的家具备健康娱乐、舒适与幸福的一切吸引力，对他们有不可估量的益处；因为若他们在家里找不到乐趣，就会到别处去寻找。因此，每位母亲的家政方针都应当使子女感到家是世界上最幸福的地方；让他们浸润于这种美妙的家庭情感，是父母所能赐予的最珍贵的礼物之一。

Light or fancy needlework often forms a portion of the evening's recreation for the ladies of the household, and this may be varied by an occasional game at chess or backgammon. It has often been remarked, too, that nothing is more delightful to the feminine members of a family, than the reading aloud of some good standard work or amusing publication. A knowledge of polite literature may be thus obtained by the whole family, especially if the reader is able and willing to explain the more difficult passages of the book, and expatiate on the wisdom and beauties it may contain. This plan, in a great measure, realizes the advice of Lord Bacon, who says, "Read not to contradict and refute, nor to believe and take for granted, nor to find talk and discourse, but to weigh and consider."

轻巧或花样的针线活常常构成家中女士们晚间消遣的一部分，间或以下棋或十五子棋来变换。人们也常说，对家庭中的女性成员而言，没有什么比朗读一部优秀的经典著作或有趣的读物更令人愉快了。全家人由此可以获得对高雅文学的了解，尤其是当朗读者有能力且愿意解释书中较难懂的段落，并阐述其中蕴含的智慧与优美时。这一办法在很大程度上实现了培根勋爵的忠告，他说：“读书不是为了反驳和驳斥，也不是为了相信和想当然，也不是为了寻找谈资和议论，而是为了权衡和思考。”

49. IN RETIRING FOR THE NIGHT, it is well to remember that early rising is almost impossible, if late going to bed be the order, or rather disorder, of the house. The younger members of a family should go early and at regular hours to their beds, and the domestics as soon as possible after a reasonably appointed hour. Either the master or the mistress of a house should, after all have

49. 在夜间就寝方面，最好记住，如果晚睡成为家中的规矩--或者更确切地说是混乱--早起几乎是不可能的。家庭中较年轻的成员应早睡并按时就寝，仆人也应在合理的指定时间后尽快就寝。无论是男主人还是女主人，都应在所有人

gone to their separate rooms, see that all is right with respect to the lights and fires below; and no servants should, on any account, be allowed to remain up after the heads of the house have retired.

回到各自房间后，查看楼下的灯火一切妥当；并且无论何种原因，都不应允许任何仆人在一家之主就寝后仍然不睡。

50. HAVING THUS GONE FROM EARLY RISING TO EARLY RETIRING, there remain only now to be considered a few special positions respecting which the mistress of the house will be glad to receive some specific information.

50. 从早起谈到早睡之后，现在只剩下几个特殊情况需要考虑，女主人会乐于获得一些具体的信息。

51. WHEN A MISTRESS TAKES A HOUSE in a new locality, it will be etiquette for her to wait until the older inhabitants of the neighbourhood call upon her; thus evincing a desire, on their part, to become acquainted with the new comer. It may be, that the mistress will desire an intimate acquaintance with but few of her neighbours; but it is to be specially borne in mind that all visits, whether of ceremony, friendship, or condolence, should be punctiliously returned.

51. 当女主人迁入一个新地方时，礼节要求她等待邻里中较年长的居民前来拜访她；这表明他们有意结识新来者。也许女主人只希望与少数邻居建立亲密关系；但须特别牢记，所有拜访，无论是礼节性的、友谊性的还是吊唁性的，都应一丝不苟地回访。

52. YOU MAY PERHAPS HAVE BEEN FAVOURED with letters of introduction from some of your friends, to persons living in the neighbourhood to which you have just come. In this case inclose the letter of introduction in an envelope with your card. Then, if the person, to whom it is addressed, calls in the course of a few days, the visit should be returned by you within the week, if possible. Any breach of etiquette, in this respect, will not readily be excused.

52. 您或许有幸收到朋友写给刚迁入的邻里中某些人士的介绍信。在这种情况下，请将介绍信装入信封，连同您的名片一起递交。然后，如果收信人在几天内前来拜访，您应尽可能在一周内回访。在这方面任何违反礼节的行为都不容易被原谅。

In the event of your being invited to dinner under the above circumstances, nothing but necessity should prevent you from accepting the invitation. If, however, there is some distinct reason why you cannot accept, let it be stated frankly and plainly, for politeness and truthfulness should be ever allied. An opportunity

如果在上述情况下您被邀请参加正餐，除非万不得已，否则不应拒绝邀请。然而，如果有某种明确的原因使您无法接受，请坦率而明白地说明，因为礼貌与真诚应始终相伴。也应

should, also, be taken to call in the course of a day or two, in order to politely express your regret and disappointment at not having been able to avail yourself of their kindness.

找机会在一两天内前去拜访，以礼貌地表达您因未能接受他们的好意而感到的遗憾和失望。

53. IN GIVING A LETTER OF INTRODUCTION, it should always be handed to your friend, unsealed. Courtesy dictates this, as the person whom you are introducing would, perhaps, wish to know in what manner he or she was spoken of. Should you *receive* a letter from a friend, introducing to you any person known to and esteemed by the writer, the letter should be immediately acknowledged, and your willingness expressed to do all in your power to carry out his or her wishes.

53. 在递交介绍信时，应始终不封口地交给您的朋友。礼节要求如此，因为您所介绍的人或许希望知道信中是如何谈及他或她的。如果您收到朋友的一封信，向您介绍写信人所认识并敬重的人，应立即回复此信，并表示愿意尽一切努力实现他或她的意愿。

54. SUCH ARE THE ONEROUS DUTIES which enter into the position of the mistress of a house, and such are, happily, with a slight but continued attention, of by no means difficult performance. She ought always to remember that she is the first and the last, the Alpha and the Omega in the government of her establishment; and that it is by her conduct that its whole internal policy is regulated. She is, therefore, a person of far more importance in a community than she usually thinks she is. On her pattern her daughters model themselves; by her counsels they are directed; through her virtues all are honoured;—"her children rise up and call her blessed; her husband, also, and he praiseth her." Therefore, let each mistress always remember her responsible position, never approving a mean action, nor speaking an unrefined word. Let her conduct be such that her inferiors may respect her, and such as an honourable and right-minded man may look for in his wife and the mother of his children. Let her think of the many compliments and the sincere homage that have been paid to her sex by the greatest philosophers and writers, both

54. 这些就是身为一家女主人所承担的繁重职责，而幸运的是，只要稍加持续留意，这些职责绝非难以履行。她应始终记住，在治理家务中她是第一个也是最后一个，是始也是终；整个内部家政都由她的行为来调节。因此，她在社会中的重要性远超她通常的自认。女儿们以她为榜样塑造自己；她们受她教诲的指引；因她的美德，全家都受到尊敬--“她的儿女起来称她有福；她的丈夫也称赞她。”因此，让每位女主人始终牢记自己肩负责任的地位，绝不赞许卑劣的行为，也绝不说出粗俗的话语。让她的举止使下属敬重她，也使一个正直高尚的男子能在妻子和子女的母亲身上所期待的一切。让她想到最伟大的哲学家和作家们对女性所给予的诸多赞美与真诚敬意，无论

in ancient and modern times. Let her not forget that she has to show herself worthy of Campbell's compliment when he said,—

"The world was sad! the garden was a wild!
And man the hermit sigh'd, till *woman* smiled."

Let her prove herself, then, the happy companion of man, and able to take unto herself the praises of the pious prelate, Jeremy Taylor, who says,—"A good wife is Heaven's last best gift to man,—his angel and minister of graces innumerable,—his gem of many virtues,—his casket of jewels—her voice is sweet music—her smiles his brightest day;—her kiss, the guardian of his innocence;—her arms, the pale of his safety, the balm of his health, the balsam of his life;—her industry, his surest wealth;—her economy, his safest steward;—her lips, his faithful counsellors;—her bosom, the softest pillow of his cares; and her prayers, the ablest advocates of Heaven's blessings on his head."

Cherishing, then, in her breast the respected utterances of the good and the great, let the mistress of every house rise to the responsibility of its management; so that, in doing her duty to all around her, she may receive the genuine reward of respect, love, and affection!

Note.—Many mistresses have experienced the horrors of house-hunting, and it is well known that "three removes are as good (or bad, rather) as a fire." Nevertheless, it being quite evident that we must, in these days at least, live in houses, and are sometimes obliged to change our residences, it is well to consider some of the conditions which will add to, or diminish, the convenience and comfort of our homes.

古今皆然。让她不要忘记，她必须表明自己配得上坎贝尔的赞美，当时他说--

“世界曾悲伤!花园曾荒芜!人类如隐士般叹息，直到女人
微笑。”

那么，让她证明自己是男子幸福的伴侣，并能当之无愧地承受虔诚的主教杰里米·泰勒的赞誉，他说--“一位好妻子是上天赐予男子的最后最好的礼物--他的天使，无数恩惠的施予者--他多德的宝石--他珠宝的匣子--她的声音是甜美的音乐--她的微笑是他最明亮的日子--她的吻是他纯真的守护者--她的双臂是他安全的藩篱，他健康的香膏，他生命的灵药--她的勤勉是他最可靠的财富--她的节俭是他最稳妥的管家--她的双唇是他忠实的顾问--她的胸怀是他忧虑最柔软的枕头；而她的祈祷，是为他头上求得上天赐福最有力量的代祷者。”

那么，让每一户的女主人在胸中珍视善者与伟人的可敬言辞，奋起承担起管理家务的责任；这样，在履行对周围所有人的职责时，她才能获得尊重、爱与亲情的真正回报!

注。--许多女主人经历过找房子的恐怖，众所周知，“三次搬家等于(或者说不如说等于)一场火灾。”然而，既然十分明显，至少在当今时代我们必须住在房子里，而且有时不得不更换住所，那么最好考虑一些会增加或减少我们家居便利与舒适的条件。

Although the choice of a house must be dependent on so many different circumstances with different people, that to give any specific directions on this head would be impossible and useless; yet it will be advantageous, perhaps, to many, if we point out some of those general features as to locality, soil, aspect, &c., to which the attention of all house-takers should be carefully directed.

尽管房屋的选择必然因人和各种不同的情况而异，以至于就此给出任何具体的指导都是不可能也无用的；然而，如果我们指出一些关于地段、土壤、朝向等方面的一般性要点--这些都是所有租房者应当仔细注意的--或许对许多人来说是有益的。

Regarding the locality, we may say, speaking now more particularly of a town house, that it is very important to the health and comfort of a family, that the neighbourhood of all factories of any kind, producing unwholesome effluvia or smells, should be strictly avoided. Neither is it well to take a house in the immediate vicinity of where a noisy trade is carried on, as it is unpleasant to the feelings, and tends to increase any existing irritation of the system.

关于地段，我们现在更具体地谈论城市住宅，可以说，对于家庭的健康和舒适而言，严格避免任何产生不卫生臭气或气味的工厂附近是极为重要的。同样，也不宜在嘈杂行业的紧邻处租房，因为这令人不快，且会加剧身体上已有的任何刺激。

Referring to soils; it is held as a rule, that a gravel soil is superior to any other, as the rain drains through it very quickly, and it is consequently drier and less damp than clay, upon which water rests a far longer time. A clay country, too, is not so pleasant for walking exercise as one in which gravel predominates.

关于土壤；一般认为，砾石土壤优于任何其他土壤，因为雨水能非常迅速地排走，因此比黏土更干燥、更少潮湿，水在黏土上停留的时间要长得多。此外，砾石为主的地区也比黏土地区更适合步行锻炼。

The aspect of the house should be well considered, and it should be borne in mind that the more sunlight that comes into the house, the healthier is the habitation. The close, fetid smell which assails one on entering a narrow court, or street, in towns, is to be assigned to the want of light, and, consequently, air. A house with a south or south-west aspect, is lighter, warmer, drier, and consequently more healthy, than one facing the north or north-east.

房屋的朝向应仔细考虑，应当牢记，进入房屋的阳光越多，住所就越有益健康。在城镇中进入狭窄庭院或街道时扑面而来的闷热恶臭，应归因于缺乏光线，因而也缺乏空气。朝南或朝西南的房屋比朝北或朝东北的房屋更明亮、更温暖、更干燥，因而也更有益健康。

Great advances have been made, during the last few years, in the principles of sanitary knowledge, and one most essential point to be observed in reference to a house, is its "drainage," as it has been proved in an endless number of cases, that bad or defective drainage is as certain to destroy health as the taking of poisons. This arises from its injuriously affecting the atmosphere; thus rendering the air we breathe unwholesome and deleterious. Let it be borne in mind, then, that unless a house is effectually drained, the health of its inhabitants is sure to suffer; and they will be susceptible of ague, rheumatism, diarrhoea, fevers, and cholera.

过去几年间，卫生知识的原则取得了巨大进步，而就房屋而言，最须注意的一个要点便是其“排水”；无数事例已经证明，排水不良或有缺陷，必定如同服用毒药一般损害健康。这是因为排水不良会对大气产生有害影响，从而使我们呼吸的空气变得不卫生且有害。因此，务必牢记：除非房屋排水有效，否则居民的健康必定受损；他们将易患疟疾、风湿病、腹泻、热病和霍乱。

We now come to an all-important point,—that of the water supply. The value of this necessary article has also been lately more and more recognized in connection with the question of health and life; and most houses are well supplied with every convenience connected with water. Let it, however, be well understood, that no house, however suitable in other respects, can be desirable, if this grand means of health and comfort is, in the slightest degree, scarce or impure. No caution can be too great to see that it is pure and good, as well as plentiful; for, knowing, as we do, that not a single part of our daily food is prepared without it, the importance of its influence on the health of the inmates of a house cannot be over-rated.

现在我们来谈一个至关重要的问题--供水。近来，人们越来越认识到这一必需品与健康和生命问题的关联；大多数房屋在水方面都配备了各种便利设施。然而，必须充分认识到，无论房屋在其他方面多么适宜，如果这一健康和舒适的重要保障稍有匮乏或不纯，就不能令人满意。务必极其谨慎地确保水既纯净优良又充足；因为我们知道，日常饮食中没有一样不是用水制备的，所以水对房屋内居住者健康的影响，其重要性怎么估计也不为过。

Ventilation is another feature which must not be overlooked. In a general way, enough of air is admitted by the cracks round the doors and windows; but if this be not the case, the chimney will smoke; and other plans, such as the placing of a plate of finely-perforated zinc in the upper part of the window, must be used. Cold air should never be admitted under the doors, or at the bottom of a room, unless it be close to the fire or stove; for it will

通风是另一个不可忽视的要点。一般来说，门窗周围的缝隙已足以让空气进入；但若非如此，烟囱就会冒烟；此时必须采用其他办法，例如在窗户上部安装一块细孔锌板。冷空气绝不应从门底下或房间底部进入，除非紧靠炉火或火炉；因为它会

flow along the floor towards the fireplace, and thus leave the foul air in the upper part of the room, unpurified, cooling, at the same time, unpleasantly and injuriously, the feet and legs of the inmates.

The rent of a house, it has been said, should not exceed one-eighth of the whole income of its occupier; and, as a general rule, we are disposed to assent to this estimate, although there may be many circumstances which would not admit of its being considered infallible.

[Illustration]

CHAPTER II.

THE HOUSEKEEPER.

55. AS SECOND IN COMMAND IN THE HOUSE, except in large establishments, where there is a house steward, the housekeeper must consider herself as the immediate representative of her mistress, and bring, to the management of the household, all those qualities of honesty, industry, and vigilance, in the same degree as if she were at the head of her *own* family. Constantly on the watch to detect any wrong-doing on the part of any of the domestics, she will overlook all that goes on in the house, and will see that every department is thoroughly attended to, and that the servants are comfortable, at the same time that their various duties are properly performed.

Cleanliness, punctuality, order, and method, are essentials in the character of a good housekeeper. Without the first, no household

沿着地板流向壁炉，从而使房间上部的污浊空气得不到净化，同时令人不快且有害地冷却居住者的脚和腿。

据说，房租不应超过住户全部收入的八分之一；作为一般规则，我们倾向于赞同这一估计，尽管可能存在许多情况使其不能被视为绝对可靠。

[Illustration]

第二章

管家

55. 作为家中位居第二的管事者，除非是在设有男管家的大家庭中，管家必须将自己视为女主人的直接代表，并以如同自己当家一般的诚实、勤勉与警觉来管理家务。她要时刻留意，发现任何仆人的不当行为；她要照看家中一切事务，确保各个部门都得到周全照料，仆人们生活舒适，同时各司其职、尽职尽责。

清洁、守时、秩序和方法，是一位好管家性格中不可或缺的品质。没有第一条，任何家庭

can be said to be well managed. The second is equally all-important; for those who are under the housekeeper will take their "cue" from her; and in the same proportion as punctuality governs her movements, so will it theirs. Order, again, is indispensable; for by it we wish to be understood that "there should be a place for everything, and everything in its place." Method, too, is most necessary; for when the work is properly contrived, and each part arranged in regular succession, it will be done more quickly and more effectually.

才能称得上管理得当。第二点同样至关重要；因为管家手下的人会以她为榜样；她行事守时的程度，也将决定他们的守时程度。再者，秩序不可或缺；因为我们希望以此表明“每样东西都应有其位置，每样东西都应各归其位”。方法也极为必要；因为工作安排得当、各部分按部就班依次进行时，就能完成得更快、更有效。

56. A NECESSARY QUALIFICATION FOR A HOUSEKEEPER is, that she should thoroughly understand accounts. She will have to write in her books an accurate registry of all sums paid for any and every purpose, all the current expenses of the house, tradesmen's bills, and other extraneous matter. As we have mentioned under the head of the Mistress (*see* 16), a housekeeper's accounts should be periodically balanced, and examined by the head of the house. Nothing tends more to the satisfaction of both employer and employed, than this arrangement. "Short reckonings make long friends," stands good in this case, as in others.

56. 管家必须具备的一项资格是，她应精通账目。她须在账簿中准确记录为任何目的支付的所有款项、家中一切日常开支、商人的账单及其他杂项。正如我们在“女主人”一节中所提到的(见第16节)，管家的账目应定期结算，并由一家之主审核。没有什么比这一安排更能让雇主和雇员双方都满意了。“短算账，长朋友”，在此事上如同在其他事情上一样，依然适用。

It will be found an excellent plan to take an account of every article which comes into the house connected with housekeeping, and is not paid for at the time. The book containing these entries can then be compared with the bills sent in by the various tradesmen, so that any discrepancy can be inquired into and set right. An intelligent housekeeper will, by this means, too, be better able to judge of the average consumption of each article by the household; and if that quantity be, at any time, exceeded, the cause may be discovered and rectified, if it proceed from waste or

把每一样与持家有关、进入宅中而当时未付款的物品都记账，将是一项极好的办法。这样，记有这些条目的账簿便可与各商人送来的账单相核对，从而任何出入都可查问并更正。一位有见识的管家也因此更能判断家庭对每样物品的平均消耗量；若某时该数量被超出，便可查明原因并加以纠正，如果原因是浪费或

carelessness.

粗心大意。

57. ALTHOUGH IN THE DEPARTMENT OF THE COOK, the housekeeper does not generally much interfere, yet it is necessary that she should possess a good knowledge of the culinary art, as, in many instances, it may be requisite for her to take the superintendence of the kitchen. As a rule, it may be stated, that the housekeeper, in those establishments where there is no house steward or man cook, undertakes the preparation of the confectionary, attends to the preserving and pickling of fruits and vegetables; and, in a general way, to the more difficult branches of the art of cookery.

57. 尽管在厨师的职责范围内，管家一般不大干涉，但她必须对烹饪技艺有良好的了解，因为在许多情况下，她可能需要监督厨房。一般来说可以说，在没有男管事或男厨师的那些家庭中，管家负责制作糖果点心，照管水果和蔬菜的腌制与醋渍；并且一般还负责烹饪技艺中较难的各个分支。

Much of these arrangements will depend, however, on the qualifications of the cook; for instance, if she be an able artiste, there will be but little necessity for the housekeeper to interfere, except in the already noticed articles of confectionary, &c. On the contrary, if the cook be not so clever an adept in her art, then it will be requisite for the housekeeper to give more of her attention to the business of the kitchen, than in the former case. It will be one of the duties of the housekeeper to attend to the marketing, in the absence of either a house steward or man cook.

然而，这些安排大多取决于厨师的资质；例如，如果她是一位能干的能手，管家除了已提到的糖果点心等事项外，就几乎不必干涉。相反，如果厨师在她的技艺上不那么娴熟，那么管家就需要比前一种情况更多地关注厨房事务。在没有男管事或男厨师时，照管采买将是管家的职责之一。

58. THE DAILY DUTIES OF A HOUSEKEEPER are regulated, in a great measure, by the extent of the establishment she superintends. She should, however, rise early, and see that all the domestics are duly performing their work, and that everything is progressing satisfactorily for the preparation of the breakfast for the household and family. After breakfast, which, in large establishments, she will take in the "housekeeper's room" with the lady's-maid, butler, and valet, and where they will be waited on

58. 管家的日常职责在很大程度上取决于她所管理的家业的规模。然而，她应早起，查看所有仆人都 duly 履行自己的工作，并查看为仆人和家人准备早餐的一切事宜是否进展顺利。早餐之后--在大家庭中，她将在“管家室”与贴身女仆、男管家和男仆一同用早餐，并在那里由人侍候

by the still-room maid, she will, on various days set apart for each purpose, carefully examine the household linen, with a view to its being repaired, or to a further quantity being put in hand to be made; she will also see that the furniture throughout the house is well rubbed and polished; and will, besides, attend to all the necessary details of marketing and ordering goods from the tradesmen.

由蒸馏室女仆协助，她将在为各项目的专门安排的不同日子里，仔细检查家用亚麻织物，以便修补或再着手制作一批；她还要确保全屋的家具都得到良好的擦拭和抛光；此外，还要处理采购和向商人订货的一切必要细节。

The housekeeper's room is generally made use of by the lady's-maid, butler, and valet, who take there their breakfast, tea, and supper. The lady's-maid will also use this apartment as a sitting-room, when not engaged with her lady, or with some other duties, which would call her elsewhere. In different establishments, according to their size and the rank of the family, different rules of course prevail. For instance, in the mansions of those of very high rank, and where there is a house steward, there are two distinct tables kept, one in the steward's room for the principal members of the household, the other in the servants' hall, for the other domestics. At the steward's dinner-table, the steward and housekeeper preside; and here, also, are present the lady's-maid, butler, valet, and head gardener. Should any visitors be staying with the family, their servants, generally the valet and lady's-maid, will be admitted to the steward's table.

管家室通常由贴身女仆、男管家和男仆使用，他们在那里用早餐、下午茶和晚餐。贴身女仆在不侍候女主人或没有其他会叫她到别处去的职责时，也会把这个房间用作起居室。在不同的家庭中，依照其规模和家族地位，当然盛行不同的规矩。例如，在地位很高者的宅邸中，若有男管事，便设两张不同的餐桌，一张在管事室，供家中主要成员使用，另一张在仆人厅，供其他仆人使用。在管事的正餐桌上，由管事和管家主持；这里还有贴身女仆、男管家、男仆和园丁长在座。若有客人随家人住留，他们的仆人，通常是男仆和贴身女仆，将被准许入管事桌。

59. AFTER DINNER, the housekeeper, having seen that all the members of the establishment have regularly returned to their various duties, and that all the departments of the household are in proper working order, will have many important matters claiming her attention. She will, possibly, have to give the finishing touch to some article of confectionary, or be occupied with some of the more elaborate processes of the still-room. There

59.正餐之后，管家在确认家中所有成员都已按时回到各自的岗位、家庭的各个部门都运转正常之后，将有许多重要事务需要她关注。她可能要为某件糖果点心做最后的修饰，或忙于蒸馏室中一些更为精细的工序。那里

may also be the dessert to arrange, ice-creams to make; and all these employments call for no ordinary degree of care, taste, and attention.

可能还有餐后水果需要摆放，冰淇淋需要制作；所有这些工作都需要非同寻常的细心、品味和专注。

The still-room was formerly much more in vogue than at present; for in days of "auld lang syne," the still was in constant requisition for the supply of sweet-flavoured waters for the purposes of cookery, scents and aromatic substances used in the preparation of the toilet, and cordials in cases of accidents and illness. There are some establishments, however, in which distillation is still carried on, and in these, the still-room maid has her old duties to perform. In a general way, however, this domestic is immediately concerned with the housekeeper. For the latter she lights the fire, dusts her room, prepares the breakfast-table, and waits at the different meals taken in the housekeeper's room (*see* 58). A still-room maid may learn a very great deal of useful knowledge from her intimate connection with the housekeeper, and if she be active and intelligent, may soon fit herself for a better position in the household.

蒸馏室从前比现在流行得多；因为在“往昔的美好时光”里，蒸馏器常被用来供应烹饪所需的甜香水、制作化妆品所用的香料和芳香物质，以及意外和疾病时用的兴奋剂。不过，有些家庭仍进行蒸馏，在这些家庭里，蒸馏室女仆仍要履行她的旧职责。然而，一般而言，这名女仆直接受管家管辖。她为管家生火、打扫房间、准备早餐桌，并在管家房里进行的各餐中侍候(见58)。蒸馏室女仆通过与管家的密切接触，可以学到大量有用的知识；如果她勤快聪明，很快就能胜任家中更好的职位。

60. IN THE EVENING, the housekeeper will often busy herself with the necessary preparations for the next day's duties. Numberless small, but still important arrangements, will have to be made, so that everything may move smoothly. At times, perhaps, attention will have to be paid to the breaking of lump-sugar, the stoning of raisins, the washing, cleansing, and drying of currants, &c. The evening, too, is the best time for setting right her account of the expenditure, and duly writing a statement of moneys received and paid, and also for making memoranda of any articles she may require for her storeroom or other departments.

60. 傍晚时分，管家常常忙于为次日职责做必要的准备。无数细小但仍重要的安排都得做好，以便一切顺利进行。有时也许要注意敲碎块糖、去葡萄干核、清洗、洁净并晾干无核小葡萄干等等。傍晚也是整理她的开支账目、正式写下收支清单的最佳时间，也是记下她可能需要的储藏室或其他部门物品的备忘录的最佳时间。

Periodically, at some convenient time,—for instance, quarterly or half-yearly, it is a good plan for the housekeeper to make an inventory of everything she has under her care, and compare this with the lists of a former period; she will then be able to furnish a statement, if necessary, of the articles which, on account of time, breakage, loss, or other causes, it has been necessary to replace or replenish.

定期地，在某个方便的时候--例如每季度或每半年一次，管家最好将她所管理的一切物品列一份清单，并与前一时期的清单加以比较；这样，如有必要，她便能说明哪些物品因时间、破损、丢失或其他原因而需要更换或补充。

61. IN CONCLUDING THESE REMARKS on the duties of the housekeeper, we will briefly refer to the very great responsibility which attaches to her position. Like "Caesar's wife," she should be "above suspicion," and her honesty and sobriety unquestionable; for there are many temptations to which she is exposed. In a physical point of view, a housekeeper should be healthy and strong, and be particularly clean in her person, and her hands, although they may show a degree of roughness, from the nature of some of her employments, yet should have a nice inviting appearance. In her dealings with the various tradesmen, and in her behaviour to the domestics under her, the demeanour and conduct of the housekeeper should be such as, in neither case, to diminish, by an undue familiarity, her authority or influence.

61. 在结束这些关于管家职责的论述时，我们将简要提及她职位所附带的极大责任。像“凯撒的妻子”一样，她应当“不受怀疑”，她的诚实和清醒毋庸置疑；因为她面临许多诱惑。从身体方面看，管家应当健康强壮，个人特别整洁，她的双手尽管因某些工作性质可能显得有些粗糙，但仍应具有悦目宜人的外观。在与各类商贩打交道以及对待下属女仆时，管家的举止和行为都应做到：在任何情况下都不因过分亲昵而削弱她的权威或影响。

Note.—It will be useful for the mistress and housekeeper to know the best seasons for various occupations connected with Household Management; and we, accordingly, subjoin a few hints which we think will prove valuable.

注。--女主人和管家了解与家政管理相关的各种事务的最佳时令将是有益的；因此，我们附上几点我们认为会有价值的提示。

As, in the winter months, servants have much more to do, in consequence of the necessity there is to attend to the number of fires throughout the household, not much more than the ordinary every-day work can be attempted.

由于在冬季月份，仆人因需照管全屋众多炉火而有更多事情要做，所以除了日常的日常工作之外，不宜再尝试更多。

In the summer, and when the absence of fires gives the domestics more leisure, then any extra work that is required, can be more easily performed.

在夏季，炉火的停歇使仆人有更多闲暇，此时任何需要的额外工作都能更容易地完成。

The spring is the usual period set apart for house-cleaning, and removing all the dust and dirt, which will necessarily, with the best of housewives, accumulate during the winter months, from the smoke of the coal, oil, gas, &c. This season is also well adapted for washing and bleaching linen, &c., as, the weather, not being then too hot for the exertions necessary in washing counterpanes, blankets, and heavy things in general, the work is better and more easily done than in the intense heats of July, which month some recommend for these purposes. Winter curtains should be taken down, and replaced by the summer white ones; and furs and woollen cloths also carefully laid by. The former should be well shaken and brushed, and then pinned upon paper or linen, with camphor to preserve them from the moths. Furs, &c., will be preserved in the same way. Included, under the general description of house-cleaning, must be understood, turning out all the nooks and corners of drawers, cupboards, lumber-rooms, lofts, &c., with a view of getting rid of all unnecessary articles, which only create dirt and attract vermin; sweeping of chimneys, taking up carpets, painting and whitewashing the kitchen and offices, papering rooms, when needed, and, generally speaking, the house putting on, with the approaching summer, a bright appearance, and a new face, in unison with nature. Oranges now should be preserved, and orange wine made.

春季通常是留作房屋清扫的时期，清除所有灰尘和污垢--即使最好的主妇，这些污垢也必然在冬季数月里因煤烟、油、煤气等而积聚。这个季节也适合洗涤和漂白亚麻布等，因为天气还不太热，不足以妨碍洗床罩、毯子和一般重物所需的劳作，工作比在七月酷热时做得更好、更轻松，而有些人却推荐七月做这些事。冬季窗帘应取下，换上夏季白色窗帘；毛皮和毛织衣物也应仔细收好。前者应充分抖动刷净，然后用别针别在纸或亚麻布上，并放樟脑以防蛀虫。毛皮等也用同样方法保存。在房屋清扫的总述下，必须理解为把所有抽屉、橱柜、杂物间、阁楼等的角落和缝隙都翻出来，以清除所有无用物品--这些物品只会制造污垢、招引害虫；清扫烟囱、卷起地毯、油漆和粉刷厨房及附属房间、必要时糊墙纸，以及一般说来，让房屋随着夏季临近而呈现明亮外观和新面貌，与自然协调一致。此时应保存橙子，并酿制橙子酒。

The summer will be found, as we have mentioned above, in consequence of the diminution of labour for the domestics, the best period for examining and repairing household linen, and for

如上所述，夏季由于仆人劳动减少，将是检查和修补家用亚麻织物的最佳时期，也是

"putting to rights" all those articles which have received a large share of wear and tear during the dark winter days. In direct reference to this matter, we may here remark, that sheets should be turned "sides to middle" before they are allowed to get very thin. Otherwise, patching, which is uneconomical from the time it consumes, and is unsightly in point of appearance, will have to be resorted to. In June and July, gooseberries, currants, raspberries, strawberries, and other summer fruits, should be preserved, and jams and jellies made. In July, too, the making of walnut ketchup should be attended to, as the green walnuts will be approaching perfection for this purpose. Mixed pickles may also be now made, and it will be found a good plan to have ready a jar of pickle-juice (for the making of which all information will be given in future pages), into which to put occasionally some young French beans, cauliflowers, &c.

“整理”所有那些在黑暗冬日里磨损严重的物品。直接就此而言，我们可在此说明：床单在变得很薄之前，应“从两边翻到中间”。否则，就不得不打补丁，这既因耗时而不经济，外观也不雅观。六月和七月，应保存醋栗、无核小葡萄干、覆盆子、草莓和其他夏季水果，并制作果酱和果冻。七月还应注意制作核桃酱，因为青核桃此时将接近适于制作此酱的完美状态。现在也可制作什锦腌菜，而且准备好一罐腌菜汁(制作方法将在以后各页详述)，偶尔放入一些嫩法国豆、花椰菜等，将是好办法。

In the early autumn, plums of various kinds are to be bottled and preserved, and jams and jellies made. A little later, tomato sauce, a most useful article to have by you, may be prepared; a supply of apples laid in, if you have a place to keep them, as also a few keeping pears and filberts. Endeavour to keep also a large vegetable marrow,—it will be found delicious in the winter.

在初秋，各种李子要装瓶保存，果酱和果冻要制作。稍晚一些，可以准备番茄酱--这是手边极有用的一种物品；储备一批苹果，如果你有存放的地方，还可备一些耐储的梨和榛子。还要设法保存一个大西葫芦--它在冬天会非常美味。

In October and November, it will be necessary to prepare for the cold weather, and get ready the winter clothing for the various members of the family. The white summer curtains will now be carefully put away, the fireplaces, grates, and chimneys looked to, and the House put in a thorough state of repair, so that no "loose tile" may, at a future day, interfere with your comfort, and extract something considerable from your pocket.

在十月和十一月，有必要为寒冷天气做准备，为家庭各成员备好冬衣。白色的夏季窗帘此时要仔细收好，壁炉、炉栅和烟囱要检查，房屋要进行彻底的修缮，以免日后某块"松动的瓦片"干扰你的舒适，并从你的口袋中掏走相当一笔钱。

In December, the principal household duty lies in preparing for the creature comforts of those near and dear to us, so as to meet old Christmas with a happy face, a contented mind, and a full larder; and in stoning the plums, washing the currants, cutting the citron, beating the eggs, and MIXING THE PUDDING, a housewife is not unworthily greeting the genial season of all good things.

[Illustration]

CHAPTER III.

ARRANGEMENT AND ECONOMY OF THE KITCHEN.

62. "THE DISTRIBUTION OF A KITCHEN," says Count Rumford, the celebrated philosopher and physician, who wrote so learnedly on all subjects connected with domestic economy and architecture, "must always depend so much on local circumstances, that general rules can hardly be given respecting it; the principles, however, on which this distribution ought, in all cases, to be made, are simple and easy to be understood," and, in his estimation, these resolve themselves into symmetry of proportion in the building and convenience to the cook. The requisites of a good kitchen, however, demand something more special than is here pointed out. It must be remembered that it is the great laboratory of every household, and that much of the "weal or woe," as far as regards bodily health, depends upon the nature of the preparations concocted within its walls. A good kitchen, therefore, should be erected with a view to the following particulars. 1. Convenience of distribution in its parts, with largeness of dimension. 2. Excellence of light, height of ceiling,

在十二月，主要的家庭职责在于为我们亲近亲爱的人准备生活上的舒适，以幸福的面容、满足的心境和充实的食品储藏室迎接古老的圣诞节；而在去核李子、洗醋栗、切香橼、打鸡蛋和搅拌布丁之中，一位主妇正是在不辜负地迎接这个一切美好事物的宜人时节。

[Illustration]

第三章

厨房的布置与节约

62.“厨房的布局，”著名哲学家兼医生拉姆福德伯爵说道--他曾就与家庭经济和建筑相关的所有主题写下如此博学的论述--“必定总是极大地取决于当地的具体情况，以至于几乎无法就此给出普遍规则；然而，无论在何种情况下，进行这种布局所应依据的原则都是简单而易于理解的，”而在他看来，这些原则归结为建筑比例的对称以及便于厨师操作。然而，一间好厨房的必备条件，所要求的比这里所指出的更为具体。必须记住，厨房是每个家庭的大实验室，而就身体健康而言，许多“祸福”都取决于在其四壁之内调制出的各种制品的性质。因此，一间好厨房的建造应当着眼于以下各项。1. 各部分布局便利，且尺寸宽大。2. 采光优良，天花板高度足够，

and good ventilation. 3. Easiness of access, without passing through the house. 4. Sufficiently remote from the principal apartments of the house, that the members, visitors, or guests of the family, may not perceive the odour incident to cooking, or hear the noise of culinary operations. 5. Plenty of fuel and water, which, with the scullery, pantry, and storeroom, should be so near it, as to offer the smallest possible trouble in reaching them.

以及良好的通风。3. 进出方便，无需穿过住宅。4. 与住宅的主要房间足够远离，使家庭成员、来访者或宾客不会闻到烹饪产生的气味，也听不到烹饪操作的噪音。5. 充足的燃料和水，连同洗涤室、食品储藏室和储藏室，都应靠近厨房，以便取用时麻烦最少。

[Illustration: *Fig.* 1.]

[插图：图 1。]

The kitchens of the Middle Ages, in England, are said to have been constructed after the fashion of those of the Romans. They were generally octagonal, with several fireplaces, but no chimneys; neither was there any wood admitted into the building. The accompanying cut, fig. 1, represents the turret which was erected on the top of the conical roof of the kitchen at Glastonbury Abbey, and which was perforated with holes to allow the smoke of the fire, as well as the steam from cooking, to escape. Some kitchens had funnels or vents below the eaves to let out the steam, which was sometimes considerable, as the Anglo-Saxons used their meat chiefly in a boiled state. From this circumstance, some of their large kitchens had four ranges, comprising a boiling-place for small boiled meats, and a boiling-house for the great boiler. In private houses the culinary arrangements were no doubt different; for Du Cange mentions a little kitchen with a chamber, even in a solarium, or upper floor.

据说英格兰中世纪的厨房是按照罗马人的样式建造的。它们通常是八角形的，设有若干壁炉，但没有烟囱；建筑中也不使用木料。附图1展示了格拉斯顿伯里修道院厨房锥形屋顶顶部所建的塔楼，塔楼上开有孔洞，以便炉火的烟以及烹饪产生的蒸汽排出。有些厨房在屋檐下方设有漏斗或通风口以排出蒸汽，蒸汽有时相当多，因为盎格鲁-撒克逊人主要将肉煮着吃。由于这一情况，他们的一些大厨房设有四个炉灶区，包括一个用于煮小份煮肉的小煮锅区，以及一个放置大煮锅的煮制间。在私人住宅中，烹饪安排无疑有所不同；因为杜康热提到过一间带有一个房间的小厨房，甚至位于solarium，即上层楼面。

63. THE SIMPLICITY OF THE PRIMITIVE AGES has frequently been an object of poetical admiration, and it delights the imagination to picture men living upon such fruits as spring spontaneously from the earth, and desiring no other beverages to

63.原始时代的简朴常常成为诗人赞美的对象，想象人们以大地自然生长的果实为食、不企求其他饮料的情景，令人心旷神怡

slake their thirst, but such as fountains and rivers supply. Thus we are told, that the ancient inhabitants of Argos lived principally on pears; that the Arcadians revelled in acorns, and the Athenians in figs. This, of course, was in the golden age, before ploughing began, and when mankind enjoyed all kinds of plenty without having to earn their bread "by the sweat of their brow." This delightful period, however, could not last for ever, and the earth became barren, and continued unfruitful till Ceres came and taught the art of sowing, with several other useful inventions. The first whom she taught to till the ground was Triptolemus, who communicated his instructions to his countrymen the Athenians. Thence the art was carried into Achaia, and thence into Arcadia. Barley was the first grain that was used, and the invention of bread-making is ascribed to Pan.

解渴，而只有泉水和河流所供给的水。因此我们得知，阿尔戈斯的古代居民主要以梨为生；阿卡迪亚人纵情享用橡子，雅典人则纵情享用无花果。当然，这是在黄金时代，在耕作开始之前，那时人类享有各种丰饶之物，而无须“汗流满面”才得糊口。然而，这段令人愉快的时期不可能永远持续，大地变得贫瘠，并一直不结果实，直到刻瑞斯到来，传授了播种的技艺以及若干其他有用的发明。她第一个教会耕种土地的人是特里普托勒摩斯，后者将自己的知识传授给了他的同胞雅典人。这门技艺由此传入阿哈伊亚，又从那里传入阿卡迪亚。大麦是最早被使用的谷物，而制作面包的发明则归功于潘。

The use of fire, as an instrument of cookery, must have been coeval with this invention of bread, which, being the most necessary of all kinds of food, was frequently used in a sense so comprehensive as to include both meat and drink. It was, by the Greeks, baked under the ashes.

火作为烹饪工具的使用，必定与面包的这一发明同时代，面包是一切食物中最必需的，常被用于如此广泛的含义，以致兼指肉和饮。希腊人将面包在灰烬下烘烤。

64. IN THE PRIMARY AGES it was deemed unlawful to eat flesh, and when mankind began to depart from their primitive habits, the flesh of swine was the first that was eaten. For several ages, it was pronounced unlawful to slaughter oxen, from an estimate of their great value in assisting men to cultivate the ground; nor was it usual to kill young animals, from a sentiment which considered it cruel to take away the life of those that had scarcely tasted the joys of existence.

64.在原始时代，食肉被视为不合法，而当人类开始背离其原始习惯时，猪肉是最先被食用的。数个世纪中，宰杀牛被宣布为不合法，因为估计牛在帮助人类耕种土地方面具有巨大价值；宰杀幼畜也不常见，因为人们认为夺去那些几乎尚未尝到生存乐趣的动物的生命是残忍的。

At this period no cooks were kept, and we know from Homer that

这一时期不设厨师，我们从荷马的作品中得知

his ancient heroes prepared and dressed their victuals with their own hands. Ulysses, for example, we are told, like a modern charwoman, excelled at lighting a fire, whilst Achilles was an adept at turning a spit. Subsequently, heralds, employed in civil and military affairs, filled the office of cooks, and managed marriage feasts; but this, no doubt, was after mankind had advanced in the art of living, a step further than *roasting*, which, in all places, was the ancient manner of dressing meat.

他那些古代英雄亲手准备和烹制自己的食物。例如，我们得知，尤利西斯像现代的杂役女工一样擅长生火，而阿喀琉斯则精通转动烤肉叉。后来，受雇处理民事和军事事务的传令官承担了厨师的职责，并操办婚宴；但这无疑是在人类在生活技艺上有所进步之后，比烤更进一步，而烤在所有地方都是烹制肉类的古老方式。

65. THE AGE OF ROASTING we may consider as that in which the use of the metals would be introduced as adjuncts to the culinary art; and amongst these, iron, the most useful of them all, would necessarily take a prominent place. This metal is easily oxidized, but to bring it to a state of fusibility, it requires a most intense heat. Of all the metals, it is the widest diffused and most abundant; and few stones or mineral bodies are without an admixture of it. It possesses the valuable property of being welded by hammering; and hence its adaptation to the numerous purposes of civilized life.

65.我们可以把烤的时代视为金属开始被引入、作为烹饪技艺之辅助手段的时代；而在这些金属中，铁作为其中最有用的一种，必然占据突出地位。这种金属容易氧化，但要使其达到可熔状态，则需要极其强烈的热量。在所有金属中，它是分布最广、储量最丰富的；很少有石头或矿物物体不混有它。它具有通过锤打而焊接的宝贵特性；因此适用于文明生活的众多用途。

Metallic grains of iron have been found in strawberries, and a twelfth of the weight of the wood of dried oak is said to consist of this metal. Blood owes its colour of redness to the quantity of iron it contains, and rain and snow are seldom perfectly free from it. In the arts it is employed in three states,—as *cast* iron, *wrought* iron, and *steel*. In each of these it largely enters into the domestic economy, and stoves, grates, and the general implements of cookery, are usually composed of it. In antiquity, its employment was, comparatively speaking, equally universal. The excavations made at Pompeii have proved this. The accompanying cuts present us with specimens of stoves, both ancient and modern.

在草莓中曾发现铁的金属颗粒，据说干燥橡木重量的十二分之一由这种金属构成。血液之所以呈红色，是因为其中含有大量铁，而雨和雪也极少完全不含铁。在工艺中，铁以三种状态使用--铸铁、熟铁和钢。这三种形态都大量进入家庭经济之中，炉灶、炉栅以及一般的烹饪器具通常都由铁制成。在古代，铁的使用相对来说同样普遍。在庞贝进行的发掘已证明了这一点。随附的插图向我们展示了古代和现代炉灶的样品。

Fig. 2 is the remains of a kitchen stove found in the house of Pansa, at Pompeii, and would seem, in its perfect state, not to have been materially different from such as are in use at the present day. Fig. 3 is a self-acting, simple open range in modern use, and may be had of two qualities, ranging, according to their dimensions, from £3. 10s. and £3. 18s. respectively, up to £4. 10s. and £7. 5s. They are completely fitted up with oven, boiler, sliding cheek, wrought-iron bars, revolving shelves, and brass tap. Fig. 4, is called the Improved Leamington Kitchener, and is said to surpass any other range in use, for easy cooking by one fire. It has a hot plate, which is well calculated for an ironing-stove, and on which as many vessels as will stand upon it, may be kept boiling, without being either soiled or injured. Besides, it has a perfectly ventilated and spacious wrought-iron roaster, with movable shelves, draw-out stand, double dripping-pan, and meat-stand. The roaster can be converted into an oven by closing the valves, when bread and pastry can be baked in it in a superior manner. It also has a large iron boiler with brass tap and steam-pipe, round and square gridirons for chops and steaks, ash-pan, open fire for roasting, and a set of ornamental covings with plate-warmer attached. It took a first-class prize and medal in the Great Exhibition of 1851, and was also exhibited, with all the recent improvements, at the Dublin Exhibition in 1853. Fig. 5 is another kitchener, adapted for large families. It has on the one side, a large ventilated oven; and on the other, the fire and roaster. The hot plate is over all, and there is a back boiler, made of wrought iron, with brass tap and steam-pipe. In other respects it resembles Fig. 4, with which it possesses similar advantages of construction. Either maybe had at varying prices, according to size, from £5.

图2是在庞贝潘萨家中发现的一个厨房炉灶的残骸，从其完好状态来看，似乎与当今使用的炉灶没有实质性的差别。图3是一种自动作用的简易开放式炉灶，为现代所用，有两种品质可供选择，根据其尺寸，价格分别从3英镑10先令和3英镑18先令起，直至4英镑10先令和7英镑5先令。它们完全配备了烤箱、锅炉、滑动侧板、熟铁条、旋转搁架和黄铜龙头。图4被称为改良型利明顿厨房炉，据说在用一个火源轻松烹饪方面胜过任何其他在用的炉灶。它有一块热板，非常适合用作熨烫炉，其上可放置尽可能多的容器并保持沸腾，而不会弄脏或损坏。此外，它还有一个通风良好且宽敞的熟铁烤炉，配有可移动搁架、抽拉式支架、双层滴油盘和肉架。关闭阀门后，烤炉可转换为烤箱，届时可以极佳的方式烘烤面包和糕点。它还有一个带黄铜龙头和蒸汽管的大铁锅炉，用于排骨和牛排的圆形和方形烤架，灰盘，用于烤的明火，以及一套附有暖盘器的装饰性炉围。它在1851年大博览会上获得了一等奖和奖章，并在1853年都柏林博览会上连同所有最新改进一起展出。图5是另一种厨房炉，适合大家庭使用。它一侧有一个大型通风烤箱；另一侧是火和烤炉。热板位于所有之上，还有一个用熟铁制成的后锅炉，配有黄铜龙头和蒸汽管。在其他方面它与图4相似，具有相同的结构优势。两者均可按尺寸以不同价格购得，起价5英镑。

15s. up to £23. 10s. They are supplied by Messrs. Richard & John Slack 336, Strand, London.

[Illustration: *Fig.* 2.]

[Illustration: *Fig.* 3.]

[Illustration: *Fig.* 4.]

[Illustration: *Fig.* 5.]

66. FROM KITCHEN RANGES to the implements used in cookery is but a step. With these, every kitchen should be well supplied, otherwise the cook must not be expected to "perform her office" in a satisfactory manner. Of the culinary utensils of the ancients, our knowledge is very limited; but as the art of living, in every civilized country, is pretty much the same, the instruments for cooking must, in a great degree, bear a striking resemblance to each other. On referring to classical antiquities, we find mentioned, among household utensils, leather bags, baskets constructed of twigs, reeds, and rushes; boxes, basins, and bellows; bread-moulds, brooms, and brushes; caldrons, colanders, cisterns, and chafing-dishes; cheese-rasps, knives, and ovens of the Dutch kind; funnels and frying-pans; handmills, soup-ladles, milk-pails, and oil-jars; presses, scales, and sieves; spits of different sizes, but some of them large enough to roast an ox; spoons, fire-tongs, trays, trenchers, and drinking-vessels; with others for carrying food, preserving milk, and holding cheese. This enumeration, if it does nothing else, will, to some extent, indicate the state of the simpler kinds of mechanical arts among the ancients.

[Illustration: *Fig.* 6.]

15先令至23英镑10先令。由伦敦河岸街336号的理查德与约翰·斯莱克先生商号供应。

[插图：图2。]

[插图：图3。]

[插图：图 4。]

[插图：图 5。]

66. 从厨房炉灶到烹饪所用的器具，只是一步之遥。每个厨房都应充分配备这些器具，否则就不能指望厨师以令人满意的方式"履行职责"。关于古人的烹饪器具，我们的了解非常有限；但既然每个文明国家的生活艺术大体相同，烹饪的器具在很大程度上必然彼此极为相似。查阅古典文物，我们在家庭用具中发现有提及：皮袋，用枝条、芦苇和灯心草编成的篮子；箱子、盆和风箱；面包模、扫帚和刷子；大锅、滤锅、蓄水池和火盆；干酪擦、刀和荷兰式烤箱；漏斗和煎锅；手磨、汤勺、挤奶桶和油罐；压榨机、秤和筛子；大小不一的烤肉叉，其中有些大到足以烤一头牛；勺子、火钳、托盘、木盘和饮器；以及其他用于运送食物、保存牛奶和盛放干酪的器具。这份列举即使没有别的用处，也在某种程度上表明了古人中较简单的机械工艺的状况。

[插图：图 6。]

[Illustration: *Fig.* 7.]

[Illustration: *Fig.* 8.]

In so far as regards the shape and construction of many of the kitchen utensils enumerated above, they bore a great resemblance to our own. This will be seen by the accompanying cuts. Fig. 6 is an ancient stock-pot in bronze, which seems to have been made to hang over the fire, and was found in the buried city of Pompeii. Fig. 7 is one of modern make, and may be obtained either of copper or wrought iron, tinned inside. Fig. 8 is another of antiquity, with a large ladle and colander, with holes attached. It is taken from the column of Trajan. The modern ones can be obtained at all prices, according to size, from 13s. 6d. up to £1. 1s.

67. IN THE MANUFACTURE OF THESE UTENSILS, bronze metal seems to have been much in favour with the ancients. It was chosen not only for their domestic vessels, but it was also much used for their public sculptures and medals. It is a compound, composed of from six to twelve parts of tin to one hundred of copper. It gives its name to figures and all pieces of sculpture made of it. Brass was another favourite metal, which is composed of copper and zinc. It is more fusible than copper, and not so apt to tarnish. In a pure state it is not malleable, unless when hot, and after it has been melted twice it will not bear the hammer. To render it capable of being wrought, it requires 7 lb. of lead to be put to 1 cwt. of its own material.

The Corinthian brass of antiquity was a mixture of silver, gold, and copper. A fine kind of brass, supposed to be made by the cementation of copper plates with calamine, is, in Germany,

[插图：图 7。]

[插图：图 8。]

就上文所列举的许多厨房用具的形状和构造而言，它们与我们自己的用具极为相似。从随附的插图可以看出这一点。图6是一件古代的青铜大汤锅，似乎是为了悬挂在火上而制作的，出土于被掩埋的庞贝城。图7是一件现代制品，可以用铜或熟铁制成，内部镀锡。图8是另一件古代器具，附有一把大勺和一个带孔的滤器。它取自图拉真柱。现代制品可以以各种价格购得，视大小而定，从13先令6便士到1英镑不等。

1秒。

67. 在这些器具的制造中，青铜金属似乎颇受古人青睐。它不仅被选用于他们的家用器皿，还大量用于他们的公共雕塑和奖章。它是一种化合物，由六至十二份锡对一百份铜组成。它为其所制的雕像和所有雕塑作品赋予了名称。黄铜是另一种受青睐的金属，由铜和锌组成。它比铜更易熔，也不那么容易失去光泽。在纯净状态下它不具有延展性，除非加热时，而且在其熔化两次之后便经不起锤击。为使其能够加工，需要在其自身材料每1英担中加入7磅铅。

古代的科林斯黄铜是银、金和铜的混合物。一种优质黄铜，据信是通过将铜板与炉甘石胶结而制成，在德国，

hammered out into leaves, and is called Dutch metal in this country. It is employed in the same way as gold leaf. Brass is much used for watchworks, as well as for wire.

被锤打成叶片，在这个国家被称为荷兰金属。它的使用方式与金箔相同。黄铜大量用于钟表机械以及金属丝。

68. The braziers, ladles, stewpans, saucepans, gridirons, and colanders of antiquity might generally pass for those of the English manufacture of the present day, in so far as shape is concerned. In proof of this we have placed together the following similar articles of ancient and modern pattern, in order that the reader may, at a single view, see wherein any difference that is between them, consists.

68. 古代的铜匠炉、长柄勺、炖锅、酱汁锅、烤架和滤锅，就形状而言，大体上可以当作今日英国制造的产品。为证明这一点，我们将以下古今样式的同类器物并列在一起，以便读者一目了然地看出它们之间的差异所在。

[Illustration: *Fig.* 9. Modern.]

[插图：图9。现代。]

[Illustration: *Fig.* 10. Ancient.]

[插图：图 10. 古代。]

[Illustration: *Fig.* 11. Modern.]

[插图：图 11. 现代。]

[Illustration: *Fig.* 12. Ancient.]

[插图：图 12. 古代。]

[Illustration: *Fig.* 13. Modern.]

[插图：图 13. 现代。]

[Illustration: *Fig.* 14. Ancient.]

[插图：图 14. 古代。]

[Illustration: *Fig.* 15. Modern.]

[插图：图 15. 现代。]

[Illustration: *Fig.* 16. Modern.]

[插图：图 16. 现代。]

[Illustration: *Fig.* 17. Ancient.]

[插图：图 17. 古代。]

[Illustration: *Fig.* 18. Ancient.]

[插图：图 18. 古代。]

Figs. 9 and 10 are flat sauce or *sauté* pans, the ancient one being fluted in the handle, and having at the end a ram's head. Figs. 11 and 12 are colanders, the handle of the ancient one being adorned, in the original, with carved representations of a cornucopia, a satyr, a goat, pigs, and other animals. Any display

图第9和第10幅是平底酱汁锅或炒锅，古代的那只在柄上刻有凹槽，末端有一个羊头。第11和第12幅是滤锅，古代那只的柄在原物上装饰有雕刻的丰饶角、萨提尔、山羊、猪及其他动物的形象。任何展示

of taste in the adornment of such utensils, might seem to be useless; but when we remember how much more natural it is for us all to be careful of the beautiful and costly, than of the plain and cheap, it may even become a question in the economy of a kitchen, whether it would not, in the long run, be cheaper to have articles which displayed some tasteful ingenuity in their manufacture, than such as are so perfectly plain as to have no attractions whatever beyond their mere suitableness to the purposes for which they are made. Figs. 13 and 14 are saucepans, the ancient one being of bronze, originally copied from the cabinet of M. l'Abbé Charlet, and engraved in the Antiquities of Montfaucon. Figs. 15 and 17 are gridirons, and 16 and 18 dripping-pans. In all these utensils the resemblance between such as were in use 2,000 years ago, and those in use at the present day, is strikingly manifest.

在装饰这类器具方面讲究品味，或许看似无用；但当我们想到，我们所有人对精美昂贵之物本就比对朴素廉价之物更为珍惜，这在厨房经济中甚至可能成为一个问题：从长远来看，购置那些在制造上体现出些许雅致巧思的器具，是否比购置那些除了适合其用途之外毫无吸引力、极为朴素的器具更为划算。图13和图14是炖锅，其中古老的一只为青铜制，最初仿自夏尔莱神父先生的收藏，并刊印于蒙福孔的《古物图录》中。图15和图17是烤架，图16和图18是滴油盘。在所有这些器具中，两千年前所用者与当今所用者之间的相似之处显而易见，令人惊叹。

69. SOME OF THE ANCIENT UTENSILS represented in the above cuts, are copied from those found amid the ruins of Herculaneum and Pompeii. These Roman cities were, in the first century, buried beneath the lava of an eruption of Vesuvius, and continued to be lost to the world till the beginning of the last century, when a peasant, in digging for a well, gradually discovered a small temple with some statues. Little notice, however, was taken of this circumstance till 1736, when the king of Naples, desiring to erect a palace at Portici, caused extensive excavations to be made, when the city of Herculaneum was slowly unfolded to view. Pompeii was discovered about 1750, and being easier cleared from the lava in which it had so long been entombed, disclosed itself as it existed immediately before the catastrophe which overwhelmed it, nearly two thousand years ago. It presented, to the modern world,

69. 上文中插图所描绘的一些古代器具，是仿自赫库兰尼姆和庞贝废墟中发现的那些器具。这两座罗马城市在公元一世纪被维苏威火山一次喷发的熔岩所掩埋，此后一直从世界上消失，直到上个世纪初，一位农民在挖井时逐渐发现了一座带有一些雕像的小神庙。然而，这一情况起初并未引起多少注意，直到1736年，那不勒斯国王希望在波蒂奇建造一座宫殿，下令进行大规模发掘，赫库兰尼姆城才慢慢展现在世人面前。庞贝约在1750年被发现，由于更容易清除长期将其掩埋的熔岩，它呈现出将近两千年前那场将其吞没的灾难发生前夕的原貌。它向现代世界展示了，

the perfect picture of the form and structure of an ancient Roman city. The interior of its habitations, shops, baths, theatres, and temples, were all disclosed, with many of the implements used by the workmen in their various trades, and the materials on which they were employed, when the doomed city was covered with the lavian stream.

一座古罗马城市形态与结构的完美图景。其住宅、店铺、浴场、剧场和神庙的内部全部展露无遗，还有许多工匠在各行各业中使用的工具，以及当这座注定毁灭的城市被熔岩流覆盖时他们正在加工的材料。

70. AMONGST THE MOST ESSENTIAL REQUIREMENTS of the kitchen are scales or weighing-machines for family use. These are found to have existed among the ancients, and must, at a very early age, have been both publicly and privately employed for the regulation of quantities. The modern English weights were adjusted by the 27th chapter of Magna Charta, or the great charter forced, by the barons, from King John at Runnymede, in Surrey. Therein it is declared that the weights, all over England, shall be the same, although for different commodities there were two different kinds, Troy and Avoirdupois. The origin of both is taken from a grain of wheat gathered in the middle of an ear. The standard of measures was originally kept at Winchester, and by a law of King Edgar was ordained to be observed throughout the kingdom.

70. 厨房最必不可少的需求之一是供家庭使用的秤或称量器具。人们发现古人也拥有这些器具，而且在很早的时代就必定已公开和私下用于规范数量。现代英国的衡制是由《大宪章》第27章调整的，即由男爵们在萨里郡兰尼米德迫使约翰王签署的那部伟大宪章。其中宣布，全英格兰的衡制应当统一，尽管对不同商品有两种不同的种类，即金衡和常衡。两者的起源都取自穗中间的一粒小麦。量器的标准最初保存在温切斯特，并由埃德加国王的一项法律规定在全王国遵守。

[Illustration: *Fig.* 19.]

[插图：图 19。]

[Illustration: *Fig.* 20.]

[插图：图 20。]

Fig. 19 is an ancient pair of common scales, with two basins and a movable weight, which is made in the form of a head, covered with the pileus, because Mercury had the weights and measures under his superintendence. It is engraved on a stone in the gallery of Florence. Fig. 20 represents a modern weighing-machine, of great convenience, and generally in use in those establishments

第19幅是一对古代的普通天平，带有两个秤盘和一个可移动的砝码，砝码制成头部的形状，戴着皮帽，因为墨丘利掌管度量衡。它刻在佛罗伦萨画廊的一块石头上。第20幅代表一台现代称重机，极为便利，普遍用于那些场所

where a great deal of cooking is carried on.

71. ACCOMPANYING THE SCALES, or weighing-machines, there should be spice-boxes, and sugar and biscuit-canisters of either white or japanned tin. The covers of these should fit tightly, in order to exclude the air, and if necessary, be lettered in front, to distinguish them. The white metal of which they are usually composed, loses its colour when exposed to the air, but undergoes no further change. It enters largely into the composition of culinary utensils, many of them being entirely composed of tinned sheet-iron; the inside of copper and iron vessels also, being usually what is called *tinned*. This art consists of covering any metal with a thin coating of tin; and it requires the metal to be covered, to be perfectly clean and free from rust, and also that the tin, itself, be purely metallic, and entirely cleared from all ashes or refuse. Copper boilers, saucepans, and other kitchen utensils, are tinned after they are manufactured, by being first made hot and the tin rubbed on with resin. In this process, nothing ought to be used but pure grain-tin. Lead, however, is sometimes mixed with that metal, not only to make it lie more easily, but to adulterate it—a pernicious practice, which in every article connected with the cooking and preparation of food, cannot be too severely reprobated.—The following list, supplied by Messrs. Richard & John Slack, 336, Strand, will show the articles required for the kitchen of a family in the middle class of life, although it does not contain all the things that may be deemed necessary for some families, and may contain more than are required for others. As Messrs. Slack themselves, however, publish a useful illustrated catalogue, which may be had at their establishment *gratis*, and which it will be found advantageous to consult by those about to

在大量进行烹饪的地方。

71. 伴随天平或称重器，应备有香料盒，以及白色或漆锡的糖罐和饼干罐。这些罐子的盖子应严密合缝，以隔绝空气，必要时在正面标上字母以便区分。通常用来制作这些罐子的白色金属暴露在空气中会失去色泽，但不会发生进一步变化。它大量用于烹饪器具的制造，许多器具完全由镀锡铁皮制成；铜制和铁制容器的内部通常也是所谓的镀锡。这门技艺在于给任何金属覆盖一层薄锡；要求被覆盖的金属完全洁净、无锈，锡本身也必须是纯金属，完全清除灰渣或杂质。铜锅、炖锅及其他厨房器具制成后，先加热，再用树脂擦拭涂锡。在此过程中，只应使用纯锡粒。然而，有时会在此金属中掺入铅，不仅使其更易附着，而且是为了掺假--这种有害做法，在一切与烹饪和食物制备有关的物品中，都应受到最严厉的谴责。--以下清单由理查德与约翰·斯莱克公司(Messrs.Richard & John Slack，地址：河岸街336号)提供，列出了中产阶级家庭厨房所需的物品，尽管它并未包含某些家庭可能认为必要的一切物品，也可能包含超出其他家庭所需之物。然而，斯莱克公司自己出版了一本实用的插图目录，可在其店铺免费获取，准备[.....]的人会发现查阅它是有益的

furnish, it supersedes the necessity of our enlarging that which we give:—

s. d.

1 Tea-kettle 6 6 1 Toasting-fork 1 0 1 Bread-grater 1 0 1 Pair of Brass Candlesticks 3 6 1 Teapot and Tray 6 6 1 Bottle-jack 9 6 6 Spoons 1 6 2 Candlesticks 2 6 1 Candle-box 1 4 6 Knives and Forks 5 3 2 Sets of Skewers 1 0 1 Meat-chopper 1 9 1 Cinder-sifter 1 3 1 Coffee-pot 2 3 1 Colander 1 6 3 Block-tin Saucepans 5 9 5 Iron Saucepans 12 0 1 Ditto and Steamer 6 6 1 Large Boiling-pot 10 0 4 Iron Stewpans 8 9 1 Dripping-pan and Stand 6 6 1 Dustpan 1 0 1 Fish and Egg-slice 1 9 2 Fish-kettles 10 0 1 Flour-box 1 0 3 Flat-irons 3 6 2 Frying-pans 4 0 1 Gridiron 2 0 1 Mustard-pot 1 0 1 Salt-cellar 0 8 1 Pepper-box 0 6 1 Pair of Bellows 2 0 3 Jelly-moulds 8 0 1 Plate-basket 5 6 1 Cheese-toaster 1 10 1 Coal-shovel 2 6 1 Wood Meat-screen 30 0

The Set £8 11 1

72. AS NOT ONLY HEALTH BUT LIFE may be said to depend on the cleanliness of culinary utensils, great attention must be paid to their condition generally, but more especially to that of the saucepans, stewpans, and boilers. Inside they should be kept perfectly clean, and where an open fire is used, the outside as clean as possible. With a Leamington range, saucepans, stewpans, &c., can be kept entirely free from smoke and soot on the outside, which is an immense saving of labour to the cook or scullery-maid. Care should be taken that the lids fit tight and close, so that soups or gravies may not be suffered to waste by evaporation. They should be made to keep the steam in and the smoke out, and should always be bright on the upper rim, where they do not

布置好之后，便无需我们再扩充所给的内容：--

s.d.

1 茶水壶 6 6 1 烤叉 1 0 1 面包擦板 1 0 1 对黄铜烛台 3 6 1 茶壶和托盘 6 6 1 瓶架 9 6 6 勺子 1 6 2 烛台 2 6 1 烛盒 1 4 6 刀叉 5 3 2 套烤肉签 1 0 1 切肉刀 1 9 1 煤渣筛 1 3 1 咖啡壶 2 3 1 滤锅 1 6 3 锡块酱汁锅 5 9 5 铁酱汁锅 12 0 1 同上及蒸锅 6 6 1 大煮锅 10 0 4 铁炖锅 8 9 1 滴油盘及架 6 6 1 簸箕

1 0 1 鱼铲和蛋铲 1 9 2 鱼锅 10 0 1 面粉箱 1 0 3 熨斗 3 6 2 煎锅 4 0 1 烤架 2 0 1 芥末罐 1 0 1 盐瓶 0 8 1 胡椒盒 0 6 1 对风箱 2 0 3 果冻模 8 0 1 盘子篮 5 6 1 奶酪烤架 1 10 1 煤铲 2 6 1 木制肉屏 30 0

套装 £8 11 1

72. 既然可以说烹饪器具的清洁关乎健康乃至生命，就必须高度重视其总体状况，尤其是炖锅、深煮锅和锅炉的状况。内部应保持完全清洁，使用明火时，外部也应尽可能清洁。使用利明顿炉灶时，炖锅、深煮锅等的外部可以完全免于烟灰和煤烟，这为厨师或洗碗女工节省了大量劳动。应注意盖子严密合缝，以免汤或肉汁因蒸发而损耗。盖子应能保住蒸汽、挡住烟尘，上缘不直接接触火焰的部分应始终保持光亮。

immediately come in contact with the fire. Soup-pots and kettles should be washed immediately After being used, and dried before the fire, and they should be kept in a dry place, in order that they may escape the deteriorating influence of rust, and, thereby, be destroyed. Copper utensils should never be used in the kitchen unless tinned, and the utmost care should be taken, not to let the tin be rubbed off. If by chance this should occur, have it replaced before the vessel is again brought into use. Neither soup nor gravy should, at any time, be suffered to remain in them longer than is absolutely necessary, as any fat or acid that is in them, may affect the metal, so as to impregnate with poison what is intended to be eaten. Stone and earthenware vessels should be provided for soups and gravies not intended for immediate use, and, also, plenty of common dishes for the larder, that the table-set may not be used for such purposes. It is the nature of vegetables soon to turn sour, when they are apt to corrode glazed red-ware, and even metals, and frequently, thereby, to become impregnated with poisonous particles. The vinegar also in pickles, by its acidity, does the same. Consideration, therefore, should be given to these facts, and great care also taken that all *sieves, jelly-bags,* and tapes for collared articles, be well scalded and kept dry, or they will impart an unpleasant flavour when next used. To all these directions the cook should pay great attention, nor should they, by any means, be neglected by the *mistress of the household*, who ought to remember that cleanliness in the kitchen gives health and happiness to home, whilst economy will immeasurably assist in preserving them.

汤锅和水壶使用后应立即清洗，并在火前烘干，存放在干燥处，以免受锈蚀的侵蚀影响而损坏。铜器除非镀锡，否则绝不应在厨房中使用，并应极其小心，勿使锡层被磨掉。万一发生这种情况，在容器再次使用之前必须重新镀锡。任何时候都不应让汤或肉汁在其中停留超过绝对必要的时间，因为其中的脂肪或酸可能侵蚀金属，使本供食用之物沾染毒性。应备有石制和陶制容器用于盛放不立即食用的汤和肉汁，还应备有大量普通盘子供食品储藏室使用，以免餐桌用具被用于此类用途。蔬菜容易很快变酸，此时往往会腐蚀上釉的红陶器甚至金属，并常常因此沾染有毒微粒。腌菜中的醋也因其酸性而产生同样效果。因此，应考虑这些事实，并格外注意所有筛子、果冻袋以及用于卷扎食物的带子，都要充分烫洗并保持干燥，否则下次使用时会产生令人不快的味道。厨师应高度重视所有这些指示，而家庭女主人也绝不应忽视它们，她应当记住，厨房的清洁带给家庭健康与幸福，而节约将无可估量地有助于保持这两者。

73. WITHOUT FUEL, A KITCHEN might be pronounced to be of little use; therefore, to discover and invent materials for supplying

73.没有燃料，厨房可以说用处不大；因此，为了发现和发明供应

us with the means of domestic heat and comfort, has exercised the ingenuity of man. Those now known have been divided into five classes; the first comprehending the fluid inflammable bodies; the second, peat or turf; the third, charcoal of wood; the fourth, pit-coal charred; and the fifth, wood or pit-coal in a crude state, with the capacity of yielding a copious and bright flame. The first may be said seldom to be employed for the purposes of cookery; but *peat*, especially amongst rural populations, has, in all ages, been regarded as an excellent fuel. It is one of the most important productions of an alluvial soil, and belongs to the vegetable rather than the mineral kingdom. It may be described as composed of wet, spongy black earth, held together by decayed vegetables. Formerly it covered extensive tracts in England, but has greatly disappeared before the genius of agricultural improvement. *Charcoal* is a kind of artificial coal, used principally where a strong and clear fire is desired. It is a black, brittle, insoluble, inodorous, tasteless substance, and, when newly-made, possesses the remarkable property of absorbing certain quantities of the different gases. Its dust, when used as a polishing powder, gives great brilliancy to metals. It consists of wood half-burned, and is manufactured by cutting pieces of timber into nearly the same size, then disposing them in heaps, and covering them with earth, so as to prevent communication with the air, except when necessary to make them burn. When they have been sufficiently charred, the fire is extinguished by stopping the vents through which the air is admitted. Of *coal* there are various species; as, pit, culm, slate, cannel, Kilkenny, sulphurous, bovey, jet, &c. These have all their specific differences, and are employed for various purposes; but are all, more or less, used as fuel.

为我们提供家庭取暖和舒适手段的方式，一直激发着人类的才智。现今已知的燃料分为五类：第一类包括流体可燃物；第二类为泥炭或草炭；第三类为木炭；第四类为焦化的坑煤；第五类为原状的木柴或坑煤，能够产生丰富而明亮的火焰。第一类可以说很少用于烹饪；但泥炭，尤其是在农村人口中，历来被视为优良燃料。它是冲积土最重要的产物之一，属于植物界而非矿物界。可以将其描述为由湿润、海绵状的黑色泥土构成，由腐烂的植物黏结在一起。从前它覆盖英格兰大片地区，但在农业改良的进展面前已大大消失。木炭是一种人造煤，主要用于需要旺盛而清澈火焰的场合。它是一种黑色、易碎、不溶、无臭、无味的物质，新制成时具有吸收一定量不同气体的显著特性。其粉末用作抛光粉时，能使金属焕发光泽。它由半烧的木材构成，制法是将木料切成大小相近的块，堆成堆，覆以泥土，以隔绝空气，只在需要使其燃烧时通气。当木炭烧足后，堵住进气孔以熄灭火焰。煤有多个种类，如坑煤、煤粉、板煤、烛煤、基尔肯尼煤、含硫煤、博维煤、煤玉等。这些各有其特定差异，用于各种用途，但都或多或少用作燃料。

The use of coal for burning purposes was not known to the Romans. In Britain it was discovered about fifty years before the birth of Christ, in Lancashire, not tar from where Manchester now stands; but for ages after its discovery, so long as forests abounded, wood continued to be the fuel used for firing. The first public notice of coal is in the reign of Henry III., who, in 1272, granted a charter to the town of Newcastle, permitting the inhabitants to dig for coal. It took some centuries more, however, to bring it into common use, as this did not take place till about the first quarter of the seventeenth century, in the time of Charles I. A few years after the Restoration, we find that about 200,000 chaldrons were consumed in London. Although several countries possess mines of coal, the quality of their mineral is, in general, greatly inferior to that of Great Britain, where it is found mostly in undulating districts abounding with valleys, and interspersed with plains of considerable extent. It lies usually between the *strata* of other substances, and rarely in an horizontal position, but with a *dip* or inclination to one side. Our cut, Fig. 21, represents a section of coal as it is found in the stratum.

罗马人不知道用煤燃烧。在不列颠，煤约在基督诞生前五十年于兰开夏郡被发现，离今曼彻斯特所在地不远；但发现之后数百年间，只要森林茂密，木材一直是生火所用的燃料。关于煤的第一份公开记载是在亨利三世统治时期，他于1272年授予纽卡斯尔镇特许状，允许居民挖煤。然而又过了几个世纪才将其普遍使用，直到十七世纪最初二十五年左右，即查理一世时期才实现。复辟之后数年，我们得知伦敦约消耗了200,000查尔德伦煤。虽然若干国家拥有煤矿，但其矿产质量一般远逊于大不列颠，那里的煤多产于丘陵起伏、山谷纵横、间有相当广阔平原的地区。它通常位于其他物质的地层之间，很少呈水平位置，而是带有向一侧的倾斜或倾角。我们的插图图21展示了煤层在地层中的剖面。

[Illustration: *Fig.* 21.]

[插图：图21。]

74. TO BE ACQUAINTED WITH THE PERIODS when things are in season, is one of the most essential pieces of knowledge which enter into the "Art of Cookery." We have, therefore, compiled the following list, which will serve to show for every month in the year the

74.了解各种物品当令的时期，是进入“烹饪艺术”的最基本知识之一。因此，我们编纂了以下清单，它将显示一年中每个月的

TIMES WHEN THINGS ARE IN SEASON.

时令物品上市时间。

JANUARY.

一月。

FISH.—Barbel, brill, carp, cod, crabs, crayfish, dace, eels, flounders, haddocks, herrings, lampreys, lobsters, mussels, oysters, perch, pike, plaice, prawns, shrimps, skate, smelts, soles, sprats, sturgeon, tench, thornback, turbot, whitings.

MEAT.—Beef, house lamb, mutton, pork, veal, venison.

POULTRY.—Capons, fowls, tame pigeons, pullets, rabbits, turkeys.

GAME.—Grouse, hares, partridges, pheasants, snipe, wild-fowl, woodcock.

VEGETABLES.—Beetroot, broccoli, cabbages, carrots, celery, chervil, cresses, cucumbers (forced), endive, lettuces, parsnips, potatoes, savoys, spinach, turnips,—various herbs.

FRUIT.—Apples, grapes, medlars, nuts, oranges, pears, walnuts, crystallized preserves (foreign), dried fruits, such as almonds and raisins; French and Spanish plums; prunes, figs, dates.

FEBRUARY.

FISH.—Barbel, brill, carp, cod may be bought, but is not so good as in January, crabs, crayfish, dace, eels, flounders, haddocks, herrings, lampreys, lobsters, mussels, oysters, perch, pike, plaice, prawns, shrimps, skate, smelts, soles, sprats, sturgeon, tench, thornback, turbot, whiting.

MEAT.—Beef, house lamb, mutton, pork, veal.

POULTRY.—Capons, chickens, ducklings, tame and wild pigeons, pullets with eggs, turkeys, wild-fowl, though now not in full season.

鱼类--鲃鱼、 brill、鲤鱼、鳕鱼、螃蟹、小龙虾、鲦鱼、鳗鱼、比目鱼、黑线鳕、鲱鱼、七鳃鳗、龙虾、贻贝、牡蛎、鲈鱼、狗鱼、鲽鱼、对虾、虾、鳐鱼、胡瓜鱼、鳎鱼、西鲱、鲟鱼、丁鳜、刺背鳐、大菱鲆、牙鳕。

肉类--牛肉、家养羔羊肉、羊肉、猪肉、小牛肉、鹿肉。

家禽。--阉鸡、鸡、家鸽、小母鸡、兔、火鸡。

野味。--松鸡、野兔、鹧鸪、雉鸡、鹬、野禽、丘鹬。

蔬菜--甜菜根、西兰花、卷心菜、胡萝卜、芹菜、细叶芹、水芹、黄瓜(催熟)、菊苣、生菜、欧防风、土豆、皱叶甘蓝、菠菜、芜菁--各种香草。

水果--苹果、葡萄、欧楂、坚果、橙子、梨、核桃、糖渍蜜饯(外国)、干果，如杏仁和葡萄干；法国和西班牙李子；西梅、无花果、枣。

二月。

鱼类--鲃鱼、brill、鲤鱼、鳕鱼可以买到，但不如一月时好，螃蟹、小龙虾、鲦鱼、鳗鱼、比目鱼、黑线鳕、鲱鱼、七鳃鳗、龙虾、贻贝、牡蛎、鲈鱼、狗鱼、鲽鱼、对虾、虾、鳐鱼、胡瓜鱼、鳎鱼、西鲱、鲟鱼、丁鳜、刺背鳐、大菱鲆、牙鳕。

肉类--牛肉、家养羔羊肉、羊肉、猪肉、小牛肉。

家禽--阉鸡、小鸡、小鸭、家鸽和野鸽、带蛋的小母鸡、火鸡、野禽，虽然现在尚未完全当令。

GAME.—Grouse, hares, partridges, pheasants, snipes, woodcock.

VEGETABLES.—Beetroot, broccoli (purple and white), Brussels sprouts, cabbages, carrots, celery, chervil, cresses, cucumbers (forced), endive, kidney-beans, lettuces, parsnips, potatoes, savoys, spinach, turnips,—various herbs.

FRUIT.—Apples (golden and Dutch pippins), grapes, medlars, nuts, oranges, pears (Bon Chrétien), walnuts, dried fruits (foreign), such as almonds and raisins; French and Spanish plums; prunes, figs, dates, crystallized preserves.

MARCH.

FISH.—Barbel, brill, carp, crabs, crayfish, dace, eels, flounders, haddocks, herrings, lampreys, lobsters, mussels, oysters, perch, pike, plaice, prawns, shrimps, skate, smelts, soles, sprats, sturgeon, tench, thornback, turbot, whiting.

MEAT.—Beef, house lamb, mutton, pork, veal.

POULTRY.—Capons, chickens, ducklings, tame and wild pigeons, pullets with eggs, turkeys, wild-fowl, though now not in full season.

GAME.—Grouse, hares, partridges, pheasants, snipes, woodcock.

VEGETABLES.—Beetroot, broccoli (purple and white), Brussels sprouts, cabbages, carrots, celery, chervil, cresses, cucumbers (forced), endive, kidney-beans, lettuces, parsnips, potatoes, savoys, sea-kale, spinach, turnips,—various herbs.

FRUIT.—Apples (golden and Dutch pippins), grapes, medlars, nuts, oranges, pears (Bon Chrétien), walnuts, dried fruits

野味。--松鸡、野兔、鹧鸪、雉鸡、鹬、丘鹬。

蔬菜--甜菜根、西兰花(紫色和白色)、抱子甘蓝、卷心菜、胡萝卜、芹菜、细叶芹、水芹、黄瓜(催熟)、菊苣、四季豆、生菜、欧防风、土豆、皱叶甘蓝、菠菜、芜菁--各种香草。

水果--苹果(金苹果和荷兰皮平)、葡萄、欧楂、坚果、橙子、梨(好基督徒梨)、核桃、干果(外国)，如杏仁和葡萄干；法国和西班牙李子；西梅、无花果、枣、糖渍蜜饯。

三月。

鱼类--鲃鱼、brill、鲤鱼、螃蟹、小龙虾、鲦鱼、鳗鱼、比目鱼、黑线鳕、鲱鱼、七鳃鳗、龙虾、贻贝、牡蛎、鲈鱼、狗鱼、鲽鱼、对虾、虾、鳐鱼、胡瓜鱼、鳎鱼、西鲱、鲟鱼、丁鳜、刺背鳐、大菱鲆、牙鳕。

肉类--牛肉、家养羔羊肉、羊肉、猪肉、小牛肉。

家禽--阉鸡、小鸡、小鸭、家鸽和野鸽、带蛋的小母鸡、火鸡、野禽，虽然现在尚未完全当令。

野味。--松鸡、野兔、鹧鸪、雉鸡、鹬、丘鹬。

蔬菜--甜菜根、西兰花(紫色和白色)、抱子甘蓝、卷心菜、胡萝卜、芹菜、细叶芹、水芹、黄瓜(催熟)、菊苣、四季豆、生菜、欧防风、土豆、皱叶甘蓝、海甘蓝、菠菜、芜菁--各种香草。

水果--苹果(金苹果和荷兰皮平)、葡萄、欧楂、坚果、橙子、梨(好基督徒梨)、核桃、干果

(foreign), such as almonds and raisins; French and Spanish plums; prunes, figs, dates, crystallized preserves.

APRIL.

FISH.—Brill, carp, cockles, crabs, dory, flounders, ling, lobsters, red and gray mullet, mussels, oysters, perch, prawns, salmon (but rather scarce and expensive), shad, shrimps, skate, smelts, soles, tench, turbot, whitings.

MEAT.—Beef, lamb, mutton, veal.

POULTRY.—Chickens, ducklings, fowls, leverets, pigeons, pullets, rabbits.

GAME.—Hares.

VEGETABLES.—Broccoli, celery, lettuces, young onions, parsnips, radishes, small salad, sea-kale, spinach, sprouts,—various herbs.

FRUIT.—Apples, nuts, pears, forced cherries, &e. for tarts, rhubarb, dried fruits, crystallized preserves.

MAY.

FISH.—Carp, chub, crabs, crayfish, dory, herrings, lobsters, mackerel, red and gray mullet, prawns, salmon, shad, smelts, soles, trout, turbot.

MEAT.—Beef, lamb, mutton, veal.

POULTRY.—Chickens, ducklings, fowls, green geese, leverets, pullets, rabbits.

VEGETABLES.—Asparagus, beans, early cabbages, carrots,

(外国)，如杏仁和葡萄干；法国和西班牙李子；西梅、无花果、枣、糖渍蜜饯。

四月。

鱼类--brill、鲤鱼、鸟蛤、螃蟹、鲽鳅、比目鱼、长身鳕、龙虾、红鲻鱼和灰鲻鱼、贻贝、牡蛎、鲈鱼、对虾、鲑鱼(但相当稀少且昂贵)、鲥鱼、虾、鳐鱼、胡瓜鱼、鳎鱼、丁鳜、大菱鲆、牙鳕。

肉类--牛肉、羔羊肉、羊肉、小牛肉。

家禽类--鸡、小鸭、家禽、小野兔、鸽子、小母鸡、兔子。

野味。--野兔。

蔬菜--西兰花、芹菜、生菜、嫩洋葱、欧防风、萝卜、小份沙拉、海甘蓝、菠菜、抱子甘蓝--各种香草。

水果--苹果、坚果、梨、催熟樱桃等，用于馅饼、大黄、干果、糖渍蜜饯。

五月。

鱼类--鲤鱼、鲢鱼、螃蟹、小龙虾、鲽鳅、鲱鱼、龙虾、鲭鱼、红鲻鱼和灰鲻鱼、对虾、鲑鱼、鲥鱼、胡瓜鱼、鳎鱼、鳟鱼、大菱鲆。

肉类--牛肉、羔羊肉、羊肉、小牛肉。

家禽类--鸡、小鸭、家禽、青鹅、小野兔、小母鸡、兔子。

蔬菜。--芦笋、豆类、早熟甘蓝、胡萝卜，

cauliflowers, creases, cucumbers, lettuces, pease, early potatoes, salads, sea-kale,—various herbs.

FRUIT.—Apples, green apricots, cherries, currants for tarts, gooseberries, melons, pears, rhubarb, strawberries.

花椰菜、水芹、黄瓜、生菜、豌豆、早熟土豆、沙拉、海甘蓝--各种香草。

水果--苹果、青杏、樱桃、用于馅饼的醋栗、鹅莓、甜瓜、梨、大黄、草莓。

JUNE.

六月。

FISH.—Carp, crayfish, herrings, lobsters, mackerel, mullet, pike, prawns, salmon, soles, tench, trout, turbot.

鱼类--鲤鱼、小龙虾、鲱鱼、龙虾、鲭鱼、鳐鱼、狗鱼、对虾、鲑鱼、鳎鱼、丁鳜、鳟鱼、大菱鲆。

MEAT.—Beef, lamb, mutton, veal, buck venison.

肉类--牛肉、羔羊肉、羊肉、小牛肉、雄鹿肉。

POULTRY.—Chickens, ducklings, fowls, green geese, leverets, plovers, pullets, rabbits, turkey poults, wheatears.

家禽--小鸡、小鸭、家禽、青鹅、小野兔、鸽、小母鸡、兔子、火鸡雏、麦穗鸟。

VEGETABLES.—Artichokes, asparagus, beans, cabbages, carrots, cucumbers, lettuces, onions, parsnips, pease, potatoes, radishes, small salads, sea-kale, spinach,—various herbs.

蔬菜--洋蓟、芦笋、豆类、卷心菜、胡萝卜、黄瓜、生菜、洋葱、欧防风、豌豆、土豆、萝卜、小份沙拉、海甘蓝、菠菜--各种香草。

FRUIT.—Apricots, cherries, currants, gooseberries, melons, nectarines, peaches, pears, pineapples, raspberries, rhubarb, strawberries.

水果。--杏、樱桃、醋栗、鹅莓、甜瓜、油桃、桃、梨、菠萝、覆盆子、大黄、草莓。

JULY.

七月。

FISH.—Carp, crayfish, dory, flounders, haddocks, herrings, lobsters, mackerel, mullet, pike, plaice, prawns, salmon, shrimps, soles, sturgeon, tench, thornback.

鱼。--鲤鱼、小龙虾、海鲂、鲽鱼、黑线鳕、鲱鱼、龙虾、鲭鱼、鳐鱼、狗鱼、鲽、对虾、鲑鱼、虾、鳎鱼、鲟鱼、丁鲷、刺背鳐。

MEAT.—Beef, lamb, mutton, veal, buck venison.

肉类--牛肉、羔羊肉、羊肉、小牛肉、雄鹿肉。

POULTRY.—Chickens, ducklings, fowls, green geese, leverets, plovers, pullets, rabbits, turkey poults, wheatears, wild ducks

家禽。--鸡、小鸭、家禽、青鹅、小野兔、鸽、小母鸡、兔、小火鸡、麦穗鸟、野鸭

(called flappers).

VEGETABLES.—Artichokes, asparagus, beans, cabbages, carrots, cauliflowers, celery, cresses, endive, lettuces, mushrooms, onions, pease, radishes, small salading, sea-kale, sprouts, turnips, vegetable marrow,—various herbs.

FRUIT.—Apricots, cherries, currants, figs, gooseberries, melons, nectarines, pears, pineapples, plums, raspberries, strawberries, walnuts in high season, and pickled.

AUGUST.

FISH.—Brill, carp, chub, crayfish, crabs, dory, eels, flounders, grigs, herrings, lobsters, mullet, pike, prawns, salmon, shrimps, skate, soles, sturgeon, thornback, trout, turbot.

MEAT.—Beef, lamb, mutton, veal, buck venison.

POULTRY.—Chickens, ducklings, fowls, green geese, pigeons, plovers, pullets, rabbits, turkey poults, wheatears, wild ducks.

GAME.—Leverets, grouse, blackcock.

VEGETABLES.—Artichokes, asparagus, beans, carrots, cabbages, cauliflowers, celery, cresses, endive, lettuces, mushrooms, onions, pease, potatoes, radishes, sea-bale, small salading, sprouts, turnips, various kitchen herbs, vegetable marrows.

FRUIT.—Currants, figs, filberts, gooseberries, grapes, melons, mulberries, nectarines, peaches, pears, pineapples, plums, raspberries, walnuts.

SEPTEMBER.

(称为拍翅鸟)。

蔬菜。--洋蓟、芦笋、豆、卷心菜、胡萝卜、花椰菜、芹菜、水芹、菊苣、生菜、蘑菇、洋葱、豌豆、萝卜、小份沙拉菜、海甘蓝、抱子甘蓝、芜菁、西葫芦，--各种香草。

水果。--杏、樱桃、醋栗、无花果、鹅莓、甜瓜、油桃、梨、菠萝、李子、覆盆子、草莓、旺季核桃，以及腌制的。

八月。

鱼。--菱鲆、鲤鱼、鲢鱼、小龙虾、蟹、海鲂、鳗鱼、鲽鱼、小鳗、鲱鱼、龙虾、鳙鱼、狗鱼、对虾、鲑鱼、虾、鳐鱼、鳎鱼、鲟鱼、刺背鳐、鳟鱼、大菱鲆。

肉类--牛肉、羔羊肉、羊肉、小牛肉、雄鹿肉。

家禽。--鸡、小鸭、家禽、青鹅、鸽子、鸽、小母鸡、兔、小火鸡、麦穗鸟、野鸭。

野味。--小野兔、松鸡、黑琴鸡。

蔬菜。--洋蓟、芦笋、豆、胡萝卜、卷心菜、花椰菜、芹菜、水芹、菊苣、生菜、蘑菇、洋葱、豌豆、马铃薯、萝卜、海甘蓝、小份沙拉菜、抱子甘蓝、芜菁、各种厨房香草、西葫芦。

水果。--醋栗、无花果、榛子、鹅莓、葡萄、甜瓜、桑葚、油桃、桃、梨、菠萝、李子、覆盆子、核桃。

九月。

FISH.—Brill, carp, cod, eels, flounders, lobsters, mullet, oysters, plaice, prawns, skate, soles, turbot, whiting, whitebait.

MEAT.—Beef, lamb, mutton, pork, veal.

POULTRY.—Chickens, ducks, fowls, geese, larks, pigeons, pullets, rabbits, teal, turkeys.

GAME.—Blackcock, buck venison, grouse, hares, partridges, pheasants.

VEGETABLES.—Artichokes, asparagus, beans, cabbage sprouts, carrots, celery, lettuces, mushrooms, onions, pease, potatoes, salading, sea-kale, sprouts, tomatoes, turnips, vegetable marrows, —various herbs.

FRUIT.—Bullaces, damsons, figs, filberts, grapes, melons, morella-cherries, mulberries, nectarines, peaches, pears, plums, quinces, walnuts.

OCTOBER.

FISH.—Barbel, brill, cod, crabs, eels, flounders, gudgeons, haddocks, lobsters, mullet, oysters, plaice, prawns, skate, soles, tench, turbot, whiting.

MEAT.—Beef, mutton, pork, veal, venison.

POULTRY.—Chickens, fowls, geese, larks, pigeons, pullets, rabbits, teal, turkeys, widgeons, wild ducks.

GAME.—Blackcock, grouse, hares, partridges, pheasants, snipes, woodcocks, doe venison.

VEGETABLES.—Artichokes, beets, cabbages, cauliflowers, carrots,

鱼。--菱鲆、鲤鱼、鳕鱼、鳗鱼、鲽鱼、龙虾、鳐鱼、牡蛎、鲽、对虾、鳐鱼、鳎鱼、大菱鲆、牙鳕、银鱼。

肉类--牛肉、羔羊肉、羊肉、猪肉、小牛肉。

家禽。--鸡、鸭、家禽、鹅、云雀、鸽子、小母鸡、兔、水鸭、火鸡。

野味。--黑琴鸡、雄鹿肉、松鸡、野兔、鹧鸪、雉鸡。

蔬菜。--洋蓟、芦笋、豆、卷心菜芽、胡萝卜、芹菜、生菜、蘑菇、洋葱、豌豆、马铃薯、沙拉菜、海甘蓝、抱子甘蓝、番茄、芜菁、西葫芦，--各种香草。

水果。--野李子、西洋李子、无花果、榛子、葡萄、甜瓜、莫雷拉樱桃、桑葚、油桃、桃、梨、李子、榲桲、核桃。

十月。

鱼。--鲃鱼、菱鲆、鳕鱼、蟹、鳗鱼、鲽鱼、鲋鱼、黑线鳕、龙虾、鳐鱼、牡蛎、鳎、对虾、鳐鱼、鳎鱼、丁鲷、大菱鲆、牙鳕。

肉类--牛肉、羊肉、猪肉、小牛肉、鹿肉。

家禽。--鸡、家禽、鹅、云雀、鸽子、小母鸡、兔、水鸭、火鸡、赤颈鸭、野鸭。

野味。--黑琴鸡、松鸡、野兔、鹧鸪、雉鸡、鹬、丘鹬、母鹿肉。

蔬菜。--洋蓟、甜菜、卷心菜、花椰菜、胡萝卜、

celery, lettuces, mushrooms, onions, potatoes, sprouts, tomatoes, turnips, vegetable marrows,—various herbs.

FRUIT.—Apples, black and white bullaces, damsons, figs, filberts, grapes, pears, quinces, walnuts.

NOVEMBER.

FISH.—Brill, carp, cod, crabs, eels, gudgeons, haddocks, oysters, pike, soles, tench, turbot, whiting.

MEAT.—Beef, mutton, veal, doe venison.

POULTRY.—Chickens, fowls, geese, larks, pigeons, pullets, rabbits, teal, turkeys, widgeons, wild duck.

GAME.—Hares, partridges, pheasants, snipes, woodcocks.

VEGETABLES.—Beetroot, cabbages, carrots, celery, lettuces, late cucumbers, onions, potatoes, salading, spinach, sprouts,—various herbs.

FRUIT.—Apples, bullaces, chestnuts, filberts, grapes, pears, walnuts.

DECEMBER.

FISH.—Barbel, brill, carp, cod, crabs, eels, dace, gudgeons, haddocks, herrings, lobsters, oysters, porch, pike, shrimps, skate, sprats, soles, tench, thornback, turbot, whiting.

MEAT.—Beef, house lamb, mutton, pork, venison.

POULTRY.—Capons, chickens, fowls, geese, pigeons, pullets, rabbits, teal, turkeys, widgeons, wild ducks.

芹菜、生菜、蘑菇、洋葱、马铃薯、抱子甘蓝、番茄、芜菁、西葫芦，--各种香草。

水果。--苹果、黑野李子和白野李子、西洋李子、无花果、榛子、葡萄、梨、榲桲、核桃。

十一月。

鱼。--菱鲆、鲤鱼、鳕鱼、蟹、鳗鱼、鲃鱼、黑线鳕、牡蛎、狗鱼、鳎鱼、丁鲷、大菱鲆、牙鳕。

肉类--牛肉、羊肉、小牛肉、母鹿肉。

家禽。--鸡、家禽、鹅、云雀、鸽子、小母鸡、兔、水鸭、火鸡、赤颈鸭、野鸭。

野味。--野兔、鹧鸪、雉鸡、鹬、丘鹬。

蔬菜。--甜菜根、卷心菜、胡萝卜、芹菜、生菜、晚黄瓜、洋葱、马铃薯、沙拉菜、菠菜、抱子甘蓝，--各种香草。

水果。--苹果、布拉斯李、栗子、榛子、葡萄、梨、核桃。

十二月。

鱼。--鲃鱼、菱鲆、鲤鱼、鳕鱼、蟹、鳗鱼、鲦鱼、鲃鱼、黑线鳕、鲱鱼、龙虾、牡蛎、狗鱼、狗鱼、虾、鳐鱼、西鲱、鳎鱼、丁鲷、刺背鳐、大菱鲆、牙鳕。

肉类--牛肉、家养羔羊肉、羊肉、猪肉、鹿肉。

家禽。--阉鸡、鸡、家禽、鹅、鸽子、小母鸡、兔、水鸭、火鸡、赤颈鸭、野鸭。

GAME.—Hares, partridges, pheasants, snipes, woodcocks.

VEGETABLES.—Broccoli, cabbages, carrots, celery, leeks, onions, potatoes, parsnips, Scotch kale, turnips, winter spinach.

FRUIT.—Apples, chestnuts, filberts, grapes, medlars, oranges, pears, walnuts, dried fruits, such as almonds and raisins, figs, dates, &c.,—crystallized preserves.

75. WHEN FUEL AND FOOD ARE PROCURED, the next consideration is, how the latter may be best preserved, with a view to its being suitably dressed. More waste is often occasioned by the want of judgment, or of necessary care in this particular, than by any other cause. In the absence of proper places for keeping provisions, a hanging safe, suspended in an airy situation, is the best substitute. A well-ventilated larder, dry and shady, is better for meat and poultry, which require to be kept for some time; and the utmost skill in the culinary art will not compensate for the want of proper attention to this particular. Though it is advisable that annual food should be hung up in the open air till its fibres have lost some degree of their toughness, yet, if it is kept till it loses its natural sweetness, its flavour has become deteriorated, and, as a wholesome comestible, it has lost many of its qualities conducive to health. As soon, therefore, as the slightest trace of putrescence is detected, it has reached its highest degree of tenderness, and should be dressed immediately. During the sultry summer months, it is difficult to procure meat that is not either tough or tainted. It should, therefore, be well examined when it comes in, and if flies have touched it, the part must be cut off, and the remainder well washed. In very cold weather, meat and vegetables touched by the frost, should be brought into the

野味。--野兔、鹧鸪、雉鸡、鹬、丘鹬。

蔬菜--西兰花、卷心菜、胡萝卜、芹菜、韭葱、洋葱、土豆、欧防风、苏格兰羽衣甘蓝、芜菁、冬菠菜。

水果--苹果、栗子、榛子、葡萄、欧楂、橙子、梨、核桃、干果，如杏仁和葡萄干、无花果、枣等--糖渍蜜饯。

75. 当燃料和食物备妥之后，接下来要考虑的是如何最好地保存后者，以便对其进行适当的烹制。在这方面，因缺乏判断力或必要的细心而造成的浪费，往往比任何其他原因都要多。在没有合适的地方存放食物时，悬挂在通风处的吊柜是最好的替代品。一个通风良好、干燥阴凉的食品储藏室更适合需要存放一段时间的肉类和家禽；烹饪技艺再高超，也无法弥补在这方面缺乏适当注意所造成的损失。虽然建议将一年所需的食物悬挂在露天处，直到其纤维失去一定程度的韧性，但如果一直存放到失去天然的鲜味，其风味便已变差，作为有益健康的食品，它也丧失了许多促进健康的品质。因此，一旦发现最轻微的腐败迹象，它便已达到最柔嫩的程度，应立即烹制。在炎热的夏季月份，很难买到既不老又不腐坏的肉。因此，肉送来时应仔细检查，如果苍蝇接触过，必须将接触部分切掉，其余部分好好清洗。在极冷的天气里，被霜冻过的肉类和蔬菜应在清晨拿进

kitchen early in the morning, and soaked in cold water. In loins of meat, the long pipe that runs by the bone should be taken out, as it is apt to taint; as also the kernels of beef. Rumps and edgebones of beef, when bruised, should not be purchased. All these things ought to enter into the consideration of every household manager, and great care should be taken that nothing is thrown away, or suffered to be wasted in the kitchen, which might, by proper management, be turned to a good account. The shank-bones of mutton, so little esteemed in general, give richness to soups or gravies, if well soaked and brushed before they are added to the boiling. They are also particularly nourishing for sick persons. Roast-beef bones, or shank-bones of ham, make excellent stock for pea-soup.—When the whites of eggs are used for jelly, confectionary, or other purposes, a pudding or a custard should be made, that the yolks may be used. All things likely to be wanted should be in readiness: sugars of different sorts; currants washed, picked, and perfectly dry; spices pounded, and kept in very small bottles closely corked, or in canisters, as we have already directed (72). Not more of these should be purchased at a time than are likely to be used in the course of a month. Much waste is always prevented by keeping every article in the place best suited to it. Vegetables keep best on a stone floor, if the air be excluded; meat, in a cold dry place; as also salt, sugar, sweet-meats, candles, dried meats, and hams. Rice, and all sorts of seed for puddings, should be closely covered to preserve them from insects; but even this will not prevent them from being affected by these destroyers, if they are long and carelessly kept.

[Illustration]

厨房，浸泡在冷水中。在肉腰部位，沿着骨头延伸的长管应取出，因为它容易腐坏；牛的内肾也应如此。牛的臀肉和边骨如有瘀伤，不应购买。所有这些都应纳入每位家庭管理者的考虑之中，应格外小心，不使任何东西被丢弃或在厨房中被浪费，因为通过适当的管理，这些东西本可以得到很好的利用。羊的小腿骨，一般不大受重视，但若在加入煮制之前充分浸泡并刷洗干净，便能为汤或肉汁增添浓郁的味道。它们对病人也特别有营养。烤牛肉的骨头或火腿的小腿骨，可以做成极好的豌豆汤底料。--当蛋清用于制作果冻、糖果或其他用途时，应制作布丁或蛋奶冻，以便用掉蛋黄。所有可能用到的东西都应准备就绪：不同种类的糖；洗净、拣选并完全晾干的醋栗；捣碎的香料，装在塞紧瓶塞的小瓶中或罐中，如我们先前所述(72)。每次购买的量不应超过一个月内可能用到的量。将每样物品放在最适合它的地方，总能避免大量浪费。蔬菜在排除空气的情况下，最好放在石质地面上；肉类放在阴凉干燥处；盐、糖、蜜饯、蜡烛、干肉和火腿也是如此。大米以及各种用于布丁的籽实，应严密覆盖以防虫蛀；但如果长期存放而不加注意，即使这样做也无法防止它们受到这些破坏者的侵害。

[Illustration]

CHAPTER IV.

INTRODUCTION TO COOKERY.

76. AS IN THE FINE ARTS, the progress of mankind from barbarism to civilization is marked by a gradual succession of triumphs over the rude materialities of nature, so in the art of cookery is the progress gradual from the earliest and simplest modes, to those of the most complicated and refined. Plain or rudely-carved stones, tumuli, or mounds of earth, are the monuments by which barbarous tribes denote the events of their history, to be succeeded, only in the long course of a series of ages, by beautifully-proportioned columns, gracefully-sculptured statues, triumphal arches, coins, medals, and the higher efforts of the pencil and the pen, as man advances by culture and observation to the perfection of his facilities. So is it with the art of cookery. Man, in his primitive state, lives upon roots and the fruits of the earth, until, by degrees, he is driven to seek for new means, by which his wants may be supplied and enlarged. He then becomes a hunter and a fisher. As his species increases, greater necessities come upon him, when he gradually abandons the roving life of the savage for the more stationary pursuits of the herdsman. These beget still more settled habits, when he begins the practice of agriculture, forms ideas of the rights of property, and has his own, both defined and secured. The forest, the stream, and the sea are now no longer his only resources for food. He sows and he reaps, pastures and breeds cattle, lives on the cultivated produce of his fields, and revels in the luxuries of the dairy; raises flocks for clothing, and assumes, to all intents and

第四章

烹饪导论

76. 正如在美术中，人类从野蛮到文明的进步以逐步战胜自然的粗陋物质为标志，在烹饪艺术中，从最早、最简单的方式到最复杂、最精致的方式，进步也是渐进的。粗糙或粗雕的石头、坟冢或土堆，是野蛮部落用来标记其历史事件的纪念物，只有在经历漫长的一系列时代之后，随着人类通过教化和观察使其能力臻于完善，才被比例优美的圆柱、雕工优雅的雕像、凯旋门、钱币、奖章以及画笔和文笔的更高成就所取代。烹饪艺术也是如此。人类在原始状态下以根茎和大地上的果实为生，直到逐渐被迫寻求新的手段来满足和扩大其需求。于是他成为猎人和渔夫。随着其种族的繁衍，更大的需求降临于他，于是他逐渐放弃野蛮人的游荡生活，转而从事牧人更为定居的营生。这又催生了更为固定的习惯，于是他开始从事农业，形成财产权的观念，并使其自身的权利得到界定和保障。森林、溪流和海洋不再是他唯一的食物来源。他播种和收获，放牧和饲养牲畜，以田地的栽培产物为生，尽情享用奶制品间的美味；饲养羊群以获取衣物，并在各方面

purposes, the habits of permanent life and the comfortable condition of a farmer. This is the fourth stage of social progress, up to which the useful or mechanical arts have been incidentally developing themselves, when trade and commerce begin. Through these various phases, *only to live* has been the great object of mankind; but, by-and-by, comforts are multiplied, and accumulating riches create new wants. The object, then, is not only to *live*, but to live economically, agreeably, tastefully, and well. Accordingly, the art of cookery commences; and although the fruits of the earth, the fowls of the air, the beasts of the field, and the fish of the sea, are still the only food of mankind, yet these are so prepared, improved, and dressed by skill and ingenuity, that they are the means of immeasurably extending the boundaries of human enjoyments. Everything that is edible, and passes under the hands of the cook, is more or less changed, and assumes new forms. Hence the influence of that functionary is immense upon the happiness of a household.

具备了永久生活的习惯和农夫舒适的状况。这是社会进步的第四阶段，此时有用的或机械的技艺一直在附带地发展自身，而贸易和商业开始兴起。历经这些不同的阶段，仅仅生存一直是人类的伟大目标；但渐渐地，舒适品成倍增加，积累的财富创造了新的需求。于是，目标不仅是生存，而且是要经济地、愉快地、有品味地、美好地生活。相应地，烹饪艺术开始了；尽管大地上的果实、空中的飞禽、田野的走兽和海洋的鱼类仍然是人类唯一的食物，但通过技巧和才智对它们进行调制、改良和烹制，它们便成为无限扩展人类享乐边界的手段。一切可食之物，一经厨师之手，便或多或少发生变化，呈现出新的形态。因此，这一职能人员对家庭的幸福有着巨大的影响。

77. In order that the duties of the Cook may be properly performed, and that he may be able to reproduce esteemed dishes with certainty, all terms of indecision should be banished from his art. Accordingly, what is known only to him, will, in these pages, be made known to others. In them all those indecisive terms expressed by a bit of this, some of that, a small piece of that, and a handful of the other, shall never be made use of, but all quantities be precisely and explicitly stated. With a desire, also, that all ignorance on this most essential part of the culinary art should disappear, and that a uniform system of weights and measures should be adopted, we give an account of the weights which answer to certain measures.

77. 为了使厨师的职责得到恰当履行，并使他能够有把握地重现受人喜爱的菜肴，一切含糊不定的用语都应从他的技艺中清除。因此，那些只有他才知道的东西，将在这些篇章中为他人所知。在这些篇章中，诸如“一点这个”“一些那个”“一小块那个”“一把那个”之类含糊不定的说法，绝不使用，而所有分量都将精确而明确地加以说明。同时，为了使烹饪艺术中这一最本质部分的一切无知现象消失，并采用统一的度量衡制度，我们给出与某些量度相对应的重量说明。

A TABLE-SPOONFUL is frequently mentioned in a recipe, in the prescriptions of medical men, and also in medical, chemical, and gastronomical works. By it is generally meant and understood a measure or bulk equal to that which would be produced by *half an ounce* of water.

一汤匙的量在食谱中、医生的处方中，以及医学、化学和烹饪学著作中经常被提及。通常它指的是相当于半盎司水所产生的量或体积。

A DESSERT-SPOONFUL is the half of a table-spoonful; that is to say, by it is meant a measure or bulk equal to a *quarter of an ounce* of water.

一点心匙的量是一汤匙量的一半；也就是说，它指的是相当于四分之一盎司水的量或体积。

A TEA-SPOONFUL is equal in quantity to a *drachm* of water.

一茶匙的量等于一德拉克马的水。

A DROP.—This is the name of a vague kind of measure, and is so called on account of the liquid being *dropped* from the mouth of a bottle. Its quantity, however, will vary, either from the consistency of the liquid or the size and shape of the mouth of the bottle. The College of Physicians determined the quantity of a drop to be *one grain*, 60 drops making one fluid drachm. Their drop, or sixtieth part of a fluid drachm, is called a *minim*.

一滴--这是一种模糊的计量名称，因液体从瓶口滴落而得名。然而其量会因液体的稠度或瓶口的大小和形状而变化。皇家内科医学院规定一滴的量为1格令，60滴为1液量打兰。他们的一滴，即一液量打兰的六十分之一，称为米尼姆。

[Illustration: *Fig.* 22.]

[插图：图 22。]

Graduated class measures can be obtained at any chemist's, and they save much trouble. One of these, containing a wine pint, is divided into 16 oz., and the oz, into 8 drachms of water; by which, any certain weight mentioned in a recipe can be accurately measured out. Home-made measures of this kind can readily be formed by weighing the water contained in any given measure, and marking on any tall glass the space it occupies. This mark can easily be made with a file. It will be interesting to many readers to know the basis on which the French found their system of weights and measures, for it certainly possesses the grandeur of simplicity.

刻度分级量杯可在任何药房购得，能省去许多麻烦。其中一种容量为一葡萄酒品脱，分为16盎司，每盎司又分为8打兰的水量；据此，食谱中提到的任何确定重量都可精确量出。这类自制量具很容易制作：将任一给定容器中所盛的水称重，再在任何高玻璃杯上标出水面所占的位置即可。用锉刀便能轻松做出这个标记。许多读者会乐于了解法国人建立其度量衡体系的基础，因为它确实具有简洁的宏大之美。

The metre, which is the basis of the whole system of French weights and measures, is the exact measurement of one forty-millionth part of a meridian of the earth.

米，作为法国度量衡整个体系的基础，是地球子午线四千万分之一的精确测量值。

78. EXCELLENCE IN THE ART OF COOKERY, as in all other things, is only attainable by practice and experience. In proportion, therefore, to the opportunities which a cook has had of these, so will be his excellence in the art. It is in the large establishments of princes, noblemen, and very affluent families alone, that the man cook is found in this country. He, also, superintends the kitchens of large hotels, clubs, and public institutions, where he, usually, makes out the bills of fare, which are generally submitted to the principal for approval. To be able to do this, therefore, it is absolutely necessary that he should be a judge of the season of every dish, as well as know perfectly the state of every article he undertakes to prepare. He must also be a judge of every article he buys; for no skill, however great it may be, will enable him to, make that good which is really bad. On him rests the responsibility of the cooking generally, whilst a speciality of his department, is to prepare the rich soups, stews, ragouts, and such dishes as enter into the more refined and complicated portions of his art, and such as are not usually understood by ordinary professors. He, therefore, holds a high position in a household, being inferior in rank, as already shown (21), only to the house steward, the valet, and the butler.

78. 烹饪艺术中的卓越，如同所有其他事物一样，只有通过实践和经验才能达到。因此，厨师获得这些机会的多少，决定了他在这门艺术中的卓越程度。在我国，只有在亲王、贵族和极其富裕家庭的大型宅邸中，才能见到男厨师。他也监管大型旅馆、俱乐部和公共机构的厨房，通常由他拟定菜单，菜单一般提交给主管批准。因此，要做到这一点，他绝对必须能判断每道菜的时令，并完全了解他负责准备的每一样食材的状况。他还必须能鉴别他所购买的每一样食材；因为无论技艺多么高超，也无法把真正坏的东西做成好的。烹饪的整体责任落在他身上，而他这一部门的专长，是制作浓郁的汤、炖菜、浓味炖菜以及属于其技艺中更精细复杂部分、普通从业者通常不懂的菜肴。因此，他在家庭中地位很高，如前所述(21)，其等级仅次于伙食总管、贴身男仆和男管家。

In the luxurious ages of Grecian antiquity, Sicilian cooks were the most esteemed, and received high rewards for their services. Among them, one called Trimalcio was such an adept in his art, that he could impart to common fish both the form and flavour of the most esteemed of the piscatory tribes. A chief cook in the

在希腊古代的奢华时代，西西里的厨师最受推崇，其服务获得了丰厚的报酬。其中有一位名叫特里马尔乔的人，技艺精湛，能够赋予普通鱼类最受推崇的鱼种所具有的形状和风味。在

palmy days of Roman voluptuousness had about £800 a year, and Antony rewarded the one that cooked the supper which pleased Cleopatra, with the present of a city. With the fall of the empire, the culinary art sank into less consideration. In the middle ages, cooks laboured to acquire a reputation for their sauces, which they composed of strange combinations, for the sake of novelty, as well as singularity.

罗马奢靡时代的鼎盛时期，一位首席厨师年收入约800英镑，安东尼为酬谢那位为克利奥帕特拉烹制了令她满意的晚餐的厨师，赏赐了他一座城市。随着帝国的衰落，烹饪术的地位也随之下降。在中世纪，厨师们努力在酱汁方面赢得声誉，为了新奇和独特，他们用奇怪的组合来调制酱汁。

79. THE DUTIES OF THE COOK, THE KITCHEN AND THE SCULLERY MAIDS, are so intimately associated, that they can hardly be treated of separately. The cook, however, is at the head of the kitchen; and in proportion to her possession of the qualities of cleanliness, neatness, order, regularity, and celerity of action, so will her influence appear in the conduct of those who are under her; as it is upon her that the whole responsibility of the business of the kitchen rests, whilst the others must lend her, both a ready and a willing assistance, and be especially tidy in their appearance, and active, in their movements.

79. 厨师、厨房女仆和洗涤女仆的职责如此密切关联，几乎无法分开论述。然而，厨师是厨房的首脑；她具备清洁、整洁、有序、规律和行动迅速等品质的程度，将决定她在下属行为中的影响力；因为厨房事务的全部责任都在她身上，而其他人必须给予她既及时又乐意的协助，尤其要注意外表整洁、行动敏捷。

In the larger establishments of the middle ages, cooks, with the authority of feudal chiefs, gave their orders from a high chair in which they ensconced themselves, and commanded a view of all that was going on throughout their several domains. Each held a long wooden spoon, with which he tasted, without leaving his seat, the various comestibles that were cooking on the stoves, and which he frequently used as a rod of punishment on the backs of those whose idleness and gluttony too largely predominated over their diligence and temperance.

在中世纪较大的宅邸中，厨师们带着封建首领般的权威，坐在高椅上发号施令，居高临下俯瞰其各自领地内的一切动静。每人手持一把长木勺，不必离开座位便可品尝炉灶上烹煮的各种食物，还常常把它当作惩罚的棍棒，抽打那些懒惰和贪吃远远超过勤勉与节制的仆役的脊背。

80. IF, AS WE HAVE SAID (3), THE QUALITY OF EARLY RISING be of the first importance to the mistress, what must it be to the

80. 正如我们所说(3)，如果早起对女主人具有头等重要性，那么对

servant! Let it, therefore, be taken as a long-proved truism, that without it, in every domestic, the effect of all things else, so far as *work* is concerned, may, in a great measure, be neutralized. In a cook, this quality is most essential; for an hour lost in the morning, will keep her toiling, absolutely toiling, all day, to overtake that which might otherwise have been achieved with ease. In large establishments, six is a good hour to rise in the summer, and seven in the winter.

仆人来说又该如何呢!因此，应当将其视为一条久经证明的真理：没有早起，在任何家庭中，就工作而言，其他一切的效果在很大程度上都可能被抵消。对于厨师来说，这一品质最为关键；因为早晨损失一个小时，就会使她整天劳碌，绝对是劳碌，才能赶上本来可以轻松完成的事情。在大户人家，夏天六点起床为宜，冬天七点起床为宜。

81. HER FIRST DUTY, in large establishments and where it is requisite, should be to set her dough for the breakfast rolls, provided this has not been done on the previous night, and then to engage herself with those numerous little preliminary occupations which may not inappropriately be termed laying out her duties for the day. This will bring in the breakfast hour of eight, after which, directions must be given, and preparations made, for the different dinners of the household and family.

81. 在大户人家以及有需要的情况下，她的首要职责应当是为早餐面包卷和好面团，前提是前一晚没有和好，然后着手那些众多的小准备工作，这些工作不妨恰当地称为安排她一天的任务。这样就到了八点的早餐时间，之后必须给出指示，并为家庭和宅邸的不同正餐做好准备。

82. IN THOSE NUMEROUS HOUSEHOLDS where a cook and housemaid are only kept, the general custom is, that the cook should have the charge of the dining-room. The hall, the lamps and the doorstep are also committed to her care, and any other work there may be on the outside of the house. In establishments of this kind, the cook will, after having lighted her kitchen fire, carefully brushed the range, and cleaned the hearth, proceed to prepare for breakfast. She will thoroughly rinse the kettle, and, filling it with fresh water, will put it on the fire to boil. She will then go to the breakfast-room, or parlour, and there make all things ready for the breakfast of the family. Her attention will next be directed to the hall, which she will sweep and wipe; the kitchen stairs, if there be any, will now be swept; and the hall

82. 在许多只雇一名厨师和一名女仆的家庭中，通常的惯例是厨师负责餐厅。门厅、灯和门前台阶也交给她照管，以及屋外可能有的其他工作。在这类家庭中，厨师点燃厨房炉火、仔细刷净炉灶、清理炉边地面之后，便着手准备早餐。她会彻底冲洗水壶，装满清水，放到火上烧开。然后她会去早餐室或起居室，在那里为全家的早餐做好一切准备。接下来她要注意门厅，将其清扫并擦拭；厨房楼梯，如果有的话，此时也要清扫；而门厅

mats, which have been removed and shaken, will be again put in their places.

垫子经取下拍打后，将重新放回原处。

The cleaning of the kitchen, pantry, passages, and kitchen stairs must always be over before breakfast, so that it may not interfere with the other business of the day. Everything should be ready, and the whole house should wear a comfortable aspect when the heads of the house and members of the family make their appearance. Nothing, it may be depended on, will so please the mistress of an establishment, as to notice that, although she has not been present to see that the work was done, attention to smaller matters has been carefully paid, with a view to giving her satisfaction and increasing her comfort.

厨房、食品储藏室、通道和厨房楼梯的清洁工作必须始终在早餐前完成，以免妨碍当天的其他事务。一切都应准备就绪，当一家之主和家庭成员出现时，整座房子应呈现出舒适的面貌。可以肯定的是，没有什么比注意到这一点更能让一家之女主人感到满意了：尽管她没有在场监督工作是否完成，但为了让她满意、增进她的舒适，那些较小的事项也得到了仔细的关注。

83. BY THE TIME THAT THE COOK has performed the duties mentioned above, and well swept, brushed, and dusted her kitchen, the breakfast-bell will most likely summon her to the parlour, to "bring in" the breakfast. It is the cook's department, generally, in the smaller establishments, to wait at breakfast, as the housemaid, by this time, has gone up-stairs into the bedrooms, and has there applied herself to her various duties. The cook usually answers the bells and single knocks at the door in the early part of the morning, as the tradesmen, with whom it is her more special business to speak, call at these hours.

83. 到厨师完成上述各项职责，并已将她的厨房好好清扫、刷净、掸净之时，早餐铃很可能就会召唤她到客厅去“端上”早餐。在较小的家庭中，伺候早餐通常是厨师的职责，因为此时女仆已上楼到卧室，在那里忙于她的各项职责。清晨时分，厨师通常负责应门铃和单声敲门，因为商贩们正是在这些时辰来访，而与他们交涉更是她分内的特殊事务。

84. IT IS IN HER PREPARATION OF THE DINNER that the cook begins to feel the weight and responsibility of her situation, as she must take upon herself all the dressing and the serving of the principal dishes, which her skill and ingenuity have mostly prepared. Whilst these, however, are cooking, she must be busy with her pastry, soups, gravies, ragouts, &c. Stock, or what the

84. 正是在准备正餐的过程中，厨师开始感受到自身处境的重量和责任，因为她必须亲自负责主要菜肴的调味和上菜，而这些菜肴大多是由她的技艺和巧思烹制而成的。然而，在这些菜肴烹制的同时，她必须忙于糕点、汤、肉汁、炖菜等。高汤，或者说

French call *consommé*, being the basis of most made dishes, must be always at hand, in conjunction with her sweet herbs and spices for seasoning. "A place for everything, and everything in its place," must be her rule, in order that time may not be wasted in looking for things when they are wanted, and in order that the whole apparatus of cooking may move with the regularity and precision of a well-adjusted machine;—all must go on simultaneously. The vegetables and sauces must be ready with the dishes they are to accompany, and in order that they may be suitable, the smallest oversight must not be made in their preparation. When the dinner-hour has arrived, it is the duty of the cook to dish-up such dishes as may, without injury, stand, for some time, covered on the hot plate or in the hot closet; but such as are of a more important or *recherché* kind, must be delayed until the order "to serve" is given from the drawing-room. Then comes haste; but there must be no hurry,—all must work with order. The cook takes charge of the fish, soups, and poultry; and the kitchen-maid of the vegetables, sauces, and gravies. These she puts into their appropriate dishes, whilst the scullery-maid waits on and assists the cook. Everything must be timed so as to prevent its getting cold, whilst great care should be taken, that, between the first and second courses, no more time is allowed to elapse than is necessary, for fear that the company in the dining-room lose all relish for what has yet to come of the dinner. When the dinner has been served, the most important feature in the daily life of the cook is at an end. She must, however, now begin to look to the contents of her larder, taking care to keep everything sweet and clean, so that no disagreeable smells may arise from the gravies, milk, or meat that may be there. These are the principal duties of

法国人称之为*consommé*的清汤，是大多数烩制菜肴的基础，必须随时备在手边，连同她用于调味的香草和香料。“物各有位，各归其位”必须是她的准则，以免需要东西时浪费时间寻找，也为了使整套烹饪器具能像调试良好的机器一样规律而精确地运转--一切都必须同时进行。蔬菜和酱汁必须与它们所要搭配的菜肴同时备好，而且为了使之相宜，在准备过程中最小的疏忽也不可有。当正餐时间到来时，厨师的职责是将那些搁置一段时间也不会损坏的菜肴盛好，盖上盖子放在热盘上或热柜中；但那些更为重要或*recherché*的菜肴，必须等到客厅传来“上菜”的吩咐后才可动手。于是匆忙来了；但不可慌乱--一切都必须按秩序进行。厨师负责鱼、汤和家禽；厨房女佣负责蔬菜、酱汁和肉汁。她将这些盛入相应的盘中，而洗碗女佣则在一旁伺候并协助厨师。一切都必须安排好时间，以防菜肴变冷，同时应格外注意，在第一道和第二道菜之间，不得让超过必要的时间流逝，以免餐厅里的客人对正餐接下来要上的菜肴失去所有兴致。正餐上完之后，厨师日常生活中最重要的部分便告结束。然而，她现在必须开始照看食品储藏室里的东西，注意保持一切新鲜洁净，以免那里的肉汁、牛奶或肉类散发出难闻的气味。这些便是.....的主要职责

a cook in a first-rate establishment.

一流机构中的厨师。

In smaller establishments, the housekeeper often conducts the higher department of cooking (*see* 58, 59, 60), and the cook, with the assistance of a scullery-maid, performs some of the subordinate duties of the kitchen-maid.

在较小的家庭中，管家往往负责烹饪中较高级别的部分(见第58、59、60条)，而厨师则在洗碗女仆的协助下，履行厨房女仆的部分下属职责。

When circumstances render it necessary, the cook engages to perform the whole of the work of the kitchen, and, in some places, a portion of the house-work also.

当情况需要时，厨师会承担厨房的全部工作，在某些地方还包括部分家务工作。

85. WHILST THE COOK IS ENGAGED WITH HER MORNING DUTIES, the kitchen-maid is also occupied with hers. Her first duty, after the fire is lighted, is to sweep and clean the kitchen, and the various offices belonging to it. This she does every morning, besides cleaning the stone steps at the entrance of the house, the halls, the passages, and the stairs which lead to the kitchen. Her general duties, besides these, are to wash and scour all these places twice a week, with the tables, shelves, and cupboards. She has also to dress the nursery and servants'-hall dinners, to prepare all fish, poultry, and vegetables, trim meat joints and cutlets, and do all such duties as may be considered to enter into the cook's department in a subordinate degree.

85. 当厨师忙于她的晨间职责时，厨房女佣也忙于她自己的事务。她的首要职责，在生好火之后，是清扫和清洁厨房以及属于厨房的各个附属区域。她每天早晨都要做这件事，此外还要清洁房屋入口的石阶、门厅、通道以及通往厨房的楼梯。除此之外，她的日常职责还包括每周两次擦洗和冲刷所有这些地方，以及桌子、架子和碗橱。她还必须准备育婴室和仆人厅的正餐，准备所有的鱼、家禽和蔬菜，修整肉块和肉排，并完成所有可被视为从属于厨师职责范围的各种事务。

86. THE DUTIES OF THE SCULLERY-MAID are to assist the cook; to keep the scullery clean, and all the metallic as well as earthenware kitchen utensils.

86. 洗碗女仆的职责是协助厨师；保持洗碗间清洁，以及所有金属和陶制厨房用具的清洁。

The position of scullery-maid is not, of course, one of high rank, nor is the payment for her services large. But if she be fortunate enough to have over her a good kitchen-maid and clever cook, she may very soon learn to perform various little duties connected

洗碗女仆的职位当然不算高级，其服务报酬也不高。但如果她有幸上面有一位好的厨房女仆和聪明的厨师，她可能很快就会学会履行各种与

with cooking operations, which may be of considerable service in fitting her for a more responsible place. Now, it will be doubtless thought by the majority of our readers, that the fascinations connected with the position of the scullery-maid, are not so great as to induce many people to leave a comfortable home in order to work in a scullery. But we are acquainted with one instance in which the desire, on the part of a young girl, was so strong to become connected with the kitchen and cookery, that she absolutely left her parents, and engaged herself as a scullery-maid in a gentleman's house. Here she showed herself so active and intelligent, that she very quickly rose to the rank of kitchen-maid; and from this, so great was her gastronomical genius, she became, in a short space of time, one of the best women-cooks in England. After this, we think, it must be allowed, that a cook, like a poet, *nascitur, non fit*.

与烹饪操作相关，这对使她胜任更重要的职位可能大有助益。现在，我们的大多数读者无疑会认为，洗碗女佣这一职位所附带的魅力并不足以吸引许多人离开舒适的家而去洗碗间干活。但我们知道有一个例子，其中一位年轻姑娘渴望与厨房和烹饪结缘的愿望如此强烈，以至于她毅然离开父母，到一位绅士家中做了洗碗女佣。在这里她表现得如此勤快聪慧，很快就升到了厨房女佣的等级；由此，她的烹饪天赋如此出众，在很短的时间内便成了英格兰最好的女厨师之一。由此看来，我们认为必须承认，厨师和诗人一样，是 *nascitur, non fit*。

87. MODERN COOKERY stands so greatly indebted to the gastronomic propensities of our French neighbours, that many of their terms are adopted and applied by English artists to the same as well as similar preparations of their own. A vocabulary of these is, therefore, indispensable in a work of this kind. Accordingly, the following will be found sufficiently complete for all ordinary purposes:—

87. 现代烹饪术受惠于我们法国邻居的美食倾向如此之大，以至于英国技师将他们的许多术语采用并应用于他们自己的相同或类似的制作中。因此，在一部此类著作中，这些术语的词汇表是不可或缺的。据此，以下内容对于所有普通用途而言将是足够完整的：--

EXPLANATION OF FRENCH TERMS USED IN MODERN HOUSEHOLD COOKERY.

现代家庭烹饪中使用的法语术语解释。

ASPIC.—A savoury jelly, used as an exterior moulding for cold game, poultry, fish, &c. This, being of a transparent nature, allows the bird which it covers to be seen through it. This may also be

肉冻--一种咸味果冻，用作冷盘野味、家禽、鱼等的外部装饰模具。由于其透明的性质，可以透过它看到所覆盖的禽类。这也可以

used for decorating or garnishing.

用于装饰或点缀。

ASSIETTE (plate).—*Assiettes* are the small *entrées* and *hors-d'oeuvres*, the quantity of which does not exceed what a plate will hold. At dessert, fruits, cheese, chestnuts, biscuits, &c., if served upon a plate, are termed *assiettes*.—ASSIETTE VOLANTE is a dish which a servant hands round to the guests, but is not placed upon the table. Small cheese soufflés and different dishes, which ought to be served very hot, are frequently made *assielles volantes*.

ASSIETTE(盘子)。--*Assiettes*是指小份的*entrées*和*hors-d'oeuvres*，其分量不超过一盘所能盛装之量。在餐后甜点中，水果、奶酪、栗子、饼干等若盛于盘中上桌，则称为*assiettes*。--ASSIETTE VOLANTE 是指由仆人端送给宾客、但不放置于餐桌上的菜肴。小份奶酪舒芙蕾以及各种应当趁热上桌的菜肴，常被做成*assielles volantes*。

AU-BLEU.—Fish dressed in such a manner as to have a *bluish* appearance.

欧布鲁。--以某种方式烹调的鱼，使其呈现淡蓝色的外观。

BAIN-MARIE.—An open saucepan or kettle of nearly boiling water, in which a smaller vessel can be set for cooking and warming. This is very useful for keeping articles hot, without altering their quantity or quality. If you keep sauce, broth, or soup by the fireside, the soup reduces and becomes too strong, and the sauce thickens as well as reduces; but this is prevented by using the *bain-marie*, in which the water should be very hot, but not boiling.

隔水炖锅--一种敞口平底锅或水壶，内盛近乎沸腾的水，可将较小的容器置于其中进行烹煮和保温。这对于保持食物温热而不改变其数量或品质非常有用。如果你把酱汁、肉汤或汤放在炉边保温，汤会浓缩并变得过浓，酱汁也会变稠并浓缩；但使用隔水炖锅可以防止这种情况，其中的水应该很热，但不要沸腾。

BÉCHAMEL.—French white sauce, now frequently used in English cookery.

贝夏梅尔酱--法式白汁，现常用于英国烹饪。

BLANCH.—To whiten poultry, vegetables, fruit, &c., by plunging them into boiling water for a short time, and afterwards plunging them into cold water, there to remain until they are cold.

焯水--将家禽、蔬菜、水果等浸入沸水中短时间，然后浸入冷水中，留在冷水中直至冷却，使其变白。

BLANQUETTE.—A sort of fricassee.

白汁炖肉。--一种法式炖菜。

BOUILLI.—Beef or other meat boiled; but, generally speaking, boiled beef is understood by the term.

煮肉--煮熟的牛肉或其他肉类；但一般来说，该词指的是煮牛肉。

BOUILLIE.—A French dish resembling hasty-pudding.

布利--一种类似速成布丁的法国菜。布永--一种稀薄的肉汤或汤。

BOUILLON.—A thin broth or soup.

BRAISE.—To stew meat with fat bacon until it is tender, it having previously been blanched.

炖--将肉与肥培根一起炖至嫩烂，肉需事先焯过水。

BRAISIÈRE.—A saucepan having a lid with ledges, to put fire on the top.

炖锅。--一种带盖的平底锅，盖上有凸缘，可在锅盖上放置炭火。

BRIDER.—To pass a packthread through poultry, game, &c., to keep together their members.

捆扎--用细绳穿过家禽、野味等，将其各部位固定在一起。

CARAMEL (burnt sugar).—This is made with a piece of sugar, of the size of a nut, browned in the bottom of a saucepan; upon which a cupful of stock is gradually poured, stirring all the time a glass of broth, little by little. It may be used with the feather of a quill, to colour meats, such as the upper part of fricandeaux; and to impart colour to sauces. Caramel made with water instead of stock may be used to colour *compôtes* and other *entremets*.

焦糖(焦糖色)--用一块坚果大小的糖在锅底熬成褐色；然后逐渐倒入一杯高汤，同时不断搅拌，再一点一点地加入一杯肉汤。可以用羽毛笔蘸取，为肉类上色，如弗里康多的上部；也可为酱汁增色。用水代替高汤制成的焦糖可用于为糖煮水果和其他间菜上色。

CASSEROLE.—A crust of rice, which, after having been moulded into the form of a pie, is baked, and then filled with a fricassee of white meat or a purée of game.

砂锅--一层米饭外壳，塑成馅饼形状后烘烤，然后填入白肉烩菜或野味泥。

COMPOTE.—A stew, as of fruit or pigeons.

糖渍水果(compote)--一种炖煮的菜肴，如水果或鸽子。清汤(consommé)--浓郁的高汤或肉汁。

CONSOMMÉ.—Rich stock, or gravy.

CROQUETTE.—Ball of fried rice or potatoes.

克罗凯特--油炸米饭球或土豆球。克鲁顿--面包小片。

CROUTONS.—Sippets of bread.

DAUBIÈRE.—An oval stewpan, in which *daubes* are cooked; *daubes* being meat or fowl stewed in sauce.

炖锅--一种椭圆形炖锅，用于烹制多布;多布即用酱汁炖制的肉或禽类。

DÉSOSSER.—To *bone*, or take out the bones from poultry, game,

去骨。--将家禽、野味的骨头剔出，或去除其骨，

or fish.
This is an operation requiring considerable experience.

或鱼。
这是一项需要相当经验的操作。

ENTRÉES.—Small side or corner dishes, served with the first course.

前菜--小型配菜或角盘，随第一道菜上桌。

ENTREMETS.—Small side or corner dishes, served with the second course.

ENTREMETS(小菜)。--随第二道菜供应的小型配菜或角碟。

ESCALOPES.—Collops; small, round, thin pieces of tender meat, or of fish, beaten with the handle of a strong knife to make them tender.

薄肉片--肉片；小而薄的圆形嫩肉片或鱼片，用结实刀柄拍打使其变嫩。

FEUILLETAGE.—Puff-paste.

千层酥皮--泡芙酥皮。

FLAMBER.—To singe fowl or game, after they have been picked.

烧灼--将家禽或野味拔毛后燎去细毛。

FONCER.—To put in the bottom of a saucepan slices of ham, veal, or thin broad slices of bacon.

垫底--在锅底铺上火腿片、小牛肉片或薄而宽的培根片。

GALETTE.—A broad thin cake.

GALETTE(薄饼)。--一种宽而薄的饼。

GÂTEAU.—A cake, correctly speaking; but used sometimes to denote a pudding and a kind of tart.

蛋糕--准确地说是指蛋糕；但有时也用来指布丁和一种果馅饼。

GLACER.—To glaze, or spread upon hot meats, or larded fowl, a thick and rich sauce or gravy, called *glaze*. This is laid on with a feather or brush, and in confectionary the term means to ice fruits and pastry with sugar, which glistens on hardening.

上光--为给热肉或涂了油脂的家禽上光，或在其上涂抹一种浓稠而丰腴的酱汁或肉汁，称为上光汁。这是用羽毛或刷子涂上去的；在糖果糕点制作中，该词指用糖给水果和糕点挂上糖衣，糖在凝固后便会闪闪发亮。

HORS-D'OEUVRES.—Small dishes, or *assiettes volantes* of sardines, anchovies, and other relishes of this kind, served to the guests during the first course. (*See* ASSIETTES VOLANTES.)

餐前小菜--小碟，或称“飞碟”(assiettes volantes)，盛沙丁鱼、鳀鱼及此类开胃小食，于第一道菜期间奉客。(见“飞碟”条。)

LIT.—A bed or layer; articles in thin slices are placed in layers, other articles, or seasoning, being laid between them.

层--一层或一叠；切成薄片的食材层层叠放，层与层之间夹入其他食材或调味料。

MAIGRE.—Broth, soup, or gravy, made without meat.

素汤--不加肉制成的肉汤、汤或肉汁。

MATELOTE.—A rich fish-stew, which is generally composed of carp, eels, trout, or barbel. It is made with wine.

马特洛特--一种浓郁的炖鱼，通常由鲤鱼、鳗鱼、鳟鱼或鲃鱼制成，以葡萄酒烹制。蛋黄酱--冷酱汁或沙拉调味汁。菜单--菜品清单。

MAYONNAISE.—Cold sauce, or salad dressing.

MENU.—The bill of fare.

MERINGUE.—A kind of icing, made of whites of eggs and sugar, well beaten.

蛋白霜--一种用蛋白和糖充分打发制成的糖霜。

MIROTON.—Larger slices of meat than collops; such as slices of beef for a vinaigrette, or ragout or stew of onions.

米罗通--比肉片更大的肉块；如用于酸醋汁的牛肉片，或洋葱炖肉。

MOUILLER.—To add water, broth, or other liquid, during the cooking.

MOUILLER(润湿)--在烹饪过程中加入水、肉汤或其他液体。

PANER.—To cover over with very fine crumbs of bread, meats, or any other articles to be cooked on the gridiron, in the oven, or frying-pan.

裹面包屑--用极细的面包屑覆盖肉或其他待烹食材，以便在烤架、烤箱或煎锅中烹制。

PIQUER.—To lard with strips of fat bacon, poultry, game, meat, &c. This should always be done according to the vein of the meat, so that in carving you slice the bacon across as well as the meat.

穿插--用肥培根的条状脂肪穿插家禽、野味、肉类等。此操作应始终顺着肉的纹理进行，以便切肉时能将培根与肉一同横切。波埃莱--用来代替水煮火鸡、甜面包、家禽和蔬菜的高汤，使其不至于寡淡无味。这是一种颇为昂贵的做法。

POÊLÉE.—Stock used instead of water for boiling turkeys, sweetbreads, fowls, and vegetables, to render them less insipid. This is rather an expensive preparation.

PURÉE.—Vegetables, or meat reduced to a very smooth pulp, which is afterwards mixed with enough liquid to make it of the consistency of very thick soup.

浓汤泥--将蔬菜或肉捣成非常细腻的糊状，然后加入足量液体混合，使其达到极浓稠汤的稠度。

RAGOUT.—Stew or hash.

拉古菜--炖菜或肉末杂烩。

REMOULADE.—Salad dressing.

雷穆拉德酱--沙拉酱汁。

RISSOLES.—Pastry, made of light puff-paste, and cut into various forms, and fried. They may be filled with fish, meat, or sweets.

ROUX.—Brown and white; French thickening.

SALMI.—Ragout of game previously roasted.

SAUCE PIQUANTE.—A sharp sauce, in which somewhat of a vinegar flavour predominates.

SAUTER.—To dress with sauce in a saucepan, repeatedly moving it about.

TAMIS.—Tammy, a sort of open cloth or sieve through which to strain broth and sauces, so as to rid them of small bones, froth, &c.

TOURTE.—Tart. Fruit pie.

TROUSSER.—To truss a bird; to put together the body and tie the wings and thighs, in order to round it for roasting or boiling, each being tied then with packthread, to keep it in the required form.

VOL-AU-VENT.—A rich crust of very fine puff-paste, which may be filled with various delicate ragouts or fricassees, of fish, flesh, or fowl. Fruit may also be inclosed in a *vol-au-vent*.

[Illustration]

炸馅饼.-糕点，用轻薄松脆的酥皮制成，切成各种形状，油炸。可填入鱼、肉或甜馅。鲁克斯.-棕色和白色；法国式增稠剂。萨尔米.-先烤过的野味炖菜。

酸味酱汁.-一种味道浓烈的酱汁，其中醋味较为突出。

SAUTER(快炒)--在平底锅中加酱汁烹制，并反复翻动。

滤布.-塔米，一种开口的布或筛子，用于过滤肉汤和酱汁，以去除小骨头、浮沫，

等等。

-塔特。水果派。

扎缚.-扎缚一只禽类；将身体拼合，捆扎翅膀和腿，使其圆整以便烤或煮，各部分用细绳扎紧，以保持所需形状。

酥皮馅饼盒--一种用极精细的千层酥皮制成的丰盛酥皮，可填入各种精致的炖菜或烩菜，用鱼、肉或禽类皆可。水果也可包入酥皮馅饼盒中。

[Illustration]

汤。

CHAPTER V.

GENERAL DIRECTIONS FOR MAKING SOUPS.

第五章

制作汤品的一般说明。

88. LEAN, JUICY BEEF, MUTTON, AND VEAL, form the basis of all good soups; therefore it is advisable to procure those pieces which afford the richest succulence, and such as are fresh-killed. Stale meat renders them bad, and fat is not so well adapted for making them. The principal art in composing good rich soup, is so to proportion the several ingredients that the flavour of one shall not predominate over another, and that all the articles of which it is composed, shall form an agreeable whole. To accomplish this, care must be taken that the roots and herbs are perfectly well cleaned, and that the water is proportioned to the quantity of meat and other ingredients. Generally a quart of water may be allowed to a pound of meat for soups, and half the quantity for gravies. In making soups or gravies, gentle stewing or simmering is incomparably the best. It may be remarked, however, that a really good soup can never be made but in a well-closed vessel, although, perhaps, greater wholesomeness is obtained by an occasional exposure to the air. Soups will, in general, take from three to six hours doing, and are much better prepared the day before they are wanted. When the soup is cold, the fat may be much more easily and completely removed; and when it is poured off, care must be taken not to disturb the settlings at the bottom of the vessel, which are so fine that they will escape through a sieve. A tamis is the best strainer, and if the soup is strained while it is hot, let the tamis or cloth be previously soaked in cold water. Clear soups must be perfectly transparent, and thickened soups about the consistence of cream. To thicken and give body to soups and gravies, potato-mucilage, arrow-root, bread-raspings, isinglass, flour and butter, barley, rice, or oatmeal, in a little water rubbed well together, are used. A piece of boiled beef pounded to

88. 瘦而多汁的牛肉、羊肉和小牛肉，构成一切上好汤品的基础；因此宜选取那些最为鲜美多汁、且 freshly-killed 的肉块。陈肉会使汤变坏，脂肪也不太适合用来制汤。调制上好浓汤的主要技艺，在于使各种配料的比例得当，使其中一种的味道不致压过另一种，并使其所组成的一切材料融为一个适口的整体。为做到这一点，必须注意将根菜与香草彻底洗净，并使水量与肉及其他配料的分量相称。一般制汤时，每磅肉可配一夸脱水，制肉汁则用其半量。制汤或肉汁时，文火慢炖或微沸是无可比拟的最佳方法。然而可以说，真正上好的汤非在密闭良好的容器中不能制成，尽管偶尔接触空气或许能获得更大的有益健康之效。汤一般需三至六小时制成，提前一天做好则要好得多。汤冷后，脂肪可更容易、更彻底地除去；撇去时须注意不要搅动容器底部的沉淀，那些沉淀极细，会穿过筛子漏掉。绒布筛是最好的滤器，若在汤热时过滤，须先将绒布筛或布在冷水中浸过。清汤必须完全透明，浓汤则约如奶油之稠度。为使汤和肉汁增稠并使之有质感，可用马铃薯黏液、竹芋粉、面包屑、鱼胶、面粉与黄油、大麦、米或燕麦粉，加少许水调匀使用。一块煮牛肉捣成

a pulp, with a bit of butter and flour, and rubbed through a sieve, and gradually incorporated with the soup, will be found an excellent addition. When the soup appears to be *too thin* or *too weak*, the cover of the boiler should be taken off, and the contents allowed to boil till some of the watery parts have evaporated; or some of the thickening materials, above mentioned, should be added. When soups and gravies are kept from day to day in hot weather, they should be warmed up every day, and put into fresh scalded pans or tureens, and placed in a cool cellar. In temperate weather, every other day may be sufficient.

糊状，加一点黄油和面粉，用筛子擦过，逐渐调入汤中，乃是极好的添加物。当汤显得太稀或太淡时，应取下锅盖，让内容物煮沸至部分水分蒸发；或加入上述某些增稠材料。天热时汤和肉汁若逐日存放，应每天加热，并盛入新烫过的锅或有盖汤碗中，置于阴凉的地窖。天气温和时，隔天一次即可。

89. VARIOUS HERBS AND VEGETABLES are required for the purpose of making soups and gravies. Of these the principal are,—Scotch barley, pearl barley, wheat flour, oatmeal, bread-raspings, pease, beans, rice, vermicelli, macaroni, isinglass, potato-mucilage, mushroom or mushroom ketchup, champignons, parsnips, carrots, beetroot, turnips, garlic, shalots, and onions. Sliced onions, fried with butter and flour till they are browned, and then rubbed through a sieve, are excellent to heighten the colour and flavour of brown soups and sauces, and form the basis of many of the fine relishes furnished by the cook. The older and drier the onion, the stronger will be its flavour. Leeks, cucumber, or burnet vinegar; celery or celery-seed pounded. The latter, though equally strong, does not impart the delicate sweetness of the fresh vegetable; and when used as a substitute, its flavour should be corrected by the addition of a bit of sugar. Cress-seed, parsley, common thyme, lemon thyme, orange thyme, knotted marjoram, sage, mint, winter savoury, and basil. As fresh green basil is seldom to be procured, and its fine flavour is soon lost, the best way of preserving the extract is by pouring wine on the fresh

89. 制汤和肉汁需要各种香草和蔬菜。其中主要的是--苏格兰大麦、珍珠大麦、小麦面粉、燕麦粉、面包屑、豌豆、豆、米、细面条、通心粉、鱼胶、马铃薯黏液、蘑菇或蘑菇酱、香蕈、欧防风、胡萝卜、甜菜根、芜菁、蒜、青葱和洋葱。洋葱切片，用黄油和面粉煎至呈褐色，然后用筛子擦过，极能增进褐色汤和酱汁的色泽与风味，并构成厨师所制许多精美调味品的基底。洋葱越老越干，其味越浓。韭葱、黄瓜或地榆醋；芹菜或捣碎的芹菜籽。后者虽同样浓烈，却不如新鲜蔬菜那般带有细腻的甜味；用作替代品时，应加一点糖以矫正其味。水芹籽、欧芹、普通百里香、柠檬百里香、橙百里香、结节牛至、鼠尾草、薄荷、冬香薄荷和罗勒。新鲜绿罗勒难得，其佳味又易失，保存其浸出液的最佳方法是将酒倒在新鲜

leaves.

90. FOR THE SEASONING OF SOUPS, bay-leaves, tomato, tarragon, chervil, burnet, allspice, cinnamon, ginger, nutmeg, clove, mace, black and white pepper, essence of anchovy, lemon-peel, and juice, and Seville orange-juice, are all taken. The latter imparts a finer flavour than the lemon, and the acid is much milder. These materials, with wine, mushroom ketchup, Harvey's sauce, tomato sauce, combined in various proportions, are, with other ingredients, manipulated into an almost endless variety of excellent soups and gravies. Soups, which are intended to constitute the principal part of a meal, certainly ought not to be flavoured like sauces, which are only designed to give a relish to some particular dish.

叶子。

90. 汤的调味，用月桂叶、番茄、龙蒿、细叶芹、地榆、多香果、肉桂、姜、肉豆蔻、丁香、肉豆蔻衣、黑胡椒和白胡椒、鲽鱼精、柠檬皮与柠檬汁，以及塞维利亚橙汁。后者比柠檬风味更佳，酸味也温和得多。这些材料与酒、蘑菇酱、哈维酱、番茄酱按各种比例配合，再与其他配料一起，可调制出几乎无穷无尽的各式上等汤品和肉汁。本欲作为一餐主要部分的汤，当然不应调得如同酱汁一般，因为酱汁只是为给某一道菜增添风味而设的。

SOUP, BROTH AND BOUILLON.

91. IT HAS BEEN ASSERTED, that English cookery is, nationally speaking, far from being the best in the world. More than this, we have been frequently told by brilliant foreign writers, half philosophers, half *chefs*, that we are the *worst* cooks on the face of the earth, and that the proverb which alludes to the divine origin of food, and the precisely opposite origin of its preparers, is peculiarly applicable to us islanders. Not, however, to the inhabitants of the whole island; for, it is stated in a work which treats of culinary operations, north of the Tweed, that the "broth" of Scotland claims, for excellence and wholesomeness, a very close second place to the *bouillon*, or common soup of France. "*Three* hot meals of broth and meat, for about the price of ONE roasting joint," our Scottish brothers and sisters get, they say; and we

汤、肉汤和清汤。

91. 有人断言，就国民整体而言，英国烹饪远非世界上最好的。更有甚者，一些才华横溢的外国作家--半是哲学家、半是厨师--屡屡告诉我们，我们是地球上最糟糕的厨师，而那则谚语所说的食物源自神明、其制作者却恰恰相反，对我们这些岛上居民尤为适用。然而，这并非针对全岛居民；因为有一部论述特威德河以北烹饪操作的书声称，苏格兰的“肉汤”在优良与有益健康方面，仅次于法国的bouillon即普通汤，位居第二。“三顿热餐，有肉汤有肉，价钱大约只相当于一份烤肉，”我们的苏格兰兄弟姐妹说，他们能得到这样的待遇；而我们

hasten to assent to what we think is now a very well-ascertained fact. We are glad to note, however, that soups of vegetables, fish, meat, and game, are now very frequently found in the homes of the English middle classes, as well as in the mansions of the wealthier and more aristocratic; and we take this to be one evidence, that we are on the right road to an improvement in our system of cookery. One great cause of many of the spoilt dishes and badly-cooked meats which are brought to our tables, arises, we think, and most will agree with us, from a non-acquaintance with "common, every-day things." Entertaining this view, we intend to preface the chapters of this work with a simple scientific *résumé* of all those causes and circumstances which relate to the food we have to prepare, and the theory and chemistry of the various culinary operations. Accordingly, this is the proper place to treat of the quality of the flesh of animals, and describe some of the circumstances which influence it for good or bad. We will, therefore, commence with the circumstance of *age*, and examine how far this affects the quality of meat.

急于赞同我们认为是如今已十分确凿的事实。然而，我们欣慰地注意到，蔬菜汤、鱼汤、肉汤和野味汤如今在英格兰中产阶级的家庭中，以及在更富裕、更具贵族气派的宅邸里，都屡见不鲜；我们认为这是一个证据，表明我们正走在改进烹饪体系的正确道路上。我们认为，而且大多数人也会同意我们的看法，端上我们餐桌的许多糟蹋了的菜肴和烹制得很差的肉食，其一大原因在于对“普通的日常事物”缺乏了解。基于这一观点，我们打算在本书各章之前，先就与我们所要制备的食物相关的种种原因和情况，以及各种烹饪操作的理论与化学，作一个简单的科学概述。因此，此处正是讨论动物肉质的合适之处，并描述一些对其优劣产生影响的情况。因此，我们将从年龄这一情况开始，考察它在多大程度上影响肉的质量。

92. DURING THE PERIOD BETWEEN THE BIRTH AND MATURITY OF ANIMALS, their flesh undergoes very considerable changes. For instance, when the animal is young, the fluids which the tissues of the muscles contain, possess a large proportion of what is called *albumen*. This albumen, which is also the chief component of the white of eggs, possesses the peculiarity of coagulating or hardening at a certain temperature, like the white of a boiled egg, into a soft, white fluid, no longer soluble, or capable of being dissolved in water. As animals grow older, this peculiar animal matter gradually decreases, in proportion to the other constituents of the juice of the flesh. Thus, the reason why

92. 在动物从出生到成熟这段时间内，其肉会发生相当大的变化。例如，动物年幼时，肌肉组织所含的液体中，所谓蛋白占有很大比例。这种蛋白也是蛋清的主要成分，具有在特定温度下凝固或变硬的特质，如同煮熟的蛋清一般，变成一种柔软、白色的液体，不再可溶，或不能再溶于水。随着动物年龄增长，这种特殊的动物性物质逐渐减少，与肉汁中其他成分的比例相应下降。因此，

veal, lamb, and young pork are *white, and without gravy* when cooked, is, that the large quantity of albumen they contain hardens, or becomes coagulated. On the other hand, the reason why beef and mutton are *brown, and have gravy*, is, that the proportion of albumen they contain, is small, in comparison with their greater quantity of fluid which is soluble, and not coagulable.

小牛肉、羔羊肉和幼猪肉煮后呈白色且无肉汁，原因在于它们所含的大量蛋白遇热凝固或凝结。另一方面，牛肉和羊肉之所以呈褐色并带有肉汁，是因为与它们所含较多的可溶性、不可凝固的液体相比，其所含蛋白的比例很小。

93. THE QUALITY OF THE FLESH OF AN ANIMAL is considerably influenced by the nature of the *food on which it has been fed*; for the food supplies the material which produces the flesh. If the food be not suitable and good, the meat cannot be good either; just as the paper on which these words are printed, could not be good, if the rags from which it is made, were not of a fine quality. To the experienced in this matter, it is well known that the flesh of animals fed on farinaceous produce, such as corn, pulse, &c., is firm, well-flavoured, and also economical in the cooking; that the flesh of those fed on succulent and pulpy substances, such as roots, possesses these qualities in a somewhat less degree; whilst the flesh of those whose food contains fixed oil, as linseed, is greasy, high coloured, and gross in the fat, and if the food has been used in large quantities, possessed of a rank flavour.

93. 动物肉质的优劣，在很大程度上受其所食饲料的性质影响；因为饲料供给生成肉质的材料。倘若饲料不适宜、不良好，肉也不可能良好；正如印有这些文字的纸张，若所用破布原料质地不佳，纸张也不可能良好。对此有经验的人深知，以谷类、豆类等含淀粉产物为饲料的动物，其肉坚实、风味佳，且烹饪时也经济；以根菜类等多汁多浆物质为饲料的动物，其肉具备这些品质的程度稍逊；而饲料中含有固定油脂(如亚麻籽)的动物，其肉油腻、色泽深，脂肪粗劣，若饲料用量过大，则带有腥膻味。

94. IT IS INDISPENSABLE TO THE GOOD QUALITY OF MEAT, that the animal should be *perfectly healthy* at the time of its slaughter. However slight the disease in an animal may be, inferiority in the quality of its flesh, as food, is certain to be produced. In most cases, indeed, as the flesh of diseased animals has a tendency to very rapid putrefaction, it becomes not only unwholesome, but absolutely poisonous, on account of the absorption of the *virus* of the unsound meat into the systems of

94. 要使肉品质良好，动物在屠宰时必须完全健康，这一点不可或缺。无论动物的疾病多么轻微，其肉作为食物的品质必定低劣。事实上，在大多数情况下，由于病畜的肉极易迅速腐败，不仅不卫生，而且由于不健康肉中的病毒被吸收进入

those who partake of it. The external indications of good and bad meat will be described under its own particular head, but we may here premise that the layer of all wholesome meat, when freshly killed, adheres firmly to the bone.

食用者。好肉和坏肉的外部特征将在各自专门的标题下描述，但我们可以在此预先说明，所有健康肉类的脂肪层在刚宰杀时都牢固地附着在骨头上。

95. ANOTHER CIRCUMSTANCE GREATLY AFFECTING THE QUALITY OF MEAT, is the animal's treatment *before it is slaughtered*. This influences its value and wholesomeness in no inconsiderable degree. It will be easy to understand this, when we reflect on those leading principles by which the life of an animal is supported and maintained. These are, the digestion of its food, and the assimilation of that food into its substance. Nature, in effecting this process, first reduces the food in the stomach to a state of pulp, under the name of chyme, which passes into the intestines, and is there divided into two principles, each distinct from the other. One, a milk-white fluid,—the nutritive portion,—is absorbed by innumerable vessels which open upon the mucous membrane, or inner coat of the intestines. These vessels, or absorbents, discharge the fluid into a common duct, or road, along which it is conveyed to the large veins in the neighbourhood of the heart. Here it is mixed with the venous blood (which is black and impure) returning from every part of the body, and then it supplies the waste which is occasioned in the circulating stream by the arterial (or pure) blood having furnished matter for the substance of the animal. The blood of the animal having completed its course through all parts, and having had its waste recruited by the digested food, is now received into the heart, and by the action of that organ it is urged through the lungs, there to receive its purification from the air which the animal inhales. Again returning to the heart, it is forced through the arteries, and

95. 另一个极大影响肉类品质的情况，是动物在被屠宰之前的待遇。这在相当程度上影响其价值与卫生。当我们思考维持动物生命的主要原理时，便不难理解这一点。这些原理就是食物的消化，以及食物转化为其体质。自然在进行这一过程时，首先将胃中的食物化为浆状，称为食糜，进入肠道，并在那里分为两种彼此不同的成分。其一为乳白色液体--即营养部分--被无数开口于黏膜即肠内壁的血管所吸收。这些血管即吸收管，将液体排入一条公共导管即通道，沿此输送至心脏附近的大静脉。在此它与从全身各处回流而来的静脉血(色黑而不纯)混合，然后补充动脉(纯净)血为动物体质提供物质后在循环血流中造成的损耗。动物的血液在流经全身各处、并借消化后的食物补充其损耗之后，此时被收入心脏，并借该器官的作用被压送通过肺，在那里借动物吸入的空气得到净化。再次回到心脏后，它被压送通过动脉，并且

thence distributed, by innumerable ramifications, called capillaries, bestowing to every part of the animal, life and nutriment. The other principle—the innutritive portion—passes from the intestines, and is thus got rid of. It will now be readily understood how flesh is affected for bad, if an animal is slaughtered when the circulation of its blood has been increased by over-driving, ill-usage, or other causes of excitement, to such a degree of rapidity as to be too great for the capillaries to perform their functions, and causing the blood to be congealed in its minuter vessels. Where this has been the case, the meat will be dark-coloured, and become rapidly putrid; so that self-interest and humanity alike dictate kind and gentle treatment of all animals destined to serve as food for man.

由此分布，通过无数分支，称为毛细血管，赋予动物每一部分生命与营养。另一部分--非营养部分--从肠道排出，如此被清除。现在很容易理解，如果动物在被过度驱赶、虐待或其他兴奋原因导致血液循环加快到毛细血管无法发挥功能的程度，并导致血液在其微小血管中凝结时被宰杀，肉会受到怎样的不良影响。在这种情况下，肉会颜色深暗，并迅速腐败；因此，自身利益和人道都要求对所有注定作为人类食物的动物给予仁慈温和的对待。

THE CHEMISTRY AND ECONOMY OF SOUP-MAKING.

汤的化学与经济学

96. STOCK BEING THE BASIS of all meat soups, and, also, of all the principal sauces, it is essential to the success of these culinary operations, to know the most complete and economical method of extracting, from a certain quantity of meat, the best possible stock or broth. The theory and philosophy of this process we will, therefore, explain, and then proceed to show the practical course to be adopted.

96. 高汤是所有肉类汤品以及所有主要酱汁的基础，因此，要使这些烹饪操作成功，就必须掌握最完整、最经济的方法，从一定量的肉中提取出尽可能好的高汤或肉汤。因此，我们将先解释这一过程的原理与道理，然后再说明应采取的实际做法。

97. AS ALL MEAT is principally composed of fibres, fat, gelatine, osmazome, and albumen, it is requisite to know that the FIBRES are inseparable, constituting almost all that remains of the meat after it has undergone a long boiling.

97. 由于所有肉类主要由纤维、脂肪、明胶、肉香素和蛋白素构成，因此有必要了解：纤维是不可分离的，几乎构成了肉经过长时间煮后所剩下的全部。

98. FAT is dissolved by boiling; but as it is contained in cells covered by a very fine membrane, which never dissolves, a

98. 脂肪通过煮而溶解；但由于它被包裹在由一层极细薄膜覆盖的细胞中，而这层薄膜从不溶解，因此

portion of it always adheres to the fibres. The other portion rises to the surface of the stock, and is that which has escaped from the cells which were not whole, or which have burst by boiling.

脂肪总是附着在纤维上。另一部分则浮到高汤表面，这是从破裂的细胞或未被完整包裹的细胞中逸出的。

99. GELATINE is soluble: it is the basis and the nutritious portion of the stock. When there is an abundance of it, it causes the stock, when cold, to become a jelly.

99. 明胶是可溶的：它是高汤的基础和营养部分。当明胶含量丰富时，它会使高汤在冷却后变成肉冻。

100. OSMAZOME is soluble even when cold, and is that part of the meat which gives flavour and perfume to the stock. The flesh of old animals contains more *osmazome* than that of young ones. Brown meats contain more than white, and the former make the stock more fragrant. By roasting meat, the osmazome appears to acquire higher properties; so, by putting the remains of roast meats into your stock-pot, you obtain a better flavour.

100. 香味物质即使冷却时也可溶，正是肉的这一部分赋予汤汁风味与香气。老动物的肉比幼动物的肉含有更多香味物质。深色肉比浅色肉含量更多，前者能使汤汁更加香浓。通过烤制肉类，香味物质似乎获得了更高的特性；因此，将烤肉的剩余部分放入汤锅，便能获得更好的风味。

101. ALBUMEN is of the nature of the white of eggs; it can be dissolved in cold or tepid water, but coagulates when it is put into water not quite at the boiling-point. From this property in albumen, it is evident that if the meat is put into the stock-pot when the water boils, or after this is made to boil up quickly, the albumen, in both cases, hardens. In the first it rises to the surface, in the second it remains in the meat, but in both it prevents the gelatine and osmazome from dissolving; and hence a thin and tasteless stock will be obtained. It ought to be known, too, that the coagulation of the albumen in the meat, always takes place, more or less, according to the size of the piece, as the parts farthest from the surface always acquire *that degree* of heat which congeals it before entirely dissolving it.

101. 蛋白具有蛋清的性质；它可溶于冷水或温水中，但放入未达沸点的水中时会凝结。从蛋白的这一特性可以明显看出，如果将肉放入沸腾的汤锅，或在水被迅速煮沸后放入，蛋白在两种情况下都会变硬。在第一种情况下它浮到表面，在第二种情况下它留在肉中，但两种情况下都阻止明胶和香味物质溶解；因此会得到稀薄无味的汤。还应知道，肉中蛋白的凝结总是或多或少根据肉块大小而发生，因为离表面最远的部位总是先获得那种程度的热量，使其在完全溶解之前就凝结。

102. BONES ought always to form a component part of the stock-pot. They are composed of an earthy substance,—to which they

102. 骨头应当始终是汤锅的组成部分。它们由一种土质物质构成--对此它们

owe their solidity,—of gelatine, and a fatty fluid, something like marrow. *Two ounces* of them contain as much gelatine as *one pound* of meat; but in them, this is so incased in the earthy substance, that boiling water can dissolve only the surface of whole bones. By breaking them, however, you can dissolve more, because you multiply their surfaces; and by reducing them to powder or paste, you can dissolve them entirely; but you must not grind them dry. We have said (99) that gelatine forms the basis of stock; but this, though very nourishing, is entirely without taste; and to make the stock savoury, it must contain *osmazome*. Of this, bones do not contain a particle; and that is the reason why stock made entirely of them, is not liked; but when you add meat to the broken or pulverized bones, the osmazome contained in it makes the stock sufficiently savoury.

它们的坚固性归因于--明胶和一种类似骨髓的脂肪液体。两盎司它们所含的明胶相当于一磅肉；但在它们之中，明胶被土质物质包裹得如此紧密，以致沸水只能溶解整骨的表层。然而，通过打碎它们，你可以溶解更多，因为你增加了它们的表面积；通过将它们磨成粉末或糊状，你可以完全溶解它们；但不可干磨。我们说过(99)明胶是汤的基础；但这虽然非常有营养，却完全无味；要使汤有滋味，它必须含有香味物质。骨头不含一丝这种物质；这就是为什么完全用骨头做的汤不受欢迎；但当你向打碎或粉碎的骨头中加入肉时，肉中所含的香味物质使汤足够鲜美。

103. In concluding this part of our subject, the following condensed hints and directions should be attended to in the economy of soup-making:—

103. 在结束本主题的这一部分时，在熬汤的经济之道中应注意以下简明的提示和指导：--

I. BEEF MAKES THE BEST STOCK; veal stock has less colour and taste; whilst mutton sometimes gives it a tallowy smell, far from agreeable, unless the meat has been previously roasted or broiled. Fowls add very little to the flavour of stock, unless they be old and fat. Pigeons, when they are old, add the most flavour to it; and a rabbit or partridge is also a great improvement. From the freshest meat the best stock is obtained.

一、牛肉制作最好的高汤；小牛肉高汤颜色和味道较淡；而羊肉有时会使其带有一种令人不快的油脂气味，除非肉事先经过烤或炙。禽类对高汤风味的增加很少，除非是老而肥的。鸽子，当它们老时，能最大程度地增加风味；兔肉或鹧鸪也是很大的改进。从最新鲜的肉中获得最好的高汤。

II. IF THE MEAT BE BOILED solely to make stock, it must be cut up into the smallest possible pieces; but, generally speaking, if it is desired to have good stock and a piece of savoury meat as well, it is necessary to put a rather large piece into the stock-pot, say

二、如果肉仅仅是为了制作高汤而煮，必须切成尽可能小的块；但一般来说，如果既想要好高汤又想要一块美味的肉，就必须在汤锅中放入相当大的一块，比如

sufficient for two or three days, during which time the stock will keep well in all weathers. Choose the freshest meat, and have it cut as thick as possible; for if it is a thin, flat piece, it will not look well, and will be very soon spoiled by the boiling.

III. NEVER WASH MEAT, as it deprives its surface of all its juices; separate it from the bones, and tie it round with tape, so that its shape may be preserved, then put it into the stock-pot, and for each pound of meat, let there be one pint of water; press it down with the hand, to allow the air, which it contains, to escape, and which often raises it to the top of the water.

IV. PUT THE STOCK-POT ON A GENTLE FIRE, so that it may heat gradually. The albumen will first dissolve, afterwards coagulate; and as it is in this state lighter than the liquid, it will rise to the surface; bringing with it all its impurities. It is this which makes *the scum*. The rising of the hardened albumen has the same effect in clarifying stock as the white of eggs; and, as a rule, it may be said that the more scum there is, the clearer will be the stock. Always take care that the fire is very regular.

V. REMOVE THE SCUM when it rises thickly, and do not let the stock boil, because then one portion of the scum will be dissolved, and the other go to the bottom of the pot; thus rendering it very difficult to obtain a clear broth. If the fire is regular, it will not be necessary to add cold water in order to make the scum rise; but if the fire is too large at first, it will then be necessary to do so.

VI. WHEN THE STOCK IS WELL SKIMMED, and begins to boil, put in salt and vegetables, which may be two or three carrots, two turnips, one parsnip, a bunch of leeks and celery tied together. You can add, according to taste, a piece of cabbage, two or three

足够两三天食用，在此期间高汤在任何天气下都能保持良好。选择最新鲜的肉，并尽可能切得厚；因为如果是薄而平的块，看起来不好，而且很快会被煮沸破坏。

三、切勿洗肉，因为这会剥夺其表面的所有汁液；将肉与骨头分开，用细绳捆扎，以保持其形状，然后放入汤锅，每磅肉配一品脱水；用手压下去，让其中所含的空气逸出，空气常常使肉浮到水面。

IV.将汤锅置于文火上，使其逐渐加热。蛋白会先溶解，然后凝结；由于在此状态下它比液体轻，它会浮到表面，带走所有杂质。正是这一点形成了浮沫。硬化蛋白的上浮在澄清汤方面与蛋清具有相同的效果；通常可以说，浮沫越多，汤越清澈。始终注意火候要非常均匀。

五、当浮沫大量升起时撇去，不要让高汤沸腾，因为那样一部分浮沫会溶解，另一部分会沉到锅底；从而使获得清澈的肉汤变得非常困难。如果火候均匀，就不需要加冷水来使浮沫升起；但如果起初火太大，则需要这样做。

六、当高汤撇净浮沫并开始沸腾时，放入盐和蔬菜，可以是两三根胡萝卜、两个芜菁、一个欧防风、一捆韭葱和芹菜扎在一起。可以根据口味加入一块卷心菜、两三个

cloves stuck in an onion, and a tomato. The latter gives a very agreeable flavour to the stock. If fried onion be added, it ought, according to the advice of a famous French *chef*, to be tied in a little bag: without this precaution, the colour of the stock is liable to be clouded.

插在洋葱上的丁香，以及一个番茄。后者赋予汤汁非常宜人的风味。若加入炒洋葱，按照一位著名法国厨师的建议，应将其系于小布袋中：若无此预防措施，汤汁的颜色易变得浑浊。

VII. BY THIS TIME we will now suppose that you have chopped the bones which were separated from the meat, and those which were left from the roast meat of the day before. Remember, as was before pointed out, that the more these are broken, the more gelatine you will have. The best way to break them up is to pound them roughly in an iron mortar, adding, from time to time, a little water, to prevent them getting heated. It is a great saving thus to make use of the bones of meat, which, in too many English families, we fear, are entirely wasted; for it is certain, as previously stated (No. 102), that two ounces of bone contain as much gelatine (which is the nutritive portion of stock) as one pound of meat. In their broken state tie them up in a bag, and put them in the stock-pot; adding the gristly parts of cold meat, and trimmings, which can be used for no other purpose. If, to make up the weight, you have received from the butcher a piece of mutton or veal, broil it slightly over a clear fire before putting it in the stock-pot, and be very careful that it does not contract the least taste of being smoked or burnt.

VII.此时我们假设你已经将分离出来的骨头和前一日烤肉剩下的骨头剁碎。记住，如前所述，这些骨头打得越碎，你得到的明胶就越多。打碎它们的最好方法是在铁臼中粗略捣碎，不时加一点水，防止它们发热。这样利用肉的骨头是极大的节约，我们担心在太多英国家庭中这些骨头被完全浪费了；因为可以肯定，如前所述(第102号)，两盎司骨头所含的明胶(即汤的营养部分)相当于一磅肉。将打碎的骨头用布袋扎好，放入汤锅；加入冷肉的软骨部分和边角料，这些无法用于其他用途。如果为了补足重量，你从肉贩那里得到了羊肉或小牛肉，在放入汤锅前在明火上稍微烤一下，务必小心它不要沾染丝毫烟熏或烧焦的味道。

VIII. ADD NOW THE VEGETABLES, which, to a certain extent, will stop the boiling of the stock. Wait, therefore, till it simmers well up again, then draw it to the side of the fire, and keep it gently simmering till it is served, preserving, as before said, your fire always the same. Cover the stock-pot well, to prevent evaporation; do not fill it up, even if you take out a little stock,

八、现在加入蔬菜，这在一定程度上会停止高汤的沸腾。因此，等待它再次充分冒泡，然后将其移到火边，保持微沸直到上桌，如前所述，始终保持火候一致。盖好汤锅，防止蒸发；不要加满，即使你取出了一些高汤，

unless the meat is exposed; in which case a little boiling water may be added, but only enough to cover it. After six hours' slow and gentle simmering, the stock is done; and it should not be continued on the fire, longer than is necessary, or it will tend to insipidity.

Note.—It is on a good stock, or first good broth and sauce, that excellence in cookery depends. If the preparation of this basis of the culinary art is intrusted to negligent or ignorant persons, and the stock is not well skimmed, but indifferent results will be obtained. The stock will never be clear; and when it is obliged to be clarified, it is deteriorated both in quality and flavour. In the proper management of the stock-pot an immense deal of trouble is saved, inasmuch as one stock, in a small dinner, serves for all purposes. Above all things, the greatest economy, consistent with excellence, should be practised, and the price of everything which enters the kitchen correctly ascertained. The *theory* of this part of Household Management may appear trifling; but its practice is extensive, and therefore it requires the best attention.

[Illustration]

RECIPES.

CHAPTER VI.

FRUIT AND VEGETABLE SOUPS.

[*It will be seen, by reference to the following Recipes, that an entirely original and most intelligible system has been pursued in explaining the preparation of each dish. We would recommend the young*

除非肉暴露出来；在这种情况下可以加一点沸水，但只够覆盖它。经过六小时的缓慢温和微沸后，高汤就做好了；不应在火上继续超过必要的时间，否则会变得淡而无味。

注。--烹饪的精良，全赖上好的底汤，或上好的头道肉汤与酱汁。倘若这门烹饪技艺之基础的制备被托付给疏忽或无知之人，底汤撇沫不净，便只能得到平庸的结果。底汤永远不会清澈；一旦不得不加以澄清，其品质与风味便都受损。妥善管理汤锅可省去极大的麻烦，因为在小型正餐中，一份底汤可供各种用途。首要之事，是在兼顾精良的前提下厉行最大的节约，并准确查明进入厨房的每一样物品的价格。家政管理的这一部分，其理论或显得琐碎；但其实践范围广博，因此需要予以最大的重视。

[Illustration]

食谱。

第六章

水果蔬菜汤

[参阅以下食谱即可看出，在讲解每道菜肴的制作时，采用了一套完全独创且极为易懂的体系。我们建议年轻的

housekeeper, cook, or whoever may be engaged in the important task of "getting ready" the dinner, or other meal, to follow precisely the order in which the recipes are given. Thus, let them first place on their table all the INGREDIENTS necessary; then the modus operandi, or MODE of preparation, will be easily managed. By a careful reading, too, of the recipes, there will not be the slightest difficulty in arranging a repast for any number of persons, and an accurate notion will be gained of the TIME the cooling of each dish will occupy, of the periods at which it is SEASONABLE, as also of its AVERAGE COST.

管家、厨师或任何承担“备好”正餐或其他餐食这一重要任务的人，应严格遵照食谱所给的顺序操作。如此，让他们先将所有必需的配料置于桌上；随后操作之法，即准备方式，便易于掌握。再者，仔细阅读食谱，为任意人数安排餐食便毫无困难，并能准确了解每道菜冷却所需的时间、其合宜的时令，以及其平均成本。

The addition of the natural history, and the description of the various properties of the edible articles in common use in every family, will be serviceable both in a practical and an educational point of view.

增补博物学内容，并描述每个家庭常用食用品的各种特性，无论从实用还是教育的角度来看都将大有裨益。

Speaking specially of the Recipes for Soups, it may be added, that by the employment of the BEST, MEDIUM, *or* COMMON STOCK, *the quality of the Soups and their cost may be proportionately increased or lessened.*]

特别就汤类食谱而言，还可补充一点：通过使用上等、中等或普通汤汁，汤的品质与成本可相应地提高或降低。]

STOCKS FOR ALL KINDS OF SOUPS.

各类汤品所用的高汤

RICH STRONG STOCK.

浓郁高汤。

104. INGREDIENTS.—4 lbs. of shin of beef, 4 lbs. of knuckle of veal, 3/4 lb. of good lean ham; any poultry trimmings; 3 small onions, 3 small carrots, 3 turnips (the latter should be omitted in summer, lest they ferment), 1 head of celery, a few chopped mushrooms, when obtainable; 1 tomato, a bunch of savoury herbs, not forgetting parsley; 1-1/2 oz. of salt, 12 white peppercorns, 6 cloves, 3 small blades of mace, 4 quarts of water.

104. 配料--4 lb.牛小腿肉，4 lb.小牛膝肉，3/4 lb.优质瘦火腿；任何家禽碎料；3个小洋葱，3小根胡萝卜，3个芜菁(夏季应省略芜菁，以免发酵),1棵芹菜，可获取时加少许切碎的蘑菇；1个番茄，一束香草，勿忘欧芹；1-1/2 oz.盐，12粒白胡椒，6粒丁香，3小片肉豆蔻，4 quarts水。

Mode.—Line a delicately clean stewpan with the ham cut in thin

模式。--将火腿切成薄片，铺在一个精致干净的炖锅底部。

broad slices, carefully trimming off all its rusty fat; cut up the beef and veal in pieces about 3 inches square, and lay them on the ham; set it on the stove, and draw it down, and stir frequently. When the meat is equally browned, put in the beef and veal bones, the poultry trimmings, and pour in the cold water. Skim well, and occasionally add a little cold water, to stop its boiling, until it becomes quite clear; then put in all the other ingredients, and simmer very slowly for 5 hours. Do not let it come to a brisk boil, that the stock be not wasted, and that its colour may be preserved. Strain through a very fine hair sieve, or tammy, and it will be fit for use.

宽片，仔细剔除其所有发黄的肥肉；将牛肉和小牛肉切成约3英寸见方的块，铺在火腿上；置于炉上，转小火，频频搅动。待肉均匀上色后，放入牛骨和小牛骨、家禽碎料，倒入冷水。撇净浮沫，不时加少许冷水以止沸，直至汤完全清澈；然后放入所有其余配料，以极小火慢炖5小时。不要让其猛烈沸腾，以免高汤耗损，并保持其色泽。用极细的马尾筛或绒布筛过滤，即可使用。

Time.—5 hours. *Average cost*, 1s. 3d. per quart.

时间。- 5小时。平均成本，每quart 1s.3d.。

MEDIUM STOCK.

中等高汤。

105. INGREDIENTS.—4 lbs. of shin of beef, or 4 lbs. of knuckle of veal, or 2 lbs. of each; any bones, trimmings of poultry, or fresh meat, 1/2 a lb. of lean bacon or ham, 2 oz. of butter, 2 large onions, each stuck with 3 cloves; 1 turnip, 3 carrots, 1/2 a leek, 1 head of celery, 2 oz. of salt, 1/2 a teaspoonful of whole pepper, 1 large blade of mace, 1 small bunch of savoury herbs, 4 quarts and 1/2 pint of cold water.

105. 配料。--牛胫肉4磅，或小牛膝肉4磅，或两者各2磅；任何骨头、家禽的修整碎料或鲜肉，瘦培根或火腿1/2磅，黄油2盎司，大洋葱2个，每个插上3粒丁香；芜菁1个，胡萝卜3根，韭葱1/2根，芹菜1棵，盐2盎司，整粒胡椒1/2茶匙，肉豆蔻衣1大片，香草1小束，冷水4夸脱又1/2品脱。

Mode.—Cut up the meat and bacon or ham into pieces about 3 inches square; rub the butter on the bottom of the stewpan; put in 1/2 a pint of water, the meat, and all the other ingredients. Cover the stewpan, and place it on a sharp fire, occasionally stirring its contents. When the bottom of the pan becomes covered with a pale, jelly-like substance, add 4 quarts of cold water, and simmer very gently for 5 hours. As we have said before, do not let it boil

模式。--将肉和培根或火腿切成约3英寸见方的块；把黄油抹在炖锅底部；加入1/2品脱水、肉以及所有其他配料。盖上炖锅，置于旺火上，不时搅拌锅内之物。当锅底覆上一层浅色、果冻状的物质时，加入4夸脱冷水，非常轻柔地煨5小时。正如我们先前所说，不要让它煮沸

quickly. Skim off every particle of grease whilst it is doing, and strain it through a fine hair sieve.

This is the basis of many of the soups afterwards mentioned, and will be found quite strong enough for ordinary purposes.

Time.—5-1/2 hours. *Average cost*, 9d. per quart.

ECONOMICAL STOCK.

106. INGREDIENTS.—The liquor in which a joint of meat has been boiled, say 4 quarts; trimmings of fresh meat or poultry, shank-bones, &c., roast-beef bones, any pieces the larder may furnish; vegetables, spices, and the same seasoning as in the foregoing recipe.

Mode.—Let all the ingredients simmer gently for 6 hours, taking care to skim carefully at first. Strain it off, and put by for use.

Time.—6 hours. *Average cost*, 3d. per quart.

WHITE STOCK.

(*To be Used in the Preparation of White Soups*.)

107. INGREDIENTS.—4 lbs. of knuckle of veal, any poultry trimmings, 4 slices of lean ham, 1 carrot, 2 onions, 1 head of celery, 12 white peppercorns, 1 oz. of salt, 1 blade of mace, 1 oz. butter, 4 quarts of water.

Mode.—Cut up the veal, and put it with the bones and trimmings of poultry, and the ham, into the stewpan, which has been rubbed with the butter. Moisten with 1/2 a pint of water, and simmer till the gravy begins to flow. Then add the 4 quarts of water and the

迅速撇去正在熬煮的汤面上的每一粒油脂，并用细毛筛过滤。

这是后文提到的许多汤的基础，用于日常目的已足够浓郁。时间--5又1/2小时。平均成本，每quart 9便士。

经济实惠的备料。

106. 配料--煮过一块肉的汤水，约4 quarts；鲜肉或家禽的边角料、胫骨等、烤牛肉骨头、食品储藏室中现有的任何碎块；蔬菜、香料，以及与前一份食谱相同的调味。

做法--让所有配料文火慢炖6小时，注意开始时仔细撇去浮沫。滤出，留作后用。

时间。--6小时。平均成本，每quart 3便士。

白色高汤。

(用于制作白汤。)

107. 配料--4 lbs.小牛膝，任何家禽边角料，4片瘦火腿，1根胡萝卜，2个洋葱，1棵芹菜，12粒白胡椒，1 oz.盐，1片肉豆蔻，1 oz.黄油，4 quarts水。

做法--将小牛膝切碎，连同骨头、家禽边角料和火腿一起放入已用黄油涂抹过的炖锅中。加入1/2 pint水润湿，文火慢炖至肉汁开始流出。然后加入4 quarts水和

remainder of the ingredients; simmer for 5 hours. After skimming and straining it carefully through a very fine hair sieve, it will be ready for use.

Time.—5-1/2 hours. *Average cost*, 9d. per quart.

Note.—When stronger stock is desired, double the quantity of veal, or put in an old fowl. The liquor in which a young turkey has been boiled, is an excellent addition to all white stock or soups.

BROWNING FOR STOCK.

108. INGREDIENTS.—2 oz. of powdered sugar, and 1/2 a pint of water.

Mode.—Place the sugar in a stewpan over a slow fire until it begins to melt, keeping it stirred with a wooden spoon until it becomes black, then add the water, and let it dissolve. Cork closely, and use a few drops when required.

Note.—In France, burnt onions are made use of for the purpose of browning. As a general rule, the process of browning is to be discouraged, as apt to impart a slightly unpleasant flavour to the stock, and, consequently, all soups made from it.

TO CLARIFY STOCK.

109. INGREDIENTS.—The whites of 2 eggs, 1/2 pint of water, 2 quarts of stock.

Mode.—Supposing that by some accident the soup is not quite clear, and that its quantity is 2 quarts, take the whites of 2 eggs,

其余配料；煨煮5小时。撇去浮沫，用极细的毛筛仔细过滤后即可使用。

时间。- 5-1/2小时。平均成本，每quart 9d。

注。--若需更浓的底汤，可将小牛肉用量加倍，或加入一只老母鸡。煮过小火鸡的汤汁，是加入所有白色底汤或汤中的极佳添加物。

高汤上色

108. 配料--2 oz.糖粉，以及 1/2 pint 水。

做法。--将糖放入炖锅，置于文火上直至开始融化，用木勺不断搅拌至变黑，然后加水，让其溶解。紧密塞住瓶口，需要时取用数滴。

注。--在法国，焦洋葱被用来上色。作为一般规则，上色这一工序应尽量避免，因为它容易给底汤以及由此制作的所有汤带来轻微的不快气味。

澄清高汤

109. 配料--2个鸡蛋的蛋白，1/2品脱水，2夸脱高汤。

做法。--假设因某种意外，汤不够清澈，而其量为2 quart，取2个鸡蛋的蛋白，

carefully separated from their yolks, whisk them well together with the water, and add gradually the 2 quarts of boiling stock, still whisking. Place the soup on the fire, and when boiling and well skimmed, whisk the eggs with it till nearly boiling again; then draw it from the fire, and let it settle, until the whites of the eggs become separated. Pass through a fine cloth, and the soup should be clear.

仔细与蛋黄分离，将蛋白与水充分搅打在一起，然后逐渐加入2 quart沸腾的底汤，同时不断搅打。将汤置于火上，煮沸并撇净浮沫后，将鸡蛋与之搅打至将近再次沸腾；然后从火上移开，让其静置，直至蛋清分离析出。用细布过滤，汤应变得清澈。

Note.—The rule is, that all clear soups should be of a light straw colour, and should not savour too strongly of the meat; and that all white or brown thick soups should have no more consistency than will enable them to adhere slightly to the spoon when hot. All *purées* should be somewhat thicker.

注。--规则是：所有清汤应呈浅稻草色，且不应过于浓重地带有肉味；所有白色或褐色浓汤的稠度不应超过在热时能略微附着于勺上的程度。所有菜泥汤应稍稠一些。

ALMOND SOUP.

杏仁汤。

110. INGREDIENTS.—4 lbs. of lean beef or veal, 1/2 a scrag of mutton, 1 oz. of vermicelli, 4 blades of mace, 6 cloves, 1/2 lb. of sweet almonds, the yolks of 6 eggs, 1 gill of thick cream, rather more than 2 quarts of water.

110. 配料。--4 lb.瘦牛肉或小牛肉，1/2只羊颈肉，1 oz.细面条，4片肉豆蔻衣，6粒丁香，1/2 lb.甜杏仁，6个蛋黄，1 gill浓奶油，略多于2 quart的水。

Mode.—Boil the beef, or veal, and the mutton, gently in water that will cover them, till the gravy is very strong, and the meat very tender; then strain off the gravy, and set it on the fire with the specified quantities of vermicelli, mace, and cloves, to 2 quarts. Let it boil till it has the flavour of the spices. Have ready the almonds, blanched and pounded very fine; the yolks of the eggs boiled hard; mixing the almonds, whilst pounding, with a little of the soup, lest the latter should grow oily. Pound them till they are a mere pulp, and keep adding to them, by degrees, a little soup until they are thoroughly mixed together. Let the soup be cool

模式。--将牛肉或小牛肉与羊肉一同放入没过肉的水中，用文火煮至肉汁浓郁、肉质酥烂；然后滤出肉汁，加入规定分量的粉丝、肉豆蔻皮和丁香，置于火上煮至2 quarts。让其煮至香料味道充分渗出。备好杏仁，去皮后捣至极细；鸡蛋黄煮至全熟；捣杏仁时加入少许汤，以免杏仁出油。将杏仁捣成糊状，并逐渐加入少许汤，直至完全混合均匀。让汤冷却

when mixing, and do it perfectly smooth. Strain it through a sieve, set it on the fire, stir frequently, and serve hot. Just before taking it up, add the cream.

Time.—3 hours. *Average cost* per quart, 2s. 3d.

Seasonable all the year.

Sufficient for 8 persons.

[Illustration: ALMOND & BLOSSOM.]

THE ALMOND-TREE.—This tree is indigenous to the northern parts of Asia and Africa, but it is now cultivated in Europe, especially in the south of France, Italy, and Spain. It flowers in spring, and produces its fruit in August. Although there are two kinds of almonds, the *sweet* and the *bitter,* they are considered as only varieties of the same species. The best sweet almonds brought to England, are called the Syrian or Jordan, and come from Malaga; the inferior qualities are brought from Valentia and Italy. *Bitter* almonds come principally from Magadore. Anciently, the almond was much esteemed by the nations of the East. Jacob included it among the presents which he designed for Joseph. The Greeks called it the Greek or Thasian nut, and the Romans believed that by eating half a dozen of them, they were secured against drunkenness, however deeply they might imbibe. Almonds, however, are considered as very indigestible. The *bitter* contain, too, principles which produce two violent poisons,—prussic acid and a kind of volatile oil. It is consequently dangerous to eat them in large quantities. Almonds pounded together with a little sugar and water, however, produce a milk similar to that which is yielded by animals. Their oil is used for making fine

搅拌时，要搅得完全均匀。用筛子过滤，置于火上，经常搅拌，趁热上桌。上桌前加入奶油。

时间。- 3小时。每夸脱平均成本,2先令3便士。

时令全年皆宜。

足量供8人食用。

[插图：杏仁与花朵。]

扁桃树--这种树原产于亚洲和非洲的北部，但现已在欧洲栽培，尤其是在法国南部、意大利和西班牙。它春季开花，八月结果。虽然扁桃有两种，即甜扁桃和苦扁桃，但它们被视为同一物种的不同品种。运到英国的最好的甜扁桃被称为叙利亚扁桃或约旦扁桃，来自马拉加；品质较差的来自瓦伦西亚和意大利。苦扁桃主要来自马加多尔。古时，扁桃在东方各民族中备受珍视。雅各将它列入他为约瑟准备的礼物之中。希腊人称它为希腊坚果或塔索斯坚果，罗马人相信，吃上半打扁桃，无论喝得多醉，都能免于醉酒。然而，扁桃被认为非常难以消化。苦扁桃还含有能产生两种剧毒物质的成分--氢氰酸和一种挥发油。因此，大量食用它们是危险的。不过，将扁桃与少量糖和水一起捣碎，可制成类似动物所产乳汁的浆液。其油用于制作精细的

soap, and their cake as a cosmetic.

肥皂，以及它们作为化妆品的饼状物。

APPLE SOUP.

苹果汤。

111. INGREDIENTS.—2 lbs. of good boiling apples, 3/4 teaspoonful of white pepper, 6 cloves, cayenne or ginger to taste, 3 quarts of medium stock.

111. 配料。--2 lb.适合煮的好苹果，3/4茶匙白胡椒，6粒丁香，卡宴辣椒或姜适量，3 quart中等底汤。

Mode.—Peel and quarter the apples, taking out their cores; put them into the stock, stew them gently till tender. Rub the whole through a strainer, add the seasoning, give it one boil up, and serve.

做法。--将苹果去皮切块，去核；放入底汤中，轻轻炖至软烂。将全部过筛擦成泥，加入调味，煮沸一次，即可上桌。

Time.—1 hour. *Average cost* per quart, 1s.

时间。- 1小时。每夸脱平均成本,1先令。

Seasonable from September to December.

时令九月至十二月。

Sufficient for 10 persons.

足量供10人食用。

[Illustration: APPLE AND BLOSSOM.]

[插图：苹果与苹果花。]

THE APPLE.—This useful fruit is mentioned in Holy Writ; and Homer describes it as valuable in his time. It was brought from the East by the Romans, who held it in the highest estimation. Indeed, some of the citizens of the "Eternal city" distinguished certain favourite apples by their names. Thus the Manlians were called after Manlius, the Claudians after Claudius, and the Appians after Appius. Others were designated after the country whence they were brought; as the Sidonians, the Epirotes, and the Greeks. The best varieties are natives of Asia, and have, by grafting them upon others, been introduced into Europe. The crab, found in our hedges, is the only variety indigenous to Britain; therefore, for the introduction of other kinds we are, no doubt,

苹果。--这种有用的水果在《圣经》中有所提及；荷马描述它在当时很有价值。它由罗马人从东方带来，罗马人对其评价极高。事实上，“永恒之城”的一些公民以他们的名字命名某些喜爱的苹果。因此，曼利安苹果以曼利乌斯命名，克劳迪安苹果以克劳狄乌斯命名，阿皮安苹果以阿皮乌斯命名。其他品种则以其产地命名；如西顿苹果、伊庇鲁斯苹果和希腊苹果。最好的品种原产于亚洲，通过嫁接在其他品种上被引入欧洲。在我们树篱中发现的野苹果是唯一原产于不列颠的品种；因此，其他品种的引入无疑应归功于

indebted to the Romans. In the time of the Saxon heptarchy, both Devon and Somerset were distinguished as *the apple country*; and there are still existing in Herefordshire some trees said to have been planted in the time of William the Conqueror. From that time to this, the varieties of this precious fruit have gone on increasing, and are now said to number upwards of 1,500. It is peculiar to the temperate zone, being found neither in Lapland, nor within the tropics. The best baking apples for early use are the Colvilles; the best for autumn are the rennets and pearmains; and the best for winter and spring are russets. The best table, or eating apples, are the Margarets for early use; the Kentish codlin and summer pearmain for summer; and for autumn, winter, or spring, the Dowton, golden and other pippins, as the ribstone, with small russets. As a food, the apple cannot be considered to rank high, as more than the half of it consists of water, and the rest of its properties are not the most nourishing. It is, however, a useful adjunct to other kinds of food, and, when cooked, is esteemed as slightly laxative.

罗马人。在撒克逊七国时代，德文郡和萨默塞特郡都以苹果之乡著称；赫里福德郡至今仍有一些据说是征服者威廉时代栽种的树木。从那时到现在，这种珍贵水果的品种不断增加，据说现已多达1,500种以上。它特产于温带，既不见于拉普兰，也不见于热带地区。供早期食用的最佳烘烤苹果是科尔维尔苹果；秋季最佳的是伦内特苹果和皮尔曼苹果；冬季和春季最佳的是拉塞特苹果。最佳餐用或生食苹果，供早期食用的是玛格丽特苹果；夏季用的是肯特科德林苹果和夏季皮尔曼苹果；秋季、冬季或春季用的是道顿苹果、金苹果及其他皮平苹果，如里布斯通苹果，以及小拉塞特苹果。作为食物，苹果不能算作上品，因为它一半以上是水分，其余成分也并非最有营养。然而，它是其他种类食物的有益补充，且煮熟后被认为略有通便作用。

ARTICHOKE (JERUSALEM) SOUP.

菊芋汤。

(*A White Soup*.)

(白汤。)

112. INGREDIENTS.—3 slices of lean bacon or ham, 1/2 a head of celery, 1 turnip, 1 onion, 3 oz. of butter, 4 lbs. of artichokes, 1 pint of boiling milk, or 1/2 pint of boiling cream, salt and cayenne to taste, 2 lumps of sugar, 2-1/2 quarts of white stock.

112. 配料。--3片瘦培根或火腿，1/2棵芹菜，1个芜菁，1个洋葱，3 oz.黄油，4 lb.洋蓟，1 pint沸腾的牛奶，或1/2 pint沸腾的奶油，盐和卡宴辣椒适量，2块糖，2-1/2 quart白色底汤。

Mode.—Put the bacon and vegetables, which should be cut into thin slices, into the stewpan with the butter. Braise these for 1/4 of an hour, keeping them well stirred. Wash and pare the

做法。--将培根和蔬菜(应切成薄片)与黄油一起放入炖锅。将这些焖煮1/4小时，不断充分搅拌。洗净并削去

artichokes, and after cutting them into thin slices, add them, with a pint of stock, to the other ingredients. When these have gently stewed down to a smooth pulp, put in the remainder of the stock. Stir it well, adding the seasoning, and when it has simmered for five minutes, pass it through a strainer. Now pour it back into the stewpan, let it again simmer five minutes, taking care to skim it well, and stir it to the boiling milk or cream. Serve with small sippets of bread fried in butter.

洋蓟，切成薄片后，与一品脱高汤一同加入其余配料中。待这些材料用文火慢炖成细腻的糊状后，倒入剩余的高汤。充分搅拌，加入调味，煨煮五分钟后用滤网过滤。然后将汤倒回炖锅中，再次煨煮五分钟，注意撇净浮沫，并将其搅拌至煮沸的牛奶或奶油中。配以用黄油煎制的小面包丁一同上桌。

Time.—1 hour. *Average cost* per quart, 1s. 2d.

时间。- 1小时。每夸脱平均成本,1先令2便士。

Seasonable from June to October.

时令六月至十月。

Sufficient for 8 persons.

足量供8人食用。

ASPARAGUS SOUP.

芦笋汤。

I.

113. INGREDIENTS.—5 lbs. of lean beef, 3 slices of bacon, 1/2 pint of pale ale, a few leaves of white beet, spinach, 1 cabbage lettuce, a little mint, sorrel, and marjoram, a pint of asparagus-tops cut small, the crust of 1 French roll, seasoning to taste, 2 quarts of water.

113. 配料。--5 lb.瘦牛肉，3片培根，1/2 pint淡色艾尔啤酒，几片白甜菜叶，菠菜，1棵卷心莴苣，少许薄荷、酸模和牛至，1 pint切小的芦笋尖，1个法式小面包的外壳，调味适量，2 quart水。

Mode.—Put the beef, cut in pieces and rolled in flour, into a stewpan, with the bacon at the bottom; cover it close, and set it on a slow fire, stirring it now and then till the gravy is drawn. Put in the water and ale, and season to taste with pepper and salt, and let it stew gently for 2 hours; then strain the liquor, and take off the fat, and add the white beet, spinach, cabbage lettuce, and mint, sorrel, and sweet marjoram, pounded. Let these boil up in

做法。--将牛肉切块并裹上面粉，放入炖锅，锅底铺培根；盖紧，置于文火上，不时搅拌直至肉汁析出。加入水和艾尔啤酒，用胡椒和盐调味，轻轻炖2小时；然后滤出汤汁，撇去油脂，加入白甜菜、菠菜、卷心莴苣，以及捣碎的薄荷、酸模和甜牛至。让这些在

the liquor, then put in the asparagus-tops cut small, and allow them to boil till all is tender. Serve hot, with the French roll in the dish.

Time.—Altogether 3 hours. *Average cost* per quart, 1s. 9d.

Seasonable from May to August.

Sufficient for 8 persons.

II.

114. INGREDIENTS.—1-1/2 pint of split peas, a teacupful of gravy, 4 young onions, 1 lettuce cut small, 1/2 a head of celery, 1/2 a pint of asparagus cut small, 1/2 a pint of cream, 3 quarts of water: colour the soup with spinach juice.

Mode.—Boil the peas, and rub them through a sieve; add the gravy, and then stew by themselves the celery, onions, lettuce, and asparagus, with the water. After this, stew altogether, and add the colouring and cream, and serve.

Time.—Peas 2-1/2 hours, vegetables 1 hour; altogether 4 hours. *Average cost* per quart, 1s.

[Illustration: ASPARAGUS.]

ASPARAGUS.—The ancients called all the sprouts of young vegetables asparagus, whence the name, which is now limited to a particular species, embracing artichoke, alisander, asparagus, cardoon, rampion, and sea-kale. They are originally mostly wild seacoast plants; and, in this state, asparagus may still be found on the northern as well as southern shores of Britain. It is often vulgarly called, in London, *sparrowgrass*; and, in it's cultivated

汤汁中煮沸，然后加入切小的芦笋尖，煮至全部软烂。趁热上桌，法式小面包放在盘中。

时间。--总共3小时。平均费用每 quart 1先令9便士。时令五月至八月。

足量供8人食用。

二
。

114. 配料。--1-1/2 pint劈开的豌豆，一茶杯肉汁，4个小洋葱，1棵切小的莴苣，1/2棵芹菜，1/2 pint切小的芦笋，1/2 pint奶油，3 quart水：用菠菜汁给汤上色。

做法。--将豌豆煮熟，过筛擦成泥；加入肉汁，然后将芹菜、洋葱、莴苣和芦笋单独与水一起炖煮。之后，全部一起炖煮，加入色素和奶油，即可上桌。

时间。--豌豆2-1/2小时，蔬菜1小时；总共4小时。平均费用每 quart 1先令。

[插图：芦笋。]

芦笋。--古人将所有嫩蔬菜的芽都称为芦笋，名称即由此而来，如今则限于某一特定种类，包括洋蓟、alisander、芦笋、cardoon、rampion和海甘蓝。它们最初大多是野生的海岸植物；在这种状态下，芦笋仍可在不列颠的北部和南部海岸找到。在伦敦，它常被俗称为*sparrowgrass*；而在其栽培

form, hardly bears any resemblance to the original plant. Immense quantities of it are raised for the London market, at Mortlake and Deptford; but it belongs rather to the classes of luxurious than necessary food. It is light and easily digested, but is not very nutritious.

形态下，几乎与原始植物毫无相似之处。在莫特莱克和德特福德，为伦敦市场种植了大量芦笋；但它更多属于奢侈食品而非必需食品。它清淡易消化，但营养价值不高。

BAKED SOUP.

烤制浓汤。

115. INGREDIENTS.—1 lb. of any kind of meat, any trimmings or odd pieces; 2 onions, 2 carrots, 2 oz. of rice, 1 pint of split peas, pepper and salt to taste, 4 quarts of water.

115. 配料。--1 lb.任何种类的肉，任何边角料或碎块；2个洋葱，2个胡萝卜，2 oz.米，1 pint劈开的豌豆，胡椒和盐适量，4 quart水。

Mode.—Cut the meat and vegetables in slices, add to them the rice and peas, season with pepper and salt. Put the whole in a jar, fill up with the water, cover very closely, and bake for 4 hours.

做法。--将肉和蔬菜切成片，加入米和豌豆，用胡椒和盐调味。将全部放入罐中，加满水，紧密盖好，烘4小时。

Time.—4 hours. *Average cost*, 2-1/2d. per quart.

时间。--4小时。平均成本，每quart 2-1/2d。

Seasonable at any time.

时令任何时候皆宜。

Sufficient for 10 or 12 persons.

足量供10或12人食用。

Note.—This will be found a very cheap and wholesome soup, and will be convenient in those cases where baking is more easily performed than boiling.

注。--这是一道非常便宜且有益健康的汤，在烘比煮更容易进行的情况下会很方便。

BARLEY SOUP.

大麦汤

116. INGREDIENTS.—2 lbs. of shin of beef, 1/4 lb. of pearl barley, a large bunch of parsley, 4 onions, 6 potatoes, salt and pepper, 4 quarts of water.

116. 配料。--2 lb.牛小腿肉，1/4 lb.珍珠大麦，一大把欧芹，4个洋葱，6个土豆，盐和胡椒，4 quart水。

Mode.—Put in all the ingredients, and simmer gently for 3 hours.

做法。--将所有配料放入，文火慢炖3小时。

Time.—3 hours. *Average cost*, 2-1/2d. per quart.

Seasonable all the year, but more suitable for winter.

[Illustration: BARLEY.]

BARLEY.—This, in the order of cereal grasses, is, in Britain, the next plant to wheat in point of value, and exhibits several species and varieties. From what country it comes originally, is not known, but it was cultivated in the earliest ages of antiquity, as the Egyptians were afflicted with the loss of it in the ear, in the time of Moses. It was a favourite grain with the Athenians, but it was esteemed as an ignominious food by the Romans. Notwithstanding this, however, it was much used by them, as it was in former times by the English, and still is, in the Border counties, in Cornwall, and also in Wales. In other parts of England, it is used mostly for malting purposes. It is less nutritive than wheat; and in 100 parts, has of starch 79, gluten 6, saccharine matter 7, husk 8. It is, however, a lighter and less stimulating food than wheat, which renders a decoction of it well adapted for invalids whose digestion is weak.

BREAD SOUP.

(*Economical.*)

117. INGREDIENTS.—1 lb. of bread crusts, 2 oz. butter, 1 quart of common stock.

Mode.—Boil the bread crusts in the stock with the butter; beat the whole with a spoon, and keep it boiling till the bread and stock are well mixed. Season with a little salt.

时间。--3小时。平均成本，每quart 2-1/2d。

四季皆宜，但更适宜冬季。

[插图：大麦。]

大麦。--在禾本科谷物中，大麦在不列颠是价值仅次于小麦的植物，有数个物种和变种。它原产于何国不得而知，但早在远古时代就已栽培，因为在摩西时代，埃及人曾遭受大麦穗被毁之灾。它是雅典人喜爱的谷物，但罗马人却视其为不光彩的食物。尽管如此，罗马人仍大量食用它，正如英国人从前以及现在边境各郡、康沃尔和威尔士仍大量食用一样。在英格兰其他地区，它主要用于制麦芽。它的营养价值低于小麦；在100份中，含淀粉79份、面筋6份、糖分7份、谷壳8份。然而，它比小麦更清淡、刺激性更小，因此其煎剂非常适合消化虚弱的病人。

面包汤。

(*Economical.*)

117. 配料。--1 lb.面包皮，2 oz.黄油，1 quart普通底汤。

做法。--将面包皮与黄油一起在底汤中煮；用勺子将全部捣碎，保持煮沸直至面包和底汤充分混合。加少许盐调味。

Time.—Half an hour. *Average cost* per quart, 4d.

Seasonable at any time.

Sufficient for 4 persons.

Note.—This is a cheap recipe, and will be found useful where extreme economy is an object.

[Illustration: QUERN, or GRINDING-MILL.]

BREAD.—The origin of bread is involved in the obscurity of distant ages. The Greeks attributed its invention to Pan; but before they, themselves, had an existence, it was, no doubt, in use among the primitive nations of mankind. The Chaldeans and the Egyptians were acquainted with it, and Sarah, the companion of Abraham, mixed flour and water together, kneaded it, and covered it with ashes on the hearth. The Scriptures inform us that leavened bread was known to the Israelites, but it is not known when the art of fermenting it was discovered. It is said that the Romans learnt it during their wars with Perseus, king of Macedon, and that it was introduced to the "imperial city" about 200 years before the birth of Christ. With them it no doubt found its way into Britain; but after their departure from the island, it probably ceased to be used. We know that King Alfred allowed the unfermented cakes to burn in the neatherd's cottage; and that, even in the sixteenth century, unfermented cakes, kneaded by the women, were the only kind of bread known to the inhabitants of Norway and Sweden. The Italians of this day consume the greater portion of their flour in the form of *polenta*, or soft pudding, vermicelli, and macaroni; and, in the remoter districts of Scotland, much unfermented bread is still used. We give a cut of the *quern*

时间。- 半小时。每夸脱平均成本4便士。

时令任何时候皆宜。

足量供4人食用。

注。--这是一份便宜的食谱，在需要极度节约的情况下会很有用。

[插图：手磨，即磨粉机。]

面包。--面包的起源湮没于远古的渺茫之中。希腊人将它的发明归功于潘；但早在他们自身存在之前，它无疑已在人类的原始民族中使用。迦勒底人和埃及人已熟知它，与亚伯拉罕相伴的撒拉将面粉与水混合，揉成面团，并用炉灰覆盖。圣经告诉我们，以色列人已知晓发酵面包，但发酵技艺何时被发现则不得而知。据说罗马人在与马其顿国王珀耳修斯作战期间学会了它，并于基督诞生前约200年将其引入“帝国之城”。毫无疑问，它随他们传入不列颠；但在他们离开该岛后，它很可能不再被使用。我们知道阿尔弗雷德大王任由未发酵的饼在牧牛人的茅屋中烤焦；而且，即便在十六世纪，由妇女揉制的未发酵饼仍是挪威和瑞典居民所知的唯一面包。今日的意大利人将大部分面粉以波伦塔、或软布丁、细面条和通心粉的形式消费；而在苏格兰的偏远地区，仍大量使用未发酵面包。我们给出手磨的插图

grinding-mill, which, towards the end of the last century, was in use in that country, and which is thus described by Dr. Johnson in his "Journey to the Hebrides:"—"It consists of two stones about a foot and half in diameter; the lower is a little convex, to which the concavity of the upper must be fitted. In the middle of the upper stone is a round hole, and on one side is a long handle. The grinder sheds the corn gradually into the hole with one hand, and works the handle round with the other. The corn slides down the convexity of the lower stone, and by the motion of the upper, is ground in its passage." Such a primitive piece of machinery, it may safely be said, has entirely disappeared from this country.—In other parts of this work, we shall have opportunities of speaking of bread and bread-making, which, from its great and general use in the nourishment of mankind, has emphatically been called the "staff of life." The necessity, therefore, of having it both pure and good is of the first importance.

磨坊，它在上世纪末曾在该国使用，约翰逊博士在《赫布里底群岛游记》中如此描述：“它由两块直径约一英尺半的石头组成；下石略凸，上石的凹面须与之吻合。上石中央有一圆孔，一侧有一长柄。磨者一手将谷物逐渐撒入孔中，另一手转动柄。谷物沿下石的凸面滑下，借上石的运动，在通过时被磨碎。”可以说，这样一件原始的机械已完全从该国消失。--在本著作的其他部分，我们将有机会谈及面包及面包制作，因其在人类营养中广泛而普遍的用途，它被强调地称为“生命之杖”。因此，保持其纯净与优良至关重要。

CABBAGE SOUP.

卷心菜汤。

118. INGREDIENTS.—1 large cabbage, 3 carrots, 2 onions, 4 or 5 slices of lean bacon, salt and pepper to taste, 2 quarts of medium stock No. 105.

118. 配料。--大卷心菜1棵，胡萝卜3根，洋葱2个，瘦培根4或5片，盐和胡椒适量，中等原汤2 quart，见第105号食谱。

Mode.—Scald the cabbage, exit it up and drain it. Line the stewpan with the bacon, put in the cabbage, carrots, and onions; moisten with skimmings from the stock, and simmer very gently, till the cabbage is tender; add the stock, stew softly for half an hour, and carefully skim off every particle of fat. Season and serve.

做法。--将卷心菜烫过，切碎并沥干。用培根铺在炖锅底，放入卷心菜、胡萝卜和洋葱；用撇自原汤的浮沫润湿，极文火慢炖，至卷心菜软嫩；加入原汤，轻轻炖半小时，仔细撇去每一丝脂肪。调味后上桌。

Time.—1-1/2 hour. *Average cost,* 1s. per quart.

时间。--1-1/2小时。平均成本，每quart 1先令。

Seasonable in winter.

Sufficient for 8 persons.

[Illustration: CABBAGE SEEDING.]

THE CABBAGE.—It is remarkable, that although there is no country in the world now more plentifully supplied with fruits and vegetables than Great Britain, yet the greater number of these had no existence in it before the time of Henry VIII. Anderson, writing under the date of 1548, says, "The English cultivated scarcely any vegetables before the last two centuries. At the commencement of the reign, of Henry VIII. neither salad, nor carrots, nor cabbages, nor radishes, nor any other comestibles of a like nature, were grown in any part of the kingdom; they came from Holland and Flanders." The original of all the cabbage tribe is the wild plant *sea-colewort*, which is to be found *wasting* whatever sweetness it may have on the desert air, on many of the cliffs of the south coast of England. In this state, it scarcely weighs more than half an ounce, yet, in a cultivated state, to what dimensions can it be made to grow! However greatly the whole of the tribe is esteemed among the moderns, by the ancients they were held in yet higher estimation. The Egyptians adored and raised altars to them, and the Greeks and Romans ascribed many of the most exalted virtues to them. Cato affirmed, that the cabbage cured all diseases, and declared, that it was to its use that the Romans were enabled to live in health and without the assistance of physicians for 600 years. It was introduced by that people into Germany, Gaul, and, no doubt, Britain; although, in this last, it may have been suffered to pass into desuetude for some centuries. The whole tribe is in general wholesome and

时令冬季。

足量供8人食用。

[插图：卷心菜育苗。]

卷心菜。--值得注意的是，尽管世界上如今没有哪个国家比大不列颠更充足地供应水果和蔬菜，但其中大多数在亨利八世时代之前并不存在于该国。安德森在1548年的记述中写道：“英国人在过去两个世纪之前几乎不种植任何蔬菜。在亨利八世统治初期，无论是色拉、胡萝卜、卷心菜、萝卜，还是任何其他类似的可食用植物，都未在王国的任何地方种植；它们来自荷兰和佛兰德。”所有卷心菜类的原初植物是野生海甘蓝，可在英格兰南海岸的许多悬崖上找到，任凭其可能具有的甜味消散于荒漠的空气中。在此状态下，它重量几乎不超过半盎司，然而在栽培状态下，它能长到何等尺寸!无论现代人多么珍视整个这类植物，古人却更为推崇。埃及人崇拜它们并为其设立祭坛，希腊人和罗马人将许多最崇高的功效归于它们。加图断言卷心菜能治愈一切疾病，并宣称正因食用它，罗马人得以在600年间健康生活而无需医生相助。它由该民族引入德国、高卢，无疑还有不列颠；尽管在后者的土地上，它可能曾被弃用数百年。整个这类植物总体上有益健康，且

nutritive, and forms a valuable adjunct to animal food.

SOUP A LA CANTATRICE.

(*An Excellent Soup, very Beneficial for the Voice*.)

119. INGREDIENTS.—3 oz. of sago, 1/2 pint of cream, the yolks of 3 eggs, 1 lump of sugar, and seasoning to taste, 1 bay-leaf (if liked), 2 quarts of medium stock No. 105.

Mode.—Having washed the sago in boiling water, let it be gradually added to the nearly boiling stock. Simmer for 1/2 an hour, when it should be well dissolved. Beat up the yolks of the eggs, add to them the boiling cream; stir these quickly in the soup, and serve immediately. Do not let the soup boil, or the eggs will curdle.

Time.—40 minutes. *Average cost*, 1s. 6d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

Note.—This is a soup, the principal ingredients of which, sago and eggs, have always been deemed very beneficial to the chest and throat. In various quantities, and in different preparations, these have been partaken of by the principal singers of the day, including the celebrated Swedish Nightingale, Jenny Lind, and, as they have always avowed, with considerable advantage to the voice, in singing.

CARROT SOUP.

I.

有营养的，并构成动物性食物的宝贵补充。

女歌唱家汤

(一款对嗓音大有裨益的极佳汤品。)

119. 配料。--西米3 oz.，奶油1/2 pint，蛋黄3个，糖1块，调味适量，月桂叶1片(如喜欢)，中等原汤2 quart，见第105号食谱。

做法。--将西米在沸水中洗净，逐渐加入将近沸腾的原汤中。炖1/2小时，此时西米应已充分溶化。打散蛋黄，加入沸腾的奶油；迅速搅入汤中，立即上桌。不要让汤沸腾，否则蛋黄会凝结。

时间。--40分钟。平均成本，每quart 1先令6便士。

时令全年皆宜。

足量供8人食用。

注。--这是一种汤，其主要配料西米和鸡蛋一向被认为对胸部和喉咙十分有益。当代主要歌唱家，包括著名的瑞典夜莺珍妮·林德，都曾以各种分量和不同做法食用这些，并且据他们一直声称，对歌唱时的嗓音大有裨益。

胡萝卜汤。

120. INGREDIENTS.—4 quarts of liquor in which a leg of mutton or beef has been boiled, a few beef-bones, 6 large carrots, 2 large onions, 1 turnip; seasoning of salt and pepper to taste; cayenne.

Mode.—Put the liquor, bones, onions, turnip, pepper, and salt, into a stewpan, and simmer for 3 hours. Scrape and cut the carrots thin, strain the soup on them, and stew them till soft enough to pulp through a hair sieve or coarse cloth; then boil the pulp with the soup, which should be of the consistency of pea-soup. Add cayenne. Pulp only the red part of the carrot, and make this soup the day before it is wanted.

Time.—4-1/2 hours. *Average cost* per quart, 1-1/2d.

Seasonable from October to March.

Sufficient for 10 persons.

II.

121. INGREDIENTS.—2 lbs. of carrots, 3 oz. of butter, seasoning to taste of salt and cayenne, 2 quarts of stock or gravy soup.

Mode.—Scrape and cut out all specks from the carrots, wash, and wipe them dry, and then reduce them into quarter-inch slices. Put the butter into a large stewpan, and when it is melted, add 2 lbs. of the sliced carrots, and let them stew gently for an hour without browning. Add to them the soup, and allow them to simmer till tender,—say for nearly an hour. Press them through a strainer with the soup, and add salt and cayenne if required. Boil the whole gently for 5 minutes, skim well, and serve as hot as possible.

120. 配料。--煮过羊腿或牛腿的汤水4 quart，牛骨少许，大胡萝卜6根，大洋葱2个，芜菁1个；盐和胡椒调味适量；卡宴辣椒。

做法。--将汤水、骨头、洋葱、芜菁、胡椒和盐放入炖锅，炖3小时。将胡萝卜刮皮并切薄，把汤滤在胡萝卜上，炖至软烂，能透过马尾筛或粗布擦成泥；然后将菜泥与原汤同煮，汤应具有豌豆汤的稠度。加入卡宴辣椒。只取胡萝卜的红色部分擦泥，此汤应在需用前一天做好。

时间。- 4-1/2小时。每quart平均成本,1-1/2d。

时令十月至三月。

足量供10人食用。

二
。

121. 配料。--胡萝卜2 lbs.，黄油3 oz.，盐和卡宴辣椒调味适量，原汤或肉汁汤2 quart。

做法。--刮去并切掉胡萝卜上的所有斑点，洗净，擦干，然后切成四分之一英寸的片。将黄油放入大炖锅，融化后加入2磅胡萝卜片，不使其上色，文火炖一小时。加入汤，让其煨至软烂--约近一小时。连同汤一起用滤网压滤，如有需要加入盐和辣椒粉。将全部文火煮5分钟，撇净浮沫，尽可能趁热上桌。

Time.—1-1/4 hour. *Average cost* per quart, 1s. 1d.

[Illustration: TAZZA AND CARROT LEAVES.]

THE CARROT.—There is a wild carrot which grows in England; but it is white and small, and not much esteemed. The garden carrot in general use, was introduced in the reign of Queen Elizabeth, and was, at first, so highly esteemed, that the ladies wore leaves of it in their head-dresses. It is of great value in the culinary art, especially for soups and stews. It can be used also for beer instead of malt, and, in distillation, it yields a large quantity of spirit. The carrot is proportionably valuable as it has more of the red than the yellow part. There is a large red variety much used by the farmers for colouring butter. As a garden vegetable, it is what is called the orange-carrot that is usually cultivated. As a fattening food for cattle, it is excellent; but for man it is indigestible, on account of its fibrous matter. Of 1,000 parts, 95 consist of sugar, and 3 of starch.—The accompanying cut represents a pretty winter ornament, obtained by placing a cut from the top of the carrot-root in a shallow vessel of water, when the young leaves spring forth with a charming freshness and fullness.

CELERY SOUP.

122. INGREDIENTS.—9 heads of celery, 1 teaspoonful of salt, nutmeg to taste, 1 lump of sugar, 1/2 pint of strong stock, a pint of cream, and 2 quarts of boiling water.

Mode.—Cut the celery into small pieces; throw it into the water, seasoned with the nutmeg, salt, and sugar. Boil it till sufficiently tender; pass it through a sieve, add the stock, and simmer it for

时间。- 1-1/4小时。每夸脱平均成本,1先令1便士。

[插图：塔扎与胡萝卜叶。]

胡萝卜--英格兰生长着一种野胡萝卜；但它色白而小，不甚受重视。普遍食用的园栽胡萝卜是在伊丽莎白女王在位期间引入的，起初极受珍视，以致贵妇们竟把它的叶子插在头饰上。它在烹饪术中价值很大，尤其用于汤和炖菜。它还可代替麦芽用于酿造啤酒，在蒸馏中亦能产出大量酒精。胡萝卜的红色部分越多，其价值便相应地越高。农人常用一种大个的红色品种来给黄油着色。作为园栽蔬菜，通常栽培的是所谓橙胡萝卜。作为催肥牲畜的饲料，它极为优良；但对人来说，因其纤维质而难以消化。在1,000份中，有95份为糖，3份为淀粉。--附图所示是一种漂亮的冬季装饰品，做法是将胡萝卜根顶部切下的一块放入盛有浅水的器皿中，嫩叶便会萌发出来，带着迷人的清新与丰满。

芹菜汤。

122. 配料。--芹菜9头，盐1茶匙，肉豆蔻调味适量，糖1块，浓原汤1/2 pint，奶油1 pint，沸水2 quart。

做法。--将芹菜切成小块；投入用肉豆蔻、盐和糖调味的水中。煮至足够软嫩；用筛子滤过，加入原汤，炖

half an hour. Now put in the cream, bring it to the boiling point, and serve immediately.

Time.—1 hour. *Average cost*, 1s. per quart.

Seasonable from September to March.

Sufficient for 10 persons.

Note.—This soup can be made brown, instead of white, by omitting the cream, and colouring it a little. When celery cannot be procured, half a drachm of the seed, finely pounded, will give a flavour to the soup, if put in a quarter of an hour before it is done. A little of the essence of celery will answer the same purpose.

CELERY.—This plant is indigenous to Britain, and, in its wild state, grows by the side of ditches and along some parts of the seacoast. In this state it is called *smallage*, and, to some extent, is a dangerous narcotic. By cultivation, however, it has been brought to the fine flavour which the garden plant possesses. In the vicinity of Manchester it is raised to an enormous size. When our natural observation is assisted by the accurate results ascertained by the light of science, how infinitely does it enhance our delight in contemplating the products of nature! To know, for example, that the endless variety of colour which we see in plants is developed only by the rays of the sun, is to know a truism sublime by its very comprehensiveness. The cause of the whiteness of celery is nothing more than the want of light in its vegetation, and in order that this effect may be produced, the plant is almost wholly covered with earth; the tops of the leaves alone being suffered to appear above the ground.

CHANTILLY SOUP.

半小时。现在加入奶油，煮至沸点，立即上桌。

时间。--1小时。平均成本，每quart 1先令。

时令九月至三月。

足量供10人食用。

注。--此汤可做成褐色而非白色，方法是省去奶油并略加调色。若买不到芹菜，将半drachm的芹菜籽研细，在起锅前一刻钟放入，可为汤增添风味。少许芹菜精也能起到同样作用。

芹菜--这种植物原产于英国，在野生状态下生长在沟渠旁以及海岸某些地方。在这种状态下，它被称为小艾，在某种程度上是一种危险的麻醉性植物。然而，经过栽培，它已具有园圃植物所拥有的优良风味。在曼彻斯特附近，它被培育到极大的尺寸。当我们的自然观察得到科学之光照亮的精确结果的辅助时，它多么无限地增强了我们观赏自然产物时的愉悦!例如，知道我们在植物中看到的无穷多样的颜色仅仅是由太阳的光线发展而来的，就是知道一个因其包罗万象而显得崇高的不言而喻的真理。芹菜白色的原因不过是其生长过程中缺乏光照，为了产生这种效果，植株几乎完全被泥土覆盖；只有叶子的顶端被允许露出地面。

香缇丽汤

123. INGREDIENTS.—1 quart of young green peas, a small bunch of parsley, 2 young onions, 2 quarts of medium stock No. 105.

Mode.—Boil the peas till quite tender, with the parsley and onions; then rub them through a sieve, and pour the stock to them. Do not let it boil after the peas are added, or you will spoil the colour. Serve very hot.

Time.—Half an hour. *Average* cost, 1s. 6d. per quart.

Seasonable from June to the end of August.

Sufficient for 8 persons.

Note.—Cold peas pounded in a mortar, with a little stock added to them, make a very good soup in haste.

Parsley.—Among the Greeks, in the classic ages, a crown of parsley was awarded, both in the Nemaean and Isthmian games, and the voluptuous Anacreon pronounces this beautiful herb the emblem of joy and festivity. It has an elegant leaf, and is extensively used in the culinary art. When it was introduced to Britain is not known. There are several varieties,—the *plain*-leaved and the *curled*-leaved, *celery*-parsley, *Hamburg* parsley, and *purslane*. The curled is the best, and, from the form of its leaf, has a beautiful appearance on a dish as a garnish. Its flavour is, to many, very agreeable in soups; and although to rabbits, hares, and sheep it is a luxury, to parrots it is a poison. The celery-parsley is used as a celery, and the Hamburg is cultivated only for its roots, which are used as parsnips or carrots, to eat with meat. The purslane is a native of South America, and is not now much in use.

123. 配料。--1 quart 嫩青豌豆，一小把欧芹，2 个嫩洋葱，2 quarts 中等肉汤第 105 号。

做法。--将豌豆与欧芹、洋葱一同煮至十分软烂；然后将其用筛子擦过，再把肉汤倒入其中。加入豌豆后不要再让其煮沸，否则会破坏颜色。趁极热时上桌。

时间。--半小时。平均成本，每quart 1s.6d.。

时令六月至八月底。

足量供8人食用。

注。--将冷豌豆在研钵中捣碎，加入少许肉汤，可快速制成一份很好的汤。

欧芹。--在古典时代的希腊人中，无论是涅墨亚竞技会还是伊斯米亚竞技会，都会授予优胜者一顶欧芹冠冕；而纵情享乐的阿那克里翁则称这种美丽的香草为欢乐与喜庆的象征。它有着优雅的叶片，在烹饪艺术中被广泛使用。它何时传入不列颠已无从知晓。它有几个变种--平叶欧芹与卷叶欧芹、芹菜欧芹、汉堡欧芹以及马齿苋。卷叶欧芹最佳，且因其叶形之美，作为配菜点缀在餐盘上外观十分漂亮。对许多人来说，它的风味在汤中非常宜人；尽管对兔子、野兔和羊而言它是美味，对鹦鹉却是毒药。芹菜欧芹被当作芹菜使用，而汉堡欧芹仅因其根而栽培，其根可像欧防风或胡萝卜一样与肉同食。马齿苋原产于南美洲，如今已不大使用。

CHESTNUT (SPANISH) SOUP.

124. INGREDIENTS.—3/4 lb. of Spanish chestnuts, 1/4 pint of cream; seasoning to taste of salt, cayenne, and mace; 1 quart of stock No. 105.

Mode.—Take the outer rind from the chestnuts, and put them into a large pan of warm water. As soon as this becomes too hot for the fingers to remain in it, take out the chestnuts, peel them quickly, and immerse them in cold water, and wipe and weigh them. Now cover them with good stock, and stew them gently for rather more than 3/4 of an hour, or until they break when touched with a fork; then drain, pound, and rub them through a fine sieve reversed; add sufficient stock, mace, cayenne, and salt, and stir it often until it boils, and put in the cream. The stock in which the chestnuts are boiled can be used for the soup, when its sweetness is not objected to, or it may, in part, be added to it; and the rule is, that 3/4 lb. of chestnuts should be given to each quart of soup.

Time.—rather more than 1 hour. *Average cost* per quart, 1s. 6d.

Seasonable from October to February.

Sufficient for 4 persons.

[Illustration: CHESTNUT.]

THE CHESTNUT.—This fruit is said, by some, to have originally come from Sardis, in Lydia; and by others, from Castanea, a city of Thessaly, from which it takes its name. By the ancients it was much used as a food, and is still common in France and Italy, to which countries it is, by some, considered indigenous. In the

栗子(西班牙式)汤。

124. 配料。--3/4 lb.西班牙栗子，1/4 pint 奶油；按口味以盐、cayenne 和肉豆蔻衣调味；1 quart 肉汤第 105 号。

模式。--剥去栗子的外层硬壳，放入一大锅温水中。待水温热到手指无法忍受时，取出栗子，迅速剥皮，浸入冷水中，擦干并称重。然后用优质高汤没过栗子，文火炖约四分之三小时以上，或炖至用叉子一触即碎；然后沥干，捣碎，用细筛反面擦筛；加入足量高汤、肉豆蔻、卡宴辣椒和盐，经常搅拌至沸腾，再加入奶油。煮栗子的高汤若不嫌其甜味，可用于此汤，亦可部分加入；其规则是每夸脱汤配四分之三磅栗子。

时间。--略多于 1 小时。平均成本每 quart,1s.6d.

时令十月至二月。

足量供4人食用。

[插图：栗子。]

栗子。--这种果实，有人说原产于吕底亚的萨第斯；也有人说原产于色萨利的卡斯塔内亚城，并由此得名。古人多以其为食物，在法国和意大利至今仍很常见，有人认为这些国家是它的原产地。在

southern part of the European continent, it is eaten both raw and roasted. The tree was introduced into Britain by the Romans; but it only flourishes in the warmer parts of the island, the fruit rarely arriving at maturity in Scotland. It attains a great age, as well as an immense size. As a food, it is the least oily and most farinaceous of all the nuts, and, therefore, the easiest of digestion. The tree called the *horse chestnut* is very different, although its fruit very much resembles that of the other. Its "nuts," though eaten by horses and some other animals, are unsuitable for human food.

欧洲大陆的南部，它既可生食也可烤食。这种树由罗马人引入不列颠；但它只在不列颠较温暖的地区繁茂生长，果实很少能在苏格兰成熟。它能活到很大的树龄，也能长到极大的尺寸。作为食物，它是所有坚果中含油最少、淀粉最多的，因此也最容易消化。被称为马栗的树则大不相同，尽管其果实与其他坚果的果实非常相似。它的“坚果”虽被马和其他一些动物食用，却不适合作为人类的食物。

COCOA-NUT SOUP.

椰子汤

125. INGREDIENTS.—6 oz. of grated cocoa-nut, 6 oz. of rice flour, 1/2 a teaspoonful of mace; seasoning to taste of cayenne and salt; 1/4 of a pint of boiling cream, 3 quarts of medium stock No. 105.

125. 配料--6 oz.磨碎的椰丝，6 oz.米粉，

肉豆蔻衣半茶匙；卡宴辣椒粉和盐适量调味；

1/4 pint 煮沸的奶油，3 quarts 中等肉汤第 105 号。做法。--取走椰子深色外皮，在干净擦板上将其擦成细末；称重，每 quart 肉汤配 2 oz.椰子。将其在肉汤中微火慢煮 1 小时，然后应把肉汤从中仔细滤出，并增稠以供餐桌之用。

Mode.—Take the dark rind from the cocoa-nut, and grate it down small on a clean grater; weigh it, and allow, for each quart of stock, 2 oz. of the cocoa-nut. Simmer it gently for 1 hour in the stock, which should then be strained closely from it, and thickened for table.

Time.—2-1/4 hours. *Average cost* per quart, 1s. 3d.

时间。--2-1/4 小时。平均成本每 quart,1s.3d.时令为秋季。

Seasonable in Autumn.

Sufficient for 10 persons.

足量供10人食用。

[Illustration: COCOA-NUT PALM.]

[插图：可可椰子树。]

[Illustration: NUT & BLOSSOM.]

[插图：坚果与花朵。]

THE COCOA-NUT.—This is the fruit of one of the palms, than

椰子--这是棕榈科植物之一的果实，比

which it is questionable if there is any other species of tree marking, in itself, so abundantly the goodness of Providence, in making provision for the wants of man. It grows wild in the Indian seas, and in the eastern parts of Asia; and thence it has been introduced into every part of the tropical regions. To the natives of those climates, its bark supplies the material for creating their dwellings; its leaves, the means of roofing them; and the leaf-stalks, a kind of gauze for covering their windows, or protecting the baby in the cradle. It is also made into lanterns, masks to screen the face from the heat of the sun, baskets, wicker-work, and even a kind of paper for writing on. Combs, brooms, torches, ropes, matting, and sailcloth are made of its fibers. With these, too, beds are made and cushions stuffed. Oars are supplied by the leaves; drinking-cups, spoons, and other domestic utensils by the shells of the nuts; milk by its juice, of which, also, a kind of honey and sugar are prepared. When fermented, it furnishes the means of intoxication; and when the fibres are burned, their ashes supply an alkali for making soap. The buds of the tree bear a striking resemblance to cabbage when boiled; but when they are cropped, the tree dies. In a fresh state, the kernel is eaten raw, and its juice is a most agreeable and refreshing beverage. When the nut is imported to this country, its fruit is, in general, comparatively dry, and is considered indigestible. The tree is one of the least productive of the palm tribe.

很难说是否还有别的树种能如此充分地彰显天意的仁慈--为人类的需求提供供给。它野生于印度洋海域和亚洲东部，并从那里被引入热带地区的各个地方。对于这些气候带的原住民来说，它的树皮提供了建造住所的材料；它的叶子提供了屋顶的材料；而叶柄则制成一种薄纱，用来遮盖窗户，或在摇篮中保护婴儿。它还被制成灯笼、遮挡烈日晒脸的面具、篮子、柳条制品，甚至一种用于书写的纸。梳子、扫帚、火把、绳索、席子和帆布都由其纤维制成。人们还用这些纤维制作床铺和填充坐垫。船桨由叶子提供；饮水杯、勺子和其他家用器具由坚果的壳提供；乳汁由其汁液提供，还用其汁液制成一种蜜和糖。经发酵后，它提供了致醉的手段；而当纤维燃烧时，其灰烬可提供一种用于制皂的碱。这种树的芽煮后与卷心菜极为相似；但一旦采摘这些芽，树就会死亡。新鲜状态下，果仁可生食，其汁液是一种极为宜人、清爽的饮料。当这种坚果进口到我国时，其果实通常相对干燥，并被认为不易消化。这种树是棕榈科中产量最低的树种之一。

SOUP A LA CRECY.

126. INGREDIENTS.—4 carrots, 2 sliced onions, 1 cut lettuce, and chervil; 2 oz. butter, 1 pint of lentils, the crumbs of 2 French rolls, half a teacupful of rice, 2 quarts of medium stock No. 105.

克雷西式汤

126. 配料。--4根胡萝卜，2个切片洋葱，1棵切碎的莴苣，以及细叶芹；2 oz. 黄油，1 pint小扁豆，2个法式小面包的面包屑，半茶杯大米，2 quarts 105号中等原汤。

Mode.—Put the vegetables with the butter in the stewpan, and let them simmer 5 minutes; then add the lentils and 1 pint of the stock, and stew gently for half an hour. Now fill it up with the remainder of the stock, let it boil another hour, and put in the crumb of the rolls. When well soaked, rub all through a tammy. Have ready the rice boiled; pour the soup over this, and serve.

做法。--将蔬菜与黄油一同放入炖锅，煨5分钟；然后加入小扁豆和1 pint原汤，文火炖半小时。现在用剩余的原汤将其添满，再煮沸一小时，并放入小面包的面包屑。充分浸泡后，全部通过细筛擦滤。备好煮好的大米；将汤浇在其上，即可上桌。

Time.—1-3/4 hour. *Average cost*,1s. 2d. per quart.

时间。- 1-3/4小时。平均成本，每quart 1s.2d.。

Seasonable all the year.

时令全年皆宜。

Sufficient for 8 persons.

足量供8人食用。

[Illustration: THE LENTIL.]

[插图：小扁豆。]

THE LENTIL.—This belongs to the legumious or *pulse* kind of vegetables, which rank next to the corn plants in their nutritive properties. The lentil is a variety of the bean tribe, but in England is not used as human food, although considered the best of all kinds for pigeons. On the Continent it is cultivated for soups, as well as for other preparations for the table; and among the presents which David received from Shobi, as recounted in the Scriptures, were beans, lentils, and parched pulse. Among the Egyptians it was extensively used, and among the Greeks, the Stoics had a maxim, which declared, that "a wise man acts always with reason, and prepares his own lentils." Among the Romans it was not much esteemed, and from them the English may have inherited a prejudice against it, on account, it is said, of its rendering men indolent. It takes its name from *lentus* 'slow,' and, according to Pliny, produces mildness and moderation of temper.

小扁豆--这属于豆类或荚果类蔬菜，其营养价值仅次于谷物植物。小扁豆是豆科的一个变种，但在英格兰并不用作人类食物，尽管它被认为是所有种类中最好的鸽食。在欧洲大陆，它被栽培用于制作汤以及餐桌上的其他菜肴；在《圣经》记载的大卫从朔比那里收到的礼物中，就有豆子、小扁豆和烘烤的荚果。在埃及人中它被广泛使用，在希腊人中，斯多葛派有一句格言，宣称“智者行事总是合乎理性，并亲自准备自己的小扁豆”。在罗马人中它不太受重视，英国人可能从他们那里继承了对其的偏见，据说是因为它使人懒惰。它的名字来自*lentus*“缓慢”，根据普林尼的说法，它能产生温和与节制的性情。

CUCUMBER SOUP (French Recipe).

黄瓜汤(法式食谱)。

127. INGREDIENTS.—1 large cucumber, a piece of butter the size

127. 123.配料--1 大黄瓜，一块黄油大小

of a walnut, a little chervil and sorrel cut in large pieces, salt and pepper to taste, the yolks of 2 eggs, 1 gill of cream, 1 quart of medium stock No. 105.

Mode.—Pare the cucumber, quarter it, and take out the seeds; cut it in thin slices, put these on a plate with a little salt, to draw the water from them; drain, and put them in your stewpan, with the butter. When they are warmed through, without being browned, pour the stock on them. Add the sorrel, chervil, and seasoning, and boil for 40 minutes. Mix the well-beaten yolks of the eggs with the cream, which add at the moment of serving.

Time.—1 hour. *Average cost,* 1s. 2d. per quart.

Seasonable from June to September.

Sufficient for 4 persons.

THE CUCUMBER.—The antiquity of this fruit is very great. In the sacred writings we find that the people of Israel regretted it, whilst sojourning in the desert; and at the present time, the cucumber, and other fruits of its class, form a large portion of the food of the Egyptian people. By the Eastern nations generally, as well as by the Greeks and Romans, it was greatly esteemed. Like the melon, it was originally brought from Asia by the Romans, and in the 14th century it was common in England, although, in the time of the wars of "the Roses," it seems no longer to have been cultivated. It is a cold food, and of difficult digestion when eaten raw. As a preserved sweetmeat, however, it is esteemed one of the most agreeable.

EGG SOUP.

一个核桃大小，少许细叶芹和酸模切成大块，盐和胡椒适量，2 个蛋黄，1 gill 奶油，1 quart 中等肉汤第 105 号。

做法。--将黄瓜去皮，切成四瓣，取出瓜籽；切成薄片，放在盘子上撒少许盐，以逼出水分；沥干后与黄油一同放入炖锅。待其热透而未变黄时，将原汤浇在其上。加入酸模、细叶芹和调味，煮沸40分钟。将充分打散的蛋黄与奶油混合，在上桌时加入。

时间。- 1小时。平均成本，每quart 1s.2d.。

时令六月至九月。

足量供4人食用。

黄瓜--这种果实的古老历史非常悠久。在神圣的著作中，我们发现以色列人在沙漠中旅居时曾怀念它；而在当今，黄瓜及其同类果实构成了埃及人食物的很大一部分。东方民族普遍以及希腊人和罗马人都极为珍视它。像甜瓜一样，它最初由罗马人从亚洲带来，在14世纪时在英国已很常见，尽管在“玫瑰战争”时期似乎已不再被栽培。它是一种寒性食物，生食时难以消化。然而，作为蜜饯，它被认为是最令人愉悦的一种。

蛋花汤。

128. INGREDIENTS.—A tablespoonful of flour, 4 eggs, 2 small blades of finely-pounded mace, 2 quarts of stock No. 105.

Mode.—Beat up the flour smoothly in a teaspoonful of cold stock, and put in the eggs; throw them into boiling stock, stirring all the time. Simmer for 1/4 of an hour. Season and serve with a French roll in the tureen, or fried sippets of bread.

Time. 1/2 an hour. *Average cost*,11d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

SOUP A LA FLAMANDE (Flemish).

I.

129. INGREDIENTS.—1 turnip, 1 small carrot, 1/2 head of celery, 6 green onions shred very fine, 1 lettuce cut small, chervil, 1/4 pint of asparagus cut small, 1/4 pint of peas, 2 oz. butter, the yolks of 4 eggs, 1/2 pint of cream, salt to taste, 1 lump of sugar, 2 quarts of stock No. 105.

Mode.—Put the vegetables in the butter to stew gently for an hour with a teacupful of stock; then add the remainder of the stock, and simmer for another hour. Now beat the yolks of the eggs well, mix with the cream (previously boiled), and strain through a hair sieve. Take the soup off the fire, put the eggs, &c. to it, and keep stirring it well. Bring it to a boil, but do not leave off stirring, or the eggs will curdle. Season with salt, and add the sugar.

Time.—24 hours. *Average cost*, 1s. 9d. per quart.

Seasonable from May to August.

128. 配料。--一汤匙面粉，4个鸡蛋，2小片精细捣碎的肉豆蔻，2 quarts 105号原汤。

做法。--将面粉在一茶匙冷原汤中调匀，加入鸡蛋；将其倒入沸腾的原汤中，同时不断搅拌。煨1/4小时。调味，并在汤碗中放入一个法式小面包或煎面包丁一同上桌。时间。1/2小时。平均成本，每quart 11d.。时令全年皆宜。

足量供8人食用。

123.弗拉芒式汤(Flemish)。

129. 配料--1个芜菁，1根小胡萝卜，1/2棵芹菜，

6 个嫩洋葱切得很细，1 棵莴苣切小，细叶芹，1/4 pint 芦笋切小，1/4 pint 豌豆，2 oz.黄油，4 个蛋黄，1/2 pint 奶油，盐适量，1 块糖，2 quarts 肉汤第 105 号。

做法。--将蔬菜放入黄油中，加一茶杯原汤文火炖一小时；然后加入剩余的原汤，再煨一小时。现在将蛋黄充分打散，与(事先煮沸的)奶油混合，并通过马尾筛过滤。将汤从火上取下，加入鸡蛋等物，并不断充分搅拌。将其煮沸，但不要停止搅拌，否则鸡蛋会凝结。用盐调味，并加入糖。

时间。- 24小时。平均成本，每quart 1s.9d.。

时令五月至八月。

Sufficient for 8 persons.

CHERVIL.—Although the roots of this plant are poisonous, its leaves are tender, and are used in salads. In antiquity it made a relishing dish, when prepared with oil, wine, and gravy. It is a native of various parts of Europe; and the species cultivated in the gardens of Paris, has beautifully frizzled leaves.

II.

130. INGREDIENTS.—5 onions, 5 heads of celery, 10 moderate-sized potatoes, 3 oz. butter, 1/2 pint of water, 1/2 pint of cream, 2 quarts of stock No. 105.

Mode.—Slice the onions, celery, and potatoes, and put them with the butter and water into a stewpan, and simmer for an hour. Then fill up the stewpan with stock, and boil gently till the potatoes are done, which will be in about an hour. Rub all through a tammy, and add the cream (previously boiled). Do not let it boil after the cream is put in.

Time.—2-1/2 hours. _Average cost_,1s. 4d. per quart.

Seasonable from September to May.

Sufficient for 8 persons.

Note.—This soup can be made with water instead of stock.

SOUP A LA JULIENNE.

[Illustration: STRIPS OF VEGETABLE.]

131. INGREDIENTS.—1/2 pint of carrots, 1/2 pint of turnips, 1/4

足量供8人食用。

细叶芹。--虽然这种植物的根有毒，但其叶柔嫩，可用于沙拉。在古代，用油、酒和肉汁调制时，它是一道美味的菜肴。它原产于欧洲各地；巴黎花园中栽培的品种叶片有美丽的卷曲。

二
。

130. 配料。--5个洋葱，5棵芹菜，10个中等大小的土豆，3 oz.黄油，1/2 pint水，1/2 pint奶油，2 quarts 105号原汤。

方式。--将洋葱、芹菜和土豆切片，与黄油和水一同放入炖锅，煨煮一小时。然后将炖锅添满肉汤，轻轻煮至土豆熟透，约需一小时。将全部食材用细筛擦滤，加入(事先煮过的)奶油。加入奶油后不要再让其煮沸。

时间。- 2-1/2小时。__平均成本_，每quart 1s.4d.。

时令从九月到五月。

足量供8人食用。

注。- 这道汤可以用水代替高汤制作。

朱丽安汤

[插图：蔬菜条。]

131. 配料--胡萝卜1/2品脱，芜菁1/2品脱，1/4

pint of onions, 2 or 3 leeks, 1/2 head of celery, 1 lettuce, a little sorrel and chervil, if liked, 2 oz. of butter, 2 quarts of stock No. 105.

pint 洋葱，2 或 3 根韭葱，1/2 棵芹菜，1 棵莴苣，少许酸模和细叶芹(如喜欢),2 oz.黄油，2 quarts 肉汤第 105 号。

Mode.—Cut the vegetables into strips of about 1-1/4 inch long, and be particular they are all the same size, or some will be hard whilst the others will be done to a pulp. Cut the lettuce, sorrel, and chervil into larger pieces; fry the carrots in the butter, and pour the stock boiling to them. When this is done, add all the other vegetables, and herbs, and stew gently for at least an hour. Skim off all the fat, pour the soup over thin slices of bread, cut round about the size of a shilling, and serve.

做法--将蔬菜切成约1-1/4英寸长的条状，务必使它们大小一致，否则有些会硬而另一些会煮成糊状。将莴苣、酸模和细叶芹切成较大的块；将胡萝卜用黄油煎炸，并将肉汤煮沸后倒入其中。完成后，加入所有其他蔬菜和香草，用文火至少炖一个小时。撇去所有油脂，将汤浇在切成约一先令硬币大小的薄面包片上，即可上桌。

Time.—1-1/2 hour. *Average cost*, 1s. 3d. per quart.

时间--1小时30分钟。平均成本，每quart 1先令3便士。

Seasonable all the year.

时令全年皆宜。

Sufficient for 8 persons.

足量供8人食用。

Note.—In summer, green peas, asparagus-tops, French beans, &c. can be added. When the vegetables are very strong, instead of frying them in butter at first, they should be blanched, and afterwards simmered in the stock.

注。--夏季可加入青豌豆、芦笋尖、法国豆等。若蔬菜味道过重，初次不必用黄油煎，而应先焯水，再在汤中煨煮。

SORREL.—This is one of the *spinaceous* plants, which take their name from spinach, which is the chief among them. It is little used in English cookery, but a great deal in French, in which it is employed for soups, sauces, and salads. In English meadows it is usually left to grow wild; but in France, where it is cultivated, its flavour is greatly improved.

酸模。--这是以菠菜为首的一类菠菜类植物之一。它在英国烹饪中很少使用，但在法国烹饪中用量很大，用于汤、酱汁和沙拉。在英国草甸中，它通常任其野生生长；但在法国，人们栽培它，其风味大为改善。

KALE BROSE (a Scotch Recipe).

羽衣甘蓝浓汤(苏格兰食谱)。

132. INGREDIENTS.—Half an ox-head or cow-heel, a teacupful of

132. 配料--半个牛头或牛蹄，一茶杯量的

toasted oatmeal, salt to taste, 2 handfuls of greens, 3 quarts of water.

Mode.—Make a broth of the ox-head or cow-heel, and boil it till oil floats on the top of the liquor, then boil the greens, shred, in it. Put the oatmeal, with a little salt, into a basin, and mix with it quickly a teacupful of the fat broth: it should not run into one doughy mass, but form knots. Stir it into the whole, give one boil, and serve very hot.

Time.—4 hours. *Average cost*, 8d. per quart.

Seasonable all the year, but more suitable in winter.

Sufficient for 10 persons.

LEEK SOUP.

I.

133. INGREDIENTS.—A sheep's head, 3 quarts of water, 12 leeks cut small, pepper and salt to taste, oatmeal to thicken.

Mode.—Prepare the head, either by skinning or cleaning the skin very nicely; split it in two; take out the brains, and put it into boiling water; add the leeks and seasoning, and simmer very gently for 4 hours. Mix smoothly, with cold water, as much oatmeal as will make the soup tolerably thick; pour it into the soup; continue stirring till the whole is blended and well done, and serve.

Time.—4-1/2 hours. *Average cost*, 4d. per quart.

Seasonable in winter.

烤燕麦片，盐适量，2把青菜，3夸脱水。

做法。--用牛头或牛蹄熬成肉汤，煮至油脂浮在汤面，然后将切碎的青菜放入汤中煮。将燕麦片加少许盐放入盆中，迅速倒入一茶杯热的肥肉汤与之混合：它不应成为一个面团状的整体，而应结成小块。将其搅入整锅汤中，煮沸一次，趁热上桌。

时间。- 4小时。平均成本，每quart 8d。

时令全年皆宜，但冬季更为适宜。

足量供10人食用。

韭葱汤

133. 配料。--一个羊头，3 quarts水，12根切碎的韭葱，胡椒和盐适量，燕麦片用于增稠。

做法。--将羊头处理好，或剥皮，或将皮清理干净；劈成两半；取出羊脑，放入沸水中；加入韭葱和调味，非常轻柔地煨煮4小时。用冷水将适量燕麦片调匀，使汤稠度适中；倒入汤中；继续搅拌，直至全部混合均匀并煮熟，然后上桌。

时间。--4-1/2小时。平均成本，每quart 4d。

时令冬季。

Sufficient for 10 persons.

II.

COMMONLY CALLED COCK-A-LEEKIE.

134. INGREDIENTS.—A capon or large fowl (sometimes an old cock, from which the recipe takes its name, is used), which should be trussed as for boiling; 2 or 3 bunches of fine leeks, 5 quarts of stock No. 105, pepper and salt to taste.

Mode.—Well wash the leeks (and, if old, scald them in boiling water for a few minutes), taking off the roots and part of the heads, and cut them into lengths of about an inch. Put the fowl into the stock, with, at first, one half of the leeks, and allow it to simmer gently. In half an hour add the remaining leeks, and then it may simmer for 3 or 4 hours longer. It should be carefully skimmed, and can be seasoned to taste. In serving, take out the fowl, and carve it neatly, placing the pieces in a tureen, and pouring over them the soup, which should be very thick of leeks (a *purée* of leeks the French would call it).

Time.—4 hours. *Average cost*, 1s. 6d. per quart; or, with stock No. 106, 1s.

Seasonable in winter.

Sufficient for 10 persons.

Note.—Without the fowl, the above, which would then be merely called leek soup, is very good, and also economical. Cock-a-leekie was largely consumed at the Burns Centenary Festival at the Crystal Palace, Sydenham, in 1859.

足量供10人食用。

二
。

通常称为韭葱鸡汤(Cock-a-Leekie)。

134. 配料。--一只阉鸡或大禽(有时使用一只老公鸡，食谱即由此得名)，应按煮制方式捆扎；2或3把优质韭葱，5 quarts 高汤 No.105，胡椒和盐适量。

做法--将韭葱洗净(如果较老，则在沸水中焯几分钟)，去掉根部和部分头部，切成约一英寸长的段。将家禽放入肉汤中，先加入一半韭葱，让其文火慢炖。半小时后加入剩余的韭葱，然后可再炖3至4小时。应仔细撇去浮沫，并可按口味调味。上桌时，取出家禽，整齐地切分，将肉块放入汤碗中，浇上汤，汤中应有浓稠的韭葱(法国人会称之为韭葱泥)。

时间。--4小时。平均成本，每quart 1s.6d.；若用第106号高汤，则为1s.

时令冬季。

足量供10人食用。

注。--不加禽肉，上述汤品(此时仅称韭葱汤)也非常好，且经济实惠。1859年，在西德纳姆水晶宫举行的彭斯百年诞辰庆典上，公鸡韭葱汤被大量食用。

[Illustration: LEEKS.]

THE LEEK.—As in the case of the cucumber, this vegetable was bewailed by the Israelites in their journey through the desert. It is one of the alliaceous tribe, which consists of the onion, garlic, chive, shallot, and leek. These, as articles of food, are perhaps more widely diffused over the face of the earth than any other *genus* of edible plants. It is the national badge of the Welsh, and tradition ascribes to St. David its introduction to that part of Britain. The origin of the wearing of the leek on St. David's day, among that people, is thus given in "BEETON'S DICTIONARY of UNIVERSAL INFORMATION:"—"It probably originated from the custom of *Cymhortha*, or the friendly aid, practised among farmers. In some districts of South Wales, all the neighbours of a small farmer were wont to appoint a day when they attended to plough his land, and the like; and, at such time, it was the custom for each to bring his portion of leeks with him for making the broth or soup." (*See* ST. DAVID.) Others derive the origin of the custom from the battle of Cressy. The plant, when grown in Wales and Scotland, is sharper than it is in England, and its flavour is preferred by many to that of the onion in broth. It is very wholesome, and, to prevent its tainting the breath, should be well boiled.

MACARONI SOUP.

135. INGREDIENTS.—3 oz. of macaroni, a piece of butter the size of a walnut, salt to taste, 2 quarts of clear stock No. 105.

Mode.—Throw the macaroni and butter into boiling water, with a pinch of salt, and simmer for 1/2 an hour. When it is tender, drain

[插图：韭葱。]

韭葱--如同黄瓜一样，这种蔬菜在以色列人穿越沙漠的旅途中被他们怀念。它属于葱蒜类，包括洋葱、大蒜、细香葱、青葱和韭葱。作为食物，这些植物或许比任何其他可食用植物属都更广泛地分布于地球表面。它是威尔士人的民族标志，传统上将其引入不列颠那一地区归功于圣大卫。在圣大卫节佩戴韭葱的起源，在《比顿通用知识词典》中如此记载--“它可能起源于*Cymhortha*的习俗，即友好互助，在农夫中实行。在南威尔士的一些地区，一个小农场主的所有邻居习惯于约定一天来帮他犁地等等；在这种时候，习惯上每人带来自己的一份韭葱，用来制作肉汤或汤。”(见圣大卫。)其他人则认为这一习俗起源于克雷西战役。这种植物在威尔士和苏格兰种植时比在英格兰更辛辣，许多人更喜欢它在肉汤中的风味而非洋葱。它非常有益健康，为防止其使口气难闻，应充分煮透。

通心粉汤。

135. 配料。--3 oz.通心粉，一块核桃大小的黄油，盐适量，2 quarts 清高汤 No.105。

方式。--将通心粉和黄油投入沸水中，加一撮盐，煮1/2小时。待其变软后，沥干

and cut it into thin rings or lengths, and drop it into the boiling stock. Stew gently for 15 minutes, and serve grated Parmesan cheese with it.

Time.—3/4 hour. *Average cost*, 1s. per quart.

Seasonable all the year.

Sufficient for 8 persons.

[Illustration: MACARONI.]

MACARONI.—This is the favourite food of Italy, where, especially among the Neapolitans, it may be regarded as the staff of life. "The crowd of London," says Mr. Forsyth, "is a double line in quick motion; it is the crowd of business. The crowd of Naples consists in a general tide rolling up and down, and in the middle of this tide, a hundred eddies of men. You are stopped by a carpenter's bench, you are lost among shoemakers' stalls, and you dash among the *pots of a macaroni stall*." This article of food is nothing more than a thick paste, made of the best wheaten flour, with a small quantity of water. When it has been well worked, it is put into a hollow cylindrical vessel, pierced with holes of the size of tobacco-pipes at the bottom. Through these holes the mass is forced by a powerful screw bearing on a piece of wood made exactly to fit the inside of the cylinder. Whilst issuing from the holes, it is partially baked by a fire placed below the cylinder, and is, at the same time, drawn away and hung over rods placed about the room, in order to dry. In a few days it is fit for use. As it is both wholesome and nutritious, it ought to be much more used by all classes in England than it is. It generally accompanies Parmesan cheese to the tables of the rich, but is also used for

将其切成薄圆片或细长条，投入煮沸的汤底中。用文火慢炖15分钟，佐以磨碎的帕尔马干酪一同上桌。

时间。- 3/4小时。平均成本，每quart 1s。

时令全年皆宜。

足量供8人食用。

[插图：通心粉。]

通心粉--这是意大利最受欢迎的食物，尤其是在那不勒斯人中，可被视为主食。“伦敦的人群，”福赛斯先生说，“是快速移动的双行列；是事务的人群。那不勒斯的人群则是一股上下翻滚的洪流，在这洪流之中，有上百个人群漩涡。你被木匠的工作台挡住，你在鞋匠的摊位间迷失，你冲进通心粉摊位的锅之间。”这种食物不过是用上等小麦面粉加少量水制成的浓稠面团。经过充分揉制后，放入一个底部有烟斗大小孔洞的空心圆柱形容器中。通过一个强有力的螺旋杆压在一块恰好适合圆柱体内部的木头上，面团被从这些孔洞中挤出。当从孔洞中挤出时，由放置在圆柱体下方的火部分烘烤，同时被拉出并挂在房间各处的杆子上晾干。几天后即可使用。由于它既有益健康又富有营养，英格兰各阶层都应比现在更多地食用它。它通常与帕尔马干酪一起出现在富人的餐桌上，但也用于

thickening soups and making puddings.

SOUP MAIGRE (i.e. without Meat).

136. INGREDIENTS.—6 oz. butter, 6 onions sliced, 4 heads of celery, 2 lettuces, a small bunch of parsley, 2 handfuls of spinach, 3 pieces of bread-crust, 2 blades of mace, salt and pepper to taste, the yolks of 2 eggs, 3 teaspoonfuls of vinegar, 2 quarts of water.

Mode.—Melt the butter in a stewpan, and put in the onions to stew gently for 3 or 4 minutes; then add the celery, spinach, lettuces, and parsley, cut small. Stir the ingredients well for 10 minutes. Now put in the water, bread, seasoning, and mace. Boil gently for 1-1/2 hour, and, at the moment of serving, beat in the yolks of the eggs and the vinegar, but do not let it boil, or the eggs will curdle.

Time.—2 hours. *Average cost*, 6d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

[Illustration: LETTUCE.]

THE LETTUCE.—This is one of the acetarious vegetables, which comprise a large class, chiefly used as pickles, salads, and other condiments. The lettuce has in all antiquity been distinguished as a kitchen-garden plant. It was, without preparation, eaten by the Hebrews with the Paschal lamb; the Greeks delighted in it, and the Romans, in the time of Domitian, had it prepared with eggs, and served in the first course at their tables, merely to excite their appetites. Its botanical name is *Lactuca*, so called from the milky juice it exudes when its stalks are cut. It possesses a narcotic

使汤变稠和制作布丁。

素汤(即无肉汤)。

136. 配料--6 oz.黄油，6个切片洋葱，4棵芹菜，2棵生菜，一小把欧芹，2把菠菜，3块面包皮，2片肉豆蔻，盐和胡椒适量，2个蛋黄，3茶匙醋，2 quarts水。

做法--在炖锅中融化黄油，放入洋葱用文火慢炖3至4分钟；然后加入切碎的芹菜、菠菜、生菜和欧芹。将配料充分搅拌10分钟。现在加入水、面包、调味料和肉豆蔻。用文火煮1-1/2小时，在上桌的那一刻，搅入蛋黄和醋，但不要让它煮沸，否则蛋黄会凝结。

时间。- 2小时。平均成本，每quart 6d。

时令全年皆宜。

足量供8人食用。

[插图：莴苣。]

莴苣--这是生食蔬菜之一，此类蔬菜种类繁多，主要用作腌菜、沙拉及其他调味品。莴苣在所有古代时期都被视为菜园植物。希伯来人未经烹制便将其与逾越节羔羊一同食用；希腊人喜爱它，而罗马人在图密善时代则将其与鸡蛋一同烹制，作为餐桌上的第一道菜上桌，仅仅为了激发食欲。其植物学名称为*Lactuca*，因其茎被切开时渗出乳状汁液而得名。它具有麻醉

virtue, noticed by ancient physicians; and even in our day a lettuce supper is deemed conducive to repose. Its proper character, however, is that of a cooling summer vegetable, not very nutritive, but serving as a corrective, or diluent of animal food.

功效，为古代医生所注意；甚至在我们这个时代，生菜晚餐也被认为有助于安眠。然而，它的适当特性是一种清凉的夏季蔬菜，营养价值不高，但可作为肉食的矫正剂或稀释剂。

MILK SOUP (a Nice Dish for Children).

牛奶汤(适合儿童的一道好菜)。

137. INGREDIENTS.—2 quarts of milk, 1 saltspoonful of salt, 1 teaspoonful of powdered cinnamon, 3 teaspoonfuls of pounded sugar, or more if liked, 4 thin slices of bread, the yolks of 6 eggs.

137. 配料--2 quarts牛奶，1盐匙盐，1茶匙肉桂粉，3茶匙糖粉，或按喜好增加，4薄片面包，6个蛋黄。

Mode.—Boil the milk with the salt, cinnamon, and sugar; lay the bread in a deep dish, pour over it a little of the milk, and keep it hot over a stove, without burning. Beat up the yolks of the eggs, add them to the milk, and stir it over the fire till it thickens. Do not let it curdle. Pour it upon the bread, and serve.

做法--将牛奶与盐、肉桂和糖一起煮沸；将面包放入深盘中，浇上少许牛奶，置于炉上保温，但不要烧焦。打散蛋黄，加入牛奶中，在火上搅拌至浓稠。不要让它凝结。将其浇在面包上，即可上桌。

Time.—3/4 of an hour. *Average cost*, 8d. per quart.

时间。- 3/4 小时。平均成本，每 quart 8d。

Seasonable all the year.

时令全年皆宜。

Sufficient for 10 children.

足量供10个孩子食用。

ONION SOUP.

洋葱汤。

138. INGREDIENTS.—6 large onions, 2 oz. of butter, salt and pepper to taste, 1/4 pint of cream, 1 quart of stock No. 105.

138. 配料--6个大洋葱，2 oz.黄油，盐和胡椒适量，1/4 pint奶油，1 quart第105号汤底。

Mode.—Chop the onions, put them in the butter, stir them occasionally, but do not let them brown. When tender, put the stock to them, and season; strain the soup, and add the boiling cream.

做法--将洋葱切碎，放入黄油中，偶尔搅拌，但不要让其变褐。变软后，加入汤底并调味；将汤过滤，加入煮沸的奶油。

Time.—1-1/2 hour. *Average cost,* 1s. per quart.

Seasonable in winter.

Sufficient for 4 persons.

CHEAP ONION SOUP.

139. INGREDIENTS.—8 middling-sized onions, 3 oz. of butter, a tablespoonful of rice-flour, salt and pepper to taste, 1 teaspoonful of powdered sugar, thickening of butter and flour, 2 quarts of water.

Mode.—Cut the onions small, put them in the stewpan with the butter, and fry them well; mix the rice-flour smoothly with the water, add the onions, seasoning, and sugar, and simmer till tender. Thicken with butter and flour, and serve.

Time.—2 hours. *Average cost,*4d. per quart.

Seasonable in winter.

Sufficient for 8 persons.

[Illustration: ONION.]

THE ONION.—Like the cabbage, this plant was erected into an object of worship by the idolatrous Egyptians 2,000 years before the Christian era, and it still forms a favourite food in the country of these people, as well as in other parts of Africa. When it was first introduced to England, has not been ascertained; but it has long been in use, and esteemed as a favourite seasoning plant to various dishes. In warmer climates it is much milder in its flavour; and such as are grown in Spain and Portugal, are, comparatively

时间。--1-1/2小时。平均成本，每quart 1先令。

时令冬季。

足量供4人食用。

廉价洋葱汤。

139. 配料--8个中等大小的洋葱，3 oz.黄油，一汤匙米粉，盐和胡椒适量，1茶匙糖粉，黄油和面粉勾芡，2 quarts水。

做法--将洋葱切碎，与黄油一起放入炖锅中，充分煎炒；将米粉与水调匀，加入洋葱、调味料和糖，炖至变软。用黄油和面粉勾芡，即可上桌。

时间。--2小时。平均成本，每quart 4d。

时令冬季。

足量供8人食用。

[插图：洋葱。]

洋葱--与卷心菜一样，这种植物在基督教纪元前两千年就被崇拜偶像的埃及人奉为崇拜对象，至今在这些人所在的国家以及非洲其他地区仍是受人喜爱的食物。它何时首次传入英格兰已无从查考；但它早已被使用，并被视为各种菜肴中受人喜爱的调味植物。在较温暖的气候中，它的味道要温和得多；在西班牙和葡萄牙种植的洋葱，相对而言

speaking, very large, and are often eaten both in a boiled and roasted state. The Strasburg is the most esteemed; and, although all the species have highly nutritive properties, they impart such a disagreeable odour to the breath, that they are often rejected even where they are liked. Chewing a little raw parsley is said to remove this odour.

PAN KAIL.

140. INGREDIENTS.—2 lbs. of cabbage, or Savoy greens; 1/4 lb. of butter or dripping, salt and pepper to taste, oatmeal for thickening, 2 quarts of water.

Mode.—Chop the cabbage very fine, thicken the water with oatmeal, put in the cabbage and butter, or dripping; season and simmer for 1-1/2 hour. It can be made sooner by blanching and mashing the greens, adding any good liquor that a joint has been boiled in, and then further thicken with bread or pounded biscuit.

Time—1-1/2 hour. *Average cost*, 1-1/2d. per quart.

Seasonable all the year, but more suitable in winter.

Sufficient for 8 persons.

THE SAVOY.—This is a close-hearted wrinkle-leaved cabbage, sweet and tender, especially the middle leaves, and in season from November to spring. The yellow species bears hard weather without injury, whilst the *dwarf* kind are improved and rendered more tender by frost.

PARSNIP SOUP.

说起来，非常大，常常既煮又烤着吃。斯特拉斯堡的最受推崇；尽管所有种类都具有很高的营养价值，但它们会使口气带有一种令人不快的气味，以致即使喜欢它们的人也常常不吃。据说嚼一点生欧芹可以去除这种气味。

潘凯尔。

140. 配料--2 lb.卷心菜或萨伏依菜；1/4 lb.黄油或滴油，盐和胡椒适量，燕麦片用于增稠，2 quarts水。

做法。--把卷心菜切得很细，用燕麦片把水增稠，放入卷心菜和黄油或滴油；调味，煨1-1/2小时。若先将菜焯水并捣烂，加入煮过肉块的好汤汁，再用面包或捣碎的饼干进一步增稠，可以更快做好。

时间 - 1-1/2小时。平均成本，每quart 1-1/2d。

时令全年皆宜，但冬季更为适宜。

足量供8人食用。

萨伏依菜。--这是一种叶面起皱、结球紧密的卷心菜，甜而嫩，尤其是中间的叶子，时令从十一月到春季。黄色品种能经受恶劣天气而不受损，而矮生品种则经霜后变得更好、更嫩。

欧防风汤。

141. INGREDIENTS.—1 lb. of sliced parsnips, 2 oz. of butter, salt and cayenne to taste, 1 quart of stock No. 106.

Mode.—Put the parsnips into the stewpan with the butter, which has been previously melted, and simmer them till quite tender. Then add nearly a pint of stock, and boil together for half an hour. Pass all through a fine strainer, and put to it the remainder of the stock. Season, boil, and serve immediately.

Time.—2 hours. *Average cost*, 6d. per quart.

Seasonable from October to April.

Sufficient for 4 persons.

THE PARSNIP.—This is a biennial plant, with a root like a carrot, which, in nutritive and saccharine matter, it nearly equals. It is a native of Britain, and, in its wild state, may be found, in many parts, growing by the road-sides. It is also to be found, generally distributed over Europe; and, in Catholic countries, is mostly used with salt fish, in Lent. In Scotland it forms an excellent dish, when beat up with butter and potatoes; it is, also, excellent when fried. In Ireland it is found to yield, in conjunction with the hop, a pleasant beverage; and it contains as much spirit as the carrot, and makes an excellent wine. Its proportion of nutritive matter is 99 parts in 1,000; 9 being mucilage and 90 sugar.

PEA SOUP (GREEN).

142. INGREDIENTS.—3 pints of green peas, 1/4 lb. of butter, 2 or three thin slices of ham, 6 onions sliced, 4 shredded lettuces, the crumb of 2 French rolls, 2 handfuls of spinach, 1 lump of sugar, 2 quarts of common stock.

141. 配料--1 lb.切片欧防风，2 oz.黄油，盐和卡宴辣椒适量，1 quart 106号高汤。

做法。--把欧防风放入炖锅，加入事先融化的黄油，煨至完全软嫩。然后加入近一品脱高汤，一起煮半小时。全部通过细滤网过滤，再加入剩余的高汤。调味，煮沸，立即上桌。

时间。- 2小时。平均成本，每quart 6d。

时令十月至四月。

足量供4人食用。

欧防风--这是一种二年生植物，根似胡萝卜，在营养和糖分方面几乎与之相当。它原产于不列颠，在野生状态下，可在许多地方的路旁发现。在欧洲各地也普遍分布；在天主教国家，四旬斋期间多与咸鱼同用。在苏格兰，将其与黄油和土豆捣碎调和，可做成一道佳肴；油炸亦佳。在爱尔兰，人们发现它与啤酒花同用可酿成一种宜人的饮料；它含有的酒精量与胡萝卜相当，可酿成上好的葡萄酒。其营养成分比例为千分之九十九；其中九份为黏液质，九十份为糖。

青豌豆汤(绿色)。

142. 配料--3 pints青豌豆，1/4 lb.黄油，2或3薄片火腿，6个切片洋葱，4棵切丝的莴苣，2个法式小面包的芯，2把菠菜，1块糖，2 quarts普通高汤。

Mode.—Put the butter, ham, 1 quart of the peas, onions, and lettuces, to a pint of stock, and simmer for an hour; then add the remainder of the stock, with the crumb of the French rolls, and boil for another hour. Now boil the spinach, and squeeze it very dry. Rub the soup through a sieve, and the spinach with it, to colour it. Have ready a pint of *young* peas boiled; add them to the soup, put in the sugar, give one boil, and serve. If necessary, add salt.

做法。--把黄油、火腿、1 quart豌豆、洋葱和莴苣放入一品脱高汤中，煨一小时；然后加入剩余的高汤和法式小面包的芯，再煮一小时。现在把菠菜煮熟，挤得非常干。把汤通过筛子擦滤，菠菜也一起擦滤，以使其着色。准备好一品脱煮熟的嫩豌豆；加入汤中，放入糖，煮沸一次，上桌。如有必要，加盐。

Time.—2-1/2 hours. *Average cost*, 1s. 9d. per quart.

时间。- 2-1/2小时。平均成本，每quart 1先令9便士。

Seasonable from June to the end of August.

时令六月至八月底。

Sufficient for 10 persons.

足量供10人食用。

Note.—It will be well to add, if the peas are not quite young, a little sugar. Where economy is essential, water may be used instead of stock for this soup, boiling in it likewise the pea-shells; but use a double quantity of vegetables.

注。--如果豌豆不太嫩，最好加一点糖。若须节省，此汤可用水代替高汤，同时把豌豆壳也放进去煮；但蔬菜用量要加倍。

WINTER PEA SOUP (YELLOW).

冬季豌豆汤(黄豌豆)。

143. INGREDIENTS.—1 quart of split peas, 2 lbs. of shin of beef, trimmings of meat or poultry, a slice of bacon, 2 large carrots, 2 turnips, 5 large onions, 1 head of celery, seasoning to taste, 2 quarts of soft water, any bones left from roast meat, 2 quarts of common stock, or liquor in which a joint of meat has been boiled.

143. 配料--1 quart劈开的干豌豆，2 lbs.牛小腿肉，肉或家禽的边角料，一片培根，2个大胡萝卜，2个芜菁，5个大洋葱，1棵芹菜，调味适量，2 quarts软水，烤肉剩下的任何骨头，2 quarts普通高汤，或煮过肉块的汤汁。

Mode.—Put the peas to soak over-night in soft water, and float off such as rise to the top. Boil them in the water till tender enough to pulp; then add the ingredients mentioned above, and simmer for 2 hours, stirring it occasionally. Pass the whole through a sieve, skim well, season, and serve with toasted bread cut in dice.

做法。--把豌豆在软水中浸泡一夜，撇去浮到上面的。把它们放在水中煮到足够软烂成糊；然后加入上述配料，煨2小时，不时搅拌。全部通过筛子过滤，撇净浮沫，调味，配切成骰子状烤面包上桌。

Time.—4 hours. *Average cost*, 6d. per quart. *Seasonable* all the year round, but more suitable for cold weather. *Sufficient* for 12 persons.

[Illustration: PEA.]

THE PEA.—It is supposed that the common gray pea, found wild in Greece, and other parts of the Levant, is the original of the common garden pea, and of all the domestic varieties belonging to it. The gray, or field pea, called *bisallie* by the French, is less subject to run into varieties than the garden kinds, and is considered by some, perhaps on that account, to be the wild plant, retaining still a large proportion of its original habit. From the tendency of all other varieties "to run away" and become different to what they originally were, it is very difficult to determine the races to which they belong. The pea was well known to the Romans, and, probably, was introduced to Britain at an early period; for we find peas mentioned by Lydgate, a poet of the 15th century, as being hawked in London. They seem, however, for a considerable time, to have fallen out of use; for, in the reign of Queen Elizabeth, Fuller tells us they were brought from Holland, and were accounted "fit dainties for ladies, they came so far and cost so dear." There are some varieties of peas which have no lining in their pods, which are eaten cooked in the same way as kidney-beans. They are called *sugar* peas, and the best variety is the large crooked sugar, which is also very good, used in the common way, as a culinary vegetable. There is also a white sort, which readily splits when subjected to the action of millstones set wide apart, so as not to grind them. These are used largely for soups, and especially for sea-stores. From the quantity of farinaceous and saccharine matter contained in the pea, it is

时间。--4小时。平均成本，每quart 6d.。时令全年皆宜，但更适合寒冷天气。足够12人食用。

[插图：豌豆。]

豌豆--据推测，在希腊及黎凡特其他地区野生生长的普通灰色豌豆，是普通园豌豆及其所有家养变种的原始种。灰色豌豆或称田间豌豆，法语称作*bisallie*，比园豌豆品种更不易发生变异，有些人因此认为它才是野生植物，仍保留着大部分原始习性。由于所有其他变种都倾向于"逃逸"而变得与其原本形态不同，因此很难确定它们所属的种族。罗马人对豌豆十分熟悉，豌豆很可能在早期就传入不列颠；因为我们在15世纪诗人利德盖特的作品中发现提到豌豆在伦敦沿街叫卖。然而，在相当长一段时间里，豌豆似乎不再被食用；因为在伊丽莎白女王统治时期，富勒告诉我们，豌豆是从荷兰运来的，被视为"适合贵妇享用的美味佳肴，因为它们远道而来，价格昂贵"。有些豌豆品种的豆荚没有内层，可像菜豆一样烹煮食用。它们被称为糖豌豆，最好的品种是大弯糖豌豆，按普通方法作为烹饪蔬菜食用也非常好。还有一种白色品种，在间距较宽、不致研磨的磨石作用下容易裂开。这些豌豆大量用于制作汤，尤其用于海上储备。由于豌豆含有大量淀粉质和糖质，它

highly nutritious as an article of food.

PEA SOUP (inexpensive).

144. INGREDIENTS.—1/4 lb. of onions, 1/4 lb. of carrots, 2 oz. of celery, 3/4 lb. of split peas, a little mint, shred fine; 1 tablespoonful of coarse brown sugar, salt and pepper to taste, 4 quarts of water, or liquor in which a joint of meat has been boiled.

Mode.—Fry the vegetables for 10 minutes in a little butter or dripping, previously cutting them up in small pieces; pour the water on them, and when boiling add the peas. Let them simmer for nearly 3 hours, or until the peas are thoroughly done. Add the sugar, seasoning, and mint; boil for 1/4 of an hour, and serve.

Time.—3-1/2 hours. *Average cost*, 1-1/2d. per quart.

Seasonable in winter.

Sufficient for 12 persons.

POTATO SOUP.

I.

145. INGREDIENTS.—4 lbs. of mealy potatoes, boiled or steamed very dry, pepper and salt to taste, 2 quarts of stock No. 105.

Mode.—When the potatoes are boiled, mash them smoothly, that no lumps remain, and gradually put them to the boiling stock; pass it through a sieve, season, and simmer for 5 minutes. Skim well, and serve with fried bread.

Time.—1/2 hour. *Average cost*, 10d. per quart.

作为食品极具营养价值。

豌豆汤(经济版)。

144. 配料--1/4 lb.洋葱，1/4 lb.胡萝卜，2 oz.芹菜，3/4 lb.劈开的干豌豆，少许薄荷，切细；1汤匙粗红糖，盐和胡椒适量，4 quarts水，或煮过肉块的汤汁。

做法。--把蔬菜切成小块，在少许黄油或滴油中煎10分钟；把水倒在上面，煮沸时加入豌豆。让它们煨近3小时，或直到豌豆完全熟透。加入糖、调味料和薄荷；煮1/4小时，上桌。

时间。- 3-1/2 小时。平均成本，每 quart 1-1/2d。

时令冬季。

足量供12人食用。

土豆汤。

145. 配料--4 lbs.粉质土豆，煮或蒸得非常干，胡椒和盐适量，2 quarts 105号高汤。

做法。--土豆煮熟后，把它们捣得细腻光滑，不留块状，逐渐加入沸腾的高汤中；通过筛子过滤，调味，煨5分钟。撇净浮沫，配炸面包上桌。

时间。- 1/2 小时。平均成本，每 quart 10d。

Seasonable from September to March.

Sufficient for 8 persons.

II.

146. INGREDIENTS.—1 lb. of shin of beef, 1 lb. of potatoes, 1 onion, 1/2 a pint of peas, 2 oz. of rice, 2 heads of celery, pepper and salt to taste, 3 quarts of water.

Mode.—Cut the beef into thin slices, chop the potatoes and onion, and put them in a stewpan with the water, peas, and rice. Stew gently till the gravy is drawn from the meat; strain it off, take out the beef, and pulp the other ingredients through a coarse sieve. Put the pulp back in the soup, cut up the celery in it, and simmer till this is tender. Season, and serve with fried bread cut into it.

Time.—3 hours. *Average cost*, 4d. per quart.

Seasonable from September to March.

Sufficient for 12 persons.

III.

(*Very Economical.*)

147. INGREDIENTS.—4 middle-sized potatoes well pared, a thick slice of bread, 6 leeks peeled and cut into thin slices as far as the white extends upwards from the roots, a teacupful of rice, a teaspoonful of salt, and half that of pepper, and 2 quarts of water.

Mode.—The water must be completely boiling before anything is put into it; then add the whole of the ingredients at once, with the

时令九月至三月。

足量供8人食用。

二
。

146. 配料--1 lb.牛小腿肉，1 lb.土豆，1个洋葱，1/2 pint豌豆，2 oz.米，2棵芹菜，胡椒和盐适量，3 quarts水。

做法。--把牛肉切成薄片，把土豆和洋葱切碎，与豌豆和米一起放入炖锅，加水。慢慢炖至肉汁从肉中渗出；滤出汤汁，取出牛肉，把其他配料通过粗筛擦成糊。把糊放回汤中，把芹菜切碎放入，煨至芹菜软嫩。调味，配切入汤中的炸面包上桌。

时间--3小时。平均成本，每quart 4便士。

时令九月至三月。

足量供12人食用。

三
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(非常经济。)

147. 配料--4个中等大小、削好皮的土豆，一厚片面包，6根韭葱，去皮并从根部向上至白色部分切成薄片，一茶杯米，一茶匙盐，半茶匙胡椒，2 quarts水。

做法。--水必须在放入任何东西之前完全沸腾；然后一次加入全部配料，除了

exception of the rice, the salt, and the pepper. Cover, and let these come to a brisk boil; put in the others, and let the whole boil slowly for an hour, or till all the ingredients are thoroughly done, and their several juices extracted and mixed.

Time.—2-1/2 hours. *Average cost*, 3d. per quart.

Sufficient for 8 persons.

Seasonable in winter.

[Illustration: POTATOES.]

THE POTATO.—Humboldt doubted whether this root was a native of South America; but it has been found growing wild both in Chili and Buenos Ayres. It was first brought to Spain from the neighbourhood of Quito, in the early part of the sixteenth century, first to England from Virginia, in 1586, and first planted by Sir Walter Raleigh, on his estate of Youghal, near Cork, in Ireland. Thence it was brought and planted in Lancashire, in England, and was, at first, recommended to be eaten as a delicate dish, and not as common food. This was in 1587. *Nutritious Properties*.—Of a thousand parts of the potato, Sir H. Davy found about a fourth nutritive; say, 200 mucilage or starch, 20 sugar, and 30 gluten.

PRINCE OF WALES'S SOUP.

148. INGREDIENTS.—12 turnips, 1 lump of sugar, 2 spoonfuls of strong veal stock, salt and white pepper to taste, 2 quarts of very bright stock, No. 105.

Mode.—Peel the turnips, and with a cutter cut them in balls as round as possible, but very small. Put them in the stock, which

米、盐和胡椒。盖上盖子，让它们迅速煮沸；放入其余配料，让全部慢慢煮一小时，或直到所有配料完全熟透，各自的汁液被煮出并混合。

时间。- 2-1/2 小时。平均成本，每 quart 3d。

足量供8人食用。

时令冬季。

[插图：土豆。]

土豆。--洪堡怀疑这种块根是否原产于南美洲；但人们发现它在智利和布宜诺斯艾利斯两地都野生生长。它最初于十六世纪初从基多附近被带到西班牙，1586年从弗吉尼亚首次传入英格兰，并由沃尔特·雷利爵士首次种植在他位于爱尔兰科克附近约尔的庄园里。随后它被带到英格兰的兰开夏郡种植，起初被推荐作为一道精致的菜肴食用，而非作为普通食物。时值1587年。营养价值。--H·戴维爵士发现，在一千份土豆中约有四分之一具有营养价值；即约200份黏液质或淀粉、20份糖和30份麸质。

威尔士亲王汤。

148. 配料--12个芜菁，1块糖，2匙浓小牛肉高汤，盐和白胡椒适量，2 quarts 非常清澈的105号高汤。

做法。--把芜菁去皮，用挖球器尽可能挖成圆球，但要很小。把它们放入高汤中，高汤

must be very bright, and simmer till tender. Add the veal stock and seasoning. Have little pieces of bread cut round, about the size of a shilling; moisten them with stock; put them into a tureen and pour the soup over without shaking, for fear of crumbling the bread, which would spoil the appearance of the soup, and make it look thick.

必须非常清澈，煨至软嫩。加入小牛肉高汤和调味料。准备一些切成圆片的小面包块，约一先令硬币大小；用高汤润湿；放入汤盅，把汤倒在上面，不要摇晃，以免面包碎裂，那会破坏汤的外观，使汤显得浑浊。

Time.—2 hours.

时间。--2小时。

Seasonable in the winter.

时令冬季。

Sufficient for 8 persons.

足量供8人食用。

THE PRINCE Of WALES.—This soup was invented by a philanthropic friend of the Editress, to be distributed among the poor of a considerable village, when the Prince of Wales attained his majority, on the 9th November, 1859. Accompanying this fact, the following notice, which appears in "BEETON'S DICTIONARY OF UNIVERSAL INFORMATION" may appropriately be introduced, premising that British princes attain their majority in their 18th year, whilst mortals of ordinary rank do not arrive at that period till their 21st.—"ALBERT EDWARD, Prince of Wales, and heir to the British throne, merits a place in this work on account of the high responsibilities which he is, in all probability, destined to fulfil as sovereign of the British empire. On the 10th of November, 1858, he was gazetted as having been invested with the rank of a colonel in the army. Speaking of this circumstance, the *Times* said,—'The significance of this event is, that it marks the period when the heir to the British throne is about to take rank among men, and to enter formally upon a career, which every loyal subject of the queen will pray may be a long and a happy one, for his own sake and for the sake of the vast empire which, in

威尔士亲王。--这道汤由编辑的一位热心公益的朋友发明，目的是在1859年11月9日威尔士亲王成年之时，分发给一个相当大的村庄里的穷人。伴随这一事实，可以恰当地引用《比顿通用知识辞典》中出现的下述通告，但须先说明：英国亲王在十八岁成年，而普通凡人要到二十一岁才达到这一年龄。--“阿尔伯特·爱德华，威尔士亲王，英国王位继承人，理应在这部著作中占有一席之地，因为他极有可能注定要作为不列颠帝国的君主履行重大职责。1858年11月10日，《公报》刊登他被授予陆军上校军衔的消息。谈到这一情况，《泰晤士报》说--‘这一事件的意义在于，它标志着英国王位继承人即将跻身成年人之列，正式踏入一番事业；每一位忠于女王的臣民都会为他本人、也为那庞大的帝国祈祷，愿这番事业长久而幸福--那庞大的帝国，在

the course of nature, he will one day be called to govern. The best wish that we can offer for the young prince is, that in his own path he may ever keep before him the bright example of his royal mother, and show himself worthy of her name.' There are few in these realms who will not give a fervent response to these sentiments. B. November 9th, 1841."

自然的进程，他终有一天会被召唤去治理。我们能为这位年轻王子献上的最好祝愿，就是愿他在自己的人生道路上始终以他王室母亲的光辉榜样为前鉴，并证明自己配得上她的名号。'在这片国土上，很少有人不会对这些情感报以热切的回应。B.1841年11月9日。”

POTAGE PRINTANIER, OR SPRING SOUP.

春季蔬菜浓汤(POTAGE PRINTANIER)

149. INGREDIENTS.—1/2 a pint of green peas, if in season, a little chervil, 2 shredded lettuces, 2 onions, a very small bunch of parsley, 2 oz. of butter, the yolks of 3 eggs, 1 pint of water, seasoning to taste, 2 quarts of stock No. 105.

149. 配料--1/2 pint青豌豆(若当令)，少许细叶芹，2棵切丝莴苣，2个洋葱，一小把欧芹，2 oz.黄油，3个蛋黄，1 pint水，调味适量，2 quarts 105号高汤。

Mode.—Put in a very clean stewpan the chervil, lettuces, onions, parsley, and butter, to 1 pint of water, and let them simmer till tender. Season with salt and pepper; when done, strain off the vegetables, and put two-thirds of the liquor they were boiled in to the stock. Beat up the yolks of the eggs with the other third, give it a toss over the fire, and at the moment of serving, add this, with the vegetables which you strained off, to the soup.

做法。--把细叶芹、莴苣、洋葱、欧芹和黄油放入非常干净的炖锅，加1 pint水，煨至软嫩。用盐和胡椒调味；煮好后，滤出蔬菜，把它们煮过的汤汁的三分之二加入高汤。把蛋黄与另外三分之一汤汁打匀，在火上颠一下，在上桌的那一刻，把它连同滤出的蔬菜一起加入汤中。

Time.—3/4 of an hour. *Average cost*, 1s. per quart.

时间。- 3/4 小时。平均成本，每 quart 1s。

Seasonable from May to October.

时令五月至十月。

Sufficient for 8 persons.

足量供8人食用。

RICE SOUP.

米汤。

I.

150. INGREDIENTS.—4 oz. of Patna rice, salt, cayenne, and mace,

150. 配料--4 oz.帕特纳米(Patna rice)、盐、卡宴辣椒粉和肉豆蔻衣，

2 quarts of white stock.

Mode.—Throw the rice into boiling water, and let it remain 5 minutes; then pour it into a sieve, and allow it to drain well. Now add it to the stock boiling, and allow it to stew till it is quite tender; season to taste. Serve quickly.

Time.—1 hour. *Average cost*, 1s. 3d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

[Illustration: EARS OF RICE.]

RICE.—This is a plant of Indian origin, and has formed the principal food of the Indian and Chinese people from the most remote antiquity. Both Pliny and Dioscorides class it with the cereals, though Galen places it among the vegetables. Be this as it may, however, it was imported to Greece, from India, about 286 years before Christ, and by the ancients it was esteemed both nutritious and fattening. There are three kinds of rice,—the Hill rice, the Patna, and the Carolina, of the United States. Of these, only the two latter are imported to this country, and the Carolina is considered the best, as it is the dearest. The nourishing properties of rice are greatly inferior to those of wheat; but it is both a light and a wholesome food. In combination with other foods, its nutritive qualities are greatly increased; but from its having little stimulating power, it is apt, when taken in large quantities alone, to lie long on the stomach.

2夸脱白色高汤。

做法。--把米投入沸水中，煮5分钟；然后倒入筛子，让其充分沥干。现在把它加入沸腾的高汤中，炖至完全软嫩；调味。迅速上桌。

时间。--1小时。平均成本，每quart 1s.3d.。

时令全年皆宜。

足量供8人食用。

[插图：稻穗。]

稻米。--这是一种原产于印度的植物，从最遥远的古代起就是印度和中国人的主要食物。普林尼和迪奥斯科里德斯都将其归入谷物类，尽管盖伦将其列入蔬菜类。无论如何，它约在公元前286年从印度传入希腊，古人认为它既有营养又能使人发胖。稻米有三种--山地稻、帕特纳稻和美国卡罗来纳稻。其中只有后两种输入我国，卡罗来纳稻被认为是最好的，因为其价格最贵。稻米的营养特性远逊于小麦；但它既清淡又健康。与其他食物搭配时，其营养价值大大增加；但由于它几乎没有刺激性，单独大量食用时容易在胃中停留过久。

151. INGREDIENTS.—6 oz. of rice, the yolks of 4 eggs, 1/2 a pint of cream, rather more than 2 quarts of stock No. 105.

Mode.—Boil the rice in the stock, and rub half of it through a tammy; put the stock in the stewpan, add all the rice, and simmer gently for 5 minutes. Beat the yolks of the eggs, mix them with the cream (previously boiled), and strain through a hair sieve; take the soup off the fire, add the eggs and cream, stirring frequently. Heat it gradually, stirring all the time; but do not let it boil, or the eggs will curdle.

Time.—2 hours. *Average cost*, 1s. 4d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

SAGO SOUP.

152. INGREDIENTS.—5 oz. of sago, 2 quarts of stock No. 105.

Mode.—Wash the sago in boiling water, and add it, by degrees, to the boiling stock, and simmer till the sago is entirely dissolved, and forms a sort of jelly.

Time.—Nearly an hour. *Average cost*, 10d. per quart.

Sufficient for 8 persons.

Seasonable all the year.

Note.—The yolks of 2 eggs, beaten up with a little cream, previously boiled, and added at the moment of serving, much improves this soup.

[Illustration: SAGO PALM.]

151. 配料--6 oz.米，4个蛋黄，1/2 pint奶油，略多于2 quarts的105号高汤。

做法。--把米在高汤中煮熟，将一半通过细筛擦滤；把高汤放入炖锅，加入全部米，轻轻煨5分钟。把蛋黄打匀，与(事先煮过的)奶油混合，通过毛筛过滤；把汤从火上取下，加入蛋黄和奶油，不断搅拌。一边搅拌一边逐渐加热；但不要让它煮沸，否则蛋黄会凝结。

时间。--2小时。平均成本，每quart 1s.4d.。

时令全年皆宜。

足量供8人食用。

西米汤。

152. 配料--5 oz.西米，2 quarts 高汤第105号。做法--用沸水将西米洗净，逐渐加入煮沸的高汤中，用文火慢煮，直至西米完全溶解，形成一种果冻状。

时间--近一小时。平均成本，每 quart 10d.。足够8人食用。

时令全年皆宜。

注--将2个蛋的蛋黄与少许奶油打匀，预先煮沸，在供餐时加入，能大大改善这道汤。

[插图：西谷椰子]

SAGO.—The farinaceous food of this name constitutes the pith of the SAGO tree (the *Sagus farinifera* of Linnaeus), which grows spontaneously in the East Indies and in the archipelago of the Indian Ocean. There it forms the principal farinaceous diet of the inhabitants. In order to procure it, the tree is felled and sawn in pieces. The pith is then taken out, and put in receptacles of cold water, where it is stirred until the flour separates from the filaments, and sinks to the bottom, where it is suffered to remain until the water is poured off, when it is taken out and spread on wicker frames to dry. To give it the round granular form in which we find it come to this country, it is passed through a colander, then rubbed into little balls, and dried. The tree is not fit for felling until it has attained a growth of seven years, when a single trunk will yield 600 lbs. weight; and, as an acre of ground will grow 430 of these trees, a large return of flour is the result. The best quality has a slightly reddish hue, and easily dissolves to a jelly, in hot water. As a restorative diet, it is much used.

西米。--这种以“西米”为名的淀粉质食物，是西米树(林奈所称的*Sagus farinifera*)的髓心，这种树天然生长于东印度群岛和印度洋群岛。在那里，它是居民主要的淀粉质食物。为了获取西米，人们将树砍倒并锯成小块。然后取出髓心，放入盛有冷水的容器中，搅拌至淀粉从纤维中分离并沉到底部，让其静置，待水倒掉后取出，铺在柳条框上晾干。为了使其成为我们在这个国家所见到的圆形颗粒状，要将其通过滤器，然后搓成小球并干燥。这种树要生长七年才适合砍伐，届时单株树干可产600磅；而一英亩土地可种植430棵这样的树，因此淀粉产量很大。品质最好的略带淡红色，在热水中容易溶解成糊状。作为滋补食物，它被广泛使用。

SEMOLINA SOUP.

153. INGREDIENTS.—5 oz. of semolina, 2 quarts of boiling stock, No. 105, or 106.

Mode.—Drop the semolina into the boiling stock, and keep stirring, to prevent its burning. Simmer gently for half an hour, and serve.

Time.—1/2 an hour. *Average cost*, 10d. per quart, or 4d.

Seasonable all the year.

Sufficient for 8 persons.

粗粒小麦粉汤。

153. 配料--5 oz.粗粒小麦粉，2 quarts 煮沸的高汤，第105号或第106号。

做法--将粗粒小麦粉撒入煮沸的高汤中，不断搅拌，以防烧焦。用文火慢煮半小时，即可供餐。

时间--1/2小时。平均成本，每 quart 10d.，或4d.。当令全年皆宜。

足量供8人食用。

SEMOLINA.—This is the heart of the *grano duro* wheat of Italy, which is imported for the purpose of making the best vermicelli. It has a coarse appearance, and may be purchased at the Italian warehouses. It is also called *soojee;* and *semoletta* is another name for a finer sort.

粗粒小麦粉--这是意大利硬粒小麦的胚心，进口用于制作上等细面条。它外观粗糙，可在意大利食品仓库购买。它也被称为*soojee*;而*semoletta*是更细一类的另一个名称。

SOUP A LA SOLFERINO (Sardinian Recipe).

索尔费里诺汤(撒丁岛食谱)。

154. INGREDIENTS.—4 eggs, 1/2 pint of cream, 2 oz. of fresh butter, salt and pepper to taste, a little flour to thicken, 2 quarts of bouillon, No. 105.

154. 配料--4个鸡蛋，1/2 pint 奶油，2 oz.新鲜黄油，盐和胡椒适量，少许面粉用于增稠，2 quarts 牛肉清汤，第105号。

Mode.—Beat the eggs, put them into a stewpan, and add the cream, butter, and seasoning; stir in as much flour as will bring it to the consistency of dough; make it into balls, either round or egg-shaped, and fry them in butter; put them in the tureen, and pour the boiling bouillon over them.

做法--将鸡蛋打散，放入炖锅中，加入奶油、黄油和调味；拌入足量面粉使其达到面团的稠度；做成圆形或蛋形的丸子，用黄油煎炸；放入汤碗中，将煮沸的牛肉清汤浇在上面。

Time.—1 hour. *Average cost*, 1s. 3d. per quart.

时间。--1小时。平均成本，每quart 1s.3d.。

Seasonable all the year.

时令全年皆宜。

Sufficient for 8 persons.

足量供8人食用。

Note.—This recipe was communicated to the Editress by an English gentleman, who was present at the battle of Solferino, on June 24, 1859, and who was requested by some of Victor Emmanuel's troops, on the day before the battle, to partake of a portion of their *potage*. He willingly enough consented, and found that these clever campaigners had made a most palatable dish from very easily-procured materials. In sending the recipe for insertion in this work, he has, however, Anglicised, and somewhat, he thinks, improved it.

注。--这份食谱是由一位英国绅士告知女主编的，他于1859年6月24日亲历索尔费里诺战役，并在战前一日应维克托·伊曼纽尔部分士兵之邀，品尝了他们的一份浓汤。他欣然应允，发现这些聪明的军人用极易获取的材料做出了一道极为可口的菜肴。不过，他在将这份食谱寄来以供收入本书时，已将其英国化，并且自认为还略有改进。

SPINACH SOUP (French Recipe).

155. INGREDIENTS.—As much spinach as, when boiled, will half fill a vegetable-dish, 2 quarts of very clear medium stock, No. 105.

Mode.—Make the cooked spinach into balls the size of an egg, and slip them into the soup-tureen. This is a very elegant soup, the green of the spinach forming a pretty contrast to the brown gravy.

Time.—1 hour. *Average cost,*1s. per quart.

Seasonable from October to June.

[Illustration: SPINACH.]

SPINACH.—This plant was unknown by the ancients, although it was cultivated in the monastic gardens of the continent in the middle of the 14th century. Some say, that it was originally brought from Spain; but there is a wild species growing in England, and cultivated in Lincolnshire, in preference to the other. There are three varieties in use; the round-leaved, the triangular-leaved, and Flanders spinach, known by its large leaves. They all form a useful ingredient in soup; but the leaves are sometimes boiled alone, mashed, and eaten as greens.

TAPIOCA SOUP.

156. INGREDIENTS.—5 oz. of tapioca, 2 quarts of stock No. 105 or 106.

Mode.—Put the tapioca into cold stock, and bring it gradually to a boil. Simmer gently till tender, and serve.

Time.—Rather more than 1 hour. Average cost. 1s. or 6d. per quart.

菠菜汤(法式食谱)。

155. 配料--煮后能装满半个蔬菜盘的菠菜，2 quarts 非常清澈的中等高汤，第105号。

做法--将煮熟的菠菜做成鸡蛋大小的丸子，滑入汤碗中。这是一道非常精致的汤，菠菜的绿色与棕色肉汁形成美丽的对比。

时间。--1小时。平均成本，每quart 1先令。

时令十月至六月。

[插图：菠菜。]

菠菜。--这种植物不为古代人所知，尽管在14世纪中叶，它已在欧洲大陆的修道院菜园中栽培。有人说它最初来自西班牙；但英国有一种野生品种，并在林肯郡优先于其他品种被栽培。使用中有三个品种：圆叶菠菜、三角叶菠菜和以叶片宽大著称的佛兰德菠菜。它们都是汤中的有用配料；但叶子有时也单独煮熟、捣碎，作为青菜食用。

木薯汤。

156. 配料--5 oz.木薯粉，2 quarts 高汤，编号 105 或 106。

做法--将木薯粉放入冷高汤中，逐渐煮沸。用文火慢煮至软烂，即可供餐。

时间。--一小时稍多一点。平均成本。每夸脱1先令或6便士。

Seasonable all the year.

Sufficient for 8 persons.

TAPIOCA.—This excellent farinaceous food is the produce of the pith of the cassava-tree, and is made in the East Indies, and also in Brazil. It is, by washing, procured as a starch from the tree, then dried, either in the sun or on plates of hot iron, and afterwards broken into grains, in which form it is imported into this country. Its nutritive properties are large, and as a food for persons of delicate digestion, or for children, it is in great estimation. "No amylaceous substance," says Dr. Christison, "is so much relished by infants about the time of weaning; and in them it is less apt to become sour during digestion than any other farinaceous food, even arrowroot not excepted."

TURNIP SOUP.

157. INGREDIENTS.—3 oz. of butter, 9 good-sized turnips, 4 onions, 2 quarts of stock No. 106, seasoning to taste.

Mode.—Melt the butter in the stewpan, but do not let it boil; wash, drain, and slice the turnips and onions very thin; put them in the butter, with a teacupful of stock, and stew very gently for an hour. Then add the remainder of the stock, and simmer another hour. Rub it through a tammy, put it back into the stewpan, but do not let it boil. Serve very hot.

Time.—2-1/2 hours. *Average cost*, 8d. per quart.

Seasonable from October to March.

Sufficient for 8 persons.

时令全年皆宜。

足量供8人食用。

木薯粉。--这种优良的淀粉质食物是木薯树髓心的产物，产于东印度群岛，也产于巴西。通过洗涤，从树中提取出淀粉，然后在阳光下或热铁板上干燥，之后破碎成颗粒，以这种形式进口到我国。它的营养价值很高，作为消化功能弱的人或儿童的食物，备受推崇。克里斯蒂森博士说：“在断奶前后的婴儿中，没有一种淀粉质物质像它这样受欢迎；而且在他们的消化过程中，它比其他任何淀粉质食物(甚至竹芋粉也不例外)都更不容易变酸。”

芜菁汤。

157. 配料--3 oz.黄油，9个中等大小的芜菁，4个洋葱，2 quarts 高汤第106号，调味适量。

做法--在炖锅中融化黄油，但不要让其沸腾；将芜菁和洋葱洗净、沥干、切成薄片；放入黄油中，加一茶杯高汤，用文火慢炖一小时。然后加入剩余的高汤，再慢煮一小时。用滤筛擦滤，放回炖锅中，但不要让其沸腾。趁热供餐。

时间。- 2-1/2小时。平均成本，每quart 8d。

时令十月至三月。

足量供8人食用。

Note.—By adding a little cream, this soup will be much improved.

[Illustration: TURNIP.]

THE TURNIP.—Although turnips grow wild in England, they are not the original of the cultivated vegetable made use of in this country. In ancient times they were grown for cattle by the Romans, and in Germany and the Low Countries they have from time immemorial been raised for the same purpose. In their cultivated state, they are generally supposed to have been introduced to England from Hanover, in the time of George I.; but this has been doubted, as George II. caused a description of the Norfolk system to be sent to his Hanoverian subjects, for their enlightenment in the art of turnip culture. As a culinary vegetable, it is excellent, whether eaten alone, mashed, or mixed with soups und stews. Its nutritious matter, however, is small, being only 42 parts in 1,000.

VEGETABLE-MARROW SOUP.

158. INGREDIENTS.—4 young vegetable marrows, or more, if very small, 1/2 pint of cream, salt and white pepper to taste, 2 quarts of white stock, No. 107.

Mode.—Pare and slice the marrows, and put them in the stock boiling. When done almost to a mash, press them through a sieve, and at the moment of serving, add the boiling cream and seasoning.

Time.—1 hour. *Average cost,* 1s. 2d. per quart.

Seasonable in summer.

注。- 加入少许奶油，这道汤的味道会大有改善。

[插图：芜菁。]

芜菁。--虽然芜菁在英格兰野生生长，但它们并非本国所食用的栽培品种的原始来源。古时罗马人种植芜菁以饲牲畜，在德意志和低地国家，人们自古以来也出于同样目的种植芜菁。一般认为，栽培状态的芜菁是在乔治一世时期从汉诺威传入英格兰的；但此说有人存疑，因为乔治二世曾命人将诺福克种植法的说明寄给他的汉诺威臣民，以启发他们的芜菁栽培之术。作为烹饪用蔬菜，无论单独食用、捣成泥，还是与汤和炖菜同煮，它都极为出色。然而其营养成分甚少，每1,000份中仅含42份。

蔬菜西葫芦汤。

158. 配料--4个嫩西葫芦，若很小则可多些，1/2 pint 奶油，盐和白胡椒适量，2 quarts 白色高汤，第107号。

做法--将西葫芦削皮切片，放入煮沸的高汤中。煮至几乎成糊状时，用筛子压滤，在供餐时加入煮沸的奶油和调味。

时间。- 1小时。平均成本，每quart 1s.2d.。

时令夏季。

Sufficient for 8 persons.

[Illustration: VEGETABLE MARROW.]

THE VEGETABLE MARROW.—This is a variety of the gourd family, brought from Persia by an East-India ship, and only recently introduced to Britain. It is already cultivated to a considerable extent, and, by many, is highly esteemed when fried with butter. It is, however, dressed in different ways, either by stewing or boiling, and, besides, made into pies.

VEGETABLE SOUP.

I.

159. INGREDIENTS.—7 oz. of carrot, 10 oz. of parsnip, 10 oz. of potato, cut into thin slices; 1-1/4 oz. of butter, 5 teaspoonfuls of flour, a teaspoonful of made mustard, salt and pepper to taste, the yolks of 2 eggs, rather more than 2 quarts of water.

Mode.—Boil the vegetables in the water 2-1/2 hours; stir them often, and if the water boils away too quickly, add more, as there should be 2 quarts of soup when done. Mix up in a basin the butter and flour, mustard, salt, and pepper, with a teacupful of cold water; stir in the soup, and boil 10 minutes. Have ready the yolks of the eggs in the tureen; pour on, stir well, and serve.

Time.—3 hours. *Average cost*, 4d. per quart.

Seasonable in winter.

Sufficient for 8 persons.

II.

足量供8人食用。

[插图：蔬菜西葫芦]

蔬菜瓠瓜--这是葫芦科的一个变种，由一艘东印度公司的船从波斯带来，直到最近才引入英国。它已被相当广泛地栽培，许多人非常推崇用黄油煎制的做法。不过，它也有不同的做法，可以炖或煮，此外还可以做成馅饼。

蔬菜汤。

一。

159. 配料--7 oz.胡萝卜，10 oz.欧洲萝卜，10 oz.土豆，切成薄片；1-1/4 oz.黄油，5 茶匙面粉，1 茶匙调制芥末，盐和胡椒适量，2 个蛋黄，略多于 2 quarts 的水。

做法--将蔬菜放入水中煮 2-1/2 小时；经常搅拌，如果水蒸发得太快，再加一些，因为做好时应有 2 quarts 的汤。在盆中将黄油和面粉、芥末、盐、胡椒与一茶杯冷水调匀；搅入汤中，煮 10 分钟。将蛋黄备好放在汤碗中；将汤倒入，搅拌均匀，即可上桌。

时间--3小时。平均成本，每quart 4便士。

时令冬季。

足量供8人食用。

二。

160. INGREDIENTS.—Equal quantities of onions, carrots, turnips; 1/4 lb. of butter, a crust of toasted bread, 1 head of celery, a faggot of herbs, salt and pepper to taste, 1 teaspoonful of powdered sugar, 2 quarts of common stock or boiling water. Allow 3/4 lb. of vegetables to 2 quarts of stock, No. 105.

Mode.—Cut up the onions, carrots, and turnips; wash and drain them well, and put them in the stewpan with the butter and powdered sugar. Toss the whole over a sharp fire for 10 minutes, but do not let them brown, or you will spoil the flavour of the soup. When done, pour the stock or boiling water on them; add the bread, celery, herbs, and seasoning; stew for 3 hours; skim well and strain it off. When ready to serve, add a little sliced carrot, celery, and turnip, and flavour with a spoonful of Harvey's sauce, or a little ketchup.

Time.—3-1/2 hours. *Average cost*,6d. per quart.

Seasonable all the year. *Sufficient* for 8 persons.

III.

(*Good and Cheap, made without Meat*.)

161. INGREDIENTS.—6 potatoes, 4 turnips, or 2 if very large; 2 carrots, 2 onions; if obtainable, 2 mushrooms; 1 head of celery, 1 large slice of bread, 1 small saltspoonful of salt, 1/4 saltspoonful of ground black pepper, 2 teaspoonfuls of Harvey's sauce, 6 quarts of water.

Mode.—Peel the vegetables, and cut them up into small pieces; toast the bread rather brown, and put all into a stewpan with the water and seasoning. Simmer gently for 3 hours, or until all is

160. 配料--等量的洋葱、胡萝卜、芜菁；

1/4 lb.黄油，一片烤面包皮，1 头芹菜，一束香草，盐和胡椒适量，1 茶匙糖粉，2 quarts 普通高汤或沸水。每 2 quarts 高汤配 3/4 lb.蔬菜，见第 105 号。

Mode。--将洋葱、胡萝卜和芜菁切碎；洗净沥干，与黄油和糖粉一同放入炖锅。在旺火上翻炒10分钟，但不要让其变成褐色，否则会破坏汤的风味。炒好后，将原汤或沸水倒入其中；加入面包、芹菜、香草和调味。炖3小时；撇去浮沫并过滤。上桌时，加入少许切片的胡萝卜、芹菜和芜菁，并用一勺哈维酱或少许番茄酱调味。

时间。--3-1/2小时。平均成本，每quart 6d.。

时令全年皆宜。足量供8人食用。

三
。

(好又便宜，不用肉做。)

161. 配料--6 个土豆，4 个芜菁，若很大则用 2 个；2 根胡萝卜，2 个洋葱；若能买到，2 个蘑菇；1 头芹菜，1 大片面包，1 小盐匙盐，1/4 盐匙黑胡椒粉，2 茶匙哈维酱，6 quarts 水。

做法--将蔬菜去皮，切成小块；将面包烤至相当焦黄，与水和调味一起放入炖锅中。文火慢炖 3 小时，或直至全部

reduced to a pulp, and pass it through a sieve in the same way as pea-soup, which it should resemble in consistence; but it should be a dark brown colour. Warm it up again when required; put in the Harvey's sauce, and, if necessary, add to the flavouring.

Time.—3 hours, or rather more. *Average cost*,1d. per quart.

Seasonable at any time. *Sufficient* for 16 persons.

Note.—This recipe was forwarded to the Editress by a lady in the county of Durham, by whom it was strongly recommended.

VERMICELLI SOUP.

I.

162. INGREDIENTS.—1-1/2 lb. of bacon, stuck with cloves; 1/2 oz. of butter, worked up in flour; 1 small fowl, trussed for boiling; 2 oz. of vermicelli, 2 quarts of white stock, No. 107.

Mode.—Put the stock, bacon, butter, and fowl into the stewpan, and stew for 3/4 of an hour. Take the vermicelli, add it to a little of the stock, and set it on the fire, till it is quite tender. When the soup is ready, take out the fowl and bacon, and put the bacon on a dish. Skim the soup as clean as possible; pour it, with the vermicelli, over the fowl. Cut some bread thin, put in the soup, and serve.

Time.—2 hours. *Average cost*, exclusive of the fowl and bacon, 10d. per quart.

Seasonable in winter.

Sufficient for 4 persons.

化为糊状，像豌豆汤一样用筛子过滤，其浓稠度应与之相似；但颜色应为深棕色。需要时重新加热；加入哈维酱，如有必要，再增添调味。

时间--3 小时，或稍多。平均费用，每 quart 1d.。

时令任何时候皆宜。足量供16人食用。

注--此食谱由达勒姆郡的一位女士寄给编辑，她极力推荐。

细面汤。

162. 配料--1-1/2 lb.培根，插上丁香；1/2 oz.黄油，与面粉揉合；1 只小禽，整理好以备煮；2 oz.细面条，2 quarts 白色高汤，见第 107 号。

做法--将高汤、培根、黄油和禽放入炖锅，炖 3/4 小时。取细面条，加入少量高汤，置于火上，直至完全软烂。汤做好后，取出禽和培根，将培根放在盘中。将汤撇得尽可能清；连同细面条一起浇在禽上。将面包切薄片，放入汤中，即可上桌。

时间--2 小时。平均费用，不含禽和培根，每 quart 10d.。

时令冬季。

足量供4人食用。

[Illustration: VERMICELLI.]

VERMICELLI.—This is a preparation of Italian origin, and is made in the same way as macaroni, only the yolks of eggs, sugar, saffron, and cheese, are added to the paste.

II.

163. INGREDIENTS.—1/4 lb. of vermicelli, 2 quarts of clear gravy stock, No. 169.

Mode.—Put the vermicelli in the soup, boiling; simmer very gently for 1/2 an hour, and stir frequently.

Time—1/2 an hour. *Average cost*, 1s. 3d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

WHITE SOUP.

164. INGREDIENTS.—1/4 lb. of sweet almonds, 1/4 lb. of cold veal or poultry, a thick slice of stale bread, a piece of fresh lemon-peel, 1 blade of mace, pounded, 3/4 pint of cream, the yolks of 2 hard-boiled eggs, 2 quarts of white stock, No. 107.

Mode.—Reduce the almonds in a mortar to a paste, with a spoonful of water, and add to them the meat, which should be previously pounded with the bread. Beat all together, and add the lemon-peel, very finely chopped, and the mace. Pour the boiling stock on the whole, and simmer for an hour. Rub the eggs in the cream, put in the soup, bring it to a boil, and serve immediately.

[插图：粉丝]

细面条--这是一种源自意大利的制品，制作方法与通心粉相同，只是在面团中加入了蛋黄、糖、藏红花和奶酪。

二

163. 配料--1/4 lb.细面条，2 quarts 清肉汁高汤，见第 169 号。

做法--将细面条放入沸腾的汤中；非常轻柔地慢炖 1/2 小时，并经常搅拌。

时间--1/2 小时。平均费用，每 quart 1s.3d.。时令全年皆宜。

足量供8人食用。

白汤。

164. 配料--1/4 lb.甜杏仁，1/4 lb.冷小牛肉或禽肉，1 厚片陈面包，1 片新鲜柠檬皮，1 片肉豆蔻，捣碎，3/4 pint 奶油，2 个煮硬蛋的蛋黄，2 quarts 白色高汤，见第 107 号。

做法--在研钵中将杏仁与一勺水研磨成糊，加入事先与面包一起捣碎的肉。全部搅打均匀，加入切得极细的柠檬皮和肉豆蔻。将沸腾的高汤浇在上面，慢炖一小时。将蛋黄在奶油中调开，放入汤中，煮沸后立即上桌。

Time.—1-1/2 hour. *Average cost*, 1s. 6d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

Note.—A more economical white soup may be made by using common veal stock, and thickening with rice, flour, and milk. Vermicelli should be served with it.

Average cost, 5d. per quart.

USEFUL SOUP FOR BENEVOLENT PURPOSES.

165. INGREDIENTS.—An ox-cheek, any pieces of trimmings of beef, which may be bought very cheaply (say 4 lbs.), a few bones, any pot-liquor the larder may furnish, 1/4 peck of onions, 6 leeks, a large bunch of herbs, 1/2 lb. of celery (the outside pieces, or green tops, do very well); 1/2 lb. of carrots, 1/2 lb. of turnips, 1/2 lb. of coarse brown sugar, 1/2 a pint of beer, 4 lbs. of common rice, or pearl barley; 1/2 lb. of salt, 1 oz. of black pepper, a few raspings, 10 gallons of water.

Mode.—Cut up the meat in small pieces, break the bones, put them in a copper, with the 10 gallons of water, and stew for 1/2 an hour. Cut up the vegetables, put them in with the sugar and beer, and boil for 4 hours. Two hours before the soup is wanted, add the rice and raspings, and keep stirring till it is well mixed in the soup, which simmer gently. If the liquor reduces too much, fill up with water.

Time.—6-1/2 hours. *Average cost*, 1-1/2d. per quart.

Note.—The above recipe was used in the winter of 1858 by the

时间--1-1/2 小时。平均费用，每 quart 1s.6d.。时令全年皆宜。

足量供8人食用。

注--用普通小牛肉高汤，并以米、面粉和牛奶增稠，可制成更经济的白汤。应配细面条上桌。

平均成本，每夸脱5便士。

用于慈善目的的有用汤品。

165. 配料--一个牛颊，任何牛肉修整碎块，可非常便宜地买到(比如 4 lbs.)，几根骨头，食品储藏室中现有的任何锅汤，1/4 peck 洋葱，6 根韭葱，一大束香草，1/2 lb.芹菜(外层或绿色顶部即可);1/2 lb.胡萝卜，1/2 lb.芜菁，1/2 lb.粗红糖，1/2 pint 啤酒，4 lbs.普通米或珍珠大麦；1/2 lb.盐，1 oz.黑胡椒，少许面包屑，10 gallons 水。

做法--将肉切成小块，敲碎骨头，放入铜锅中，加入 10 gallons 水，炖 1/2 小时。将蔬菜切好，与糖和啤酒一起放入，煮 4 小时。在需要汤之前两小时，加入米和面包屑，不断搅拌直至在汤中充分混合，轻轻慢炖。如果汤汁收得太干，加水补足。

时间。- 6-1/2小时。平均成本，每quart 1-1/2d。

注。--上述食谱曾于1858年冬季由

Editress, who made, each week, in her copper, 8 or 9 gallons of this soup, for distribution amongst about a dozen families of the village near which she lives. The cost, as will be seen, was not great; but she has reason to believe that the soup was very much liked, and gave to the members of those families, a dish of warm, comforting food, in place of the cold meat and piece of bread which form, with too many cottagers, their usual meal, when, with a little more knowledge of the "cooking." art, they might have, for less expense, a warm dish, every day.

编辑女士每周在她的铜锅中制作8或9加仑的这种汤，分发给居住地附近村庄的大约十几户家庭。可以看出，成本并不高；但她有理由相信，这种汤非常受欢迎，为那些家庭的成员提供了一道温暖、慰藉的食物，取代了冷肉和一块面包--这是太多茅舍农的日常餐食，而只要多了解一点“烹饪”艺术，他们本可以花更少的钱，每天吃上一道热菜。

MEAT, POULTRY, AND GAME SOUPS.

肉类、家禽与野味汤

BRILLA SOUP.

BRILLA 汤。

166. INGREDIENTS.—4 lbs. of shin of beef, 3 carrots, 2 turnips, a large sprig of thyme, 2 onions, 1 head of celery, salt and pepper to taste, 4 quarts water.

166. 配料--4 lbs.牛小腿肉，3 根胡萝卜，2 个芜菁，一大枝百里香，2 个洋葱，1 头芹菜，盐和胡椒适量，4 quarts 水。

Mode.—Take the beef, cut off all the meat from the bone, in nice square pieces, and boil the bone for 4 hours. Strain the liquor, let it cool, and take off the fat; then put the pieces of meat in the cold liquor; cut small the carrots, turnips, and celery; chop the onions, add them with the thyme and seasoning, and simmer till the meat is tender. If not brown enough, colour it with browning.

做法--取牛肉，将肉从骨上全部切下，切成漂亮的方块，骨头煮 4 小时。将汤汁过滤，冷却，撇去油脂；然后将肉块放入冷汤汁中；将胡萝卜、芜菁和芹菜切小；洋葱切碎，与百里香和调味一起加入，慢炖至肉嫩。如果颜色不够深，用焦糖色着色。

Time.—6 hours. *Average cost*, 5d. per quart.

时间。- 6小时。平均成本，每quart 5d。

Seasonable all the year.

时令全年皆宜。

Sufficient for 10 persons.

足量供10人食用。

THYME.—This sweet herb was known to the Romans, who made use of it in culinary preparations, as well as in aromatic liqueurs.

百里香--这种芳香的香草为罗马人所知，他们将其用于烹饪制作以及芳香利口酒中。

There are two species of it growing wild in Britain, but the garden thyme is a native of the south of Europe, and is more delicate in its perfume than the others. Its young leaves give an agreeable flavour to soups and sauces; they are also used in stuffings.

英国有两种野生百里香，但花园百里香原产于南欧，其香气比其他品种更为细腻。其嫩叶为汤和酱汁增添宜人的风味；也用于馅料中。

CALF'S-HEAD SOUP.

牛头汤。

167. INGREDIENTS.—1/2 a calf's head, 1 onion stuck with cloves, a very small bunch of sweet herbs, 2 blades of mace, salt and white pepper to taste, 6 oz. of rice-flour, 3 tablespoonfuls of ketchup, 3 quarts of white stock, No. 107, or pot-liquor, or water.

167. 配料--1/2 个小牛头，1 个插上丁香的洋葱，一小束甜香草，2 片肉豆蔻，盐和白胡椒适量，6 oz.米粉，3 汤匙番茄酱，3 quarts 白色高汤，见第 107 号，或锅汤，或水。

Mode.—Rub the head with salt, soak it for 6 hours, and clean it thoroughly; put it in the stewpan, and cover it with the stock, or pot-liquor, or water, adding the onion and sweet herbs. When well skimmed and boiled for 1-1/2 hour, take out the head, and skim and strain the soup. Mix the rice-flour with the ketchup, thicken the soup with it, and simmer for 5 minutes. Now cut up the head into pieces about two inches long, and simmer them in the soup till the meat and fat are quite tender. Season with white pepper and mace finely pounded, and serve very hot. When the calf's head is taken out of the soup, cover it up, or it will discolour.

Mode。--用盐揉搓牛头，浸泡6小时，彻底清洗干净；放入炖锅，用原汤、肉汤或水覆盖，加入洋葱和香草。撇净浮沫煮1-1/2小时后，取出牛头，撇去汤上的浮沫并过滤。将米粉与番茄酱混合，用其勾芡汤汁，小火煮5分钟。现在将牛头切成约两英寸长的块，在汤中炖至肉和脂肪完全软嫩。用白胡椒和细研的肉豆蔻调味，趁热上桌。牛头从汤中取出后，要盖好，否则会变色。

Time.—2-1/2 hours. *Average cost*,1s. 9d. per quart, with stock No. 107.

时间--2-1/2 小时。平均费用，用第 107 号高汤，每 quart 1s.9d.。

Seasonable from May to October.

时令五月至十月。

Sufficient for 10 persons.

足量供10人食用。

Note.—Force-meat balls can be added, and the soup may be flavoured with a little lemon-juice, or a glass of sherry or Madeira. The bones from the head may be stewed down again, with a few

注--可加入肉丸，汤可用少许柠檬汁或一杯雪利酒或马德拉酒调味。牛头的骨头可再次炖煮，加少许

fresh vegetables, and it will make a very good common stock.

新鲜蔬菜，它能做成非常好的普通高汤。

GIBLET SOUP.

杂碎汤

168. INGREDIENTS.—3 sets of goose or duck giblets, 2 lbs. of shin of beef, a few bones, 1 ox-tail, 2 mutton-shanks, 2 large onions, 2 carrots, 1 large faggot of herbs, salt and pepper to taste, 1/4 pint of cream, 1 oz. of butter mixed with a dessert-spoonful of flour, 3 quarts of water.

168. 配料--3 副鹅或鸭内脏，2 lbs.牛小腿肉，几根骨头，1 条牛尾，2 个羊小腿，2 个大洋葱，2 根胡萝卜，一大束香草，盐和胡椒适量，1/4 pint 奶油，1 oz.黄油与一甜点匙面粉混合，3 quarts 水。

Mode.—Scald the giblets, cut the gizzards in 8 pieces, and put them in a stewpan with the beef, bones, ox-tail, mutton-shanks, onions, herbs, pepper, and salt; add the 3 quarts of water, and simmer till the giblets are tender, taking care to skim well. When the giblets are done, take them out, put them in your tureen, strain the soup through a sieve, add the cream and butter, mixed with a dessert-spoonful of flour, boil it up a few minutes, and pour it over the giblets. It can be flavoured with port wine and a little mushroom ketchup, instead of cream. Add salt to taste.

Mode。--将内脏烫洗，把胗切成8块，与牛肉、骨头、牛尾、羊胫骨、洋葱、香草、胡椒和盐一同放入炖锅；加入3夸脱水，小火炖至内脏软嫩，注意撇净浮沫。内脏煮好后取出，放入汤盅，将汤通过筛子过滤，加入奶油和黄油(与一甜点勺面粉混合)，煮沸几分钟，浇在内脏上。可以用波特酒和少许蘑菇番茄酱代替奶油调味。按口味加盐。

Time.—3 hours. *Average cost,*9d. per quart.

时间。--3小时。平均成本，每quart 9d。

Seasonable all the year.

时令全年皆宜。

Sufficient for 10 persons.

足量供10人食用。

GRAVY SOUP.

肉汁汤。

169. INGREDIENTS.—6 lbs. of shin of beef, a knuckle of veal weighing 5 lbs., a few pieces or trimmings, 2 slices of nicely-flavoured lean, ham; 1/4 lb. of butter, 2 onions, 2 carrots, 1 turnip, nearly a head of celery, 1 blade of mace, 6 cloves, a hunch

169. 配料。--6磅牛胫肉，一只重5磅的小牛膝，几块碎肉或边角料，2片味道鲜美的瘦火腿；1/4磅黄油，2个洋葱，2根胡萝卜，1个芜菁，将近一棵芹菜，1片肉豆蔻，6粒丁香，一把

of savoury herb with endive, seasoning of salt and pepper to taste, 3 lumps of sugar, 5 quarts of boiling soft water. It can be flavoured with ketchup, Leamington sauce (*see* SAUCES), Harvey's sauce, and a little soy.

带苦苣的香草，盐和胡椒调味，3块糖，5夸脱沸腾的软水。可用番茄酱、利明顿酱汁(见酱汁)、哈维酱汁和少许酱油调味。

Mode.—Slightly brown the meat and ham in the butter, but do not let them burn. When this is done, pour to it the water, and as the scum rises, take it off; when no more appears, add all the other ingredients, and let the soup simmer slowly by the fire for 6 hours without stirring it any more from the bottom; take it off, and let it settle; skim off all the fat you can, and pass it through a tammy. When perfectly cold, you can remove all the fat, and leave the sediment untouched, which serves very nicely for thick gravies, hashes, &c.

Mode。--用黄油将肉和火腿略微煎至褐色，但不要烧焦。完成后，倒入水，浮沫升起时撇去；不再有浮沫出现时，加入所有其他配料，让汤在火上慢慢炖6小时，不要再从底部搅动；取下，静置沉淀；尽量撇去所有脂肪，用细筛过滤。完全冷却后，可以去除所有脂肪，保留沉淀物不动，它非常适合用于浓稠的肉汁、烩菜等。

Time.—7 hours. *Average cost*, 1s. per quart.

时间。- 7小时。平均成本，每quart 1s。

Seasonable all the year.

时令全年皆宜。

Sufficient for 14 persons.

足量供14人食用。

ENDIVE.—This plant belongs to the acetarious tribe of vegetables, and is supposed to have originally come from China and Japan. It was known to the ancients; but was not introduced to England till about the middle of the 16th century. It is consumed in large quantities by the French, and in London,—in the neighbourhood of which it is grown in abundance;—it is greatly used as a winter salad, as well as in soups and stews.

苦苣。--这种植物属于可生食的蔬菜类，据信原产于中国和日本。古人已知晓它；但直到16世纪中叶左右才传入英格兰。法国人大量食用它，在伦敦--其周边地区大量种植--它被广泛用作冬季沙拉，也用于汤和炖菜中。

HARE SOUP.

兔肉汤。

I.

170. INGREDIENTS.—A hare fresh-killed, 1 lb. of lean gravy-beef, a slice of ham, 1 carrot, 2 onions, a faggot of savoury herbs, 1/4 oz. of whole black pepper, a little browned flour, 1/4 pint of port wine, the crumb of two French rolls, salt and cayenne to taste, 3 quarts of water.

Mode.—Skin and paunch the hare, saving the liver and as much blood as possible. Cut it in pieces, and put it in a stewpan with all the ingredients, and simmer gently for 8 hours. This soup should be made the day before it is wanted. Strain through a sieve, put the best parts of the hare in the soup, and serve.

OR,

II.

Proceed as above; but, instead of putting the joints of the hare in the soup, pick the meat from the bones, pound it in a mortar, and add it, with the crumb of two French rolls, to the soup. Rub all through a sieve; heat slowly, but do not let it boil. Send it to table immediately.

Time.-8 hours. *Average cost*, 1s. 9d. per quart.

Seasonable from September to February.

Sufficient for 10 persons.

[Illustration: HARE.]

THE COMMON HARE.—This little animal is found throughout Europe, and, indeed, in most of the northern parts of the world; and as it is destitute of natural weapons of defence, Providence has endowed it with an extraordinary amount of the passion of

170. 配料。--一只刚宰杀的野兔，1磅瘦牛肉，一片火腿，1根胡萝卜，2个洋葱，一捆香草，1/4盎司整粒黑胡椒，少许焦黄面粉，1/4品脱波特酒，两个法式小面包的芯，盐和辣椒粉调味，3夸脱水。

做法。--将野兔剥皮并取出内脏，保留肝脏和尽可能多的血。将其切块，与所有配料一起放入炖锅，文火慢炖8小时。此汤应在前一天做好。用筛子过滤，将野兔最好的部分放入汤中，即可上桌。

或者，

二。

按上述方法操作；但不要将野兔的关节放入汤中，而是将肉从骨头上剔下，在研钵中捣碎，与两个法式小面包的芯一起加入汤中。全部用筛子擦滤；慢慢加热，但不要让其沸腾。立即端上桌。

时间。- 8小时。平均成本，每quart 1s.9d.。

时令九月至二月。

足量供10人食用。

[插图：野兔。]

普通野兔。--这种小动物遍布欧洲，事实上，在世界大部分北方地区都有分布；由于它缺乏天然的防御武器，上天赋予了它非凡的

fear. As if to awaken the vigilance of this passion, too, He has furnished it with long and tubular ears, in order that it may catch the remotest sounds; and with full, prominent eyes, which enable it to see, at one and the same time, both before and behind it. The hare feeds in the evenings, and sleeps, in its form, during the day; and, as it generally lies on the ground, its feet, both below and above, are protected with a thick covering of hair. Its flesh, though esteemed by the Romans, was forbidden by the Druids and by the earlier Britons. It is now, though very dark and dry, and devoid of fat, much esteemed by Europeans, on account of the peculiarity of its flavour. In purchasing this animal, it ought to be remembered that both hares and rabbits, when old, have their claws rugged and blunt, their haunches thick, and their ears dry and tough. The ears of a young hare easily tear, and it has a narrow cleft in the lip; whilst its claws are both smooth and sharp.

恐惧。仿佛为了唤醒这种激情的警觉，造物主还赋予它长而呈管状的耳朵，以便它能捕捉到最遥远的声音；以及饱满突出的眼睛，使它能够同时看到身前和身后。野兔在傍晚觅食，白天则在它的窝中睡觉；由于它通常躺在地上，它的脚上下都覆盖着厚厚的毛发作为保护。它的肉虽然受到罗马人的珍视，却被德鲁伊人和早期不列颠人所禁食。如今，尽管其肉色很深、干燥且缺乏脂肪，欧洲人仍因其独特的风味而十分推崇。在购买这种动物时，应当记住，野兔和家兔年老时，爪子粗糙而钝，后腿粗厚，耳朵干燥而坚韧。幼兔的耳朵容易撕裂，嘴唇上有一道窄裂；而其爪子则既光滑又尖锐。

HESSIAN SOUP.

黑森汤

171. INGREDIENTS.—Half an ox's head, 1 pint of split peas, 3 carrots, 6 turnips, 6 potatoes, 6 onions, 1 head of celery, 1 bunch of savoury herbs, pepper and salt to taste, 2 blades of mace, a little allspice, 4 cloves, the crumb of a French roll, 6 quarts of water.

171. 配料。--半个牛头，1品脱劈开的豌豆，3根胡萝卜，6个芜菁，6个土豆，6个洋葱，1棵芹菜，1捆香草，胡椒和盐调味，2片肉豆蔻，少许多香果，4粒丁香，一个法式小面包的芯，6夸脱水。

Mode.—Clean the head, rub it with salt and water, and soak it for 5 hours in warm water. Simmer it in the water till tender, put it into a pan and let it cool; skim off all the fat; take out the head, and add the vegetables cut up small, and the peas which have been previously soaked; simmer them without the meat, till they are done enough to pulp through a sieve. Add the seasoning, with

做法。--将牛头清洗干净，用盐和水揉搓，在温水中浸泡5小时。在水中文火炖至软烂，放入锅中冷却；撇去所有脂肪；取出牛头，加入切碎的蔬菜和事先浸泡过的豌豆；不加肉，文火炖至足够烂，能通过筛子擦成泥。加入调味料，以及

pieces of the meat cut up; give one boil, and serve.

Time.—4 hours. *Average cost*, 6d. per quart.

Seasonable in winter.

Sufficient for 16 persons.

Note.—An excellent hash or *ragoût* can be made by cutting up the nicest parts of the head, thickening and seasoning more highly a little of the soup, and adding a glass of port wine and 2 tablespoonfuls of ketchup.

MOCK TURTLE.

I.

172. INGREDIENTS.—1/2 a calf's head, 1/4 lb. of butter, 1/4 lb. of lean ham, 2 tablespoonfuls of minced parsley, a little minced lemon thyme, sweet marjoram, basil, 2 onions, a few chopped mushrooms (when obtainable), 2 shallots, 2 tablespoonfuls of flour, 1/4 bottle of Madeira or sherry, force-meat balls, cayenne, salt and mace to taste, the juice of 1 lemon and 1 Seville orange, 1 dessert-spoonful of pounded sugar, 3 quarts of best stock, No. 104.

Mode.—Scald the head with the skin on, remove the brain, tie the head up in a cloth, and let it boil for 1 hour. Then take the meat from the bones, cut it into small square pieces, and throw them into cold water. Now take the meat, put it into a stewpan, and cover with stock; let it boil gently for an hour, or rather more, if not quite tender, and set it on one side. Melt the butter in another stewpan, and add the ham, cut small, with the herbs, parsley, onions, shallots, mushrooms, and nearly a pint of stock; let these

切碎的肉块；煮沸一次，即可上桌。时间。--4小时。平均成本，每夸脱6便士。时令冬季。

足量供16人食用。

注。--将牛头最好的部分切碎，取少量汤加浓并加重调味，加入一杯波特酒和2汤匙番茄酱，可做成极佳的肉丁或炖菜。

仿制甲鱼

172. 配料。--半个小牛头，1/4磅黄油，1/4磅瘦火腿，2汤匙切碎的欧芹，少许切碎的柠檬百里香、甜马郁兰、罗勒，2个洋葱，少许切碎的蘑菇(如能获得),2个葱头，2汤匙面粉，1/4瓶马德拉酒或雪利酒，肉丸，辣椒粉、盐和肉豆蔻调味，1个柠檬和1个塞维利亚橙子的汁，1甜点匙砂糖，3夸脱上等高汤，第104号。

做法。--将带头皮的羊头烫洗，取出脑髓，用布将头包好扎紧，煮1小时。然后将肉从骨上剔下，切成小方块，投入冷水中。现在取肉放入炖锅中，加高汤没过，用文火煮1小时，若不够软烂则稍多煮一些时间，然后置于一旁。在另一炖锅中融化黄油，加入切小的火腿，以及香草、欧芹、洋葱、小葱头、蘑菇和近一品脱高汤；将这些

simmer slowly for 2 hours, and then dredge in as much flour as will dry up the butter. Fill up with the remainder of the stock, add the wine, let it stew gently for 10 minutes, rub it through a tammy, and put it to the calf's head; season with cayenne, and, if required, a little salt; add the juice of the orange and lemon; and when liked, 1/4 teaspoonful of pounded mace, and the sugar. Put in the force-meat balls, simmer 5 minutes, and serve very hot.

文火慢炖2小时，然后撒入足够吸收黄油的面粉。用剩余的高汤补足，加入酒，文火炖10分钟，用细筛擦滤，放入小牛头中；用辣椒粉调味，如有需要加少许盐；加入橙汁和柠檬汁；如喜欢，加入1/4茶匙肉豆蔻粉和糖。放入肉丸，文火炖5分钟，趁热上桌。

Time.—4-1/2 hours. *Average cost*, 3s. 6d. per quart, or 2s. 6d. without wine or force-meat balls.

时间。--4-1/2小时。平均费用，每quart 3s.6d.，不含酒或肉丸则为2s.6d.。

Seasonable in winter.

时令冬季。

Sufficient for 10 persons.

足量供10人食用。

Note.—The bones of the head should be well stewed in the liquor it was first boiled in, and will make good white stock, flavoured with vegetables, etc.

注。--牛头的骨头应在最初煮它的汤汁中充分炖煮，可制成加蔬菜等调味的优质白色高汤。

II.

二
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(*More Economical*.)

(更经济。)

173. INGREDIENTS.—A knuckle of veal weighing 5 or 6 lbs., 2 cow-heels, 2 large onions stuck with cloves, 1 bunch of sweet herbs, 3 blades of mace, salt to taste, 12 peppercorns, 1 glass of sherry, 24 force-meat balls, a little lemon-juice, 4 quarts of water.

173. 配料。--一只重5或6磅的小牛膝，2个牛蹄，2个插了丁香的大洋葱，1捆甜香草，3片肉豆蔻，盐调味，12粒胡椒，1杯雪利酒，24个肉丸，少许柠檬汁，4夸脱水。

Mode.—Put all the ingredients, except the force-meat balls and lemon-juice, in an earthen jar, and stew for 6 hours. Do not open it till cold. When wanted for use, skim off all the fat, and strain carefully; place it on the fire, cut up the meat into inch-and-a-half squares, put it, with the force-meat balls and lemon-juice, into the

做法。--将所有配料(肉丸和柠檬汁除外)放入陶罐中，炖6小时。冷却前不要打开。使用时，撇去所有脂肪，仔细过滤；放在火上，将肉切成一英寸半的方块，与肉丸和柠檬汁一起放入

soup, and serve. It can be flavoured with a tablespoonful of anchovy, or Harvey's sauce.

汤中，即可上桌。可用一汤匙鳀鱼酱或哈维酱汁调味。

Time.—6 hours. *Average cost*,1s. 4d. per quart.

时间。- 6小时。平均成本，每quart 1s.4d.。

Seasonable in winter.

时令冬季。

Sufficient for 10 persons.

足量供10人食用。

THE CALF—The flesh of this animal is called veal, and when young, that is, under two months old, yields a large quantity of soluble extract, and is, therefore, much employed for soups and broths. The Essex farmers have obtained a celebrity for fattening calves better than any others in England, where they are plentifully supplied with milk, a thing impossible to be done in the immediate neighbourhood of London.

小牛--这种动物的肉称为小牛肉，幼小时，即不足两个月大时，能产生大量可溶性提取物，因此常用于制作汤和肉汤。埃塞克斯郡的农场主因饲养小牛比英格兰任何其他地方都更好而闻名，那里牛奶供应充足，这在伦敦附近是不可能做到的。

MARJORAM.—There are several species of this plant; but that which is preferred for cookery is a native of Portugal, and is called sweet or knotted marjoram. When its leaves are dried, they have an agreeable aromatic flavour; and hence are used for soups, stuffings, &c.

马郁兰。--这种植物有几个品种；但烹饪中首选的是原产于葡萄牙的品种，称为甜马郁兰或节状马郁兰。其叶子干燥后具有宜人的芳香风味；因此用于汤、馅料等。

BASIL.—This is a native of the East Indies, and is highly aromatic, having a perfume greatly resembling that of cloves. It is not much employed in English cookery, but is a favourite with French cooks, by whom its leaves are used in soups and salads.

罗勒。--原产于东印度群岛，香气浓郁，其香味与丁香极为相似。它在英国烹饪中不常用，但深受法国厨师喜爱，他们将其叶子用于汤和沙拉中。

MULLAGATAWNY SOUP.

咖喱肉汤。

174. INGREDIENTS.—2 tablespoonfuls of curry powder, 6 onions, 1 clove of garlic, 1 oz. of pounded almonds, a little lemon-pickle, or mango-juice, to taste; 1 fowl or rabbit, 4 slices of lean bacon; 2

174. 配料--2汤匙咖喱粉，6个洋葱，

1瓣大蒜，1盎司杏仁粉，少许柠檬泡菜或芒果酱调味；1只鸡或兔，4片瘦培根；2

quarts of medium stock, or, if wanted very good, best stock.

Mode.-=Slice and fry the onions of a nice colour; line the stewpan with the bacon; cut up the rabbit or fowl into small joints, and slightly brown them; put in the fried onions, the garlic, and stock, and simmer gently till the meat is tender; skim very carefully, and when the meat is done, rub the curry powder to a smooth batter; add it to the soup with the almonds, which must be first pounded with a little of the stock. Put in seasoning and lemon-pickle or mango-juice to taste, and serve boiled rice with it.

Time.—2 hours. *Average cost*, 1s. 6d. per quart, with stock No. 105.

Seasonable in winter.

Sufficient for 8 persons.

Note.—This soup can also be made with breast of veal, or calf's head. Vegetable Mullagatawny is made with veal stock, by boiling and pulping chopped vegetable marrow, cucumbers, onions, and tomatoes, and seasoning with curry powder and cayenne. Nice pieces of meat, good curry powder, and strong stock, are necessary to make this soup good.

[Illustration: CORIANDER.]

CORIANDER.—This plant, which largely enters into the composition of curry powder with turmeric, originally comes from the East; but it has long been cultivated in England, especially in Essex, where it is reared for the use of confectioners and druggists. In private gardens, it is cultivated for the sake of its tender leaves, which are highly aromatic, and are employed in soups and salads. Its seeds are used in large quantities for the purposes of distillation.

夸脱中等高汤，或者，如果想要非常好的，上等高汤。

做法。--将洋葱切片煎至漂亮的色泽；用培根铺在炖锅底部；将兔肉或鸡肉切成小块，略煎至微黄；放入煎好的洋葱、大蒜和高汤，用文火慢炖至肉软烂；仔细撇去浮沫，肉熟后，将咖喱粉调成光滑的糊状；加入汤中，同时加入杏仁，杏仁须先用少量高汤捣碎。加入调味和柠檬泡菜或芒果汁调味，配白米饭上桌。

时间。--2小时。平均成本，使用第105号高汤，每夸脱1先令6便士。

时令冬季。

足量供8人食用。

注。--此汤也可用小牛胸肉或小牛头制作。蔬菜马勒加塔尼汤用小牛肉高汤制作，将切碎的西葫芦、黄瓜、洋葱和番茄煮沸并擦成泥，用咖喱粉和辣椒粉调味。要做出好汤，需要上好的肉块、优质咖喱粉和浓郁的高汤。

[插图：芫荽。]

芫荽。--这种植物与姜黄一起大量用于咖喱粉的配制，原产于东方；但长期以来在英格兰种植，尤其是在埃塞克斯郡，那里为糖果商和药剂师种植。在私人花园中，种植它是为了其嫩叶，嫩叶香气浓郁，用于汤和沙拉。其种子大量用于蒸馏。

A GOOD MUTTON SOUP.

175. INGREDIENTS.—A neck of mutton about 5 or 6 lbs., 3 carrots, 3 turnips, 2 onions, a large bunch of sweet herbs, including parsley; salt and pepper to taste; a little sherry, if liked; 3 quarts of water.

Mode.—Lay the ingredients in a covered pan before the fire, and let them remain there the whole day, stirring occasionally. The next day put the whole into a stewpan, and place it on a brisk fire. When it commences to boil, take the pan off the fire, and put it on one side to simmer until the meat is done. When ready for use, take out the meat, dish it up with carrots and turnips, and send it to table; strain the soup, let it cool, skim off all the fat, season and thicken it with a tablespoonful, or rather more, of arrowroot; flavour with a little sherry, simmer for 5 minutes, and serve.

Time.—15 hours. *Average cost*, including the meat, 1s. 3d. per quart.

Seasonable at any time.

Sufficient for 8 persons.

THE SHEEP.—This animal formed the principal riches of the patriarchs, in the days of old, and, no doubt, multiplied, until its species were spread over the greater part of Western Asia; but at what period it was introduced to Britain is not known. It is now found in almost every part of the globe, although, as a domestic animal, it depends almost entirely upon man for its support. Its value, however, amply repays him for whatever care and kindness he may bestow upon it; for, like the ox, there is scarcely a part of it that he cannot convert to some useful purpose. The fleece,

一份美味的羊肉汤。

175. 配料。--约5或6磅羊颈肉，3根胡萝卜，3个芜菁，2个洋葱，一大捆甜香草(包括欧芹)；盐和胡椒调味；如喜欢可加少许雪利酒；3夸脱水。

做法。--将配料放入带盖的锅中，置于火前，整天放在那里，不时搅拌。第二天将全部倒入炖锅中，放在旺火上。开始沸腾时，将锅从火上取下，置于一旁用文火慢炖至肉熟。准备食用时，取出肉，与胡萝卜和芜菁一起装盘上桌；将汤过滤，放凉，撇去所有浮油，调味并用一汤匙或稍多的竹芋粉勾芡；加少量雪利酒调味，文火煮5分钟，即可上桌。

时间。--15小时。平均成本，包括肉，每夸脱1先令3便士。

时令任何时候皆宜。

足量供8人食用。

绵羊。--这种动物在古代是族长们的主要财富，无疑不断繁衍，直至其种类遍布西亚大部分地区；但何时传入不列颠则不得而知。如今几乎在全球各地都能见到它，尽管作为家养动物，它几乎完全依赖人类供养。然而，它的价值足以充分回报人类对它的一切照料和善待；因为与牛一样，它身上几乎没有哪个部分不能为人类所用。羊毛，

which serves it for a covering, is appropriated by man, to serve the same end to himself, whilst its skin is also applied to various purposes in civilized life. Its entrails are used as strings for musical instruments, and its bones are calcined, and employed as tests in the trade of the refiner. Its milk, being thicker than that of the cow, yields a greater quantity of butter and cheese, and its flesh is among the most wholesome and nutritive that can be eaten. Thomson has beautifully described the appearance of the sheep, when bound to undergo the operation of being shorn of its wool.

"Behold, where bound, and of its robe bereft
By needy man, that all-depending lord,
How meek, how patient, the mild creature lies!
What softness in his melancholy face,
What dumb complaining innocence appears!"

它的皮被人类据为己有，用来为自己提供同样的遮蔽，而其皮在文明生活中也被用于各种用途。它的肠子被用作乐器的弦，它的骨头被煅烧后，被用作精炼业中的试金石。它的奶比牛奶更浓稠，能产出更多的黄油和奶酪，其肉是最有益健康、最有营养的食物之一。汤姆森曾优美地描绘过绵羊被缚住接受剪毛时的样子。

看哪，那万物所依赖的主宰，被贫困的人剥去了衣
裳，缚于此处，
这温顺的生灵躺卧得多么谦卑，多么忍耐!他那忧郁的
面容上透着多少柔和，
“显得多么愚蠢的抱怨无辜啊!”

OX-CHEEK SOUP.

176. INGREDIENTS.—An ox-cheek, 2 oz. of butter, 3 or 4 slices of lean ham or bacon, 1 parsnip, 3 carrots, 2 onions, 3 heads of celery, 3 blades of mace, 4 cloves, a faggot of savoury herbs, 1 bay-leaf, a teaspoonful of salt, half that of pepper, 1 head of celery, browning, the crust of a French roll, 6 quarts of water.

Mode.—Lay the ham in the bottom of the stewpan, with the butter; break the bones of the cheek, wash it clean, and put it on the ham. Cut the vegetables small, add them to the other ingredients, and set the whole over a slow fire for 1/4 of an hour. Now put in the water, and simmer gently till it is reduced to 4 quarts; take out the fleshy part of the cheek, and strain the soup

牛颊汤

176. 配料--一个牛脸、2 oz.黄油、3 或 4 片瘦火腿或培根、1 根欧防风、3 根胡萝卜、2 个洋葱、3 棵芹菜、3 片肉豆蔻、4 粒丁香、一束香草、1 片月桂叶、一茶匙盐、半茶匙胡椒、1 棵芹菜、焦糖色、一个法式小面包的外壳、6 quarts 水。

做法--将火腿与黄油铺在炖锅底部；敲碎牛脸的骨头，洗净，放在火腿上。将蔬菜切小，加入其余配料，整锅置于慢火上加热 1/4 小时。此时加入水，文火慢炖，直至缩减至 4 quarts；取出牛脸的肉，将汤滤入

into a clean stewpan; thicken with flour, put in a head of sliced celery, and simmer till the celery is tender. If not a good colour, use a little browning. Cut the meat into small square pieces, pour the soup over, and serve with the crust of a French roll in the tureen. A glass of sherry much improves this soup.

干净的炖锅中；用面粉勾芡，放入一棵切片的芹菜，文火炖至芹菜软嫩。若颜色不够好，加少许焦糖色。将肉切成小方块，浇上汤，连同一个法式小面包的外壳放入汤盅中上桌。一杯雪利酒能大大提升此汤的风味。

Time.—3 to 4 hours. *Average cost*, 8d. per quart.

时间。--3至4小时。平均成本，每quart 8d。

Seasonable in winter.

时令冬季。

Sufficient for 12 persons.

足量供12人食用。

THE OX.—Of the quadrupedal animals, the flesh of those that feed upon herbs is the most wholesome and nutritious for human food. In the early ages, the ox was used as a religious sacrifice, and, in the eyes of the Egyptians was deemed so sacred as to be worthy of exaltation to represent Taurus, one of the twelve signs of the zodiac. To this day, the Hindoos venerate the cow, whose flesh is forbidden to be eaten, and whose fat, supposed to have been employed to grease the cartridges of the Indian army, was one of the proximate causes of the great Sepoy rebellion of 1857. There are no animals of greater use to man than the tribe to which the ox belongs. There is hardly a part of them that does not enter into some of the arts and purposes of civilized life. Of their horns are made combs, knife-handles, boxes, spoons, and drinking-cups. They are also made into transparent plates for lanterns; an invention ascribed, in England, to King Alfred. Glue is made from their gristles, cartilages, and portions of their hides. Their bones often form a substitute for ivory; their skins, when calves, are manufactured into vellum; their blood is the basis of Prussian blue; their sinews furnish fine and strong threads, used by saddlers; their hair enters into various manufactures; their tallow

公牛--在四足动物中，以草为食的动物的肉对人类食物而言最为有益健康且富有营养。在远古时代，公牛被用作宗教祭品，在埃及人眼中被视为如此神圣，以至于值得被提升为代表金牛座，即黄道十二宫之一。时至今日，印度人仍崇敬母牛，其肉被禁止食用，而其脂肪据信曾被用来涂抹印度军队的弹药筒，是1857年印度大起义的近因之一。没有哪种动物比牛所属的这一类对人类更有用。它们几乎没有一个部位不进入文明生活的某些技艺和用途之中。它们的角被制成梳子、刀柄、盒子、勺子和饮水杯。它们还被制成用于灯笼的透明薄片；在英国，这一发明被归功于阿尔弗雷德国王。胶从它们的软骨、脆骨和部分皮中制成。它们的骨头常被用作象牙的替代品；它们在小牛时的皮被制成犊皮纸；它们的血是普鲁士蓝的基础；它们的筋提供细而结实的线，为马鞍匠所用；它们的毛进入各种制造业；它们的脂

is made into candles; their flesh is eaten, and the utility of the milk and cream of the cow is well known.

被制成蜡烛；其肉可食，而母牛的奶与奶油的用处则众所周知。

OX-TAIL SOUP.

牛尾汤

177. INGREDIENTS.—2 ox-tails, 2 slices of ham, 1 oz. of butter, 2 carrots, 2 turnips, 3 onions, 1 leek, 1 head of celery, 1 bunch of savoury herbs, 1 bay-leaf, 12 whole peppercorns, 4 cloves, a tablespoonful of salt, 2 tablespoonfuls of ketchup, 1/2 glass of port wine, 3 quarts of water.

177. 配料--2 条牛尾、2 片火腿、1 oz.黄油、2 根胡萝卜、2 根芜菁、3 个洋葱、1 根韭葱、1 棵芹菜、1 束香草、1 片月桂叶、12 粒整胡椒、4 粒丁香、一汤匙盐、2 汤匙番茄酱、1/2 杯波特酒、3 quarts 水。

Mode.—Cut up the tails, separating them at the joints; wash them, and put them in a stewpan, with the butter. Cut the vegetables in slices, and add them, with the peppercorns and herbs. Put in 1/2 pint of water, and stir it over a sharp fire till the juices are drawn. Fill up the stewpan with the water, and, when boiling, add the salt. Skim well, and simmer very gently for 4 hours, or until the tails are tender. Take them out, skim and strain the soup, thicken with flour, and flavour with the ketchup and port wine. Put back the tails, simmer for 5 minutes, and serve.

Mode。--将尾巴切开，在关节处分开；洗净后放入炖锅，加入黄油。将蔬菜切片，连同胡椒粒和香草一起加入。加入1/2品脱水，在旺火上搅拌至汁液析出。用水将炖锅加满，煮沸后加盐。仔细撇去浮沫，非常轻柔地煨4小时，或直至尾巴变软。取出尾巴，撇去汤上的浮沫并过滤，用面粉增稠，用番茄酱和波特酒调味。将尾巴放回，煨5分钟，即可上桌。

Time.—4-1/2 hours. *Average cost*, 1s. 3d. per quart.

时间。- 4-1/2 小时。平均成本，每 quart 1s.3d.。

Seasonable in winter.

时令冬季。

Sufficient for 10 persons.

足量供10人食用。

PARTRIDGE SOUP.

鹧鸪汤

178. INGREDIENTS.—2 partridges, 3 slices of lean ham, 2 shred onions, 1 head of celery, 1 large carrot, and 1 turnip cut into any fanciful shapes, 1 small lump of sugar, 2 oz. of butter, salt and

178. 配料--2 只山鹑、3 片瘦火腿、2 个切丝的洋葱、1 棵芹菜、1 根大胡萝卜和 1 根芜菁(切成任意花式形状)、1 小块糖、2 oz.黄油、盐和

pepper to taste, 2 quarts of stock No. 105, or common, No. 106.

Mode.—Cut the partridges into pieces, and braise them in the butter and ham until quite tender; then take out the legs, wings, and breast, and set them by. Keep the backs and other trimmings in the braise, and add the onions and celery; any remains of cold game can be put in, and 3 pints of stock. Simmer slowly for 1 hour, strain it, and skim the fat off as clean as possible; put in the pieces that were taken out, give it one boil, and skim again to have it quite clear, and add the sugar and seasoning. Now simmer the cut carrot and turnip in 1 pint of stock; when quite tender, put them to the partridges, and serve.

Time.—2 hours. *Average cost*, 2s. or 1s. 6d. per quart.

Seasonable from September to February.

Sufficient for 8 persons.

Note.—The meat of the partridges may be pounded with the crumb of a French roll, and worked with the soup through a sieve. Serve with stewed celery cut in slices, and put in the tureen.

THE PARTRIDGE.—This is a timorous bird, being easily taken. It became known to the Greeks and Romans, whose tables it helped to furnish with food. Formerly, the Red was scarce in Italy, but its place was supplied by the White, which, at considerable expense, was frequently procured from the Alps. The Athenians trained this bird for fighting, and Severus used to lighten the cares of royalty by witnessing the spirit of its combats. The Greeks esteemed its leg most highly, and rejected the other portions as unfashionable to be eaten. The Romans, however, ventured a little further, and ate the breast, whilst we consider the bird as wholly palatable. It

胡椒适量，2 quarts 高汤 No.105，或普通高汤 No.106。

Mode。--将鹧鸪切成块，与黄油和火腿一起炖至十分软烂；然后取出腿、翅和胸肉，放置一旁。将背部和其余边角料留在炖汁中，加入洋葱和芹菜；任何剩余的冷野味都可放入，并加入3品脱高汤。慢慢煨1小时，过滤，尽可能撇净油脂；放入取出的肉块，煮一沸，再次撇去浮沫使其清澈，加入糖和调味。现在将切好的胡萝卜和芜菁在1品脱高汤中煨；待其十分软烂，放入鹧鸪中，即可上桌。

时间。- 2小时。平均成本，每quart 2先令或1先令6便士。

时令九月至二月。

足量供8人食用。

注--可将山鹑肉与法式小面包的碎屑一同捣碎，连同汤一起过筛。上桌时配以切成片的炖芹菜，放入汤盅中。

鹧鸪--这是一种胆怯的鸟，容易捕获。它为希腊人和罗马人所知，曾为他们的餐桌提供食物。从前，红鹧鸪在意大利稀少，但其位置由白鹧鸪填补，后者常花费巨资从阿尔卑斯山购得。雅典人训练这种鸟进行搏斗，塞维鲁常通过观看其搏斗的斗志来减轻王室的忧虑。希腊人最看重它的腿，认为其他部位不合时尚而不食。然而罗马人稍进一步，食用其胸肉，而我们则认为这种鸟全身都可口。它

is an inhabitant of all the temperate countries of Europe, but, on account of the geniality of the climate, it abounds most in the Ukraine.

分布于欧洲所有温带国家，但因气候温和，在乌克兰最为繁盛。

PHEASANT SOUP.

雉鸡汤。

179. INGREDIENTS.—2 pheasants, 1/4 lb. of butter, 2 slices of ham, 2 large onions sliced, 1/2 head of celery, the crumb of two French rolls, the yolks of 2 eggs boiled hard, salt and cayenne to taste, a little pounded mace, if liked; 3 quarts of stock No. 105.

179. 配料--2 只雉鸡、1/4 lb.黄油、2 片火腿、2 个大洋葱(切片)、1/2 棵芹菜、两个法式小面包的碎屑、2 个煮硬的蛋黄、盐和卡宴辣椒粉适量、少许捣碎的肉豆蔻(如喜欢);3 quarts 第 105 号高汤。

Mode.—Cut up the pheasants, flour and braise them in the butter and ham till they are of a nice brown, but not burnt. Put them in a stewpan, with the onions, celery, and seasoning, and simmer for 2 hours. Strain the soup; pound the breasts with the crumb of the roll previously soaked, and the yolks of the eggs; put it to the soup, give one boil, and serve.

做法--将雉鸡切块，撒上面粉，与黄油和火腿一同焖至呈漂亮的棕色，但不要烧焦。放入炖锅，加入洋葱、芹菜和调味，文火炖 2 小时。滤出汤；将鸡胸肉与事先浸泡过的面包碎屑及蛋黄一同捣碎；加入汤中，煮沸一次，即可上桌。

Time.—2-1/2 hours. *Average cost,* 2s. 10d. per quart, or, if made with fragments of gold game, 1s.

时间--2-1/2 小时。平均成本，每 quart 2s.10d.，若用上等野味的碎块制作，则为 1s.

Seasonable from October to February.

时令十月至二月。

Sufficient for 10 persons.

足量供10人食用。

Note.—Fragments, pieces and bones of cold game, may be used to great advantage in this soup, and then 1 pheasant will suffice.

注--冷野味的碎块、碎肉和骨头可在此汤中大加利用，如此则 1 只雉鸡便足够。

PORTABLE SOUP.

便携汤

180. INGREDIENTS.—2 knuckles of veal, 3 shins of beef, 1 large faggot of herbs, 2 bay-leaves, 2 heads of celery, 3 onions, 3 carrots, 2 blades of mace, 6 cloves, a teaspoonful of salt, sufficient

180. 配料--2 个牛膝、3 个牛胫、1 大束香草、2 片月桂叶、2 棵芹菜、3 个洋葱、3 根胡萝卜、3 片肉豆蔻、6 粒丁香、一茶匙盐、足量

water to cover all the ingredients.

加水至没过所有食材。

Mode.—Take the marrow from the bones; put all the ingredients in a stock-pot, and simmer slowly for 12 hours, or more, if the meat be not done to rags; strain it off, and put it in a very cool place; take off all the fat, reduce the liquor in a shallow pan, by setting it over a sharp fire, but be particular that it does not burn; boil it fast and uncovered for 8 hours, and keep it stirred. Put it into a deep dish, and set it by for a day. Have ready a stewpan of boiling water, place the dish in it, and keep it boiling; stir occasionally, and when the soup is thick and ropy, it is done. Form it into little cakes by pouring a small quantity on to the bottom of cups or basins; when cold, turn them out on a flannel to dry. Keep them from the air in tin canisters.

Mode。--从骨头中取出骨髓；将所有配料放入汤锅，用文火慢炖12小时，若肉尚未煮至酥烂则炖更久；滤出汤汁，置于极凉处；撇去所有油脂，将汤汁倒入浅锅，置于旺火上收浓，但务必注意不要烧焦；不加盖用大火煮沸8小时，并不断搅动。将其倒入深盘，静置一天。备好一锅沸水，将盘子放入其中，保持沸腾；不时搅动，待汤浓稠拉丝即成。将少量汤液倒入杯底或碗底，做成小饼状；冷却后倒出，放在法兰绒上晾干。装入铁罐中避空气保存。

Average cost of this quantity, 16s.

平均成本此数量为16先令。

Note.—Soup can be made in 5 minutes with this, by dissolving a small piece, about the size of a walnut, in a pint of warm water, and simmering for 2 minutes. Vermicelli, macaroni, or other Italian pastes, may be added.

注--将一小块约核桃大小的此物溶于一品脱温水中，文火煮 2 分钟，即可在 5 分钟内制成汤。可加入细面条、通心粉或其他意大利面食。

THE LAUREL or BAY.—The leaves of this tree frequently enter into the recipes of cookery; but they ought not to be used without the greatest caution, and not at all unless the cook is perfectly aware of their effects. It ought to be known, that there are two kinds of bay-trees,—the Classic laurel, whose leaves are comparatively harmless, and the Cherry-laurel, which is the one whose leaves are employed in cookery. They have a kernel-like flavour, and are used in blanc-mange, puddings, custards &c.; but when acted upon by water, they develop prussic acid, and, therefore, but a small number of the leaves should be used at a

月桂或月桂叶。--这种树的叶子常被用于烹饪食谱中；但使用时须极为谨慎，除非厨师完全了解其效用，否则根本不应使用。应当知道，月桂树有两种--古典月桂，其叶相对无害；以及樱桃月桂，烹饪中所用的正是后者。它们带有果仁般的风味，用于白奶冻、布丁、蛋奶羹等；但遇水后会产生氢氰酸，因此只应使用少量叶片，且

time.

RABBIT SOUP.

181. INGREDIENTS.—2 large rabbits, or 3 small ones; a faggot of savoury herbs, 1/2 head of celery, 2 carrots, 1 onion, 1 blade of mace, salt and white pepper to taste, a little pounded mace, 1/2 pint of cream, the yolks of 2 eggs boiled hard, the crumb of a French roll, nearly 3 quarts of water.

Mode.—Make the soup with the legs and shoulders of the rabbit, and keep the nice pieces for a dish or *entrée*. Put them into warm water, and draw the blood; when quite clean, put them in a stewpan, with a faggot of herbs, and a teacupful, or rather more, of veal stock or water. Simmer slowly till done through, and add the 3 quarts of water, and boil for an hour. Take out the rabbet, pick the meat from the bones, covering it up to keep it white; put the bones back in the liquor, add the vegetables, and simmer for 2 hours; skim and strain, and let it cool. Now pound the meat in a mortar, with the yolks of the eggs, and the crumb of the roll previously soaked; rub it through a tammy, and gradually add it to the strained liquor, and simmer for 15 minutes. Mix arrowroot or rice-flour with the cream (say 2 dessert-spoonfuls), and stir in the soup; bring it to a boil, and serve. This soup must be very white, and instead of thickening it with arrowroot or rice-flour, vermicelli or pearl barley can be boiled in a little stock, and put in 5 minutes before serving.

Time.—Nearly 4 hours. *Average cost*, 1s. per quart.

Seasonable from September to March.

时间。

兔肉汤。

181. 配料--2 只大兔或 3 只小兔；一束香草、1/2 棵芹菜、2 根胡萝卜、1 个洋葱、1 片肉豆蔻、盐和白胡椒适量、少许捣碎的肉豆蔻、1/2 pint 奶油、2 个煮硬的蛋黄、一个法式小面包的碎屑、近 3 quarts 水。

Mode。--用兔腿和兔肩做汤，将好的肉块留作一道菜或*entrée*。将它们放入温水中，泡出血水；洗净后放入炖锅，加一束香草，以及一茶杯或稍多些的小牛肉高汤或水。用文火慢炖至完全熟透，加入3 quarts水，煮一小时。取出兔肉，将肉从骨上剔下，盖好以保持洁白；将骨头放回汤中，加入蔬菜，炖2小时；撇去浮沫并过滤，让其冷却。然后将肉与蛋黄以及事先浸泡过的面包卷心一同放入研钵中捣碎；用细筛擦滤，逐渐加入滤清的汤中，炖15分钟。将竹芋粉或米粉与奶油混合(约2 dessert-spoonfuls)，搅入汤中；煮沸后即可上桌。此汤须非常洁白，若不用竹芋粉或米粉增稠，可将细面条或珍珠大麦在少量高汤中煮熟，于上桌前5分钟加入。

时间。--近4小时。平均成本，每quart 1先令。

时令九月至三月。

Sufficient for 10 persons.

REGENCY SOUP.

182. Ingredients.—Any bones and remains of any cold game, such as of pheasants, partridges, &c.; 2 carrots, 2 small onions, 1 head of celery, 1 turnip, 1/4 lb. of pearl barley, the yolks of 3 eggs boiled hard, 1/4 pint of cream, salt to taste, 2 quarts of stock No. 105, or common stock, No. 106.

Mode.—Place the bones or remains of game in the stewpan, with the vegetables sliced; pour over the stock, and simmer for 2 hours; skim off all the fat, and strain it. Wash the barley, and boil it in 2 or 3 waters before putting it to the soup; finish simmering in the soup, and when the barley is done, take out half, and pound the other half with the yolks of the eggs. When you have finished pounding, rub it through a clean tammy, add the cream, and salt if necessary; give one boil, and serve very hot, putting in the barley that was taken out first.

Time.—2-1/2 hours. *Average cost,* 1s. per quart, if made with medium stock, or 6d. per quart, with common stock.

Seasonable from September to March.

Sufficient for 8 persons.

SOUP A LA REINE.

I.

183. INGREDIENTS.—1 large fowl, 1 oz. of sweet almonds, the crumb of 1 1/2 French roll, 1/2 pint of cream, salt to taste, 1

足量供10人食用。

摄政时期浓汤。

182. 配料--任何冷野味的骨头和残肉，如雉鸡、山鹑等；2 根胡萝卜、2 个小洋葱、1 棵芹菜、1 根芜菁、1/4 lb.珍珠大麦、3 个煮硬的蛋黄、1/4 pint 奶油、盐适量、2 quarts 第 105 号高汤或普通高汤第 106 号。

Mode。--将野味的骨头或剩余部分放入炖锅，加入切片蔬菜；倒入高汤，炖2小时；撇去所有油脂并过滤。洗净大麦，换2至3次水煮过后再放入汤中；在汤中炖至完成，待大麦煮熟后取出一半，另一半与蛋黄一同捣碎。捣好后用干净的细筛擦滤，加入奶油，必要时加盐；煮沸一次，趁热上桌，并放入先前取出的大麦。

时间--2-1/2 小时。平均成本，若用中等高汤制作，每 quart 1s.；若用普通高汤，每 quart 6d.

时令九月至三月。

足量供8人食用。

女王风味汤。

183. 配料--1 只大禽、1 oz.甜杏仁、1 1/2 个法式小面包的碎屑、1/2 pint 奶油、盐适量、1

small lump of sugar, 2 quarts of good white veal stock, No. 107.

Mode.—Boil the fowl gently in the stock till quite tender, which will be in about an hour, or rather more; take out the fowl, pull the meat from the bones, and put it into a mortar with the almonds, and pound very fine. When beaten enough, put the meat back in the stock, with the crumb of the rolls, and let it simmer for an hour; rub it through a tammy, add the sugar, 1/2 pint of cream that has boiled, and, if you prefer, cut the crust of the roll into small round pieces, and pour the soup over it, when you serve.

Time.—2 hours, or rather more. *Average cost,* 2s. 7d. per quart.

Seasonable all the year.

Sufficient for 8 persons.

Note.—All white soups should be warmed in a vessel placed in another of boiling water. (*See* BAIN MARIE, No. 87.)

II. (Economical.)

184. INGREDIENTS.—Any remains of roast chickens, 1/2 teacupful of rice, salt and pepper to taste, 1 quart of stock No. 106.

Mode.—Take all the white meat and pound it with the rice, which has been slightly cooked, but not much. When it is all well pounded, dilute with the stock, and pass through a sieve. This soup should neither be too clear nor too thick.

Time.—1 hour. *Average cost,* 4d. per quart.

Seasonable all the year.

一小块糖，2 quarts优质白色小牛肉高汤，第107号。

Mode。--将鸡在高汤中轻轻煮至十分嫩熟，约需一小时或稍多；取出鸡，将肉从骨上撕下，与杏仁一同放入研钵中捣至极细。捣好后将肉放回高汤中，加入面包卷心，炖一小时；用细筛擦滤，加入糖、1/2 pint煮沸过的奶油，若喜欢，可将面包卷的外皮切成小圆片，上桌时将汤浇在其上。

时间--2 小时或稍多。平均成本，每 quart 2s.7d.

时令全年皆宜。

足量供8人食用。

注--所有白色汤品都应放在置于沸水中的容器内加热。(见第 87 号隔水炖锅。)

II.(经济型。)

184. 配料--任何烤鸡的残肉、1/2 茶杯米、盐和胡椒适量、1 quart 第 106 号高汤。

做法--取所有白肉，与略微煮过(但不要煮得太熟)的米一同捣碎。全部捣好后，用高汤稀释，过筛。此汤既不应太清，也不应太稠。

时间。--1小时。平均成本，每quart 4d。

时令全年皆宜。

Sufficient for 4 persons.

Note.—If stock is not at hand, put the chicken-bones in water, with an onion, carrot, a few sweet herbs, a blade of mace, pepper and salt, and stew for 3 hours.

STEW SOUP OF SALT MEAT.

185. INGREDIENTS.—Any pieces of salt beef or pork, say 2 lbs.; 4 carrots, 4 parsnips, 4 turnips, 4 potatoes, 1 cabbage, 2 oz. of oatmeal or ground rice, seasoning of salt and pepper, 2 quarts of water.

Mode.—Cut up the meat small, add the water, and let it simmer for 23/4 hours. Now add the vegetables, cut in thin small slices; season, and boil for 1 hour. Thicken with the oatmeal, and serve.

Time.—2 hours. *Average cost*, 3d. per quart without the meat.

Seasonable in winter.

Sufficient for 6 persons.

Note.—If rice is used instead of oatmeal, put it in with the vegetables.

STEW SOUP.

I.

186. INGREDIENTS.—2 lbs. of beef, 5 onions, 5 turnips, 3/4 lb. of *rice*, a large bunch of parsley, a few sweet herbs, pepper and salt, 2 quarts of water.

足量供4人食用。

注--若手边没有高汤，可将鸡骨放入水中，加一个洋葱、一根胡萝卜、少许香草、一片肉豆蔻、胡椒和盐，炖 3 小时。

咸肉炖汤

185. 配料--任何咸牛肉或咸猪肉的碎块，约 2 lbs.;4 根胡萝卜、4 根欧防风、4 根芜菁、4 个土豆、1 棵卷心菜、2 oz.燕麦片或米粉、盐和胡椒调味、2 quarts 水。

做法--将肉切小，加入水，文火炖 23/4 小时。此时加入切成薄片的蔬菜；调味，煮 1 小时。用燕麦片勾芡，即可上桌。

时间--2 小时。平均成本，不含肉每 quart 3d.

时令冬季。

足量供6人食用。

注--若用米代替燕麦片，则与蔬菜一同放入。

炖汤。

186. 配料--2 lbs.牛肉、5 个洋葱、5 根芜菁、3/4 lb.米、一大把欧芹、少许香草、胡椒和盐、2 quarts 水。

Mode.—Cut the beef up in small pieces, add the other ingredients, and boil gently for 21/2 hours. Oatmeal or potatoes would be a great improvement.

做法。--将牛肉切成小块，加入其余配料，用文火煮21/2小时。加入燕麦片或土豆会大有改进。

Time.-21/2 hours. *Average cost*, 6d. per quart.

时间。--21/2小时。平均费用，每quart 6便士。时令为冬季。

Seasonable in winter.

Sufficient for 6 persons.

足量供6人食用。

II.

二
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187. INGREDIENTS.—1/2 lb. of beef, mutton, or pork; 1/2 pint of split peas, 4 turnips, 8 potatoes, 2 onions, 2 oz. of oatmeal or 3 oz. of rice, 2 quarts of water.

187. 配料。--1/2 lb.牛肉、羊肉或猪肉；1/2 pint劈开的豌豆，4个芜菁，8个土豆，2个洋葱，2 oz.燕麦片或3 oz.大米，2 quarts水。

Mode.—Cut the meat in small pieces, as also the vegetables, and add them, with the peas, to the water. Boil gently for 3 hours; thicken with the oatmeal, boil for another 1/4 hour, stirring all the time, and season with pepper and salt.

做法。--将肉切成小块，蔬菜也同样切小，连同豌豆一起加入水中。用文火煮3小时；用燕麦片勾芡，再煮1/4小时，其间不断搅拌，并用胡椒和盐调味。

Time.—3-1/4 hours. *Average cost*, 4d. per quart.

时间。- 3-1/4 小时。平均成本，每 quart 4d。

Seasonable in winter.

时令冬季。

Sufficient for 8 persons.

足量供8人食用。

Note.—This soup may be made of the liquor in which tripe has been boiled, by adding vegetables, seasoning, rice, &c.

注。--此汤可用煮过牛肚的汤水制作，加入蔬菜、调味、大米等即可。

TURKEY SOUP (a Seasonable Dish at Christmas).

火鸡汤(圣诞节应季菜肴)。

188. INGREDIENTS.—2 quarts of medium stock, No. 105, the remains of a cold roast turkey, 2 oz. of rice-flour or arrowroot, salt and pepper to taste, 1 tablespoonful of Harvey's sauce or mushroom ketchup.

188. 配料。--2 quarts中等高汤，第105号，冷烤火鸡的余肉，2 oz.米粉或竹芋粉，盐和胡椒适量，1汤匙Harvey's酱汁或蘑菇番茄酱。

Mode.—Cut up the turkey in small pieces, and put it in the stock; let it simmer slowly until the bones are quite clean. Take the bones out, and work the soup through a sieve; when cool, skim well. Mix the rice-flour or arrowroot to a batter with a little of the soup; add it with the seasoning and sauce, or ketchup. Give one boil, and serve.

做法。--将火鸡切成小块，放入高汤中；用文火慢炖，直至骨头完全干净。取出骨头，将汤过筛；冷却后撇去浮油。将米粉或竹芋粉用少量汤调成糊状；连同调味和酱汁或番茄酱一起加入。煮沸一次，即可上桌。

Time.—4 hours. *Average cost*, 10d. per quart.

时间。- 4小时。平均成本，每quart 10d。

Seasonable at Christmas.

时令于圣诞节。

Sufficient for 8 persons.

足量供8人食用。

Note.—Instead of thickening this soup, vermicelli or macaroni may be served in it.

注。--此汤可不增稠，而以细面条或通心粉加入其中上桌。

THE TURKEY.—The common turkey is a native of North America, and was thence introduced to England, in the reign of Henry VIII. According to Tusser's "Five Hundred Points of Good Husbandry," about the year 1585 it begun to form a dish at our rural Christmas feasts.

火鸡。--普通火鸡原产于北美，后于亨利八世在位期间传入英格兰。据Tusser的《五百条良好耕作要诀》，约在1585年，它开始成为我们乡村圣诞宴席上的一道菜。

> "Beef, mutton, and pork, shred pies of the best,
> Pig, veal, goose, and capon, and turkey well dress'd,
> Cheese, apples, and nuts, jolly carols to hear,
> As then in the country is counted good cheer."

> “牛肉、羊肉和猪肉，最好的碎肉馅饼，猪、小牛肉、鹅和阉鸡，以及精心烹制的火鸡，奶酪、苹果和坚果，欢快的颂歌可听，正如当时在乡间被视为美馔。”

It is one of the most difficult birds to rear, of any that we have; yet, in its wild state, is found in great abundance in the forests of Canada, where, it might have been imagined that the severity of the climate would be unfavourable to its ever becoming plentiful. They are very fond of the seeds of nettles, and the seeds of the foxglove poison them.

它是我们所饲养的禽类中最难饲养的一种；然而在野生状态下，却在加拿大的森林中大量存在，人们或许会以为那里严酷的气候不利于它繁衍众多。它们非常喜食荨麻籽，而毛地黄籽则会毒死它们。

TURTLE SOUP (founded on M. Ude's Recipe).

189. INGREDIENTS.—A turtle, 6 slices of ham, 2 knuckles of veal, 1 large bunch of sweet herbs, 3 bay-leaves, parsley, green onions, 1 onion, 6 cloves, 4 blades of mace, 1/4 lb. of fresh butter, 1 bottle of Madeira, 1 lump of sugar. For the *Quenelles à Tortue*, 1 lb. of veal, 1 lb. of bread crumbs, milk, 7 eggs, cayenne, salt, spices, chopped parsley, the juice of 2 lemons.

Mode.—To make this soup with less difficulty, cut off the head of the turtle the preceding day. In the morning open the turtle by leaning heavily with a knife on the shell of the animal's back, whilst you cut this off all round. Turn it upright on its end, that all the water, &c. may run out, when the flesh should be cut off along the spine, with the knife sloping towards the bones, for fear of touching the gall, which sometimes might escape the eye. When all the flesh about the members is obtained, wash these clean, and let them drain. Have ready, on the fire, a large vessel full of boiling water, into which put the shells; and when you perceive that they come easily off, take them out of the water, and prick them all, with those of the back, belly, fins, head, &c. Boil the back and belly till the bones can be taken off, without, however, allowing the softer parts to be sufficiently done, as they will be boiled again in the soup. When these latter come off easily, lay them on earthen dishes singly, for fear they should stick together, and put them to cool. Keep the liquor in which you have blanched the softer parts, and let the bones stew thoroughly in it, as this liquor must be used to moisten all the sauces.

All the flesh of the interior parts, the four legs and head, must be drawn down in the following manner:—Lay the slices of ham on

甲鱼汤(据乌德先生的食谱)

189. 配料--一只甲鱼，6片火腿，2个牛膝骨，

1 大束香草，3 片月桂叶，欧芹，青葱，

1个洋葱，6粒丁香，4片肉豆蔻衣，1/4 lb.新鲜黄油，1瓶马德拉酒，1块糖。用于*Quenelles à Tortue*:1 lb.小牛肉，1 lb.面包屑，牛奶，7个鸡蛋，卡宴辣椒，盐，香料，切碎的欧芹，2个柠檬的汁。

模式。--为较省力地制作此汤，须在前一日将龟头切下。清晨时，用刀重重压住龟背甲，同时沿四周切开，将龟打开。将其竖立，使水等物流出，然后沿脊柱切下龟肉，刀锋须向骨处倾斜，以免碰到胆囊，因胆囊有时可能未被看见。取尽四肢周围的肉后，将这些部位洗净并沥干。在火上备好一大锅沸水，将龟壳放入；当察觉龟壳容易脱落时，即从水中取出，并将背壳、腹壳、鳍、头等全部刺孔。将背壳与腹壳煮至骨头可以取下，但不可让较软的部分完全煮透，因为它们还要在汤中再煮。当这些较软部分容易脱落时，将其分别放在陶盘上，以免粘连，并置凉。保留焯煮较软部分所用的汤汁，让骨头在其中充分炖煮，因此汤汁须用于调润所有酱汁。

内部各部分的全部肉、四条腿和头，必须按以下方式向下剥离：--将火腿片铺在

the bottom of a very large stewpan, over them the knuckles of veal, according to the size of the turtle; then the inside flesh of the turtle, and over the whole the members. Now moisten with the water in which you are boiling the shell, and draw it down thoroughly. It may now be ascertained if it be thoroughly done by thrusting a knife into the fleshy part of the meat. If no blood appears, it is time to moisten it again with the liquor in which the bones, &c. have been boiling. Put in a large bunch of all such sweet herbs as are used in the cooking of a turtle,—sweet basil, sweet marjoram, lemon thyme, winter savory, 2 or 3 bay-leaves, common thyme, a handful of parsley and green onions, and a large onion stuck with 6 cloves. Let the whole be thoroughly done. With respect to the members, probe them, to see whether they are done, and if so, drain and send them to the larder, as they are to make their appearance only when the soup is absolutely completed. When the flesh is also completely done, strain it through a silk sieve, and make a very thin white *roux;* for turtle soup must not be much thickened. When the flour is sufficiently done on a slow fire, and has a good colour, moisten it with the liquor, keeping it over the fire till it boils. Ascertain that the sauce is neither too thick nor too thin; then draw the stewpan on the side of the stove, to skim off the white scum, and all the fat and oil that rise to the surface of the sauce. By this time all the softer parts will be sufficiently cold; when they must be cut to about the size of one or two inches square, and thrown into the soup, which must now be left to simmer gently. When done, skim off all the fat and froth. Take all the leaves of the herbs from the stock,—sweet basil, sweet marjoram, lemon thyme, winter savory, 2 or 3 bay-leaves, common thyme, a handful of parsley and green

在一只极大炖锅的底部，按龟的大小铺上小牛膝骨；然后放上龟的内里肉，最上面放四肢。此时用正在煮龟壳的水调润，并彻底收汁。此时可将刀刺入肉的肥厚处，以确认是否完全煮透。若无血水渗出，即应再次用煮骨头等物的汤汁调润。放入一大束烹制龟汤所用的各种香草--甜罗勒、甜马郁兰、柠檬百里香、冬香薄荷、2或3片月桂叶、普通百里香、一把欧芹与青葱，以及一枚插有6粒丁香的大洋葱。让全部材料充分煮透。至于四肢，须探查是否煮熟；若已熟，即沥干并送往食品储藏室，因为它们只在汤完全制成时才出场。当肉也完全煮熟后，用丝筛过滤，并制作一份很稀的白色面糊；因为龟汤不可过于浓稠。当面粉在慢火上充分煮熟并呈良好色泽时，用汤汁调润，保持火上煮至沸腾。确认酱汁既不过稠也不过稀；然后将炖锅拉到炉边，撇去浮在酱汁表面的白色浮沫以及所有油脂。此时所有较软的部分应已充分冷却；将其切成约一至二英寸见方，投入汤中，然后让汤微微煨煮。煮好后，撇去所有油脂与泡沫。取出来自汤底的所有香草叶--甜罗勒、甜马郁兰、柠檬百里香、冬香薄荷、2或3片月桂叶、普通百里香、一把欧芹与青

onions, and a large onion cut in four pieces, with a few blades of mace. Put these in a stewpan, with about 1/4 lb. of fresh butter, and let it simmer on a slow fire till quite melted, when pour in 1 bottle of good Madeira, adding a small bit of sugar, and let it boil gently for 1 hour. When done, rub it through a tammy, and add it to the soup. Let this boil, till no white scum rises; then take with a skimmer all the bits of turtle out of the sauce, and put them in a clean stewpan: when you have all out, pour the soup over the bits of turtle, through a tammy, and proceed as follows:—

葱，以及一枚切成四块的大洋葱，再加几片肉豆蔻衣。将这些放入炖锅，加入约1/4 lb.新鲜黄油，在慢火上煨至完全融化，然后倒入1瓶优质马德拉酒，加一小块糖，让其微微煮沸1小时。煮好后，用绒筛擦滤，加入汤中。让其煮沸，直至不再升起白色浮沫；然后用撇勺从酱汁中取出所有龟肉碎块，放入干净炖锅：全部取出后，将汤通过绒筛浇在龟肉碎块上，然后按以下步骤操作：--

QUENELLES À TORTUE.—Make some *quenelles à tortue*, which being substitutes for eggs, do not require to be very delicate. Take out the fleshy part of a leg of veal, about 1 lb., scrape off all the meat, without leaving any sinews or fat, and soak in milk about the same quantity of crumbs of bread. When the bread is well soaked, squeeze it, and put it into a mortar, with the veal, a small quantity of calf's udder, a little butter, the yolks of 4 eggs, boiled hard, a little cayenne pepper, salt, and spices, and pound the whole very fine; then thicken the mixture with 2 whole eggs, and the yolk of another. Next try this *farce* or stuffing in boiling-hot water, to ascertain its consistency: if it is too thin, add the yolk of an egg. When the *farce* is perfected, take half of it, and put into it some chopped parsley. Let the whole cool, in order to roll it of the size of the yolk of an egg; poach it in salt and boiling water, and when very hard, drain on a sieve, and put it into the turtle. Before you send up, squeeze the juice of 2 or 3 lemons, with a little cayenne pepper, and pour that into the soup. THE FINS may be served as a *plat d'entrée* with a little turtle sauce; if not, on the following day you may warm the turtle *au bain marie*, and serve the members entire, with a *matelote* sauce, garnished with

龟形丸子。--制作一些龟形丸子，因其为鸡蛋的替代品，无须十分精致。取一条小牛腿的肥厚部分，约1 lb.，刮下所有肉，不留下筋或脂肪，并将约同量的面包屑浸入牛奶中。面包充分浸透后，挤干，与牛肉、少量小牛乳房、少许黄油、4个煮硬的蛋黄、少许卡宴辣椒、盐与香料一同放入研钵，将全部捣得极细；然后用2个全蛋与另1个蛋黄使混合物增稠。接着将这份馅料或填料放入沸水中试煮，以确认其稠度：若太稀，加入1个蛋黄。当馅料调制完美后，取一半，加入一些切碎的欧芹。让全部冷却，以便将其搓成蛋黄大小的丸子；在加盐沸水中汆煮，待其非常硬实时，用筛沥干，放入龟汤中。上桌前，挤入2或3个柠檬的汁，加少许卡宴辣椒，倒入汤中。龟鳍可作为头盘配少许龟汤酱汁上桌；若不如此，次日可将龟汤隔水加热，将四肢整份上桌，配水手式酱汁，并以

mushrooms, cocks' combs, *quenelles*, &c. When either lemon-juice or cayenne pepper has been introduced, no boiling must take place.

蘑菇、鸡冠、*quenelles*等。一旦加入柠檬汁或卡宴辣椒，就不可再煮沸。

Note.—It is necessary to observe, that the turtle prepared a day before it is used, is generally preferable, the flavour being more uniform. Be particular, when you dress a very large turtle, to preserve the green fat (be cautious not to study a very brown colour,—the natural green of the fish is preferred by every epicure and true connoisseur) in a separate stewpan, and likewise when the turtle is entirely done, to have as many tureens as you mean to serve each time. You cannot put the whole in a large vessel, for many reasons: first, it will be long in cooling; secondly, when you take some out, it will break all the rest into rags. If you warm in a *bain marie*, the turtle will always retain the same taste; but if you boil it often, it becomes strong, and loses the delicacy of its flavour.

注。--必须注意，龟在食用前一日制好通常更佳，风味更为均匀。烹制很大的龟时，务必注意将绿色脂肪(注意不要追求很深的褐色--每条鱼天然的绿色都更为美食家与真正行家所偏爱)保存在单独的炖锅中；同样，当龟完全煮好后，每次上桌时须备好相应数量的汤碗。不可将全部盛在一只大容器中，原因有数：第一，冷却时间会很长；第二，取出一些时，会把其余全部弄碎。若用隔水加热，龟汤将始终保持同样的味道；但若经常煮沸，味道会变浓，失去风味的细腻。

THE COST OF TURTLE SOUP.—This is the most expensive soup brought to table. It is sold by the quart,—one guinea being the standard price for that quantity. The price of live turtle ranges from 8d. to 2s. per lb., according to supply and demand. When live turtle is dear, many cooks use the tinned turtle, which is killed when caught, and preserved by being put in hermetically-sealed canisters, and so sent over to England. The cost of a tin, containing 2 quarts, or 4 lbs., is about £2, and for a small one, containing the green fat, 7s. 6d. From these about 6 quarts of good soup may be made.

甲鱼汤的成本。--这是上桌的最昂贵的汤。它按夸脱出售，一几尼是这一数量的标准价格。活甲鱼的价格按供应和需求从每磅8便士到2先令不等。当活甲鱼昂贵时，许多厨师使用罐装甲鱼，这种甲鱼在捕获时被杀，通过放入密封罐中保存，然后运往英格兰。一罐装有2夸脱或4磅的罐装甲鱼成本约为2英镑，而装有绿色脂肪的小罐为7先令6便士。从这些可以制作约6夸脱的好汤。

[Illustration: THE TURTLE.]

[插图：海龟。]

THE GREEN TURTLE.—This reptile is found in large numbers on

绿海龟--这种爬行动物大量分布于

the coasts of all the islands and continents within the tropics, in both the old and new worlds. Their length is often five feet and upwards, and they range in weight from 50 to 500 or 600 lbs. As turtles find a constant supply of food on the coasts which they frequent, they are not of a quarrelsome disposition, as the submarine meadows in which they pasture, yield plenty for them all. Like other species of amphibia, too, they have the power of living many months without food; so that they live harmlessly and peaceably together, notwithstanding that they seem to have no common bond of association, but merely assemble in the same places as if entirely by accident. England is mostly supplied with them from the West Indies, whence they are brought alive and in tolerable health. The green turtle is highly prized on account of the delicious quality of its flesh, the fat of the upper and lower shields of the animal being esteemed the richest and most delicate parts. The soup, however, is apt to disagree with weak stomachs. As an article of luxury, the turtle has only come into fashion within the last 100 years, and some hundreds of tureens of turtle soup are served annually at the lord mayor's dinner in Guildhall.

在热带范围内新旧大陆所有岛屿和大陆的海岸上。它们的长度往往达到五英尺及以上，重量从50到500或600 lbs.不等。由于海龟在其常去的海岸上能找到源源不断的食物，它们并不好斗，因为它们觅食的海底草场为它们全体提供了充足的食物。与其他两栖类物种一样，它们也有数月不进食而存活的能力；因此它们无害而和平地共处，尽管它们似乎没有共同的联结纽带，只是仿佛完全偶然地聚集在同一地点。英格兰的海龟主要来自西印度群岛，从那里活着运来，健康状况尚可。绿海龟因其肉质鲜美而备受珍视，其上下甲壳的脂肪被视为最肥美细嫩的部分。然而，海龟汤容易使弱者肠胃不适。作为奢侈品，海龟直到过去100年才流行起来，每年在市政厅举行的市长大人正餐上都要供应数百碗海龟汤。

A GOOD FAMILY SOUP.

一份上好的家常汤。

190. INGREDIENTS.—Remains of a cold tongue, 2 lbs. of shin of beef, any cold pieces of meat or beef-bones, 2 turnips, 2 carrots, 2 onions, 1 parsnip, 1 head of celery, 4 quarts of water, 1/2 teacupful of rice; salt and pepper to taste.

190. 配料。--吃剩的冷牛舌、2 lbs.牛小腿肉、任何冷肉块或牛骨、2 个芜菁、2 根胡萝卜、2 个洋葱、1 根欧防风、1 棵芹菜、4 quarts 水、1/2 茶杯米；盐和胡椒适量。

Mode.—Put all the ingredients in a stewpan, and simmer gently for 4 hours, or until all the goodness is drawn from the meat. Strain off the soup, and let it stand to get cold. The kernels and

做法。--将所有配料放入炖锅，文火慢煮 4 小时，或直至肉中精华全部析出。滤出汤，静置冷却。牛舌的舌核和

soft parts of the tongue must be saved. When the soup is wanted for use, skim off all the fat, put in the kernels and soft parts of the tongue, slice in a small quantity of fresh carrot, turnip, and onion; stew till the vegetables are tender, and serve with toasted bread.

柔软部分须保留。需用汤时，撇去全部油脂，放入舌核和牛舌柔软部分，切少量新鲜胡萝卜、芜菁和洋葱片放入；炖至蔬菜软嫩，配烤面包上桌。时间。--5 小时。__平均成本_，每 quart 3d.。当令 anytime。

Time.—5 hours. _Average cost_,3d. per quart.

Seasonable at any time.

Sufficient for 12 persons.

足量供12人食用。

HODGE-PODGE.

大杂烩。

191. INGREDIENTS.—2 lbs. of shin of beef, 3 quarts of water, 1 pint of table-beer, 2 onions, 2 carrots, 2 turnips, 1 head of celery; pepper and salt to taste; thickening of butter and flour.

191. 配料。--2 lbs.牛小腿肉、3 quarts 水、1 pint 佐餐啤酒、2 个洋葱、2 根胡萝卜、2 个芜菁、1 棵芹菜；胡椒和盐适量；黄油面粉芡。

Mode.—Put the meat, beer, and water in a stewpan; simmer for a few minutes, and skim carefully. Add the vegetables and seasoning; stew gently till the meat is tender. Thicken with the butter and flour, and serve with turnips and carrots, or spinach and celery.

做法。--将肉、啤酒和水放入炖锅；微沸几分钟，仔细撇沫。加入蔬菜和调味；文火炖至肉软嫩。用黄油和面粉勾芡，配芜菁和胡萝卜，或菠菜和芹菜上桌。

Time.—3 hours, or rather more. *Average cost*, 3d. per quart.

时间。--3 小时，或稍多。平均成本，每 quart 3d.。

Seasonable at any time. *Sufficient* for 12 persons.

时令随时皆宜。足供十二人食用。

TABLE BEER.—This is nothing more than a weak ale, and is not made so much with a view to strength, as to transparency of colour and an agreeable bitterness of taste. It is, or ought to be, manufactured by the London professional brewers, from the best pale malt, or amber and malt. Six barrels are usually drawn from one quarter of malt, with which are mixed 4 or 5 lbs. of hops. As a beverage, it is agreeable when fresh; but it is not adapted to keep

佐餐啤酒。--这不过是淡麦酒，酿造时与其说追求酒劲，不如说追求色泽透明和宜人的苦味。它由伦敦专业酿酒师用最好的浅色麦芽，或琥珀色麦芽和麦芽酿成，或应当如此酿成。通常一 quarter 麦芽可酿六桶，其中混入 4 或 5 lbs.啤酒花。作为饮品，新鲜时宜人；但不适于保存

long.

FISH SOUPS.

FISH STOCK.

192. INGREDIENTS.—2 lbs. of beef or veal (these can be omitted), any kind of white fish trimmings, of fish which are to be dressed for table, 2 onions, the rind of 1/2 a lemon, a bunch of sweet herbs, 2 carrots, 2 quarts of water.

Mode.—Cut up the fish, and put it, with the other ingredients, into the water. Simmer for 2 hours; skim the liquor carefully, and strain it. When a richer stock is wanted, fry the vegetables and fish before adding the water.

Time.—2 hours. *Average cost*, with meat, 10d. per quart; without, 3d.

Note.—Do not make fish stock long before it is wanted, as it soon turns sour.

CRAYFISH SOUP.

193. INGREDIENTS.—50 crayfish, 1/4 lb. of butter, 6 anchovies, the crumb of 1 French roll, a little lobster-spawn, seasoning to taste, 2 quarts of medium stock, No. 105, or fish stock, No. 192.

Mode.—Shell the crayfish, and put the fish between two plates until they are wanted; pound the shells in a mortar, with the butter and anchovies; when well beaten, add a pint of stock, and simmer for 3/4 of an hour. Strain it through a hair sieve, put the

长。

鱼汤。

鱼高汤。

192. 配料。--2 lbs.牛肉或小牛肉(可省略)、任何种类的白肉鱼边角料，即准备上桌的鱼、2 个洋葱、1/2 个柠檬的皮、一束香草、2 根胡萝卜、2 quarts 水。

做法。--将鱼切碎，与其他配料一起放入水中。微沸 2 小时；仔细撇去汤中浮沫，过滤。若需更浓郁的汤底，可在加水前先煎蔬菜和鱼。

时间。--2 小时。平均成本，加肉者每 quart 10d.；不加肉者，3d。

注。--鱼汤不要过早制作，因其很快会变酸。

小龙虾汤。

193. 配料。--50 只小龙虾、1/4 lb.黄油、6 条鳀鱼、1 个法式小面包的芯、少许龙虾卵、调味适量、2 quarts 中等汤底，第 105 号，或鱼汤底，第 192 号。

做法。--将小龙虾去壳，把虾肉夹在两个盘子之间备用；将虾壳与黄油和鳀鱼一同放入研钵中捣碎；捣匀后加入一品脱原汤，煨3/4小时。用毛发筛过滤，将

remainder of the stock to it, with the crumb of the rolls; give it one boil, and rub it through a tammy, with the lobster-spawn. Put in the fish, but do not let the soup boil, after it has been rubbed through the tammy. If necessary, add seasoning.

剩余汤底与面包芯加入；煮沸一次，与龙虾卵一起用细筛擦滤。放入虾肉，但擦滤后不要再让汤煮沸。如有必要，加调味。

Time.—1-1/2 hour. *Average cost,* 2*s*. 3d. or 1*s*. 9d. per quart.

时间。--1-1/2 小时。平均成本,2s.3d.或每 quart 1s.9d.。

Seasonable from January to July.

时令一月至七月。

Sufficient for 8 persons.

足量供8人食用。

[Illustration: CRAYFISH.]

[插图：小龙虾]

THE CRAYFISH.—This is one of those fishes that were highly esteemed by the ancients. The Greeks preferred it when brought from Alexandria, and the Romans ate it boiled with cumin, and seasoned with pepper and other condiments. A recipe tells us, that crayfish can be preserved several days in baskets with fresh grass, such as the nettle, or in a bucket with about three-eighths of an inch of water. More water would kill them, because the large quantity of air they require necessitates the water in which they are kept, to be continually renewed.

小龙虾。--这是古人极为珍视的鱼类之一。希腊人偏爱从亚历山大里亚运来的小龙虾，罗马人则将其与孜然一起煮，并用胡椒和其他调料调味。一份食谱告诉我们，小龙虾可以用新鲜青草(如荨麻)装在篮子里保存数日，或放在约八分之三英寸深的水桶中保存。水多了反而会使其死亡，因为它们需要大量空气，所以必须不断更换养它们的水。

EEL SOUP.

鳗鱼汤。

194. INGREDIENTS.—3 lbs. of eels, 1 onion, 2 oz. of butter, 3 blades of mace, 1 bunch of sweet herbs, 1/4 oz. of peppercorns, salt to taste, 2 tablespoonfuls of flour, 1/4 pint of cream, 2 quarts of water.

194. 配料。--3 lbs.鳗鱼、1 个洋葱、2 oz.黄油、3 片肉豆蔻、1 束香草、1/4 oz.胡椒粒、盐适量、2 汤匙面粉、1/4 pint 奶油、2 quarts 水。

Mode.—Wash the eels, cut them into thin slices, and put them in the stewpan with the butter; let them simmer for a few minutes, then pour the water to them, and add the onion, cut in thin slices,

做法。--洗净鳗鱼，切成薄片，与黄油一起放入炖锅；微沸几分钟，然后倒入水，加入切成薄片的洋葱、

the herbs, mace, and seasoning. Simmer till the eels are tender, but do not break the fish. Take them out carefully, mix the flour smoothly to a batter with the cream, bring it to a boil, pour over the eels, and serve.

香草、肉豆蔻和调味。微沸至鳗鱼软嫩，但不要弄碎鱼。小心取出鳗鱼，将面粉与奶油调成光滑面糊，煮沸，浇在鳗鱼上，上桌。

Time.—1 hour, or rather more. *Average cost*, 10d. per quart.

时间。--1小时，或稍多。平均成本，每夸脱10便士。当令期为六月至三月。

Seasonable from June to March.

Sufficient for 8 persons.

足量供8人食用。

Note.—This soup may be flavoured differently by omitting the cream, and adding a little ketchup or Harvey's sauce.

注。--此汤可换味：省略奶油，加入少许番茄酱或哈维酱。

LOBSTER SOUP.

龙虾汤。

195. INGREDIENTS.—3 large lobsters, or 6 small ones; the crumb of a French roll, 2 anchovies, 1 onion, 1 small bunch of sweet herbs, 1 strip of lemon-peel, 2 oz. of butter, a little nutmeg, 1 teaspoonful of flour, 1 pint of cream, 1 pint of milk; forcemeat balls, mace, salt and pepper to taste, bread crumbs, 1 egg, 2 quarts of water.

195. 配料。--3 只大龙虾，或 6 只小龙虾；1 个法式小面包的芯、2 条鲽鱼、1 个洋葱、1 小束香草、1 条柠檬皮、2 oz.黄油、少许肉豆蔻、1 茶匙面粉、1 pint 奶油、1 pint 牛奶；肉馅丸、肉豆蔻、盐和胡椒适量、面包屑、1 个鸡蛋、2 quarts 水。

Mode.—Pick the meat from the lobsters, and beat the fins, chine, and small claws in a mortar, previously taking away the brown fin and the bag in the head. Put it in a stewpan, with the crumb of the roll, anchovies, onions, herbs, lemon-peel, and the water; simmer gently till all the goodness is extracted, and strain it off. Pound the spawn in a mortar, with the butter, nutmeg, and flour, and mix with it the cream and milk. Give one boil up, at the same time adding the tails cut in pieces. Make the forcemeat balls with the remainder of the lobster, seasoned with mace, pepper, and salt, adding a little flour, and a few bread crumbs; moisten them

做法。--将龙虾肉剔出，把鳍、脊和细爪在研钵中捣碎，事先去掉褐色的鳍和头部的囊袋。将其放入炖锅，加入面包卷的芯、鲽鱼、洋葱、香草、柠檬皮和水；小火慢炖，直至所有精华被提取出来，然后滤出。将虾卵与黄油、肉豆蔻和面粉在研钵中捣碎，拌入奶油和牛奶。煮沸一次，同时加入切块的虾尾。用剩余的龙虾肉制作肉丸，用肉豆蔻皮、胡椒和盐调味，加少许面粉和少量面包屑；将其润湿

with the egg, heat them in the soup, and serve.

Time.—2 hours, or rather more. *Average cost*, 3s 6d per quart.

Seasonable from April to October.

Sufficient for 8 persons.

OYSTER SOUP.

I.

196. INGREDIENTS.—6 dozen of oysters, 2 quarts of white stock, 1/2 pint of cream, 2 oz. of butter, 1-1/2 oz. of flour; salt, cayenne, and mace to taste.

Mode.—Scald the oysters in their own liquor; take them out, beard them, and put them in a tureen. Take a pint of the stock, put in the beards and the liquor, which must be carefully strained, and simmer for 1/2 an hour. Take it off the fire, strain it again, and add the remainder of the stock with the seasoning and mace. Bring it to a boil, add the thickening of butter and flour, simmer for 5 minutes, stir in the boiling cream, pour it over the oysters, and serve.

Time.—1 hour. *Average cost*, 2s. 8d. per quart.

Seasonable from September to April.

Sufficient for 8 persons.

Note.—This soup can be made less rich by using milk instead of cream, and thickening with arrowroot instead of butter and flour.

II.

加鸡蛋，在汤中加热后即可上桌。

时间。--2小时，或稍多。平均成本，每夸脱3先令6便士。当令期为四月至十月。

足量供8人食用。

牡蛎汤。

196. 配料--6打牡蛎，2夸脱白色高汤，

1/2 pint 奶油、2 oz.黄油、1-1/2 oz.面粉；盐、卡宴辣椒和肉豆蔻适量。

做法。--将牡蛎在其自身汁液中烫一下；取出，去须，放入汤盅。取 1 pint 汤底，放入须和汁液，须仔细过滤，微沸 1/2 小时。离火，再次过滤，加入剩余汤底及调味和肉豆蔻。煮沸，加入黄油面粉芡，微沸 5 分钟，拌入煮沸的奶油，浇在牡蛎上，上桌。

时间。- 1小时。平均成本，每quart 2s.8d.。

时令从九月到四月。

足量供8人食用。

注。--此汤可做得较清淡：用牛奶代替奶油，用竹芋粉代替黄油和面粉勾芡。

197. INGREDIENTS.—2 quarts of good mutton broth, 6 dozen oysters, 2 oz. butter, 1 oz. of flour.

Mode.—Beard the oysters, and scald them in their own liquor; then add it, well strained, to the broth; thicken with the butter and flour, and simmer for 1/4 of an hour. Put in the oysters, stir well, but do not let it boil, and serve very hot.

Time.—3/4 hour. *Average cost*, 2s. per quart.

Seasonable from September to April.

Sufficient for 8 persons.

SEASON OF OYSTERS.—From April and May to the end of July, oysters are said to be sick; but by the end of August they become healthy, having recovered from the effects of spawning. When they are not in season, the males have a black, and the females a milky substance in the gill. From some lines of Oppian, it would appear that the ancients were ignorant that the oyster is generally found adhering to rocks. The starfish is one of the most deadly enemies of these bivalves. The poet says:—

> The prickly star creeps on with full deceit
> To force the oyster from his close retreat.
> When gaping lids their widen'd void display,
> The watchful star thrusts in a pointed ray,
> Of all its treasures spoils the rifled case,
> And empty shells the sandy hillock grace.

PRAWN SOUP.

198. INGREDIENTS.—2 quarts of fish stock or water, 2 pints of

197. 配料。--2 quarts 上好羊肉汤、6 打牡蛎、2 oz.黄油、1 oz.面粉。

做法。--去牡蛎须，在其自身汁液中烫一下；然后将仔细过滤的汁液加入羊肉汤；用黄油和面粉勾芡，微沸 1/4 小时。放入牡蛎，搅拌均匀，但不要煮沸，趁热上桌。

时间。- 3/4 小时。平均成本，每 quart 2s.。

时令从九月到四月。

足量供8人食用。

牡蛎的时令。--据说从四月、五月到七月底，牡蛎是“病”的；但到八月底，它们从产卵的影响中恢复，变得“健康”。不当令时，雄牡蛎鳃中有黑色物质，雌牡蛎鳃中有乳状物质。从奥皮安的一些诗句看来，古人似乎不知道牡蛎通常附着在岩石上。海星是这些双壳类最致命的敌人之一。诗人说：--

> 多刺的海星满怀诡诈爬行，要把牡蛎从紧闭的藏身处逼出。当张开的壳露出宽阔的空隙，警觉的海星便刺入尖利的腕，劫掠壳中所有珍宝，空壳装点沙丘。

对虾汤。

198. 配料--2夸脱鱼高汤或水，2品脱

prawns, the crumbs of a French roll, anchovy sauce or mushroom ketchup to taste, 1 blade of mace, 1 pint of vinegar, a little lemon-juice.

Mode.—Pick out the tails of the prawns, put the bodies in a stewpan with 1 blade of mace, 1/2 pint of vinegar, and the same quantity of water; stew them for 1/4 hour, and strain off the liquor. Put the fish stock or water into a stewpan; add the strained liquor, pound the prawns with the crumb of a roll moistened with a little of the soup, rub them through a tammy, and mix them by degrees with the soup; add ketchup or anchovy sauce to taste, with a little lemon-juice. When it is well cooked, put in a few picked prawns; let them get thoroughly hot, and serve. If not thick enough, put in a little butter and flour.

Time.—hour. *Average cost*, 1s. 1d. per quart, if made with water.

Seasonable at any time. *Sufficient* for 8 persons.

Note.—This can be thickened with tomatoes, and vermicelli served in it, which makes it a very tasteful soup.

[Illustration: THE PRAWN.]

THE PRAWN.—This little fish bears a striking resemblance to the shrimp, but is neither so common nor so small. It is to be found on most of the sandy shores of Europe. The Isle of Wight is famous for shrimps, where they are potted; but both the prawns and the shrimps vended in London, are too much salted for the excellence of their natural flavour to be preserved. They are extremely lively little animals, as seen in their native retreats.

[Illustration]

对虾、1 个法式小面包的面包屑、鳀鱼酱或蘑菇番茄酱适量、1 片肉豆蔻、1 pint 醋、少许柠檬汁。

做法。--挑出虾尾，将虾身放入炖锅，加入1片肉豆蔻皮、1/2 pint醋和同量的水；炖1/4小时，滤出汤汁。将鱼高汤或水放入炖锅；加入滤出的汤汁，将虾与用少许汤润湿的面包卷芯一起捣碎，用细筛擦滤，逐渐拌入汤中；按口味加入番茄酱或鳀鱼酱，再加少许柠檬汁。煮好后，放入几只挑好的虾；让其彻底热透，即可上桌。若不够浓稠，可加入少许黄油和面粉。

时间。- 小时。平均成本，若用水制作，每quart 1先令1便士。

时令任何时候皆宜。足供 8人食用。

注。- 可用番茄使其浓稠，并加入细面条同煮，这样便成了一道非常可口的汤。

[插图：对虾。]

对虾(THE PRAWN)。- 这种小水产与虾极为相似，但既不如虾常见，也不如虾小。欧洲大多数沙质海岸都能见到它。怀特岛以虾闻名，当地将虾装罐保存；但伦敦出售的对虾和虾都腌制过度，以致其天然风味无法保全。从它们在原生栖息地的表现来看，它们是极其活泼的小动物。

[Illustration]

CHAPTER VII.

THE NATURAL HISTORY OF FISHES.

199. IN NATURAL HISTORY, FISHES form the fourth class in the system of Linnaeus, and are described as having long under-jaws, eggs without white, organs of sense, fins for supporters, bodies covered with concave scales, gills to supply the place of lungs for respiration, and water for the natural element of their existence. Had mankind no other knowledge of animals than of such as inhabit the land and breathe their own atmosphere, they would listen with incredulous wonder, if told that there were other kinds of beings which existed only in the waters, and which would die almost as soon as they were taken from them. However strongly these facts might be attested, they would hardly believe them, without the operation of their own senses, as they would recollect the effect produced on their own bodies when immersed in water, and the impossibility of their sustaining life in it for any lengthened period of time. Experience, however, has taught them, that the "great deep" is crowded with inhabitants of various sizes, and of vastly different constructions, with modes of life entirely distinct from those which belong to the animals of the land, and with peculiarities of design, equally wonderful with those of any other works which have come from the hand of the Creator. The history of these races, however, must remain for ever, more or less, in a state of darkness, since the depths in which they live, are beyond the power of human exploration, and since the illimitable expansion of their domain places them almost entirely out of the

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第七章

鱼类的自然史。

199. 在博物学中，鱼类构成林奈分类体系中的第四纲，被描述为具有长的下颚、无蛋白的卵、感觉器官、作为支撑的鳍、覆盖着凹形鳞片的身体、代替肺进行呼吸的鳃，以及水作为其生存的自然元素。倘若人类对动物的了解仅限于陆地上栖息并呼吸自身大气层的动物，那么当被告知还有另一些种类的生物只存在于水中、一旦离开水几乎就会立即死亡时，他们会以难以置信的惊奇来倾听。然而，无论这些事实被多么有力地证实，若不经自身感官的验证，他们几乎不会相信，因为他们会想起自己身体浸入水中时所产生的感受，以及自己在水中无法长时间维持生命。然而，经验已教导他们，“大深渊”中挤满了各种大小、构造迥异的居民，其生活方式与陆地动物完全不同，其设计的独特之处与造物主之手所造的任何其他作品同样奇妙。然而，这些种族的历史必然或多或少永远处于黑暗之中，因为它们所生活的深度超出人类探索的能力，而其领域无边无际的扩展使它们几乎完全处于

reach of human accessibility.

200. IN STUDYING THE CONFORMATION OF FISHES, we naturally conclude that they are, in every respect, well adapted to the element in which they have their existence. Their shape has a striking resemblance to the lower part of a ship; and there is no doubt that the form of the fish originally suggested the form of the ship. The body is in general slender, gradually diminishing towards each of its extremities, and flattened on each of its sides. This is precisely the form of the lower part of the hull of a ship; and it enables both the animal and the vessel, with comparative ease, to penetrate and divide the resisting medium for which they have been adapted. The velocity of a ship, however, in sailing before the wind, is by no means to be compared to that of a fish. It is well known that the largest fishes will, with the greatest ease, overtake a ship in full sail, play round it without effort, and shoot ahead of it at pleasure. This arises from their great flexibility, which, to compete with mocks the labours of art, and enables them to migrate thousands of miles in a season, without the slightest indications of languor or fatigue.

201. THE PRINCIPAL INSTRUMENTS EMPLOYED BY FISHES to accelerate their motion, are their air-bladder, fins, and tail. By means of the air-bladder they enlarge or diminish the specific gravity of their bodies. When they wish to sink, they compress the muscles of the abdomen, and eject the air contained in it; by which, their weight, compared with that of the water, is increased, and they consequently descend. On the other hand, when they wish to rise, they relax the compression of the abdominal muscles, when the air-bladder fills and distends, and the body immediately ascends to the surface. How simply, yet

人类可及之范围。

200. 在研究鱼类的构造时，我们自然会得出结论：它们在各方面都很好地适应了其赖以生存的环境。它们的形状与船的下半部分惊人地相似；毫无疑问，鱼的形态最初启发了船的形态。鱼的身体通常细长，向两端逐渐变细，两侧扁平。这恰恰是船体下半部分的形状；这种形状使动物和船只都能相对轻松地穿透并分开它们所适应的阻力介质。然而，船只顺风航行时的速度，绝不能与鱼的速度相比。众所周知，最大的鱼会极其轻松地追上满帆航行的船只，毫不费力地在其周围游弋，并随意地冲到它前面。这源于它们极大的柔韧性，这种柔韧性足以与人工的劳作相匹敌而令其相形见绌，使它们能在一个时令内迁徙数千英里，而丝毫没有倦怠或疲劳的迹象。

201. 鱼类用来加速运动的主要器官是它们的鳔、鳍和尾。通过鳔，它们增大或减小身体的比重。当它们想下沉时，就压缩腹部肌肉，排出其中所含的空气；由此，它们相对于水的重量增加，因而下降。另一方面，当它们想上升时，就放松腹部肌肉的压缩，于是鳔充满并膨胀，身体立即升到水面。至高无上的存在者是多么简单而又

how wonderfully, has the Supreme Being adapted certain means to the attainment of certain ends! Those fishes which are destitute of the air-bladder are heavy in the water, and have no great "alacrity" in rising. The larger proportion of them remain at the bottom, unless they are so formed as to be able to strike their native element downwards with sufficient force to enable them to ascend. When the air-bladder of a fish is burst, its power of ascending to the surface has for ever passed away. From a knowledge of this fact, the fishermen of cod are enabled to preserve them alive for a considerable time in their well-boats. The means they adopt to accomplish this, is to perforate the sound, or air-bladder, with a needle, which disengages the air, when the fishes immediately descend to the bottom of the well, into which they are thrown. Without this operation, it would be impossible to keep the cod under water whilst they had life. In swimming, the *fins* enable fishes to preserve their upright position, especially those of the belly, which act like two feet. Without those, they would swim with their bellies upward, as it is in their backs that the centre of gravity lies. In ascending and descending, these are likewise of great assistance, as they contract and expand accordingly. The *tail* is an instrument of great muscular force, and largely assists the fish in all its motions. In some instances it acts like the rudder of a ship, and enables it to turn sideways; and when moved from side to side with a quick vibratory motion, fishes are made, in the same manner as the "screw" propeller makes a steamship, to dart forward with a celerity proportioned to the muscular force with which it is employed.

202. THE BODIES OF FISHES are mostly covered with a kind of horny scales; but some are almost entirely without them, or have

多么奇妙地将某些手段用于达到某些目的啊!那些没有鳔的鱼在水中很重，上升时没有很大的“敏捷性”。它们中的大部分留在水底，除非它们的构造使它们能够以足够的力量向下击打其原生元素，从而得以升上来。当一条鱼的鳔破裂时，它升到水面的能力就永远消失了。由于了解这一事实，捕鳕鱼的渔民能够把鳕鱼在活水船中存活相当长的时间。他们为此采用的方法是，用针刺穿其鳔，使空气排出，于是鱼立即沉到它们被投入的井底。没有这一操作，就不可能在有生命时把鳕鱼保持在水下。在游泳时，鳍使鱼能够保持直立的姿势，尤其是腹鳍，它们的作用如同两只脚。没有这些，它们就会腹部朝上游泳，因为它们的重心在背部。在上升和下降时，这些鳍同样大有帮助，因为它们会相应地收缩和扩张。尾是具有巨大肌肉力量的器官，在鱼的一切运动中大力协助它。在某些情况下，它的作用如同船的舵，使鱼能侧向转弯；当它被以快速的振动动作从一侧摆向另一侧时，鱼就像“螺旋桨”推动汽船一样，以与所用肌肉力量成比例的速度向前冲去。

202. 鱼的身体大多覆盖着一种角质鳞片；但有些鱼几乎完全没有鳞片，或者

them so minute as to be almost invisible; as is the case with the eel. The object of these is to preserve them from injury by the pressure of the water, or the sudden contact with pebbles, rocks, or sea-weeds. Others, again, are enveloped in a fatty, oleaginous substance, also intended as a defence against the friction of the water; and those in which the scales are small, are supplied with a larger quantity of slimy matter.

鳞片极其细小，几乎看不见，鳗鱼便是如此。鳞片的作用是保护鱼免受水压之伤，或免受卵石、岩石、海草的突然碰撞。另有一些鱼则裹着一层脂肪性的油质物质，同样是为了抵御水的摩擦；而那些鳞片细小的鱼，则配有较多的黏液。

203. THE RESPIRATION OF FISHES is effected by means of those comb-like organs which are placed on each side of the neck, and which are called gills. It is curious to watch the process of breathing as it is performed by the finny tribes. It seems to be so continuous, that it might almost pass for an illustration of the vexed problem which conceals the secret of perpetual motion. In performing it, they fill their mouths with water, which they drive backwards with a force so great as to open the large flap, to allow it to escape behind. In this operation all, or a great portion, of the air contained in the water, is left among the feather-like processes of the gills, and is carried into the body, there to perform its part in the animal economy. In proof of this, it has been ascertained that, if the water in which fishes are put, is, by any means, denuded of its air, they immediately seek the surface, and begin to gasp for it. Hence, distilled water is to them what a vacuum made by an air-pump, is to most other animals. For this reason, when a fishpond, or other aqueous receptacle in which fishes are kept, is entirely frozen over, it is necessary to make holes in the ice, not so especially for the purpose of feeding them, as for that of giving them air to breathe.

203. 鱼的呼吸是通过那些位于颈部两侧、形如梳齿的器官进行的，这些器官称为鳃。观察鱼类呼吸的过程是很有趣的。它似乎如此连续不断，几乎可以视为那个隐藏着永动秘密的难题的例证。在进行呼吸时，它们用嘴装满水，以极大的力量将水向后推，以致张开大鳃盖，让水从后面流出。在这一过程中，水中所含的全部或大部分空气留在鳃的羽状突起之间，并被带入体内，在那里发挥其在动物生理中的作用。为证明这一点，已经查明：如果鱼所在的水以任何方式被除去了空气，它们就立即游向水面，开始喘气以求空气。因此，蒸馏水对它们而言，就如同抽气机造成的真空对大多数其他动物一样。由于这个原因，当鱼塘或其他养鱼的水体完全冰封时，必须在冰上凿洞，这尤其是为了给它们呼吸的空气，而不是为了喂食它们。

204. THE POSITIONS OF THE TEETH OF FISHES are well calculated to excite our amazement; for, in some cases, these are

204. 鱼齿的位置颇值得我们惊叹；因为有些鱼的牙齿

situated in the jaws, sometimes on the tongue or palate, and sometimes even in the throat. They are in general sharp-pointed and immovable; but in the carp they are obtuse, and in the pike so easily moved as to seem to have no deeper hold than such as the mere skin can afford. In the herring, the tongue is set with teeth, to enable it the better, it is supposed, to retain its food.

205. ALTHOUGH NATURALISTS HAVE DIVIDED FISHES into two great tribes, the *osseous* and the *cartilaginous*, yet the distinction is not very precise; for the first have a great deal of cartilage, and the second, at any rate, a portion of calcareous matter in their bones. It may, therefore, be said that the bones of fishes form a kind of intermediate substance between true bones and cartilages. The backbone extends through the whole length of the body, and consists of vertebrae, strong and thick towards the head, but weaker and more slender as it approaches the tail. Each species has a determinate number of vertebrae, which are increased in size in proportion with the body. The ribs are attached to the processes of the vertebrae, and inclose the breast and abdomen. Some kinds, as the rays, have no ribs; whilst others, as the sturgeon and eel, have very short ones. Between the pointed processes of the vertebrae are situated the bones which support the dorsal (back) and the anal (below the tail) fins, which are connected with the processes by a ligament. At the breast are the sternum or breastbone, clavicles or collar-bones, and the scapulae or shoulder-blades, on which the pectoral or breast fins are placed. The bones which support the ventral or belly fins are called the *ossa pelvis*. Besides these principal bones, there are often other smaller ones, placed between the muscles to assist their motion.

长在颌部，有时长在舌上或腭上，有时甚至长在喉部。它们通常尖利而不能活动；但在鲤鱼则钝圆，在狗鱼则活动自如，仿佛仅靠皮肤便能固定。鲱鱼的舌上生有牙齿，据推测是为了更好地留住食物。

205. 尽管博物学家将鱼类分为两大族类，即骨鱼和软骨鱼，但这种区分并不十分精确；因为前者有大量的软骨，而后者至少在其骨中有部分钙质。因此可以说，鱼的骨骼是介于真骨和软骨之间的一种中间物质。脊柱贯穿身体的整个长度，由椎骨组成，靠近头部处强壮而粗厚，越接近尾部则越弱越细。每种鱼都有一定数目的椎骨，其大小随身体成比例增大。肋骨附着于椎骨的突起上，围住胸部和腹部。有些种类，如鳐鱼，没有肋骨；而另一些，如鲟鱼和鳗鱼，肋骨很短。在椎骨的尖突起之间，是支撑背鳍和臀鳍的骨骼，它们通过韧带与突起相连。胸部有胸骨、锁骨和肩胛骨，胸鳍即位于其上。支撑腹鳍的骨骼称为骨盆骨。除这些主要骨骼外，还常有其他较小的骨骼，位于肌肉之间以协助其运动。

206. SOME OF THE ORGANS OF SENSE IN FISHES are supposed to be possessed by them in a high degree, and others much more imperfectly. Of the latter kind are the senses of touch and taste, which are believed to be very slightly developed. On the other hand, those of hearing, seeing, and smelling, are ascertained to be acute, but the first in a lesser degree than both the second and third. Their possession of an auditory organ was long doubted, and even denied by some physiologists; but it has been found placed on the sides of the skull, or in the cavity which contains the brain. It occupies a position entirely distinct and detached from the skull, and, in this respect, differs in the local disposition of the same sense in birds and quadrupeds. In some fishes, as in those of the ray kind, the organ is wholly encompassed by those parts which contain the cavity of the skull; whilst in the cod and salmon kind it is in the part within the skull. Its structure is, in every way, much more simple than that of the same sense in those animals which live entirely in the air; but there is no doubt that they have the adaptation suitable to their condition. In some genera, as in the rays, the external orifice or ear is very small, and is placed in the upper surface of the head; whilst in others there is no visible external orifice whatever. However perfect the *sight* of fishes may be, experience has shown that this sense is of much less use to them than that of smelling, in searching for their food. The optic nerves in fishes have this peculiarity,—that they are not confounded with one another in their middle progress between their origin and their orbit. The one passes over the other without any communication; so that the nerve which comes from the left side of the brain goes distinctly to the right eye, and that which comes from the right goes distinctly to the left. In the greater part

206. 鱼类的某些感觉器官被认为高度发达，而另一些则远为不完善。属于后一类的是触觉和味觉，据信它们发育得极为微弱。另一方面，听觉、视觉和嗅觉则被确认是敏锐的，但第一种的程度低于第二种和第三种。它们是否具有听觉器官曾长期受到怀疑，甚至被一些生理学家否认；但人们发现它位于头骨两侧，或位于包含大脑的腔穴中。它的位置与头骨完全分离且独立，在这方面，与鸟类和四足动物同一感觉的局部配置有所不同。在某些鱼类中，如鳐类，该器官完全被那些包含头骨腔穴的部分所包围；而在鳕鱼和鲑鱼类中，它则位于头骨内的部分。其结构在各方面都比完全生活在空气中的动物同一感觉的结构简单得多；但毫无疑问，它们具有适合其状况的适应能力。在某些属中，如鳐类，外口或耳非常小，位于头的上表面；而在另一些属中，则根本没有可见的外口。无论鱼的视觉多么完善，经验表明，在寻找食物时，这种感觉对它们的用处远不如嗅觉。鱼类的视神经有一个特点--它们在从起源到眼眶的中间行程中彼此不相混淆。一条越过另一条而没有任何交流；因此，来自大脑左侧的神经清晰地通向右侧眼睛，而来自右侧的则清晰地通向左侧。在大部分

of them, the eye is covered with the same transparent skin that covers the rest of the head. The object of this arrangement, perhaps, is to defend it from the action of the water, as there are no eyelids. The globe in front is somewhat depressed, and is furnished behind with a muscle, which serves to lengthen or flatten it, according to the necessities of the animal. The crystalline humour, which in quadrupeds is flattened, is, in fishes, nearly globular. The organ of *smelling* in fishes is large, and is endued, at its entry, with a dilating and contracting power, which is employed as the wants of the animal may require. It is mostly by the acuteness of their smell that fishes are enabled to discover their food; for their tongue is not designed for nice sensation, being of too firm a cartilaginous substance for this purpose.

207. WITH RESPECT TO THE FOOD OF FISHES, this is almost universally found in their own element. They are mostly carnivorous, though they seize upon almost anything that comes in their way: they even devour their own offspring, and manifest a particular predilection for all living creatures. Those, to which Nature has meted out mouths of the greatest capacity, would seem to pursue everything with life, and frequently engage in fierce conflicts with their prey. The animal with the largest mouth is usually the victor; and he has no sooner conquered his foe than he devours him. Innumerable shoals of one species pursue those of another, with a ferocity which draws them from the pole to the equator, through all the varying temperatures and depths of their boundless domain. In these pursuits a scene of universal violence is the result; and many species must have become extinct, had not Nature accurately proportioned the means of escape, the production, and the numbers, to the extent and variety of the

鱼类中，眼睛覆盖着与覆盖头部其余部分相同的透明皮肤。这种安排的目的也许是保护它免受水的作用，因为它们没有眼睑。前方的眼球略显扁平，后方配备有一块肌肉，用于根据动物的需要将其拉长或压扁。在四足动物中呈扁平的晶状体，在鱼类中则近乎球形。鱼类的嗅觉器官很大，其入口处具有扩张和收缩的能力，可根据动物的需要而运用。鱼类主要依靠嗅觉的敏锐来发现食物；因为它们的舌头并非用于精细的感觉，其质地过于坚硬，呈软骨状，不适合此目的。

207. 关于鱼类的食物，几乎普遍存在于它们自己的元素中。它们大多是肉食性的，尽管它们几乎抓住任何遇到的东西：它们甚至吞食自己的后代，并对所有活物表现出特别的偏爱。那些被自然赋予最大容量嘴巴的鱼类，似乎会追逐一切有生命的东西，并经常与猎物进行激烈的搏斗。嘴巴最大的动物通常是胜利者；它一征服敌人就将其吞食。无数鱼群追逐另一物种的鱼群，其凶猛程度使它们从极地到赤道，穿越其无边领域的所有变化温度和深度。在这些追逐中，结果是普遍暴力的场景；许多物种必定已经灭绝，若非自然精确地比例了逃脱手段、繁殖和数量，以适应

danger to which they are exposed. Hence the smaller species are not only more numerous, but more productive than the larger; whilst their instinct leads them in search of food and safety near the shores, where, from the shallowness of the waters, many of their foes are unable to follow them.

它们所面临的危险。因此，较小的种类不仅数量更多，而且繁殖力也强于较大的种类；同时它们的本能驱使它们在近岸处觅食和寻求安全，那里水浅，许多敌害无法追随它们。

208. THE FECUNDITY OF FISHES has been the wonder of every natural philosopher whose attention has been attracted to the subject. They are in general oviparous, or egg-producing; but there are a few, such as the eel and the blenny, which are viviparous, or produce their young alive. The males have the *milt* and the females the *roe*; but some individuals, as the sturgeon and the cod tribes, are said to contain both. The greater number deposit their spawn in the sand or gravel; but some of those which dwell in the depths of the ocean attach their eggs to sea-weeds. In every instance, however, their fruitfulness far surpasses that of any other race of animals. According to Lewenhoeck, the cod annually spawns upwards of nine millions of eggs, contained in a single roe. The flounder produces one million; the mackerel above five hundred thousand; a herring of a moderate size at least ten thousand; a carp fourteen inches in length, according to Petit, contained two hundred and sixty-two thousand two hundred and twenty-four; a perch deposited three hundred and eighty thousand six hundred and forty; and a female sturgeon seven millions six hundred and fifty-three thousand two hundred. The viviparous species are by no means so prolific; yet the blenny brings forth two or three hundred at a time, which commence sporting together round their parent the moment they have come into existence.

208. 鱼类的多产性一直是每位关注此主题的自然哲学家的惊奇之处。它们一般是卵生的，即产卵；但也有少数，如鳗鱼和鳚鱼，是胎生的，即产出活幼。雄性有鱼精，雌性有鱼卵；但某些个体，如鲟鱼和鳇鱼类，据说两者兼有。大多数将卵产在沙或砾石中；但一些居住在海洋深处的则将卵附着在海藻上。然而，在每一种情况下，它们的繁殖力都远远超过任何其他动物种族。根据列文虎克，鳇鱼每年在单个卵巢中产卵超过九百万枚。比目鱼产一百万枚；鲭鱼超过五十万枚；中等大小的鲱鱼至少一万枚；根据佩蒂，一条十四英寸长的鲤鱼含有二十六万二千二百二十四枚；一条鲈鱼产三十八万零六百四十枚；一条雌鲟鱼产七百六十五万三千二百枚。胎生物种的繁殖力远不及此；然而鳚鱼一次产二三百条，这些幼鱼一出生就开始在父母周围一起嬉戏。

209. IN REFERENCE TO THE LONGEVITY OF FISHES, it is

209. 关于鱼类的寿命，

affirmed to surpass that of all other created beings; and it is supposed they are, to a great extent, exempted from the diseases to which the flesh of other animals is heir. In place of suffering from the rigidity of age, which is the cause of the natural decay of those that "live and move and have their being" on the land, their bodies continue to grow with each succeeding supply of food, and the conduits of life to perform their functions unimpaired. The age of fishes has not been properly ascertained, although it is believed that the most minute of the species has a longer lease of life than man. The mode in which they die has been noted by the Rev. Mr. White, the eminent naturalist of Selbourne. As soon as the fish sickens, the head sinks lower and lower, till the animal, as it were, stands upon it. After this, as it becomes weaker, it loses its poise, till the tail turns over, when it comes to the surface, and floats with its belly upwards. The reason for its floating in this manner is on account of the body being no longer balanced by the fins of the belly, and the broad muscular back preponderating, by its own gravity, over the belly, from this latter being a cavity, and consequently lighter.

据确认，其寿命超过所有其他受造之物；据信，它们在很大程度上免于其他动物肉体所易患的疾病。它们不像陆地上“生存、活动、存在”的动物那样因衰老而僵化--那是它们自然衰亡的原因--它们的身体随着每一次进食而继续生长，生命的通道完好无损地履行其功能。鱼类的寿命尚未被恰当确定，尽管人们相信该物种中最微小的个体也比人享有更长的寿命。它们死亡的方式已被塞尔伯恩的著名博物学家怀特牧师所记录。鱼一旦患病，头部便越来越下沉，直至该动物仿佛立于其上。此后，随着它愈发虚弱，它失去平衡，直至尾部翻转，此时它浮到水面，腹部朝上漂浮。它如此漂浮的原因在于，身体不再由腹鳍保持平衡，而宽阔肌肉发达的背部凭借自身重力压过腹部，因为后者是一个腔体，因而更轻。

210. FISHES ARE EITHER SOLITARY OR GREGARIOUS, and some of them migrate to great distances, and into certain rivers, to deposit their spawn. Of sea-fishes, the cod, herring, mackerel, and many others, assemble in immense shoals, and migrate through different tracts of the ocean; but, whether considered in their solitary or gregarious capacity, they are alike wonderful to all who look through Nature up to Nature's God, and consider, with due humility, yet exalted admiration, the sublime variety, beauty, power, and grandeur of His productions, as manifested in the Creation.

210. 鱼类或独居或群居，其中一些会远距离迁徙，进入某些河流产卵。在海鱼中，鳕鱼、鲱鱼、鲭鱼以及许多其他鱼类结成巨大的鱼群，穿越海洋的不同区域迁徙；但无论从其独居还是群居的特性来看，它们同样令所有透过自然仰望自然之神的人感到奇妙，并以应有的谦卑、却又崇高的赞叹，思考祂的造物在创世中所显现的崇高多样、美丽、力量与壮丽。

FISH AS AN ARTICLE OF HUMAN FOOD.

211. AS THE NUTRITIVE PROPERTIES OF FISH are deemed inferior to those of what is called butchers' meat, it would appear, from all we can learn, that, in all ages, it has held only a secondary place in the estimation of those who have considered the science of gastronomy as a large element in the happiness of mankind. Among the Jews of old it was very little used, although it seems not to have been entirely interdicted, as Moses prohibited only the use of such as had neither scales nor fins. The Egyptians, however, made fish an article of diet, notwithstanding that it was rejected by their priests. Egypt, however, is not a country favourable to the production of fish, although we read of the people, when hungry, eating it raw; of epicures among them having dried it in the sun; and of its being salted and preserved, to serve as a repast on days of great solemnity.

The modern Egyptians are, in general, extremely temperate in regard to food. Even the richest among them take little pride, and, perhaps, experience as little delight, in the luxuries of the table. Their dishes mostly consist of pilaus, soups, and stews, prepared principally of onions, cucumbers, and other cold vegetables, mixed with a little meat cut into small pieces. On special occasions, however, a whole sheep is placed on the festive board; but during several of the hottest months of the year, the richest restrict themselves entirely to a vegetable diet. The poor are contented with a little oil or sour milk, in which they may dip their bread.

212. PASSING FROM AFRICA TO EUROPE, we come amongst a people who have, almost from time immemorial, occupied a high

鱼类作为人类食物。

211. 由于鱼类的营养价值被认为低于所谓的肉铺鲜肉，据我们所能了解到的一切，似乎自古以来，在那些将美食学视为人类幸福重要组成部分的人的评价中，它一直只占次要地位。在古代犹太人中间，鱼很少被食用，尽管似乎并未被完全禁止，因为摩西只禁止食用既无鳞又无鳍的鱼类。然而埃及人将鱼作为日常食物，尽管它被他们的祭司所拒斥。然而埃及并非有利于鱼类出产的国家，尽管我们读到那里的人们饥饿时生吃鱼；读到他们中间的饕客将鱼晒干；读到鱼被腌制保存，用作盛大节日的餐食。

现代埃及人总体上在饮食方面极为节制。即使他们中最富有的人，对餐桌上的奢华也少有自豪，或许也少有愉悦。他们的菜肴大多由抓饭、汤和炖菜组成，主要用洋葱、黄瓜和其他凉性蔬菜烹制，混以少量切成小块的肉。然而在特殊场合，整只羊会被摆上节庆餐桌；但在一年中最炎热的几个月里，最富有的人完全只吃素食。穷人则满足于一点油或酸牛奶，用来蘸面包。

212. 从非洲到欧洲，我们来到一个几乎自远古以来就占据着高度

place in the estimation of every civilized country; yet the Greeks, in their earlier ages, made very little use of fish as an article of diet. In the eyes of the heroes of Homer it had little favour; for Menelaus complained that "hunger pressed their digestive organs," and they had been obliged to live upon fish. Subsequently, however, fish became one of the principal articles of diet amongst the Hellenes; and both Aristophanes and Athenaeus allude to it, and even satirize their countrymen for their excessive partiality to the turbot and mullet.

在每个文明国家的评价中占有一席之地；然而希腊人在其早期很少将鱼作为日常食物。在荷马笔下的英雄眼中，鱼不受青睐；因为墨涅拉俄斯抱怨说“饥饿压迫着他们的消化器官”，他们不得不以鱼为生。然而后来，鱼成为希腊人主要的日常食物之一；阿里斯托芬和阿特纳奥斯都提及此事，甚至讽刺他们的同胞对多宝鱼和鲻鱼过分偏爱。

So infatuated were many of the Greek gastronomes with the love of fish, that some of them would have preferred death from indigestion to the relinquishment of the precious dainties with which a few of the species supplied them. Philoxenes of Cythera was one of these. On being informed by his physician that he was going to die of indigestion, on account of the quantity he was consuming of a delicious fish, "Be it so," he calmly observed; "but before I die, let me finish the remainder."

许多希腊美食家对鱼的热爱如此痴迷，以至于有些人宁愿因消化不良而死，也不愿放弃少数几种鱼所提供的美味珍馐。昔西拉的菲洛色诺斯就是其中之一。当他的医生告诉他，由于他食用了大量美味鱼，他将死于消化不良时，他平静地说：“那就这样吧；但在我死之前，让我把剩下的吃完。”

213. THE GEOGRAPHICAL SITUATION OF GREECE was highly favourable for the development of a taste for the piscatory tribes; and the skill of the Greek cooks was so great, that they could impart every variety of relish to the dish they were called upon to prepare. Athenaeus has transmitted to posterity some very important precepts upon their ingenuity in seasoning with salt, oil, and aromatics.

213. 希腊的地理位置非常有利于培养对鱼类的品味；希腊厨师的技艺如此高超，以至于他们能给他们奉命准备的菜肴赋予各种风味。阿特纳奥斯为后世留下了一些非常重要的训诫，关于他们用盐、油和香料调味的巧思。

At the present day the food of the Greeks, through the combined influence of poverty and the long fasts which their religion imposes upon them, is, to a large extent, composed of fish, accompanied with vegetables and fruit. Caviare, prepared from

如今，由于贫困和宗教强加给他们的长期斋戒的双重影响，希腊人的食物在很大程度上由鱼组成，并配有蔬菜和水果。鱼子酱，由

the roes of sturgeons, is the national ragout, which, like all other fish dishes, they season with aromatic herbs. Snails dressed in garlic are also a favourite dish.

鲟鱼的鱼卵制成，是国菜炖菜，像所有其他鱼类菜肴一样，他们用香草调味。大蒜烹制的蜗牛也是一道受欢迎的菜肴。

214. AS THE ROMANS, in a great measure, took their taste in the fine arts from the Greeks, so did they, in some measure, their piscine appetites. The eel-pout and the lotas's liver were the favourite fish dishes of the Roman epicures; whilst the red mullet was esteemed as one of the most delicate fishes that could be brought to the table.

214. 正如罗马人在很大程度上从希腊人那里学到了对美术的品味，他们在某种程度上也从希腊人那里学到了对鱼的食欲。鳗鱼和洛塔斯鱼的肝脏是罗马美食家最喜欢的鱼类菜肴；而红鲻鱼则被推崇为能端上餐桌的最精美的鱼之一。

With all the elegance, taste, and refinement of Roman luxury, it was sometimes promoted or accompanied by acts of great barbarity. In proof of this, the mention of the red mullet suggests the mode in which it was sometimes treated for the, to us, *horrible* entertainment of the *fashionable* in Roman circles. It may be premised, that as England has, Rome, in her palmy days, had, her fops, who had, no doubt, through the medium of their cooks, discovered that when the scales of the red mullet were removed, the flesh presented a fine pink-colour. Having discovered this, it was further observed that at the death of the animal, this colour passed through a succession of beautiful shades, and, in order that these might be witnessed and enjoyed in their fullest perfection, the poor mullet was served alive in a glass vessel.

罗马式的奢华尽显优雅、品味与精致，有时却也被极其野蛮的行为所助长或伴随。为证明这一点，提到红鲻鱼便令人想到它有时被对待的方式，那是为了取悦罗马圈子里时髦人士的、在我们看来可怕的娱乐。可以预先说明的是，正如英国有，罗马在其鼎盛时期也有她的花花公子们，他们无疑通过他们的厨师发现，红鲻鱼的鳞片被去除后，鱼肉呈现出漂亮的粉红色。发现了这一点之后，人们进一步观察到，在这种动物死亡时，这种颜色会经过一系列美丽的色调变化，而为了让这些色调能够被最完美地观赏和享受，那条可怜的鲻鱼被活生生地盛在玻璃器皿中端上桌。

215. THE LOVE OF FISH among the ancient Romans rose to a real mania. Apicius offered a prize to any one who could invent a new brine compounded of the liver of red mullets; and Lucullus had a canal cut through a mountain, in the neighbourhood of Naples, that fish might be the more easily transported to the gardens of his villa. Hortensius, the orator, wept over the death of a turbot

215. 古罗马人对鱼的热爱达到了真正的狂热。阿皮基乌斯悬赏奖励任何能发明一种用红鲻鱼肝调制的新卤汁的人；卢库卢斯在那不勒斯附近的山中开凿了一条运河，以便鱼能更容易地运到他别墅的花园。演说家霍滕西乌斯为一条他亲手喂养的比目鱼的死而哭泣；

which he had fed with his own hands; and the daughter of Druses adorned one that she had, with rings of gold. These were, surely, instances of misplaced affection; but there is no accounting for tastes. It was but the other day that we read in the "*Times*" of a wealthy *living* English hermit, who delights in the companionship of rats!

德鲁苏斯的女儿给她养的一条鱼装饰了金戒指。这些确实是错付的感情的例子；但品味是无法解释的。就在前几天，我们在《泰晤士报》上读到一位富有的在世英国隐士，他以与老鼠为伴为乐!

The modern Romans are merged in the general name of Italians, who, with the exception of macaroni, have no specially characteristic article of food.

现代罗马人已融入意大利人的统称之中，意大利人除了通心粉之外，没有特别具有特色的食物。

216. FROM ROME TO GAUL is, considering the means of modern locomotion, no great way; but the ancient sumptuary laws of that kingdom give us little information regarding the ichthyophagous propensities of its inhabitants. Louis XII. engaged six fishmongers to furnish his board with fresh-water animals, and Francis I. had twenty-two, whilst Henry the Great extended his requirements a little further, and had twenty-four. In the time of Louis XIV. the cooks had attained to such a degree of perfection in their art, that they could convert the form and flesh of the trout, pike, or carp, into the very shape and flavour of the most delicious game.

216. 从罗马到高卢，就现代交通工具而言，并不算遥远；但该王国古代的奢侈法规几乎无法告诉我们其居民嗜食鱼类的倾向。路易十二曾雇用六名鱼贩为其餐桌供应淡水鱼，弗朗索瓦一世雇用了二十二名，而亨利大帝则把需求稍稍扩大，雇用了二十四名。在路易十四时代，厨师们在技艺上已达到如此完美的程度，以至于他们能把鳟鱼、狗鱼或鲤鱼的外形与鱼肉，变成最鲜美野味的形状与风味。

The French long enjoyed a European reputation for their skill and refinement in the preparing of food. In place of plain joints, French cookery delights in the marvels of what are called made dishes, ragouts, stews, and fricassees, in which no trace of the original materials of which they are compounded is to be found.

法国人长期以来因其在食物制备方面的技艺和精致而享有欧洲声誉。法国烹饪不喜简单的烤肉块，而热衷于所谓的拼盘菜、炖菜、焖菜和烩菜的奇妙之处，在这些菜肴中找不到其组成原料的任何痕迹。

217. FROM GAUL WE CROSS TO BRITAIN, where it has been asserted, by, at least, one authority, that the ancient inhabitants ate no fish. However this may be, we know that the British shores, particularly those of the North Sea, have always been well

217. 从高卢我们渡海到不列颠，至少有一位权威人士断言，古代居民不吃鱼。无论如何，我们知道不列颠海岸，特别是北海沿岸，一直

supplied with the best kinds of fish, which we may reasonably infer was not unknown to the inhabitants, or likely to be lost upon them for the lack of knowledge as to how they tasted. By the time of Edward II., fish had, in England, become a dainty, especially the sturgeon, which was permitted to appear on no table but that of the king. In the fourteenth century, a decree of King John informs us that the people ate both seals and porpoises; whilst in the days of the Troubadours, whales were fished for and caught in the Mediterranean Sea, for the purpose of being used as human food.

供应有最好的鱼类，我们可以合理推断这并非居民所不知，也不太可能因不知其味道而错过。到爱德华二世时期，鱼在英国已成为一种美味，尤其是鲟鱼，只允许出现在国王的餐桌上。在十四世纪，约翰国王的一项法令告诉我们，人们吃海豹和鼠海豚；而在游吟诗人的时代，地中海有人捕鲸，用作人类食物。

Whatever checks the ancient British may have had upon their piscatory appetites, there are happily none of any great consequence upon the modern, who delight in wholesome food of every kind. Their taste is, perhaps, too much inclined to that which is accounted solid and substantial; but they really eat more moderately, even of animal food, than either the French or the Germans. Roast beef, or other viands cooked in the plainest manner, are, with them, a sufficient luxury; yet they delight in living *well*, whilst it is easy to prove how largely their affections are developed by even the prospect of a substantial cheer. In proof of this we will just observe, that if a great dinner is to be celebrated, it is not uncommon for the appointed stewards and committee to meet and have a preliminary dinner among themselves, in order to arrange the great one, and after that, to have another dinner to discharge the bill which the great one cost. This enjoyable disposition we take to form a very large item in the aggregate happiness of the nation.

无论古代不列颠人对他们的鱼类食欲有过什么样的节制，幸运的是，现代不列颠人在这方面没有任何重大约束，他们喜爱各种有益健康的食物。他们的口味或许过于偏向那些被认为实在而丰盛的东西；但就肉类食物而言，他们实际上比法国人或德国人吃得更适度。烤牛肉，或以最朴素方式烹制的其他菜肴，对他们来说已是足够的奢侈；然而他们乐于好好生活，同时很容易证明，哪怕只是看到一顿丰盛饭菜的前景，他们的情感就会多么充分地流露出来。为证明这一点，我们只需指出，如果要举办一场盛大的正餐，通常指定的管事和委员会成员会聚在一起先吃一顿预备正餐，以便安排那场盛大的正餐，之后还要再吃一顿正餐来支付那场盛大正餐所花的账单。我们认为，这种乐于享受的性情构成了这个国家总体幸福中一个非常大的部分。

218. THE GENERAL USE OF FISH, as an article of human food among civilized nations, we have thus sufficiently shown, and will

218. 鱼作为文明国家人类食物的一般用途，我们已充分说明，并将

conclude this portion of our subject with the following hints, which ought to be remembered by all those who are fond of occasionally varying their dietary with a piscine dish:—

以以下提示来结束我们这一部分的话题，所有喜欢偶尔用鱼类菜肴变换饮食的人都应记住这些提示：--

I. Fish shortly before they spawn are, in general, best in condition. When the spawning is just over, they are out of season, and unfit for human food.

一、鱼在产卵前不久，通常状态最佳。产卵刚结束时，它们就过季了，不适合人类食用。

II. When fish is out of season, it has a transparent, bluish tinge, however much it may be boiled; when it is in season, its muscles are firm, and boil white and curdy.

二、鱼过季时，无论煮多久，都带有透明的淡蓝色调；当令时，其肌肉紧实，煮后呈白色凝乳状。

III. As food for invalids, white fish, such as the ling, cod, haddock, coal-fish, and whiting, are the best; flat fish, as soles, skate, turbot, and flounders, are also good.

三、作为病人的食物，白肉鱼最佳，如长鳕、鳕鱼、黑线鳕、煤鱼和牙鳕；比目鱼，如鳎鱼、鳐鱼、多宝鱼和鲽鱼，也很好。

IV. Salmon, mackerel, herrings, and trout soon spoil or decompose after they are killed; therefore, to be in perfection, they should be prepared for the table on the day they are caught. With flat fish, this is not of such consequence, as they will keep longer. The turbot, for example, is improved by being kept a day or two.

四、鲑鱼、鲭鱼、鲱鱼和鳟鱼宰杀后很快变质或腐烂；因此，为了达到完美状态，应在捕获当天就准备好上桌。对于比目鱼，这就不那么重要了，因为它们能保存更久。例如，多宝鱼保存一两天后反而更好。

GENERAL DIRECTIONS FOR DRESSING FISH.

鱼类烹制通则

219. IN DRESSING FISH, of any kind, the first point to be attended to, is to see that it be perfectly clean. It is a common error to wash it too much; as by doing so the flavour is diminished. If the fish is to be boiled, a little salt and vinegar should be put into the water, to give it firmness, after it is cleaned. Cod-fish, whiting, and haddock, are far better if a little salted, and kept a day; and if the weather be not very hot, they will be good for two days.

219. 在烹制任何种类的鱼时，首先要注意的是确保它完全干净。一个常见的错误是洗得太多；因为这样做会减弱风味。如果要煮鱼，清洗后应在水中加少许盐和醋，使其紧实。鳕鱼、牙鳕和黑线鳕如果稍微腌制并保存一天，会好得多；如果天气不太热，它们可以保鲜两天。

220. WHEN FISH IS CHEAP AND PLENTIFUL, and a larger quantity is purchased than is immediately wanted, the overplus of such as will bear it should be potted, or pickled, or salted, and hung up; or it may be fried, that it may serve for stewing the next day. Fresh-water fish, having frequently a muddy smell and taste, should be soaked in strong salt and water, after it has been well cleaned. If of a sufficient size, it may be scalded in salt and water, and afterwards dried and dressed.

220. 当鱼便宜且充足，购买量超过立即所需时，多余的、经得起处理的鱼应做成罐装、腌渍或盐腌并挂起来；也可以煎好，以便第二天炖着吃。淡水鱼常有泥腥味，清洗干净后应在浓盐水中浸泡。如果足够大，可以用盐水烫过，然后晾干再烹制。

221. FISH SHOULD BE PUT INTO COLD WATER, and set on the fire to do very gently, or the outside will break before the inner part is done. Unless the fishes are small, they should never be put into warm water; nor should water, either hot or cold, be poured *on* to the fish, as it is liable to break the skin: if it should be necessary to add a little water whilst the fish is cooking, it ought to be poured in gently at the side of the vessel. The fish-plate may be drawn up, to see if the fish be ready, which may be known by its easily separating from the bone. It should then be immediately taken out of the water, or it will become woolly. The fish-plate should be set crossways over the kettle, to keep hot for serving, and a clean cloth over the fish, to prevent its losing its colour.

221. 鱼应放入冷水中，置于火上极缓慢地加热，否则外面会在里面熟透之前就散开。除非鱼很小，否则绝不应放入温水中；也不应将热水或冷水浇到鱼上，因为容易弄破鱼皮：如果在煮鱼过程中需要加少许水，应从容器侧边轻轻倒入。可将鱼盘提起，查看鱼是否已熟，若鱼肉能轻易与鱼骨分离，即知已熟。随后应立即将鱼从水中取出，否则肉质会变得粗糙如絮。鱼盘应横放在锅上以保温备供上桌，并用一块干净的布盖在鱼上，以防鱼失去色泽。

222. IN GARNISHING FISH, great attention is required, and plenty of parsley, horseradish, and lemon should be used. If fried parsley be used, it must be washed and picked, and thrown into fresh water. When the lard or dripping boils, throw the parsley into it immediately from the water, and instantly it will be green and crisp, and must be taken up with a slice. When well done, and with very good sauce, fish is more appreciated than almost any other dish. The liver and roe, in some instances, should be placed on the dish, in order that they may be distributed in the course of

222. 在鱼的装饰摆盘上，需要格外用心，应大量使用欧芹、辣根和柠檬。若使用炸欧芹，须洗净挑好，投入清水中。待猪油或滴油煮沸，立即将欧芹从水中捞入油中，顷刻间它便会变得翠绿酥脆，须用漏勺捞起。若做得得当，再配上上好的酱汁，鱼便几乎比其他任何菜肴都更受赏识。在某些情况下，鱼肝和鱼卵应摆放在盘中，以便在用餐过程中分食。

serving; but to each recipe will be appended the proper mode of serving and garnishing.

上桌；但每份食谱都会附上适当的上桌和配菜方式。

223. IF FISH IS TO BE FRIED OR BROILED, it must be dried in a nice soft cloth, after it is well cleaned and washed. If for frying, brush it over with egg, and sprinkle it with some fine crumbs of bread. If done a second time with the egg and bread, the fish will look so much the better. If required to be very nice, a sheet of white blotting-paper must be placed to receive it, that it may be free from all grease. It must also be of a beautiful colour, and all the crumbs appear distinct. Butter gives a bad colour; lard and clarified dripping are most frequently used; but oil is the best, if the expense be no objection. The fish should be put into the lard when boiling, and there should be a sufficiency of this to cover it.

223. 若鱼要煎或烤，须在彻底洗净清理后，用一块干净的软布擦干。若为煎制，须刷上蛋液，撒上一些细面包屑。若再用蛋液和面包屑重复一次，鱼的外观会更好看。若要求做得非常精致，须铺一张白色吸墨纸来接放鱼，使其不沾任何油脂。鱼的颜色也须美观，所有面包屑须粒粒分明。黄油会使颜色变差；最常用的是猪油和澄清的滴油；但若不计较费用，油是最好的。鱼应在猪油煮沸时放入，且油量须足以没过鱼身。

224. WHEN FISH IS BROILED, it must be seasoned, floured, and laid on a very clean gridiron, which, when hot, should be rubbed with a bit of suet, to prevent the fish from sticking. It must be broiled over a very clear fire, that it may not taste smoky; and not too near, that it may not be scorched.

224. 烤鱼时，必须调味、撒上面粉，放在非常干净的烤架上，烤架热时应涂上一块板油，以防鱼粘住。必须在非常旺的火上烤，以免有烟味；且不能太近，以免烤焦。

225. IN CHOOSING FISH, it is well to remember that it is possible it may be *fresh*, and yet not *good*. Under the head of each particular fish in this work, are appended rules for its choice and the months when it is in season. Nothing can be of greater consequence to a cook than to have the fish good; as if this important course in a dinner does not give satisfaction, it is rarely that the repast goes off well.

225. 在选择鱼时，最好记住，鱼可能是新鲜的，但未必好的。在本作中每种鱼的条目下，都附有挑选规则和当令月份。对厨师来说，没有什么比鱼好更重要的了；因为如果正餐中这道重要的菜不能令人满意，这顿饭很少能吃得圆满。

RECIPES.

食谱。

CHAPTER VIII.

FISH.

[*Nothing is more difficult than to give the average prices of Fish, inasmuch as a few hours of bad weather at sea will, in the space of one day, cause such a difference in its supply, that the same fish—a turbot for instance—which may be bought to-day for six or seven shillings, will, to-morrow, be, in the London markets, worth, perhaps, almost as many pounds. The average costs, therefore, which will be found appended to each recipe, must be understood as about the average price for the different kinds of fish, when the market is supplied upon an average, and when the various sorts are of an average size and quality.*

GENERAL RULE IN CHOOSING FISH.—*A proof of freshness and goodness in most fishes, is their being covered with scales; for, if deficient in this respect, it is a sign of their being stale, or having been ill-used.*]

FRIED ANCHOVIES.

226. INGREDIENTS.—1 tablespoonful of oil, 1/2 a glass of white wine, sufficient flour to thicken; 12 anchovies.

Mode.—Mix the oil and wine together, with sufficient flour to make them into a thickish paste; cleanse the anchovies, wipe them, dip them in the paste, and fry of a nice brown colour.

Time.—1/2 hour. *Average cost* for this quantity, 9d.

Seasonable all the year.

第八章

荧光原位杂交。

[要给出鱼的平均价格，是再困难不过的事，因为海上几个小时的恶劣天气，就会在一天之内使鱼的供应发生如此大的变化，以致同一种鱼--比如大菱鲆--今天也许花六七先令就能买到，明天在伦敦市场上却可能值上几乎同样数目的英镑。因此，各食谱后所附的平均费用，应理解为在市场供应处于平均水平、各种鱼的大小和质量均属中等时，各类鱼的大致平均价格。

选鱼通则--大多数鱼新鲜和良好的证明是它们覆盖着鳞片；因为如果在这方面有欠缺，就是它们不新鲜或处理不当的迹象。]

炸鳀鱼。

226. 配料--1汤匙油，1/2杯白葡萄酒，适量面粉用于增稠；12条鳀鱼。

做法--将油和酒混合，加入适量面粉调成较稠的糊状；将鳀鱼清洗干净，擦干，蘸上糊，煎至漂亮的棕色。时间--1/2小时。此量平均成本,9便士。当令全年。

Sufficient for 2 persons.

[Illustration: THE ANCHOVY.]

THE ANCHOVY.—In his book of "British Fishes," Mr. Yarrell states that "the anchovy is a common fish in the Mediterranean, from Greece to Gibraltar, and was well known to the Greeks and Romans, by whom the liquor prepared from it, called *garum*, was in great estimation. Its extreme range is extended into the Black Sea. The fishing for them is carried on during the night, and lights are used with the nets. The anchovy is common on the coasts of Portugal, Spain, and France. It occurs, I have no doubt, at the Channel Islands, and has been taken on the Hampshire coast, and in the Bristol Channel." Other fish, of inferior quality, but resembling the real Gorgona anchovy, are frequently sold for it, and passed off as genuine.

ANCHOVY BUTTER OR PASTE.

227. INGREDIENTS.—2 dozen anchovies, 1/2 lb. of fresh butter.

Mode.—Wash the anchovies thoroughly; bone and dry them, and pound them in a mortar to a paste. Mix the butter gradually with them, and rub the whole through a sieve. Put it by in small pots for use, and carefully exclude the air with a bladder, as it soon changes the colour of anchovies, besides spoiling them.

Average cost for this quantity, 2*s*.

POTTED ANCHOVIES.

POTTED ANCHOVIES are made in the same way, by adding

足量供2人食用。

[插图：鳀鱼。]

鳀鱼。--亚雷尔先生在其《英国鱼类》一书中指出："鳀鱼是地中海从希腊到直布罗陀一带的常见鱼类，为希腊人和罗马人所熟知，他们用其制成的调味液称为*garum*，极受珍视。其分布的最远范围延伸至黑海。捕捞在夜间进行，网具旁须用灯火。鳀鱼在葡萄牙、西班牙和法国沿海很常见。我毫不怀疑它也出现在海峡群岛，并曾在汉普郡沿海和布里斯托尔海峡捕获过。"其他品质较差但形似真正的戈尔戈纳鳀鱼的鱼类，常被当作鳀鱼出售，冒充正品。

鳀鱼黄油或鳀鱼酱。

227. 配料--2打鳀鱼，1/2磅新鲜黄油。

做法--将鳀鱼彻底洗净；去骨擦干，在研钵中捣成糊状。逐渐加入黄油混合，将全部混合物过筛。装入小罐备用，用膀胱膜小心隔绝空气，因为鳀鱼很快会变色，而且会变质。

平均费用此数量为 2 先令。

罐装鳀鱼。

罐装鳀鱼也以同样的方法制作，只需加入

pounded mace, cayenne, and nutmeg to taste.

ANCHOVY TOAST.

228. INGREDIENTS.—Toast 2 or 3 slices of bread, or, if wanted very savoury, fry them in clarified butter, and spread on them the paste, No. 227. Made mustard, or a few grains of cayenne, may be added to the paste before laying it on the toast.

ANCHOVY PASTE.—"When some delicate zest," says a work just issued on the adulterations of trade, "is required to make the plain English breakfast more palatable, many people are in the habit of indulging in what they imagine to be anchovies. These fish are preserved in a kind of pickling-bottle, carefully corked down, and surrounded by a red-looking liquor, resembling in appearance diluted clay. The price is moderate, one shilling only being demanded for the luxury. When these anchovies are what is termed potted, it implies that the fish have been pounded into the consistency of a paste, and then placed in flat pots, somewhat similar in shape to those used for pomatum. This paste is usually eaten spread upon toast, and is said to form an excellent *bonne bouche*, which enables gentlemen at wine-parties to enjoy their port with redoubled gusto. Unfortunately, in six cases out of ten, the only portion of these preserved delicacies, that contains anything indicative of anchovies, is the paper label pasted on the bottle or pot, on which the word itself is printed…. All the samples of anchovy paste, analyzed by different medical men, have been found to be highly and vividly coloured with very large quantities of bole Armenian." The anchovy itself, when imported, is of a dark dead colour, and it is to make it a bright "handsome-

肉豆蔻粉、卡宴辣椒粉和肉豆蔻适量。

鲽鱼吐司。

228. 配料--烤2或3片面包，或者，如果想要非常咸香，可在澄清黄油中煎一下，然后涂上第227号酱。在涂到吐司上之前，可在酱中加入芥末或几粒卡宴辣椒。

鲽鱼酱。--“当需要一些精致的风味，”一部刚出版的关于商业掺假问题的著作写道，“来使朴素的英国早餐更加可口时，许多人习惯于享用他们以为是鲽鱼的东西。这种鱼被保存在一种腌渍瓶中，仔细塞紧瓶塞，周围是一种红色的液体，外观酷似稀释的黏土。价格适中，这种美味只需一先令。当这些鲽鱼被称为罐装时，意思是鱼已被捣成糊状，然后装入扁平的小罐中，形状有些类似装润发脂的罐子。这种酱通常涂在烤面包上食用，据说是一种极佳的*bonne bouche*，能让绅士们在酒会上加倍有兴致地享用他们的波尔图葡萄酒。不幸的是，十有六七，这些保存的美味中唯一含有任何鲽鱼成分迹象的部分，就是贴在瓶上或罐上的纸质标签，上面印着这个词本身……所有由不同医生分析的鲽鱼酱样品，都被发现用大量亚美尼亚红玄武土染成了浓烈鲜艳的颜色。”鲽鱼本身在进口时呈暗淡的死色，正是为了把它变成一种鲜亮的“美观--

looking sauce" that this red earth is used.

BARBEL.

229. INGREDIENTS.—1/2 pint of port wine, a saltspoonful of salt, 2 tablespoonfuls of vinegar, 2 sliced onions, a faggot of sweet herbs, nutmeg and mace to taste, the juice of a lemon, 2 anchovies; 1 or 2 barbels, according to size.

Mode—Boil the barbels in salt and water till done; pour off some of the water, and, to the remainder, put the ingredients mentioned above. Simmer gently for 1/2 hour, or rather more, and strain. Put in the fish; heat it gradually; but do not let it boil, or it will be broken.

Time.—Altogether 1 hour. *Sufficient* for 4 persons.

Seasonable from September to November.

[Illustration: THE BARBEL.]

THE BARBEL,—This fish takes its name from the barbs or wattels at its mouth; and, in England, is esteemed as one of the worst of the fresh-water fish. It was, however, formerly, if not now, a favourite with the Jews, excellent cookers of fish. Others would boil with it a piece of bacon, that it might have a relish. It is to be met with from two to three or four feet long, and is said to live to a great age. From Putney upwards, in the Thames, some are found of large size; but they are valued only as affording sport to the brethren of the angle.

BRILL.

“looking sauce”这种红土被使用。

触须。

229. 配料--1/2品脱波特酒，一盐匙盐，

2汤匙醋，2个切片洋葱，一束香草，肉豆蔻和肉豆蔻衣适量，一个柠檬的汁，2条鲤鱼；1或2条鲃鱼，视大小而定。

做法--将鲃鱼在盐水中煮至熟透；倒掉一些水，在剩余的水中加入上述配料。小火慢炖1/2小时或稍长，然后过滤。放入鱼；逐渐加热；但不要让它沸腾，否则会碎。

时间。--共需1小时。足够4人食用。

时令九月至十一月。

[插图：鲃鱼]

鲃鱼--这种鱼因其嘴边的触须或肉突而得名；在英国，它被视为最差的淡水鱼之一。然而，它过去--如果不是现在的话--曾受到犹太人(出色的鱼类烹饪者)的喜爱。其他人会与它一起煮一块培根，使其更有滋味。这种鱼可长到两到三或四英尺长，据说寿命极长。在泰晤士河从帕特尼上游一带，可发现一些体型较大的鲃鱼；但它们仅因能给钓鱼同仁提供消遣而受到重视。

鳎鱼。

230. INGREDIENTS.—1/4 lb. of salt to each gallon of water; a little vinegar.

Mode.—Clean the brill, cut off the fins, and rub it over with a little lemon-juice, to preserve its whiteness. Set the fish in sufficient cold water to cover it; throw in salt, in the above proportions, and a little vinegar, and bring it gradually to boil; simmer very gently till the fish is done, which will be in about 10 minutes; but the time for boiling, of course, depends entirely on the size of the fish. Serve it on a hot napkin, and garnish with cut lemon, parsley, horseradish, and a little lobster coral sprinkled over the fish. Send lobster or shrimp sauce and plain melted butter to table with it.

Time.—After the water boils, a small brill, 10 minutes; a large brill, 15 to 20 minutes.

Average cost, from 4s. to 8s.

Seasonable from August to April.

[Illustration: THE BRILL.]

THE BRILL.—This fish resembles the sole, but is broader, and when large, is esteemed by many in a scarcely less degree than the turbot, whilst it is much cheaper. It is a fine fish, and is abundant in the London market.

TO CHOOSE BRILL.—The flesh of this fish, like that of turbot, should be of a yellowish tint, and should be chosen on account of its thickness. If the flesh has a bluish tint, it is not good.

CODFISH.

231. Cod may be boiled whole; but a large head and shoulders are

230. 配料--每加仑水配1/4磅盐；少许醋。

做法。--将菱鲆清理干净，切去鱼鳍，用少许柠檬汁涂抹鱼身，以保持其洁白。将鱼放入足以淹没它的冷水中；按上述比例加入盐和少许醋，逐渐加热至沸腾；非常轻柔地煨煮至鱼熟透，大约需要10分钟；但煮制时间当然完全取决于鱼的大小。将鱼盛放在热餐巾上，用切好的柠檬、欧芹、辣根装饰，并在鱼身上撒少许龙虾籽。随鱼一同上桌的还有龙虾酱或虾酱以及清融黄油。

时间--水开后，小菱鲆10分钟；大菱鲆15至20分钟。

平均成本，从4先令到8先令。

时令八月至四月。

[插图：布里尔。]

鳊鱼--这种鱼与鳎鱼相似，但更宽，个大时，许多人认为其美味几乎不亚于多宝鱼，而价格却便宜得多。它是一种上好的鱼，在伦敦市场上供应充足。

如何挑选鳊鱼--这种鱼的肉，像多宝鱼的肉一样，应呈淡黄色，挑选时应选肉厚的。如果鱼肉呈淡蓝色，则品质不佳。

鳕鱼。

231. 鳕鱼可以整条煮；但大的头和肩部是

quite sufficient for a dish, and contain all that is usually helped, because, when the thick part is done, the tail is insipid and overdone. The latter, cut in slices, makes a very good dish for frying; or it may be salted down and served with egg sauce and parsnips. Cod, when boiled quite fresh, is watery; salting a little, renders it firmer.

做一道菜已足够，且包含通常分食的全部，因为厚肉部分熟时，尾部已淡而无味且过熟。尾部切成片，可做成很好的煎菜；也可腌起来，配蛋黄酱汁和欧防风上桌。鳕鱼完全新鲜时煮制会水汪汪的；稍加盐腌可使肉质更紧实。

[Illustration: THE COD.]

[插图：鳕鱼。]

THE COD TRIBE.—The Jugular, characterized by bony gills, and ventral fins before the pectoral ones, commences the second of the Linnaean orders of fishes, and is a numerous tribe, inhabiting only the depths of the ocean, and seldom visiting the fresh waters. They have a smooth head, and the gill membrane has seven rays. The body is oblong, and covered with deciduous scales. The fins are all inclosed in skin, whilst their rays are unarmed. The ventral fins are slender, and terminate in a point. Their habits are gregarious, and they feed on smaller fish and other marine animals.

鳕鱼类。--喉鳍类以骨质鳃盖和位于胸鳍之前的腹鳍为特征，是林奈鱼类分类中第二目的开端，是一个数量众多的族类，仅栖息于海洋深处，很少进入淡水。它们头部光滑，鳃膜有七根鳃条。身体呈长椭圆形，覆盖易脱落的鳞片。各鳍均包于皮肤之中，鳍条无棘。腹鳍细长，末端呈尖形。它们习性群居，以较小的鱼类和其他海洋动物为食。

COD'S HEAD AND SHOULDERS.

鳕鱼头与鳕鱼肩

232. INGREDIENTS.—Sufficient water to cover the fish; 5 oz. of salt to each gallon of water.

232.配料--足以没过鱼的水；每加仑水配5 oz.盐。

Mode.—Cleanse the fish thoroughly, and rub a little salt over the thick part and inside of the fish, 1 or 2 hours before dressing it, as this very much improves the flavour. Lay it in the fish-kettle, with sufficient cold water to cover it. Be very particular not to pour the water on the fish, as it is liable to break it, and only keep it just simmering. If the water should boil away, add a little by pouring it in at the side of the kettle, and not on the fish. Add salt in the

做法--将鱼彻底洗净，在烹制前1至2小时，在鱼的厚肉部分和腹腔内抹少许盐，因为这能大大改善风味。将鱼放入鱼锅，加足冷水没过鱼。务必注意不要把水直接浇在鱼上，因为容易把鱼弄碎，只让水微微冒泡即可。如果水煮干了，从锅边添入少许，不要浇在鱼上。按上述比例加盐，

above proportion, and bring it gradually to a boil. Skim very carefully, draw it to the side of the fire, and let it gently simmer till done. Take it out and drain it; serve on a hot napkin, and garnish with cut lemon, horseradish, the roe and liver. (*See* Coloured Plate C.)

逐渐煮沸。仔细撇去浮沫，将锅移至火边，用文火慢煮至熟。取出沥干；放在热餐巾上，用切好的柠檬、辣根、鱼子和鱼肝装饰。(见彩色图版C。)

Time.—According to size, 1/2 an hour, more or less. *Average cost*, from 3s. to 6s.

时间。--视大小而定，约半小时，或多或少。平均费用，从3s.到6s.

Sufficient for 6 or 8 persons.

210.足供六人或八人食用。

Seasonable from November to March.

时令十一月至三月。

Note.—Oyster sauce and plain melted butter should be served with this.

注--应配牡蛎酱汁和清融黄油上桌。

TO CHOOSE COD.—The cod should be chosen for the table when it is plump and round near the tail, when the hollow behind the head is deep, and when the sides are undulated as if they were ribbed. The glutinous parts about the head lose their delicate flavour, after the fish has been twenty-four hours out of the water. The great point by which the cod should be judged is the firmness of its flesh; and, although the cod is not firm when it is alive, its quality may be arrived at by pressing the finger into the flesh. If this rises immediately, the fish is good; if not, it is stale. Another sign of its goodness is, if the fish, when it is cut, exhibits a bronze appearance, like the silver side of a round of beef. When this is the case, the flesh will be firm when cooked. Stiffness in a cod, or in any other fish, is a sure sign of freshness, though not always of quality. Sometimes, codfish, though exhibiting signs of rough usage, will eat much better than those with red gills, so strongly recommended by many cookery-books. This appearance is

如何挑选鳕鱼。--上桌用的鳕鱼应选择尾部附近丰满圆润、头后凹陷较深、两侧呈波浪状似有棱纹者。鱼离开水二十四小时后，头部附近的胶质部分便会失去其细腻的风味。判断鳕鱼的关键在于鱼肉的紧实度；虽然鳕鱼活着时肉质并不紧实，但可以用手指按压鱼肉来判断其品质。如果按下的凹陷立即弹回，则鱼是好的；如果不弹回，则不新鲜。判断其品质良好的另一个标志是，切开鱼肉时呈现青铜色外观，如同牛里脊的银色切面。若如此，烹制后肉质会紧实。鳕鱼或任何其他鱼身体僵硬是新鲜的可靠标志，但并不总是品质的标志。有时，鳕鱼虽显示出粗暴处理的迹象，却比许多烹饪书极力推荐的红色鳃盖的鳕鱼味道好得多。这种外观是

generally caused by the fish having been knocked about at sea, in the well-boats, in which they are conveyed from the fishing-grounds to market.

通常是由于鱼在海上、在从渔场运往市场的活鱼舱中受到碰撞所致。

SALT COD, COMMONLY CALLED "SALT-FISH."

鳕鱼干，通常称为“咸鱼”。

233. INGREDIENTS.—Sufficient water to cover the fish.

233. 配料--足以没过鱼的水。

Mode.—Wash the fish, and lay it all night in water, with a 1/4 pint of vinegar. When thoroughly soaked, take it out, see that it is perfectly clean, and put it in the fish-kettle with sufficient cold water to cover it. Heat it gradually, but do not let it boil much, or the fish will be hard. Skim well, and when done, drain the fish and put it on a napkin garnished with hard-boiled eggs cut in rings.

做法。--将鱼洗净，放在水中浸一夜，加1/4品脱醋。浸透后取出，确认完全干净，放入鱼锅，加足量冷水没过鱼身。逐渐加热，但不要让它大滚，否则鱼肉会变硬。撇净浮沫，煮熟后将鱼沥干，放在餐巾上，周围配以切成圆片的煮硬蛋作装饰。

Time.—About 1 hour. *Average cost*, 6d. per lb.

时间--约1小时。平均成本，每lb.6d.

Seasonable in the spring.

时令春季。

Sufficient for each person, 1/4 lb.

足量每人 1/4 lb.

Note.—Serve with egg sauce and parsnips. This is an especial dish on Ash Wednesday.

注。--配蛋黄酱汁和欧洲防风根上桌。这是圣灰星期三的一道特别菜肴。

PRESERVING COD.—Immediately as the cod are caught, their heads are cut off. They are then opened, cleaned, and salted, when they are stowed away in the hold of the vessel, in beds of five or six yards square, head to tail, with a layer of salt to each layer of fish. When they have lain in this state three or four days, in order that the water may drain from them, they are shifted into a different part of the vessel, and again salted. Here they remain till the vessel is loaded, when they are sometimes cut into thick

腌鳕鱼。--鳕鱼一捕上来，就立刻切掉鱼头。然后将鱼剖开、清理干净并加盐腌制，随后把它们堆放在船舱里，堆成五六码见方的鱼堆，头尾相接，每层鱼上撒一层盐。这样放置三四天，让水分从鱼中排出，然后把鱼转移到船上另一处，再次加盐。鱼就在这里一直放到船装满为止，有时会把它们切成厚块

pieces and packed in barrels for the greater convenience of carriage.

切成块状并装入桶中，以便于运输。

COD SOUNDS.

鳕鱼的声音。

Should be well soaked in salt and water, and thoroughly washed before dressing them. They are considered a great delicacy, and may either be broiled, fried, or boiled: if they are boiled, mix a little milk with the water.

应在盐水中充分浸泡，烹制前彻底洗净。它们被视为一大美味，可烤、可煎、可煮：若用煮法，在水中加少许牛奶。

COD SOUNDS, EN POULE.

鳕鱼声，母鸡状。

234. INGREDIENTS.—For forcemeat, 12 chopped oysters, 3 chopped anchovies, 1/4 lb. of bread crumbs, 1 oz. of butter, 2 eggs; seasoning of salt, pepper, nutmeg, and mace to taste; 4 cod sounds.

234. 配料。--用于馅料：12只切碎的牡蛎，3条切碎的鳀鱼，1/4 lb.面包屑，1 oz.黄油，2个鸡蛋；盐、胡椒、肉豆蔻和肉豆蔻皮适量调味；4条鳕鱼鳔。

Mode.—Make the forcemeat by mixing the ingredients well together. Wash the sounds, and boil them in milk and water for 1/2 an hour; take them out and let them cool. Cover each with a layer of forcemeat, roll them up in a nice form, and skewer them. Rub over with lard, dredge with flour, and cook them gently before the fire in a Dutch oven.

做法。--将配料充分混合制成馅料。洗净鱼鳔，在牛奶和水中煮1/2小时；取出放凉。每条鱼鳔裹上一层馅料，卷成美观的形状，用签子串好。抹上猪油，撒上面粉，在荷兰烤炉中于火前慢慢烤熟。

Time.—1 hour. *Average cost*, 6d. per lb.

时间。--1小时。平均成本，每lb.6d.

Seasonable from November to March. *Sufficient* for 4 persons.

时令十一月至三月。足量供四人食用。

THE SOUNDS IN CODFISH.—These are the air or swimming bladders, by means of which the fishes are enabled to ascend or descend in the water. In the Newfoundland fishery they are taken out previous to incipient putrefaction, washed from their slime

鳕鱼的鱼鳔。--这是鱼的气囊或浮囊，鱼借此在水中升降。在纽芬兰渔场，鱼鳔在开始腐败之前取出，洗去黏液，

and salted for exportation. The tongues are also cured and packed up in barrels; whilst, from the livers, considerable quantities of oil are extracted, this oil having been found possessed of the most nourishing properties, and particularly beneficial in cases of pulmonary affections.

腌渍后供出口。鱼舌也经腌制后装入桶中；同时从鱼肝中提取大量鱼油，这种鱼油被发现具有极丰富的滋养特性，对肺部疾患尤为有益。

COD PIE.

鳕鱼派。

(*Economical.*)

(*Economical.*)

I.

235. INGREDIENTS.—Any remains of cold cod, 12 oysters, sufficient melted butter to moisten it; mashed potatoes enough to fill up the dish.

235. 配料。--冷鳕鱼的任何余料，12只牡蛎，足量融化的黄油以润湿，足量土豆泥以填满餐盘。

Mode.—Flake the fish from the bone, and carefully take away all the skin. Lay it in a pie-dish, pour over the melted butter and oysters (or oyster sauce, if there is any left), and cover with mashed potatoes. Bake for 1/2 an hour, and send to table of a nice brown colour.

做法。--将鱼肉从骨上剥成片，仔细去除所有鱼皮。放入馅饼盘，浇上融化的黄油和牡蛎(若有剩余的牡蛎酱汁亦可)，盖上土豆泥。烘烤1/2小时，呈漂亮的棕色后上桌。

Time.—1/2 hour.

时间。--1/2小时。

Seasonable from November to March.

时令十一月至三月。

II.

236. INGREDIENTS.—2 slices of cod; pepper and salt to taste; 1/2 a teaspoonful of grated nutmeg, 1 large blade of pounded mace, 2 oz. of butter, 1/2 pint of stock No. 107, a paste crust (*see* Pastry). For sauce, 1 tablespoonful of stock, 1/4 pint of cream or milk,

236. 配料。--2片鳕鱼；胡椒和盐适量；1/2茶匙磨碎的肉豆蔻，1大片捣碎的肉豆蔻皮，2 oz.黄油，1/2品脱第107号高汤，一份面皮(见糕点)。用于酱汁：1汤匙高汤，1/4品脱奶油或牛奶，

thickening of flour or butter; lemon-peel chopped very fine to taste; 12 oysters.

Mode.—Lay the cod in salt for 4 hours, then wash it and place it in a dish; season, and add the butter and stock; cover with the crust, and bake for 1 hour, or rather more. Now make the sauce, by mixing the ingredients named above; give it one boil, and pour it into the pie by a hole made at the top of the crust, which can easily be covered by a small piece of pastry cut and baked in any fanciful shape—such as a leaf, or otherwise.

Time.—1-1/2 hour. *Average cost*, with fresh fish, 2s. 6d.

Seasonable from November to March.

Sufficient for 6 persons.

Note.—The remains of cold fish may be used for this pie.

CURRIED COD.

237. INGREDIENTS.—2 slices of large cod, or the remains of any cold fish; 3 oz. of butter, 1 onion sliced, a teacupful of white stock, thickening of butter and flour, 1 small teaspoonful of curry-powder, 1/4 pint of cream, salt and cayenne to taste.

Mode.—Flake the fish, and fry it of a nice brown colour with the butter and onions; put this in a stewpan, add the stock and thickening, and simmer for 10 minutes. Stir the curry-powder into the cream; put it, with the seasoning, to the other ingredients; give one boil, and serve.

Time.—3/4 hour. *Average cost*, with fresh fish, 3s.

面粉或黄油勾芡；柠檬皮切得极细，适量；12只牡蛎。

做法。--将鳕鱼放在盐中腌4小时，然后洗净放入餐盘；调味，加入黄油和高汤；盖上酥皮，烘烤1小时或稍多。现在制作酱汁，将上述配料混合；煮沸一次，从酥皮顶部开的小孔倒入馅饼中，小孔可用一小块糕点切成任意花式形状(如叶片等)烤好后盖住。

时间--1小时30分钟。平均成本，用鲜鱼，2先令6便士。

时令十一月至三月。

足量供6人食用。

注。--冷鱼的剩余部分可用于制作此馅饼。

咖喱鳕鱼。

237. 配料。--2片大鳕鱼，或任何冷鱼的余料；3 oz.黄油，1个切片洋葱，一茶杯白色高汤，黄油和面粉勾芡，1小茶匙咖喱粉，1/4品脱奶油，盐和卡宴辣椒适量。

做法。--将鱼肉剥成片，与黄油和洋葱一起煎至漂亮的棕色；放入炖锅，加入高汤和勾芡，小火煨10分钟。将咖喱粉搅入奶油；连同调味料一起加入其他配料；煮沸一次，即可上桌。

时间。- 3/4 小时。平均成本，含鲜鱼，3 先令。

Seasonable from November to March.

Sufficient for 4 persons.

THE FOOD OF THE COD.—This chiefly consists of the smaller species of the scaly tribes, shell-fish, crabs, and worms. Their voracity is very great, and they will bite at any small body they see moved by the water, even stones and pebbles, which are frequently found in their stomachs. They sometimes attain a great size, but their usual weight is from 14 to 40 lbs.

COD A LA CREME.

238. INGREDIENTS.—1 large slice of cod, 1 oz. of butter, 1 chopped shalot, a little minced parsley, 1/4 teacupful of white stock, 1/4 pint of milk or cream, flour to thicken, cayenne and lemon-juice to taste, 1/4 teaspoonful of powdered sugar.

Mode.—Boil the cod, and while hot, break it into flakes; put the butter, shalot, parsley, and stock into a stewpan, and let them boil for 5 minutes. Stir in sufficient flour to thicken, and pour to it the milk or cream. Simmer for 10 minutes, add the cayenne and sugar, and, when liked, a little lemon-juice. Put the fish in the sauce to warm gradually, but do not let it boil. Serve in a dish garnished with croûtons.

Time.—Rather more than 1/2 hour. *Average cost*, with cream, 2s.

Seasonable from November to March.

Sufficient for 3 persons.

Note.—The remains of fish from the preceding day answer very well for this dish.

时令十一月至三月。

足量供4人食用。

鳕鱼的食物。--主要包括较小种类的有鳞鱼类、贝类、蟹和蠕虫。它们极为贪食，会咬食水中任何移动的小物体，甚至石头和卵石，这些东西常在其胃中发现。它们有时能长到很大，但通常重量为14至40 lbs.。

奶油鳕鱼

238. 配料。--1大片鳕鱼，1 oz.黄油，1个切碎的青葱，少许切碎的欧芹，1/4茶杯白色高汤，1/4品脱牛奶或奶油，面粉勾芡，卡宴辣椒和柠檬汁适量，1/4茶匙糖粉。

做法。--将鳕鱼煮熟，趁热剥成片；将黄油、青葱、欧芹和高汤放入炖锅，煮5分钟。搅入足量面粉勾芡，倒入牛奶或奶油。煨10分钟，加入卡宴辣椒和糖，如喜欢可加少许柠檬汁。将鱼放入酱汁中逐渐加热，但不要让它煮沸。盛入餐盘，配以炸面包丁作装饰。

时间。--稍多于1/2小时。平均费用，加奶油为2s.。

时令十一月至三月。

足量供3人食用。

注。--前一天的鱼余料非常适合做这道菜。

COD A LA BECHAMEL.

239. INGREDIENTS.—Any remains of cold cod, 4 tablespoonfuls of béchamel (*see* Sauces), 2 oz. butter; seasoning to taste of pepper and salt; fried bread, a few bread crumbs.

Mode.—Flake the cod carefully, leaving out all skin and bone; put the béchamel in a stewpan with the butter, and stir it over the fire till the latter is melted; add seasoning, put in the fish, and mix it well with the sauce. Make a border of fried bread round the dish, lay in the fish, sprinkle over with bread crumbs, and baste with butter. Brown either before the fire or with a salamander, and garnish with toasted bread cut in fanciful shapes.

Time.—1/2 hour.

Average cost, exclusive of the fish, 6d.

THE HABITAT OF THE COD.—This fish is found only in the seas of the northern parts of the world, between the latitudes of 45° and 66°. Its great rendezvous are the sandbanks of Newfoundland, Nova Scotia, Cape Breton, and New England. These places are its favourite resorts; for there it is able to obtain great quantities of worms, a food peculiarly grateful to it. Another cause of its attachment to these places has been said to be on account of the vicinity to the Polar seas, where it returns to spawn. Few are taken north of Iceland, and the shoals never reach so far south as the Straits of Gibraltar. Many are taken on the coasts of Norway, in the Baltic, and off the Orkneys, which, prior to the discovery of Newfoundland, formed one of the principal fisheries. The London market is supplied by those taken between the Dogger Bank, the Well Bank, and Cromer, on the east coast of England.

贝夏梅尔酱鳕鱼

239. 配料。--冷鳕鱼的任何余料，4汤匙贝夏梅尔酱(见酱汁),2 oz.黄油；胡椒和盐适量调味；炸面包，少许面包屑。

做法。--将鳕鱼仔细剥成片，去除所有鱼皮和鱼骨；将贝夏梅尔酱和黄油放入炖锅，在火上搅拌至黄油融化；加入调味料，放入鱼肉，与酱汁充分混合。在餐盘周围围一圈炸面包，放入鱼肉，撒上面包屑，淋上黄油。在火前或用烤铁板烤至棕色，配以切成花式形状的烤面包作装饰。

时间。--1/2小时。

平均成本(不含鱼)为6便士。

鳕鱼的栖息地。--这种鱼只见于世界北部海域，位于北纬45°至66°之间。它们大量聚集的地方是纽芬兰、新斯科舍、布雷顿角和新英格兰的沙洲。这些地方是它们最喜欢的栖息地，因为在那里它们能获得大量蠕虫，这是一种特别合它们口味的食物。据说它们喜欢这些地方的另一个原因，是这里靠近极地海域，它们会回到那里产卵。冰岛以北很少捕到鳕鱼，鱼群也从不南至直布罗陀海峡。在挪威海岸、波罗的海和奥克尼群岛外海能捕到很多鳕鱼，在发现纽芬兰之前，那里曾是主要的渔场之一。伦敦市场供应的鳕鱼，捕自英格兰东海岸的多格滩、韦尔滩和克罗默之间。

COD A LA MAITRE D'HOTEL.

240. INGREDIENTS.—2 slices of cod, 1/4 lb. of butter, a little chopped shalot and parsley; pepper to taste, 1/4 teaspoonful of grated nutmeg, or rather less, when the flavour is not liked; the juice of 1/4 lemon.

Mode.—Boil the cod, and either leave it whole, or, what is still better, flake it from the bone, and take off the skin. Put it into a stewpan with the butter, parsley, shalot, pepper, and nutmeg. Melt the butter gradually, and be very careful that it does not become like oil. When all is well mixed and thoroughly hot, add the lemon-juice, and serve.

Time.—1/2 hour. *Average cost*, 2s. 6d.; with remains of cold fish, 5d.

Seasonable from November to March.

Sufficient for 4 persons.

Note.—Cod that has been left will do for this.

THE SEASON FOR FISHING COD.—The best season for catching cod is from the beginning of February to the end of April; and although each fisherman engaged in taking them, catches no more than one at a time, an expert hand will sometimes take four hundred in a day. The employment is excessively fatiguing, from the weight of the fish as well as from the coldness of the climate.

COD A L'ITALIENNE.

241. INGREDIENTS.—2 slices of crimped cod, 1 shalot, 1 slice of ham minced very fine, 1/2 pint of white stock, No. 107; when

鳕鱼总管式

240. 配料。--2片鳕鱼，1/4 lb.黄油，少许切碎的青葱和欧芹；胡椒适量，1/4茶匙磨碎的肉豆蔻，若不喜其味可稍减；1/4个柠檬的汁。

做法。--将鳕鱼煮熟，可整条保留，或更好的是从骨上剥成片并去掉鱼皮。放入炖锅，加入黄油、欧芹、青葱、胡椒和肉豆蔻。慢慢融化黄油，务必小心不要让它变成油状。待全部混合均匀并彻底加热后，加入柠檬汁，即可上桌。

时间。--1/2小时。平均费用,2s.6d.；用冷鱼余料则为5d。

时令十一月至三月。

足量供4人食用。

注。--剩下的鳕鱼可以用来做这道菜。

捕捞鳕鱼的时令。--捕捞鳕鱼的最佳时令是从二月初到四月底；虽然每个捕鳕的渔夫一次只捕一条，但熟练的渔夫有时一天能捕四百条。这项工作极其劳累，既因鱼的重量，也因气候寒冷。

意式鳕鱼

241. 配料。--2片切花鳕鱼，1个青葱，1片切得极细的火腿，1/2品脱第107号白色高汤；如

liked, 1/2 teacupful of cream; salt to taste; a few drops of garlic vinegar, a little lemon-juice, 1/2 teaspoonful of powdered sugar.

喜欢，可加1/2茶杯奶油；盐适量；几滴大蒜醋，少许柠檬汁，1/2茶匙糖粉。

Mode.—Chop the shalots, mince the ham very fine, pour on the stock, and simmer for 15 minutes. If the colour should not be good, add cream in the above proportion, and strain it through a fine sieve; season it, and put in the vinegar, lemon-juice, and sugar. Now boil the cod, take out the middle bone, and skin it; put it on the dish without breaking, and pour the sauce over it.

做法。--将青葱切碎，火腿切得极细，倒入高汤，煨15分钟。若颜色不佳，按上述比例加入奶油，用细筛过滤；调味，加入醋、柠檬汁和糖。现在将鳕鱼煮熟，取出中骨并去皮；完整地放入餐盘，不要弄碎，浇上酱汁。

Time.—3/4 hour. *Average cost*, 3s. 6d., with fresh fish.

时间。--3/4小时。平均费用，用鲜鱼为3s.6d.。

Seasonable from November to March.

时令十一月至三月。

Sufficient for 4 persons.

足量供4人食用。

THE FECUNDITY OF THE COD.—In our preceding remarks on the natural history of fishes, we have spoken of the amazing fruitfulness of this fish; but in this we see one more instance of the wise provision which Nature has made for supplying the wants of man. So extensive has been the consumption of this fish, that it is surprising that it has not long ago become extinct; which would certainly have been the case, had it not been for its wonderful powers of reproduction. "So early as 1368," says Dr. Cloquet, "the inhabitants of Amsterdam had dispatched fishermen to the coast of Sweden; and in the first quarter of 1792, from the ports of France only, 210 vessels went out to the cod-fisheries. Every year, however, upwards of 10,000 vessels, of all nations, are employed in this trade, and bring into the commercial world more than 40,000,000 of salted and dried cod. If we add to this immense number, the havoc made among the legions of cod by the larger scaly tribes of the great deep, and take into account the

鳕鱼的繁殖力。--我们在前面关于鱼类自然史的论述中，已经谈到这种鱼惊人的繁殖力；但在这里，我们再次看到大自然为满足人类需求所做的明智安排。这种鱼的消费量如此之大，令人惊讶的是它竟没有在很久以前就灭绝；若不是因为它奇妙的繁殖能力，那肯定会灭绝。“早在1368年，”克洛凯博士说，“阿姆斯特丹的居民就曾派渔民前往瑞典海岸；而在1792年第一季度，仅法国各港口就有210艘船出海捕鳕鱼。然而，每年各国投入这一行业的船只超过10,000艘，为商业界带来超过40,000,000条腌鳕鱼和干鳕鱼。如果在这个巨大的数字上，再加上深海大型有鳞鱼类对成群鳕鱼造成的浩劫，并考虑到

destruction to which the young are exposed by sea-fowls and other inhabitants of the seas, besides the myriads of their eggs destroyed by accident, it becomes a miracle to find that such mighty multitudes of them are still in existence, and ready to continue the exhaustless supply. Yet it ceases to excite our wonder when we remember that the female can every year give birth to more than 9,000,000 at a time."

幼体被海鸟及其他海洋居民所毁灭，加之无数卵因意外而毁，发现如此庞大的数量仍然存在，并准备继续提供无穷无尽的供应，这简直是个奇迹。然而，当我们想起雌鱼每年一次能产下超过9,000,000个卵时，我们便不再感到惊奇了。”

BAKED CARP.

烤鲤鱼。

242. INGREDIENTS—1 carp, forcemeat, bread crumbs, 1 oz. butter, 1/2 pint of stock No. 105, 1/2 pint of port wine, 6 anchovies, 2 onions sliced, 1 bay-leaf, a faggot of sweet herbs, flour to thicken, the juice of 1 lemon; cayenne and salt to taste; 1/2 teaspoonful of powdered sugar.

242. 配料--1条鲤鱼，馅料，面包屑，1 oz.黄油，1/2 pint第105号高汤，1/2 pint波特酒，6条鳀鱼，2个切片洋葱，1片月桂叶，一束香草，面粉用于增稠，1个柠檬的汁；卡宴辣椒粉和盐适量；1/2茶匙糖粉。

Mode.—Stuff the carp with a delicate forcemeat, after thoroughly cleansing it, and sew it up to prevent the stuffing from falling out. Rub it over with an egg, and sprinkle it with bread crumbs, lay it in a deep earthen dish, and drop the butter, oiled, over the bread crumbs. Add the stock, onions, bay-leaf, herbs, wine, and anchovies, and bake for 1 hour. Put 1 oz. of butter into a stewpan, melt it, and dredge in sufficient flour to dry it up; put in the strained liquor from the carp, stir frequently, and when it has boiled, add the lemon-juice and seasoning. Serve the carp on a dish garnished with parsley and cut lemon, and the sauce in a boat.

做法。--将鲤鱼彻底清理干净后，用精细的肉馅填塞，然后缝好，以防馅料掉出。在鱼身上抹鸡蛋，撒上面包屑，放入深陶盘，将黄油化开后浇在面包屑上。加入高汤、洋葱、月桂叶、香草、葡萄酒和鳀鱼，烘烤1小时。将1 oz.黄油放入炖锅，融化后撒入足量面粉收干；倒入鲤鱼滤出的汤汁，经常搅拌，煮沸后加入柠檬汁和调味。将鲤鱼盛在盘中，用欧芹和切开的柠檬装饰，酱汁盛在酱汁船中上桌。

Time.—1-1/4 hour. *Average cost*. Seldom bought.

时间。--1-1/4小时。平均成本。很少购买。

Seasonable from March to October.

时令三月至十月。

Sufficient for 1 or 2 persons.

[Illustration: THE CARP.]

THE CARP.—This species of fish inhabit the fresh waters, where they feed on worms, insects, aquatic plants, small fish, clay, or mould. Some of them are migratory. They have very small mouths and no teeth, and the gill membrane has three rays. The body is smooth, and generally whitish. The carp both grows and increases very fast, and is accounted the most valuable of all fish for the stocking of ponds. It has been pronounced the queen of river-fish, and was first introduced to this country about three hundred years ago. Of its sound, or air-bladder, a kind of glue is made, and a green paint of its gall.

STEWED CARP.

243. INGREDIENTS.—1 carp, salt, stock No. 105, 2 onions, 6 cloves, 12 peppercorns, 1 blade of mace, 1/4 pint of port wine, the juice of 1/2 lemon, cayenne and salt to taste, a faggot of savoury herbs.

Mode.—Scale the fish, clean it nicely, and, if very large, divide it; lay it in the stewpan, after having rubbed a little salt on it, and put in sufficient stock to cover it; add the herbs, onions, and spices, and stew gently for 1 hour, or rather more, should it be very large. Dish up the fish with great care, strain the liquor, and add to it the port wine, lemon-juice, and cayenne; give one boil, pour it over the fish, and serve.

Time.—1-1/4 hour. *Average cost.* Seldom bought.

Seasonable from March to October.

足量供1或2人食用。

[插图：鲤鱼。]

鲤鱼。--这种鱼栖息于淡水中，以蠕虫、昆虫、水生植物、小鱼、黏土或腐殖土为食。有些种类会洄游。它们的嘴很小，没有牙齿，鳃膜有三根鳃条。身体光滑，通常呈白色。鲤鱼生长和繁殖都很快，被认为是所有鱼类中最适合放养池塘的。它被称为河鱼之王，约三百年前首次引入我国。用它的鳔可制成一种胶，用它的胆汁可制成绿色颜料。

炖鲤鱼。

243. 配料--1条鲤鱼，盐，第105号高汤，2个洋葱，6粒丁香，12粒胡椒，1片肉豆蔻，1/4 pint波特酒，1/2个柠檬的汁，卡宴辣椒粉和盐适量，一束咸香草。

做法。--将鱼去鳞，清理干净，如果非常大，则将其分开；在鱼身上擦少许盐后放入炖锅，加入足够的高汤覆盖；加入香草、洋葱和香料，文火炖1小时，如果鱼非常大则稍久一些。小心地将鱼装盘，过滤汤汁，加入波特酒、柠檬汁和卡宴辣椒粉；煮沸一次，浇在鱼上，即可上桌。

时间。--1-1/4小时。平均成本。很少购买。

时令三月至十月。

Sufficient for 1 or 2 persons.

Note.—This fish can be boiled plain, and served with parsley and butter. Chub and Char may be cooked in the same manner as the above, as also Dace and Roach.

THE AGE OF CARP.—This fish has been found to live 150 years. The pond in the garden of Emmanuel College, Cambridge, contained one that had lived there 70 years, and Gesner mentions an instance of one 100 years old. They are, besides, capable of being tamed. Dr. Smith, in his "Tour on the Continent," says, in reference to the prince of Condé's seat at Chantilly, "The most pleasing things about it were the immense shoals of very large carp, silvered over with age, like silver-fish, and perfectly tame; so that, when any passengers approached their watery habitation, they used to come to the shore in such numbers as to heave each other out of the water, begging for bread, of which a quantity was always kept at hand, on purpose to feed them. They would even allow themselves to be handled."

[Illustration: THE CHUB.]

[Illustration: THE CHAR.]

THE CHUB.—This fish takes its name from its head, not only in England, but in other countries. It is a river-fish, and resembles the carp, but is somewhat longer. Its flesh is not in much esteem, being coarse, and, when out of season, full of small hairy bones. The head and throat are the best parts. The roe is also good.

THE CHAR.—This is one of the most delicious of fish, being esteemed by some superior to the salmon. It is an inhabitant of the deep lakes of mountainous countries. Its flesh is rich and red,

足量供1或2人食用。

注。--此鱼可以清煮，配欧芹黄油上桌。鲢鱼和红点鲑可按上述方法烹制，鲦鱼和石斑鱼亦然。

鲤鱼的年龄。--据发现，这种鱼能活150年。剑桥大学伊曼纽尔学院花园里的池塘中，曾养着一条在那里生活了70年的鲤鱼，而格斯纳提到过一个活了100年的例子。此外，它们还能被驯化。史密斯博士在其《大陆游记》中谈到孔代亲王在尚蒂伊的府邸时说：“那里最令人愉快的东西，是成群结队的巨大鲤鱼，因年岁而泛着银光，宛如银鱼，而且完全驯服；因此，每当有行人走近它们的水中居所时，它们便成群结队地游到岸边，彼此挤得跃出水面，乞求面包，而岸边总备有大量面包，专门用来喂它们。它们甚至允许人们用手抚摸。”

[插图：丘布鱼。]

[插图：炭火]

鲢鱼。--此鱼因其头部而得名，不仅在英国，在其他国家也是如此。它是一种河鱼，形似鲤鱼，但稍长。其肉质不甚受推崇，较为粗糙，且非当令时多细小毛骨。头和喉部是最佳部位。鱼卵亦佳。

红点鲑。--这是最美味的鱼之一，被一些人认为优于鲑鱼。它栖息于多山国家的深湖中。其肉丰腴色红，

and full of fat. The largest and best kind is found in the lakes of Westmoreland, and, as it is considered a rarity, it is often potted and preserved.

且富含脂肪。最大最好的品种见于威斯特摩兰的湖泊中，因其被视为珍馐，常被装罐保存。

THE DACE, OR DARE.—This fish is gregarious, and is seldom above ten inches long; although, according to Linnaeus, it grows a foot and a half in length. Its haunts are in deep water, near piles of bridges, where the stream is gentle, over gravelly, sandy, or clayey bottoms; deep holes that are shaded, water-lily leaves, and under the foam caused by an eddy. In the warm months they are to be found in shoals on the shallows near to streams. They are in season about the end of April, and gradually improve till February, when they attain their highest condition. In that month, when just taken, scotched (crimped), and broiled, they are said to be more palatable than a fresh herring.

鲦鱼，或称 dare。--这种鱼成群活动，通常不超过十英寸长；不过，据林奈说，它能长到一英尺半长。它栖息于深水中，靠近桥桩处，那里水流平缓，水底为砾石、沙或黏土；也栖息于有遮阴的深坑、睡莲叶下，以及涡流激起的泡沫之下。在温暖的月份，可在溪流附近的浅滩上成群见到它们。它们大约在四月底当令，此后逐渐变佳，直到二月达到最佳状态。在那个月份，刚捕上来、剖开(crimped)并烤制的鲦鱼，据说比新鲜鲱鱼更为可口。

THE ROACH.—This fish is found throughout Europe, and the western parts of Asia, in deep still rivers, of which it is an inhabitant. It is rarely more than a pound and a half in weight, and is in season from September till March. It is plentiful in England, and the finest are caught in the Thames. The proverb, "as sound as a roach," is derived from the French name of this fish being *roche*, which also means rock.

石斑鱼。--此鱼遍布欧洲及亚洲西部，栖息于深而静的河流中。其重量鲜有超过一磅半者，时令为九月至三月。在英国数量丰富，最佳者捕于泰晤士河。谚语“as sound as a roach”(像石斑鱼一样健康)源于此鱼的法语名称*roche*，该词亦有岩石之意。

[Illustration: THE DACE.]

[插图：鲦鱼。]

[Illustration: THE ROACH.]

[插图：蟑螂。]

TO DRESS CRAB.

烹制螃蟹

244. INGREDIENTS.—1 crab, 2 tablespoonfuls of vinegar, 1 ditto of oil; salt, white pepper, and cayenne, to taste.

244. 配料--1只蟹，2汤匙醋，1汤匙油；盐、白胡椒和卡宴辣椒粉适量。

Mode.—Empty the shells, and thoroughly mix the meat with the above ingredients, and put it in the large shell. Garnish with slices of cut lemon and parsley. The quantity of oil may be increased when it is much liked. (See Coloured Plate I.)

Average cost, from 10d. to 2s.

Seasonable all the year; but not so good in May, June, and July.

Sufficient for 3 persons.

TO CHOOSE CRAB.—The middle-sized crab is the best; and the crab, like the lobster, should be judged by its weight; for if light, it is watery.

HOT CRAB.

245. INGREDIENTS.—1 crab, nutmeg, salt and pepper to taste, 3 oz. of butter, 1/4 lb. of bread crumbs, 3 tablespoonfuls of vinegar.

Mode.—After having boiled the crab, pick the meat out from the shells, and mix with it the nutmeg and seasoning. Cut up the butter in small pieces, and add the bread crumbs and vinegar. Mix altogether, put the whole in the large shell, and brown before the fire or with a salamander.

Time.—1 hour. *Average cost*, from 10d. to 2s.

Seasonable all the year; but not so good in May, June, and July.

Sufficient for 3 persons.

[Illustration: THE CRAB.]

THE CRAB TRIBE.—The whole of this tribe of animals have the body covered with a hard and strong shell, and they live chiefly

做法。--将壳中物取出，将蟹肉与上述配料充分混合，放回大壳中。以切好的柠檬片和欧芹装饰。如甚喜油，可增加用量。(见彩色图版I。)

平均成本，从10d.到2s。

四季皆宜；但五月、六月和七月品质稍逊。

足量供3人食用。

如何挑选蟹。--中等大小的蟹最佳；蟹如龙虾一样，应以其重量判断；若轻则肉少水多。

热蟹。

245. 配料--1只蟹，肉豆蔻、盐和胡椒适量，3 oz.黄油，1/4 lb.面包屑，3汤匙醋。做法。--将蟹煮后，从壳中取出蟹肉，与肉豆蔻和调味混合。将黄油切成小块，加入面包屑和醋。全部混合，放入大壳中，在火前或用法式烤炉烤至金黄。

时间。- 1小时。平均成本，从10d.到2s.

时令全年；但五月、六月和七月品质较差。份量供3人食用。

[插图：螃蟹。]

蟹族。——这一动物部落的整个身体都覆盖着坚硬而强壮的壳，它们主要生活在

in the sea. Some, however, inhabit fresh waters, and a few live upon land. They feed variously, on aquatic or marine plants, small fish, molluscae, or dead bodies. The *black-clawed* species is found on the rocky coasts of both Europe and India, and is the same that is introduced to our tables, being much more highly esteemed as a food than many others of the tribe. The most remarkable feature in their history, is the changing of their shells, and the reproduction of their broken claws. The former occurs once a year, usually between Christmas and Easter,

在海中。不过，有些栖息于淡水，还有少数生活在陆地上。它们的食物多种多样，包括水生或海生植物、小鱼、软体动物或尸体。黑爪种类见于欧洲和印度的岩石海岸，也正是被送上我们餐桌的那一种，作为食物，它比该类群中的许多其他种类更受推崇。它们历史中最显著的特征，是换壳以及断螯的再生。前者每年发生一次，通常在圣诞节与复活节之间，

when the crabs retire to cavities in the rocks, or conceal themselves under great stones. Fishermen say that they will live confined in a pot or basket for several months together, without any other food than what is collected from the sea-water; and that, even in this situation, they will not decrease in weight. The *hermit* crab is another of the species, and has the peculiarity of taking possession of the deserted shell of some other animal, as it has none of its own. This circumstance was known to the ancients, and is alluded to in the following lines from Oppian:—

此时螃蟹退入岩石的洞穴中，或藏在大石头下面。渔民说，它们会被关在罐子或篮子里连续生活好几个月，除了从海水中收集到的东西外别无其他食物；而且，即使在这种情况下，它们的重量也不会减少。寄居蟹是该物种中的另一种，其独特之处在于，由于自身没有壳，它会占据其他动物遗弃的壳。古人已知这一情况，奥皮安的下述诗句中便有所提及：--

The hermit fish, unarm'd by Nature, left
Helpless and weak, grow strong by harmless theft.
Fearful they stroll, and look with panting wish
For the cast crust of some new-cover'd fish;
Or such as empty lie, and deck the shore,
Whose first and rightful owners are no more.
They make glad seizure of the vacant room,
And count the borrow'd shell their native home;
Screw their soft limbs to fit the winding case,

隐士鱼，未受自然之铠甲庇护，留下

无助而弱小，靠无害的窃取变得强壮。它们胆怯地漫步，气喘吁吁地期盼着某条新覆鳞的鱼的残壳；或那些空卧沙滩、最初合法主人已不复存在的壳。它们欣然占据空室，将借来的壳视为自己的家园；扭曲柔软肢体以适应弯曲的壳，

And boldly herd with the crustaceous race.

并大胆地与甲壳类为伍。

CRAYFISH.

小龙虾。

246. Crayfish should be thrown into boiling water, to which has been added a good seasoning of salt and a little vinegar. When done, which will be in 1/4 hour, take them out and drain them. Let them cool, arrange them on a napkin, and garnish with plenty of double parsley.

246. 小龙虾应投入沸水中，水中已加入适量盐和少许醋调味。煮熟后(约需1/4小时)，取出沥干。待其冷却，排列于餐巾上，以大量双份欧芹装饰。

Note.—This fish is frequently used for garnishing boiled turkey, boiled fowl, calf's head, turbot, and all kinds of boiled fish.

注。--此鱼常用于装饰煮火鸡、煮鸡、小牛头、大菱鲆及各种煮鱼。

POTTED CRAYFISH.

罐装小龙虾。

247. INGREDIENTS.—100 crayfish; pounded mace, pepper and salt to taste, 2 oz. butter.

247. 配料--100只小龙虾；肉豆蔻粉、胡椒和盐适量，2 oz.黄油。

Mode.—Boil the fish in salt and water; pick out all the meat and pound it in a mortar to a paste. Whilst pounding, add the butter gradually, and mix in the spice and seasoning. Put it in small pots, and pour over it clarified butter, carefully excluding the air.

做法。--将虾在盐水中煮，取出所有虾肉，在研钵中捣成糊状。捣制过程中逐渐加入黄油，拌入香料和调味。装入小罐中，倒入澄清黄油，小心排除空气。

Time.—15 minutes to boil the crayfish. *Average cost*, 2s. 9d.

时间。--小龙虾煮15分钟。平均费用,2先令9便士。

Seasonable all the year.

时令全年皆宜。

JOHN DORY.

约翰·多里

248. INGREDIENTS.—1/4 lb. of salt to each gallon of water.

248. 配料--每加仑水配1/4磅盐。

Mode.—This fish, which is esteemed by most people a great delicacy, is dressed in the same way as a turbot, which it

做法。--此鱼被大多数人视为珍馐，烹制方法与大菱鲆相同，其

resembles in firmness, but not in richness. Cleanse it thoroughly and cut off the fins; lay it in a fish-kettle, cover with cold water, and add salt in the above proportion. Bring it gradually to a boil, and simmer gently for 1/4 hour, or rather longer, should the fish be very large. Serve on a hot napkin, and garnish with cut lemon and parsley. Lobster, anchovy, or shrimp sauce, and plain melted butter, should be sent to table with it.

紧实度相似，但不及大菱鲆肥美。彻底清洗并切去鱼鳍；放入鱼锅，加冷水覆盖，按上述比例加盐。逐渐煮沸，文火炖1/4小时，若鱼非常大则稍久一些。盛于热餐巾上，以切好的柠檬和欧芹装饰。应配龙虾酱、鳀鱼酱或虾酱及清融黄油上桌。

Time.—After the water boils, 1/4 to 1/2 hour, according to size.

时间。--水沸腾后，根据大小煮1/4至1/2小时。

Average cost, 3s. to 5s. *Seasonable* all the year, but best from September to January.

平均费用,3先令至5先令。时令全年，但九月至一月最佳。

Note.—Small John Dorie are very good, baked.

注。- 小约翰·多里非常好，烤制。

[Illustration: THE JOHN DORY.]

[插图：约翰多利鱼。]

THE DORU, or JOHN DORY.—This fish is of a yellowish golden colour, and is, in general, rare, although it is sometimes taken in abundance on the Devon and Cornish coasts. It is highly esteemed for the table, and its flesh, when dressed, is of a beautiful clear white. When fresh caught, it is tough, and, being a ground fish, it is not the worse for being kept two, or even three days before it is cooked.

海鲂，或称约翰多利鱼。--此鱼呈淡金黄色，通常罕见，但有时在德文郡和康沃尔郡海岸大量捕获。它极受餐桌推崇，烹制后肉质呈美丽的洁白色。刚捕到时肉质坚韧，作为底栖鱼，烹制前存放两三天甚至三天并无大碍。

BOILED EELS.

煮鳗鱼。

249. INGREDIENTS.—4 small eels, sufficient water to cover them; a large bunch of parsley.

249. 配料--4条小鳗鱼，足以覆盖的水；一大束欧芹。

Mode.—Choose small eels for boiling; put them in a stewpan with the parsley, and just sufficient water to cover them; simmer till tender. Take them out, pour a little parsley and butter over them,

做法。--选用小鳗鱼煮制；放入炖锅，加欧芹和刚好覆盖的水；文火炖至软嫩。取出，浇上少许欧芹黄油，

and serve some in a tureen.

Time.—1/2 hour. *Average cost*, 6d. per lb.

Seasonable from June to March.

Sufficient for 4 persons.

[Illustration: THE EEL.]

THE EEL TRIBE.—The Apodal, or bony-gilled and ventral-finned fish, of which the eel forms the first Linnaean tribe, in their general aspect and manners, approach, in some instances, very nearly to serpents. They have a smooth head and slippery skin, are in general naked, or covered with such small, soft, and distant scales, as are scarcely visible. Their bodies are long and slender, and they are supposed to subsist entirely on animal substances. There are about nine species of them, mostly found in the seas. One of them frequents our fresh waters, and three of the others occasionally pay a visit to our shores.

STEWED EELS.

I.

250. INGREDIENTS.—2 lbs. of eels, 1 pint of rich strong stock, No. 104, 1 onion, 3 cloves, a piece of lemon-peel, 1 glass of port or Madeira, 3 tablespoonfuls of cream; thickening of flour; cayenne and lemon-juice to taste.

Mode.—Wash and skin the eels, and cut them into pieces about 3 inches long; pepper and salt them, and lay them in a stewpan; pour over the stock, add the onion stuck with cloves, the lemon-peel, and the wine. Stew gently for 1/2 hour, or rather more, and

并盛一些在汤盅里。

时间。- 半小时。平均成本，每磅6便士。

时令从六月到三月。

足量供4人食用。

[插图：鳗鱼。]

鳗鱼族。--无足目，即骨鳃腹鳍鱼类，鳗鱼构成林奈分类的第一个族，其总体外观和习性在某些情况下非常接近蛇类。它们头部光滑，皮肤黏滑，通常裸露，或覆盖着细小、柔软且稀疏的鳞片，几乎不可见。身体细长，据信完全以动物性物质为食。约有九个物种，大多见于海洋。其中一种栖息于我们的淡水中，另外三种偶尔造访我们的海岸。

炖鳗鱼。

250. 配料--2磅鳗鱼，1品脱浓郁高汤，编号

104,1个洋葱，3瓣丁香，一片柠檬皮，1杯波特酒或马德拉酒，3汤匙奶油；面粉勾芡；辣椒粉和柠檬汁适量。

做法。--将鳗鱼洗净去皮，切成约3英寸长的段；撒上胡椒和盐，放入炖锅中；倒入高汤，加入插了丁香的洋葱、柠檬皮和葡萄酒。文火炖1/2小时，或稍长一些，然后

lift them carefully on a dish, which keep hot. Strain the gravy, stir to the cream sufficient flour to thicken; mix altogether, boil for 2 minutes, and add the cayenne and lemon-juice; pour over the eels and serve.

Time.—3/4 hour. *Average cost* for this quantity, 2s. 3d.

Seasonable from June to March.

Sufficient for 5 or 6 persons.

THE COMMON EEL.—This fish is known frequently to quit its native element, and to set off on a wandering expedition in the night, or just about the close of clay, over the meadows, in search of snails and other prey. It also, sometimes, betakes itself to isolated ponds, apparently for no other pleasure than that which may be supposed to be found in a change of habitation. This, of course, accounts for eels being found in waters which were never suspected to contain them. This rambling disposition in the eel has been long known to naturalists, and, from the following lines, it seems to have been known to the ancients:—

"Thus the mail'd tortoise, and the wand'ring; eel,
Oft to the neighbouring beach will silent steal."

II.

251. INGREDIENTS.—2 lbs. of middling-sized eels, 1 pint of medium stock, No. 105, 1/4 pint of port wine; salt, cayenne, and mace to taste; 1 teaspoonful of essence of anchovy, the juice of 1/2 a lemon.

Mode.—Skin, wash, and clean the eels thoroughly; cut them into

小心地将它们盛到盘子上，保持温热。滤出肉汁，在奶油中搅入足量面粉使其浓稠；全部混合，煮2分钟，加入辣椒粉和柠檬汁；浇在鳗鱼上即可上桌。

时间。- 3/4小时。此份量的平均成本为2先令3便士。

时令从六月到三月。

足量供5或6人食用。

普通鳗鱼。--已知这种鱼经常离开其原生水域，在夜间或临近黄昏时出发，越过草地漫游探险，寻找蜗牛及其他猎物。它有时也会迁往孤立的水塘，显然只是为了享受更换居所所能带来的乐趣。这自然解释了为何在从未被怀疑含有鳗鱼的水域中会发现鳗鱼。鳗鱼的这种游荡习性早已为博物学家所知，而从以下诗句来看，古人似乎也已了解：--

“于是那披甲的龟，与漫游的鳗鱼，常悄然潜近邻近的滩岸。”

二。

251.配料。--2磅中等大小的鳗鱼，1品脱中等高汤，第105号，1/4品脱波特酒；盐、辣椒粉和肉豆蔻适量；1茶匙鲽鱼精，1/2个柠檬的汁。

做法。--将鳗鱼洗净、擦净并彻底清理干净；切成

pieces 3 inches long, and put them into strong salt and water for 1 hour; dry them well with a cloth, and fry them brown. Put the stock on with the heads and tails of the eels, and simmer for 1/2 hour; strain it, and add all the other ingredients. Put in the eels, and stew gently for 1/2 hour, when serve.

Time.—2 hours. *Average cost*, 1s. 9d.

Seasonable from June to March.

Sufficient for 5 or 6 persons.

FRIED EELS.

252. INGREDIENTS.—1 lb. of eels, 1 egg, a few bread crumbs, hot lard.

Mode.—Wash the eels, cut them into pieces 3 inches long, trim and wipe them very dry; dredge with flour, rub them over with egg, and cover with bread crumbs; fry of a nice brown in hot lard. If the eels are small, curl them round, instead of cutting them up. Garnish with fried parsley.

Time.—20 minutes, or rather less. *Average cost*, 6d. per lb.

Seasonable from June to March.

Note.—Garfish may be dressed like eels, and either broiled or baked.

THE PRODUCTIVENESS OF THE EEL.—"Having occasion," says Dr. Anderson, in the *Bee*, "to be once on a visit to a friend's house on Dee-side, in Aberdeenshire, I frequently delighted to walk by the banks of the river. I, one day, observed something like a black

切成3英寸长的段，放入浓盐水中浸泡1小时；用布擦干，炸至棕色。将高汤与鳗鱼的头尾一起煮，炖1/2小时；滤出，加入所有其他配料。放入鳗鱼，文火炖1/2小时，即可上桌。

时间。--2小时。平均成本,1先令9便士。

时令从六月到三月。

足量供5或6人食用。

炸鳗鱼

252. 配料--1 lb.鳗鱼，1个鸡蛋，少许面包屑，热猪油。

做法。--将鳗鱼洗净，切成3英寸长的段，修整并擦得非常干；撒上面粉，抹上蛋液，裹上面包屑；在热猪油中炸至漂亮的棕色。如果鳗鱼较小，可将其卷成圆形，而不切段。用炸欧芹装饰。

时间。--20分钟，或稍短一些。平均成本，每磅6便士。

时令从六月到三月。

注。- 颌针鱼可以像鳗鱼一样处理，或烤或烘。

鳗鱼的繁殖力。--“有一次，”安德森博士在《蜜蜂》中说道，“我到阿伯丁郡迪河畔一位朋友家做客，常常喜欢在河岸边散步。有一天，我注意到一个像黑色

string moving along the edge of the water where it was quite shallow. Upon closer inspection, I discovered that this was a shoal of young eels, so closely joined together as to appear, on a superficial view, on continued body, moving briskly up against the stream. To avoid the retardment they experienced from the force of the current, they kept close along the water's edge the whole of the way, following all the bendings and sinuosities of the river. Where they were embayed, and in still water, the shoal dilated in breadth, so as to be sometimes nearly a foot broad; but when they turned a cape, where the current was strong, they were forced to occupy less space and press close to the shore, struggling very hard till they passed it. This shoal continued to move on, night and day without interruption for several weeks. Their progress might be at the rate of about a mile an hour. It was easy to catch the animals, though they were very active and nimble. They were eels perfectly well formed in every respect, but not exceeding two inches in length. I conceive that the shoal did not contain, on an average, less than from twelve to twenty in breadth; so that the number that passed, on the whole, must have been very great. Whence they came or whither they went, I know not; but the place where I saw this, was six miles from the sea."

一条线沿着水边极浅处移动。closer inspection 后，我发现这是一群幼鳗，紧密聚集在一起，表面看去像一条连续的身体，逆流敏捷地向上游动。为避免水流冲击造成的阻滞，它们全程紧贴水边行进，顺着河流的每一处弯曲和蜿蜒。在河湾和静水处，鱼群宽度扩展，有时宽近一英尺；但当它们绕过水流强劲的岬角时，被迫缩小占据的空间，紧贴岸边，奋力挣扎直到通过。这群鳗鱼日夜不停地持续前行了数周。它们的行进速度大约为每小时一英里。虽然这些动物非常活跃敏捷，但很容易捕获。它们是各方面发育完全的鳗鱼，但长度不超过两英寸。我估计这群鳗鱼平均宽度不少于十二至二十条；因此通过的总数必定非常庞大。它们从何处来、往何处去，我不得而知；但我看到此景的地点距海六英里。

EEL PIE.

鳗鱼派。

253. INGREDIENTS.—1 lb. of eels, a little chopped parsley, 1 shalot; grated nutmeg; pepper and salt to taste; the juice of 1/2 a lemon, small quantity of forcemeat, 1/4 pint of béchamel (see Sauces); puff paste.

253.配料。--1磅鳗鱼，少许切碎的欧芹，1个青葱；磨碎的肉豆蔻；胡椒和盐适量；1/2个柠檬的汁，少量馅料，1/4品脱贝夏梅尔酱(见酱汁部分)；千层酥皮。

Mode.—Skin and wash the eels, cut them into pieces 2 inches

做法。--将鳗鱼去皮洗净，切成2英寸长的段

long, and line the bottom of the pie-dish with forcemeat. Put in the eels, and sprinkle them with the parsley, shalots, nutmeg, seasoning, and lemon-juice, and cover with puff-paste. Bake for 1 hour, or rather more; make the béchamel hot, and pour it into the pie.

切成段，用馅料铺在馅饼盘底部。放入鳗鱼，撒上欧芹、青葱、肉豆蔻、调味料和柠檬汁，盖上千层酥皮。烤1小时或稍长一些；将贝夏梅尔酱加热，倒入馅饼中。

Time.—Rather more than 1 hour.

时间。--略多于1小时。

Seasonable from August to March.

时令八月至三月。

COLLARED EEL.

领状鳗。

254. INGREDIENTS.—1 large eel; pepper and salt to taste; 2 blades of mace, 2 cloves, a little allspice very finely pounded, 6 leaves of sage, and a small bunch of herbs minced very small.

254.配料。--1条大鳗鱼；胡椒和盐适量；2片肉豆蔻，2瓣丁香，少许极细研碎的多香果，6片鼠尾草叶，以及一小束切得极细的香草。

Mode.—Bone the eel and skin it; split it, and sprinkle it over with the ingredients, taking care that the spices are very finely pounded, and the herbs chopped very small. Roll it up and bind with a broad piece of tape, and boil it in water, mixed with a little salt and vinegar, till tender. It may either be served whole or cut in slices; and when cold, the eel should be kept in the liquor it was boiled in, but with a little more vinegar put to it.

做法。--将鳗鱼去骨去皮；剖开，撒上配料，注意香料要研得极细，香草要切得极碎。卷起来，用一条宽布带扎紧，放入加了少许盐和醋的水中煮至软嫩。可整条上桌，也可切成片；冷却后，鳗鱼应保存在煮它的汤汁中，但需再加少许醋。

Time.—2 hours. *Average cost*, 6d. per lb.

时间。- 2小时。平均成本，每磅6便士。

Seasonable from August to March.

时令八月至三月。

HAUNTS OF THE EEL.—These are usually in mud, among weeds, under roots or stumps of trees, or in holes in the banks or the bottoms of rivers. Here they often grow to an enormous size, sometimes weighing as much as fifteen or sixteen pounds. They seldom come forth from their hiding-places except in the night;

鳗鱼的栖息地。--通常位于泥中、杂草间、树根或树桩下，或河岸及河底的洞穴中。它们在这里常常长得极大，有时重达十五或十六磅。除了夜间，它们很少从藏身之处出来；

and, in winter, bury themselves deep in the mud, on account of their great susceptibility of cold.

而在冬天，由于它们对寒冷极为敏感，会深深埋入泥中。

EELS A LA TARTARE.

鞑靼鳗鱼。

255. INGREDIENTS.—2 lbs. of eels, 1 carrot, 1 onion, a little flour, 1 glass of sherry; salt, pepper, and nutmeg to taste; bread crumbs, 1 egg, 2 tablespoonfuls of vinegar.

255.配料。--2磅鳗鱼，1根胡萝卜，1个洋葱，少许面粉，1杯雪利酒；盐、胡椒和肉豆蔻适量；面包屑，1个鸡蛋，2汤匙醋。

Mode.—Rub the butter on the bottom of the stewpan; cut up the carrot and onion, and stir them over the fire for 5 minutes; dredge in a little flour, add the wine and seasoning, and boil for 1/2 an hour. Skin and wash the eels, cut them into pieces, put them to the other ingredients, and simmer till tender. When they are done, take them out, let them get cold, cover them with egg and bread crumbs, and fry them of a nice brown. Put them on a dish, pour sauce piquante over, and serve them hot.

Mode。--将黄油抹在炖锅底部；把胡萝卜和洋葱切碎，在火上翻炒5分钟；撒入少许面粉，加入葡萄酒和调味，煮1/2小时。将鳗鱼去皮洗净，切成块，放入其他配料中，炖至软嫩。煮好后取出，放凉，裹上蛋液和面包屑，炸至漂亮的棕色。装盘，浇上辣味酱汁，趁热上桌。

Time.—1-1/2 hour. *Average cost*, 1s. 8d., exclusive of the sauce piquante.

时间。--1-1/2小时。平均成本,1先令8便士，不含辣味酱汁。

Seasonable from August to March. *Sufficient* for 5 or 6 persons.

当令从八月到三月。足够5或6人食用。

VORACITY OF THE EEL.—We find in a note upon Isaac Walton, by Sir John Hawkins, that he knew of eels, when kept in ponds, frequently destroying ducks. From a canal near his house at Twickenham he himself missed many young ducks; and on draining, in order to clean it, great numbers of large eels were caught in the mud. When some of these were opened, there were found in their stomachs the undigested heads of the quacking tribe which had become their victims.

鳗鱼的贪食。--我们在约翰·霍金斯爵士对艾萨克·沃尔顿的一条注释中看到，他知道养在池塘中的鳗鱼常常捕食鸭子。在他特威克纳姆住所附近的一条运河中，他自己就丢失了许多小鸭子；在排水清理时，在泥中捕到了大量大鳗鱼。当剖开其中一些时，在它们的胃中发现了未消化的、成为其牺牲品的鸭科动物的头。

EELS EN MATELOTE.

256. INGREDIENTS.—5 or 6 young onions, a few mushrooms, when obtainable; salt, pepper, and nutmeg to taste; 1 laurel-leaf, 1/2 pint of port wine, 1/2 pint of medium stock, No. 105; butter and flour to thicken; 2 lbs. of eels.

Mode.—Rub the stewpan with butter, dredge in a little flour, add the onions cut very small, slightly brown them, and put in all the other ingredients. Wash, and cut up the eels into pieces 3 inches long; put them in the stewpan, and simmer for 1/2 hour. Make round the dish, a border of croutons, or pieces of toasted bread; arrange the eels in a pyramid in the centre, and pour over the sauce. Serve very hot.

Time.—3/4 hour. Average cost, 1s. 9d. for this quantity.

Seasonable from August to March. *Sufficient* for 5 or 6 persons.

TENACITY OF LIFE IN THE EEL.—There is no fish so tenacious of life as this. After it is skinned and cut in pieces, the parts will continue to move for a considerable time, and no fish will live so long out of water.

[Illustration: THE LAMPREY.]

THE LAMPREY.—With the Romans, this fish occupied a respectable rank among the piscine tribes, and in Britain it has at various periods stood high in public favour. It was the cause of the death of Henry I. of England, who ate so much of them, that it brought on an attack of indigestion, which carried him off. It is an inhabitant of the sea, ascending rivers, principally about the end of winter, and, after passing a few months in fresh water,

鳗鱼水手式

256.配料。--5或6个小洋葱，几个蘑菇(如能获得)；盐、胡椒和肉豆蔻适量；1片月桂叶，1/2品脱波特酒，1/2品脱中等高汤，第105号；黄油和面粉用于勾芡；2磅鳗鱼。

做法。--用黄油涂抹炖锅，撒入少许面粉，加入切得很小的洋葱，略煎至棕色，放入所有其他配料。将鳗鱼洗净，切成3英寸长的段；放入炖锅，文火炖1/2小时。在盘子周围摆一圈面包丁或烤面包片；将鳗鱼在中央堆成金字塔形，浇上酱汁。趁热上桌。

时间。--3/4小时。此份量的平均成本为1先令9便士。

当令从八月到三月。足够5或6人食用。

鳗鱼顽强的生命力。--没有哪种鱼像它这样生命力顽强。即使去皮切段后，各部分仍会继续活动相当长的时间，也没有哪种鱼离开水后能活这么久。

[插图：七鳃鳗。]

七鳃鳗。--在罗马人那里，这种鱼在鱼类中占有相当高的地位，而在不列颠，它在各个时期都深受公众青睐。它是英格兰亨利一世之死的原因，他吃了太多七鳃鳗，导致消化不良发作，最终夺去了他的性命。它栖息于海洋，溯河而上，主要在冬末，在淡水中度过几个月后，

returning again to its oceanic residence. It is most in season in March, April, and May, but is, by some, regarded as an unwholesome food, although looked on by others as a great delicacy. They are dressed as eels.

又返回其海洋居所。它在三月、四月和五月最为当令，但有些人认为它是不健康的食物，尽管另一些人视其为美味佳肴。其烹制方法与鳗鱼相同。

FISH AND OYSTER PIE.

鱼和牡蛎派。

257. INGREDIENTS.—Any remains of cold fish, such as cod or haddock; 2 dozen oysters, pepper and salt to taste, bread crumbs sufficient for the quantity of fish; 1/2 teaspoonful of grated nutmeg, 1 teaspoonful of finely-chopped parsley.

257.配料。--任何吃剩的冷鱼，如鳕鱼或黑线鳕；2打牡蛎，胡椒和盐适量，与鱼量相称的面包屑；1/2茶匙磨碎的肉豆蔻，1茶匙切碎的欧芹。

Mode.—Clear the fish from the bones, and put a layer of it in a pie-dish, which sprinkle with pepper and salt; then a layer of bread crumbs, oysters, nutmeg, and chopped parsley. Repeat this till the dish is quite full. You may form a covering either of bread crumbs, which should be browned, or puff-paste, which should be cut into long strips, and laid in cross-bars over the fish, with a line of the paste first laid round the edge. Before putting on the top, pour in some made melted butter, or a little thin white sauce, and the oyster-liquor, and bake.

做法。--将鱼肉去骨，在馅饼盘中铺一层，撒上胡椒和盐；然后铺一层面包屑、牡蛎、肉豆蔻和切碎的欧芹。重复此过程直至盘中装满。可以用面包屑做覆盖层，应烤至棕色；或用酥皮，切成细长条，交叉铺在鱼上，先在边缘围一圈面皮。在盖上顶盖之前，倒入一些融化的黄油或少许稀薄的白酱汁以及牡蛎汁，然后烘烤。

Time.—If made of cooked fish, 1/4 hour; if made of fresh fish and puff-paste, 3/4 hour.

时间。--如用熟鱼制作，1/4小时；如用鲜鱼和千层酥皮制作，3/4小时。

Average cost, 1s. 6d.

平均费用,1先令6便士。

Seasonable from September to April.

时令从九月到四月。

Note.—A nice little dish may be made by flaking any cold fish, adding a few oysters, seasoning with pepper and salt, and covering with mashed potatoes; 1/4 hour will bake it.

注。--将任何冷鱼剥成片，加入几个牡蛎，用胡椒和盐调味，盖上土豆泥，即可做成一道不错的小菜；烤1/4小时即可。

FISH CAKE.

258. INGREDIENTS.—The remains of any cold fish, 1 onion, 1 faggot of sweet herbs; salt and pepper to taste, 1 pint of water, equal quantities of bread crumbs and cold potatoes, 1/2 teaspoonful of parsley, 1 egg, bread crumbs.

Mode.—Pick the meat from the bones of the fish, which latter put, with the head and fins, into a stewpan with the water; add pepper and salt, the onion and herbs, and stew slowly for gravy about 2 hours; chop the fish fine, and mix it well with bread crumbs and cold potatoes, adding the parsley and seasoning; make the whole into a cake with the white of an egg, brush it over with egg, cover with bread crumbs, and fry of a light brown; strain the gravy, pour it over, and stew gently for 1/4 hour, stirring it carefully once or twice. Serve hot, and garnish with slices of lemon and parsley.

Time—1/2 hour, after the gravy is made.

BOILED FLOUNDERS.

259. INGREDIENTS.—Sufficient water to cover the flounders, salt in the proportion of 6 oz. to each gallon, a little vinegar.

Mode.—Pat on a kettle with enough water to cover the flounders, lay in the fish, add salt and vinegar in the above proportions, and when it boils, simmer very gently for 5 minutes. They must not boil fast, or they will break. Serve with plain melted butter, or parsley and butter.

Time.—After the water boils, 5 minutes.

鱼饼。

258.配料。--任何吃剩的冷鱼，1个洋葱，1束香草；盐和胡椒适量，1品脱水，等量的面包屑和冷土豆，1/2茶匙欧芹，1个鸡蛋，面包屑。

模式。--将鱼肉从鱼骨上剔下，把鱼骨连同鱼头和鱼鳍放入炖锅，加水；加入胡椒和盐、洋葱和香草，用文火慢炖约2小时以制肉汁；将鱼肉切碎，与面包屑和冷土豆充分混合，加入欧芹和调味；用蛋清将全部混合物做成蛋糕状，刷上蛋液，裹上面包屑，炸至浅棕色；滤出肉汁，浇在上面，用文火慢炖1/4小时，小心搅拌一两次。趁热上桌，用柠檬片和欧芹装饰。

时间 - 做好肉汁后，半小时。

煮比目鱼。

259.配料。--足量水以没过鲽鱼，盐按每加仑6盎司的比例，少许醋。

做法。--在锅中放入足量水以没过鲽鱼，放入鱼，按上述比例加入盐和醋，煮沸后，非常文火地炖5分钟。不可大火沸腾，否则鱼会碎。配清融黄油，或欧芹黄油上桌。

时间。- 水沸腾后，5分钟。

Average cost, 3d. each.

Seasonable from August to November.

[Illustration: FLOUNDERS.]

THE FLOUNDER.—This comes under the tribe usually denominated Flat-fish, and is generally held in the smallest estimation of any among them. It is an inhabitant of both the seas and the rivers, while it thrives in ponds. On the English coasts it is very abundant, and the London market consumes it in large quantities. It is considered easy of digestion, and the Thames flounder is esteemed a delicate fish.

FRIED FLOUNDERS.

260. INGREDIENTS.—Flounders, egg, and bread crumbs; boiling lard.

Mode.—Cleanse the fish, and, two hours before they are wanted, rub them inside and out with salt, to render them firm; wash and wipe them very dry, dip them into egg, and sprinkle over with bread crumbs; fry them in boiling lard, dish on a hot napkin, and garnish with crisped parsley.

Time.—From 5 to 10 minutes, according to size.

Average cost, 3d. each.

Seasonable from August to November.

Sufficient, 1 for each person.

GUDGEONS.

平均成本，每个3便士。

时令八月至十一月。

[插图：比目鱼。]

鲽鱼--此鱼属于通常称为扁鱼的鱼族，在它们之中一般评价最低。它栖息于海洋和河流之中，在池塘里也能生长良好。在英国海岸非常丰富，伦敦市场大量消费。它被认为易于消化，泰晤士河的鲽鱼被视为一种精美的鱼。

炸比目鱼

260. 配料--比目鱼、鸡蛋和面包屑；煮沸的猪油。

做法--将鱼清洗干净，在需要烹制前两小时，用盐里外揉搓，使其紧实；洗净并擦得非常干，蘸上蛋液，撒上面包屑；用滚沸的猪油煎炸，盛在热餐巾上，用酥脆的欧芹装饰。

时间--根据大小，5至10分钟。平均成本，每条3便士。

时令八月至十一月。

充足，每人1份。

轴销。

261. INGREDIENTS.—Egg and bread crumbs sufficient for the quantity of fish; hot lard.

Mode.—Do not scrape off the scales, but take out the gills and inside, and cleanse thoroughly; wipe them dry, flour and dip them into egg, and sprinkle over with bread crumbs. Fry of a nice brown.

Time.—3 or 4 minutes.

Average cost. Seldom bought.

Seasonable from March to July.

Sufficient, 3 for each person.

[Illustration: THE GUDGEON.]

THE GUDGEON.—This is a fresh-water fish, belonging to the carp genus, and is found in placid streams and lakes. It was highly esteemed by the Greeks, and was, at the beginning of supper, served fried at Rome. It abounds both in France and Germany; and is both excellent and numerous in some of the rivers of England. Its flesh is firm, well-flavoured, and easily digested.

GURNET, or GURNARD.

262. INGREDIENTS.—1 gurnet, 6 oz. of salt to each gallon of water.

Mode.—Cleanse the fish thoroughly, and cut off the fins; have ready some boiling water, with salt in the above proportion; put the fish in, and simmer very gently for 1/2 hour. Parsley and butter, or anchovy sauce, should be served with it.

Time.—1/2 hour.

261. 配料--足够所用鱼量的蛋液和面包屑；热猪油。

做法--不要刮去鱼鳞，而是取出鱼鳃和内脏，彻底清洗干净；擦干，撒上面粉，蘸上蛋液，撒上面包屑。煎至漂亮的棕色。

时间。--3或4分钟。

平均成本。很少购买。

时令三月至七月。

充足，每人3份。

[插图：鲃鱼。]

鲃鱼--这是一种淡水鱼，属于鲤鱼属，见于平静的溪流和湖泊中。它曾受到希腊人的高度珍视，在罗马是晚餐开始时油炸供食的。它在法国和德国都很丰富；在英国的一些河流中既优质又数量众多。其肉质紧实，风味良好，易于消化。

鲂 ，或鲂 鱼。

262. 配料--1条鲂鰰，每加仑水6盎司盐。

做法。--将鱼彻底洗净，切去鱼鳍；备好加有上述比例食盐的沸水；将鱼放入，非常轻柔地煨煮半小时。应配以欧芹黄油或鳀鱼酱汁上桌。

时间。--1/2小时。

Average cost. Seldom bought.

Seasonable from October to March, but in perfection in October.

Sufficient, a middling sized one for 2 persons.

Note.—This fish is frequently stuffed with forcemeat and baked.

[Illustration: THE GURNET.]

THE GURNET.-"If I be not ashamed of my soldiers, I am a souced gurnet," says Falstaff; which shows that this fish has been long known in England. It is very common on the British coasts, and is an excellent fish as food.

BAKED HADDOCKS.

263. INGREDIENTS.—A nice forcemeat (*see* Forcemeats), butter to taste, egg and bread crumbs.

Mode.—Scale and clean the fish, without cutting it open much; put in a nice delicate forcemeat, and sew up the slit. Brush it over with egg, sprinkle over bread crumbs, and baste frequently with butter. Garnish with parsley and cut lemon, and serve with a nice brown gravy, plain melted butter, or anchovy sauce. The egg and bread crumbs can be omitted, and pieces of butter placed over the fish.

Time.—Large haddock, 3/4 hour; moderate size, 1/4 hour.

Seasonable from August to February.

Average cost, from 9d. upwards.

Note.—Haddocks may be filleted, rubbed over with egg and bread crumbs, and fried a nice brown; garnish with crisped parsley.

平均成本。很少购买。

当令期为十月至三月，但十月最为完美。足够，中等大小的一条供2人食用。

注--此鱼常填入馅料后烘烤。[插图：鲔鱼。]

鲂鲱--福斯塔夫说：“如果我不为我的士兵感到羞耻，我就是一条腌鲂鲱”，这表明这种鱼在英国早已为人所知。它在英国海岸非常常见，是一种极佳的食用鱼。

烤鳕鱼。

263. 配料--一份上好的馅料(见馅料)，适量黄油，蛋液和面包屑。

做法--刮鳞并清洗鱼，不要开膛太大；填入一份精美的细馅料，将切口缝好。刷上蛋液，撒上面包屑，经常淋浇黄油。用欧芹和切开的柠檬装饰，配以漂亮的金棕色肉汁、原味融化黄油或鲽鱼酱汁供食。可以省略蛋液和面包屑，在鱼上放几块黄油。

时间。--大条黑线鳕，3/4小时；中等大小，1/4小时。

时令八月至二月。

平均成本,9便士起。

注--黑线鳕可切成鱼柳，裹上蛋液和面包屑，煎至漂亮的金棕色；用酥脆的欧芹装饰。

[Illustration: THE HADDOCK.]

THE HADDOCK.—This fish migrates in immense shoals, and arrives on the Yorkshire coast about the middle of winter. It is an inhabitant of the northern seas of Europe, but does not enter the Baltic, and is not known in the Mediterranean. On each side of the body, just beyond the gills, it has a dark spot, which superstition asserts to be the impressions of the finger and thumb of St. Peter, when taking the tribute money out of a fish of this species.

BOILED HADDOCK.

264. INGREDIENTS.—Sufficient water to cover the fish; 1/4 lb. of salt to each gallon of water.

Mode.—Scrape the fish, take out the inside, wash it thoroughly, and lay it in a kettle, with enough water to cover it and salt in the above proportion. Simmer gently from 15 to 20 minutes, or rather more, should the fish be very large. For small haddocks, fasten the tails in their mouths, and put them into boiling water. 10 to 15 minutes will cook them. Serve with plain melted butter, or anchovy sauce.

Time.—Large haddock, 1/2 hour; small, 1/4 hour, or rather less.

Average cost, from 9d. upwards.

Seasonable from August to February.

WEIGHT OF THE HADDOCK.—The haddock seldom grows to any great size. In general, they do not weigh more than two or three pounds, or exceed ten or twelve inches in size. Such are esteemed very delicate eating; but they have been caught three feet long,

[插图：黑线鳕。]

黑线鳕--这种鱼成群结队地洄游，约在隆冬时节到达约克郡海岸。它栖息于欧洲北部海域，但不进入波罗的海，地中海也没有它的踪迹。在身体两侧、鳃的后方，它有一个暗斑，迷信说法称这是圣彼得从这种鱼口中取出税银时留下的拇指和食指印痕。

煮鳕鱼

264. 配料--足以淹没鱼的水；每加仑水加1/4 lb.盐。

做法--刮去鱼鳞，取出内脏，彻底洗净，放入锅中，加足量水和上述比例的盐。轻柔地微沸煮15至20分钟，如果鱼很大则稍久一些。对于小黑线鳕，将尾巴塞入嘴中，放入滚沸水中。10至15分钟即可煮熟。配以原味融化黄油或鲽鱼酱汁供食。

时间。--大条黑线鳕，1/2小时；小条，1/4小时，或稍短一些。

平均成本,9便士起。

时令八月至二月。

黑线鳕的重量--黑线鳕很少长得很大。一般来说，它们重量不超过两三磅，大小不超过十或十二英寸。这样的被视为非常鲜美；但也曾捕到三英尺长的，

when their flesh is coarse.

DRIED HADDOCK.

I.

265. Dried haddock should be gradually warmed through, either before or over a nice clear fire. Hub a little piece of butter over, just before sending it to table.

II.

266. INGREDIENTS.—1 large thick haddock, 2 bay-leaves, 1 small bunch of savoury herbs, not forgetting parsley, a little butter and pepper; boiling water.

Mode.—Cut up the haddock into square pieces, make a basin hot by means of hot water, which pour out. Lay in the fish, with the bay-leaves and herbs; cover with boiling water; put a plate over to keep in the steam, and let it remain for 10 minutes. Take out the slices, put them in a hot dish, rub over with butter and pepper, and serve.

Time.—10 minutes. *Seasonable* at any time, but best in winter.

THE FINNAN HADDOCK.—This is the common haddock cured and dried, and takes its name from the fishing-village of Findhorn, near Aberdeen, in Scotland, where the art has long attained to perfection. The haddocks are there hung up for a day or two in the smoke of peat, when they are ready for cooking, and are esteemed, by the Scotch, a great delicacy. In London, an imitation of them is made by washing the fish over with pyroligneous acid,

当它们的肉质粗糙时。

鳕鱼干

一。

265. 干黑线鳕应在明净的火前或火上逐渐加热透彻。上桌前在表面抹一小块黄油。

二。

266. 配料--1条大而厚的黑线鳕，2片月桂叶，1小束香草，别忘了欧芹，少许黄油和胡椒；滚沸水。

做法--将黑线鳕切成方块，用热水烫热一个盆，将热水倒出。放入鱼、月桂叶和香草；倒入滚沸水淹没；盖上盘子以保持蒸汽，静置10分钟。取出鱼块，放入热盘中，抹上黄油和胡椒，即可供食。

时间--10分钟。当令期任何时候均可，但冬季最佳。

芬南黑线鳕--这是普通黑线鳕经腌制和干燥而成，得名于苏格兰阿伯丁附近的渔村芬德霍恩，那里这门技艺早已达到完美。黑线鳕在那里悬挂一两天，用泥炭烟熏，然后即可烹制，被苏格兰人视为一大美味。在伦敦，人们用木醋酸液洗鱼来仿制，

and hanging it up in a dry place for a few days.

并将其悬挂在干燥处数日。

RED HERRINGS, or YARMOUTH BLOATERS.

红鲱鱼，即雅茅斯熏鲱鱼。

267. The best way to cook these is to make incisions in the skin across the fish, because they do not then require to be so long on the fire, and will be far better than when cut open. The hard roe makes a nice relish by pounding it in a mortar, with a little anchovy, and spreading it on toast. If very dry, soak in warm water 1 hour before dressing.

267. 烹制这些鱼的最佳方法是在鱼皮上横切几刀，因为这样它们就不需要在火上烤那么久，而且比剖开的要好得多。硬鱼卵在研钵中与少许鳀鱼一起捣碎，涂在吐司上，是一道美味的小菜。如果非常干，在烹制前用温水浸泡1小时。

THE RED HERRING.—*Red* herrings lie twenty-four hours in the brine, when they are taken out and hung up in a smoking-house formed to receive them. A brushwood fire is then kindled beneath them, and when they are sufficiently smoked and dried, they are put into barrels for carriage.

红鲱鱼--红鲱鱼在盐水中浸二十四小时，然后取出挂在专门设置的熏制房中。在它们下面点燃一堆柴火，当它们熏制和干燥充分后，装入桶中运输。

BAKED WHITE HERRINGS.

烤白鲱鱼。

268. INGREDIENTS.—12 herrings, 4 bay-leaves, 12 cloves, 12 allspice, 2 small blades of mace, cayenne pepper and salt to taste, sufficient vinegar to fill up the dish.

268. 配料--12条鲱鱼，4片月桂叶，12粒丁香，12粒多香果，2小片肉豆蔻衣，适量卡宴辣椒和盐，足够的醋以注满盘子。

Mode.—Take the herrings, cut off the heads, and gut them. Put them in a pie-dish, heads and tails alternately, and, between each layer, sprinkle over the above ingredients. Cover the fish with the vinegar, and bake for 1/2 hour, but do not use it till quite cold. The herrings may be cut down the front, the backbone taken out, and closed again. Sprats done in this way are very delicious.

做法。--取鲱鱼，去头、去内脏。将鱼头尾交替放入馅饼盘中，每层之间撒上上述配料。用醋浸没鱼，烘烤1/2小时，但须待完全冷却后方可使用。可将鲱鱼沿正面剖开，取出脊骨，再合拢。以此法烹制的西鲱极为美味。

Time.—1/2 an hour.

时间。--半小时。

Average cost, 1d. each.

平均成本，每个1便士。

TO CHOOSE THE HERRING.—The more scales this fish has, the surer the sign of its freshness. It should also have a bright and silvery look; but if red about the head, it is a sign that it has been dead for some time.

如何挑选鲱鱼--这种鱼的鳞片越多，越能说明其新鲜。它还应有明亮银色的外观；但如果头部附近发红，则表明它已死去一段时间。

[Illustration: THE HERRING.]

[插图：鲱鱼]

THE HERRING.—The herring tribe are found in the greatest abundance in the highest northern latitudes, where they find a quiet retreat, and security from their numerous enemies. Here they multiply beyond expression, and, in shoals, come forth from their icy region to visit other portions of the great deep. In June they are found about Shetland, whence they proceed down to the Orkneys, where they divide, and surround the islands of Great Britain and Ireland. The principal British herring-fisheries are off the Scotch and Norfolk coasts; and the fishing is always carried on by means of nets, which are usually laid at night; for, if stretched by day, they are supposed to frighten the fish away. The moment the herring is taken out of the water it dies. Hence the origin of the common saying, "dead as a herring."

鲱鱼。--鲱鱼族群在北方最高纬度地区最为丰富，在那里它们找到安静的栖息之所，并免受众多敌人的侵扰。它们在此大量繁殖，成群结队地从冰封海域游出，造访大深海的其它区域。六月间，它们出现在设得兰附近，由此下行至奥克尼，在那里分群，环绕大不列颠和爱尔兰诸岛。英国主要的鲱鱼渔场位于苏格兰和诺福克海岸外；捕鱼始终使用渔网，通常在夜间布网；因为若在白天张网，据说会把鱼吓跑。鲱鱼一离开水面即死。因此有了俗语“死得像条鲱鱼”的由来。

KEGEREE.

基格里。

269. INGREDIENTS.—Any cold fish, 1 teacupful of boiled rice, 1 oz. of butter, 1 teaspoonful of mustard, 2 soft-boiled eggs, salt and cayenne to taste.

269. 配料--任何冷鱼，1茶杯煮熟的米饭，1 oz.黄油，1茶匙芥末，2个半熟蛋，适量盐和卡宴辣椒。

Mode.—Pick the fish carefully from the bones, mix with the other ingredients, and serve very hot. The quantities may be varied according to the amount of fish used.

做法--仔细将鱼肉从骨头上剔下，与其他配料混合，趁非常热时供食。用量可根据所用鱼量调整。

Time.—1/4 hour after the rice is boiled.

时间。- 米饭煮沸后 1/4 小时。

Average cost, 5d., exclusive of the fish.

TO BOIL LOBSTERS.

270. INGREDIENTS.—1/4 lb. of salt to each gallon of water.

Mode.—Buy the lobsters alive, and choose those that are heavy and full of motion, which is an indication of their freshness. When the shell is incrusted, it is a sign they are old: medium-sized lobsters are the best. Have ready a stewpan of boiling water, salted in the above proportion; put in the lobster, and keep it boiling quickly from 20 minutes to 3/4 hour, according to its size, and do not forget to skim well. If it boils too long, the meat becomes thready, and if not done enough, the spawn is not red: this must be obviated by great attention. Hub the shell over with a little butter or sweet oil, which wipe off again.

Time.—Small lobster, 20 minutes to 1/2 hour; large ditto, 1/2 to 1/3 hour.

Average cost, medium size, 1s. 6d. to 2s. 6d.

Seasonable all the year, but best from March to October.

TO CHOOSE LOBSTERS.—This shell-fish, if it has been cooked alive, as it ought to have been, will have a stiffness in the tail, which, if gently raised, will return with a spring. Care, however, must be taken in thus proving it; for if the tail is pulled straight out, it will not return; when the fish might be pronounced inferior, which, in reality, may not be the case. In order to be good, lobsters should be weighty for their bulk; if light, they will be watery; and those of the medium size, are always the best. Small-sized lobsters are cheapest, and answer very well for sauce.

平均成本，5便士，不含鱼。

煮龙虾

270. 配料--每加仑水配1/4 lb.盐。

Mode。- 买活龙虾，挑选那些沉重且动作有力的，这是新鲜的标志。如果壳上结了硬垢，说明它们已经老了：中等大小的龙虾最好。准备一锅按上述比例加盐的沸水；放入龙虾，根据大小保持快速煮沸20分钟至3/4小时，不要忘记撇去浮沫。如果煮得太久，肉会变得丝状；如果煮得不够，虾卵不会变红：必须非常注意以避免这种情况。用少许黄油或甜油涂抹壳面，然后再擦掉。

时间。--小号龙虾，20分钟至1/2小时；大号同上，1/2至1/3小时。

平均成本，中号，1先令6便士至2先令6便士。

时令全年皆有，但三月至十月最佳。

挑选龙虾的方法。--这种甲壳类动物，如果是活煮的(本应如此)，尾部会有一定的硬度，如果轻轻抬起，会弹回。然而，在这样检验时必须小心；因为如果把尾巴直接拉直，它就不会弹回；这时可能会被判定为劣质，而实际上可能并非如此。为了品质好，龙虾应该相对于其体积来说较重；如果轻，就会水汪汪的；中等大小的总是最好的。小号龙虾最便宜，非常适合做酱汁。

In boiling lobsters, the appearance of the shell will be much improved by rubbing over it a little butter or salad-oil on being immediately taken from the pot.

[Illustration: THE LOBSTER.]

THE LOBSTER.—This is one of the crab tribe, and is found on most of the rocky coasts of Great Britain. Some are caught with the hand, but the larger number in pots, which serve all the purposes of a trap, being made of osiers, and baited with garbage. They are shaped like a wire mousetrap; so that when the lobsters once enter them, they cannot get out again. They are fastened to a cord and sunk in the sea, and their place marked by a buoy. The fish is very prolific, and deposits of its eggs in the sand, where they are soon hatched. On the coast of Norway, they are very abundant, and it is from there that the English metropolis is mostly supplied. They are rather indigestible, and, as a food, not so nurtritive as they are generally supposed to be.

HOT LOBSTER.

271. INGREDIENTS.—1 lobster, 2 oz. of butter, grated nutmeg; salt, pepper, and pounded mace, to taste; bread crumbs, 2 eggs.

Mode.—Pound the meat of the lobster to a smooth paste with the butter and seasoning, and add a few bread crumbs. Beat the eggs, and make the whole mixture into the form of a lobster; pound the spawn, and sprinkle over it. Bake 1/4 hour, and just before serving, lay over it the tail and body shell, with the small claws underneath, to resemble a lobster.

Time.—1/4 hour. *Average cost,* 2s. 6d.

煮龙虾时，从锅中取出后立即在壳上抹少许黄油或沙拉油，外观会大为改善。

[插图：龙虾。]

龙虾。--这属于蟹类，发现于大不列颠的大部分岩石海岸。有些是用手捕捉的，但大多数是用笼子捕捉的，笼子起到陷阱的作用，由柳条制成，用内脏作诱饵。它们的形状像铁丝捕鼠器；所以龙虾一旦进入，就再也出不来了。它们被系在绳子上沉入海中，用浮标标记位置。这种鱼非常多产，将卵产在沙中，很快孵化。在挪威海岸，它们非常丰富，英国大都市的供应主要来自那里。它们相当不易消化，作为食物，并不像人们通常认为的那样有营养。

热龙虾。

271. 配料。--1只龙虾，2 oz.黄油，肉豆蔻末；盐、胡椒和捣碎的肉豆蔻衣，适量；面包屑，2个鸡蛋。

做法。--将龙虾肉与黄油和调味料一起捣成光滑的糊状，加入少许面包屑。打散鸡蛋，将整个混合物做成龙虾的形状；将虾卵捣碎，撒在上面。烘烤1/4小时，上桌前将尾壳和身壳盖在上面，小爪放在下面，使其形似龙虾。

时间。- 1/4小时。平均费用,2先令6便士。

Seasonable at any time.

Sufficient for 4 or 5 persons.

LOBSTER SALAD.

272. INGREDIENTS.—1 hen lobster, lettuces, endive, small salad (whatever is in season), a little chopped beetroot, 2 hard-boiled eggs, a few slices of cucumber. For dressing, equal quantities of oil and vinegar, 1 teaspoonful of made mustard, the yolks of 2 eggs; cayenne and salt to taste; 3 teaspoonful of anchovy sauce. These ingredients should be mixed perfectly smooth, and form a creamy-looking sauce.

Mode.—Wash the salad, and thoroughly dry it by shaking it in a cloth. Cut up the lettuces and endive, pour the dressing on them, and lightly throw in the small salad. Mix all well together with the pickings from the body of the lobster; pick the meat from the shell, cut it up into nice square pieces, put half in the salad, the other half reserve for garnishing. Separate the yolks from the whites of 2 hard-boiled eggs; chop the whites very fine, and rub the yolks through a sieve, and afterwards the coral from the inside. Arrange the salad lightly on a glass dish, and garnish, first with a row of sliced cucumber, then with the pieces of lobster, the yolks and whites of the eggs, coral, and beetroot placed alternately, and arranged in small separate bunches, so that the colours contrast nicely.

Average cost, 3s. 6d. *Sufficient* for 4 or 5 persons.

Seasonable from April to October; may be had all the year, but salad is scarce and expensive in winter.

时令任何时候皆宜。

足量供4或5人食用。

龙虾沙拉。

272. 配料。--1只雌龙虾，莴苣，菊苣，小份沙拉(凡当令者皆可)，少许切碎的甜菜根，2个煮硬的鸡蛋，几片黄瓜。调味汁：等量的油和醋，1茶匙调制好的芥末，2个蛋黄；辣椒粉和盐适量；3茶匙鳀鱼酱。这些配料应搅拌至完全光滑，形成奶油状的酱汁。

Mode。- 洗净沙拉，用布包住甩干。将生菜和菊苣切碎，倒上调味汁，轻轻撒入小沙拉。将龙虾身上的碎肉与所有材料充分混合；从壳中取出肉，切成漂亮的方形小块，一半放入沙拉，另一半留作装饰。将2个煮熟的鸡蛋的蛋黄与蛋白分开；将蛋白切得很细，将蛋黄过筛，然后也将内部的虾籽过筛。将沙拉轻轻摆放在玻璃盘中，先装饰一排黄瓜片，然后交替摆放龙虾块、蛋黄和蛋白、虾籽和甜菜根，分成小束摆放，使颜色形成良好的对比。

平均费用，3先令6便士。足够4至5人食用。

时令为四月至十月；全年皆可得，但冬季沙拉稀少且昂贵。

Note.—A few crayfish make a pretty garnishing to lobster salad.

注。--几只小龙虾能为龙虾沙拉增添美观的装饰。

THE SHELL OF THE LOBSTER.—Like the others of its tribe, the lobster annually casts its shell. Previously to its throwing off the old one, it appears sick, languid, and restless, but in the course of a few days it is entirely invested in its new coat of armour. Whilst it is in a defenceless state, however, it seeks some lonely place, where it may lie undisturbed, and escape the horrid fate of being devoured by some of its own species who have the advantage of still being encased in their mail.

龙虾的壳。--与其同类一样，龙虾每年蜕壳。在蜕去旧壳之前，它显得病态、倦怠、不安，但数日之内便完全披上新的铠甲。然而，在它处于无防御状态时，它会寻找一处僻静之地，静静躺卧不受打扰，以免遭到那些仍裹着甲壳的同类的可怕吞噬。

LOBSTER (a la Mode Francaise).

龙虾(法式做法)

273. INGREDIENTS.—1 lobster, 4 tablespoonfuls of white stock, 2 tablespoonfuls of cream, pounded mace, and cayenne to taste; bread crumbs.

273. 配料。--1只龙虾，4汤匙白色高汤，2汤匙奶油，捣碎的肉豆蔻衣和辣椒粉适量；面包屑。

Mode.—Pick the meat from the shell, and cut it up into small square pieces; put the stock, cream, and seasoning into a stewpan, add the lobster, and let it simmer gently for 6 minutes. Serve it in the shell, which must be nicely cleaned, and have a border of puff-paste; cover it with bread crumbs, place small pieces of butter over, and brown before the fire, or with a salamander.

做法。--将肉从壳中取出，切成小方块；将高汤、奶油和调味料放入炖锅中，加入龙虾，小火煨6分钟。盛在清洗干净的壳中，壳边围以千层酥皮；上面覆盖面包屑，放上小块黄油，在火前或用电热铁板烤至金黄。

Time.—1/4 hour. *Average cost*, 2s. 6d.

时间。- 1/4小时。平均费用,2先令6便士。

Seasonable at any time.

时令任何时候皆宜。

CELERITY OF THE LOBSTER.—In its element, the lobster is able to run with great speed upon its legs, or small claws, and, if alarmed, to spring, tail foremost, to a considerable distance, "even," it is said, "with the swiftness of a bird flying." Fishermen have seen some of them pass about thirty feet with a wonderful degree of swiftness. When frightened, they will take their spring,

龙虾的迅捷。--在其生存环境中，龙虾能以其腿或小爪快速奔跑，若受惊，则以尾朝前弹跳至相当远的距离，“甚至，”据说，“如飞鸟般迅捷。”渔夫曾见它们以惊人的速度跃过约三十英尺。受惊时，它们会弹跳，

and, like a chamois of the Alps, plant themselves upon the very spot upon which they designed to hold themselves.

如同阿尔卑斯山的岩羚羊一般，稳稳落在它们选定的落脚点上。

LOBSTER CURRY (an Entree).

龙虾咖喱(一道主菜)。

274. INGREDIENTS.—1 lobster, 2 onions, 1 oz. butter, 1 tablespoonful of curry-powder, 1/2 pint of medium stock, No. 105, the juice of 1/2 lemon.

274. 配料。--1只龙虾，2个洋葱，1 oz.黄油，1汤匙咖喱粉，1/2 pint中等高汤，第105号，1/2个柠檬的汁。

Mode.—Pick the meat from the shell, and cut it into nice square pieces; fry the onions of a pale brown in the butter, stir in the curry-powder and stock, and simmer till it thickens, when put in the lobster; stew the whole slowly for 1/2 hour, and stir occasionally; and just before sending to table, put in the lemon-juice. Serve boiled rice with it, the same as for other curries.

做法。--将肉从壳中取出，切成整齐的方块；用黄油将洋葱炸至浅棕色，拌入咖喱粉和高汤，煨至浓稠，然后放入龙虾；将全部慢慢炖1/2小时，不时搅拌；上桌前加入柠檬汁。配以煮好的米饭，与其他咖喱菜肴相同。

Time.—Altogether, 3/4 hour. *Average cost*, 3s.

时间。--总共3/4小时。平均成本，3先令。

Seasonable at any time.

时令任何时候皆宜。

LOBSTER CUTLETS (an Entree).

龙虾肉饼(一道主菜)。

275. INGREDIENTS.—1 large hen lobster, 1 oz. fresh butter, 1/2 saltspoonful of salt, pounded mace, grated nutmeg, cayenne and white pepper to taste, egg, and bread crumbs.

275. 配料。--1只大雌龙虾，1 oz.新鲜黄油，1/2盐匙盐，捣碎的肉豆蔻衣，肉豆蔻末，辣椒粉和白胡椒适量，鸡蛋和面包屑。

Mode.—Pick the meat from the shell, and pound it in a mortar with the butter, and gradually add the mace and seasoning, well mixing the ingredients; beat all to a smooth paste, and add a little of the spawn; divide the mixture into pieces of an equal size, and shape them like cutlets. They should not be very thick. Brush them over with egg, and sprinkle with bread crumbs, and stick a short piece of the small claw in the top of each; fry them of a nice brown in boiling lard, and drain them before the fire, on a sieve

Mode。- 从壳中取出肉，与黄油一起在研钵中捣碎，逐渐加入肉豆蔻和调味料，充分混合配料；全部打成光滑的糊状，加入少许虾卵；将混合物分成大小相等的块，塑成肉排形状。它们不应太厚。刷上蛋液，撒上面包屑，在每个上面插一小段小钳；在沸腾的猪油中炸至漂亮的棕色，在火上用筛子沥干。

reversed; arrange them nicely on a dish, and pour béchamel in the middle, but not over the cutlets.

Time.—About 8 minutes after the cutlets are made.

Average cost for this dish, 2*s*. 9d.

Seasonable all the year. *Sufficient* for 5 or 6 persons.

ANCIENT MODE OF COOKING THE LOBSTER.—When this fish was to be served for the table, among the ancients, it was opened lengthwise, and filled with a gravy composed of coriander and pepper. It was then put on the gridiron and slowly cooked, whilst it was being basted with the same kind of gravy with which the flesh had become impregnated.

翻转；整齐地摆放在盘中，将贝夏美酱汁浇在中间，但不要浇在肉排上。

时间。--肉饼做好后约8分钟。

这道菜的平均成本为2先令9便士。

时令全年皆宜。份量足够5至6人食用。

古人烹制龙虾的方法。--在古代，此鱼上桌时，沿纵向剖开，填入由芫荽和胡椒制成的肉汁。然后放在烤架上慢慢烤制，同时用同样的肉汁不断浇淋，使肉质浸透滋味。

TO DRESS LOBSTERS.

276. When the lobster is boiled, rub it over with a little salad-oil, which wipe off again; separate the body from the tail, break off the great claws, and crack them at the joints, without injuring the meat; split the tail in halves, and arrange all neatly in a dish, with the body upright in the middle, and garnish with parsley. (*See* Coloured Plate, H.)

龙虾的烹制

276. 龙虾煮好后，抹上少许沙拉油，再擦去；将身体与尾部分开，掰下大螯，在关节处敲裂，不要损伤虾肉；将尾部对半剖开，整齐地摆放在盘中，身体竖立在中央，以欧芹装饰。(见彩色图版H。)

LOBSTER PATTIES (an Entree).

277. INGREDIENTS.—Minced lobster, 4 tablespoonfuls of béchamel, 6 drops of anchovy sauce, lemon-juice, cayenne to taste.

龙虾酥盒(一道主菜)。

277. 配料。--碎龙虾肉，4汤匙贝夏美酱汁，6滴鳀鱼酱，柠檬汁，辣椒粉适量。

Mode.—Line the patty-pans with puff-paste, and put into each a small piece of bread: cover with paste, brush over with egg, and bake of a light colour. Take as much lobster as is required, mince

做法。--将千层酥皮铺在馅饼模中，每个放入一小块面包：盖上酥皮，刷上蛋液，烘烤至浅色。取所需量的龙虾，将

the meat very fine, and add the above ingredients; stir it over the fire for 6 minutes; remove the lids of the patty-cases, take out the bread, fill with the mixture, and replace the covers.

Seasonable at any time.

LOCAL ATTACHMENT OF THE LOBSTER.—It is said that the attachment of this animal is strong to some particular parts of the sea, a circumstance celebrated in the following lines:—

"Nought like their home the constant lobsters prize,
And foreign shores and seas unknown despise.
Though cruel hands the banish'd wretch expel,
And force the captive from his native cell,
He will, if freed, return with anxious care,
Find the known rock, and to his home repair;
No novel customs learns in different seas,
But wonted food and home-taught manners please."

POTTED LOBSTER.

278. INGREDIENTS.—2 lobsters; seasoning to taste, of nutmeg, pounded mace, white pepper, and salt; 1/4 lb. of butter, 3 or 4 bay-leaves.

Mode.—Take out the meat carefully from the shell, but do not cut it up. Put some butter at the bottom of a dish, lay in the lobster as evenly as possible, with the bay-leaves and seasoning between. Cover with butter, and bake for 3/4 hour in a gentle oven. When done, drain the whole on a sieve, and lay the pieces in potting-jars, with the seasoning about them. When cold, pour over it clarified butter, and, if very highly seasoned, it will keep some

肉切得极细，加入上述配料；在火上搅拌6分钟；取下馅饼盖，取出面包，填入混合物，再盖上盖子。

时令任何时候皆宜。

龙虾的恋乡之情。--据说这种动物对海中某些特定区域有着强烈的依恋，此事在以下诗句中被传颂：--

“忠实的龙虾珍视家园胜过一切，蔑视异乡的海岸与未知的
海域。纵使残忍之手将流放者驱逐，迫使囚徒离开故土，一
旦获释，它仍会焦急地寻觅，找到熟悉的岩石，返回家园；
在异海不学新俗，
但惯常的食物和家教礼仪却令人愉悦。

罐装龙虾

278. 配料。--2只龙虾；调味料适量，包括肉豆蔻、捣碎的肉豆蔻衣、白胡椒和盐；1/4 lb.黄油，3或4片月桂叶。

做法。--小心地将肉从壳中取出，但不要切碎。在盘底放些黄油，将龙虾尽可能均匀地放入，月桂叶和调味料夹在中间。覆以黄油，在温火烤箱中烘烤3/4小时。烤好后，将全部沥在筛子上，将肉块放入腌罐中，周围撒上调味料。冷却后，浇上澄清黄油，若调味极重，可保存一些

time.

Time.—3/4 hour. *Average cost* for this quantity, 4s. 4d.

Seasonable at any time.

Note.—Potted lobster may be used cold, or as *fricassee* with cream sauce.

How the Lobster Feeds.—The pincers of the lobster's large claws are furnished with nobs, and those of the other, are always serrated. With the former, it keeps firm hold of the stalks of submarine plants, and with the latter, it cuts and minces its food with great dexterity. The knobbed, or numb claw, as it is called by fishermen, is sometimes on the right and sometimes on the left, indifferently.

BAKED MACKEREL.

279. INGREDIENTS.—4 middling-sized mackerel, a nice delicate forcemeat (*see* Forcemeats), 3 oz. of butter; pepper and salt to taste.

Mode.—Clean the fish, take out the roes, and fill up with forcemeat, and sew up the slit. Flour, and put them in a dish, heads and tails alternately, with the roes; and, between each layer, put some little pieces of butter, and pepper and salt. Bake for 1/2 an hour, and either serve with plain melted butter or a *maître d'hôtel* sauce.

Time.—1/2 hour. *Average cost* for this quantity, 1s. 10d.

Seasonable from April to July.

Sufficient for 6 persons.

时间。

时间。- 3/4小时。此份量的平均成本为4先令4便士。

时令任何时候皆宜。

注。--罐装龙虾可冷食，或做成烩菜配奶油酱汁。

龙虾如何进食。--龙虾大螯的钳子上有瘤状突起，另一只螯则始终呈锯齿状。它用前者牢牢抓住海底植物的茎秆，用后者极其灵巧地切割和切碎食物。渔夫所称的有瘤的或麻木的螯，有时在右有时在左，并无定规。

烤鲭鱼。

279. 配料。--4条中等大小的鲭鱼，一份精美的细腻馅料(见馅料),3 oz.黄油；胡椒和盐适量。

做法。--将鱼清理干净，取出鱼卵，填入馅料，将切口缝好。撒上面粉，放入盘中，头尾交替排列，连同鱼卵；每层之间放些小块黄油、胡椒和盐。烘烤1/2小时，配清融黄油或总管酱汁食用。

时间。--1/2小时。此份量的平均成本为1先令10便士。

时令四月至七月。

足量供6人食用。

Note.—Baked mackerel may be dressed in the same way as baked herrings (*see* No. 268), and may also be stewed in wine.

WEIGHT OF THE MACKEREL.—The greatest weight of this fish seldom exceeds 2 lbs., whilst their ordinary length runs between 14 and 20 inches. They die almost immediately after they are taken from their element, and, for a short time, exhibit a phosphoric light.

BOILED MACKEREL.

280. INGREDIENTS.—1/4 lb. of salt to each gallon of water.

Mode.—Cleanse the inside of the fish thoroughly, and lay it in the kettle with sufficient water to cover it with salt as above; bring it gradually to boil, skim well, and simmer gently till done; dish them on a hot napkin, heads and tails alternately, and garnish with fennel. Fennel sauce and plain melted butter are the usual accompaniments to boiled mackerel; but caper or anchovy sauce is sometimes served with it. (*See* Coloured Plate, F.)

Time.—After the water boils, 10 minutes; for large mackerel, allow more time.

Average cost, from 4d.

Seasonable from April to July.

Note.—When variety is desired, fillet the mackerel, boil it, and pour over parsley and butter; send some of this, besides, in a tureen.

BROILED MACKEREL.

注。--烤鲭鱼可按烤鲱鱼(见第268号)的同样方法制作，也可用葡萄酒炖制。

鲭鱼的重量。--此鱼最大重量很少超过2 lbs.，而通常长度在14至20英寸之间。它们离开生存环境后几乎立即死亡，并在短时间内发出磷光。

煮鲭鱼。

280. 配料--每加仑水配1/4磅盐。

做法。--将鱼腹内彻底洗净，放入锅中，加入足量的水没过鱼，并按上述比例加盐；逐渐加热至煮沸，撇净浮沫，再用文火慢煮至熟；将鱼盛在热餐巾上，头尾交替摆放，并以茴香作点缀。煮鲭鱼通常佐以茴香酱汁和清融黄油；但有时也配以刺山柑酱汁或鳀鱼酱汁。(见彩色图版，F。)

时间。--水煮沸后10分钟；较大的鲭鱼可适当延长时间。

平均成本，从4便士起。

时令四月至七月。

注。--若想变换花样，可将鲭鱼切成鱼柳，煮熟后浇上欧芹和黄油；此外，还可另盛一些放在汤碗中上桌。

烤鲭鱼。

281. INGREDIENTS.—Pepper and salt to taste, a small quantity of oil.

Mode.—Mackerel should never be washed when intended to be broiled, but merely wiped very clean and dry, after taking out the gills and insides. Open the back, and put in a little pepper, salt, and oil; broil it over a clear fire, turn it over on both sides, and also on the back. When sufficiently cooked, the flesh can be detached from the bone, which will be in about 15 minutes for a small mackerel. Chop a little parsley, work it up in the butter, with pepper and salt to taste, and a squeeze of lemon-juice, and put it in the back. Serve before the butter is quite melted, with a *maître d'hôtel* sauce in a tureen.

Time.—Small mackerel 15 minutes. *Average cost*, from 4d.

Seasonable from April to July.

[Illustration: THE MACKEREL.]

THE MACKEREL.—This is not only one of the most elegantly-formed, but one of the most beautifully-coloured fishes, when taken out of the sea, that we have. Death, in some degree, impairs the vivid splendour of its colours; but it does not entirely obliterate them. It visits the shores of Great Britain in countless shoals, appearing about March, off the Land's End; in the bays of Devonshire, about April; off Brighton in the beginning of May; and on the coast of Suffolk about the beginning of June. In the Orkneys they are seen till August; but the greatest fishery is on the west coasts of England.

TO CHOOSE MACKEREL.—In choosing this fish, purchasers should, to a great extent, be regulated by the brightness of its

281. 配料--适量的盐和胡椒，少量的
油。

方式。--鲭鱼若打算炙烤，绝不可水洗，只需取出鱼鳃和内脏后擦拭得非常干净干燥即可。剖开鱼背，放入少许胡椒、盐和油；置于明火上炙烤，两面翻动，鱼背也要翻烤。烤熟后，鱼肉即可与鱼骨分离，小鲭鱼大约需要15分钟。将少许欧芹切碎，与黄油、适量胡椒和盐以及少许柠檬汁调匀，填入鱼背。在黄油尚未完全融化前上桌，配以一盅*maître d'hôtel*酱汁。

时间。--小鲭鱼15分钟。平均费用,4便士起。

时令四月至七月。

[插图：鲭鱼。]

鲭鱼。--这不仅是我们所拥有的体型最优雅的鱼类之一，也是刚从海中捞出时色彩最为美丽的鱼类之一。死亡在某种程度上会削弱其色彩的鲜艳光辉，但并不会完全抹去。它成群结队、数以万计地游至大不列颠海岸，约在三月出现在兰兹角外海；四月在德文郡的海湾；五月初在布莱顿外海；约六月初在萨福克海岸。在奥克尼群岛，它们可见至八月；但最大的渔场位于英格兰西海岸。

如何挑选鲭鱼。--挑选这种鱼时，购买者主要应根据其

appearance. If it have a transparent, silvery hue, the flesh is good; but if it be red about the head, it is stale.

FILLETS OF MACKEREL.

282. INGREDIENTS.—2 large mackerel, 1 oz. butter, 1 small bunch of chopped herbs, 3 tablespoonfuls of medium stock, No. 105, 3 tablespoonfuls of béchamel (*see* Sauces); salt, cayenne, and lemon-juice to taste.

Mode.—Clean the fish, and fillet it; scald the herbs, chop them fine, and put them with the butter and stock into a stewpan. Lay in the mackerel, and simmer very gently for 10 minutes; take them out, and put them on a hot dish. Dredge in a little flour, add the other ingredients, give one boil, and pour it over the mackerel.

Time.—20 minutes. *Average cost* for this quantity, 1s. 6d.

Seasonable from April to July.

Sufficient for 4 persons.

Note.—Fillets of mackerel may be covered with egg and bread crumbs, and fried of a nice brown. Serve with *maître d'hôtel* sauce and plain melted butter.

THE VORACITY OF THE MACKEREL.—The voracity of this fish is very great, and, from their immense numbers, they are bold in attacking objects of which they might, otherwise, be expected to have a wholesome dread. Pontoppidan relates an anecdote of a sailor belonging to a ship lying in one of the harbours on the coast of Norway, who, having gone into the sea to bathe, was suddenly missed by his companions; in the course of a few minutes,

外观的光泽来判断。若呈透明、银白色泽，则鱼肉良好；若头部附近发红，则不新鲜。

鲭鱼柳

282. 配料。--大鲭鱼2条，黄油1 oz.，切碎的香草1小束，中等高汤(第105号)3大匙，贝夏美酱汁(见酱汁类)3大匙；盐、卡宴辣椒粉和柠檬汁适量。

做法。--将鱼洗净，切成鱼柳；将香草焯水，切细，与黄油和高汤一同放入炖锅中。放入鲭鱼，用极文火煮10分钟；取出，放在热盘中。撒入少许面粉，加入其余配料，煮沸一次，浇在鲭鱼上。

时间。--20分钟。平均费用，此分量1先令6便士。

时令四月至七月。

足量供4人食用。

注。--鲭鱼柳可裹上蛋液和面包屑，炸至漂亮的棕色。佐以*maître d'hôtel*酱汁和清融黄油上桌。

鲭鱼的贪食。--这种鱼极为贪食，且因其数量庞大，竟敢大胆攻击那些按理说本应令其有所忌惮的物体。蓬托皮丹讲述了一则轶事：一艘停泊在挪威海岸某港口的船上有名水手，下海洗澡时突然不见了踪影；几分钟后，

however, he was seen on the surface, with great numbers of mackerel clinging to him by their mouths. His comrades hastened in a boat to his assistance; but when they had struck the fishes from him and got him up, they found he was so severely bitten, that he shortly afterward expired.

然而，人们却看见他浮在水面上，许多鲭鱼用嘴紧紧咬住他。同伴们急忙划船前去救援；但当他们把鱼从他身上打落并将他救起时，发现他被咬得如此严重，不久便死去了。

PICKLED MACKEREL.

腌鲭鱼。

283. INGREDIENTS.—12 peppercorns, 2 bay-leaves, 1/2 pint of vinegar, 4 mackerel.

283. 配料。--胡椒粒12粒，月桂叶2片，醋1/2 pint，鲭鱼4条。

Mode.—Boil the mackerel as in the recipe No. 282, and lay them in a dish; take half the liquor they were boiled in; add as much vinegar, peppercorns, and bay-leaves; boil for 10 minutes, and when cold, pour over the fish.

做法。--按第282号食谱将鲭鱼煮熟，摆入盘中；取煮鱼汤汁的一半；加入等量的醋、胡椒粒和月桂叶；煮10分钟，待冷却后浇在鱼上。

Time.—1/2 hour.

时间。--1/2小时。

Average cost, 1s. 6d.

平均费用,1先令6便士。

MACKEREL GARUM.—This brine, so greatly esteemed by the ancients, was manufactured from various kinds of fishes. When mackerel was employed, a few of them were placed in a small vase, with a large quantity of salt, which was well stirred, and then left to settle for some hours. On the following day, this was put into an earthen pot, which was uncovered, and placed in a situation to get the rays of the sun. At the end of two or three months, it was hermetically sealed, after having had added to it a quantity of old wine, equal to one third of the mixture.

鲭鱼鱼酱。--这种盐水在古代备受推崇，由多种鱼类制成。若使用鲭鱼，则将几条鲭鱼放入小瓶中，加入大量盐，充分搅拌，然后静置数小时。次日，将其倒入一个未加盖的陶罐中，置于可受阳光照射之处。两三个月后，加入相当于混合物三分之一量的陈年葡萄酒，然后密封保存。

GREY MULLET.

灰鲻鱼。

284. INGREDIENTS.—1/4 lb. of salt to each gallon of water.

284. 配料--每加仑水配 1/4 lb.盐。

Mode.—If the fish be very large, it should be laid in cold water, and gradually brought to a boil; if small, put it in boiling water, salted in the above proportion. Serve with anchovy sauce and plain melted butter.

Time.—According to size, 1/4 to 3/4 hour.

Average cost, 8d. per lb.

Seasonable from July to October.

[Illustration: THE GREY MULLET.]

THE GREY MULLET.—This is quite a different fish from the red mullet, is abundant on the sandy coasts of Great Britain, and ascends rivers for miles. On the south coast it is very plentiful, and is considered a fine fish. It improves more than any other salt-water fish when kept in ponds.

RED MULLET.

285. INGREDIENTS.—Oiled paper, thickening of butter and flour, 1/2 teaspoonful of anchovy sauce, 1 glass of sherry; cayenne and salt to taste.

Mode.—Clean the fish, take out the gills, but leave the inside, fold in oiled paper, and bake them gently. When done, take the liquor that flows from the fish, add a thickening of butter kneaded with flour; put in the other ingredients, and let it boil for 2 minutes. Serve the sauce in a tureen, and the fish, either with or without the paper cases.

Time.—About 25 minutes.

Average cost, 1s. each.

做法。--若鱼很大，应放入冷水中，逐渐加热至煮沸；若鱼小，则放入沸水中，按上述比例加盐。佐以鲤鱼酱汁和清融黄油上桌。

时间。--视大小而定，1/4至3/4小时。

平均成本，每磅8便士。

时令七月至十月。

[插图：灰鲻鱼。]

灰鲻鱼。--这与红鲻鱼是完全不同的鱼种，盛产于大不列颠的沙质海岸，并会溯河而上数英里。在南海岸非常丰富，被视为上等鱼。它比任何其他海水鱼都更适合养在池塘中，且品质会有所改善。

红鲻鱼。

285. 配料--油纸，黄油与面粉的增稠剂，

1/2茶匙鲤鱼酱，1杯雪利酒；卡宴辣椒粉和盐适量。

做法。--将鱼洗净，取出鱼鳃，但保留内脏，用涂油的纸包好，慢慢烘烤。烤熟后，取鱼流出的汤汁，加入用面粉揉和的黄油勾芡；放入其余配料，煮沸2分钟。将酱汁盛在汤碗中上桌，鱼可带纸包或不带纸包上桌。

时间。--约25分钟。

平均成本，每个1先令。

Seasonable at any time, but more plentiful in summer.

Note.—Red mullet may be broiled, and should be folded in oiled paper, the same as in the preceding recipe, and seasoned with pepper and salt. They may be served without sauce; but if any is required, use melted *butter*, Italian or anchovy sauce. They should never be plain boiled.

[Illustration: THE STRIPED RED MULLET.]

THE STRIPED RED MULLET.—This fish was very highly esteemed by the ancients, especially by the Romans, who gave the most extravagant prices for it. Those of 2 lbs. weight were valued at about £15 each; those of 4 lbs. at £60, and, in the reign of Tiberius, three of them were sold for £209. To witness the changing loveliness of their colour during their dying agonies, was one of the principal reasons that such a high price was paid for one of these fishes. It frequents our Cornish and Sussex coasts, and is in high request, the flesh being firm, white, and well flavoured.

FRIED OYSTERS.

286. INGREDIENTS.—3 dozen oysters, 2 oz. butter, 1 tablespoonful of ketchup, a little chopped lemon-peel, 1/2 teaspoonful of chopped parsley.

Mode.—Boil the oysters for 1 minute in their own liquor, and drain them; fry them with the butter, ketchup, lemon-peel, and parsley; lay them on a dish, and garnish with fried potatoes, toasted sippets, and parsley. This is a delicious delicacy, and is a favourite Italian dish.

Time.—5 minutes. *Average cost* for this quantity, 1s. 9d.

时令任何时候都有，但夏季更为丰富。

注。--红鲻鱼可以烤制，应像前一条食谱那样用涂油的纸包好，并以胡椒和盐调味。可不配酱汁上桌；但若需要，可用融黄油、意大利酱汁或鲽鱼酱汁。绝不应清煮。

[插图：条纹红鲻鱼。]

条纹红鲻鱼。--这种鱼在古代备受推崇，尤其是罗马人，他们为其付出了极其高昂的价格。重2磅的每条价值约15英镑；重4磅的每条价值60英镑；在提比略统治时期，三条鱼售价高达209英镑。人们支付如此高价购买这种鱼的主要原因之一，便是想目睹其在濒死挣扎时色彩变幻的美丽。它常出没于我们的康沃尔和萨塞克斯海岸，极受欢迎，鱼肉紧实、洁白、风味佳美。

炸牡蛎。

286. 配料。--牡蛎3打，黄油2 oz.，番茄酱1大匙，少许切碎的柠檬皮，切碎的欧芹1/2小匙。

做法。--将牡蛎在其自身汁液中煮1分钟，沥干；与黄油、番茄酱、柠檬皮和欧芹一同煎制；盛入盘中，以炸土豆、烤面包片和欧芹作点缀。这是一道美味珍馐，也是受欢迎的意大利菜。

时间。--5分钟。平均费用，此分量1先令9便士。

Seasonable from September to April.

Sufficient for 4 persons.

[Illustration: THE EDIBLE OYSTER.]

THE EDIBLE OYSTER:—This shell-fish is almost universally distributed near the shores of seas in all latitudes, and they especially abound on the coasts of France and Britain. The coasts most celebrated, in England, for them, are those of Essex and Suffolk. Here they are dredged up by means of a net with an iron scraper at the mouth, that is dragged by a rope from a boat over the beds. As soon as taken from their native beds, they are stored in pits, formed for the purpose, furnished with sluices, through which, at the spring tides, the water is suffered to flow. This water, being stagnant, soon becomes green in warm weather; and, in a few days afterwards, the oysters acquire the same tinge, which increases their value in the market. They do not, however, attain their perfection and become fit for sale till the end of six or eight weeks. Oysters are not considered proper for the table till they are about a year and a half old; so that the brood of one spring are not to be taken for sale, till, at least, the September twelvemonth afterwards.

SCALLOPED OYSTERS.

I.

287. INGREDIENTS.—Oysters, say 1 pint, 1 oz. butter, flour, 2 tablespoonfuls of white stock, 2 tablespoonfuls of cream; pepper and salt to taste; bread crumbs, oiled butter.

时令从九月到四月。

足量供4人食用。

[插图：食用牡蛎。]

食用牡蛎：--这种贝类几乎遍布所有纬度海域的岸边，尤其在法国和英国海岸大量出产。在英格兰，最负盛名的产地是埃塞克斯和萨福克海岸。在这里，人们用一种口部装有铁刮板的网，由绳索从船上拖着掠过牡蛎床，将牡蛎捞起。一旦从原生牡蛎床取出，它们便被储存在为此目的而建的池中，池中设有水闸，在大潮时让海水流入。这些水因停滞不动，在温暖天气里很快变绿；此后数日，牡蛎也染上同样的色泽，这使其在市场上的价值增加。然而，它们要到六至八周之后才能达到完美状态并适于出售。牡蛎要到约一岁半时才被认为适于上桌；因此，一个春季孵化的幼蚝，至少要等到次年九月之后才能捕捞出售。

扇贝牡蛎。

287. 配料。--牡蛎，约1 pint，黄油1 oz.，面粉，白色高汤2大匙，奶油2大匙；胡椒和盐适量；面包屑，涂油黄油。

Mode.—Scald the oysters in their own liquor, take them out, beard them, and strain the liquor free from grit. Put 1 oz. of batter into a stewpan; when melted, dredge in sufficient flour to dry it up; add the stock, cream, and strained liquor, and give one boil. Put in the oysters and seasoning; let them gradually heat through, but not boil. Have ready the scallop-shells buttered; lay in the oysters, and as much of the liquid as they will hold; cover them over with bread crumbs, over which drop a little oiled butter. Brown them in the oven, or before the fire, and serve quickly, and very hot.

做法。--将牡蛎在其自身的汁液中烫一下，取出，去须，并将汁液滤去沙砾。将1 oz.面糊放入炖锅中；待其融化后，撒入足量的面粉将其收干；加入高汤、奶油和滤清的汁液，煮沸一次。放入牡蛎和调味；让其逐渐热透，但不要煮沸。备好涂了黄油的扇贝壳；放入牡蛎，并尽可能多地盛入汤汁；在上面覆盖面包屑，再滴上少许油化黄油。在烤箱中或火前烤至棕色，迅速上桌，趁非常热时食用。

Time.—Altogether, 1/4 hour.

时间。--总共1/4小时。

Average cost for this quantity, 3s. 6d.

平均成本此数量为 3s.6d。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

II.

二
。

Prepare the oysters as in the preceding recipe, and put them in a scallop-shell or saucer, and between each layer sprinkle over a few bread crumbs, pepper, salt, and grated nutmeg; place small pieces of butter over, and bake before the fire in a Dutch oven. Put sufficient bread crumbs on the top to make a smooth surface, as the oysters should not be seen.

按前一条食谱的方法处理牡蛎，放入扇贝壳或小碟中，每层之间撒上少许面包屑、胡椒、盐和磨碎的肉豆蔻；上面放小块黄油，在炉火前的荷兰烤箱中烘烤。顶部撒上足量的面包屑，使表面平整，因为不应看到牡蛎。

Time.—About 1/4 hour.

时间。--约1/4小时。

Average cost, 3s. 2d.

平均成本，3先令2便士。

Seasonable from September to April.

时令从九月到四月。

STEWED OYSTERS.

炖牡蛎。

288. INGREDIENTS.—1 pint of oysters, 1 oz. of butter, flour, 1/3

288. 配料--1品脱牡蛎，1盎司黄油，面粉，1/3

pint of cream; cayenne and salt to taste; 1 blade of pounded mace.

Mode.—Scald the oysters in their own liquor, take them out, beard them, and strain the liquor; put the butter into a stewpan, dredge in sufficient flour to dry it up, add the oyster-liquor and mace, and stir it over a sharp fire with a wooden spoon; when it comes to a boil, add the cream, oysters, and seasoning. Let all simmer for 1 or 2 minutes, but not longer, or the oysters would harden. Serve on a hot dish, and garnish with croutons, or toasted sippets of bread. A small piece of lemon-peel boiled with the oyster-liquor, and taken out before the cream is added, will be found an improvement.

Time.—Altogether 15 minutes.

Average cost for this quantity, 3s. 6d.

Seasonable from September to April.

Sufficient for 6 persons.

THE OYSTER AND THE SCALLOP.—The oyster is described as a bivalve shell-fish, having the valves generally unequal. The hinge is without teeth, but furnished with a somewhat oval cavity, and mostly with lateral transverse grooves. From a similarity in the structure of the hinge, oysters and scallops have been classified as one tribe; but they differ very essentially both in their external appearance and their habits. Oysters adhere to rocks, or, as in two or three species, to roots of trees on the shore; while the scallops are always detached, and usually lurk in the sand.

OYSTER PATTIES (an Entree).

289. INGREDIENTS.—2 dozen oysters, 2 oz. butter, 3 tablespoonfuls of cream, a little lemon-juice, 1 blade of pounded

一品脱奶油；卡宴辣椒和盐适量；1片捣碎的肉豆蔻。

做法。--将牡蛎在其自身的汁液中烫一下，取出，去须，滤清汁液；将黄油放入炖锅，撒入足量面粉将其收干，加入牡蛎汁和肉豆蔻皮，用木勺在旺火上搅拌；煮沸后，加入奶油、牡蛎和调味。让所有材料微沸1至2分钟，但不可更久，否则牡蛎会变硬。盛在热盘中，以油炸面包丁或烤面包片作配菜。将一小片柠檬皮与牡蛎汁同煮，在加入奶油前取出，效果更佳。

时间。--总共15分钟。

平均成本此数量为 3s.6d。

时令从九月到四月。

足量供6人食用。

牡蛎与扇贝。--牡蛎被描述为一种双壳贝类，其两壳通常不等大。铰合部无齿，但具有一个略呈卵形的凹槽，且大多带有横向的侧沟。由于铰合部结构相似，牡蛎和扇贝曾被归为一类；但它们在外部形态和习性上都有本质区别。牡蛎附着于岩石上，或如两三个品种那样，附着于岸边的树根上；而扇贝则总是分离的，通常潜伏在沙中。

牡蛎馅饼(一道主菜)。

289. 配料--2打牡蛎，2 oz.黄油，3大匙奶油，少许柠檬汁，1片捣碎的

mace; cayenne to taste.

Mode.—Scald the oysters in their own liquor, beard them, and cut each one into 3 pieces. Put the butter into a stewpan, dredge in sufficient flour to dry it up; add the strained oyster-liquor with the other ingredients; put in the oysters, and let them heat gradually, but not boil fast. Make the patty-cases as directed for lobster patties, No. 277: fill with the oyster mixture, and replace the covers.

Time.—2 minutes for the oysters to simmer in the mixture.

Average cost, exclusive of the patty-cases, 1s. 1d.

Seasonable from September to April.

THE OYSTER FISHERY.—The oyster fishery in Britain is esteemed of so much importance, that it is regulated by a Court of Admiralty. In the month of May, the fishermen are allowed to take the oysters, in order to separate the spawn from the cultch, the latter of which is thrown in again, to preserve the bed for the future. After this month, it is felony to carry away the cultch, and otherwise punishable to take any oyster, between the shells of which, when closed, a shilling will rattle.

TO KEEP OYSTERS.

290. Put them in a tub, and cover them with salt and water. Let them remain for 12 hours, when they are to be taken out, and allowed to stand for another 12 hours without water. If left without water every alternate 12 hours, they will be much better than if constantly kept in it. Never put the same water twice to them.

肉豆蔻皮；卡宴辣椒按口味添加。

做法--将牡蛎在其自身的汁液中烫一下，去须，每只切成3块。将黄油放入炖锅，撒入足量面粉将其收干；加入滤过的牡蛎汁及其他配料；放入牡蛎，让其逐渐加热，但不要快速煮沸。按第277号龙虾馅饼的方法制作馅饼壳：填入牡蛎混合物，盖上盖子。

时间。--牡蛎在混合物中煨煮2分钟。

平均成本，不含馅饼盒，为1先令1便士。

时令从九月到四月。

牡蛎渔业--英国的牡蛎渔业被认为极为重要，以至于由海事法庭加以管理。在五月份，允许渔民捕捞牡蛎，以便将牡蛎卵与贝壳分离，后者被重新投回，以保护未来的牡蛎床。此月之后，带走贝壳即为重罪，而捕捞任何闭合时能容一枚先令在壳间晃响的牡蛎，亦将受到惩罚。

保存牡蛎的方法

290. 将它们放入桶中，用盐和水覆盖。让其浸泡12小时，然后取出，再不放水静置12小时。如果每隔12小时无水放置一次，效果会比一直泡在水中好得多。切勿重复使用同一份水。

OYSTERS FRIED IN BATTER.

291. INGREDIENTS.—1/2 pint of oysters, 2 eggs, 1/2 pint of milk, sufficient flour to make the batter; pepper and salt to taste; when liked, a little nutmeg; hot lard.

Mode.—Scald the oysters in their own liquor, beard them, and lay them on a cloth, to drain thoroughly. Break the eggs into a basin, mix the flour with them, add the milk gradually, with nutmeg and seasoning, and put the oysters in the batter. Make some lard hot in a deep frying-pan, put in the oysters, one at a time; when done, take them up with a sharp-pointed skewer, and dish them on a napkin. Fried oysters are frequently used for garnishing boiled fish, and then a few bread crumbs should be added to the flour.

Time.—5 or 6 minutes.

Average cost for this quantity, 1s. 10d.

Seasonable from September to April.

Sufficient for 3 persons.

EXCELLENCE OF THE ENGLISH OYSTER.—The French assert that the English oysters, which are esteemed the best in Europe, were originally procured from Cancalle Bay, near St. Malo; but they assign no proof for this. It is a fact, however, that the oysters eaten in ancient Rome were nourished in the channel which then parted the Isle of Thanet from England, and which has since been filled up, and converted into meadows.

BOILED PERCH.

292. INGREDIENTS.—1/4 lb. of salt to each gallon of water.

面糊炸牡蛎

291. 配料--1/2 pint牡蛎，2个鸡蛋，1/2 pint牛奶，足量面粉调成面糊；胡椒和盐适量；如喜欢，可加少许肉豆蔻；热猪油。

做法。--将牡蛎在其自身的汁液中烫一下，去须，放在布上彻底沥干。将鸡蛋打入盆中，与面粉混合，逐渐加入牛奶，加入肉豆蔻和调味，将牡蛎放入面糊中。在深煎锅中将一些猪油烧热，一次放入一只牡蛎；炸好后用尖头签取出，放在餐巾上装盘。炸牡蛎常用于为煮鱼作配菜，此时应在面粉中加入少许面包屑。

时间。--5 或 6 分钟。

平均成本此数量为 1s.10d。

时令从九月到四月。

足量供3人食用。

英国牡蛎的优良品质--法国人断言，被公认为欧洲最佳的英国牡蛎最初来自圣马洛附近的康卡尔湾；但他们并未提供任何证据。然而，事实是，古罗马人所食用的牡蛎是在当时将萨尼特岛与英格兰隔开的海峡中养殖的，该海峡后来被填平，变成了草场。

煮河鲈

292. 配料--每加仑水配1/4磅盐。

Mode.—Scale the fish, take out the gills and clean it thoroughly; lay it in boiling water, salted as above, and simmer gently for 10 minutes. If the fish is very large, longer time must be allowed. Garnish with parsley, and serve with plain melted butter, or Dutch sauce. Perch do not preserve so good a flavour when stewed as when dressed in any other way.

做法--刮去鱼鳞，取出鱼鳃，彻底清洗干净；放入加盐的沸水中(如上所述)，小火慢煮10分钟。如果鱼很大，须延长时间。用欧芹装饰，配以清融黄油或荷兰酱汁上桌。鲈鱼炖煮时不如用其他方式烹制时风味好。

Time.—Middling-sized perch, 1/4 hour.

时间。中等大小的鲈鱼，1/4小时。

Seasonable from September to November.

时令九月至十一月。

Note.—Tench may be boiled the same way, and served with the same sauces.

注--丁鲷可用同样方法煮，配同样的酱汁上桌。

[Illustration: THE PERCH.]

[插图：河鲈。]

THE PERCH.—This is one of the best, as it is one of the most common, of our fresh-water fishes, and is found in nearly all the lakes and rivers in Britain and Ireland, as well as through the whole of Europe within the temperate zone. It is extremely voracious, and it has the peculiarity of being gregarious, which is contrary to the nature of all fresh-water fishes of prey. The best season to angle for it is from the beginning of May to the middle of July. Large numbers of this fish are bred in the Hampton Court and Bushy Park ponds, all of which are well supplied with running water and with plenty of food; yet they rarely attain a large size. In the Regent's Park they are also very numerous; but are seldom heavier than three quarters of a pound.

鲈鱼。--这是我们淡水鱼中最好的一种，也是最常见的一种，几乎在英国和爱尔兰的所有湖泊和河流中都有发现，在温带整个欧洲也是如此。它极其贪食，且具有群居的特性，这与所有淡水掠食性鱼类的天性相反。垂钓它的最佳时令是从五月初到七月中旬。汉普顿宫和布什公园的池塘中繁殖了大量这种鱼，这些池塘都有充足的活水和丰富的食物；然而它们很少能长到很大的尺寸。在摄政公园中它们也非常多；但重量很少超过四分之三磅。

FRIED PERCH.

炸鲈鱼。

293. INGREDIENTS.—Egg and bread crumbs, hot lard.

293. 配料--鸡蛋和面包屑，热猪油。

Mode.—Scale and clean the fish, brush it over with egg, and cover with bread crumbs. Have ready some boiling lard; put the fish in, and fry a nice brown. Serve with plain melted butter or anchovy sauce.

Time.—10 minutes.

Seasonable from September to November.

Note.—Fry tench in the same way.

PERCH STEWED WITH WINE.

294. INGREDIENTS.—Equal quantities of stock No. 105 and sherry, 1 bay-leaf, 1 clove of garlic, a small bunch of parsley, 2 cloves, salt to taste; thickening of butter and flour, pepper, grated nutmeg, 1/2 teaspoonful of anchovy sauce.

Mode.—Scale the fish and take out the gills, and clean them thoroughly; lay them in a stewpan with sufficient stock and sherry just to cover them. Put in the bay-leaf, garlic, parsley, cloves, and salt, and simmer till tender. When done, take out the fish, strain the liquor, add a thickening of butter and flour, the pepper, nutmeg, and the anchovy sauce, and stir it over the fire until somewhat reduced, when pour over the fish, and serve.

Time.—About 20 minutes.

Seasonable from September to November.

BOILED PIKE.

295. INGREDIENTS.—1/4 lb. of salt to each gallon of water; a little vinegar.

做法--刮鳞洗净鱼，刷上蛋液，裹上面包屑。备好沸猪油；放入鱼，炸至漂亮的棕色。配清融黄油或鲽鱼酱汁上桌。

时间。- 10分钟。

时令九月至十一月。注--丁鲷用同样方法煎。

酒炖鲈鱼

294. 配料--第105号高汤与雪利酒等量，1片月桂叶，1瓣大蒜，一小束欧芹，2粒丁香，盐适量；黄油面粉芡汁，胡椒，磨碎的肉豆蔻，1/2茶匙鲽鱼酱汁。

做法--刮去鱼鳞，取出鱼鳃，彻底清洗干净；放入炖锅，加入足量高汤和雪利酒刚好没过鱼。放入月桂叶、大蒜、欧芹、丁香和盐，小火煮至嫩熟。煮好后取出鱼，滤过汤汁，加入黄油面粉芡汁、胡椒、肉豆蔻和鲽鱼酱汁，在火上搅拌至略微收浓，浇在鱼上即可上桌。

时间。--约20分钟。

时令九月至十一月。

煮狗鱼

295. 配料--每加仑水配1/4 lb.盐；少许醋。

Mode.—Scale and clean the pike, and fasten the tail in its mouth by means of a skewer. Lay it in cold water, and when it boils, throw in the salt and vinegar. The time for boiling depends, of course, on the size of the fish; but a middling-sized pike will take about 1/2 an hour. Serve with Dutch or anchovy sauce, and plain melted butter.

Time.—According to size, 1/2 to 1 hour.—*Average cost*. Seldom bought.

Seasonable from September to March.

[Illustration: THE PIKE.]

THE PIKE.—This fish is, on account of its voracity, termed the freshwater shark, and is abundant in most of the European lakes, especially those of the northern parts. It grows to an immense size, some attaining to the measure of eight feet, in Lapland and Russia. The smaller lakes, of this country and Ireland, vary in the kinds of fish they produce; some affording trout, others pike; and so on. Where these happen to be together, however, the trout soon becomes extinct. "Within a short distance of Castlebar," says a writer on sports, "there is a small bog-lake called Derreens. Ten years ago it was celebrated for its numerous well-sized trouts. Accidentally pike effected a passage into the lake from the Minola river, and now the trouts are extinct, or, at least, none of them are caught or seen. Previous to the intrusion of the pikes, half a dozen trouts would be killed in an evening in Derreens, whose collective weight often amounted to twenty pounds." As an eating fish, the pike is in general dry.

BAKED PIKE.

做法--刮鳞洗净狗鱼，用签子将尾巴固定在鱼嘴中。放入冷水中，煮沸时加入盐和醋。煮的时间当然取决于鱼的大小；中等大小的狗鱼约需1/2小时。配荷兰酱汁或鲽鱼酱汁及清融黄油上桌。

时间--视大小而定，1/2至1小时。--平均费用。很少购买。

时令九月至三月。

[插图：狗鱼。]

狗鱼。--这种鱼因其贪食而被称为淡水鲨鱼，在欧洲大多数湖泊中都很丰富，尤其是北部的湖泊。它能长到极大的尺寸，在拉普兰和俄罗斯，有些可达八英尺。本国和爱尔兰的较小湖泊所产的鱼类种类各不相同；有些产鳟鱼，另一些产狗鱼；如此等等。然而，当这些鱼恰好共处一湖时，鳟鱼很快就会灭绝。一位钓鱼作家说：“在卡斯尔巴不远处，有一个名叫德林斯的小沼泽湖。十年前，它因盛产大规格鳟鱼而闻名。狗鱼偶然从米诺拉河进入了该湖，如今鳟鱼已经灭绝，或者至少一条也钓不到、见不到了。在狗鱼入侵之前，一个晚上在德林斯能钓到半打鳟鱼，其总重量常常达到二十磅。”作为食用鱼，狗鱼肉质通常较干。

烤狗鱼

296. INGREDIENTS.—1 or 2 pike, a nice delicate stuffing (*see* Forcemeats), 1 egg, bread crumbs, 1/4 lb. butter.

Mode.—Scale the fish, take out the gills, wash, and wipe it thoroughly dry; stuff it with forcemeat, sew it up, and fasten the tail in the mouth by means of a skewer; brush it over with egg, sprinkle with bread crumbs, and baste with butter, before putting it in the oven, which must be well heated. When the pike is of a nice brown colour, cover it with buttered paper, as the outside would become too dry. If 2 are dressed, a little variety may be made by making one of them green with a little chopped parsley mixed with the bread crumbs. Serve anchovy or Dutch sauce, and plain melted butter with it.

Time.—According to size, 1 hour, more or less.

Average cost.—Seldom bought.

Seasonable from September to March.

Note.—Pike *à la génévese* may be stewed in the same manner as salmon *à la génévese*.

FRIED PLAICE.

297.—INGREDIENTS.—Hot lard, or clarified dripping; egg and bread crumbs.

Mode.—This fish is fried in the same manner as soles. Wash and wipe them thoroughly dry, and let them remain in a cloth until it is time to dress them. Brush them over with egg, and cover with bread crumbs mixed with a little flour. Fry of a nice brown in hot dripping or lard, and garnish with fried parsley and cut lemon.

296. 配料--1或2条狗鱼，一份精美的馅料(见碎肉馅),1个鸡蛋，面包屑，1/4 lb.黄油。

做法。--将鱼去鳞，取出鱼鳃，洗净并彻底擦干；用馅料填塞鱼腹，缝合，用签子将鱼尾固定在鱼嘴中；刷上蛋液，撒上面包屑，放入烤箱前淋上黄油，烤箱必须充分预热。当狗鱼呈漂亮的棕色时，用涂了黄油的纸盖住，以免外表变得过于干燥。如果做两条，可以稍作变化，将其中一条用少许切碎的欧芹拌入面包屑中使其呈绿色。配鲤鱼酱汁或荷兰酱汁，以及清融黄油一同上桌。

时间。--视大小而定，约1小时。

平均费用。--很少购买。

时令九月至三月。

注--狗鱼*à la génévese*可按鲑鱼*à la génévese*的方法炖制。

炸鲽鱼

297.-配料-热猪油或澄清的滴油；鸡蛋和面包屑。

做法--此鱼按鳎鱼的方法煎制。洗净并彻底擦干，用布包裹至烹制时。刷上蛋液，裹上混有少许面粉的面包屑。在热滴油或猪油中炸至漂亮的棕色，用炸欧芹和切开的柠檬装饰。

Send them to table with shrimp-sauce and plain melted butter.

Time.—About 5 minutes. *Average cost*, 3d. each.

Seasonable from May to November.

Sufficient, 4 plaice for 4 persons.

Note.—Plaice may be boiled plain, and served with melted butter. Garnish with parsley and cut lemon.

STEWED PLAICE.

298. INGREDIENTS.—4 or 5 plaice, 2 onions, 1/2 oz. ground ginger, 1 pint of lemon-juice, 1/4 pint water, 6 eggs; cayenne to taste.

Mode.—Cut the fish into pieces about 2 inches wide, salt them, and let them remain 1/4 hour. Slice and fry the onions a light brown; put them in a stewpan, on the top of which put the fish without washing, and add the ginger, lemon-juice, and water. Cook slowly for 1/2 hour, and do not let the fish boil, or it will break. Take it out, and when the liquor is cool, add 6 well-beaten eggs; simmer till it thickens, when pour over the fish, and serve.

Time.—3/4 hour. *Average cost* for this quantity, 1s. 9d.

Seasonable from May to November.

Sufficient for 4 persons; according to size.

[Illustration: THE PLAICE.]

THE PLAICE.—This fish is found both in the Baltic and the Mediterranean, and is also abundant on the coast of England. It keeps well, and, like all ground-fish, is very tenacious of life. Its

配虾酱和清融黄油上桌。时间--约5分钟。平均费用，每条3d.。时令五月至十一月。

足量,4人份需4条鲽鱼。

注--鲽鱼可清煮，配融黄油上桌。用欧芹和切开的柠檬装饰。

炖欧鲽

298. 配料--4或5条鲽鱼，2个洋葱，1/2 oz.姜粉，1 pint柠檬汁，1/4 pint水，6个鸡蛋；辣椒粉适量。

做法--将鱼切成约2英寸宽的块，加盐腌制1/4小时。将洋葱切片煎至浅棕色；放入炖锅，上面放鱼(不洗)，加入姜、柠檬汁和水。小火煮1/2小时，不要让鱼煮沸，否则会碎。取出鱼，待汤汁冷却后，加入6个打匀的鸡蛋；小火煮至浓稠，浇在鱼上即可上桌。

时间--3/4小时。此量的平均费用,1s.9d.。

时令五月至十一月。

足量供4人食用；视大小而定。

[插图：鲽鱼。]

鲽鱼--此鱼见于波罗的海和地中海，在英格兰海岸也很丰富。它耐存放，且如所有底栖鱼一样，生命力极强。其

flesh is inferior to that of the sole, and, as it is a low-priced fish, it is generally bought by the poor. The best brought to the London market are called *Dowers plaice*, from their being caught in the Dowers, or flats, between Hastings and Folkstone.

肉质不如鳎鱼，且因价格低廉，通常为穷人所购买。运往伦敦市场的最佳鲽鱼被称为*Dowers*鲽鱼，因它们捕自黑斯廷斯与福克斯通之间的Dowers即浅滩。

TO BOIL PRAWNS OR SHRIMPS.

煮对虾或小虾。

299. INGREDIENTS.—1/4 lb. salt to each gallon of water.

299. 配料--每加仑水配1/4磅盐。

Mode.—Prawns should be very red, and have no spawn under the tail; much depends on their freshness and the way in which they are cooked. Throw them into boiling water, salted as above, and keep them boiling for about 7 or 8 minutes. Shrimps should be done in the same way; but less time must be allowed. It may easily be known when they are done by their changing colour. Care should be taken that they are not over-boiled, as they then become tasteless and indigestible.

做法--大虾应非常红，尾下无卵；其新鲜程度和烹制方法至关重要。投入加盐的沸水中(如上所述)，保持煮沸约7至8分钟。小虾用同样方法，但时间应更短。可通过变色轻易判断是否煮熟。应注意不要煮过头，否则会变得无味且难以消化。

Time.—Prawns, about 8 minutes; shrimps, about 5 minutes.

时间。--大虾，约8分钟；小虾，约5分钟。

Average cost, prawns, 2s. per lb.; shrimps, 6d. per pint.

平均成本，对虾，每磅2先令；虾，每品脱6便士。

Seasonable all the year.

时令全年皆宜。

TO DRESS PRAWNS.

烹制对虾

300. Cover a dish with a large cup reversed, and over that lay a small white napkin. Arrange the prawns on it in the form of a pyramid, and garnish with plenty of parsley.

300. 用一只大杯子倒扣在盘上，上面铺一块白色小餐巾。将大虾呈金字塔形排列其上，用大量欧芹装饰。

BOILED SALMON.

煮三文鱼。

301. INGREDIENTS.—6 oz. of salt to each gallon of water,—

301. 配料--每加仑水配6盎司盐，--

sufficient water to cover the fish.

Mode.—Scale and clean the fish, and be particular that no blood is left inside; lay it in the fish-kettle with sufficient cold water to cover it, adding salt in the above proportion. Bring it quickly to a boil, take off all the scum, and let it simmer gently till the fish is done, which will be when the meat separates easily from the bone. Experience alone can teach the cook to fix the time for boiling fish; but it is especially to be remembered, that it should never be underdressed, as then nothing is more unwholesome. Neither let it remain in the kettle after it is sufficiently cooked, as that would render it insipid, watery, and colourless. Drain it, and if not wanted for a few minutes, keep it warm by means of warm cloths laid over it. Serve on a hot napkin, garnish with cut lemon and parsley, and send lobster or shrimp sauce, and plain melted butter to table with it. A dish of dressed cucumber usually accompanies this fish.

Time.—8 minutes to each lb. for large thick salmon; 6 minutes for thin fish. *Average cost*, in full season, 1s. 3d. per lb.

Seasonable from April to August.

Sufficient, 1/2 lb., or rather less, for each person.

Note.—Cut lemon should be put on the table with this fish; and a little of the juice squeezed over it is considered by many persons a most agreeable addition. Boiled peas are also, by some connoisseurs, considered especially adapted to be served with salmon.

TO CHOOSE SALMON.—To be good, the belly should be firm and thick, which may readily be ascertained by feeling it with the

足量的水没过鱼身。

模式。--将鱼去鳞洗净，特别注意鱼腹内不得残留血迹；放入鱼锅，加入足量冷水没过鱼身，按上述比例加盐。迅速煮沸，撇去所有浮沫，然后小火慢炖至鱼熟，即鱼肉能轻易与鱼骨分离时为度。煮鱼的时间唯有经验才能教会厨师确定；但尤其要记住，鱼绝不可欠火，因为欠火的鱼最不卫生。鱼煮熟后也不可留在锅中，否则会变得寡淡、水汪汪且失色。沥干水分，若几分钟内不上桌，可用温布覆盖保温。盛放在热餐巾上，以切开的柠檬和欧芹装饰，配龙虾酱汁或虾酱汁以及清融黄油一同上桌。此鱼通常配一碟烹制好的黄瓜。

时间--大而厚的鲑鱼每lb.8分钟；薄鱼6分钟。平均费用，盛产季节每lb.1s.3d.。

时令四月至八月。

足量，1/2 lb.，或稍少，供每人。

注--此鱼上桌时应配切开的柠檬；许多人认为挤上少许柠檬汁是极佳的添加。一些行家还认为煮豌豆特别适合与鲑鱼搭配。

选择鲑鱼。——要选好的，鱼腹应当紧实而厚，这可以通过触摸来轻易判断。

thumb and finger. The circumstance of this fish having red gills, though given as a standing rule in most cookery-books, as a sign of its goodness, is not at all to be relied on, as this quality can be easily given them by art.

SALMON AND CAPER SAUCE.

302. INGREDIENTS.—2 slices of salmon, 1/4 lb. batter, 1/2 teaspoonful of chopped parsley, 1 shalot; salt, pepper, and grated nutmeg to taste.

Mode.—Lay the salmon in a baking-dish, place pieces of butter over it, and add the other ingredients, rubbing a little of the seasoning into the fish; baste it frequently; when done, take it out and drain for a minute or two; lay it in a dish, pour caper sauce over it, and serve. Salmon dressed in this way, with tomato sauce, is very delicious.

Time.—About 3/4 hour. *Average cost*, 1s. 3d. per lb.

Seasonable from April to August.

Sufficient for 4 or 5 persons.

THE MIGRATORY HABITS OF THE SALMON.—The instinct with which the salmon revisits its native river, is one of the most curious circumstances in its natural history. As the swallow returns annually to its nest, so it returns to the same spot to deposit its ova. This fact would seem to have been repeatedly proved. M. De Lande fastened a copper ring round a salmon's tail, and found that, for three successive seasons, it returned to the same place. Dr. Bloch states that gold and silver rings have been attached by eastern princes to salmon, to prove that a

拇指和手指触摸轻易判断。此鱼鳃呈红色这一特征，虽在大多数烹饪书中被列为品质良好的标准，但完全不可靠，因为这一特征可轻易人为赋予。

三文鱼与刺山柑酱。

302. 配料--2片鲑鱼，1/4 lb.面糊，1/2茶匙切碎的欧芹，1个青葱；盐、胡椒和磨碎的肉豆蔻适量。

做法--将鲑鱼放入烤盘，在上面放几块黄油，加入其余配料，将少许调味料揉入鱼肉中；经常浇淋汤汁；熟后取出，沥干一两分钟；放入盘中，浇上山柑酱汁，即可上桌。如此烹制的鲑鱼，配以番茄酱汁，非常美味。

时间。--约3/4小时。平均成本，每lb.1s.3d.

时令四月至八月。

足量供4或5人食用。

鲑鱼的洄游习性。--鲑鱼重返其出生河流的本能，是其自然史中最奇特的现象之一。正如燕子每年返回其巢穴，鲑鱼也返回同一地点产卵。这一事实似乎已被反复证实。德兰德先生在一尾鲑鱼的尾部系上一个铜环，发现它在连续三个季节中都返回了同一地点。布洛赫博士称，东方君主曾在鲑鱼身上系上金环和银环，以证明一

communication existed between the Persian Gulf and the Caspian and Northern Seas, and that the experiment succeeded.

COLLARED SALMON.

303. INGREDIENTS.—A piece of salmon, say 3 lbs., a high seasoning of salt, pounded mace, and pepper; water and vinegar, 3 bay-leaves.

Mode.—Split the fish; scale, bone, and wash it thoroughly clean; wipe it, and rub in the seasoning inside and out; roll it up, and bind firmly; lay it in a kettle, cover it with vinegar and water (1/3 vinegar, in proportion to the water); add the bay-leaves and a good seasoning of salt and whole pepper, and simmer till done. Do not remove the lid. Serve with melted butter or anchovy sauce. For preserving the collared fish, boil up the liquor in which it was cooked, and add a little more vinegar. Pour over when cold.

Time.—3/4 hour, or rather more.

HABITAT OF THE SALMON.—The salmon is styled by Walton the "king of fresh-water fish," and is found distributed over the north of Europe and Asia, from Britain to Kamschatka, but is never found in warm latitudes, nor has it ever been caught even so far south as the Mediterranean. It lives in fresh as well as in salt waters, depositing its spawn in the former, hundreds of miles from the mouths of some of those rivers to which it has been known to resort. In 1859, great efforts were made to introduce this fish into the Australian colonies; and it is believed that the attempt, after many difficulties, which were very skilfully overcome, has been successful.

波斯湾与里海及北方诸海之间曾存在交通往来，且实验获得了成功。

领圈鲑鱼。

303. 配料--一块鲑鱼，约3 lbs.，浓重调味：盐、捣碎的肉豆蔻和胡椒；水和醋，3片月桂叶。

Mode。--将鱼剖开；去鳞、去骨，彻底洗净；擦干，内外抹上调味；卷起并扎紧；放入锅中，用醋和水(醋占三分之一，按水的比例)浸没；加入月桂叶以及适量的盐和整粒胡椒调味，小火慢煮至熟。不要掀开锅盖。配融化的黄油或鳀鱼酱汁上桌。若要保存卷鱼，将其煮过的汤汁煮沸，再加少许醋。冷却后浇上。

时间。- 3/4小时，或稍多一点。

鲑鱼的栖息地。--沃尔顿称鲑鱼为"淡水鱼之王"，分布于欧洲和亚洲北部，从英国到堪察加半岛，但在温暖纬度从未发现，甚至在地中海以南也从未捕获过。它既生活在淡水中也生活在咸水中，在淡水中产卵，有些河流的产卵地距河口数百英里。1859年，人们为将这种鱼引入澳大利亚殖民地做出了巨大努力；据信这一尝试在克服了诸多困难之后--这些困难被非常巧妙地克服--已经取得成功。

CRIMPED SALMON.

304. Salmon is frequently dressed in this way at many fashionable tables, but must be very fresh, and cut into slices 2 or 3 inches thick. Lay these in cold salt and water for 1 hour; have ready some boiling water, salted, as in recipe No. 301, and well skimmed; put in the fish, and simmer gently for 1/4 hour, or rather more; should it be very thick, garnish the same as boiled salmon, and serve with the same sauces.

Time.—1/4 hour, more or less, according to size.

Note.—Never use vinegar with salmon, as it spoils the taste and colour of the fish.

[Illustration: THE SALMON.]

THE SALMON TRIBE.—This is the Abdominal fish, forming the fourth of the orders of Linnaeus. They are distinguished from the other fishes by having two dorsal fins, of which the hindmost is fleshy and without rays. They have teeth both on the tongue and in the jaws, whilst the body is covered with round and minutely striated scales.

CURRIED SALMON.

305. INGREDIENTS.—Any remains of boiled salmon, 3/4 pint of strong or medium stock (No. 105), 1 onion, 1 tablespoonful of curry-powder, 1 teaspoonful of Harvey's sauce, 1 teaspoonful of anchovy sauce, 1 oz. of butter, the juice of 1/2 lemon, cayenne and salt to taste.

Mode.—Cut up the onions into small pieces, and fry them of a pale

卷边鲑鱼。

304. 鲑鱼在许多时髦的餐桌上常以此法烹制，但必须非常新鲜，并切成2或3英寸厚的片。将这些鱼片放入冷盐水中浸1小时；备好一些加盐的沸水，如第301号食谱所述，并撇去浮沫；放入鱼，文火慢煮1/4小时，或稍长一些；若鱼片很厚，按煮鲑鱼的方式配菜，并配同样的酱汁上桌。

时间。--1/4小时，视大小而定，或多或少。

注--切勿在鲑鱼中使用醋，因为醋会破坏鱼的味道和色泽。

[插图：鲑鱼。]

鲑鱼族--这是腹鳍鱼，构成林奈分类中的第四目。它们与其他鱼类的区别在于有两个背鳍，其中后一个背鳍肉质且无鳍条。它们的舌上和颌上均有牙齿，身体覆盖着圆形且具细密条纹的鳞片。

咖喱鲑鱼。

305. 配料--煮鲑鱼的任何剩余部分，3/4 pint浓汤或中汤(第105号),1个洋葱，1汤匙咖喱粉，1茶匙哈维酱汁，1茶匙鳀鱼酱汁，1 oz.黄油，1/2个柠檬的汁，辣椒粉和盐适量。

方式。--将洋葱切成小块，煎至浅色

brown in the butter; add all the ingredients but the salmon, and simmer gently till the onion is tender, occasionally stirring the contents; cut the salmon into small square pieces, carefully take away all skin and bone, lay it in the stewpan, and let it gradually heat through; but do not allow it to boil long.

在黄油中炒至棕色；加入除鲑鱼外的所有配料，文火慢煮至洋葱变软，不时搅拌内容物；将鲑鱼切成小方块，仔细去除所有皮和骨，放入炖锅中，让其逐渐热透；但不要让其长时间煮沸。

Time.—3/4 hour. *Average cost*, exclusive of the cold fish, 9d.

时间--3/4小时。平均费用，不含冷鱼，9d.

GROWTH OF THE SALMON.—At the latter end of the year—some as soon as November—salmon begin to press up the rivers as far as they can reach, in order to deposit their spawn, which they do in the sand or gravel, about eighteen inches deep. Here it lies buried till the spring, when, about the latter end of March, it begins to exclude the young, which gradually increase to four or five inches in length, and are then termed smelts or smouts. About the beginning of May, the river seems to be alive with them, and there is no forming an idea of their numbers without having seen them. A seasonable flood, however, comes, and hurries them to the "great deep;" whence, about the middle of June, they commence their return to the river again. By this time they are twelve or sixteen inches long, and progressively increase, both in number and size, till about the end of July, when they have become large enough to be denominated *grilse*. Early in August they become fewer in numbers, but of greater size, haying advanced to a weight of from six to nine pounds. This rapidity of growth appears surprising, and realizes the remark of Walton, that "the salmlet becomes a salmon in as short a time as a gosling becomes a goose." Recent writers have, however, thrown considerable doubts on this quick growth of the salmon.

鲑鱼的生长。--在年末--有些早在十一月--鲑鱼便开始尽力溯河而上，以便产卵，它们将卵产于沙或砾石中，深约十八英寸。卵埋在那里直到春天，大约在三月末，开始孵出幼鱼，幼鱼逐渐长到四至五英寸长，此时称为幼鲑或小鲑。大约五月初，河中似乎满是它们，未见其状者无法想象其数量之多。然而，一场适时的大洪水到来，将它们冲入“深渊”；大约六月中旬，它们又开始返回河中。此时它们已长到十二至十六英寸长，数量和体型都逐渐增加，直到七月底，它们已大到足以称为*grilse*。八月初，它们数量减少，但体型更大，重量已达六至九磅。这种生长速度似乎令人惊讶，印证了沃尔顿的说法：“小鲑变成鲑鱼的时间，短得像小鹅变成鹅一样。”然而，近来的作者对这种鲑鱼的快速生长提出了相当大的疑问。

SALMON CUTLETS.

三文鱼片

306. Cut the slices 1 inch thick, and season them with pepper and salt; butter a sheet of white paper, lay each slice on a separate piece, with their ends twisted; broil gently over a clear fire, and serve with anchovy or caper sauce. When higher seasoning is required, add a few chopped herbs and a little spice.

Time.—5 to 10 minutes.

SALMON A LA GENEVESE.

307. INGREDIENTS.—2 slices of salmon, 2 chopped shalots, a little parsley, a small bunch of herbs, 2 bay-leaves, 2 carrots, pounded mace, pepper and salt to taste, 4 tablespoonfuls of Madeira, 1/2 pint of white stock (No. 107), thickening of butter and flour, 1 teaspoonful of essence of anchovies, the juice of 1 lemon, cayenne and salt to taste.

Mode.—Rub the bottom of a stewpan over with butter, and put in the shalots, herbs, bay-leaves, carrots, mace, and seasoning; stir them for 10 minutes over a clear fire, and add the Madeira or sherry; simmer gently for 1/2 hour, and strain through a sieve over the fish, which stew in this gravy. As soon as the fish is sufficiently cooked, take away all the liquor, except a little to keep the salmon moist, and put it into another stewpan; add the stock, thicken with butter and flour, and put in the anchovies, lemon-juice, cayenne, and salt; lay the salmon on a hot dish, pour over it part of the sauce, and serve the remainder in a tureen.

Time.—1-1/4 hour. *Average cost* for this quantity, 3s. 6d.

Sufficient for 4 or 5 persons.

306. 将鱼片切成1英寸厚，用胡椒和盐调味；在一张白纸上涂黄油，将每片鱼放在单独的一张纸上，两端扭紧；在明火上轻轻烤，配鲽鱼酱汁或山柑酱汁上桌。若需要更重的调味，可加入少许切碎的香草和少量香料。

时间。--5至10分钟。

日内瓦式鲑鱼

307. 配料--2片鲑鱼，2个切碎的青葱，少许欧芹，一小束香草，2片月桂叶，2根胡萝卜，捣碎的肉豆蔻，胡椒和盐适量，4汤匙马德拉酒，1/2 pint白色浓汤(第107号)，黄油和面粉勾芡，1茶匙鲽鱼精，1个柠檬的汁，辣椒粉和盐适量。

做法。--用黄油涂抹炖锅底部，放入红葱头、香草、月桂叶、胡萝卜、肉豆蔻皮和调味；在明火上搅拌10分钟，加入马德拉酒或雪利酒；文火慢炖1/2小时，用筛子滤到鱼上，鱼在此肉汁中炖煮。鱼熟透后，除去所有汤汁，只留少许以保持鲑鱼湿润，将汤汁倒入另一炖锅；加入高汤，用黄油和面粉勾芡，放入鲽鱼、柠檬汁、辣椒粉和盐；将鲑鱼放在热盘中，浇上部分酱汁，其余酱汁盛在汤碗中上桌。

时间--1-1/4小时。此量的平均费用,3s.6d.

足量供4或5人食用。

PICKLED SALMON.

308. INGREDIENTS.—Salmon, 1/2 oz. of whole pepper, 1/2 oz. of whole allspice, 1 teaspoonful of salt, 2 bay-leaves, equal quantities of vinegar and the liquor in which the fish was boiled.

Mode.—After the fish comes from table, lay it in a nice dish with a cover to it, as it should be excluded from the air, and take away the bone; boil the liquor and vinegar with the other ingredients for 10 minutes, and let it stand to get cold; pour it over the salmon, and in 12 hours this will be fit for the table.

Time.—10 minutes.

TO CURE SALMON.—This process consists in splitting the fish, rubbing it with salt, and then putting it into pickle in tubs provided for the purpose. Here it is kept for about six weeks, when it is taken out, pressed and packed in casks, with layers of salt.

POTTED SALMON.

309. INGREDIENTS.—Salmon; pounded mace, cloves, and pepper to taste; 3 bay-leaves, 1/4 lb. butter.

Mode.—Skin the salmon, and clean it thoroughly by wiping with a cloth (water would spoil it); cut it into square pieces, which rub with salt; let them remain till thoroughly drained, then lay them in a dish with the other ingredients, and bake. When quite done, drain them from the gravy, press into pots for use, and, when cold, pour over it clarified butter.

Time.—1/2 hour.

腌三文鱼。

308. 配料--鲑鱼，1/2 oz.整粒胡椒，1/2 oz.整粒多香果，1茶匙盐，2片月桂叶，等量的醋和煮鱼时的汤汁。

做法--鱼从餐桌撤下后，将其放入带盖的漂亮盘中，因为应隔绝空气，并去除鱼骨；将汤汁和醋与其他配料一起煮沸10分钟，放凉；浇在鲑鱼上，12小时后即可上桌。

时间。- 10分钟。

腌渍鲑鱼--此过程包括将鱼剖开，用盐揉搓，然后放入专为此准备的桶中腌制。在此腌制约六周，然后取出，压紧并装入木桶，层层加盐。

罐装鲑鱼。

309. 配料--鲑鱼；捣碎的肉豆蔻、丁香和胡椒适量；3片月桂叶，1/4 lb.黄油。

做法--将鲑鱼去皮，用布彻底擦净(水会破坏它)；切成方块，用盐揉搓；放置至完全沥干，然后与其余配料一起放入盘中，烘烤。完全熟后，沥去肉汁，压入罐中备用，冷却后浇上澄清黄油。

时间。--1/2小时。

AN AVERSION IN THE SALMON.—The salmon is said to have an aversion to anything red; hence, fishermen engaged in catching it do not wear jackets or caps of that colour. Pontoppidan also says, that it has an abhorrence of carrion, and if any happens to be thrown into the places it haunts, it immediately forsakes them. The remedy adopted for this in Norway, is to throw into the polluted water a lighted torch. As food, salmon, when in perfection, is one of the most delicious and nutritive of our fish.

鲑鱼的厌恶。--据说鲑鱼厌恶任何红色的东西；因此，捕捞鲑鱼的渔夫不穿那种颜色的上衣，也不戴那种颜色的帽子。蓬托皮丹还说，鲑鱼厌恶腐肉，如果有腐肉被扔进它常出没的地方，它就会立刻离开那里。在挪威，对此采取的补救办法是往被污染的水中扔一支点燃的火把。作为食物，处于最佳状态的鲑鱼是我们最美味、最有营养的鱼之一。

BAKED SEA-BREAM.

烤海鲷。

310. INGREDIENTS.—1 bream. Seasoning to taste of salt, pepper, and cayenne; 1/4 lb. of butter.

310. 配料。--1条鲷鱼。调味用盐、胡椒和卡宴辣椒适量；1/4 lb.黄油。

Mode.—Well wash the bream, but do not remove the scales, and wipe away all moisture with a nice dry cloth. Season it inside and out with salt, pepper, and cayenne, and lay it in a baking-dish. Place the butter, in small pieces, upon the fish, and bake for rather more than 1/2 an hour. To stuff this fish before baking, will be found a great improvement.

模式。--将鳊鱼(bream)仔细洗净，但不要去除鱼鳞，并用一块干净的干布擦去所有水分。用盐、胡椒和辣椒粉在鱼的内外调味，然后放入烘烤盘中。将黄油切成小块放在鱼上，烘烤半个多小时。在烘烤前给这条鱼填入馅料，效果会大有提升。

Time.—Rather more than 1/2 an hour.

时间。--略多于半小时。

Seasonable in summer.

时令夏季。

[Illustration: THE SEA-BREAM.]

[插图：海鲷。]

Note.—This fish may be broiled over a nice clear fire, and served with a good brown gravy or white sauce, or it may be stewed in wine.

注。--此鱼可在清亮的旺火上烤制，配以好的棕色肉汁或白色酱汁上桌，也可用葡萄酒炖煮。

THE SEA-BREAM.—This is an abundant fish in Cornwall, and it is frequently found in the fish-market of Hastings during the summer

海鲷。--这是康沃尔郡产量丰富的一种鱼，夏季时常出现在黑斯廷斯的鱼市上。

months, but it is not in much esteem.

MR. YARRELL'S RECIPE.

"When thoroughly cleansed, the fish should be wiped dry, but none of the scales should be taken off. In this state it should be broiled, turning it often, and if the skin cracks, flour it a little to keep the outer case entire. When on table, the whole skin and scales turn off without difficulty, and the muscle beneath, saturated in its own natural juices, which the outside covering has retained, will be of good flavour."

TO DRESS SHAD.

311. INGREDIENTS.—1 shad, oil, pepper, and salt.

Mode.—Scale, empty and wash the fish carefully, and make two or three incisions across the back. Season it with pepper and salt, and let it remain in oil for 1/2 hour. Broil it on both sides over a clear fire, and serve with caper sauce. This fish is much esteemed by the French, and by them is considered excellent.

Time.—Nearly 1 hour.

Average cost.—Seldom bought.

Seasonable from April to June.

[Illustration: THE SHAD.]

THE SHAD.—This is a salt-water fish, but is held in little esteem. It enters our rivers to spawn in May, and great numbers of them are taken opposite the Isle of Dogs, in the Thames.

数月，但并不十分受重视。

亚雷尔先生的食谱

“彻底清洗干净后，应将鱼擦干，但不应去除任何鱼鳞。在此状态下烤制，需经常翻动，如果鱼皮开裂，稍微撒些面粉以保持外层完整。上桌时，整层鱼皮和鱼鳞会轻易脱落，下面的鱼肉浸透在被外层包裹所保留的自身天然汁液中，味道鲜美。”

烹制鲱鱼。

311. 配料--1条鲥鱼、油、胡椒和盐。

做法。--去鳞、去内脏并仔细清洗鱼，在鱼背上划两三道切口。用胡椒和盐调味，在油中浸泡1/2小时。在清亮的旺火上两面烤制，配以刺山柑酱汁上桌。此鱼深受法国人推崇，被他们视为佳品。时间。--近1小时。

平均费用。--很少购买。

时令四月至六月。

[插图：鲱鱼]

鲥鱼。--这是一种咸水鱼，但不太受重视。五月间进入我们的河流产卵，在泰晤士河狗岛对面可捕获大量鲥鱼。

POTTED SHRIMPS.

312. INGREDIENTS.—1 pint of shelled shrimps, 1/4 lb. of fresh butter, 1 blade of pounded mace, cayenne to taste; when liked, a little nutmeg.

Mode.—Have ready a pint of picked shrimps, and put them, with the other ingredients, into a stewpan; let them heat gradually in the butter, but do not let it boil. Pour into small pots, and when cold, cover with melted butter, and carefully exclude the air.

Time.—1/4 hour to soak in the butter.

Average cost for this quantity, 1s. 3d.

BUTTERED PRAWNS OR SHRIMPS.

313. INGREDIENTS.—1 pint of picked prawns or shrimps, 3/4 pint of stock No. 104, thickening of butter and flour; salt, cayenne, and nutmeg to taste.

Mode.—Pick the prawns or shrimps, and put them in a stewpan with the stock; add a thickening of butter and flour; season, and simmer gently for 3 minutes. Serve on a dish garnished with fried bread or toasted sippets. Cream sauce may be substituted for the gravy.

Time.—3 minutes.

Average cost for this quantity, 1s. 4d.

[Illustration: THE SHRIMP.]

THE SHRIMP.—This shell-fish is smaller than the prawn, and is greatly relished in London as a delicacy. It inhabits most of the

罐装虾。

312. 配料。--1 pint 去壳虾仁，1/4 lb.新鲜黄油，1片捣碎的肉豆蔻衣，卡宴辣椒适量；如喜欢，可加少许肉豆蔻。

做法。--备好一品脱挑拣好的虾，将它们与其他配料一起放入炖锅；让它们在黄油中逐渐加热，但不要让其煮沸。倒入小罐中，冷却后覆以融化的黄油，并小心隔绝空气。

时间。--浸泡黄油需1/4小时。

此数量的平均成本为1先令3便士。

黄油明虾或小虾。

313. 配料。--1 pint 挑拣好的对虾或虾仁，3/4 pint 第104号高汤，黄油和面粉勾芡；盐、卡宴辣椒和肉豆蔻适量。

做法。--挑拣好对虾或虾仁，连同高汤放入炖锅；加入黄油和面粉勾芡；调味，文火煮3分钟。盛在盘中，用炸面包或烤面包片装饰。可用奶油酱汁代替肉汁。

时间。--3分钟。

此数量的平均成本为1先令4便士。

[插图：虾]

虾。--这种贝类比对虾小，在伦敦作为美味佳肴大受欢迎。它栖息于大多数

sandy shores of Europe, and the Isle of Wight is especially famous for them.

欧洲的沙质海岸，怀特岛尤其以它们闻名。

BOILED SKATE.

煮鳐鱼。

314. INGREDIENTS.—1/4 lb. of salt to each gallon of water.

314. 配料--每加仑水配1/4磅盐。

Mode.—Cleanse and skin the skate, lay it in a fish-kettle, with sufficient water to cover it, salted in the above proportion. Let it simmer very gently till done; then dish it on a hot napkin, and serve with shrimp, lobster, or caper sauce.

做法。--清洗并去皮鳐鱼，放入鱼锅，加入足量水覆盖，按上述比例加盐。文火慢煮至熟；然后盛在热餐巾上，配以虾、龙虾或刺山柑酱汁上桌。

Time.—According to size, from 1/2 to 1 hour. *Average cost*, 4d. per lb.

时间。--视大小而定，从1/2到1小时。平均成本，每条4便士。
磅。

Seasonable from August to April.

时令八月至四月。

CRIMPED SKATE.

皱褶鳐鱼

315. INGREDIENTS.—1/8 lb. of salt to each gallon of water.

315. 配料--每加仑水配1/8磅盐。

Mode.—Clean, skin, and cut the fish into slices, which roll and tie round with string. Have ready some water highly salted, put in the fish, and boil till it is done. Drain well, remove the string, dish on a hot napkin, and serve with the same sauces as above. Skate should never be eaten out of season, as it is liable to produce diarrhoea and other diseases. It may be dished without a napkin, and the sauce poured over.

做法。--清洗、去皮，将鱼切成片，卷起并用线绳扎好。准备好浓盐水，放入鱼，煮至熟透。充分沥干，去除线绳，盛在热餐巾上，配以上述同样的酱汁上桌。鳐鱼绝不应在非时令食用，因为它容易引起腹泻和其他疾病。也可以不用餐巾盛盘，将酱汁浇在上面。

Time.—About 20 minutes. *Average cost*, 4d. per lb.

时间。--约20分钟。平均费用，每 lb.4d.。时令从八月到四月。

Seasonable from August to April.

TO CHOOSE SKATE.—This fish should be chosen for its firmness,

选择鳐鱼。--挑选此鱼应以其肉质紧实为准，

breadth, and thickness, and should have a creamy appearance. When crimped, it should not be kept longer than a day or two, as all kinds of crimped fish soon become sour.

[Illustration: THORNBACK SKATE.]

THE SKATE.—This is one of the ray tribe, and is extremely abundant and cheap in the fishing towns of England. The flesh is white, thick, and nourishing; but, we suppose, from its being so plentiful, it is esteemed less than it ought to be on account of its nutritive properties, and the ease with which it is digested. It is much improved by crimping; in which state it is usually sold in London. The THORNBACK differs from the true skate by having large spines in its back, of which the other is destitute. It is taken in great abundance during the spring and summer months, but its flesh is not so good as it is in November. It is, in regard to quality, inferior to that of the true skate.

SKATE WITH CAPER SAUCE (a la Francaise)

316. INGREDIENTS.—2 or 3 slices of skate, 1/2 pint of vinegar, 2 oz. of salt, 1/2 teaspoonful of pepper, 1 sliced onion, a small bunch of parsley, 2 bay-leaves, 2 or 3 sprigs of thyme, sufficient water to cover the fish.

Mode.—Put in a fish-kettle all the above ingredients, and simmer the skate in them till tender. When it is done, skin it neatly, and pour over it some of the liquor in which it has been boiling. Drain it, put it on a hot dish, pour over it caper sauce, and send some of the latter to table in a tureen.

Time.—1/2 hour. *Average cost*, 4d. per lb.

Seasonable from August to April.

宽度和厚度，应呈奶油状外观。划刀后，不应保存超过一两天，因为各种划刀鱼都会很快变酸。

[插图：刺背鳐。]

鳐鱼。--这是鳐科鱼类之一，在英格兰的渔镇极为丰富且便宜。其肉色白、厚实且富有营养；但我们猜想，正因为它如此丰富，人们对其营养价值和易于消化的优点重视不足。经过划刀处理(crimping)后，其品质大为改善；在伦敦通常以这种状态出售。刺背鳐(THORNBACK)与真正的鳐鱼不同之处在于其背部有大刺，而后者没有。它在春季和夏季被大量捕获，但其肉质不如十一月时好。就品质而言，它不如真正的鳐鱼。

鳐鱼配刺山柑酱(法式)

316. 配料。--2或3片鳐鱼，1/2 pint 醋，2 oz.盐，1/2茶匙胡椒，1个切片洋葱，一小束欧芹，2片月桂叶，2或3枝百里香，足量水覆盖鱼。

做法。--将所有上述配料放入鱼锅，将鳐鱼在其中文火煮至嫩熟。煮熟后，整齐地去皮，浇上一些煮鱼的汤汁。沥干，放入热盘中，浇上刺山柑酱汁，并将一些刺山柑酱汁盛在汤碗中送上桌。

时间。- 半小时。平均成本，每磅4便士。

时令八月至四月。

Note.—Skate may also be served with onion sauce, or parsley and butter.

SMALL SKATE FRIED.

317. INGREDIENTS.—Skate, sufficient vinegar to cover them, salt and pepper to taste, 1 sliced onion, a small bunch of parsley, the juice of 1/2 lemon, hot dripping.

Mode.—Cleanse the skate, lay them in a dish, with sufficient vinegar to cover them; add the salt, pepper, onion, parsley, and lemon-juice, and let the fish remain in this pickle for 1-1/2 hour. Then drain them well, flour them, and fry of a nice brown, in hot dripping. They may be served either with or without sauce. Skate is not good if dressed too fresh, unless it is crimped; it should, therefore, be kept for a day, but not long enough to produce a disagreeable smell.

Time.—10 minutes. *Average cost,* 4d. per lb.

Seasonable from August to April.

OTHER SPECIES OF SKATE.—Besides the true skate, there are several other species found in our seas. These are known as the *white* skate, the long-nosed skate, and the Homelyn ray, which are of inferior quality, though often crimped, and sold for true skate.

TO BAKE SMELTS.

318. INGREDIENTS.—12 smelts, bread crumbs, 1/4 lb. of fresh butter, 2 blades of pounded mace; salt and cayenne to taste.

Mode.—Wash, and dry the fish thoroughly in a cloth, and arrange

注。--鳐鱼也可配洋葱酱汁或欧芹黄油上桌。

炸小鳐鱼。

317. 配料。--鳐鱼，足量醋覆盖，盐和胡椒适量，1个切片洋葱，一小束欧芹，1/2个柠檬的汁，热滴油。

做法。--清洗鳐鱼，放入盘中，加足量醋覆盖；加入盐、胡椒、洋葱、欧芹和柠檬汁，将鱼在此腌料中浸泡1-1/2小时。然后充分沥干，撒上面粉，在热滴油中炸至漂亮的棕色。可配酱汁或不配酱汁上桌。鳐鱼如果太新鲜就烹制不好，除非经过划刀处理；因此应放置一天，但不要放到产生难闻气味。

时间--10分钟。平均成本，每磅4便士。

时令八月至四月。

鳐鱼的其他种类。--除了真正的鳐鱼外，我们的海域中还发现了几种其他种类。这些被称为白鳐、长鼻鳐和霍梅林鳐，品质较差，但常被划刀后冒充真鳐出售。

烤胡瓜鱼

318. 配料。--12条胡瓜鱼，面包屑，1/4 lb.新鲜黄油，2片捣碎的肉豆蔻衣；盐和卡宴辣椒适量。

做法。--将鱼洗净，用布彻底擦干，并摆放好

them nicely in a flat baking-dish. Cover them with fine bread crumbs, and place little pieces of butter all over them. Season and bake for 15 minutes. Just before serving, add a squeeze of lemon-juice, and garnish with fried parsley and cut lemon.

Time.—1/4 hour. *Average cost*, 2s. per dozen.

Seasonable from October to May.

Sufficient for 6 persons.

TO CHOOSE SMELTS.—When good, this fish is of a fine silvery appearance, and when alive, their backs are of a dark brown shade, which, after death, fades to a light fawn. They ought to have a refreshing fragrance, resembling that of a cucumber.

THE ODOUR OF THE SMELT.—This peculiarity in the smelt has been compared, by some, to the fragrance of a cucumber, and by others, to that of a violet. It is a very elegant fish, and formerly abounded in the Thames. The *Atharine*, or sand smelt, is sometimes sold for the true one; but it is an inferior fish, being drier in the quality of its flesh. On the south coast of England, where the true smelt is rare, it is plentiful.

TO FRY SMELTS.

319. INGREDIENTS.—Egg and bread crumbs, a little flour; boiling lard.

Mode.—Smelts should be very fresh, and not washed more than is necessary to clean them. Dry them in a cloth, lightly flour, dip them in egg, and sprinkle over with very fine bread crumbs, and put them into boiling lard. Fry of a nice pale brown, and be

将它们整齐地放入平底烤盘。覆盖细面包屑，在上面放满小块黄油。调味，烘烤15分钟。上桌前，挤入少许柠檬汁，用炸欧芹和切开的柠檬装饰。

时间。--1/4小时。平均成本，每打2先令。

时令十月至五月。

足量供6人食用。

如何挑选胡瓜鱼。--好的胡瓜鱼呈漂亮的银白色外观，活着时背部呈深棕色，死后褪为浅黄褐色。它们应有一种清新的香气，类似黄瓜的气味。

胡瓜鱼的气味。--胡瓜鱼的这一特性，有人比作黄瓜的芳香，有人比作紫罗兰的香气。这是一种非常优雅的鱼，以前在泰晤士河产量丰富。阿萨林，即沙胡瓜鱼，有时被冒充真胡瓜鱼出售；但它是较差的鱼，肉质较干。在英格兰南海岸，真胡瓜鱼稀少，而沙胡瓜鱼则很丰富。

炸胡瓜鱼

319. 配料--鸡蛋和面包屑，少许面粉；沸腾的猪油。

做法。--胡瓜鱼应非常新鲜，清洗时不要过度洗涤。用布擦干，薄薄撒上面粉，蘸上蛋液，撒上极细的面包屑，放入沸腾的猪油中。炸至漂亮的浅棕色，要

careful not to take off the light roughness of the crumbs, or their beauty will be spoiled. Dry them before the fire on a drainer, and servo with plain melted butter. This fish is often used as a garnishing.

Time.—5 minutes.

Average cost, 2s. per dozen.

Seasonable from October to May.

[Illustration: THE SMELT.]

THE SMELT.—This is a delicate little fish, and is in high esteem. Mr. Yarrell asserts that the true smelt is entirety confined to the western and eastern coasts of Britain. It very rarely ventures far from the shore, and is plentiful in November, December, and January.

BAKED SOLES.

320. INGREDIENTS.—2 soles, 1/4 lb. of butter, egg, and bread crumbs, minced parsley, 1 glass of sherry, lemon-juice; cayenne and salt to taste.

Mode.—Clean, skin, and well wash the fish, and dry them thoroughly in a cloth. Brush them over with egg, sprinkle with bread crumbs mixed with a little minced parsley, lay them in a large flat baking-dish, white side uppermost; or if it will not hold the two soles, they may each be laid on a dish by itself; but they must not be put one on the top of the other. Melt the butter, and pour it over the whole, and bake for 20 minutes. Take a portion of the gravy that flows from the fish, add the wine, lemon-juice, and

小心不要去掉面包屑轻微的粗糙感，否则会破坏其美观。在火前用滤网沥干，配以纯融化黄油上桌。此鱼常用作装饰。

时间。- 5分钟。

平均成本，每打2先令。

时令十月至五月。

[插图：胡瓜鱼。]

胡瓜鱼。--这是一种精致的小鱼，备受推崇。亚雷尔先生断言，真正的胡瓜鱼完全局限于不列颠的西部和东部海岸。它很少远离海岸，在十一月、十二月和一月产量丰富。

烤鳎鱼

320. 配料--2条鳎鱼，1/4 lb.黄油，鸡蛋和面包屑，切碎的欧芹，1杯雪利酒，柠檬汁；按口味加入卡宴辣椒粉和盐。

做法。--将鱼清洗干净，去皮，彻底洗净，并用布彻底擦干。刷上蛋液，撒上混合了少许切碎欧芹的面包屑，放入一个大而浅的烘盘中，白色一面朝上；如果盘子放不下两条鳎鱼，可以每条各放一个盘子；但绝不能一条叠在另一条上面。融化黄油，浇在整条鱼上，烘20分钟。取一部分从鱼中流出的肉汁，加入葡萄酒、柠檬汁和

seasoning, give it one boil, skim, pour it *under* the fish, and serve.

Time.—20 minutes. *Average cost*, 1s. to 2s. per pair.

Seasonable at any time.

Sufficient for 4 or 5 persons.

TO CHOOSE SOLES.—This fish should be both thick and firm. If the skin is difficult to be taken off, and the flesh looks grey, it is good.

[Illustration: THE SOLE.]

THE SOLE.—This ranks next to the turbot in point of excellence among our flat fish. It is abundant on the British coasts, but those of the western shores are much superior in size to those taken on the northern. The finest are caught in Torbay, and frequently weigh 8 or 10 lbs. per pair. Its flesh being firm, white, and delicate, is greatly esteemed.

BOILED SOLES.

321. INGREDIENTS.—1/4 lb. salt to each gallon of water.

Mode.—Cleanse and wash the fish carefully, cut off the fins, but do not skin it. Lay it in a fish-kettle, with sufficient cold water to cover it, salted in the above proportion. Let it gradually come to a boil, and keep it simmering for a few minutes, according to the size of the fish. Dish it on a hot napkin after well draining it, and garnish with parsley and cut lemon. Shrimp, or lobster sauce, and plain melted butter, are usually sent to table with this dish.

Time.—After the water boils, 7 minutes for a middling-sized sole.

调味，煮一沸，撇去浮沫，将其浇在鱼下面，即可上桌。

时间。--20分钟。平均成本，每双1先令至2先令。

时令任何时候皆宜。

足量供4或5人食用。

如何挑选鳎鱼--此鱼应既厚实又紧实。如果鱼皮难以剥下，且鱼肉呈灰色，则为佳品。

[插图：鳎鱼。]

鳎鱼--在我们所产的比目鱼中，其品质仅次于多宝鱼。英国海岸盛产此鱼，但西海岸所产者体型远胜于北部所产。最上乘者捕自托尔湾，一对常重达8或10 lbs.。其肉紧实、洁白、细嫩，备受推崇。

煮鳎鱼

321. 配料--每加仑水配1/4磅盐。

做法--将鱼仔细清理洗净，切去鱼鳍，但不要剥皮。放入鱼锅，加入足量冷水没过鱼身，按上述比例加盐。让其逐渐煮沸，然后根据鱼的大小煨煮数分钟。充分沥干后盛于热餐巾上，以欧芹和切开的柠檬装饰。此菜通常配虾酱或龙虾酱以及清融黄油上桌。

时间。--水沸腾后，中等大小的鳎鱼煮7分钟。

Average cost, 1s. to 2s. per pair.

Seasonable at any time.

Sufficient,—1 middling-sized sole for 2 persons.

SOLE OR COD PIE.

322. INGREDIENTS.—The remains of cold boiled sole or cod, seasoning to taste of pepper, salt, and pounded mace, 1 dozen oysters to each lb. of fish, 3 tablespoonfuls of white stock, 1 teacupful of cream thickened with flour, puff paste.

Mode.—Clear the fish from the bones, lay it in a pie-dish, and between each layer put a few oysters and a little seasoning; add the stock, and, when liked, a small quantity of butter; cover with puff paste, and bake for 1/2 hour. Boil the cream with sufficient flour to thicken it; pour in the pie, and serve.

Time.—1/2 hour. *Average cost* for this quantity, 10d.

Seasonable at any time.

Sufficient for 4 persons.

SOLES WITH CREAM SAUCE.

323. INGREDIENTS.—2 soles; salt, cayenne, and pounded mace to taste; the juice of 1/2 lemon, salt and water, 1/2 pint of cream.

Mode.—Skin, wash, and fillet the soles, and divide each fillet in 2 pieces; lay them in cold salt and water, which bring gradually to a boil. When the water boils, take out the fish, lay it in a delicately clean stewpan, and cover with the cream. Add the seasoning,

平均成本，每双1先令至2先令。

时令任何时候皆宜。

足量,--中等大小的鳎鱼1条，供2人食用。

鳎鱼或鳕鱼派。

322. 配料--冷煮鳎鱼或鳕鱼的余肉，按口味以胡椒、盐和捣碎的肉豆蔻调味，每1 lb.鱼肉配1打牡蛎，3大匙白色高汤，1茶杯用面粉调稠的奶油，千层酥皮。

做法--将鱼肉去骨，放入馅饼盘，每层之间放几只牡蛎和少许调味；加入高汤，如喜欢可加少量黄油；覆以千层酥皮，烘1/2小时。将奶油与足量面粉煮沸至稠；倒入馅饼中，即可上桌。

时间--1/2小时。此分量平均费用,10d.。时令 anytime。

足量供4人食用。

奶油酱鳎鱼

323. 配料--2条鳎鱼；按口味加入盐、卡宴辣椒粉和捣碎的肉豆蔻；1/2个柠檬的汁，盐水，1/2 pint奶油。

做法--将鳎鱼剥皮、洗净、片成鱼柳，每片鱼柳切成2块；放入冷盐水中，逐渐加热至沸。水沸后取出鱼，放入极其洁净的炖锅中，覆以奶油。加入调味，

simmer very gently for ten minutes, and, just before serving, put in the lemon-juice. The fillets may be rolled, and secured by means of a skewer; but this is not so economical a way of dressing them, as double the quantity of cream is required.

Time.—10 minutes in the cream.

Average cost, from 1s. to 2s. per pair. *Seasonable* at any time.

Sufficient for 4 or 5 persons.

This will be found a most delicate and delicious dish.

THE SOLE A FAVOURITE WITH THE ANCIENT GREEKS.—This fish was much sought after by the ancient Greeks on account of its light and nourishing qualities. The brill, the flounder, the diamond and Dutch plaice, which, with the sole, were known under the general name of *passeres*, were all equally esteemed, and had generally the same qualities attributed to them.

FILLETED SOLES A L'ITALIENNE.

324. INGREDIENTS.—2 soles; salt, pepper, and grated nutmeg to taste; egg and bread crumbs, butter, the juice of 1 lemon.

Mode.—Skin, and carefully wash the soles, separate the meat from the bone, and divide each fillet in two pieces. Brush them over with white of egg, sprinkle with bread crumbs and seasoning, and put them in a baking-dish. Place small pieces of butter over the whole, and bake for 1/2 hour. When they are nearly done, squeeze the juice of a lemon over them, and serve on a dish, with Italian sauce (see Sauces) poured over.

Time.—1/2 hour. *Average cost*, from 1s. to 2s. per pair.

非常轻柔地煨十分钟，上桌前加入柠檬汁。鱼柳可卷起，用签子固定；但此法不如前者经济，因为需要双倍的奶油。

时间。--在奶油中煮10分钟。

平均费用，每对1s.至2s.。时令 anytime。

足量供4或5人食用。

这是一道极为精致美味的菜肴。

鳎鱼为古希腊人所喜爱--此鱼因其清淡滋补的特性而深受古希腊人追捧。鲽鱼、比目鱼、菱形鲽和荷兰鲽，与鳎鱼一起被统称为*passeres*，同样备受推崇，通常被认为具有相同的品质。

意式龙利鱼柳

324. 配料--2条鳎鱼；按口味加入盐、胡椒和磨碎的肉豆蔻；鸡蛋和面包屑，黄油，1个柠檬的汁。

做法--将鳎鱼剥皮，仔细洗净，将肉与骨分离，每片鱼柳切成两块。刷上蛋清，撒上面包屑和调味，放入烤盘。在上面放小块黄油，烘1/2小时。将熟时，挤上1个柠檬的汁，盛于盘中，浇上意大利酱汁(见酱汁篇)。

时间--1/2小时。平均费用，每对1s.至2s.。

Seasonable at any time.

Sufficient for 4 or 6 persons.

WHITING may be dressed in the same manner, and will be found very delicious.

THE FLAVOUR OF THE SOLE.—This, as a matter of course, greatly depends on the nature of the ground and bait upon which the animal feeds. Its natural food are small crabs and shell-fish. Its colour also depends on the colour of the ground where it feeds; for if this be white, then the sole is called the white, or lemon sole; but if the bottom be muddy, then it is called the black sole. Small-sized soles, caught in shallow water on the coasts, are the best in flavour.

FRICASSEED SOLES.

325. INGREDIENTS.—2 middling-sized soles, 1 small one, 1/2 teaspoonful of chopped lemon-peel, 1 teaspoonful of chopped parsley, a little grated bread; salt, pepper, and nutmeg to taste; 1 egg, 2 oz. butter, 1/2 pint of good gravy, 2 tablespoonfuls of port wine, cayenne and lemon-juice to taste.

Mode.—Fry the soles of a nice brown, as directed in recipe No. 327, and drain them well from fat. Take all the meat from the small sole, chop it fine, and mix with it the lemon-peel, parsley, bread, and seasoning; work altogether, with the yolk of an egg and the butter; make this into small balls, and fry them. Thicken the gravy with a dessert-spoonful of flour, add the port wine, cayenne, and lemon-juice; lay in the 2 soles and balls; let them simmer gently for 6 minutes; serve hot, and garnish with cut

时令任何时候皆宜。

足量供4或6人食用。

牙鳕可照同样方法烹制，味道十分鲜美。

鳎鱼的风味--这自然很大程度上取决于其觅食处的地质和饵料。其天然食物为小蟹和贝类。其颜色也取决于觅食处的底色；若为白色，则此鳎鱼被称为白鳎或柠檬鳎；若海底为泥质，则被称为黑鳎。沿岸浅水中捕获的小型鳎鱼风味最佳。

烩鳎鱼

325. 配料--2条中等大小的鳎鱼，1条小的，1/2茶匙切碎的柠檬皮，1茶匙切碎的欧芹，少许磨碎的面包；按口味加入盐、胡椒和肉豆蔻；1个鸡蛋，2 oz. 黄油，1/2 pint上好肉汁，2大匙波特酒，按口味加入卡宴辣椒粉和柠檬汁。

做法。--按第327号食谱的指示，将鳎鱼煎至漂亮的棕色，并充分沥去油脂。将小鳎鱼上的肉全部取下，细细剁碎，与柠檬皮、欧芹、面包和调味混合；加入一个蛋黄和黄油一同拌匀；做成小丸子并煎熟。用一甜点匙面粉将肉汁调稠，加入波特酒、卡宴辣椒和柠檬汁；放入两条鳎鱼和丸子；用文火慢炖6分钟；趁热上桌，并以切

lemon.

Time.—10 minutes to fry the soles.

Average cost for this quantity, 3s.

Seasonable at any time. *Sufficient* for 4 or 5 persons.

HOW SOLES ARE CAUGHT.—The instrument usually employed is a trawl net, which is shaped like a pocket, of from sixty to eighty feet long, and open at the mouth from thirty-two to forty feet, and three deep. This is dragged along the ground by the vessel, and on the art of the fisherman in its employment, in a great measure depends the quality of the fish he catches. If, for example, he drags the net too quickly, all that are caught are swept rapidly to the end of the net, where they are smothered, and sometimes destroyed. A medium has to be observed, in order that as few as possible escape being caught in the net, and as many as possible preserved alive in it.

FRIED FILLETED SOLES.

326. Soles for filleting should be large, as the flesh can be more easily separated from the bones, and there is less waste. Skin and wash the fish, and raise the meat carefully from the bones, and divide it into nice handsome pieces. The more usual way is to roll the fillets, after dividing each one in two pieces, and either bind them round with twine, or run a small skewer through them. Brush over with egg, and cover with bread crumbs; fry them as directed in the foregoing recipe, and garnish with fried parsley and cut lemon. When a pretty dish is desired, this is by far the most elegant mode of dressing soles, as they look much better

柠檬。

时间。--煎鳎鱼片需10分钟。

平均成本为此数量，3先令。

时令随时皆宜。足量供四至五人食用。

鳎鱼如何捕获。--通常使用的工具是拖网，形状像口袋，长六十到八十英尺，网口宽三十二到四十英尺，深三英尺。拖网由船只拖着沿海底行进，所捕鱼的质量在很大程度上取决于渔夫使用拖网的技巧。例如，如果他拖网太快，所有被捕的鱼都会被迅速扫到网底，在那里窒息，有时甚至死亡。必须掌握一个适中的速度，以便尽可能少的鱼逃脱入网，同时尽可能多的鱼在网中存活。

炸比目鱼柳

326. 用于制作鱼柳的鳎鱼应选大个的，因为鱼肉更容易从骨头上分离，浪费也更少。将鱼去皮洗净，小心地将鱼肉从骨头上剔起，分成美观的块。更常见的做法是将每片鱼柳一分为二后卷起，或用细绳捆扎，或用小签子穿过。刷上蛋液，裹上面包屑；按前一道食谱的指示油炸，并以炸欧芹和切开的柠檬装饰。若想做出漂亮的菜肴，这无疑是烹制鳎鱼最优雅的方式，因为成品外观远胜一筹

than when fried whole. (*See* Coloured Plate A.) Instead of rolling the fillets, they may be cut into square pieces, and arranged in the shape of a pyramid on the dish.

Time.—About 10 minutes. *Average cost*, from 1s. to 2s. per pair.

Seasonable at any time.

Sufficient,—2 large soles for 6 persons.

FRIED SOLES.

327. INGREDIENTS.—2 middling-sized soles, hot lard or clarified dripping, egg, and bread crumbs.

Mode.—Skin and carefully wash the soles, and cut off the fins, wipe them very dry, and let them remain in the cloth until it is time to dress them. Have ready some fine bread crumbs and beaten egg; dredge the soles with a little flour, brush them over with egg, and cover with bread crumbs. Put them in a deep pan, with plenty of clarified dripping or lard (when the expense is not objected to, oil is still better) heated, so that it may neither scorch the fish nor make them sodden. When they are sufficiently cooked on one side, turn them carefully, and brown them on the other: they may be considered ready when a thick smoke rises. Lift them out carefully, and lay them before the fire on a reversed sieve and soft paper, to absorb the fat. Particular attention should be paid to this, as nothing is more disagreeable than greasy fish: this may be always avoided by dressing them in good time, and allowing a few minutes for them to get thoroughly crisp, and free from greasy moisture. Dish them on a hot napkin, garnish with cut lemon and fried parsley, and send them to table with shrimp sauce and plain

比整条油炸更佳。(见彩色图版A。)鱼柳不必卷起，也可切成方块，在盘中摆成金字塔形。

时间--约10分钟。平均费用，每对1s.至2s.。时令 anytime。

足量,--2大片鳎鱼，供6人食用。

炸鳎鱼

327. 配料--2条中等大小的鳎鱼，热猪油或澄清的滴油，鸡蛋和面包屑。

做法。--将鳎鱼去皮仔细洗净，切去鱼鳍，擦得非常干，留在布中直至烹制时取出。备好细面包屑和打散的蛋液；在鳎鱼上薄薄撒一层面粉，刷上蛋液，裹上面包屑。放入深锅中，加入大量澄清的滴油或猪油(若不计较费用，用油更佳)，加热至既不会烧焦鱼身、也不会使鱼肉变得软烂。一面熟透后小心翻面，将另一面煎至金黄：当升起浓烟时即可认为已熟。小心捞出，置于翻扣的筛子和软纸上、放在火前，以吸去油脂。这一点须特别注意，因为再没有比油腻的鱼更令人不快的了：只要及时烹制，并留出几分钟使其彻底酥脆、去除油腻水分，便可始终避免此弊。盛在热餐巾上，以切开的柠檬和炸欧芹装饰，配虾酱和清

melted butter.

Time.—10 minutes for large soles; less time for small ones.

Average cost, from 1s. to 2s. per pair.

Seasonable at any time.

Sufficient for 4 or 5 persons.

SOLES WITH MUSHROOMS.

328. INGREDIENTS.—1 pint of milk, 1 pint of water, 1 oz. butter, 1 oz. salt, a little lemon-juice, 2 middling-sized soles.

Mode.—Cleanse the soles, but do not skin them, and lay them in a fish-kettle, with the milk, water, butter, salt, and lemon-juice. Bring them gradually to boil, and let them simmer very gently till done, which will be in about 7 minutes. Take them up, drain them well on a cloth, put them on a hot dish, and pour over them a good mushroom sauce. (*See* Sauces.)

Time.—After the water boils, 7 minutes.

Seasonable at any time.

Sufficient for 4 persons.

SPRATS.

329. Sprats should be cooked very fresh, which can be ascertained by their bright and sparkling eyes. Wipe them dry; fasten them in rows by a skewer run through the eyes; dredge with flour, and broil them on a gridiron over a nice clear fire. The gridiron should be rubbed with suet. Serve very hot.

融化的黄油。

时间--大鳎鱼10分钟；小鳎鱼时间较短。平均费用，每对1s.至2s.。

时令任何时候皆宜。

足量供4或5人食用。

蘑菇鳎鱼

328. 配料--1品脱牛奶，1品脱水，1盎司黄油，
1盎司盐，少许柠檬汁，2条中等大小的鳎鱼。

做法--将鳎鱼清理干净，但不要剥皮，放入鱼锅，加入牛奶、水、黄油、盐和柠檬汁。逐渐加热至沸，非常轻柔地煨至熟透，约需7分钟。取出，在布上充分沥干，盛于热盘中，浇上好的蘑菇酱汁。(见酱汁篇。)

时间。--水煮沸后，7分钟。

时令任何时候皆宜。

足量供4人食用。

西鲱。

329. 西鲱应非常新鲜地烹制，可通过其明亮闪光的眼睛来判断。擦干；用签子穿过眼睛将鱼成排串起；撒上面粉，在清澈旺火的烤架上烤制。烤架应抹上板油。趁热上桌。

Time,—3 or 4 minutes. *Average cost*, 1d. per lb.

Seasonable from November to March.

TO CHOOSE SPRATS.—Choose these from their silvery appearance, as the brighter they are, so are they the fresher.

SPRATS FRIED IN BATTER.

330. INGREDIENTS.—2 eggs, flour, bread crumbs; seasoning of salt and pepper to taste.

Mode.—Wipe the sprats, and dip them in a batter made of the above ingredients. Fry of a nice brown, serve very hot, and garnish with fried parsley.

Sprats may be baked like herrings. (*See* No. 268.)

DRIED SPRATS.

331. Dried sprats should be put into a basin, and boiling water poured over them; they may then be skinned and served, and this will be found a much better way than boiling them.

[Illustration: THE SPRAT.]

THE SPRAT.—This migratory fish, is rarely found longer than four or five inches, and visits the shores of Britain after the herring and other kinds of fish have taken their departure from them. On the coasts of Suffolk, Essex, and Kent, they are very abundant, and from 400 to 500 boats are employed in catching them during the winter season. Besides plentifully supplying the London market, they are frequently sold at sixpence a bushel to farmers for manuring purposes. They enter the Thames about the beginning of

时间,--3或4分钟。平均成本，每lb.1d.。时令为11月至3月。

如何挑选西鲱--以其银色的外观来挑选，越明亮则越新鲜。

面糊炸西鲱

330. 配料--2个鸡蛋，面粉，面包屑；按口味以盐和胡椒调味。

做法--将西鲱擦净，蘸上用上述配料制成的面糊。炸至漂亮的棕色，趁热上桌，以炸欧芹装饰。

鲱鱼可像鲱鱼那样烤制。（见第268号。）

干西鲱鱼。

331. 干西鲱应放入盆中，浇上沸水；然后可剥皮上桌，这比水煮要好得多。

[插图：西鲱。]

鲱鱼。--这种洄游鱼类很少超过四五英寸长，在鲱鱼和其他鱼类离开英国海岸之后才来到英国沿海。在萨福克、埃塞克斯和肯特郡的海岸，它们非常丰富，冬季时令有四百到五百艘船被雇来捕捞它们。除了大量供应伦敦市场外，它们还常以每蒲式耳六便士的价格卖给农场主作施肥之用。它们大约在……之初进入泰晤士河。

November, and leave it in March. At Yarmouth and Gravesend they are cured like red herrings.

BAKED STURGEON.

332. INGREDIENTS.—1 small sturgeon, salt and pepper to taste, 1 small bunch of herbs, the juice of 1/2 lemon, 1/4 lb. of butter, 1 pint of white wine.

Mode,—Cleanse the fish thoroughly, skin it, and split it along the belly without separating it; have ready a large baking-dish, in which lay the fish, sprinkle over the seasoning and herbs very finely minced, and moisten it with the lemon-juice and wine. Place the butter in small pieces over the whole of the fish, put it in the oven, and baste frequently; brown it nicely, and serve with its own gravy.

Time.—Nearly 1 hour. *Average cost*, 1s. to 1s. 6d. per lb.

Seasonable from August to March.

[Illustration: THE STURGEON.]

THE STURGEON.—This fish commences the sixth of Linnaean order, and all the species are large, seldom measuring, when full-grown, less than three or four feet in length. Its flesh is reckoned extremely delicious, and, in the time of the emperor Severus, was so highly valued by the ancients, that it was brought to table by servants crowned with coronets, and preceded by a band of music. It is an inhabitant of the Baltic, the Mediterranean, the Caspian, and the Black Sea, and of the Danube, the Volga, the Don, and other large rivers. It is abundant in the rivers of North America, and is occasionally taken in the Thames, as well as in the Eske and

十一月，留至三月。在雅茅斯和格雷夫森德，它们被像红鲱鱼一样腌制。

烤鲟鱼。

332. 配料--1条小鲟鱼，盐和胡椒适量，1小束香草，1/2个柠檬的汁，1/4 lb. 黄油，1 pint白葡萄酒。

做法--将鱼彻底洗净，去皮，沿腹部剖开但不分开；准备一个大烤盘，将鱼放入，撒上调味料和切得极细的香草，用柠檬汁和葡萄酒润湿。将黄油切成小块放在整条鱼上，放入烤箱，频繁浇淋；烤至漂亮的棕色，连同其自身的肉汁一起上桌。

时间--近1小时。平均成本，每lb.1先令至1先令6便士。

时令八月至三月。

[插图：鲟鱼。]

鲟鱼。--这种鱼位列林奈分类第六目之首，所有种类体型都很大，成年时长度很少低于三四英尺。其肉被视为极为鲜美，在塞维鲁皇帝时代，古人对其评价极高，以至于上菜时由头戴花冠的仆人端送，并有乐队在前开道。它栖息于波罗的海、地中海、里海和黑海，以及多瑙河、伏尔加河、顿河和其他大河中。北美洲的河流中产量丰富，偶尔也在泰晤士河以及埃斯克河和

the Eden. It is one of those fishes considered as royal property. It is from its *roe* that *caviare*, a favourite food of the Russians, is prepared. Its flesh is delicate, firm, and white, but is rare in the London market, where it sells for 1s. or 1s. 6d. per lb.

THE STERLET is a smaller species of sturgeon, found in the Caspian Sea and some Russian rivers. It also is greatly prized on account of the delicacy of its flesh.

ROAST STURGEON.

333. INGREDIENTS.—Veal stuffing, buttered paper, the tail-end of a sturgeon.

Mode.—Cleanse the fish, bone and skin it; make a nice veal stuffing (see Forcemeats), and fill it with the part where the bones came from; roll it in buttered paper, bind it up firmly with tape, like a fillet of veal, and roast it in a Dutch oven before a clear fire. Serve with good brown gravy, or plain melted butter.

Time.—About 1 hour. *Average cost*, 1s. to 1s. 6d. per lb.

Seasonable from August to March.

Note.—Sturgeon may be plain-boiled, and served with Dutch sauce. The fish is very firm, and requires long boiling.

ESTIMATE OF THE STURGEON BY THE ANCIENTS.—By the ancients, the flesh of this fish was compared to the ambrosia of the immortals. The poet Martial passes a high eulogium upon it, and assigns it a place on the luxurious tables of the Palatine Mount. If we may credit a modern traveller in China, the people of that country generally entirely abstain from it, and the

伊甸河。它是被视为皇家财产的鱼类之一。正是从其鱼卵中制成鱼子酱，这是俄罗斯人喜爱的食物。其鱼肉细腻、紧实、洁白，但在伦敦市场上很罕见，售价为每lb.1s.或1s.6d.。

小体鲟是鲟鱼中较小的一种，见于里海和俄罗斯的一些河流中。它也因其鱼肉的细腻而备受珍视。

烤鲟鱼。

333. 配料--小牛肉馅、涂油纸、鲟鱼尾端。

做法--将鱼洗净，去骨去皮；制作一份上好的小牛肉馅料(见肉馅)，填入原来骨头所在的位置；用涂了黄油的纸卷起，像小牛肉卷一样用带子牢牢扎紧，在明火前的荷兰烤箱中烤制。配以优质棕色肉汁或清融黄油上桌。

时间。--约1小时。平均成本，每磅1先令至1先令6便士。

时令八月至三月。

注--鲟鱼可以清煮，配荷兰酱汁上桌。这种鱼非常紧实，需要长时间煮。

古人对鲟鱼的评价--古人将这种鱼的肉比作神仙的仙馔。诗人马提雅尔对它大加赞美，将其列入帕拉蒂尼山奢华餐桌之上。如果我们相信一位现代中国旅行者的话，那个国家的人民普遍完全不食用它，而

sovereign of the Celestial Empire confines it to his own kitchen, or dispenses it to only a few of his greatest favourites.

MATELOT OF TENCH.

334. INGREDIENTS.—1/2 pint of stock No. 105, 1/2 pint of port wine, 1 dozen button onions, a few mushrooms, a faggot of herbs, 2 blades of mace, 1 oz. of butter, 1 teaspoonful of minced parsley, thyme, 1 shalot, 2 anchovies, 1 teacupful of stock No. 105, flour, 1 dozen oysters, the juice of 1/2 lemon; the number of tench, according to size.

Mode.—Scale and clean the tench, cut them into pieces, and lay them in a stewpan; add the stock, wine, onions, mushrooms, herbs, and mace, and simmer gently for 1/2 hour. Put into another stewpan all the remaining ingredients but the oysters and lemon-juice, and boil slowly for 10 minutes, when add the strained liquor from the tench, and keep stirring it over the fire until somewhat reduced. Rub it through a sieve, pour it over the tench with the oysters, which must be previously scalded in their own liquor, squeeze in the lemon-juice, and serve. Garnish with croutons.

Time. 3/4 hour.

Seasonable from October to June.

[Illustration: THE TENCH.]

THE TENCH.—This fish is generally found in foul and weedy waters, and in such places as are well supplied with rushes. They thrive best in standing waters, and are more numerous in pools and ponds than in rivers. Those taken in the latter, however, are

天朝的君主将其专供自己的厨房，或只分赐给少数最受宠幸的人。

丁鲷水手

334. 配料--1/2 pint第105号高汤，1/2 pint波特酒，1打小洋葱，少许蘑菇，1束香草，2片肉豆蔻，1 oz.黄油，1茶匙切碎的欧芹、百里香，1个青葱，2条鲽鱼，1茶杯第105号高汤，面粉，1打牡蛎，1/2个柠檬的汁；丁鳜的数量视大小而定。

Mode。- 将丁鲷去鳞洗净，切成块，放入炖锅中；加入高汤、葡萄酒、洋葱、蘑菇、香草和肉豆蔻，文火慢炖1/2小时。另取一炖锅，放入除牡蛎和柠檬汁以外的所有其余配料，慢火煮10分钟，然后加入从丁鲷中滤出的汤汁，在火上不断搅拌，直至略微收浓。用筛子滤过，连同牡蛎一起浇在丁鲷上，牡蛎须先用其自身的汁液烫过，挤入柠檬汁，即可上桌。以面包丁装饰。

时间。3/4小时。

时令十月至六月。

[插图：丁鲷]

丁鳜--这种鱼通常见于污浊多杂草的水域，以及灯心草茂密的地方。它们在静水中生长最好，在池塘和池沼中比在河流中更为常见。然而，从河流中捕得的

preferable for the table. It does not often exceed four or five pounds in weight, and is in England esteemed as a delicious and wholesome food. As, however, they are sometimes found in waters where the mud is excessively fetid, their flavour, if cooked immediately on being caught, is often very unpleasant; but if they are transferred into clear water, they soon recover from the obnoxious taint.

更适合上桌。它通常不超过四五磅重，在英国被视为美味且有益健康的食物。然而，由于它们有时被发现于淤泥极其恶臭的水域中，若捕后立即烹制，其风味往往非常令人不快；但若将它们转移到清水中，它们很快就能消除这种令人厌恶的异味。

TENCH STEWED WITH WINE.

葡萄酒炖丁鲷

335. INGREDIENTS.—1/2 pint of stock No. 105, 1/2 pint of Madeira or sherry, salt and pepper to taste, 1 bay-leaf, thickening of butter and flour.

335. 配料--1/2 pint第105号高汤，1/2 pint马德拉酒或雪利酒，盐和胡椒适量，1片月桂叶，黄油和面粉勾芡。

Mode.—Clean and crimp the tench; carefully lay it in a stewpan with the stock, wine, salt and pepper, and bay-leaf; let it stew gently for 1/2 hour; then take it out, put it on a dish, and keep hot. Strain the liquor, and thicken it with butter and flour kneaded together, and stew for 5 minutes. If not perfectly smooth, squeeze it through a tammy, add a very little cayenne, and pour over the fish. Garnish with balls of veal forcemeat.

做法--将丁鳜洗净并划刀；小心地放入炖锅中，加入高汤、葡萄酒、盐和胡椒以及月桂叶；用文火炖1/2小时；然后取出，放在盘子上保温。将汤汁过滤，用黄油和面粉揉合勾芡，再炖5分钟。若不十分细腻，用细筛挤压过滤，加入极少量辣椒粉，浇在鱼上。用小球状小牛肉馅料装饰。

Time.—Rather more than 1/2 hour.

时间。--略多于1/2小时。

Seasonable from October to June.

时令十月至六月。

A SINGULAR QUALITY IN THE TENCH.—It is said that the tench is possessed of such healing properties among the finny tribes, that even the voracious pike spares it on this account.

丁鳜的一种奇特品质--据说丁鳜在鱼类中具有如此强的治愈功效，以至于连贪食的狗鱼也因此而放过它。

> The pike, fell tyrant of the liquid plain,
> With ravenous waste devours his fellow train;
> Yet howsoe'er with raging famine pined,

> 狗鱼，水域平原上凶猛的暴君，
> 以贪婪的浪费吞噬其同类；然而无论怎样被狂暴的饥饿折磨，

The tench he spares, a medicinal kind;
For when by wounds distress'd, or sore disease,
He courts the salutary fish for ease;
Close to his scales the kind physician glides,
And sweats a healing balsam from his sides.

In our estimation, however, this self-denial in the pike may be attributed to a less poetical cause; namely, from the mud-loving disposition of the tench, it is enabled to keep itself so completely concealed at the bottom of its aqueous haunts, that it remains secure from the attacks of its predatory neighbour.

STEWED TROUT.

336. INGREDIENTS.—2 middling-sized trout, 1/2 onion cut in thin slices, a little parsley, 2 cloves, 1 blade of mace, 2 bay-leaves, a little thyme, salt and pepper to taste, 1 pint of medium stock No. 105, 1 glass of port wine, thickening of butter and flour.

Mode.—Wash the fish very clean, and wipe it quite dry. Lay it in a stewpan, with all the ingredients but the butter and flour, and simmer gently for 1/2 hour, or rather more, should not the fish be quite done. Take it out, strain the gravy, add the thickening, and stir it over a sharp fire for 5 minutes; pour it over the trout, and serve.

Time.—According to size, 1/2 hour or more.

Average cost.—Seldom bought.

Seasonable from May to September, and fatter from the middle to the end of August than at any other time.

丁鲷他放过，一种药用鱼类；

因为当受伤或患重病时，它便寻求那有益的鱼以求缓解；

那仁慈的医生紧贴着它的鳞片游过，从身侧渗出治愈的香膏。

然而，在我们看来，狗鱼的这种自我克制可以归因于一个不那么富有诗意的原因；即由于丁鳜喜泥的习性，它能够将自己完全隐藏在水底栖息处，从而免受其掠夺性邻居的攻击。

炖鳟鱼。

336. 配料--2条中等大小的鳟鱼，1/2个切成薄片的洋葱，少许欧芹，2粒丁香，1片肉豆蔻，2片月桂叶，少许百里香，盐和胡椒适量，1 pint第105号中等高汤，1杯波特酒，黄油和面粉勾芡。

做法--将鱼洗得非常干净，擦得完全干燥。放入炖锅中，加入除黄油和面粉外的所有配料，用文火炖1/2小时，若鱼未完全熟透则稍多炖一会儿。取出鱼，过滤肉汁，加入勾芡，在旺火上搅拌5分钟；浇在鳟鱼上，上桌。

时间。--视大小而定，半小时或更久。

平均费用。--很少购买。

时令为五月至九月，八月中至月底比其他任何时候都更肥美。

Sufficient for 4 persons.

Trout may be served with anchovy or caper sauce, baked in buttered paper, or fried whole like smelts. Trout dressed a la Génévese is extremely delicate; for this proceed the same as with salmon, No. 307.

[Illustration: THE TROUT.]

THE TROUT.—This fish, though esteemed by the moderns for its delicacy, was little regarded by the ancients. Although it abounded in the lakes of the Roman empire, it is generally mentioned by writers only on account of the beauty of its colours. About the end of September, they quit the deep water to which they had retired during the hot weather, for the purpose of spawning. This they always do on a gravelly bottom, or where gravel and sand are mixed among stones, towards the end or by the sides of streams. At this period they become black about the head and body, and become soft and unwholesome. They are never good when they are large with roe; but there are in all trout rivers some barren female fish, which continue good throughout the winter. In the common trout, the stomach is uncommonly strong and muscular, shell-fish forming a portion of the food of the animal; and it takes into its stomach gravel or small stones in order to assist in comminuting it.

BOILED TURBOT.

337. INGREDIENTS.—6 oz. of salt to each gallon of water.

Mode—Choose a middling-sized turbot; for they are invariably the most valuable: if very large, the meat will be tough and thready.

足量供4人食用。

鳟鱼可配鲽鱼酱汁或刺山柑酱汁上桌，用涂黄油的纸包裹烘烤，或像胡瓜鱼一样整条油炸。日内瓦式鳟鱼极为细腻；做法与第307号鲑鱼相同。

[插图：鳟鱼。]

鳟鱼。--这种鱼虽然因其鲜美而受今人推崇，古人却很少重视。尽管罗马帝国的湖泊中盛产此鱼，但作家们提及它通常只是因为其色彩美丽。约在九月底，它们离开炎热天气时退居的深水，前去产卵。它们总是在砾石河底，或在溪流的尽头或两侧有砾石和沙混合于石块之间的地方产卵。在此期间，它们的头部和身体变黑，变得柔软而不宜食用。怀卵饱满时绝不可口；但所有鳟鱼栖息的河流中都有一些不育的雌鱼，整个冬季都保持鲜美。普通鳟鱼的胃异常强健而富有肌肉，贝类构成其食物的一部分；它还会将砾石或小石子吞入胃中以帮助磨碎食物。

煮多宝鱼

337. 配料--每加仑水配6 oz.盐。

做法--选择中等大小的多宝鱼；因为它们总是最有价值的：若非常大，肉质会老而多丝。

Three or four hours before dressing, soak the fish in salt and water to take off the slime; then thoroughly cleanse it, and with a knife make an incision down the middle of the back, to prevent the skin of the belly from cracking. Rub it over with lemon, and be particular not to cut off the fins. Lay the fish in a very clean turbot-kettle, with sufficient cold water to cover it, and salt in the above proportion. Let it gradually come to a boil, and skim very carefully; keep it gently simmering, and on no account let it boil fast, as the fish would have a very unsightly appearance. When the meat separates easily from the bone, it is done; then take it out, let it drain well, and dish it on a hot napkin. Rub a little lobster spawn through a sieve, sprinkle it over the fish, and garnish with tufts of parsley and cut lemon. Lobster or shrimp sauce, and plain melted butter, should be sent to table with it. (See Coloured Plate E.)

烹制前三四个小时，将鱼浸泡在盐水中以去除黏液；然后彻底清洗干净，用刀沿背部中央切开一道口子，以防腹部的皮开裂。用柠檬擦拭鱼身，特别注意不要切掉鱼鳍。将鱼放入非常干净的比目鱼锅中，加入足以没过鱼的冷水，按上述比例加盐。让其逐渐煮沸，并非常仔细地撇去浮沫；保持微沸，切不可让其快速沸腾，否则鱼的外观会非常难看。当鱼肉容易与骨头分离时，即已熟透；然后取出，充分沥干，放在热餐巾上装盘。将少许龙虾卵用筛子擦过，撒在鱼上，以欧芹簇和切开的柠檬装饰。应随鱼上桌配龙虾酱或虾酱，以及清融黄油。(见彩色图版E。)

Time.—After the water boils, about 1/2 hour for a large turbot; middling size, about 20 minutes.

时间--水煮沸后，大多宝鱼约需1/2小时；中等大小约需20分钟。

Average cost,—large turbot, from 10s. to 12s.; middling size, from 12s. to 15s.

平均费用--大多宝鱼，10s.至12s.；中等大小，12s.至15s.。

Seasonable at any time.

时令任何时候皆宜。

Sufficient, 1 middling-sized turbot for 8 persons.

足量,1条中等大小的多宝鱼供8人食用。

Note.—An amusing anecdote is related, by Miss Edgeworth, of a bishop, who, descending to his kitchen to superintend the dressing of a turbot, and discovering that his cook had stupidly cut off the fins, immediately commenced sewing them on again with his own episcopal fingers. This dignitary knew the value of a turbot's gelatinous appendages.

注--埃奇沃思小姐讲述了一则趣闻：一位主教下到厨房监督多宝鱼的调制，发现他的厨师愚蠢地切掉了鱼鳍，便立即用自己主教的手指开始将它们缝回去。这位主教大人深知多宝鱼胶质附肢的价值。

GARNISH FOR TURBOT OR OTHER LARGE FISH.

338. Take the crumb of a stale loaf, cut it into small pyramids with flat tops, and on the top of each pyramid, put rather more than a tablespoonful of white of egg beaten to a stiff froth. Over this, sprinkle finely-chopped parsley and fine raspings of a dark colour. Arrange these on the napkin round the fish, one green and one brown alternately.

TO CHOOSE TURBOT.—See that it is thick, and of a yellowish white; for if of a bluish tint, it is not good.

[Illustration: THE TURBOT.]

THE TURBOT.—This is the most esteemed of all our flat fish. The northern parts of the English coast, and some places off the coast of Holland, produce turbot in great abundance, and in greater excellence than any other parts of the world. The London market is chiefly supplied by Dutch fishermen, who bring to it nearly 90,000 a year. The flesh is firm, white, rich, and gelatinous, and is the better for being kept a day or two previous to cooking it. In many parts of the country, turbot and halibut are indiscriminately sold for each other. They are, however, perfectly distinct; the upper parts of the former being marked with large, unequal, and obtuse tubercles, while those of the other are quite smooth, and covered with oblong soft scales, which firmly adhere to the body.

[Illustration: TURBOT-KETTLE.]

FISH-KETTLES are made in an oblong form, and have two handles, with a movable bottom, pierced full of holes, on which the fish is laid, and on which it may be lifted from the water, by means of two long handles attached to each side of the movable

多宝鱼或其他大型鱼类的配菜。

338. 取一个不新鲜面包的面包心，切成平顶的小金字塔形，在每个金字塔的顶部放略多于一汤匙的打至硬性发泡的蛋白。在其上撒上切碎的欧芹和深色的细面包屑。将这些摆在鱼周围的餐巾上，一个绿色一个棕色交替排列。

如何挑选多宝鱼--确保其厚实，呈淡黄白色；若带蓝色调，则品质不佳。

[插图：大菱鲆。]

多宝鱼。--这是我们所有比目鱼中最受推崇的一种。英格兰海岸北部以及荷兰沿海的一些地方出产大量多宝鱼，品质之优胜过世界任何其他地方。伦敦市场主要由荷兰渔民供应，他们每年运来近90,000条。其肉紧实、洁白、丰腴而富有胶质，烹制前存放一两天更佳。在国内许多地方，多宝鱼和大比目鱼被不加区分地互相冒充出售。然而二者截然不同；前者的上部带有大而不规则且钝圆的疣突，而后者则完全光滑，覆盖着紧附于鱼身的长圆形软鳞。

[插图：比目鱼锅。]

鱼锅制成椭圆形，有两个把手，底部可活动，布满孔洞，鱼放在其上，可通过连接在活动底两侧的两个长把手将其从水中提起

bottom. This is to prevent the liability of breaking the fish, as it would necessarily be if it were cooked in a common saucepan. In the list of Messrs. Richard and John Slack (see 71), the price of two of these is set down at 10s. The turbot-kettle, as will be seen by our cut, is made differently from ordinary fish-kettles, it being less deep, whilst it is wider, and more pointed at the sides; thus exactly answering to the shape of the fish which it is intended should be boiled in it. It may be obtained from the same manufacturers, and its price is £1.

底部。这是为了防止鱼破碎的风险，因为如果在普通炖锅中烹煮，鱼必然会破碎。在理查德与约翰·斯莱克先生(见71)的清单中，其中两个的价格定为10先令。正如我们的插图所示，比目鱼锅的构造与普通鱼锅不同，它较浅，但较宽，两侧更尖；因此恰好与打算在其中烹煮的鱼的形状相吻合。它可以从同一制造商处获得，价格为1英镑。

BAKED FILLETS OF TURBOT.

烤多宝鱼柳

339. INGREDIENTS.—The remains of cold turbot, lobster sauce left from the preceding day, egg, and bread crumbs; cayenne and salt to taste; minced parsley, nutmeg, lemon-juice.

339. 配料。--冷多宝鱼的余肉，前一天剩下的龙虾酱汁，鸡蛋和面包屑；卡宴辣椒粉和盐适量；切碎的欧芹、肉豆蔻、柠檬汁。

Mode.—After having cleared the fish from all skin and bone, divide it into square pieces of an equal size; brush them over with egg, sprinkle with bread crumbs mixed with a little minced parsley and seasoning. Lay the fillets in a baking-dish, with sufficient butter to baste with. Bake for 1/4 hour, and do not forget to keep them well moistened with the butter. Put a little lemon-juice and grated nutmeg to the cold lobster sauce; make it hot, and pour over the fish, which must be well drained from the butter. Garnish with parsley and cut lemon.

做法。--将鱼去净皮和骨后，切成大小相等的方块；刷上蛋液，撒上混合了少许碎欧芹和调味的面包屑。将鱼片放入烤盘中，加入足量黄油以供浇淋。烘1/4小时，切勿忘记用黄油充分保持湿润。在冷龙虾酱汁中加入少许柠檬汁和磨碎的肉豆蔻；加热后浇在鱼上，鱼必须充分沥去黄油。用欧芹和切开的柠檬装饰。

Time.—Altogether, 1/2 hour.

时间。--总共半小时。

Seasonable at any time.

时令任何时候皆宜。

Note.—Cold turbot thus warmed in the remains of lobster sauce will be found much nicer than putting the fish again in water.

注。--用剩下的龙虾酱汁这样加热的冷多宝鱼，会比把鱼再次放入水中好吃得多。

FILLETS OF TURBOT A L'ITALIENNE.

340. INGREDIENTS.—The remains of cold turbot, Italian sauce. (See Sauces.)

Mode.—Clear the fish carefully from the bone, and take away all skin, which gives an unpleasant flavour to the sauce. Make the sauce hot, lay in the fish to warm through, but do not let it boil. Garnish with croutons.

Time.—5 minutes.

Seasonable all the year.

THE ANCIENT ROMANS' ESTIMATE OF TURBOT.—As this luxurious people compared soles to partridges, and sturgeons to peacocks, so they found a resemblance to the turbot in the pheasant. In the time of Domitian, it is said one was taken of such dimensions as to require, in the imperial kitchen, a new stove to be erected, and a new dish to be made for it, in order that it might be cooked and served whole: not even imperial Rome could furnish a stove or a dish large enough for the monstrous animal. Where it was caught, we are not aware; but the turbot of the Adriatic Sea held a high rank in the "Eternal City."

TURBOT A LA CREME.

341. INGREDIENTS.—The remains of cold turbot. For sauce, 2 oz. of butter, 4 tablespoonfuls of cream; salt, cayenne, and pounded mace to taste.

Mode.—Clear away all skin and bone from the flesh of the turbot, which should be done when it comes from table, as it causes less

意式多宝鱼柳

340. 配料--冷多宝鱼(turbot)的剩余部分，意大利酱汁。(见酱汁部分。)

做法。--小心地将鱼肉从骨上剔下，去掉所有鱼皮，因为鱼皮会给酱汁带来不愉快的味道。将酱汁加热，放入鱼肉使其热透，但不要让它煮沸。用油煎面包丁装饰。

时间。- 5分钟。

时令全年皆宜。

古罗马人对大比目鱼的评价。--正如这个奢靡的民族将鳎鱼比作鹧鸪、将鲟鱼比作孔雀，他们也在雉鸡身上发现了与大比目鱼的相似之处。据说在图密善时代，曾捕获一条体型巨大的大比目鱼，以至于在皇家厨房中不得不为此新建一座炉灶、新制一只盘子，以便将其整条烹煮和上桌：即便是帝国时期的罗马，也无法为这头庞然大物提供足够大的炉灶或盘子。至于它是在何处捕获的，我们不得而知；但亚得里亚海的大比目鱼在"永恒之城"中享有极高的地位。

奶油大菱鲆

341. 配料。--冷多宝鱼的余肉。用于酱汁：2 oz.黄油，4 汤匙奶油；盐、卡宴辣椒粉和捣碎的肉豆蔻适量。

做法。--将多宝鱼肉上的所有鱼皮和鱼骨去除，这应在鱼离开餐桌时进行，因为这样造成的

waste when trimmed hot. Cut the flesh into nice square pieces, as equally as possible; put into a stewpan the butter, let it melt, and add the cream and seasoning; let it just simmer for one minute, but not boil. Lay in the fish to warm, and serve it garnished with croutons or a paste border.

浪费较少。将鱼肉切成整齐的方块，尽可能大小均匀；将黄油放入炖锅中融化，加入奶油和调味；只煨一分钟，不要煮沸。放入鱼肉温热，上桌时用油煎面包丁或酥皮边装饰。

Time.—10 minutes.

时间。- 10分钟。

Seasonable at any time.

时令任何时候皆宜。

Note.—The remains of cold salmon may be dressed in this way, and the above mixture may be served in a *vol-au-vent*.

注。--冷鲑鱼的余肉可以这样烹制，上述混合物可以盛在酥皮馅饼壳中上桌。

TURBOT AU GRATIN.

奶汁烤多宝鱼。

342. INGREDIENTS.—Remains of cold turbot, béchamel (*see* Sauces), bread crumbs, butter.

342. 配料。--冷多宝鱼的余肉，白汁(见酱汁)，面包屑，黄油。

Mode.—Cut the flesh of the turbot into small dice, carefully freeing it from all skin and bone. Put them into a stewpan, and moisten with 4 or 5 tablespoonfuls of béchamel. Let it get thoroughly hot, but do not allow it to boil. Spread the mixture on a dish, cover with finely-grated bread crumbs, and place small pieces of butter over the top. Brown it in the oven, or with a salamander.

做法。--将多宝鱼肉切成小丁，小心去除所有鱼皮和鱼骨。放入炖锅中，加入 4 或 5 汤匙白汁润湿。让其彻底热透，但不要让它煮沸。将混合物铺在盘中，撒上细磨的面包屑，并在上面放小块黄油。在烤箱中或用烤炉使其呈棕色。

Time.—Altogether, 1/2 hour. *Seasonable* at any time.

时间。--总计1/2小时。时令随时皆宜。

BOILED WHITING.

煮牙鳕

343. INGREDIENTS.—1/4 lb. of salt to each gallon of water.

343. 配料--每加仑水配1/4磅盐。

Mode.—Cleanse the fish, but do not skin them; lay them in a fish-kettle, with sufficient cold water to cover them, and salt in the

做法。--将鱼清洗干净，但不要去皮；将它们放入鱼锅，加入足以覆盖它们的冷水，并加盐

above proportion. Bring them gradually to a boil, and simmer gently for about 5 minutes, or rather more should the fish be very large. Dish them on a hot napkin, and garnish with tufts of parsley. Serve with anchovy or caper sauce, and plain melted butter.

Time.—After the water boils, 5 minutes.

Average cost for small whitings, 4d. each.

Seasonable all the year, but best from October to March.

Sufficient, 1 small whiting for each person.

To CHOOSE WHITING.—Choose for the firmness of its flesh and the silvery hue of its appearance.

[Illustration: THE WHITING.]

The Whiting.—This fish forms a light, tender, and delicate food, easy of digestion. It appears in our seas in the spring, within three miles of the shores, where it arrives in large shoals to deposit its spawn. It is caught by line, and is usually between ten and twelve inches long, and seldom exceeding a pound and a half in weight. On the edge of the Dogger Bank, however, it has been caught so heavy as to weigh from three to seven or eight pounds. When less than six inches long, it is not allowed to be caught.

BROILED WHITING.

344. INGREDIENTS.—Salt and water, flour.

Mode.—Wash the whiting in salt and water, wipe them thoroughly, and let them remain in the cloth to absorb all moisture. Flour them well, and broil over a very clear fire. Serve

比例加盐。逐渐煮沸，轻轻煨约 5 分钟，若鱼很大则稍久一些。盛在热餐巾上，用欧芹束装饰。配鲽鱼酱或刺山柑酱，以及清融黄油上桌。

时间。- 水沸腾后，5分钟。

平均成本小牙鳕每条 4d。

四季皆宜，但最佳时节为十月至三月。

足量，每人1条小牙鳕。

如何挑选牙鳕。--挑选时以肉质紧实、外观呈银白色为准。

[插图：牙鳕。]

牙鳕。--这种鱼构成一种清淡、柔嫩而精致的食物，易于消化。它于春季出现在我们的海域，距海岸三英里以内，成群结队地到来产卵。它以钓线捕获，通常长十至十二英寸，重量很少超过一磅半。然而在多格滩边缘，曾捕获重达三至七八磅的牙鳕。长度不足六英寸的，不许捕获。

烤牙鳕

344. 配料--盐和水，面粉。

做法。--用盐和水清洗牙鳕，彻底擦干，让它们留在布中吸收所有水分。均匀地裹上面粉，在非常明亮的火上烤。上桌

with *maître d'hôtel* sauce, or plain melted butter (*see* Sauces). Be careful to preserve the liver, as by some it is considered very delicate.

Time.—5 minutes for a small whiting. *Average cost*, 4d. each.

Seasonable all the year, but best from October to March.

Sufficient, 1 small whiting for each person.

Buckhorn.—Whitings caught in Cornwall are salted and dried, and in winter taken to the markets, and sold under the singular name of "Buckhorn."

FRIED WHITING.

345. INGREDIENTS.—Egg and bread crumbs, a little flour, hot lard or clarified dripping.

Mode.—Take off the skin, clean, and thoroughly wipe the fish free from all moisture, as this is most essential, in order that the egg and bread crumbs may properly adhere. Fasten the tail in the mouth by means of a small skewer, brush the fish over with egg, dredge with a little flour, and cover with bread crumbs. Fry them in hot lard or clarified dripping of a nice colour, and serve them on a napkin, garnished with fried parsley. (See Coloured Plate D.) Send them to table with shrimp sauce and plain melted butter.

Time.—About 6 minutes. Average cost, 4d. each.

Seasonable all the year, but best from October to March.

Sufficient, 1 small whiting for each person.

Note.—Large whitings may be filleted, rolled, and served as fried

总管酱(*maître d'hôtel*酱)或清融黄油(见酱汁)上桌。注意保留鱼肝，因为有些人认为它非常鲜美。

时间。--小牙鳕需 5 分钟。平均成本，每条 4d.。时令全年皆有，但十月至三月最佳。份量，每人 1 条小牙鳕。

巴克霍恩。--在康沃尔捕获的牙鳕经盐腌和晒干，冬季运往市场，以“巴克霍恩”这一奇特名称出售。

炸牙鳕

345. 配料。--鸡蛋和面包屑，少许面粉，热猪油或澄清的滴油。

做法。--去掉鱼皮，清洗干净，并将鱼彻底擦干，去除所有水分，因为这一点至关重要，以便蛋液和面包屑能够适当附着。用一根小签子将鱼尾固定在鱼嘴中，在鱼身上刷蛋液，撒上少许面粉，再裹上面包屑。在热猪油或澄清的板油中炸至色泽美观，放在餐巾上，用炸欧芹装饰。(见彩色图版D。)配虾酱和清融黄油上桌。

时间。- 约6分钟。平均成本每个4便士。

四季皆宜，但最佳时节为十月至三月。

足量，每人1条小牙鳕。

注。- 大条牙鳕可去骨切片、卷起，煎制后上桌

filleted soles (*see* Coloured Plato A). Small fried whitings are frequently used for garnishing large boiled fish, such as turbot, cod, etc.

去骨鳎鱼片(见彩色图版 A)。小炸牙鳕常用于装饰大型煮鱼，如多宝鱼、鳕鱼等。

WHITING AU GRATIN, or BAKED WHITING.

烤牙鳕配脆皮，或烤牙鳕。

346. INGREDIENTS.—4 whiting, butter, 1 tablespoonful of minced parsley, a few chopped mushrooms when obtainable; pepper, salt, and grated nutmeg to taste; butter, 2 glasses of sherry or Madeira, bread crumbs.

346. 配料。--4 条牙鳕，黄油，1 汤匙切碎的欧芹，可获取时加少许切碎的蘑菇；胡椒、盐和磨碎的肉豆蔻适量；黄油，2 杯雪利酒或马德拉酒，面包屑。

Mode.—Grease the bottom of a baking-dish with butter, and over it, strew some minced parsley and mushrooms. Scale, empty, and wash the whitings, and wipe them thoroughly dry, carefully preserving the livers. Lay them in the dish, sprinkle them with bread crumbs and seasoning, adding a little grated nutmeg, and also a little more minced parsley and mushrooms. Place small pieces of butter over the whiting, moisten with the wine, and bake for 20 minutes in a hot oven. If there should be too much sauce, reduce it by boiling over a sharp fire for a few minutes, and pour under the fish. Serve with a cut lemon, and no other sauce.

模式。--用黄油涂抹烤盘底部，在上面撒一些切碎的欧芹和蘑菇。将牙鳕去鳞、去内脏并洗净，彻底擦干，小心保留鱼肝。将它们放入盘中，撒上面包屑和调味，加入少许磨碎的肉豆蔻，再撒上少许切碎的欧芹和蘑菇。在牙鳕上放小块黄油，用葡萄酒润湿，在热烤箱中烘20分钟。如果酱汁过多，用旺火煮几分钟收汁，然后浇在鱼下面。配切开的柠檬上桌，不用其他酱汁。

Time.—-20 minutes. *Average cost*, 4d. each.

时间。--20分钟。平均成本，每个4便士。

Seasonable all the year, but best from October to March.

四季皆宜，但最佳时节为十月至三月。

Sufficient.—This quantity for 4 or 5 persons.

足量。--此量为4人或5人份。

WHITING AUX FINE HERBES.

白身鱼配香草

347. INGREDIENTS.-1 bunch of sweet herbs chopped very fine; butter.

347. 配料--一小把切得很细的香草；黄油。

Mode.—Clean and skin the fish, fasten the tails in the mouths; and

方式。--将鱼清理干净并去皮，把鱼尾固定在鱼嘴里；并且

lay them in a baking-dish. Mince the herbs very fine, strew them over the fish, and place small pieces of butter over; cover with another dish, and let them simmer in a Dutch oven for 1/4 hour or 20 minutes. Turn the fish once or twice, and serve with the sauce poured over.

Time.—1/4 hour or 20 minutes. *Average cost*, 4d. each.

Seasonable all the year, but best from October to March.

Sufficient, 1 small whiting for each person.

THE WHITING POUT, AND POLLACK.—About the mouth of the Thames, and generally all round the English coasts, as well as in the northern seas, the pout is plentiful. It bears a striking resemblance to the whiting, and is esteemed as an excellent fish. —The *pollack* is also taken all round our coasts, and likewise bears a striking resemblance to the whiting; indeed, it is sometimes mistaken by the inexperienced for that fish; its flesh being considered by many equally delicate.

TO DRESS WHITEBAIT.

348. INGREDIENTS.—A little flour, hot lard, seasoning of salt.

Mode.—This fish should be put into iced water as soon as bought, unless they are cooked immediately. Drain them from the water in a colander, and have ready a nice clean dry cloth, over which put 2 good handfuls of flour. Toss in the whitebait, shake them lightly in the cloth, and put them in a wicker sieve to take away the superfluous flour. Throw them into a pan of boiling lard, very few at a time, and let them fry till of a whitey-brown colour. Directly they are done, they must he taken out, and laid before the fire for

放入烤盘中。将香草切得极细，撒在鱼上，上面放小块黄油；用另一只盘子盖上，在荷兰烤箱中煨 1/4 小时或 20 分钟。将鱼翻动一两次，上桌时浇上酱汁。

时间。- 1/4小时或20分钟。平均成本，每个4d。

四季皆宜，但最佳时节为十月至三月。

足量，每人1条小牙鳕。

牙鳕鲈和绿鳕。--在泰晤士河口附近，以及一般英国各海岸和北部海域，鲈鱼都很丰富。它与牙鳕极为相似，被视为极佳的鱼。--绿鳕也在我们各海岸捕获，同样与牙鳕极为相似；事实上，它有时被缺乏经验的人误认为牙鳕；许多人认为其肉质同样鲜美。

烹制银鱼。

348. 配料--少许面粉、热猪油、盐调味。

模式。--这种鱼买来后应立即放入冰水中，除非马上烹饪。用漏勺沥去水分，准备一块干净干燥的布，在上面放2大把面粉。将银鱼倒入，在布中轻轻摇晃，然后放入柳条筛中去除多余的面粉。将它们投入一锅沸腾的猪油中，一次只放很少几条，炸至浅棕白色。炸好后必须立即取出，放在火前

a minute or two on a sieve reversed, covered with blotting-paper to absorb the fat. Dish them on a hot napkin, arrange the fish very high in the centre, and sprinkle a little salt over the whole.

Time.—3 minutes.

_Seasonable _from April to August.

[Illustration: WHITEBAIT.]

WHITEBAIT.—This highly-esteemed little fish appears in innumerable multitudes in the river Thames, near Greenwich and Blackwall, during the month of July, when it forms, served with lemon and brown bread and butter, a tempting dish to vast numbers of Londoners, who flock to the various taverns of these places, in order to gratify their appetites. The fish has been supposed be the fry of the shad, the sprat, the smelt, or the bleak. Mr. Yarrell, however, maintains that it is a species in itself, distinct from every other fish. When fried with flour, it is esteemed a great delicacy. The ministers of the Crown have had a custom, for many years, of having a "whitebait dinner" just before the close of the session. It is invariably the precursor of the prorogation of Parliament, and the repast is provided by the proprietor of the "Trafalgar," Greenwich.

FISH PIE, WITH TENCH AND EELS.

349. INGREDIENTS.—2 tench, 2 eels, 2 onions, a faggot of herbs, 4 blades of mace, 3 anchovies, 1 pint of water, pepper and salt to taste, 1 teaspoonful of chopped parsley, the yolks of 6 hard-boiled eggs, puff paste.

Mode.—Clean and bone the tench, skin and bone the eels, and cut

在倒扣的筛子上放一两分钟，盖上吸墨纸吸去油脂。盛在热餐巾上，将鱼在中央堆得很高，在整体上撒少许盐。

时间。--3分钟。

_时令_为四月至八月。

[插图：银鱼]

银鱼。--这种备受推崇的小鱼在七月间以无数之众出现在格林尼治和布莱克沃尔附近的泰晤士河中，配以柠檬和黑面包加黄油，成为众多伦敦人的诱人佳肴，他们涌向这些地方的各色酒馆以满足口腹之欲。这种鱼曾被认为是西鲱、黍鲱、胡瓜鱼或欧鳊的幼鱼。然而，雅雷尔先生坚持认为它是一个独立的物种，与其他任何鱼都不同。裹面粉油炸后，它被视为一大美味。多年来，内阁大臣们有一个惯例，即在议会会期即将结束前举行一次"银鱼正餐"。它总是议会休会的前奏，这顿餐由格林尼治"特拉法加"酒馆的老板提供。

丁鲷与鳗鱼鱼派。

349. 配料--2条丁鲷，2条鳗鱼，2个洋葱，一束香草，

4 片肉豆蔻衣，3 条鲽鱼，1 pint 水，胡椒和盐适量，1 茶匙切碎的欧芹，6 个煮硬鸡蛋的蛋黄，酥皮。

做法。--将丁鲷清理干净并去骨，将鳗鱼去皮去骨，并切块

them into pieces 2 inches long, and leave the sides of the tench whole. Put the bones into a stewpan with the onions, herbs, mace, anchovies, water, and seasoning, and let them simmer gently for 1 hour. Strain it off, put it to cool, and skim off all the fat. Lay the tench and eels in a pie-dish, and between each layer put seasoning, chopped parsley, and hard-boiled eggs; pour in part of the strained liquor, cover in with puff paste, and bake for 1/2 hour or rather more. The oven should be rather quick, and when done, heat the remainder of the liquor, which pour into the pie.

将它们切成2英寸长的段，把丁鲷的两侧保持完整。将鱼骨放入炖锅中，加入洋葱、香草、肉豆蔻、鲽鱼、水和调味，用文火慢炖1小时。滤出汤汁，放凉，撇去所有油脂。将丁鲷和鳗鱼放入馅饼盘中，每层之间放入调味、切碎的欧芹和煮熟的鸡蛋；倒入部分滤出的汤汁，盖上酥皮，烘烤半小时或稍多。烤箱应较旺，烤好后，加热剩余的汤汁，倒入馅饼中。

Time.—1/2 hour to bake, or rather more if the oven is slow.

时间。--烘焙需1/2小时，若烤箱火力慢则需稍久一些。

FISH SCALLOP.

鱼扇贝。

I.

350. INGREDIENTS.—Remains of cold fish of any sort, 1/2 pint of cream, 1/2 tablespoonful of anchovy sauce, 1/2 teaspoonful of made mustard, ditto of walnut ketchup, pepper and salt to taste (the above quantities are for 1/2 lb. of fish when picked); bread crumbs.

350. 配料。--任意种类的冷鱼残肉，1/2品脱奶油，1/2汤匙鲽鱼酱汁，1/2茶匙调制芥末，同量核桃番茄酱，胡椒和盐适量(以上用量适用于1/2磅剔好的鱼肉)；面包屑。

Mode.—Put all the ingredients into a stewpan, carefully picking the fish from the bones; set it on the fire, let it remain till nearly hot, occasionally stir the contents, but do not allow it to boil. When done, put the fish into a deep dish or scallop shell, with a good quantity of bread crumbs; place small pieces of butter on the top, set in a Dutch oven before the fire to brown, or use a salamander.

做法。--将所有配料放入炖锅中，仔细将鱼肉从骨头上剔下；置于火上，让其加热至将近沸腾，不时搅拌内容物，但不要让其煮沸。做好后，将鱼肉放入深盘或扇贝壳中，加入大量面包屑；在上面放小块黄油，置于火前的荷兰烤箱中烘至棕色，或使用烤铁板。

Time.—1/4 hour. *Average cost*, exclusive of the cold fish, 10d.

时间。--1/4小时。平均费用，不含冷鱼，10便士。

II.

351. INGREDIENTS.—Any cold fish, 1 egg, milk, 1 large blade of pounded mace, 1 tablespoonful of flour, 1 teaspoonful of anchovy sauce, pepper and salt to taste, bread crumbs, butter.

Mode.—Pick the fish carefully from the bones, and moisten with milk and the egg; add the other ingredients, and place in a deep dish or scallop shells; cover with bread crumbs, butter the top, and brown before the fire; when quite hot, serve.

Time.—20 minutes. *Average cost*, exclusive of the cold fish, 4d.

WATER SOUCHY.

352. Perch, tench, soles, eels, and flounders are considered the best fish for this dish. For the souchy, put some water into a stewpan with a bunch of chopped parsley, some roots, and sufficient salt to make it brackish. Let these simmer for 1 hour, and then stew the fish in this water. When they are done, take them out to drain, have ready some finely-chopped parsley, and a few roots cut into slices of about one inch thick and an inch in length. Put the fish in a tureen or deep dish, strain the liquor over them, and add the minced parsley and roots. Serve with brown bread and butter.

353. SUPPLY OF FISH TO THE LONDON MARKET.—From Mr. Mayhew's work on "London Labour and the London Poor," and other sources, we are enabled to give the following table of the total annual supply of fish to the London market:—

Description of Fish. Number of Weight of

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351. 配料。--任意冷鱼，1个鸡蛋，牛奶，1大片捣碎的肉豆蔻，1汤匙面粉，1茶匙鲣鱼酱汁，胡椒和盐适量，面包屑，黄油。

做法。--仔细将鱼肉从骨头上剔下，用牛奶和鸡蛋润湿；加入其他配料，放入深盘或扇贝壳中；覆以面包屑，上面涂黄油，在火前烘至棕色；热透后即可上桌。

时间。--20分钟。平均费用，不含冷鱼，4便士。

水煮鱼。

352. 鲈鱼、丁鲷、鳎鱼、鳗鱼和比目鱼被认为是做这道菜的最佳鱼类。制作苏奇汤，将一些水放入炖锅中，加入一把切碎的欧芹、一些根茎蔬菜和足够的盐使其略带咸味。将这些用文火慢炖1小时，然后将鱼放入此水中炖煮。鱼熟后，取出沥干，准备好切碎的欧芹和一些切成一英寸厚、一英寸长的根茎蔬菜。将鱼放入汤碗或深盘中，将汤汁滤在鱼上，加入切碎的欧芹和根茎蔬菜。配黑面包和黄油上桌。

353. 伦敦市场的鱼类供应。--根据梅休先生关于《伦敦劳工与伦敦贫民》的著作及其他来源，我们得以给出以下伦敦市场鱼类年供应总量表：--

鱼的描述。数量重量

Fish Fish in lbs

WET FISH.

Salmon and Salmon-Trout(29,000 boxes,
14 fish per box) 406,000 3,480,000
Turbot, from 8 to 16 lbs. 800,000 5,600,000
Live Cod, averaging 10 lbs. each 400,000 4,000,000
Soles, averaging 1/4 lbs. each 97,520,000 26,880,000
Brill and Mullet, averaging 3 lbs. each 1,220,000 3,366,000
Whiting, averaging 6 oz. each 17,920,000 6,720,000
Haddock, averaging 2 lbs. each 2,470,000 4,940,000
Plaice, averaging 1 lb. each 33,600,000 33,600,000
Mackerel, averaging 1 lb ach 23,520,000 23,520,000
Fresh herrings (250,000 barrels, 700
fish per barrel) 175,000,000 42,000,000
Ditto in bulk 1,050,000,000 252,000,000
Sprats — 4,000,000
Eels (from Holland principally)
England and Ireland 9,797,760 1,632,960
Flounders 259,200 48,200
Dabs 270,000 48,750

DRY FISH.

Barrelled Cod(15,000 barrels, 40 fish per barrel) 750,000 4,200,000 Dried Salt Cod, 5 lbs each 1,600,000 8,000,000 Smoked Haddock(65,000 barrels, 300 fish per barrel) 19,500,000 10,920,000 Bloaters, 265,000 baskets(150 fish per basket) 147,000,000 10,600,000 Red Herrings, 100,000 barrels(500 fish per barrel) 50,000,000 14,000,000 Dried Sprats, 9,600 large

鱼鱼(磅)

湿鱼。

鲑鱼与鲑鳟(29,000箱，每箱14条) 406,000
3,480,000

大菱鲆，8至16磅。800,000 5,600,000

活鳕鱼，平均每条10磅 400,000 4,000,000 鳎鱼，平均每条
1/4磅 97,520,000 26,880,000

菱鲆和鲻鱼，平均每条3磅 1,220,000 3,366,000 牙鳕，平均每条6盎
司 17,920,000 6,720,000 黑线鳕，平均每条2磅 2,470,000 4,940,000
鲽鱼，平均每条1磅 33,600,000 33,600,000 鲭鱼，平均每条1磅
23,520,000 23,520,000 鲜鲱鱼(250,000桶，每桶700条)175,000,000
42,000,000 同上散装 1,050,000,000 252,000,000 西鲱--4,000,000

鳗鱼(主要来自荷兰)

英格兰和爱尔兰 9,797,760 1,632,960 鲽鱼
259,200 48,200

少量 270,000 48,750

干鱼。

桶装鳕鱼(15,000桶，每桶40条)750,000 4,200,000 干腌鳕鱼，每条5磅
1,600,000 8,000,000 熏黑线鳕(65,000桶，每桶300条)19,500,000
10,920,000 熏鲱(265,000篮，每篮150条)

147,000,000 10,600,000 红鲱鱼，100,000桶(每桶500条)50,000,000
14,000,000 干西鲱，9,600大

bundles (30 fish per bundle) 288,000 9,600

SHELL FISH.

Oysters 495,896,000
Lobsters, averaging 1 lb each 1,200,000 1,200,000
Crabs, averaging 1 lb each 600,000 600,000
Shrimps, 324 to a pint 498,428,648
Whelks, 227 to a half-bushel 4,943,200
Mussels, 1000 to ditto 50,400,000
Cockles, 2000 to ditto 67,392,000
Periwinkles, 4000 to ditto 304,000,000

The whole of the above may be, in round numbers, reckoned to amount to the enormous number of 3,000,000,000 fish, with a weight of 300,000 tons.

ADDENDUM AND ANECDOTE.

It will be seen, from the number and variety of the recipes which we have been enabled to give under the head of FISH, that there exists in the salt ocean, and fresh-water rivers, an abundance of aliment, which the present state of gastronomic art enables the cook to introduce to the table in the most agreeable forms, and oftentimes at a very moderate cost.

Less nutritious as a food than the flesh of animals, more succulent than vegetables, fish may be termed a middle dish, suited to all temperaments and constitutions; and one which those who are recovering from illness may partake of with safety and advantage.

As to which is the best fish, there has been much discussion. The

捆(每捆30条鱼)288,000 9,600

贝类。

牡蛎 495,896,000

龙虾，平均每只1磅 1,200,000 1,200,000 蟹，平均每只1磅 600,000 600,000 虾，每品脱324只 498,428,648 蛾螺，每半蒲式耳227只 4,943,200 贻贝，同上每半蒲式耳1000只 50,400,000 鸟蛤，同上每半蒲式耳2000只 67,392,000 滨螺，同上每半蒲式耳4000只 304,000,000

以上全部，以整数计，可估计达到3,000,000,000条鱼的巨大数量，重量为300,000吨。

附录与轶事。

从我们在鱼这一标题下所能给出的食谱的数量和种类可以看出，在咸水海洋和淡水河流中存在着丰富的食物，而烹饪艺术的现状使厨师能够以最令人愉悦的形式将这些食物呈上餐桌，且往往费用非常适中。

作为食物，鱼不如动物肉有营养，但比蔬菜更多汁，可称为中间菜肴，适合所有气质和体质；病后康复者也可安全而有益地食用。

关于哪种鱼最好，历来众说纷纭。

old Latin proverb, however, *de gustibus non disputandum*, and the more modern Spanish one, *sobre los gustos no hai disputa*, declare, with equal force, that where *taste* is concerned, no decision can be arrived at. Each person's palate may be differently affected—pleased or displeased; and there is no standard by which to judge why a red mullet, a sole, or a turbot, should be better or worse than a salmon, trout, pike, or a tiny tench.

然而，古老的拉丁谚语*de gustibus non disputandum*，以及较现代的西班牙谚语*sobre los gustos no hai disputa*，同样有力地表明，涉及口味时，无法作出定论。每个人的味觉可能感受不同--或喜或厌；也没有标准来判断为什么红鲻鱼、鳎鱼或大菱鲆应该比鲑鱼、鳟鱼、狗鱼或小丁鲷更好或更差。

Fish, as we have explained, is less nourishing than meat; for it is lighter in weight, size for size, and contains no ozmazome (*see* No. 100). Shell-fish, oysters particularly, furnish but little nutriment; and this is the reason why so many of the latter can be eaten without injury to the system.

正如我们已经解释的，鱼不如肉有营养；因为同样大小下它重量更轻，且不含见第100号的鲜味物质。贝类，尤其是牡蛎，提供的营养很少；这就是为什么可以大量食用后者而不损害身体的原因。

In Brillat Savarin's [Footnote: Brillat Savarin was a French lawyer and judge of considerable eminence and great talents, and wrote, under the above title, a book on gastronomy, full of instructive information, enlivened with a fund of pleasantly-told anecdote.] clever and amusing volume, "The Physiology of Taste," he says, that towards the end of the eighteenth century it was a most common thing for a well-arranged entertainment in Paris to commence with oysters, and that many guests were not contented without swallowing twelve dozen. Being anxious to know the weight of this advanced-guard, he ascertained that a dozen oysters, fluid included, weighed 4 ounces,—thus, the twelve dozen would weigh about 3 lbs.; and there can be no doubt, that the same persons who made no worse a dinner on account of having partaken of the oysters, would have been completely satisfied if they had eaten the same weight of chicken or mutton. An anecdote, perfectly well authenticated, is narrated of a French gentleman (M. Laperte), residing at Versailles, who was

在布里亚-萨瓦兰[脚注：布里亚-萨瓦兰是一位颇具声望和才华的法国律师和法官，以上述标题写了一本关于美食学的书，充满有益的信息，并以大量讲述风趣的轶事增添趣味。]巧妙而有趣的著作《味觉生理学》中，他说，在十八世纪末，巴黎一场安排得当的宴席以牡蛎开场是再寻常不过的事，许多客人不吞下十二打便不满足。他急于知道这支先头部队的重量，便查明一打牡蛎连汁水共重4盎司--因此，十二打约重3磅；毫无疑问，那些因为吃了牡蛎而正餐吃得毫不逊色的人，如果吃下同等重量的鸡肉或羊肉，也会完全满足。有一个完全可靠的轶事，讲述一位住在凡尔赛的法国绅士(拉佩尔特先生)，他

extravagantly fond of oysters, declaring he never had enough. Savarin resolved to procure him the satisfaction, and gave him an invitation to dinner, which was duly accepted. The guest arrived, and his host kept company with him in swallowing the delicious bivalves up to the tenth dozen, when, exhausted, he gave up, and let M. Laperte go on alone. This gentleman managed to eat thirty-two dozen within an hour, and would doubtless have got through more, but the person who opened them is described as not being very skilful. In the interim Savarin was idle, and at length, tired with his painful state of inaction, he said to Laperte, whilst the latter was still in full career, "Mon cher, you will not eat as many oysters to-day as you meant; let us dine." They dined, and the insatiable oyster-eater acted at the repast as if he had fasted for a week.

极其喜爱牡蛎，宣称自己从未吃够。萨瓦兰决心让他得到满足，便邀请他赴正餐，对方欣然接受。客人到了，主人在吞食这些美味双壳贝类时一直陪着他，直到第十打，主人筋疲力尽，便停下来，让拉佩尔特先生独自继续。这位绅士在一小时内设法吃了三十二打，无疑还能吃下更多，但据描述，开牡蛎的人技艺不太娴熟。在此期间，萨瓦兰无所事事，最终厌倦了这种痛苦的无为状态，当拉佩尔特仍在全力进行时，他对拉佩尔特说："亲爱的，你今天不会吃到你原想的那么多牡蛎了；我们用餐吧。"他们用了正餐，这位贪得无厌的食蚝者在餐桌上表现得仿佛已斋戒了一周。

FISH CARVING.

鱼类雕刻。

GENERAL DIRECTIONS FOR CARVING FISH.

切鱼的一般指导。

In carving fish, care should be taken to help it in perfect flakes, as, if these are broken, the beauty of the fish is lost. The carver should be acquainted, too, with the choicest parts and morsels; and to give each guest an equal share of these *titbits* should be his maxim. Steel knives and forks should on no account be used in helping fish, as these are liable to impart to it a very disagreeable flavour. Where silver fish-carvers are considered too dear to be bought, good electro-plated ones answer very well, and are inexpensive. The prices set down for them by Messrs. Slack, of the Strand, are from a guinea upwards.

在切鱼时，应注意将其分切成完整的薄片，因为如果这些薄片破碎，鱼的美观便丧失了。切肉者也应熟悉最精美的部位和肉块；让每位客人平等分享这些精美小块应是他的准则。分鱼时绝不应使用钢刀和钢叉，因为它们容易给鱼带来非常令人不快的味道。如果认为银质切鱼刀叉太贵而不愿购买，优质的电镀刀叉完全适用，而且价格不贵。斯特兰德街的斯莱克公司为其标价从一几尼起。

COD'S HEAD AND SHOULDERS.

(For recipe, see No. 232; and for mode of serving, Coloured Plate C.)

[Illustration]

First run the knife along the centre of the side of the fish, namely, from *d* to *b*, down to the bone; then carve it in unbroken slices downwards from *d* to *e*, or upwards from *d* to *c*, as shown in the engraving. The carver should ask the guests if they would like a portion of the roe and liver.

Note.—Of this fish, the parts about the backbone and shoulders are the firmest, and most esteemed by connoisseurs. The sound, which lines the fish beneath the backbone, is considered a delicacy, as are also the gelatinous parts about the head and neck.

SALMON.

(For recipe, see No. 301; and for mode of dressing, Coloured Plate B.)

[Illustration]

First run the knife quite down to the bone, along the side of the fish, from *a* to *b*, and also from *c* to *d*. Then help the thick part lengthwise, that is, in the direction of the lines from *a* to *b*; and the thin part breadthwise, that is, in the direction of the lines from *e* to *f*, as shown in the engraving. A slice of the thick part should always be accompanied by a smaller piece of the thin from the belly, where lies the fat of the fish.

鳕鱼头与鳕鱼肩

(食谱见第232号；上菜方式见彩色图版)

C。）

[Illustration]

首先沿鱼身侧面中央，即从*d*到*b*，向下切至骨头；然后从*d*到*e*向下切成完整的片，或从*d*到*c*向上切，如版画所示。切肉者应询问客人是否想要一部分鱼籽和鱼肝。

注。--这种鱼靠近脊骨和肩部的部分最为紧实，最受行家珍视。脊骨下方衬着鱼身的鱼鳔被视为美味，头颈部周围的胶质部分亦然。

鲑鱼。

(食谱见第301号；烹制方式见彩版)

B。）

[Illustration]

先沿鱼身侧面从*a*到*b*，以及从*c*到*d*，将刀一直切至骨头。然后沿纵向，即从*a*到*b*的线条方向，切开厚实部分；再沿横向，即从*e*到*f*的线条方向，切开薄的部分，如版画所示。厚实部分的一片应始终搭配一小块来自腹部的薄片，鱼的脂肪就在那里。

Note.—Many persons, in carving salmon, make the mistake of slicing the thick part of this fish in the opposite direction to that we have stated; and thus, by the breaking of the flakes, the beauty of its appearance is destroyed.

注。--许多人在切鲑鱼时犯的错误是，将鱼身厚部沿与我们所述相反的方向切片；这样鱼肉的层片断裂，破坏了其外观之美。

BOILED OR FRIED SOLE.

煮或炸鳎鱼。

(For recipes, see Nos. 321 and 327.)

(食谱见第321号和第327号。)

The usual way of helping this fish is to cut it quite through, bone and all, distributing it in nice and not too large pieces. A moderately-sized sole will be sufficient for three slices; namely, the head, middle, and tail. The guests should be asked which of these they prefer. A small one will only give two slices. If the sole is very large, the upper side may be raised from the bone, and then divided into pieces; and the under side afterwards served in the same way.

分食这种鱼的通常方法是将其完全切开，连骨带肉，分成美观且不太大的块。中等大小的鳎鱼足够切成三片；即头、中、尾。应询问客人喜欢哪一部分。小鳎鱼只能切两片。如果鳎鱼很大，可将上面一侧从骨上掀起，然后分成块；下面一侧之后以同样方式分食。

In helping FILLETED SOLES, one fillet is given to each person. (For mode of serving, see Coloured Plate A.)

分食鳎鱼柳时，每人给一片鱼柳。(上菜方式见彩色图版A。)

TURBOT.

大菱鲆。

(For recipe, see No. 337; and for mode of serving, Coloured Plate E.)

(食谱见第337号；上菜方式见彩色图版)

E。)

First run the fish-slice down the thickest part of the fish, quite through to the bone, from *a* to *b*, and then cut handsome and regular slices in the direction of the lines downwards, from *c* to *e*, and upwards from *c* to *d*, as shown in the engraving. When the carver has removed all the meat from the upper side of the fish, the backbone should be raised, put on one side of the dish, and

首先将鱼刀沿鱼身最厚处，从*a*到*b*，完全切至骨头，然后沿线条方向向下从*c*到*e*，向上从*c*到*d*，切成美观整齐的片，如版画所示。当切肉者将鱼上面一侧的肉全部取下后，应掀起脊骨，放在盘子一侧，然后

the under side helped as the upper.

A BRILL and JOHN DORY are carved in the same manner as a Turbot.

[Illustration]

Note.—The thick parts of the middle of the back are the best slices in a turbot; and the rich gelatinous skin covering the fish, as well as a little of the thick part of the fins, are dainty morsels, and should be placed on each plate.

WHITING, &c.

Whiting, pike, haddock, and other fish, when of a sufficiently large size, may be carved in the same manner as salmon. When small, they may be cut through, bone and all, and helped in nice pieces, a middling-sized whiting serving for two slices.

Note.—The THICK part of the EEL is reckoned the best; and this holds good of all flat fish.

The TAIL of the LOBSTER is the prime part, and next to that the CLAWS.

[Illustration: FISH CARVERS.]

[Illustration]

SAUCES, PICKLES, GRAVIES, AND FORCEMEATS.

CHAPTER IX.

GENERAL REMARKS.

下侧与上侧同样有用。

布里尔和约翰多利鱼按照与多宝鱼相同的方式切割。

[Illustration]

注。--大菱鲆背部中央的厚部是最好的片；覆盖鱼身的丰厚胶质鱼皮，以及鱼鳍厚部的一点，都是美味，应放在每个盘子上。

牙鳕等

牙鳕、狗鱼、黑线鳕及其他鱼类，若体型足够大，可按鲑鱼的方式切分。若体型小，可连骨带肉切开，分成美观的块上桌，中等大小的牙鳕可供两片。

注。--鳗鱼的厚部被认为是最好的；这对所有平鱼都适用。

龙虾的尾部是最上等的部分，其次是钳子。

[插图：鱼类切肉刀。]

[Illustration]

酱汁、腌菜、肉汁与馅料。

第九章

总论

354. AN ANECDOTE IS TOLD of the prince de Soubise, who, intending to give an entertainment, asked for the bill of fare. His *chef* came, presenting a list adorned with vignettes, and the first article of which, that met the prince's eye, was "fifty hams." "Bertrand," said the prince, "I think you must be extravagant; Fifty hams! do you intend to feast my whole regiment?" "No, Prince, there will be but one on the table, and the surplus I need for my Espagnole, blondes, garnitures, &c." "Bertrand, you are robbing me: this item will not do." "Monseigneur," said the *artiste*, "you do not appreciate me. Give me the order, and I will put those fifty hams in a crystal flask no longer than my thumb." The prince smiled, and the hams were passed. This was all very well for the prince de Soubise; but as we do not write for princes and nobles alone, but that our British sisters may make the best dishes out of the least expensive ingredients, we will also pass the hams, and give a few general directions concerning Sauces, &c.

354. 有一则轶事讲的是苏比斯亲王，他打算举办一场宴会，便索要菜单。他的厨师长来了，呈上一份饰有花饰的清单，亲王第一眼看到的第一项便是“五十只火腿”。“贝特朗，”亲王说，“我想你一定是太铺张了；五十只火腿!你是打算宴请我的整个团吗?”“不，亲王，桌上只会有一只，其余的我需要用来做我的西班牙酱汁、金发酱汁、配菜等等。”“贝特朗，你这是在抢我的钱：这一项不行。”“大人，”这位艺术家说，“您不赏识我。把订单给我，我会把那五十只火腿装进一个不超过我拇指长的水晶瓶里。”亲王笑了，火腿的事就通过了。这对苏比斯亲王来说固然很好；但由于我们并非只为亲王和贵族写作，而是为了让我们的英国姐妹们能用最不昂贵的配料做出最好的菜肴，我们也将略过火腿，就酱汁等给出几条一般性的指导。

355. THE PREPARATION AND APPEARANCE OF SAUCES AND GRAVIES are of the highest consequence, and in nothing does the talent and taste of the cook more display itself. Their special adaptability to the various viands they are to accompany cannot be too much studied, in order that they may harmonize and blend with them as perfectly, so to speak, as does a pianoforte accompaniment with the voice of the singer.

355. 酱汁和肉汁的制作与外观至关重要，厨师的才能和品味在其中最能展现。它们与所要搭配的各种菜肴的特殊适配性再怎么研究也不为过，以便它们能与之完美和谐地融合，可以说，就像钢琴伴奏与歌手的嗓音一样。

356. THE GENERAL BASIS OF MOST GRAVIES and some sauces is the same stock as that used for soups (*see* Nos. 104, 105, 106, and 107); and, by the employment of these, with, perhaps, an additional slice of ham, a little spice, a few herbs, and a slight flavouring from some cold sauce or ketchup, very nice gravies may be made for a very small expenditure. A milt (either of a

356. 大多数肉汁和某些酱汁的一般基础与汤所用的高汤相同(见第104、105、106和107号)；通过使用这些高汤，或许再加一片火腿、一点香料、几样香草，以及少许冷酱汁或番茄酱调味，就能以极小的花费做出非常好的肉汁。一份鱼白(公牛或公羊的)，已经烹制过的羊小腿末端，以及家禽的颈和脚，在不需要大量肉汁时，都可有利地用于制作肉汁。因此可以确立一条规则：好的肉汁没有必要昂贵，也没有必要像许多人想让人相信的那样，为了做出哪怕一点点肉汁而买上好多磅鲜肉。

bullock or sheep), the shank-end of mutton that has already been dressed, and the necks and feet of poultry, may all be advantageously used for gravy, where much is not required. It may, then, be established as a rule, that there exists no necessity for good gravies to be expensive, and that there is no occasion, as many would have the world believe, to buy ever so many pounds of fresh meat, in order to furnish an ever so little quantity of gravy.

357. 棕色酱汁一般说来几乎不应像白色酱汁那样浓稠；最好记住，所有那些用来浇盖家禽或肉类菜肴的酱汁，都应具有足够的稠度，能略微附着在浇在其上的禽肉或肉块上。为使酱汁等上色和增稠，可适当使用焦面粉。

357. BROWN SAUCES, generally speaking, should scarcely be so thick as white sauces; and it is well to bear in mind, that all those which are intended to mask the various dishes of poultry or meat, should be of a sufficient consistency to slightly adhere to the fowls or joints over which they are poured. For browning and thickening sauces, &c., browned flour may be properly employed.

357. 一般来说，棕色酱汁几乎不应像白色酱汁那样浓稠；并且应当牢记，凡是用来浇盖各种家禽或肉类菜肴的酱汁，都应具有足够的稠度，使其能略微附着在所浇淋的禽肉或肉块上。为使酱汁等上色和增稠，可以适当地使用焦面粉。

358. SAUCES SHOULD POSSESS A DECIDED CHARACTER; and whether sharp or sweet, savoury or plain, they should carry out their names in a distinct manner, although, of course, not so much flavoured as to make them too piquant on the one hand, or too mawkish on the other.

358. 酱汁应具有鲜明的特色；无论酸辣还是甜香，咸鲜还是清淡，都应名副其实地体现其名称，当然，调味既不能过于刺激，也不能过于甜腻。

359. GRAVIES AND SAUCES SHOULD BE SENT TO TABLE VERY HOT; and there is all the more necessity for the cook to see to this point, as, from their being usually served in small quantities, they are more liable to cool quickly than if they were in a larger body. Those sauces, of which cream or eggs form a component part, should be well stirred, as soon as these ingredients are added to them, and must never be allowed to boil; as, in that case, they would instantly curdle.

359. 肉汁和酱汁应趁热上桌；厨师更须注意这一点，因为它们通常以少量供应，比大量盛装时更容易迅速变凉。以奶油或鸡蛋为配料的酱汁，在加入这些配料后应立即充分搅拌，且绝不可让其煮沸；否则会立刻凝结。

360. ALTHOUGH PICKLES MAY BE PURCHASED at shops at as

360. 尽管腌菜可以在商店里以同样的价格买到

low a rate as they can usually be made for at home, or perhaps even for less, yet we would advise all housewives, who have sufficient time and convenience, to prepare their own. The only general rules, perhaps, worth stating here,—as in the recipes all necessary details will be explained, are, that the vegetables and fruits used should be sound, and not over ripe, and that the very best vinegar should be employed.

以家庭通常能制作的成本，甚至可能更低，但我们仍建议所有有足够时间和便利条件的家庭主妇自行制作。此处或许唯一值得说明的通用规则--因为食谱中会解释所有必要的细节--是所用的蔬菜和水果应完好，且不过熟，并且应使用最好的醋。

361. FOR FORCEMEATS, SPECIAL ATTENTION IS NECESSARY. The points which cooks should, in this branch of cookery, more particularly observe, are the thorough chopping of the suet, the complete mincing of the herbs, the careful grating of the bread-crumbs, and the perfect mixing of the whole. These are the three principal ingredients of forcemeats, and they can scarcely be cut too small, as nothing like a lump or fibre should be anywhere perceptible. To conclude, the flavour of no one spice or herb should be permitted to predominate.

361. 制作馅料需要特别注意。厨师在烹饪的这一分支中尤其应当注意的几点是：将板油彻底剁碎，将香草完全切细，仔细擦碎面包屑，并将全部材料完美混合。这是馅料的三种主要配料，它们切得越小越好，因为任何地方都不应让人察觉到块状或纤维状的东西。最后，不应让任何一种香料或香草的味道占主导。

RECIPES.

食谱。

CHAPTER X.

第十章

SAUCES, PICKLES, GRAVIES, AND FORCEMEATS.

酱汁、腌菜、肉汁与馅料。

ANCHOVY SAUCE FOR FISH.

佐鱼用的鳀鱼酱。

362. INGREDIENTS.—4 anchovies, 1 oz. of butter, 1/2 pint of melted butter, cayenne to taste.

362. 配料--4条鳀鱼，1 oz.黄油，1/2 pint融化黄油，卡宴辣椒粉适量。

Mode.—Bone the anchovies, and pound them in a mortar to a paste, with 1 oz. of butter. Make the melted butter hot, stir in the

做法--将鳀鱼去骨，在研钵中与1 oz.黄油一起捣成糊状。将融化黄油加热，拌入

pounded anchovies and cayenne; simmer for 3 or 4 minutes; and if liked, add a squeeze of lemon-juice. A more general and expeditious way of making this sauce is to stir in 1-1/2 tablespoonfuls of anchovy essence to 1/2 pint of melted butter, and to add seasoning to taste. Boil the whole up for 1 minute, and serve hot.

捣碎的鳀鱼和卡宴辣椒粉；煨3至4分钟；如喜欢，可挤入少许柠檬汁。制作此酱汁更常见且快捷的方法是将1-1/2汤匙鳀鱼精拌入1/2 pint融化黄油中，并加调味至适口。将全部煮沸1分钟，趁热供应。

Time.—5 minutes. *Average cost*, 5d. for 1/2 pint.

时间。- 5分钟。平均成本,1/2品脱5便士。

Sufficient, this quantity, for a brill, small turbot, 3 or 4 soles, &c.

足够，此分量适用于一条菱鲆、小多宝鱼、3或4条鳎鱼等。

ANCHOVY BUTTER (*see* No. 227).

鳀鱼黄油(见第227号)。

[Illustration: THE CAPISCUM.]

[插图：辣椒]

CAYENNE.—This is the most acrid and stimulating spice with which we are acquainted. It is a powder prepared from several varieties of the capsicum annual East-India plants, of which there are three so far naturalized in this country as to be able to grow in the open air: these are the Guinea, the Cherry, and the Bell pepper. All the pods of these are extremely pungent to the taste, and in the green state are used by us as a pickle. When ripe, they are ground into cayenne pepper, and sold as a condiment. The best of this, however, is made in the West Indies, from what is called the *Bird* pepper, on account of hens and turkeys being extremely partial to it. It is imported ready for use. Of the capiscum species of plants there are five; but the principal are,—1. *Capsicum annuum*, the common long-podded capsicum, which is cultivated in our gardens, and of which there are two varieties, one with red, and another with yellow fruit. 2. *Capsicum baccatum*, or bird pepper, which rises with a shrubby stalk four or five feet high, with its berries growing at the division of the branches: this

卡宴辣椒--这是我们所知的最辛辣、最具刺激性的香料。它是由几种一年生东印度辣椒属植物制成的粉末，其中已有三种在我国归化到足以在露天生长：几内亚辣椒、樱桃辣椒和钟形辣椒。这些植物的所有荚果味道都极为辛辣，在青绿状态下被我们用作腌菜。成熟后，它们被磨成卡宴辣椒粉，作为调味品出售。然而，其中最好的产于西印度群岛，由所谓的鸟辣椒制成，因为母鸡和火鸡极其偏爱它。它进口时即可直接使用。辣椒属植物共有五种；但主要的是一、一年生辣椒，即常见的长荚辣椒，在我们的园圃中栽培，有两个品种，一种结红色果实，另一种结黄色果实。二、浆果辣椒，即鸟辣椒，长有四五英尺高的灌木状茎秆，浆果生长在分枝处：这种

is small, oval-shaped, and of a bright-red colour, from which, as we have said, the best cayenne is made. 3. *Capsicum grossum*, the bell-pepper: the fruit of this is red, and is the only kind fit for pickling.

果实小，椭圆形，鲜红色，如前所述，最好的卡宴辣椒粉即由此制成。3. *Capsicum grossum*，甜椒：其果实为红色，是唯一适合腌制的品种。

APPLE SAUCE FOR GEESE, PORK, &c.

苹果酱，配鹅肉、猪肉等

363. INGREDIENTS.—6 good-sized apples, sifted sugar to taste, a piece of butter the size of a walnut, water.

363. 配料--6个中等大小的苹果，细砂糖适量，一块核桃大小的黄油，水。

Mode.—Pare, core, and quarter the apples, and throw them into cold water to preserve their whiteness. Put them in a saucepan, with sufficient water to moisten them, and boil till soft enough to pulp. Beat them up, adding sugar to taste, and a small piece of butter This quantity is sufficient for a good-sized tureen.

做法--将苹果去皮、去核、切四瓣，投入冷水中以保持其洁白。放入炖锅，加适量水润湿，煮至足够软烂可成泥。搅打成泥，加糖调味，并加一小块黄油。此分量足够盛满一个较大的汤碗。

Time.—According to the apples, about 3/4 hour. *Average cost*, 4d.

时间--视苹果而定，约3/4小时。平均成本,4d。

Sufficient, this quantity, for a goose or couple of ducks.

足量，此分量，用于一只鹅或一对鸭。

BROWN APPLE SAUCE.

布朗苹果酱。

364. INGREDIENTS.—6 good-sized apples, 1/2 pint of brown gravy, cayenne to taste.

364. 配料--6个中等大小的苹果，1/2 pint棕色肉汁，卡宴辣椒粉适量。

Mode. Put the gravy in a stewpan, and add the apples, after having pared, cored, and quartered them. Let them simmer gently till tender; beat them to a pulp, and season with cayenne. This sauce is preferred by many to the preceding.

做法--将肉汁放入炖锅，加入去皮、去核、切四瓣的苹果。小火慢煨至软烂；搅打成泥，用卡宴辣椒粉调味。许多人更喜欢此酱汁而非前一款。

Time.—According to the apples, about 3/4 hour. *Average cost*, 6d.

时间--视苹果而定，约3/4小时。平均成本,6d。

ASPARAGUS SAUCE.

芦笋酱。

365. INGREDIENTS.—1 bunch of green asparagus, salt, 1 oz. of fresh butter, 1 small bunch of parsley, 3 or 4 green onions, 1 large lump of sugar, 4 tablespoonfuls of sauce tournée.

Mode.—Break the asparagus in the tender part, wash well, and put them into boiling salt and water to render them green. When they are tender, take them out, and put them into cold water; drain them on a cloth till all moisture is absorbed from them. Put the butter in a stewpan, with the parsley and onions; lay in the asparagus, and fry the whole over a sharp fire for 5 minutes. Add salt, the sugar and sauce tournée, and simmer for another 5 minutes. Rub all through a tammy, and if not a very good colour, use a little spinach green. This sauce should be rather sweet.

Time.—Altogether 40 minutes.

Average cost for this quantity, 1s. 4d.

ASPIC, or ORNAMENTAL SAVOURY JELLY.

366. INGREDIENTS.—4 lbs. of knuckle of veal, 1 cow-heel, 3 or 4 slices of ham, any poultry trimmings, 2 carrots, 1 onion, 1 faggot of savoury herbs, 1 glass of sherry, 3 quarts of water; seasoning to taste of salt and whole white pepper; 3 eggs.

Mode.—Lay the ham on the bottom of a stewpan, cut up the veal and cow-heel into small pieces, and lay them on the ham; add the poultry trimmings, vegetables, herbs, sherry, and water, and let the whole simmer very gently for 4 hours, carefully taking away all scum that may rise to the surface; strain through a fine sieve, and pour into an earthen pan to get cold. Have ready a clean stewpan, put in the jelly, and be particular to leave the sediment behind, or it will not be clear. Add the whites of 3 eggs, with salt

365. 配料--1把绿芦笋，盐，1 oz.新鲜黄油，1小把欧芹，3或4根青葱，1大块糖，4汤匙tournée酱汁。

做法--将芦笋在嫩处折断，洗净，放入加盐的沸水中煮至变绿。待其变嫩后，取出放入冷水中；用布沥干，直到所有水分被吸干。将黄油放入炖锅，加入欧芹和洋葱；放入芦笋，用旺火煎5分钟。加入盐、糖和图尔内酱汁，再煨5分钟。将全部材料用滤筛擦滤，如果颜色不够好，可加少许菠菜绿。这种酱汁应偏甜。

时间。--总计40分钟。

此数量的平均成本为1先令4便士。

阿斯皮克，或装饰性咸味果冻。

366. 配料--4 lbs.小牛膝，1只牛蹄，3或4片火腿，任何家禽边角料，2根胡萝卜，1个洋葱，1束香草，1杯雪利酒，3 quarts水；盐和整粒白胡椒调味适量；3个鸡蛋。

模式。--将火腿放在炖锅底部，把牛犊肉和牛蹄切成小块，铺在火腿上；加入家禽碎料、蔬菜、香草、雪利酒和水，让整锅用极小的火慢炖4小时，仔细撇去浮到表面的所有浮沫；用细筛过滤，倒入陶盆中冷却。备好一只干净的炖锅，放入果冻，务必把沉淀物留下，否则果冻不会清澈。加入3个蛋清，加盐

and pepper, to clarify; keep stirring over the fire, till the whole becomes very white; then draw it to the side, and let it stand till clear. When this is the case, strain it through a cloth or jelly-bag, and use it for moulding poultry, etc. (See Explanation of French Terms, page 44.) Tarragon vinegar may be added to give an additional flavour.

和胡椒，以澄清；在火上不断搅拌，直至全部变得非常白；然后将其移至一旁，静置至清澈。待其清澈后，用布或果冻袋过滤，用于禽类塑形等。(见第44页法语术语说明。)可加入龙蒿醋以增添风味。

Time.—Altogether 4-1/2 hours. *Average cost* for this quantity, 4s.

时间--总共4-1/2小时。此分量的平均成本,4s。

WHITE PEPPER.—This is the produce of the same plant as that which produces the black pepper, from which it is manufactured by steeping this in lime and water, and rubbing it between the hands till the coats come off. The best berries only will bear this operation; hence the superior qualities of white pepper fetch a higher price than those of the other. It is less acrid than the black, and is much prized among the Chinese. It is sometimes adulterated with rice-flour, as the black is with burnt bread. The berries of the pepper-plant grow in spikes of from twenty to thirty, and are, when ripe, of a bright-red colour. After being gathered, which is done when they are green, they are spread out in the sun, where they dry and become black and shrivelled, when they are ready for being prepared for the market.

白胡椒。--白胡椒与产黑胡椒的植物相同，其制法是将胡椒浸入石灰水中，用双手搓揉，直至外皮脱落。只有最好的胡椒果才能经受这一处理；因此优质白胡椒的售价高于黑胡椒。白胡椒的辛辣味不如黑胡椒，颇受中国人珍视。白胡椒有时掺入米粉，正如黑胡椒掺入烤面包一样。胡椒树的果实成穗生长，每穗二十至三十粒，成熟时呈鲜红色。果实趁青时采摘，采后摊开在阳光下晒干，晒后变黑并起皱，即可加工上市。

BECHAMEL, or FRENCH WHITE SAUCE.

贝夏梅尔酱，或称法式白酱。

367. INGREDIENTS.—1 small bunch of parsley, 2 cloves, 1/2 bay-leaf, 1 small faggot of savoury herbs, salt to taste; 3 or 4 mushrooms, when obtainable; 2 pints of white stock, 1 pint of cream, 1 tablespoonful of arrowroot.

367. 配料--1小把欧芹，2粒丁香，1/2片月桂叶，1小束香草，盐适量；3或4个蘑菇(如可得);2 pints白色高汤，1 pint奶油，1汤匙竹芋粉。

Mode.—Put the stock into a stewpan, with the parsley, cloves, bay-leaf, herbs, and mushrooms; add a seasoning of salt, but no

做法--将高汤放入炖锅，加入欧芹、丁香、月桂叶、香草和蘑菇；加盐调味，但不

pepper, as that would give the sauce a dusty appearance, and should be avoided. When it has boiled long enough to extract the flavour of the herbs, etc., strain it, and boil it up quickly again, until it is nearly half-reduced. Now mix the arrowroot smoothly with the cream, and let it simmer very gently for 5 minutes over a slow fire; pour to it the reduced stock, and continue to simmer slowly for 10 minutes, if the sauce be thick. If, on the contrary, it be too thin, it must be stirred over a sharp fire till it thickens. This is the foundation of many kinds of sauces, especially white sauces. Always make it thick, as you can easily thin it with cream, milk, or white stock.

胡椒，因为那会使酱汁呈现灰蒙蒙的外观，应当避免。当它煮得足够久，已提取出香草等的风味时，将其过滤，再快速煮沸一次，直到几乎收浓一半。现在将竹芋粉与奶油调匀，用文火非常轻柔地煨5分钟；将收浓的汤汁倒入，若酱汁较稠，继续缓慢煨10分钟。反之，若太稀，则须在旺火上搅拌至浓稠。这是许多种酱汁的基础，尤其是白酱汁。务必做得浓稠，因为你可以轻易用奶油、牛奶或白色原汤将其调稀。

Time.—Altogether, 2 hours. *Average cost*, 1s. per pint.

时间。--总计2小时。平均成本，每品脱1先令。

[Illustration: THE CLOVE.]

[插图：丁香]

THE CLOVE.—The clove-tree is a native of the Molucca Islands, particularly Amboyna, and attains the height of a laurel-tree, and no verdure is ever seen under it. From the extremities of the branches quantities of flowers grow, first white; then they become green, and next red and hard, when they have arrived at their clove state. When they become dry, they assume a yellowish hue, which subsequently changes into a dark brown. As an aromatic, the clove is highly stimulating, and yields an abundance of oil. There are several varieties of the clove; the best is called the *royal clove*, which is scarce, and which is blacker and smaller than the other kinds. It is a curious fact, that the flowers, when fully developed, are quite inodorous, and that the real fruit is not in the least aromatic. The form is that of a nail, having a globular head, formed of the four petals of the corolla, and four leaves of the calyx not expanded, with a nearly cylindrical germen, scarcely an

丁香。--丁香树原产于摩鹿加群岛，尤其是安汶岛，可长至月桂树的高度，其下从不见绿荫。枝条末端长出大量花朵，初为白色；继而变绿，再变为红色且坚硬，此时已进入丁香状态。干燥后呈淡黄色，随后变为深棕色。作为芳香料，丁香极具刺激性，可产出大量精油。丁香有数个品种；最佳者称为皇家丁香，较为稀少，比其他品种更黑更小。一个奇特的事实是，花朵完全绽放时毫无香气，而真正的果实也毫无芳香。其形状如钉，具有由花冠的四片花瓣和未展开的四片花萼形成的球状头部，以及近乎圆柱形的子房，几乎不--

inch in length, situate below.

长一英寸，位于下方。

BECHAMEL MAIGRE, or WITHOUT MEAT.

贝夏梅尔白汁(素)，或不带肉的。

368. INGREDIENTS.—2 onions, 1 blade of mace, mushroom trimmings, a small bunch of parsley, 1 oz. of butter, flour, 1/2 pint of water, 1 pint of milk, salt, the juice of 1 lemon, 2 eggs.

368. 配料--2个洋葱，1片肉豆蔻衣，蘑菇碎屑，1小把欧芹，1 oz.黄油，面粉，1/2 pint水，1 pint牛奶，盐，1个柠檬的汁，2个鸡蛋。

Mode.—Put in a stewpan the milk, and 1/2 pint of water, with the onions, mace, mushrooms, parsley, and salt. Let these simmer gently for 20 minutes. In the mean time, rub on a plate 1 oz. of flour and butter; put it to the liquor, and stir it well till it boils up; then place it by the side of the fire, and continue stirring until it is perfectly smooth. Now strain it through a sieve into a basin, after which put it back in the stewpan, and add the lemon-juice. Beat up the yolks of the eggs with about 4 dessertspoonfuls of milk; strain this to the sauce, keep stirring it over the fire, but do not let it boil, lest it curdle.

做法。--将牛奶和1/2品脱水放入炖锅，加入洋葱、肉豆蔻衣、蘑菇、欧芹和盐。用文火慢煮20分钟。与此同时，在盘子上将1盎司面粉与黄油擦匀；加入汤汁中，充分搅拌至沸腾；然后将锅移至火旁，继续搅拌至完全顺滑。现在用筛子过滤到盆中，之后再倒回炖锅，加入柠檬汁。将蛋黄与约4甜点匙牛奶打匀；过滤后加入酱汁，在火上不断搅拌，但不要让其沸腾，以免凝结。

Time.—Altogether, 3/4 hour. *Average cost,* 5d. per pint.

时间。--总计3/4小时。平均成本，每品脱5便士。

This is a good sauce to pour over boiled fowls when they are a bad colour.

这是一种很好的酱汁，可浇在颜色不佳的白煮鸡上。

PICKLED BEETROOT.

腌甜菜根

369. INGREDIENTS.—Sufficient vinegar to cover the beets, 2 oz. of whole pepper, 2 oz. of allspice to each gallon of vinegar.

369. 配料--足以浸没甜菜的醋，2 oz.整粒胡椒，每加仑醋配2 oz.多香果。

Mode.—Wash the beets free from dirt, and be very careful not to prick the outside skin, or they would lose their beautiful colour. Put them into boiling water, let them simmer gently, and when about three parts done, which will be in 1-1/2 hour, take them

做法--将甜菜洗净去除泥土，务必小心不要刺破外皮，否则会失去其美丽的颜色。放入沸水中，让其缓缓微沸，当大约三分熟时，即约1-1/2小时后，取出

out and let them cool. Boil the vinegar with pepper and allspice, in the above proportion, for ten minutes, and when cold, pour it on the beets, which must be peeled and cut into slices about 1/2 inch thick. Cover with bladder to exclude the air, and in a week they will be fit for use.

Average cost, 3s. per gallon.

[Illustration: BLACK PEPPER.]

BLACK PEPPER.—This well-known aromatic spice is the fruit of a species of climbing vine, and is a native of the East Indies, and is extensively cultivated in Malabar and the eastern islands of Borneo, Sumatra, and Java, and others in the same latitude. It was formerly confined to these countries, but it has now been introduced to Cayenne. It is generally employed as a condiment; but it should never be forgotten, that, even in small quantities, it produces detrimental effects on inflammatory constitutions. Dr. Paris, in his work on Diet, says, "Foreign spices were not intended by Nature for the inhabitants of temperate climes; they are heating, and highly stimulant. I am, however, not anxious to give more weight to this objection than it deserves. Man is no longer the child of Nature, nor the passive inhabitant of any particular region. He ranges over every part of the globe, and elicits nourishment from the productions of every climate. Nature is very kind in favouring the growth of those productions which are most likely to answer our local wants. Those climates, for instance, which engender endemic diseases, are, in general, congenial to the growth of plants that operate as antidotes to them. But if we go to the East for tea, there is no reason why we should not go to the West for sugar. The dyspeptic invalid, however, should be

放凉。将醋与胡椒和多香果按上述比例煮沸十分钟，冷却后浇在甜菜上，甜菜须去皮并切成约1/2英寸厚的片。用膀胱膜覆盖以隔绝空气，一周后即可食用。

平均成本，每加仑3先令。

[插图：黑胡椒。]

黑胡椒。--这种广为人知的芳香香料是一种攀缘藤本植物的果实，原产于东印度群岛，在马拉巴尔以及婆罗洲、苏门答腊、爪哇等同一纬度的东部岛屿广泛种植。它从前仅限于这些国家，但现已被引入卡宴。它通常用作调味品；但绝不应忘记，即使少量，也会对炎症体质产生不良影响。帕里斯博士在其关于饮食的著作中说：“外来香料并非大自然为温带气候居民所设；它们性热，极具刺激性。然而，我并不急于过分强调这一反对意见。人不再是大自然的孩子，也不再是任何特定地区的被动居民。他遍行全球各地，从每种气候的产物中获取营养。大自然非常仁慈地促进那些最可能满足我们当地需求的产物的生长。例如，那些滋生地方性疾病的地区，通常也适宜于生长可作为其解药的植物。但如果我们去东方取茶，就没有理由不去西方取糖。然而，消化不良的病弱者应--

cautious in their use; they may afford temporary benefit, at the expense of permanent mischief. It has been well said, that the best quality of spices is to stimulate the appetite, and their worst to destroy, by insensible degrees, the tone of the stomach. The intrinsic goodness of meats should always be suspected when they require spicy seasonings to compensate for their natural want of sapidity." The quality of pepper is known by rubbing it between the hands: that which withstands this operation is good, that which is reduced to powder by it is bad. The quantity of pepper imported into Europe is very great.

谨慎使用；它们可能带来暂时的益处，却以永久的损害为代价。有人说得好，香料最好的品质是刺激食欲，最坏的品质是无形中破坏胃的张力。当肉类需要辛辣调味来弥补其天然缺乏的风味时，就应始终怀疑其内在品质。"胡椒的品质可通过在双手间揉搓来辨别：经得起揉搓的是好胡椒，被搓成粉末的是劣质胡椒。进口到欧洲的胡椒数量非常巨大。

BENTON SAUCE (to serve with Hot or Cold Roast Beef).

本顿酱汁(配热烤牛肉或冷烤牛肉食用)。

370. INGREDIENTS.—1 tablespoonful of scraped horseradish, 1 teaspoonful of made mustard, 1 teaspoonful of pounded sugar, 4 tablespoonfuls of vinegar.

370. 配料--1汤匙刮碎的辣根，1茶匙调制好的芥末，1茶匙捣碎的糖，4汤匙醋。

Mode.—Grate or scrape the horseradish very fine, and mix it with the other ingredients, which must be all well blended together; serve in a tureen. With cold meat, this sauce is a very good substitute for pickles.

做法--将辣根磨碎或刮成极细的末，与其他配料混合，所有配料须充分调匀；盛入汤碗中上桌。配冷肉食用时，此酱汁是腌菜的极好替代品。

Average cost for this quantity, 2d.

平均成本为此数量，2便士。

BREAD SAUCE (to serve with Roast Turkey, Fowl, Game, &c.).

面包酱(配烤火鸡、家禽、野味等)。

I.

371. INGREDIENTS.—1 pint of milk, 3/4 of the crumb of a stale loaf, 1 onion; pounded mace, cayenne, and salt to taste; 1 oz. of butter.

371. 配料--1 pint牛奶，3/4个陈面包的面包心，1个洋葱；捣碎的肉豆蔻衣、卡宴辣椒和盐适量；1 oz.黄油。

Mode.—Peel and quarter the onion, and simmer it in the milk till

做法。--将洋葱去皮切成四块，放入牛奶中慢煮，直至

perfectly tender. Break the bread, which should be stale, into small pieces, carefully picking out any hard outside pieces; put it in a very clean saucepan, strain the milk over it, cover it up, and let it remain for an hour to soak. Now beat it up with a fork very smoothly, add a seasoning of pounded mace, cayenne, and salt, with 1 oz. of butter; give the whole one boil, and serve. To enrich this sauce, a small quantity of cream may be added just before sending it to table.

完全柔软。将面包(应为陈面包)掰成小块，仔细挑出任何硬的外皮部分；放入一个非常干净的炖锅中，将牛奶滤在上面，盖上盖子，浸泡一小时。然后用叉子将其捣成非常细腻的糊状，加入捣碎的肉豆蔻衣、卡宴辣椒和盐调味，再加1 oz.黄油；将全部煮沸一次，即可上桌。若要使此酱汁更加浓郁，可在上桌前加入少量奶油。

Time.—Altogether, 1-3/4 hour.

时间。--总共1又3/4小时。

Average cost for this quantity, 4d.

平均成本此数量为 4 便士。

Sufficient to serve with a turkey, pair of fowls, or brace of partridges.

足量，可配一只火鸡、一对鸡或一对山鹑。

[Illustration: MACE.]

[插图：肉豆蔻干皮]

MACE.—This is the membrane which surrounds the shell of the nutmeg. Its general qualities are the same as those of the nutmeg, producing an agreeable aromatic odour, with a hot and acrid taste. It is of an oleaginous nature, is yellowish in its hue, and is used largely as a condiment. In "Beeton's Dictionary" we find that the four largest of the Banda Islands produce 150,000 lbs. of it annually, which, with nutmegs, are their principal articles of export.

肉豆蔻衣--这是包裹肉豆蔻壳的膜。其一般性质与肉豆蔻相同，产生令人愉悦的芳香气味，味道辛辣刺激。它具有油性，色泽淡黄，广泛用作调味品。在《比顿词典》中我们发现，班达群岛中最大的四个岛每年产150,000 lbs.，与肉豆蔻一起构成其主要出口商品。

II.

二。

372. INGREDIENTS.—Giblets of poultry, 3/4 lb. of the crumb of a stale loaf, 1 onion, 12 whole peppers, 1 blade of mace, salt to taste, 2 tablespoonfuls of cream or melted butter, 1 pint of water.

372. 配料--家禽内脏，3/4 lb.陈面包的面包心，1个洋葱，12粒整胡椒，1片肉豆蔻衣，盐适量，2汤匙奶油或融化的黄油，1 pint水。

Mode.—Put the giblets, with the head, neck, legs, &c., into a stewpan; add the onion, pepper, mace, salt, and rather more than 1 pint of water. Let this simmer for an hour, when strain the liquor over the bread, which should be previously grated or broken into small pieces. Cover up the saucepan, and leave it for an hour by the side of the fire; then beat the sauce up with a fork until no lumps remain, and the whole is nice and smooth. Let it boil for 3 or 4 minutes; keep stirring it until it is rather thick; when add 3 tablespoonfuls of good melted butter or cream, and serve very hot.

做法。--将内脏连同头、颈、腿等放入炖锅；加入洋葱、胡椒、肉豆蔻皮、盐，以及略多于1 pint的水。让其微沸一小时，然后将汤汁滤到面包上，面包应事先擦碎或掰成小块。盖好炖锅，置于火边一小时；然后用叉子将酱汁搅打至无结块，整体细腻顺滑。让其煮沸3至4分钟；不断搅拌至稍稠；此时加入3大匙优质融化黄油或奶油，趁热上桌。

Time.—2-1/4 hours. *Average cost*, 6d.

时间。- 2-1/4 小时。平均成本,6d。

BROWNING FOR GRAVIES AND SAUCES.

为肉汁和酱汁上色

373. The browning for soups (*see* No. 108) answers equally well for sauces and gravies, when it is absolutely necessary to colour them in this manner; but where they can be made to look brown by using ketchup, wine, browned flour, tomatoes, or any colour sauce, it is far preferable. As, however, in cooking, so much depends on appearance, perhaps it would be as well for the inexperienced cook to use the artificial means (No. 108). When no browning is at hand, and you wish to heighten the colour of your gravy, dissolve a lump of sugar in an iron spoon over a sharp fire; when it is in a liquid state, drop it into the sauce or gravy quite hot. Care, however, must be taken not to put in too much, as it would impart a very disagreeable flavour.

373.汤用的焦糖色(见第108号)同样适用于酱汁和肉汁，当确实必须以此方式为其着色时；但若能用番茄酱、葡萄酒、焦面粉、番茄或任何有色酱汁使其呈棕色，则远为可取。然而，由于烹饪中外观如此重要，也许对缺乏经验的厨师来说，使用人工方法(第108号)也无妨。手边没有焦糖色而想加深肉汁颜色时，可在旺火上的铁勺中溶化一块糖；当其呈液态时，趁热滴入酱汁或肉汁中。但务必注意不要放太多，否则会带来非常令人不快的味道。

BEURRE NOIR, or BROWNED BUTTER (a French Sauce).

黑黄油，或称焦化黄油(一种法式酱汁)。

374. INGREDIENTS.—1/4 lb. of butter, 1 tablespoonful of minced parsley, 3 tablespoonfuls of vinegar, salt and pepper to taste.

374. 配料--1/4 lb.黄油，1汤匙切碎的欧芹，3汤匙醋，盐和胡椒适量。

Mode.—Put the butter into a fryingpan over a nice clear fire, and when it smokes, throw in the parsley, and add the vinegar and seasoning. Let the whole simmer for a minute or two, when it is ready to serve. This is a very good sauce for skate.

Time.—1/4 hour.

CLARIFIED BUTTER.

375. Put the butter in a basin before the fire, and when it melts, stir it round once or twice, and let it settle. Do not strain it unless absolutely necessary, as it causes so much waste. Pour it gently off into a clean dry jar, carefully leaving all sediment behind. Let it cool, and carefully exclude the air by means of a bladder, or piece of wash-leather, tied over. If the butter is salt, it may be washed before melting, when it is to be used for sweet dishes.

MELTED BUTTER.

I.

376. INGREDIENTS.—1/4 lb. of butter, a dessertspoonful of flour, 1 wineglassful of water, salt to taste.

Mode.—Cut the butter up into small pieces, put it in a saucepan, dredge over the flour, and add the water and a seasoning of salt; stir it *one way* constantly till the whole of the ingredients are melted and thoroughly blended. Let it just boil, when it is ready to serve. If the butter is to be melted with cream, use the same quantity as of water, but omit the flour; keep stirring it, but do not allow it to boil.

做法--将黄油放入煎锅中，置于旺而清澈的火上，当黄油冒烟时，投入欧芹，加入醋和调味。让全部微沸一两分钟，即可上桌。这是配鳐鱼的极好酱汁。

时间。- 1/4小时。

澄清黄油。

375. 将黄油放入火前的碗中，融化后搅拌一两次，让其沉淀。除非绝对必要，不要过滤，因为会造成很大浪费。轻轻倒入干净干燥的罐中，小心留下所有沉淀物。让其冷却，用膀胱膜或一块洗皮仔细扎口以隔绝空气。如果黄油是咸的，在融化前可以先洗一下，届时用于甜味菜肴。

融化黄油。

376. 配料--1/4 lb.黄油，一甜点匙面粉，
1杯水，盐适量。

做法--将黄油切成小块，放入炖锅中，撒上面粉，加入水和盐调味；不断朝一个方向搅拌，直到所有配料融化并充分混合。让其刚好煮沸，即可上桌。如果要用奶油融化黄油，使用与水量相同的奶油，但省略面粉；持续搅拌，但不要让其煮沸。

Time.—1 minute to simmer.

Average cost for this quantity, 4d.

II.

(More Economical.)

377. INGREDIENTS.—2 oz. of butter, 1 dessertspoonful of flour, salt to taste, 1/2 pint of water.

Mode.—Mix the flour and water to a smooth batter, which put into a saucepan. Add the butter and a seasoning of salt, keep stirring *one way* till all the ingredients are melted and perfectly smooth; let the whole boil for a minute or two, and serve.

Time.—2 minutes to simmer.

Average cost for this quantity, 2d.

MELTED BUTTER (the French Sauce Blanche).

378. INGREDIENTS.—1/4 lb. of fresh butter, 1 tablespoonful of flour, salt to taste, 1/2 gill of water, 1/2 spoonful of white vinegar, a very little grated nutmeg.

Mode.—Mix the flour and water to a smooth batter, carefully rubbing down with the back of a spoon any lumps that may appear. Put it in a saucepan with all the other ingredients, and let it thicken on the fire, but do not allow it to boil, lest it should taste of the flour.

Time.—1 minute to simmer.

Average cost, 5d. for this quantity.

时间。- 炖煮1分钟。

平均成本此数量为 4 便士。

二

。

(更经济。)

377. 配料--2 oz.黄油，1甜点匙面粉，盐适量，1/2 pint水。

做法--将面粉和水调成光滑的面糊，放入炖锅中。加入黄油和盐调味，不断朝一个方向搅拌，直到所有配料融化且完全光滑；让全部煮沸一两分钟，即可上桌。

时间。- 炖煮2分钟。

平均成本为此数量，2便士。

融化黄油(法式白汁)。

378. 配料--1/4 lb.新鲜黄油，1汤匙面粉，盐适量，1/2 gill水，1/2匙白醋，极少量磨碎的肉豆蔻。

做法--将面粉和水调成光滑的面糊，用匙背仔细碾碎可能出现的任何结块。放入炖锅中，加入所有其他配料，在火上使其变稠，但不要让其煮沸，以免有面粉味。

时间。- 炖煮1分钟。

平均成本，此数量为5便士。

[Illustration: THE NUTMEG.]

NUTMEG.—This is a native of the Moluccas, and was long kept from being spread in other places by the monopolizing spirit of the Dutch, who endeavoured to keep it wholly to themselves by eradicating it from every other island. We find it stated in "Beeton's Dictionary of Universal Information," under the article "Banda Islands," that the four largest are appropriated to the cultivation of nutmegs, of which about 500,000 lbs. are annually produced. The plant, through the enterprise of the British, has now found its way into Penang and Bencooleu, where it flourishes and produces well. It has also been tried to be naturalized in the West Indies, and it bears fruit all the year round. There are two kinds of nutmeg,—one wild, and long and oval-shaped, the other cultivated, and nearly round. The best is firm and hard, and has a strong aromatic odour, with a hot and acrid taste. It ought to be used with caution by those who are of paralytic or apoplectic habits.

THICKENED BUTTER.

379.—INGREDIENTS.—1/4 pint of melted butter, No. 376, the yolks of 2 eggs, a little lemon-juice.

Mode.—Make the butter quite hot, and be careful not to colour it. Well whisk the yolks of the eggs, pour them to the butter, beating them all the while. Make the sauce hot over the fire, but do not let it boil; add a squeeze of lemon-juice.

MELTED BUTTER MADE WITH MILK.

[插图：肉豆蔻。]

肉豆蔻。--原产于摩鹿加群岛，长期因荷兰人的垄断意图而未能传播到其他地方，他们试图通过在各岛根除它来将其完全据为己有。我们在《比顿通用知识辞典》"班达群岛"条目下看到，四个最大的岛屿被用于种植肉豆蔻，每年约产500,000 lbs.。由于英国人的进取，这种植物现已传入槟榔屿和明古连，在那里生长茂盛、产量良好。也曾尝试在西印度群岛将其归化，它全年结果。肉豆蔻有两种--一种野生，长而呈椭圆形；另一种栽培，近乎圆形。最好的坚实坚硬，有强烈芳香，味道辛辣灼口。患麻痹或中风体质者应慎用。

加浓黄油。

379.--配料--1/4 pint融化的黄油，第376号，2个蛋黄，少许柠檬汁。

做法--将黄油加热至相当热，注意不要使其变色。将蛋黄充分搅打，倒入黄油中，同时不断搅打。在火上将酱汁加热，但不要让其煮沸；挤入少许柠檬汁。

用牛奶制作的融化黄油。

380. INGREDIENTS.—1 teaspoonful of flour, 2 oz. butter, 1/3 pint of milk, a few grains of salt.

Mode.—Mix the butter and flour smoothly together on a plate, put it into a lined saucepan, and pour in the milk. Keep stirring it *one way* over a sharp fire; let it boil quickly for a minute or two, and it is ready to serve. This is a very good foundation for onion, lobster, or oyster sauce: using milk instead of water makes it look so much whiter and more delicate.

Time.—Altogether, 10 minutes. *Average cost* for this quantity, 3d.

CAMP VINEGAR.

381. INGREDIENTS.—1 head of garlic, 1/2 oz. cayenne, 2 teaspoonfuls of soy, 2 ditto walnut ketchup, 1 pint of vinegar, cochineal to colour.

Mode.—Slice the garlic, and put it, with all the above ingredients, into a clean bottle. Let it stand to infuse for a month, when strain it off quite clear, and it will be fit for use. Keep it in small bottles well sealed, to exclude the air.

Average cost for this quantity, 8d.

CAPER SAUCE FOR BOILED MUTTON.

382. INGREDIENTS.—1/2 pint of melted butter (No. 376), 3 tablespoonfuls of capers or nasturtiums, 1 tablespoonful of their liquor.

Mode.—Chop the capers twice or thrice, and add them, with their liquor, to 1/2 pint of melted butter, made very smoothly; keep

380. 配料--1茶匙面粉，2 oz.黄油，1/3 pint牛奶，几粒盐。

做法--在盘子上将黄油和面粉光滑地混合在一起，放入有衬里的炖锅中，倒入牛奶。在旺火上不断朝一个方向搅拌；让其快速煮沸一两分钟，即可上桌。这是洋葱酱汁、龙虾酱汁或牡蛎酱汁的极好底料：用牛奶代替水使其看起来更加洁白细腻。

时间--总共10分钟。此分量平均费用,3d.

营地醋。

381. 配料--1头大蒜，1/2 oz.卡宴辣椒，2茶匙酱油，2茶匙核桃番茄酱，1 pint醋，胭脂虫红着色。

做法--将大蒜切片，与上述所有配料一起放入干净的瓶中。浸泡一个月，然后滤出清液，即可使用。装入小瓶中密封好，以隔绝空气。

平均成本为此数量，8便士。

水煮羊肉配刺山柑酱

382. 配料--1/2 pint融化的黄油(第376号),3汤匙刺山柑花蕾或旱金莲花蕾，1汤匙其浸液。

做法--将刺山柑花蕾剁两三次，连同其浸液一起加入1/2 pint调制得非常光滑的融化黄油中；持续

stirring well; let the sauce just simmer, and serve in a tureen. Pickled nasturtium-pods are fine-flavoured, and by many are eaten in preference to capers. They make an excellent sauce.

Time.—2 minutes to simmer. *Average cost* for this quantity, 8d.

Sufficient to serve with a leg of mutton.

CAPER SAUCE FOR FISH.

383. INGREDIENTS.—1/2 pint of melted butter No. 376, 3 dessertspoonfuls of capers, 1 dessertspoonful of their liquor, a small piece of glaze, if at hand (this may be dispensed with), 1/4 teaspoonful of salt, ditto of pepper, 1 tablespoonful of anchovy essence.

Mode.—Cut the capers across once or twice, but do not chop them fine; put them in a saucepan with 1/2 pint of good melted butter, and add all the other ingredients. Keep stirring the whole until it just simmers, when it is ready to serve.

Time.—1 minute to simmer. *Average cost* for this quantity, 5d.

Sufficient to serve with a skate, or 2 or 3 slices of salmon.

[Illustration: THE CAPER.]

CAPERS.—These are the unopened buds of a low trailing shrub, which grows wild among the crevices of the rocks of Greece, as well as in northern Africa: the plant, however, has come to be cultivated in the south of Europe. After being pickled in vinegar and salt, they are imported from Sicily, Italy, and the south of France. The best are from Toulon.

充分搅拌；让酱汁刚好微沸，盛入汤碗中上桌。腌制的旱金莲花蕾风味极佳，许多人喜欢胜过刺山柑花蕾。它们能做出极好的酱汁。时间--微沸2分钟。此分量平均费用,8d.足量，可配一只羊腿。

鱼用刺山柑酱。

383. 配料--1/2 pint融化的黄油第376号，3甜点匙刺山柑花蕾，1甜点匙其浸液，一小块釉料(如有的话，可以不用),1/4茶匙盐，同量胡椒，1汤匙鲽鱼精。

做法。--将刺山柑横切一两次，但不要切得太碎；将其放入平底锅中，加入1/2品脱优质融化黄油，并加入所有其他配料。不断搅拌，直到刚刚微微沸腾，即可上桌。

时间。--微沸1分钟。平均成本为此分量，5便士。

足量可配一尾鳐鱼，或2至3片鲑鱼。

[插图：刺山柑。]

刺山柑。--这些是一种低矮蔓生灌木的未开放花蕾，野生于希腊岩石缝隙间以及北非：不过，这种植物已在南欧被栽培。在用醋和盐腌制后，它们从西西里、意大利和法国南部进口。最好的来自土伦。

A SUBSTITUTE FOR CAPER SAUCE.

384. INGREDIENTS.—1/2 pint of melted butter, No. 376, 2 tablespoonfuls of cut parsley, 1/2 teaspoonful of salt, 1 tablespoonful of vinegar.

Mode.—Boil the parsley slowly to let it become a bad colour; cut, but do not chop it fine. Add it to 1/2 pint of smoothly-made melted butter, with salt and vinegar in the above proportions. Boil up and serve.

Time.—2 minutes to simmer. Average cost for this quantity, 3d.

PICKLED CAPSICUMS.

385. INGREDIENTS.—Vinegar, 1/4 oz. of pounded mace, and 1/4 oz. of grated nutmeg, to each quart; brine.

Mode.—Gather the pods with the stalks on, before they turn red; slit them down the side with a small-pointed knife, and remove the seeds only; put them in a strong brine for 3 days, changing it every morning; then take them out, lay them on a cloth, with another one over them, until they are perfectly free from moisture. Boil sufficient vinegar to cover them, with mace and nutmeg in the above proportions; put the pods in a jar, pour over the vinegar when cold, and exclude them from the air by means of a wet bladder tied over.

CAYENNE VINEGAR, or ESSENCE OF CAYENNE.

386. INGREDIENTS.—1/2 oz. of cayenne pepper, 1/2 pint of strong spirit, or 1 pint of vinegar.

Mode.—Put the vinegar, or spirit, into a bottle, with the above

刺山柑酱的替代品。

384.配料。--1/2品脱融化黄油，第376号，2汤匙切碎的欧芹，1/2茶匙盐，1汤匙醋。

做法。--将欧芹慢慢煮至变色；切碎，但不要切得太细。将其加入1/2品脱调制顺滑的融化黄油中，并按上述比例加入盐和醋。煮沸后上桌。

时间。- 炖煮2分钟。此份量的平均成本为3便士。

腌渍甜椒

385.配料。--醋，每夸脱加1/4盎司捣碎的肉豆蔻皮和1/4盎司磨碎的肉豆蔻；盐水。

做法。--在豆荚变红之前连茎采下；用小尖刀沿侧面划开，仅去除种子；放入浓盐水中3天，每天早晨换水；然后取出，放在布上，再盖上一块布，直至完全无水汽。煮沸足量醋以淹没它们，按上述比例加入肉豆蔻皮和肉豆蔻；将豆荚放入罐中，醋冷后浇上，用湿膀胱扎口以隔绝空气。

卡宴醋，或卡宴精华。

386.配料。--1/2盎司卡宴辣椒，1/2品脱烈酒，或1品脱醋。

方式。--将醋或酒精装入瓶中，连同上述

proportion of cayenne, and let it steep for a month, when strain off and bottle for use. This is excellent seasoning for soups or sauces, but must be used very sparingly.

比例的卡宴辣椒，浸泡一个月，然后滤出并装瓶备用。这是汤或酱汁的极佳调味，但必须非常少量使用。

CELERY SAUCE, FOR BOILED TURKEY, POULTRY, &c.

芹菜酱，用于煮火鸡、家禽等。

387. INGREDIENTS.—6 heads of celery, 1 pint of white stock, No. 107, 2 blades of mace, 1 small bunch of savoury herbs; thickening of butter and flour, or arrowroot, 1/2 pint of cream, lemon-juice.

387. 配料--6棵芹菜，1品脱白色高汤，编号。

107,2片肉豆蔻皮，1小束香草；黄油和面粉或竹芋粉调成的增稠剂，1/2品脱奶油，柠檬汁。

Mode.—Boil the celery in salt and water, until tender, and cut it into pieces 2 inches long. Put the stock into a stewpan with the mace and herbs, and let it simmer for 1/2 hour to extract their flavour. Then strain the liquor, add the celery and a thickening of butter kneaded with flour, or, what is still better, with arrowroot; just before serving, put in the cream, boil it up and squeeze in a little lemon-juice. If necessary, add a seasoning of salt and white pepper.

做法。--将芹菜在盐水中煮至软嫩，切成2英寸长的段。将高汤放入炖锅中，加入肉豆蔻皮和香草，微沸1/2小时以浸出香味。然后滤出汤汁，加入芹菜以及用面粉揉和的黄油增稠剂，或者更好的是用竹芋粉；上桌前加入奶油，煮沸并挤入少许柠檬汁。如有必要，加入盐和白胡椒调味。

Time.—25 minutes to boil the celery. *Average cost*, 1s. 3d.

时间。--煮芹菜25分钟。平均成本,1先令3便士。

Sufficient, this quantity, for a boiled turkey.

足量，此分量，用于一只煮火鸡。

This sauce may be made brown by using gravy instead of white stock, and flavouring it with mushroom ketchup or Harvey's sauce.

这款酱汁可以用肉汁代替白色高汤制成褐色，并用蘑菇番茄酱或哈维酱调味。

[Illustration: ARROWROOT.]

[插图：竹芋粉。]

ARROWROOT.—This nutritious fecula is obtained from the roots of a plant which is cultivated in both the East and West Indies. When the roots are about a year old, they are dug up, and, after being well washed, are beaten to a pulp, which is afterwards, by means of water, separated from the fibrous part. After being

竹芋粉。--这种营养丰富的淀粉取自一种在东印度和西印度均有栽培的植物的根。当根长到约一年时，将其挖出，充分洗净后捣成浆，然后借助水将纤维部分分离。经过

passed through a sieve, once more washed, and then suffered to settle, the sediment is dried in the sun, when it has become arrowroot. The best is obtained from the West Indies, but a large quantity of what is sold in London is adulterated with potato-starch. As a means of knowing arrowroot when it is good, it may be as well to state, that the genuine article, when formed into a jelly, will remain firm for three or four days, whilst the adulterated will become as thin as milk in the course of twelve hours.

过筛，再洗一次，然后让其沉淀，沉淀物在阳光下晒干，便成为竹芋粉。最好的产自西印度群岛，但伦敦所售的大量产品掺有马铃薯淀粉。作为辨别优质竹芋粉的方法，不妨说明：真品调成糊后能保持坚实三四天，而掺假品在十二小时内就会变得像牛奶一样稀。

CELERY SAUCE (a More Simple Recipe).

芹菜酱(更简单的食谱)。

388. INGREDIENTS.—4 heads of celery, 1/2 pint of melted butter, made with milk (No. 380), 1 blade of pounded mace; salt and white pepper to taste.

388.配料。--4棵芹菜，1/2品脱用牛奶制成的融化黄油(第380号),1片捣碎的肉豆蔻皮；盐和白胡椒适量。

Mode.—Wash the celery, boil it in salt and water till tender, and cut it into pieces 2 inches long; make 1/2 pint melted butter by recipe No. 380; put in the celery, pounded mace, and seasoning; simmer for three minutes, when the sauce will be ready to serve.

做法。--将芹菜洗净，在盐水中煮至软嫩，切成2英寸长的段；按第380号食谱制作1/2品脱融化黄油；加入芹菜、捣碎的肉豆蔻皮和调味料；微沸三分钟，酱汁即可上桌。

Time.—25 minutes to boil the celery. *Average cost*, 6d.

时间。- 煮芹菜需25分钟。平均成本，6便士。

Sufficient, this quantity, for a boiled fowl.

足量，此分量，用于一只煮鸡。

CELERY VINEGAR.

芹菜醋。

389. INGREDIENTS.—1/4 oz. of celery-seed, 1 pint of vinegar.

389. 配料：1/4 oz.芹菜籽，1 pint 醋。

Mode.—Crush the seed by pounding it in a mortar; boil the vinegar, and when cold, pour it to the seed; let it infuse for a fortnight, when strain and bottle off for use. This is frequently used in salads.

做法。--将种子在研钵中捣碎；煮沸醋，冷却后倒入种子中；浸泡两周，然后滤出并装瓶备用。这常用于沙拉。

CHESTNUT SAUCE FOR FOWLS OR TURKEY.

390. INGREDIENTS.—1/2 lb. of chestnuts, 1/2 pint of white stock, 2 strips of lemon-peel, cayenne to taste, 1/4 pint of cream or milk.

Mode.—Peel off the outside skin of the chestnuts, and put them into boiling water for a few minutes; take off the thin inside peel, and put them into a saucepan, with the white stock and lemon-peel, and let them simmer for 1-1/2 hour, or until the chestnuts are quite tender. Rub the whole through a hair-sieve with a wooden spoon; add seasoning and the cream; let it just simmer, but not boil, and keep stirring all the time. Serve very hot; and quickly. If milk is used instead of cream, a very small quantity of thickening may be required: that, of course, the cook will determine.

Time.—Altogether nearly two hours. *Average cost*, 8d.

Sufficient, this quantity, for a turkey.

BROWN CHESTNUT SAUCE.

391. INGREDIENTS.—1/2 lb. of chestnuts, 1/2 pint of stock No. 105, 2 lumps of sugar, 4 tablespoonfuls of Spanish sauce (*see* Sauces).

Mode.—Prepare the chestnuts as in the foregoing recipe, by scalding and peeling them; put them in a stewpan with the stock and sugar, and simmer them till tender. When done, add Spanish sauce in the above proportion, and rub the whole through a tammy. Keep this sauce rather liquid, as it is liable to thicken.

家禽或火鸡用栗子酱。

390.配料。--1/2磅栗子，1/2品脱白色高汤，2条柠檬皮，卡宴辣椒适量，1/4品脱奶油或牛奶。

Mode。- 剥去栗子的外皮，放入沸水中煮几分钟；去掉里面那层薄皮，放入炖锅，加入白色高汤和柠檬皮，煨1-1/2小时，或直到栗子完全软烂。用木勺将全部内容物通过马尾筛擦滤；加入调味和奶油；只需微微煨煮，不要煮沸，并不断搅拌。趁极热时迅速上桌。若用牛奶代替奶油，可能需要极少量的增稠剂：这当然由厨师决定。

时间。--总共近两小时。平均费用,8便士。

足量，此分量，用于一只火鸡。

棕色栗子酱。

391. 配料--1/2 lb.栗子，1/2 pint高汤，编号

105,2块糖，4汤匙西班牙酱汁(见酱汁)。

做法。--按前一道食谱准备栗子，用热水烫过并剥皮；将其放入炖锅中，加入高汤和糖，微沸至软嫩。煮好后，按上述比例加入西班牙酱汁，并将全部通过细筛擦滤。保持这款酱汁较稀，因为它容易变稠。

Time.—1-1/2 hour to simmer the chestnuts. *Average cost*, 8d.

BENGAL RECIPE FOR MAKING MANGO CHETNEY.

392. INGREDIENTS.—1-1/2 lbs. of moist sugar, 3/4 lb. of salt, 1/4 lb. of garlic, 1/4 lb. of onions, 3/4 lb. of powdered ginger, 1/4 lb. of dried chilies, 3/4 lb. of mustard-seed, 3/4 lb. of stoned raisins, 2 bottles of best vinegar, 30 large unripe sour apples.

Mode.—The sugar must be made into syrup; the garlic, onions, and ginger be finely pounded in a mortar; the mustard-seed be washed in cold vinegar, and dried in the sun; the apples be peeled, cored, and sliced, and boiled in a bottle and a half of the vinegar. When all this is done, and the apples are quite cold, put them into a large pan, and gradually mix the whole of the rest of the ingredients, including the remaining half-bottle of vinegar. It must be well stirred until the whole is thoroughly blended, and then put into bottles for use. Tie a piece of wet bladder over the mouths of the bottles, after they are well corked. This chetney is very superior to any which can be bought, and one trial will prove it to be delicious.

Note.—This recipe was given by a native to an English lady, who had long been a resident in India, and who, since her return to her native country, has become quite celebrated amongst her friends for the excellence of this Eastern relish.

[Illustration: GARLIC.]

GARLIC.—The smell of this plant is generally considered offensive, and it is the most acrimonious in its taste of the whole of the alliaceous tribe. In 1548 it was introduced to England from

时间。--微沸栗子1-1/2小时。平均成本,8便士。

孟加拉芒果酸辣酱制作食谱

392. 配料--1-1/2磅湿糖，3/4磅盐，

1/4 lb.大蒜，1/4 lb.洋葱，3/4 lb.姜粉，

1/4磅干辣椒，3/4磅芥菜籽，3/4磅去核葡萄干，2瓶最好的醋，30个大个未熟的酸苹果。

Mode。- 糖必须熬成糖浆；大蒜、洋葱和姜在研钵中细细捣碎；芥末籽用冷醋洗净，在阳光下晒干；苹果去皮、去核、切片，在一瓶半醋中煮。所有这些做好后，待苹果完全冷却，放入一个大锅中，逐渐拌入其余全部配料，包括剩下那半瓶醋。必须充分搅拌，直到全部彻底混合，然后装入瓶中备用。瓶子塞好软木塞后，用一块湿膀胱皮扎在瓶口上。这种酸辣酱远胜于任何市售品，一试便知美味。

注。--这道食谱由一位当地人所授，给一位长期居住在印度的英国女士；她回到祖国后，因这种东方调味品的出色而在朋友中颇有名气。

[插图：大蒜。]

大蒜。--这种植物的气味通常被认为刺鼻，其味道是全部葱蒜类中最辛辣的。1548年，它从

the shores of the Mediterranean, where it is abundant, and in Sicily it grows naturally. It was in greater repute with our ancestors than it is with ourselves, although it is still used as a seasoning herb. On the continent, especially in Italy, it is much used, and the French consider it an essential in many made dishes.

地中海沿岸，那里盛产此物，西西里岛亦有天然生长。我们的祖先比我们更看重它，尽管它至今仍被用作调味香草。在欧洲大陆，尤其是意大利，它被大量使用，法国人则认为它是许多烩制菜肴中不可或缺的配料。

CHILI VINEGAR.

辣椒醋。

393. INGREDIENTS.—50 fresh red English chilies, 1 pint of vinegar.

393. 配料--50个新鲜英国红辣椒，1品脱醋。

Mode.—Pound or cut the chilies in half, and infuse them in the vinegar for a fortnight, when it will be fit for use. This will be found an agreeable relish to fish, as many people cannot eat it without the addition of an acid and cayenne pepper.

做法。--将辣椒捣碎或切成两半，浸入醋中腌渍两周，即可使用。此醋佐鱼甚佳，因为许多人吃鱼时非加酸味与辣椒粉不可。

CHRISTOPHER NORTH'S SAUCE FOR MEAT OR GAME.

克里斯托弗·诺斯的肉类或野味酱汁。

394. INGREDIENTS.-1 glass of port wine, 2 tablespoonfuls of Harvey's sauce, 1 dessertspoonful of mushroom ketchup, ditto of pounded white sugar, 1 tablespoonful of lemon-juice, 1/4 teaspoonful of cayenne pepper, ditto of salt.

394. 配料。--1杯波特酒，2汤匙哈维酱汁，1甜点匙蘑菇番茄酱，同量白糖粉，1汤匙柠檬汁，1/4茶匙辣椒粉，同量盐。

Mode.—Mix all the ingredients thoroughly together, and heat the sauce gradually, by placing the vessel in which it is made in a saucepan of boiling water. Do not allow it to boil, and serve directly it is ready. This sauce, if bottled immediately, will keep good for a fortnight, and will be found excellent.

做法。--将所有配料充分混合，将盛器置于盛有沸水的炖锅中，使酱汁逐渐加热。切勿让其煮沸，做好后立即上桌。此酱汁若立即装瓶，可保存两周，品质极佳。

CONSOMME, or WHITE STOCK FOR MANY SAUCES.

清汤，或多用途白色高汤。

395. Consommé is made precisely in the same manner as stock

395. 清汤的制作方式与高汤完全相同

No. 107, and, for ordinary purposes, will be found quite good enough. When, however, a stronger stock is desired, either put in half the quantity of water, or double that of the meat. This is a very good foundation for all white sauces.

第107号，用于一般用途已足够好。然而，若需更浓的底汤，可将水量减半，或将肉量加倍。这是所有白酱汁极好的基础。

CRAB SAUCE FOR FISH (equal to Lobster Sauce).

鱼用蟹酱(等同于龙虾酱)。

396. INGREDIENTS.—1 crab; salt, pounded mace, and cayenne to taste; 1/2 pint of melted butter made with milk (*see* No. 380).

396. 配料。--1只蟹；盐、捣碎的肉豆蔻和辣椒粉适量；1/2品脱用牛奶制成的融化黄油(见第380号)。

Mode.—Choose a nice fresh crab, pick all the meat away from the shell, and cut it into small square pieces. Make 1/2 pint of melted butter by recipe No. 380, put in the fish and seasoning; let it gradually warm through, and simmer for 2 minutes. It should not boil.

做法。--选一只新鲜的好蟹，将蟹肉从壳中全部剔出，切成小方块。按第380号食谱制作1/2品脱融化黄油，放入蟹肉和调味，使其逐渐热透，微沸2分钟。不应煮沸。

Average cost, 1s. 2d.

平均成本，1先令2便士。

CREAM SAUCE FOR FISH OR WHITE DISHES.

用于鱼类或白色菜肴的奶油酱。

397. INGREDIENTS.—1/3 pint of cream, 2 oz. of butter, 1 teaspoonful of flour, salt and cayenne to taste; when liked, a small quantity of pounded mace or lemon-juice.

397. 配料。--1/3品脱奶油，2盎司黄油，1茶匙面粉，盐和辣椒粉适量；如喜欢，可加少量捣碎的肉豆蔻或柠檬汁。

Mode.—Put the butter in a very clean saucepan, dredge in the flour, and keep shaking round till the butter is melted. Add the seasoning and cream, and stir the whole till it boils; let it just simmer for 5 minutes, when add either pounded mace or lemon-juice to taste, to give it a flavour.

做法。--将黄油放入非常干净的炖锅中，撒入面粉，不断摇晃搅拌至黄油融化。加入调味和奶油，搅拌至煮沸；微沸5分钟，然后加入捣碎的肉豆蔻或柠檬汁调味，以增添风味。

Time.—5 minutes to simmer. *Average cost* for this quantity, 7d.

时间。--微沸5分钟。此量平均费用,7便士。

This sauce may be flavoured with very finely-shredded shalot.

此酱汁可用切得极细的葱头调味。

CUCUMBER SAUCE.

398. INGREDIENTS.—3 or 4 cucumbers, 2 oz. of butter, 6 tablespoonfuls of brown gravy.

Mode.—Peel the cucumbers, quarter them, and take out the seeds; cut them into small pieces; put them in a cloth, and rub them well, to take out the water which hangs about them. Put the butter in a saucepan, add the cucumbers, and shake them over a sharp fire until they are of a good colour. Then pour over it the gravy, mix this with the cucumbers, and simmer gently for 10 minutes, when it will be ready to serve.

Time.—Altogether, 1/2 hour.

PICKLED CUCUMBERS.

399. INGREDIENTS.—1 oz. of whole pepper, 1 oz. of bruised ginger; sufficient vinegar to cover the cucumbers.

Mode.—Cut the cucumbers in thick slices, sprinkle salt over them, and let them remain for 24 hours. The next day, drain them well for 6 hours, put them into a jar, pour boiling vinegar over them, and keep them in a warm place. In a short time, boil up the vinegar again, add pepper and ginger in the above proportion, and instantly cover them up. Tie them down with bladder, and in a few days they will be fit for use.

[Illustration: LONG PEPPER.]

LONG PEPPER.—This is the produce of a different plant from that which produces the black, it consisting of the half-ripe flower-heads of what naturalists call *Piper longum* and *chaba*. It is the

黄瓜酱。

398. 配料。--3或4根黄瓜，2盎司黄油，6汤匙棕色肉汁。

做法。--将黄瓜去皮，切成四瓣，去籽；切成小块；用布包好用力揉搓，以去除附着的水分。将黄油放入炖锅，加入黄瓜，在旺火上颠翻至色泽良好。然后倒入肉汁，与黄瓜拌匀，文火慢煮10分钟，即可上桌。

时间。--总共半小时。

腌黄瓜

399. 配料。--1盎司整粒胡椒，1盎司捣碎的姜；足量醋以浸没黄瓜。

做法。--将黄瓜切成厚片，撒上盐，静置24小时。次日，沥干6小时，放入罐中，倒入沸醋，置于温暖处。不久后，将醋再次煮沸，按上述比例加入胡椒和姜，立即密封。用膀胱膜扎紧，数日后即可食用。

[插图：长胡椒。]

长胡椒。--此物产自与黑胡椒不同的植物，由博物学家称为*Piper longum*和*chaba*的半熟花穗组成。它是

growth, however, of the same countries; indeed, all the spices are the produce of tropical climates only. Originally, the most valuable of these were found in the Spice Islands, or Moluccas, of the Indian Ocean, and were highly prized by the nations of antiquity. The Romans indulged in them to a most extravagant degree. The long pepper is less aromatic than the black, but its oil is more pungent.

然而，生长于相同的国家；事实上，所有香料都仅产于热带气候。最初，其中最有价值的发现于印度洋的香料群岛，即摩鹿加群岛，为古代各民族所珍视。罗马人对此极为奢侈地享用。长胡椒的香气不如黑胡椒，但其精油更为辛辣。

CUCUMBER SAUCE, WHITE.

白汁黄瓜酱。

400. INGREDIENTS.—3 or four cucumbers, 1/2 pint of white stock, No. 107, cayenne and salt to taste, the yolks of 3 eggs.

400. 配料--黄瓜3或4根，白色高汤1/2 pint，编号107,cayenne与盐适量，蛋黄3个。

Mode.—Cut the cucumbers into small pieces, after peeling them and taking out the seeds. Put them in a stewpan with the white stock and seasoning; simmer gently till the cucumbers are tender, which will be in about 1/4 hour. Then add the yolks of the eggs well beaten; stir them to the sauce, but do not allow it to boil, and serve very hot.

做法。--将黄瓜去皮去籽后切成小块。与白色底汤和调味一同放入炖锅；文火慢煮至黄瓜变软，约需1/4小时。然后加入打散的蛋黄；搅拌入酱汁，但不要让其煮沸，趁热上桌。

Time.—Altogether, 1/2 hour.

时间。--总共半小时。

CUCUMBER VINEGAR (a very nice Addition to Salads).

黄瓜醋(拌沙拉的上佳添加)。

401. INGREDIENTS.—10 large cucumbers, or 12 smaller ones, 1 quart of vinegar, 2 onions, 2 shalots, 1 tablespoonful of salt, 2 tablespoonfuls of pepper, 1/4 teaspoonful of cayenne.

401. 配料。--10根大黄瓜，或12根小黄瓜，1夸脱醋，2个洋葱，2个青葱，1汤匙盐，2汤匙胡椒，1/4茶匙辣椒粉。

Mode.—Pare and slice the cucumbers, put them in a stone jar or wide-mouthed bottle, with the vinegar; slice the onions and shalots, and add them, with all the other ingredients, to the cucumbers. Let it stand 4 or 5 days, boil it all up, and when cold, strain the liquor through a piece of muslin, and store it away in

做法。--将黄瓜削皮切片，与醋一同放入石罐或广口瓶中；将洋葱和青葱切片，连同所有其他配料加入黄瓜中。静置4或5天，全部煮沸，冷却后，用细布过滤液体，储存于

small bottles well sealed. This vinegar is a very nice addition to gravies, hashes, &e., as well as a great improvement to salads, or to eat with cold meat.

GERMAN METHOD OF KEEPING CUCUMBERS FOR WINTER USE.

402. INGREDIENTS.—Cucumbers, salt.

Mode.—Pare and slice the cucumbers (as for the table), sprinkle well with salt, and let them remain for 24 hours; strain off the liquor, pack in jars, a thick layer of cucumbers and salt alternately; tie down closely, and, when wanted for use, take out the quantity required. Now wash them well in fresh water, and dress as usual with pepper, vinegar, and oil.

[Illustration: THE CUCUMBER.]

THE CUCUMBER.—Though the melon is far superior in point of flavour to this fruit, yet it is allied to the cucumber, which is known to naturalists as *Cucumia sativus*. The modern Egyptians, as did their forefathers, still eat it, and others of its class. Cucumbers were observed, too, by Bishop Heber, beyond the Ganges, in India; and Burckhardt noticed them in Palestine. (See No. 127.)

AN EXCELLENT WAY OF PRESERVING CUCUMBERS.

403. INGREDIENTS.—Salt and water; 1 lb. of lump sugar, the rind of 1 lemon, 1 oz. of ginger, cucumbers.

Mode.—Choose the greenest cucumbers, and those that are most free from seeds; put them in strong salt and water, with a

密封良好的小瓶中。此醋是肉汁、烩肉等的极佳添加物，也能大大提升沙拉的风味，或与冷肉同食。

德国式黄瓜越冬保存法

402. 配料--黄瓜、盐。

做法。--将黄瓜削皮切片(如餐桌上所用)，撒上足量盐，静置24小时；滤去液体，装入罐中，一层黄瓜一层盐交替铺放；密封扎紧，需要时取出所需量。用清水洗净，照常以胡椒、醋和油调味。

[插图：黄瓜]

黄瓜。--虽然甜瓜在风味上远胜于此果，但它与黄瓜同属一类，博物学家称之为*Cucumia sativus*。现代埃及人与其祖先一样，仍食用黄瓜及其同类。赫伯主教在恒河以外的印度也观察到黄瓜；伯克哈特在巴勒斯坦亦注意到黄瓜。(见第127号。)

保存黄瓜的绝佳方法。

403. 配料。--盐和水；1磅块糖，1个柠檬的皮，1盎司姜，黄瓜。

做法。--选择最绿、籽最少的黄瓜；放入浓盐水中，配以

cabbage-leaf to keep them down; tie a paper over them, and put them in a warm place till they are yellow; then wash them and set them over the fire in fresh water, with a very little salt, and another cabbage-leaf over them; cover very closely, but take care they do not boil. If they are not a fine green, change the water again, cover them as before, and make them hot. When they are a good colour, take them off the fire and let them cool; cut them in quarters, take out the seeds and pulp, and put them into cold water. Let them remain for 2 days, changing the water twice each day, to draw out the salt. Put the sugar, with 1/4 pint of water, in a saucepan over the fire; remove the scum as it rises, and add the lemon-peel and ginger with the outside scraped off; when the syrup is tolerably thick, take it off the fire, and when *cold*, wipe the cucumbers *dry*, and put them in. Boil the syrup once in 2 or 3 days for 3 weeks; strengthen it if required, and let it be quite cold before the cucumbers are put in. Great attention must be paid to the directions in the commencement of this recipe, as, if these are not properly carried out, the result will be far from satisfactory.

用卷心菜叶把它们压住；在上面系一张纸，放在温暖处直到变黄；然后洗净，放入新鲜水中置于火上，加极少量的盐，再盖上另一张卷心菜叶；盖严，但注意不要煮。如果颜色不够绿，再换水，如前盖好，加热。颜色良好时，离火放凉；切成四块，取出籽和瓤，放入冷水中。浸泡2天，每天换水两次，以去除盐分。将糖与1/4 pint水放入锅中置于火上；撇去浮起的浮沫，加入刮去外皮的柠檬皮和姜；糖浆相当浓稠时离火，待其冷却后，将黄瓜擦干放入。在3周内每2或3天将糖浆煮一次；必要时加浓，并须待其完全冷却后再放入黄瓜。必须严格遵守本食谱开头的各项指示，因为若未正确执行，结果将远不能令人满意。

Seasonable.—This recipe should be used in June, July, or August.

时令。- 此食谱应在六月、七月或八月使用。

[Illustration: SALT-MINE AT NORTHWICH.]

[插图：诺斯威奇盐矿。]

COMMON SALT.—By this we mean salt used for cooking purposes, which is found in great abundance both on land and in the waters of the ocean. Sea or salt water, as it is often called, contains, it has been discovered, about three per cent, of salt on an average. Solid rocks of salt are also found in various parts of the world, and the county of Chester contains many of these mines, and it is from there that much of our salt comes. Some springs are so highly impregnated with salt, as to have received

普通食盐--这里指烹饪用盐，在陆地和海洋中均有大量存在。人们发现，海水或通常所称的盐水，平均含盐约百分之三。世界各地还发现 solid 盐岩，切斯特郡有许多这样的盐矿，我们的许多盐即产自那里。有些泉水含盐量极高，以致被称为

the name of "brine" springs, and are supposed to have become so by passing through the salt rocks below ground, and thus dissolving a portion of this mineral substance. We here give an engraving of a salt-mine at Northwich, Cheshire, where both salt-mines and brine-springs are exceedingly productive, and are believed to have been wrought so far back as during the occupation of Britain by the Romans.

名为"盐水"的泉水，据信是因流经地下盐岩层，溶解了部分这种矿物质而形成。此处我们给出柴郡诺斯威奇一座盐矿的版画，那里盐矿和盐水泉产量极高，据信早在罗马人占领不列颠时期便已开采。

CUSTARD SAUCE FOR SWEET PUDDINGS OR TARTS.

甜布丁或果馅饼的蛋奶酱。

404. INGREDIENTS.—1 pint of milk, 2 eggs, 3 oz. of pounded sugar, 1 tablespoonful of brandy.

404. 配料。--1品脱牛奶，2个鸡蛋，3盎司糖粉，1汤匙白兰地。

Mode.—Put the milk in a very clean saucepan, and let it boil. Beat the eggs, stir to them the milk and pounded sugar, and put the mixture into a jug. Place the jug in a saucepan of boiling water; keep stirring well until it thickens, but do not allow it to boil, or it will curdle. Serve the sauce in a tureen, stir in the brandy, and grate a little nutmeg over the top. This sauce may be made very much nicer by using cream instead of milk; but the above recipe will be found quite good enough for ordinary purposes.

Mode。把牛奶倒入一个非常干净的炖锅中，让它煮。把鸡蛋打散，将牛奶和捣碎的糖搅入其中，然后把混合物倒入一个壶中。把壶放入盛有煮水的炖锅中；不断充分搅拌，直到它变稠，但不要让它煮，否则它会凝结。把酱汁盛在汤碗中，搅入白兰地，并在表面磨上少许肉豆蔻。如果用奶油代替牛奶，这款酱汁会做得更加美味；但上述食谱对于一般用途来说已经足够好了。

Average cost, 6d. per pint.

平均成本，每品脱6便士。

Sufficient, this quantity, for 2 fruit tarts, or 1 pudding.

足量，此分量，用于2个水果挞，或1个布丁。

DUTCH SAUCE FOR FISH.

鱼用荷兰酱

405. INGREDIENTS.—1/2 teaspoonful of flour, 2 oz. of butter, 4 tablespoonfuls of vinegar, the yolks of 2 eggs, the juice of 1/2 lemon; salt to taste.

405. 配料。--1/2茶匙面粉，2盎司黄油，4汤匙醋，2个蛋黄，1/2个柠檬的汁；盐适量。

Mode.—Put all the ingredients, except the lemon-juice, into a stew-pan; set it over the fire, and keep continually stirring. When it is sufficiently thick, take it off, as it should not boil. If, however, it happens to curdle, strain the sauce through a tammy, add the lemon-juice, and serve. Tarragon vinegar may be used instead of plain, and, by many, is considered far preferable.

做法。--将除柠檬汁外的所有配料放入炖锅；置于火上，不断搅拌。当足够浓稠时，离火，因其不应煮沸。若万一凝结，将酱汁用细筛过滤，加入柠檬汁，上桌。可用龙蒿醋代替普通醋，许多人认为远胜于此。

Average cost, 6d.

平均成本，6便士。

Note.—This sauce may be poured hot over salad, and left to get quite cold, when it should be thick, smooth, and somewhat stiff. Excellent salads may be made of hard eggs, or the remains of salt fish flaked nicely from the bone, by pouring over a little of the above mixture when hot, and allowing it to cool.

注。--此酱汁可趁热浇在沙拉上，待其完全冷却，届时应浓稠、细腻、略显凝固。用硬煮蛋或从骨上仔细剔下的咸鱼残肉，趁热浇上少许上述混合物，待其冷却，可制成极佳的沙拉。

[Illustration: THE LEMON.]

[插图：柠檬。]

THE LEMON.—This fruit is a native of Asia, and is mentioned by Virgil as an antidote to poison. It is hardier than the orange, and, as one of the citron tribe, was brought into Europe by the Arabians. The lemon was first cultivated in England in the beginning of the 17th century, and is now often to be found in our green-houses. The kind commonly sold, however, is imported from Portugal, Spain, and the Azores. Some also come from St. Helena; but those from Spain are esteemed the best. Its juice is now an essential for culinary purposes; but as an antiscorbutic its value is still greater. This juice, which is called *citric acid*, may be preserved in bottles for a considerable time, by covering it with a thin stratum of oil. *Shrub* is made from it with rum and sugar.

柠檬--这种水果原产于亚洲，维吉尔曾提到它可解中毒。它比橙子更耐寒，作为香橼类之一，由阿拉伯人传入欧洲。柠檬最早于17世纪初在英国栽培，如今在我们的温室中常可见到。然而，通常出售的品种是从葡萄牙、西班牙和亚速尔群岛进口的。也有一些来自圣赫勒拿岛；但西班牙产的被视为最佳。其汁液如今是烹饪的必需品；但作为抗坏血病剂，其价值更为重大。这种汁液被称为柠檬酸，可通过在其上覆盖一层薄油而在瓶中保存相当长的时间。果汁酒是用朗姆酒和糖与之调制而成的。

GREEN DUTCH SAUCE, or HOLLANDAISE VERTE.

绿色荷兰酱，或绿色荷兰酸酱。

406. INGREDIENTS.—6 tablespoonfuls of Béchamel, No. 367,

406. 配料--6汤匙贝夏梅尔酱，编号367,

seasoning to taste of salt and cayenne, a little parsley-green to colour, the juice of 1/2 a lemon.

Mode.—Put the Béchamel into a saucepan with the seasoning, and bring it to a boil. Make a green colouring by pounding some parsley in a mortar, and squeezing all the juice from it. Let this just simmer, when add it to the sauce. A moment before serving, put in the lemon-juice, but not before; for otherwise the sauce would turn yellow, and its appearance be thus spoiled.

Average cost, 4d.

BÉCHAMEL SAUCE—This sauce takes its name from a Monsieur Béchamel, a rich French financier, who, according to Borne authorities, invented it; whilst others affirm he only patronized it. Be this as it may, it is one of the most pleasant sauces which come to table, and should be most carefully and intelligently prepared. It is frequently used, as in the above recipe, as a principal ingredient and basis for other sauces.

TO PICKLE EGGS.

407. INGREDIENTS.—16 eggs, 1 quart of vinegar, 1/2 oz. of Black pepper, 1/2 oz. of Jamaica pepper, 1/2 oz. of ginger.

Mode.—Boil the eggs for 12 minutes, then dip them into cold water, and take off the shells. Put the vinegar, with the pepper and ginger, into a stewpan, and let it simmer for 10 minutes. Now place the eggs in a jar, pour over them the vinegar, &c., boiling hot, and, when cold, tie them down with bladder to exclude the air. This pickle will be ready for use in a month.

Average cost, for this quantity, 1s. 9d.

用盐和卡宴辣椒调味，加少许欧芹碎叶调色，半个柠檬的汁。

做法。--将贝夏梅尔酱放入平底锅中，加入调味料，煮沸。在研钵中捣碎一些欧芹并挤出全部汁液，制成绿色着色剂。将此着色剂微微煮沸，然后加入酱汁中。上桌前片刻才放入柠檬汁，不可提前放入；否则酱汁会变黄，外观因而受损。

平均成本，4便士。

贝夏梅尔酱--此酱汁得名于贝夏梅尔先生，一位富有的法国金融家，据某些权威说法是他发明了此酱；而另一些人则断言他仅仅是赞助了它。无论如何，它是上桌的最美味的酱汁之一，应当极其仔细而明智地制作。它经常被使用，如上述食谱中，作为主要配料和其他酱汁的基底。

腌渍鸡蛋

407. 配料。--16个鸡蛋，1 quart醋，1/2 oz.黑胡椒，1/2 oz.牙买加胡椒，1/2 oz.姜。

做法。--将鸡蛋煮12分钟，然后浸入冷水中，剥去蛋壳。将醋与胡椒和姜放入炖锅中，微沸10分钟。现将鸡蛋放入罐中，将醋等煮沸后浇在鸡蛋上，待冷却后，用膀胱膜封口以隔绝空气。此腌菜一个月后即可食用。

平均成本，此数量为1先令9便士。

Seasonable.—This should be made about Easter, as at this time eggs are plentiful and cheap. A store of pickled eggs will be found very useful and ornamental in serving with many first and second course dishes.

[Illustration: GINGER.]

The ginger-plant, known to naturalists as *Zingiber officinale*, is a native, of the East and West Indies. It grows somewhat like the lily of the valley, but its height is about three feet. In Jamaica it flowers about August or September, fading about the end of the year. The fleshy creeping roots, which form the ginger of commerce, are in a proper state to be dug when the stalks are entirely withered. This operation is usually performed in January and February; and when the roots are taken out of the earth, each one is picked, scraped, separately washed, and afterwards very carefully dried. Ginger is generally considered as less pungent and heating to the system than might he expected from its effects on the organs of taste, and it is frequently used, with considerable effect, as an anti-spasmodic and carminative.

EGG BALLS FOR SOUPS AND MADE DISHES.

408. INGREDIENTS.—8 eggs, a little flour; seasoning to taste of salt.

Mode.—Boil 6 eggs for 20 minutes, strip off the shells, take the yolks and pound them in a mortar. Beat the yolks of the other 2 eggs; add them, with a little flour and salt, to those pounded; mix all well together, and roll into balls. Boil them before they are put into the soup or other dish they may be intended for.

时令。--此菜应在复活节前后制作，因为此时鸡蛋丰富且便宜。储备一些腌鸡蛋，在搭配许多头道和第二道菜肴上桌时，会非常有用且美观。

[插图：姜。]

姜科植物，博物学家称之为*Zingiber officinale*，原产于东印度和西印度群岛。它的生长形态有些像铃兰，但高度约为三英尺。在牙买加，它大约在八月或九月开花，到年底凋谢。形成商业生姜的肉质匍匐根，在茎完全枯萎时即可采挖。这一操作通常在正月和二月进行；根从土中取出后，每一根都要挑选、刮皮、分别洗净，然后非常仔细地干燥。生姜通常被认为对身体的辛辣和燥热作用不如从其对味觉器官的影响所预期的那么强，它常被用作解痉剂和驱风剂，效果相当显著。

汤和菜肴用的蛋球。

408. 配料--8个鸡蛋，少许面粉；按口味加盐调味。

做法。--将6个鸡蛋煮20分钟，剥去蛋壳，取出蛋黄在研钵中捣碎。将另外2个鸡蛋的蛋黄打散；连同少许面粉和盐加入捣碎的蛋黄中；将所有材料充分混合，搓成丸子。在放入汤或其他菜肴之前，先将丸子煮一下。

Time.—20 minutes to boil the eggs. *Average cost*, for this quantity, 8d.

Sufficient, 2 dozen balls for 1 tureen of soup.

EGG SAUCE FOR SALT FISH.

409. INGREDIENTS.—4 eggs, 1/2 pint of melted butter, No. 376; when liked, a very little lemon-juice.

Mode.—Boil the eggs until quite hard, which will be in about 20 minutes, and put them into cold water for 1/2 hour. Strip off the shells, chop the eggs into small pieces, not, however, too fine. Make the melted butter very smoothly, by recipe No. 376, and, when boiling, stir in the eggs, and serve very hot. Lemon-juice may be added at pleasure.

Time.—20 minutes to boil the eggs. *Average cost*, 8d.

Sufficient.—This quantity for 3 or 4 lbs. of fish.

Note.—When a thicker sauce is required, use one or two more eggs to the same quantity of melted butter.

EPICUREAN SAUCE FOR STEAKS, CHOPS, GRAVIES, OR FISH.

410. INGREDIENTS.—1/4 pint of walnut ketchup, 1/4 pint of mushroom ditto, 2 tablespoonfuls of Indian soy, 2 tablespoonfuls of port wine; 1/4 oz. of white pepper, 2 oz. of shalots, 1/4 oz. of cayenne, 1/4 oz. of cloves, 3/4 pint of vinegar.

Mode.—Put the whole of the ingredients into a bottle, and let it remain for a fortnight in a warm place, occasionally shaking up the contents. Strain, and bottle off for use. This sauce will be

时间。--煮鸡蛋需20分钟。平均费用，此分量，

8d.

足量，每盆汤配两打丸子。

咸鱼配蛋酱。

409. 配料。--4个鸡蛋，1/2 pint融化的黄油，第376号；如喜欢，可加极少量柠檬汁。

做法。--将鸡蛋煮至完全熟硬，约需20分钟，然后放入冷水中浸1/2小时。剥去蛋壳，将鸡蛋切成小块，但不要切得太碎。按第376号食谱将融化的黄油调至非常顺滑，煮沸时拌入鸡蛋，趁热上桌。可按喜好加入柠檬汁。

时间。--煮蛋需20分钟。平均成本，8便士。

足量。--此用量适用于3或4磅鱼。

注。--如需更浓稠的酱汁，可在同等量的融化黄油中多用一两个鸡蛋。

用于牛排、排骨、肉汁或鱼的伊壁鸠鲁式酱汁。

410. 配料。--1/4 pint核桃番茄酱，1/4 pint蘑菇番茄酱，2汤匙印度酱油，2汤匙波特酒；1/4 oz.白胡椒，2 oz.青葱，1/4 oz.卡宴辣椒，1/4 oz.丁香，3/4 pint醋。

做法。--将所有配料放入瓶中，在温暖处放置两周，不时摇动内容物。过滤后装瓶备用。此酱汁将

found an agreeable addition to gravies, hashes, stews, &c.

Average cost, for this quantity, 1s. 6d.

[Illustration: SHALOT.]

SHALOT, OR ESCHALOT.—This plant is supposed to have been introduced to England by the Crusaders, who found it growing wild in the vicinity of Ascalon. It is a bulbous root, and when full grown, its leaves wither in July. They ought to be taken up in the autumn, and when dried in the house, will keep till spring. It is called by old authors the "barren onion," and is used in sauces and pickles, soups and made dishes, and as an accompaniment to chops and steaks.

ESPAGNOLE, OR BROWN SPANISH SAUCE.

411. INGREDIENTS.—2 slices of lean ham, 1 lb. of veal, 1-1/2 pint of white stock, No. 107; 2 or 3 sprigs of parsley, 1/2 a bay-leaf, 2 or 3 sprigs of savoury herbs, 6 green onions, 3 shalots, 2 cloves, 1 blade of mace, 2 glasses of sherry or Madeira, thickening of butter and flour.

Mode.—Cut up the ham and veal into small square pieces, and put them into a stewpan. Moisten these with 1/2 pint of the stock No. 107, and simmer till the bottom of the stewpan is covered with a nicely-coloured glaze, when put in a few more spoonfuls to detach it. Add the remainder of the stock, with the spices, herbs, shalots, and onions, and simmer very gently for 1 hour. Strain and skim off every particle of fat, and when required for use, thicken with butter and flour, or with a little roux. Add the wine, and, if necessary, a seasoning of cayenne; when it will be ready to serve.

为肉汁、烩菜、炖菜等增添了一份令人愉悦的风味。

平均成本，此数量为1先令6便士。

[插图：青葱。]

青葱，或称埃沙洛葱。--此植物据信由十字军引入英格兰，他们发现它野生生长在阿斯卡隆附近。它是一种球茎根，长成后叶子在七月枯萎。应在秋季挖出，在室内晾干后可保存至春季。旧时作者称之为“不育洋葱”，用于酱汁和腌菜、汤和烩菜中，也作为排骨和牛排的配菜。

埃斯帕尼奥勒酱，即棕色西班牙酱。

411. 配料。--2片瘦火腿，1 lb.小牛肉，1-1/2 pint白色高汤，第107号；2或3枝欧芹，1/2片月桂叶，2或3枝香草，6根青葱，3个青葱，2粒丁香，1片肉豆蔻，2杯雪利酒或马德拉酒，黄油面粉芡。

做法。--将火腿和小牛肉切成小方块，放入炖锅中。用1/2 pint第107号高汤润湿，煨至炖锅底部覆上一层色泽漂亮的浓汁，再放入几勺高汤将其刮下。加入剩余的高汤，以及香料、香草、小葱头和洋葱，非常轻柔地煨1小时。过滤并撇去每一丝脂肪，需用时以黄油和面粉或少许油面糊勾芡。加入葡萄酒，如有必要再加卡宴辣椒调味；即可上桌。

Time.—1-1/2 hour.

Average cost, 2*s*. per pint.

Note.—The wine in this sauce may be omitted, and an onion sliced and fried of a nice brown substituted for it. This sauce or gravy is used for many dishes, and with most people is a general favourite.

FENNEL SAUCE FOR MACKEREL.

412. INGREDIENTS.—1/2 pint of melted butter, No. 376, rather more than 1 tablespoonful of chopped fennel.

Mode.—Make the melted butter very smoothly, by recipe No. 376; chop the fennel rather small, carefully cleansing it from any grit or dirt, and put it to the butter when this is on the point of boiling. Simmer for a minute or two, and serve in a tureen.

Time.—2 minutes.

Average cost, 4d.

Sufficient to serve with 5 or 6 mackerel.

[Illustration: FENNEL.]

FENNEL.—This elegantly-growing plant, of which the Latin name is *Anethum foeniculum*, grows best in chalky soils, where, indeed, it is often found wild. It is very generally cultivated in gardens, and has much improved on its original form. Various dishes are frequently ornamented and garnished with its graceful leaves, and these are sometimes boiled in soups, although it is more usually confined, in English cookery, to the mackerel sauce as here given.

FISH SAUCE.

时间。- 1-1/2小时。

平均成本，每品脱2先令。

注。--此酱汁中的酒可以省略，改用一片煎至漂亮棕色的洋葱代替。此酱汁或肉汁用于许多菜肴，对大多数人来说都是普遍喜爱的。

鲭鱼茴香酱

412. 配料。--1/2 pint融化的黄油，第376号，略多于1汤匙切碎的茴香。

做法。--按第376号食谱将融化的黄油调至非常顺滑；将茴香切得较碎，仔细清除任何沙粒或污物，在黄油即将煮沸时加入。微沸一两分钟，盛入汤碗中上桌。

时间。--2分钟。

平均成本，4便士。

足量可供搭配5或6条鲭鱼。

[插图：茴香。]

茴香。--这种优雅生长的植物，拉丁名为*Anethum foeniculum*，在石灰质土壤中生长最佳，确实常在那里野生发现。它在园圃中被广泛栽培，已比其原始形态大为改良。各种菜肴常用其优美的叶子装饰和点缀，这些叶子有时也煮入汤中，尽管在英国烹饪中更通常仅限于此处所给的鲭鱼酱汁。

鱼酱。

413. INGREDIENTS.—1-1/2 oz. of cayenne, 2 tablespoonfuls of walnut ketchup, 2 tablespoonfuls of soy, a few shreds of garlic and shalot, 1 quart of vinegar.

Mode.—Put all the ingredients into a large bottle, and shake well every day for a fortnight. Keep it in small bottles well sealed, and in a few days it will be fit for use.

Average cost, for this quantity, 1s.

FORCEMEAT BALLS FOR FISH SOUPS.

414. INGREDIENTS.—1 middling-sized lobster, 1/2 an anchovy, 1 head of boiled celery, the yolk of a hard-boiled egg; salt, cayenne, and mace to taste; 4 tablespoonfuls of bread crumbs, 2 oz. of butter, 2 eggs.

Mode.—Pick the meat from the shell of the lobster, and pound it, with the soft parts, in a mortar; add the celery, the yolk of the hard-boiled egg, seasoning, and bread crumbs. Continue pounding till the whole is nicely amalgamated. Warm the butter till it is in a liquid state; well whisk the eggs, and work these up with the pounded lobster-meat. Make into balls of about an inch in diameter, and fry of a nice pale brown.

Sufficient, from 18 to 20 balls for 1 tureen of soup.

FORCEMEAT FOR COLD SAVOURY PIES.

415. INGREDIENTS.—1 lb. of veal, 1 lb. of fat bacon; salt, cayenne, pepper, and pounded mace to taste; a very little nutmeg, the same of chopped lemon-peel, 1/2 teaspoonful of chopped

413. 配料。--1-1/2 oz.卡宴辣椒，2汤匙核桃番茄酱，2汤匙酱油，少许蒜和青葱丝，1 quart醋。

做法。--将所有配料放入大瓶中，每天充分摇动，持续两周。装入小瓶密封保存，数日后即可使用。

平均成本，按此数量计，为1先令。

鱼汤用肉馅丸子

414. 配料。--1只中等大小的龙虾，1/2条鳀鱼，1棵煮熟的芹菜，1个煮硬鸡蛋的蛋黄；盐、卡宴辣椒和肉豆蔻按口味添加；4汤匙面包屑，2 oz.黄油，2个鸡蛋。

做法。--从龙虾壳中取出肉，连同软的部分在研钵中捣碎；加入芹菜、煮硬鸡蛋的蛋黄、调味料和面包屑。继续捣碎直至全部充分融合。将黄油加热至液态；将鸡蛋充分打散，与捣碎的龙虾肉一起搅拌。搓成直径约一英寸的丸子，煎至漂亮的浅棕色。

足量，每盆汤用十八至二十个。

冷盘咸味馅饼用肉馅。

415. 配料。--1 lb.小牛肉，1 lb.肥培根；盐、卡宴辣椒、胡椒和捣碎的肉豆蔻按口味添加；极少量肉豆蔻，同样量的切碎柠檬皮，1/2茶匙切碎的

parsley, 1/2 teaspoonful of minced savoury herbs, 1 or 2 eggs.

Mode.—Chop the veal and bacon together, and put them in a mortar with the other ingredients mentioned above. Pound well, and bind with 1 or 2 eggs which have been previously beaten and strained. Work the whole well together, and the forcemeat will be ready for use. If the pie is not to be eaten immediately, omit the herbs and parsley, as these would prevent it from keeping. Mushrooms or truffles may be added.

Sufficient for 2 small pies.

[Illustration: MARJORAM.]

MARJORAM.—Although there are several species of marjoram, that which is known as the sweet or knotted marjoram, is the one usually preferred in cookery. It is a native of Portugal, and when its leaves are used as a seasoning herb, they have an agreeable aromatic flavour. The winter sweet marjoram used for the same purposes, is a native of Greece, and the pot-marjoram is another variety brought from Sicily. All of them are favourite ingredients in soups, stuffings, &c.

FORCEMEAT FOR PIKE, CARP, HADDOCK, AND VARIOUS KINDS OF FISH.

416. INGREDIENTS.—1 oz. of fresh butter, 1 oz. of suet, 1 oz. of fat bacon, 1 small teaspoonful of minced savoury herbs, including parsley; a little onion, when liked, shredded very fine; salt, nutmeg, and cayenne to taste; 4 oz. of bread crumbs, 1 egg.

Mode.—Mix all the ingredients well together, carefully mincing them very finely; beat up the egg, moisten with it, and work the whole very smoothly together. Oysters or anchovies may be added

欧芹，1/2茶匙切碎的香草，1或2个鸡蛋。

做法。--将小牛肉和培根一起切碎，与上述其他配料一起放入研钵中。充分捣碎，用1或2个事先打散并过滤的鸡蛋粘合。将所有材料充分拌匀，馅料即可使用。如果馅饼不是立即食用，省略香草和欧芹，因为这些会妨碍保存。可加入蘑菇或松露。

足量可做2个小馅饼。

[插图：马郁兰]

马郁兰。--虽然马郁兰有几个品种，但被称为甜马郁兰或多节马郁兰的，是烹饪中通常首选的一种。它原产于葡萄牙，其叶子用作调味香草时，具有宜人的芳香风味。用于相同目的的冬甜马郁兰原产于希腊，而盆栽马郁兰是另一种从西西里带来的变种。它们都是汤、馅料等中受欢迎的配料。

用于狗鱼、鲤鱼、黑线鳕及各种鱼类的馅料。

416. 配料。--1 oz.新鲜黄油，1 oz.板油，1 oz.肥培根，1小茶匙切碎的香草(包括欧芹)；如喜欢可加少许洋葱，切得极细；盐、肉豆蔻和卡宴辣椒按口味添加；4 oz.面包屑，1个鸡蛋。

做法。--将所有配料充分混合，仔细切得极细；打散鸡蛋，用其润湿，将所有材料搅拌至非常顺滑。可加入牡蛎或鳀鱼

to this forcemeat, and will be found a great improvement.

Average cost, 6d.

Sufficient for a moderate-sized haddock or pike.

FORCEMEAT FOR VEAL, TURKEYS, FOWLS, HARE, &c.

417. INGREDIENTS.—2 oz. of ham or lean bacon, 1/4 lb. of suet, the rind of half a lemon, 1 teaspoonful of minced parsley, 1 teaspoonful of minced sweet herbs; salt, cayenne, and pounded mace to taste; 6 oz. of bread crumbs, 2 eggs.

Mode.—Shred the ham or bacon, chop the suet, lemon-peel, and herbs, taking particular care that all be very finely minced; add a seasoning to taste, of salt, cayenne, and mace, and blend all thoroughly together with the bread crumbs, before wetting. Now beat and strain the eggs, work these up with the other ingredients, and the forcemeat will be ready for use. When it is made into balls, fry of a nice brown, in boiling lard, or put them on a tin and bake for 1/2 hour in a moderate oven. As we have stated before, no one flavour should predominate greatly, and the forcemeat should be of sufficient body to cut with a knife, and yet not dry and heavy. For very delicate forcemeat, it is advisable to pound the ingredients together before binding with the egg; but for ordinary cooking, mincing very finely answers the purpose.

Average cost, 8d.

Sufficient for a turkey, a moderate-sized fillet of veal, or a hare.

Note.—In forcemeat for HARE, the liver of the animal is sometimes added. Boil for 5 minutes, mince it very small, and mix it with the other ingredients. If it should be in an unsound state, it

加到这个馅料里，会发现大有改进。

平均成本，6便士。

足够用于中等大小的黑线鳕或狗鱼。

小牛肉、火鸡、家禽、野兔等用的馅料

417. 配料。--2 oz.火腿或瘦培根，1/4 lb.板油，半个柠檬的皮，1茶匙切碎的欧芹，1茶匙切碎的甜香草；盐、卡宴辣椒和捣碎的肉豆蔻按口味添加；6 oz.面包屑，2个鸡蛋。

做法。--将火腿或培根切丝，将板油、柠檬皮和香草剁碎，务必切得极细；加入适量盐、卡宴辣椒和肉豆蔻调味，在加湿之前与面包屑充分拌匀。然后将鸡蛋打散并过滤，与其他配料一起搅匀，馅料即可使用。将其做成丸子，在滚沸的猪油中炸至漂亮的棕色，或放在铁皮烤盘上，在中等温度的烤箱中烤1/2小时。如前所述，任何一种味道都不应过于突出，馅料应具有足够的稠度以便用刀切开，但又不能干硬沉重。对于非常精细的馅料，建议在加蛋液粘合之前将配料一起捣碎；但用于普通烹饪，切得极细即可达到目的。

平均成本，8便士。

足量用于一只火鸡、一块中等大小的去骨小牛肉片或一只野兔。

注。--在野兔馅料中，有时加入该动物的肝脏。煮5分钟，切得极碎，与其他配料混合。如果它处于不新鲜的状态，则

must be on no account made use of.

[Illustration: BASIL.]

SWEET HERBS.—Those most usually employed for purposes of cooking, such as the flavouring of soups, sauces, forcemeats, &c., are thyme, sage, mint, marjoram, savory, and basil. Other sweet herbs are cultivated for purposes of medicine and perfumery: they are most grateful both to the organs of taste and smelling; and to the aroma derived from them is due, in a great measure, the sweet and exhilarating fragrance of our "flowery meads." In town, sweet herbs have to be procured at the greengrocers' or herbalists', whilst, in the country, the garden should furnish all that are wanted, the cook taking great care to have some dried in the autumn for her use throughout the winter months.

FORCEMEAT FOR BAKED PIKE.

418. INGREDIENTS.—3 oz. of bread crumbs, 1 teaspoonful of minced savoury herbs, 8 oysters, 2 anchovies (these may be dispensed with), 2 oz. of suet; salt, pepper, and pounded mace to taste; 6 tablespoonfuls of cream or milk, the yolks of 2 eggs.

Mode.—Beard and mince the oysters, prepare and mix the other ingredients by recipe No. 416, and blend the whole thoroughly together. Moisten with the cream and eggs, put all into a stewpan, and stir it over the fire till it thickens, when put it into the fish, which should have previously been cut open, and sew it up.

Time.—4 or 6 minutes to thicken.

Average cost, 10d.

绝不能使用。

[插图：罗勒。]

甜香草--最常用于烹饪目的的香草，如为汤、酱汁、馅料等调味，有百里香、鼠尾草、薄荷、马郁兰、香薄荷和罗勒。其他甜香草则用于医药和香料用途：它们对味觉和嗅觉器官最为宜人；我们“花团锦簇的草地”那甜美而令人振奋的芬芳，在很大程度上正是源于它们散发的香气。在城里，甜香草须从蔬菜水果商或草药商处购得；而在乡下，花园应能提供所需的一切，厨师须格外留心在秋季晾干一些，供整个冬季月份使用。

烤狗鱼用的馅料。

418. 配料--3 oz.面包屑，1茶匙切碎的香草，8只牡蛎，2条鲽鱼(可省略),2 oz. 板油；盐、胡椒和适量捣碎的肉豆蔻；6汤匙奶油或牛奶，2个蛋黄。

做法--将牡蛎去须切碎，按第416号食谱准备并混合其他配料，将全部彻底拌匀。用奶油和鸡蛋润湿，全部放入炖锅中，在火上搅拌至浓稠，然后将其填入鱼腹，鱼应事先剖开并缝好。

时间。- 4 或 6 分钟收稠。

平均成本，10便士。

Sufficient for a moderate-sized pike.

FRENCH FORCEMEAT.

419. It will be well to state, in the beginning of this recipe, that French forcemeat, or quenelles, consist of the blending of three separate processes; namely, panada, udder, and whatever meat you intend using.

PANADA.

420. INGREDIENTS.—The crumb of 2 penny rolls, 4 tablespoonfuls of white stock, No. 107, 1 oz. of butter, 1 slice of ham, 1 bay-leaf, a little minced parsley, 2 shalots, 1 clove, 2 blades of mace, a few mushrooms (when obtainable), butter, the yolks of 2 eggs.

Mode.—Soak the crumb of the rolls in milk for about 1/2 hour, then take it out, and squeeze so as to press the milk from it; put the soaked bread into a stewpan with the above quantity of white stock, and set it on one side; then put into a separate stewpan 1 oz. of butter, a slice of lean ham cut small, with a bay-leaf, herbs, mushrooms, spices, &c., in the above proportions, and fry them gently over a slow fire. When done, moisten with 2 teacupfuls of white stock, boil for 20 minutes, and strain the whole through a sieve over the panada in the other stewpan. Place it over the fire, keep constantly stirring, to prevent its burning, and when quite dry, put in a small piece of butter. Let this again dry up by stirring over the fire; then add the yolks of 2 eggs, mix well, put the panada to cool on a clean plate, and use it when required. Panada should always be well flavoured, as the forcemeat receives no

足够供一条中等大小的狗鱼之用。

法式馅料。

419. 在本食谱开头应当说明，法式肉馅或肉丸由三种独立工序混合而成；即面包糊、牛乳房以及您打算使用的任何肉类。

PANADA。

420. 配料--2个一便士面包卷的面包心，4汤匙白色高汤，第107号，1 oz.黄油，1片火腿，1片月桂叶，少许切碎的欧芹，2个红葱头，1粒丁香，2片肉豆蔻，少许蘑菇(如能获得)，黄油，2个蛋黄。

模式。--将小面包卷的面包心在牛奶中浸泡约半小时，然后取出，挤压以挤出牛奶；将浸泡过的面包放入炖锅，加入上述份量的白色高汤，置于一旁；另取一炖锅，放入1 oz.黄油、一小片切碎的瘦火腿，加上月桂叶、香草、蘑菇、香料等，份量如上，用文火慢慢煎。煎好后，加入2茶杯白色高汤润湿，煮20分钟，然后将全部经筛网滤入另一炖锅中盛有面包糊的锅上。置于火上，不断搅拌以防烧焦，待完全干后，放入一小块黄油。再次搅拌收干；然后加入2个蛋黄，拌匀，将面包糊倒在干净盘子上冷却，需要时使用。面包糊应始终调味充分，因为馅料不会

taste from any of the other ingredients used in its preparation.

其味道不受制作过程中使用的任何其他配料影响。

Boiled Calf's Udder for French Forcemeats.

法式肉馅用煮小牛乳房

421. Put the udder into a stewpan with sufficient water to cover it; let it stew gently till quite done, when take it out to cool. Trim all the upper parts, cut it into small pieces, and pound well in a mortar, till it can be rubbed through a sieve. That portion which passes through the strainer is one of the three ingredients of which French forcemeats are generally composed; but many cooks substitute butter for this, being a less troublesome and more expeditious mode of preparation.

421. 将牛乳房放入炖锅，加足量水覆盖；用文火炖至完全熟透，取出冷却。修整所有上部，切成小块，在研钵中充分捣碎，直至能通过筛子擦滤。通过滤网的部分是法式肉馅通常组成的三种配料之一；但许多厨师用黄油代替，因为这样准备更省事、更快捷。

[Illustration: PESTLE AND MORTAR.]

[插图：研钵与研杵。]

PESTLE AND MORTAR.—No cookery can be perfectly performed without the aid of the useful instruments shown in the engraving. For pounding things sufficiently fine, they are invaluable, and the use of them will save a good deal of time, besides increasing the excellence of the preparations. They are made of iron, and, in that material, can be bought cheap; but as these are not available, for all purposes, we should recommend, as more economical in the end, those made of Wedgwood, although these are considerably more expensive than the former.

杵与臼--没有图中所示这些有用器具的辅助，任何烹饪都无法完美完成。要将东西捣得足够细，它们是无价之宝，使用它们能节省大量时间，此外还能提高成品的优良程度。它们由铁制成，以这种材料可以廉价购得；但由于并非所有用途都适用，我们建议，从长远看更经济的是韦奇伍德陶制的，尽管这些比前者贵得多。

Veal Quenelles.

小牛肉丸子。

422. INGREDIENTS.—Equal quantities of veal, panada (No. 420), and calf's udder (No. 421), 2 eggs; seasoning to taste of pepper, salt, and pounded mace, or grated nutmeg; a little flour.

422. 配料--等量的小牛肉、面包糊(第420号)和小牛乳房(第421号),2个鸡蛋；适量胡椒、盐和捣碎的肉豆蔻或磨碎的肉豆蔻调味；少许面粉。

Mode.—Take the fleshy part of veal, scrape it with a knife, till all the meat is separated from the sinews, and allow about 1/2 lb. for an entrée. Chop the meat, and pound it in a mortar till reduced to

做法--取小牛肉的肉部分，用刀刮至所有肉与筋分离，约留1/2 lb.用于一道主菜。将肉剁碎，在研钵中捣至

a paste; then roll it into a ball; make another of panada (No. 420), the same size, and another of udder (No. 421), taking care that these three balls be of the same *size*. It is to be remembered, that equality of *size*, and not of weight, is here necessary. When the three ingredients are properly prepared, pound them altogether in a mortar for some time; for the more quenelles are pounded, the more delicate they are. Now moisten with the eggs, whites and yolks, and continue pounding, adding a seasoning of pepper, spices, &c. When the whole is well blended together, mould it into balls, or whatever shape is intended, roll them in flour, and poach in boiling water, to which a little salt should have been added. If the quenelles are not firm enough, add the yolk of another egg, but omit the white, which only makes them hollow and puffy inside. In the preparation of this recipe, it would be well to bear in mind that the ingredients are to be well pounded and seasoned, and must be made hard or soft according to the dishes they are intended for. For brown or white ragoûts they should be firm, and when the quenelles are used very small, extreme delicacy will be necessary in their preparation. Their flavour may be varied by using the flesh of rabbit, fowl, hare, pheasant, grouse, or an extra quantity of mushroom, parsley, &c.

一份糊状物；然后将其搓成一个球；再用帕纳达(第420号)做一个同样大小的球，再用乳房(第421号)做一个球，注意这三个球的大小必须相同。需要记住的是，这里需要的是大小相等，而非重量相等。当这三种配料准备妥当后，将它们一起放入研钵中捣一段时间；因为奎内尔捣得越久，就越细腻。现在用鸡蛋(蛋白和蛋黄)润湿，继续捣，加入胡椒、香料等调味。当全部混合均匀后，将其塑成球状或任何想要的形状，滚上面粉，放入加了少许盐的沸水中水煮。如果奎内尔不够紧实，可加入另一个蛋黄，但不要加蛋白，蛋白只会使它们内部空洞蓬松。在制作这道食谱时，最好记住配料要充分捣碎并调味，且必须根据所配菜肴的需要做得硬或软。对于棕色或白色拉古菜，它们应该紧实；当奎内尔用得非常小时，制作时需要极其精细。其风味可以通过使用兔肉、禽肉、野兔肉、野鸡肉、松鸡肉，或额外加量的蘑菇、欧芹等来变化。

Time,—About 1/4 hour to poach in boiling water.

时间,--在沸水中煮约1/4小时。

Sufficient, 1/2 lb. of veal or other meat, with other ingredients in proportion, for 1 entrée.

足够,1/2 lb.小牛肉或其他肉类，其他配料按比例，用于1道主菜。

Note.—The French are noted for their skill in making forcemeats; one of the principal causes of their superiority in this respect being, that they pound all the ingredients so diligently and thoroughly. Any one with the slightest pretensions to refined

注--法国人以制作肉馅的技艺著称；他们在这一方面优越的主要原因之一是，他们如此勤勉彻底地捣碎所有配料。任何稍有精致烹饪

cookery, must, in this particular, implicitly follow the example of our friends across the Channel.

FORCEMEAT, or QUENELLES, FOR TURTLE SOUP.

(*See No*. 189.)

423. SOYER'S RECIPE FOR FORCEMEATS.—Take a pound and a half of lean veal from the fillet, and cut it in long thin slices; scrape with a knife till nothing but the fibre remains; put it in a mortar, pound it 10 minutes, or until in a purée; pass it through a wire sieve (use the remainder in stock); then take 1 pound of good fresh beef suet, which skin, shred, and chop very fine; put it in a mortar and pound it; then add 6 oz. of panada (that is, bread soaked in milk and boiled till nearly dry) with the suet; pound them well together, and add the veal; season with a teaspoonful of salt, a quarter one of pepper, half that of nutmeg; work all well together; then add four eggs by degrees, continually pounding the contents of the mortar. When well mixed, take a small piece in a spoon, and poach it in some boiling water; and if it is delicate, firm, and of a good flavour, it is ready for use.

FRIED BREAD CRUMBS.

424. Cut the bread into thin slices, place them in a cool oven overnight, and when thoroughly dry and crisp, roll them down into fine crumbs. Put some lard, or clarified dripping, into a frying-pan; bring it to the boiling-point, throw in the crumbs, and fry them very quickly. Directly they are done, lift them out with a slice, and drain them before the fire from all greasy moisture. When quite crisp, they are ready for use. The fat they are fried in should be clear, and the crumbs should not have the slightest

烹饪追求的人，在这方面必须切实效仿海峡对岸朋友们的做法。

甲鱼汤用的肉馅或肉丸。

(见第189条。)

423.索耶的馅料食谱--取一磅半里脊瘦小牛肉，切成长薄片；用刀刮至只剩纤维；放入臼中，捣10分钟，或至成泥；用金属筛网过滤(剩余部分用于高汤)；然后取1磅优质新鲜牛板油，去膜、切丝、剁碎；放入臼中捣；然后加入6 oz.面包糊(即将面包浸泡牛奶中煮至近干)与板油；一并捣匀，加入小牛肉；用一茶匙盐、四分之一茶匙胡椒、半份肉豆蔻调味；全部拌匀；然后逐个加入四个鸡蛋，不断捣臼中内容物。拌匀后，用勺取一小块，在沸水中汆一下；若细腻、紧实且风味良好，即可使用。

炸面包屑。

424. 将面包切成薄片，放入冷烤箱中过夜，待其完全干燥酥脆后，擀成细面包屑。在煎锅中放入一些猪油或澄清的滴油；加热至沸点，投入面包屑，快速煎炸。一旦煎好，立即用铲子捞出，在火前沥干所有油脂水分。待其完全酥脆，即可使用。煎炸所用的油脂应清澈，面包屑不应有丝毫

appearance or taste of having been, in the least degree, burnt.

外观或味道上丝毫没有被烧焦的痕迹。

FRIED SIPPETS OF BREAD (for Garnishing many Dishes).

油炸面包丁(用于多道菜肴的装饰)。

425. Cut the bread into thin slices, and stamp them out in whatever shape you like,—rings, crosses, diamonds, &c. &c. Fry them in the same manner as the bread crumbs, in clear boiling lard, or clarified dripping, and drain them until thoroughly crisp before the fire. When variety is desired, fry some of a pale colour, and others of a darker hue.

425. 将面包切成薄片，用您喜欢的任何形状印出--圆环、十字、菱形等。像炸面包屑一样，在清澈的沸猪油或澄清的滴油中煎炸，并在火前沥干至完全酥脆。如需变化，可将一些炸成浅色，另一些炸成较深颜色。

FRIED BREAD FOR BORDERS.

镶边用炸面包

426. Proceed as above, by frying some slices of bread cut in any fanciful shape. When quite crisp, dip one side of the sippet into the beaten white of an egg mixed with a little flour, and place it on the edge of the dish. Continue in this manner till the border is completed, arranging the sippets a pale and a dark one alternately.

426. 按上述方法操作，将面包切成任意花式形状煎炸。完全酥脆后，将面包片的一面蘸入打散的蛋清(混少许面粉)，放在盘边。继续如此直至围边完成，浅色和深色面包片交替排列。

GENEVESE SAUCE FOR SALMON, TROUT, &c.

热那亚酱，用于三文鱼、鳟鱼等。

427. INGREDIENTS.—1 small carrot, a small faggot of sweet herbs, including parsley, 1 onion, 5 or 6 mushrooms (when obtainable), 1 bay-leaf, 6 cloves, 1 blade of mace, 2 oz. of butter, 1 glass of sherry, 1-1/2 pint of white stock, No. 107, thickening of butter and flour, the juice of half a lemon.

427. 配料--1小根胡萝卜，一小束香草(包括欧芹),1个洋葱，5或6个蘑菇(如能获得),1片月桂叶，6粒丁香，1片肉豆蔻，2 oz.黄油，1杯雪利酒，1-1/2 pint白色高汤，第107号，黄油面粉芡，半个柠檬的汁。

Mode.—Cut up the onion and carrot into small rings, and put them into a stewpan with the herbs, mushrooms, bay-leaf, cloves, and mace; add the butter, and simmer the whole very gently over a slow fire until the onion is quite tender. Pour in the stock and sherry, and stew slowly for 1 hour, when strain it off into a clean

做法--将洋葱和胡萝卜切成小圆环，与香草、蘑菇、月桂叶、丁香和肉豆蔻一起放入炖锅；加入黄油，在慢火上非常轻柔地煨至洋葱完全软烂。倒入高汤和雪利酒，慢炖1小时，然后滤入干净的

saucepan. Now make a thickening of butter and flour, put it to the sauce, stir it over the fire until perfectly smooth and mellow, add the lemon-juice, give one boil, when it will be ready for table.

Time.—Altogether 2 hours.

Average cost, 1s. 3d per pint.

Sufficient, half this quantity for two slices of salmon.

[Illustration: SAGE.]

SAGE.—This was originally a native of the south of Europe, but it has long been cultivated in the English garden. There are several kinds of it, known as the green, the red, the small-leaved, and the broad-leaved balsamic. In cookery, its principal use is for stuffings and sauces, for which purpose the red is the most agreeable, and the green the next. The others are used for medical purposes.

PICKLED GHERKINS.

428. INGREDIENTS.—Salt and water, 1 oz. of bruised ginger, 1/2 oz. of whole black pepper, 1/4 oz. of whole allspice, 4 cloves, 2 blades of mace, a little horseradish. This proportion of pepper, spices, &c., for 1 quart of vinegar.

Mode.—Let the gherkins remain in salt and water for 3 or 4 days, when take them out, wipe perfectly dry, and put them into a stone jar. Boil sufficient vinegar to cover them, with spices and pepper, &c., in the above proportion, for 10 minutes; pour it, quite boiling, over the gherkins, cover the jar with vine-leaves, and put over them a plate, setting them near the fire, where they must remain all night. Next day drain off the vinegar, boil it up again,

炖锅中。现在用黄油和面粉制作芡汁，加入酱汁中，在火上搅拌至完全光滑醇厚，加入柠檬汁，煮沸一次，即可上桌。

时间。--共计2小时。

平均成本，每品脱1先令3便士。

足量，两片鲑鱼用此量的一半。

[插图：鼠尾草。]

鼠尾草--原产于欧洲南部，但长期在英国花园中栽培。有几种，称为绿鼠尾草、红鼠尾草、小叶鼠尾草和大叶香脂鼠尾草。在烹饪中，其主要用途是制作馅料和酱汁，为此红色最为宜人，绿色次之。其他用于医疗目的。

腌小黄瓜

428. 配料--盐和水，1 oz.捣碎的姜，1/2 oz.整粒黑胡椒，1/4 oz.整粒多香果，4粒丁香，2片肉豆蔻，少许辣根。此比例的胡椒、香料等，用于1 quart醋。

做法--将小黄瓜在盐水中浸泡3或4天，取出，完全擦干，放入石罐中。将足量醋与上述比例的香料和胡椒等煮沸10分钟；趁沸腾浇在小黄瓜上，用葡萄叶覆盖罐口，上面放一个盘子，置于火边，须放置一整夜。次日沥出醋，再次煮沸，

and pour it hot over them. Cover up with fresh leaves, and let the whole remain till quite cold. Now tie down closely with bladder to exclude the air, and in a month or two, they will be fit for use.

Time.—4 days.

Seasonable from the middle of July to the end of August.

[Illustration: GHERKINS.]

GHERKINS.—Gherkins are young cucumbers; and the only way in which they are used for cooking purposes is pickling them, as by the recipe here given. Not having arrived at maturity, they have not, of course, so strongly a developed flavour as cucumbers, and, as a pickle, they are very general favourites.

GOOSEBERRY SAUCE FOR BOILED MACKEREL.

429. INGREDIENTS.—1 pint of green gooseberries, 3 tablespoonfuls of Béchamel, No. 367 (veal gravy may be substituted for this), 2 oz. of fresh butter; seasoning to taste of salt, pepper, and grated nutmeg.

Mode.—Boil the gooseberries in water until quite tender; strain them, and rub them through a sieve. Put into a saucepan the Béchamel or gravy, with the butter and seasoning; add the pulp from the gooseberries, mix all well together, and heat gradually through. A little pounded sugar added to this sauce is by many persons considered an improvement, as the saccharine matter takes off the extreme acidity of the unripe fruit.

Time.—Boil the gooseberries from 20 minutes to 1/2 hour.

Sufficient, this quantity, for a large dish of mackerel.

趁热浇在上面。用新鲜叶子覆盖，让全部完全冷却。现在用膀胱膜紧密封口以隔绝空气，一两个月后即可食用。

时间。--4天。

时令七月中旬至八月底。

[插图：小黄瓜。]

小黄瓜--小黄瓜是嫩黄瓜；用于烹饪的唯一方式是腌制，如本食谱所示。由于尚未成熟，它们当然没有黄瓜那样强烈的风味，作为腌菜，它们非常普遍地受人喜爱。

煮鲭鱼配醋栗酱

429. 配料--1 pint绿醋栗，3汤匙贝夏梅尔酱，第367号(可用小牛肉肉汁代替),2 oz.新鲜黄油；适量盐、胡椒和磨碎的肉豆蔻调味。

做法--将醋栗在水中煮至完全软烂；滤出，用筛子擦成泥。将贝夏梅尔酱或肉汁与黄油和调味料放入炖锅；加入醋栗果泥，全部拌匀，逐渐加热。许多人认为在此酱汁中加入少许捣碎的糖会更好，因为糖分能去除未熟水果的极度酸味。

时间--将醋栗煮20分钟至半小时。

足量，此分量，供一大盘鲭鱼之用。

Seasonable from May to July.

[Illustration: THE GOOSEBERRY.]

THE GOOSEBERRY.—This useful and wholesome fruit (*Ribes grossularia*) is thought to be indigenous to the British Isles, and may be occasionally found in a wild state in some of the eastern counties, although, when uncultivated, it is but a very small and inferior berry. The high state of perfection to which it has been here brought, is due to the skill of the English gardeners; for in no other country does it attain the same size and flavour. The humidity of the British climate, however, has doubtless something to do with the result; and it is said that gooseberries produced in Scotland as far north as Inverness, are of a very superior character. Malic and citric acid blended with sugar, produce the pleasant flavour of the gooseberry; and upon the proper development of these properties depends the success of all cooking operations with which they are connected.

GLAZE FOR COVERING COLD HAMS, TONGUES, &c.

430. INGREDIENTS.—Stock No. 104 or 107, doubling the quantity of meat in each.

Mode.—We may remark at the outset, that unless glaze is wanted in very large quantities, it is seldom made expressly. Either of the stocks mentioned above, boiled down and reduced very considerably, will be found to produce a very good glaze. Put the stock into a stewpan, over a nice clear fire; let it boil till it becomes somewhat stiff, when keep stirring, to prevent its burning. The moment it is sufficiently reduced, and comes to a glaze, turn it out into the glaze-pot, of which we have here given

时令五月至七月。

[插图：醋栗。]

醋栗--这种有用且有益健康的水果(*Ribes grossularia*)被认为原产于不列颠群岛，偶尔可在东部一些郡县发现野生状态，尽管未经栽培时，它只是一种非常小且品质低劣的浆果。它在此处达到的高度完美状态，归功于英国园丁的技艺；因为在任何其他国家，它都无法达到同样的尺寸和风味。然而，英国气候的湿度无疑与此结果有关；据说在苏格兰因弗内斯以北地区出产的醋栗品质非常优良。苹果酸和柠檬酸与糖混合，产生醋栗的宜人风味；这些特性的适当发展决定了与之相关的所有烹饪操作的成功。

覆盖冷火腿、牛舌等用的釉面

430. 配料--104号或107号高汤，每份肉量加倍。

方法。--我们首先指出，除非需要非常大量的 glaze，否则很少专门制作。上述任何一种高汤，经过熬煮并大幅浓缩，都能制成非常好的 glaze。将高汤放入炖锅中，置于明净的火上；让其煮沸至略微浓稠，同时不断搅拌，以防烧焦。一旦浓缩到足够程度并成为 glaze，就将其倒入 glaze 罐中，我们在此给出了

an engraving. As, however, this is not to be found in every establishment, a white earthenware jar would answer the purpose; and this may be placed in a vessel of boiling water, to melt the glaze when required. It should never be warmed in a saucepan, except on the principle of the bain marie, lest it should reduce too much, and become black and bitter. If the glaze is wanted of a pale colour, more veal than beef should be used in making the stock; and it is as well to omit turnips and celery, as these impart a disagreeable bitter flavour.

一幅版画。然而，由于并非每个厨房都有此物，一个白色陶罐也能达到目的；需要时可将此罐放入沸水容器中融化 glaze。绝不应在炖锅中加热，除非采用隔水炖的原则，以免过度浓缩而变黑变苦。如果需要浅色的 glaze，制作高汤时应多用小牛肉而非牛肉；最好省略萝卜和芹菜，因为它们会带来令人不快的苦味。

TO GLAZE COLD JOINTS, &c.—Melt the glaze by placing the vessel which contains it, into the bain marie or saucepan of boiling water; brush it over the meat with a paste-brush, and if in places it is not quite covered, repeat the operation. The glaze should not be too dark a colour. (*See* Coloured Cut of Glazed Ham, P.)

给冷肉块等上光--将盛有光汁的容器放入隔水炖锅或沸水炖锅中融化光汁；用刷子刷在肉上，如有未完全覆盖之处，重复操作。光汁颜色不应太深。(见上光火腿彩色插图，

P。)

[Illustration: GLAZE-KETTLE.]

[插图：釉锅。]

[Illustration: THE BAIN MARIE.]

[插图：隔水炖锅。]

GLAZE-KETTLE.—This is a kettle used for keeping the strong stock boiled down to a jelly, which is known by the name of glaze. It is composed of two tin vessels, as shown in the cut, one of which, the upper,—containing the glaze, is inserted into one of larger diameter and containing boiling water. A brush is put in the small hole at the top of the lid, and is employed for putting the glaze on anything that may require it.

光汁锅--这是一种用于将浓高汤熬煮浓缩至果冻状(称为光汁)的锅。它由两个锡制容器组成，如插图所示，上面的一个盛装光汁，插入直径较大、装有沸水的容器中。盖子顶部的小孔中插有一把刷子，用于将光汁涂在需要的地方。

THE BAIN MARIE.—So long ago as the time when emperors ruled in Rome, and the yellow Tiber passed through a populous and wealthy city, this utensil was extensively employed; and it is

隔水炖锅--早在罗马皇帝统治、黄色的台伯河流经人口稠密富裕之城的时候，这种器具就被广泛使用；它

frequently mentioned by that profound culinary chemist of the ancients, Apicius. It is an open kind of vessel (as shown in the engraving and explained in our paragraph No. 87, on the French terms used in modern cookery), filled with boiling or nearly boiling water; and into this water should be put all the stewpans containing those ingredients which it is desired to keep hot. The quantity and quality of the contents of these vessels are not at all affected; and if the hour of dinner is uncertain in any establishment, by reason of the nature of the master's business, nothing is so certain a means of preserving the flavour of all dishes as the employment of the bain marie.

古代那位深奥的烹饪化学家阿皮基乌斯经常提及。它是一种敞口容器(如版画所示，并在我们关于现代烹饪中使用的法语术语的第87段中解释)，装满沸水或接近沸腾的水；所有装有那些希望保持温热的配料的炖锅都应放入此水中。这些容器中内容物的数量和质量完全不受影响；如果在任何家庭中，由于男主人事务的性质导致正餐时间不确定，那么使用隔水炖是保持所有菜肴风味的最可靠方法。

GREEN SAUCE FOR GREEN GEESE OR DUCKLINGS.

青酱配青鹅或小鸭

431. INGREDIENTS.—1/4 pint of sorrel-juice, 1 glass of sherry, 1/2 pint of green gooseberries, 1 teaspoonful of pounded sugar, 1 oz. of fresh butter.

431. 配料--1/4品脱酸模汁，1杯雪利酒，

1/2 pint绿醋栗，1茶匙捣碎的糖，1 oz.新鲜黄油。

Mode.—Boil the gooseberries in water until they are quite tender; mash them and press them through a sieve; put the pulp into a saucepan with the above ingredients; simmer for 3 or 4 minutes, and serve very hot.

做法--将醋栗在水中煮至完全软烂；捣碎并用筛子压滤；将果泥与上述配料放入炖锅；煨3或4分钟，趁热上桌。

Time.—3 or 4 minutes.

时间。--3或4分钟。

Note.—We have given this recipe as a sauce for green geese, thinking that some of our readers might sometimes require it; but, at the generality of fashionable tables, it is now seldom or never served.

注--我们给出此食谱作为绿鹅的酱汁，认为有些读者可能偶尔需要；但在一般时尚餐桌上，现在很少或从不供应。

[Illustration: SORREL.]

[插图：酸模。]

SORREL.—We gather from the pages of Pliny and Apicius, that

酸模--我们从普林尼和阿皮西乌斯的书页中得知，

sorrel was cultivated by the Romans in order to give it more strength and flavour, and that they also partook of it sometimes stewed with mustard, being seasoned with a little oil and vinegar. At the present day, English cookery is not much indebted to this plant (*Rumex Acetosa*), although the French make use of it to a considerable extent. It is found in most parts of Great Britain, and also on the continent, growing wild in the grass meadows, and, in a few gardens, it is cultivated. The acid of sorrel is very *prononcé*, and is what chemists term a binoxalate of potash; that is, a combination of oxalic acid with potash.

酸模曾被罗马人栽培，以使其味道更浓、风味更佳，他们有时也将其与芥末一同炖煮食用，并用少许油和醋调味。时至今日，英国烹饪对这种植物(*Rumex Acetosa*)的利用并不算多，尽管法国人对它的使用相当广泛。它在不列颠大部分地区以及欧洲大陆都有分布，野生于草地草甸之中，也有少数花园中加以栽培。酸模的酸味非常*prononcé*，即化学家所称的草酸氢钾；也就是草酸与钾碱的化合物。

GENERAL STOCK FOR GRAVIES.

肉汁通用高汤

432. Either of the stocks, Nos. 104, 105, or 107, will be found to answer very well for the basis of many gravies, unless these are wanted very rich indeed. By the addition of various store sauces, thickening and flavouring, the stocks here referred to may be converted into very good gravies. It should be borne in mind, however, that the goodness and strength of spices, wines, flavourings, &c., evaporate, and that they lose a great deal of their fragrance, if added to the gravy a long time before they are wanted. If this point is attended to, a saving of one half the quantity of these ingredients will be effected, as, with long boiling, the flavour almost entirely passes away. The shank-bones of mutton, previously well soaked, will be found a great assistance in enriching gravies; a kidney or melt, beef skirt, trimmings of meat, &c. &c., answer very well when only a small quantity is wanted, and, as we have before observed, a good gravy need not necessarily be so very expensive; for economically-prepared dishes are oftentimes found as savoury and wholesome as dearer ones.

432. 第104、105或107号中的任何一种高汤，都可作为许多肉汁的基础，效果很好，除非需要极其浓郁。通过加入各种储备酱汁、增稠剂和调味料，这里提到的这些高汤可以转化为非常好的肉汁。然而应当记住，香料、葡萄酒、调味料等的优良品质和浓烈味道会挥发，如果过早加入肉汁中，它们会失去大量香气。若注意到这一点，这些配料用量可节省一半，因为长时间煮沸会使风味几乎完全散失。羊胫骨事先充分浸泡后，对增加肉汁的浓郁度大有帮助；当只需少量时，羊腰或胸腺、牛裙肉、肉屑等都非常适用，而且正如我们之前所说，好的肉汁不一定非得如此昂贵；因为经济烹制的菜肴往往与更昂贵的菜肴一样美味可口、有益健康。

The cook should also remember that the fragrance of gravies should not be overpowered by too much spice, or any strong essences, and that they should always be warmed in a *bain marie*, after they are flavoured, or else in a jar or jug placed in a saucepan full of boiling water. The remains of roast-meat gravy should always be saved; as, when no meat is at hand, a very nice gravy in haste may be made from it, and when added to hashes, ragoûts, &c., is a great improvement.

厨师还应记住，肉汁的香味不应被过多香料或任何强烈香精所压倒，并且在调味后应始终在隔水炖锅中加热，或放在罐子或壶中置于装满沸水的炖锅内。烤肉的剩余肉汁应始终保存；因为手边没有肉时，可以很快用它做出非常好的肉汁，加入哈希、炖菜等中时，是很大的改进。

[Illustration: GRAVY-KETTLE.]

[插图：肉汁锅。]

GRAVY-KETTLE.—This is a utensil which will not be found in every kitchen; but it is a useful one where it is necessary to keep gravies hot for the purpose of pouring over various dishes as they are cooking. It is made of copper, and should, consequently, be heated over the hot plate, if there be one, or a charcoal stove. The price at which it can be purchased is set down by Messrs. Slack at 14s.

肉汁锅--这是一种并非每个厨房都有的器具；但在需要保持肉汁温热以便在烹饪时浇在各种菜肴上时，它很有用。它由铜制成，因此应在热板(如果有)或炭炉上加热。Slack先生们标明的购买价格为14s.。

GRAVY FOR ROAST MEAT.

烤肉肉汁

433. INGREDIENTS.—Gravy, salt.

433. 配料--肉汁、盐。

Mode.—Put a common dish with a small quantity of salt in it under the meat, about a quarter of an hour before it is removed from the fire. When the dish is full, take it away, baste the meat, and pour the gravy into the dish on which the joint is to be served.

做法。--在肉下面放一只普通盘子，里面放少量盐，在肉从火上移开前约一刻钟时放入。盘子装满后，将其取走，浇淋肉，并将肉汁倒入盛放烤肉的盘中。

SAUCES AND GRAVIES IN THE MIDDLE AGES.—Neither poultry, butcher's meat, nor roast game were eaten dry in the middle ages, any more than fried fish is now. Different sauces, each having its

中世纪的酱汁与肉汁。--在中世纪，家禽、肉铺的肉以及烤野味都不是干吃的，就像现在煎鱼也不是干吃的一样。不同的酱汁，各有其

own peculiar flavour, were served with all these dishes, and even with the various *parts* of each animal. Strange and grotesque sauces, as, for example, "eggs cooked on the spit," "butter fried and roasted," were invented by the cooks of those days; but these preparations had hardly any other merit than that of being surprising and difficult to make.

独特风味，与所有这些菜肴搭配供应，甚至与每种动物的各个部位搭配。那些日子的厨师发明了奇怪而怪诞的酱汁，例如“叉烤鸡蛋”、“煎烤黄油”，但这些做法除了令人惊奇和难以制作之外，几乎没有任何其他优点。

A QUICKLY-MADE GRAVY.

速制肉汁。

434. INGREDIENTS.—1/2 lb. of shin of beef, 1/2 onion, 1/4 carrot, 2 or 3 sprigs of parsley and savoury herbs, a piece of butter about the size of a walnut; cayenne and mace to taste, 3/4 pint of water.

434. 配料。--1/2 lb.牛胫肉，1/2 个洋葱，1/4 根胡萝卜，2 或 3 枝欧芹和香草，一块约核桃大小的黄油；卡宴辣椒和肉豆蔻皮适量，3/4 pint 水。

Mode.—Cut up the meat into very small pieces, slice the onion and carrot, and put them into a small saucepan with the butter. Keep stirring over a sharp fire until they have taken a little colour, when add the water and the remaining ingredients. Simmer for 1/2 hour, skim well, strain, and flavour, when it will be ready for use.

做法。--将肉切成非常小的块，将洋葱和胡萝卜切片，与黄油一起放入一个小炖锅。在旺火上不断搅拌，直到它们略微上色，然后加入水和其余配料。煨 1/2 小时，撇去浮沫，过滤，调味，即可使用。

Time.—1/2 hour. *Average cost*, for this quantity, 5d.

时间。- 1/2 小时。平均成本，此数量为 5d。

A HUNDRED DIFFERENT DISHES.—Modern housewives know pretty well how much care, and attention, and foresight are necessary in order to serve well a little dinner for six or eight persons,—a dinner which will give credit to the *ménage*, and satisfaction and pleasure to the guests. A quickly-made gravy, under some circumstances that we have known occur, will be useful to many housekeepers when they have not much time for preparation. But, talking of speed, and time, and preparation, what a combination of all these must have been necessary for the

一百种不同的菜肴。--现代主妇相当清楚，要为一顿六到八人的小型正餐服务得当，需要多少细心、专注和远见--这顿正餐既要为*ménage*增光，又要让宾客满意愉快。在我们所知的一些情况下，快速制作的肉汁对许多管家在没有太多时间准备时会很有用。但是，说到速度、时间和准备，这一切的结合对于

feast at the wedding of Charles VI. of France. On that occasion, as Froissart the chronicler tells us, the art of cooking, with its innumerable paraphernalia of sauces, with gravy, pepper, cinnamon, garlic, scallion, brains, gravy soups, milk *potage*, and ragoûts, had a signal triumph. The skilful *chef-de-cuisine* of the royal household covered the great marble table of the regal palace with no less than a hundred different dishes, prepared in a hundred different ways.

法国查理六世婚礼上的盛宴。据编年史家傅华萨所述，在那次宴会上，烹饪艺术及其无数酱汁器具--肉汁、胡椒、肉桂、大蒜、青葱、脑、肉汁汤、牛奶浓汤和炖菜--取得了显著的胜利。王室御用的技艺高超的主厨在王室宫殿的大理石大桌上摆出了不少于一百道菜，以一百种不同的方式烹制。

A GOOD BEEF GRAVY FOR POULTRY, GAME, &c.

上好的牛肉原汁，适用于家禽、野味等。

435. INGREDIENTS.—1/2 lb. of lean beef, 1/2 pint of cold water, 1 shalot or small onion, 1/2 a teaspoonful of salt, a little pepper, 1 tablespoonful of Harvey's sauce or mushroom ketchup, 1/2 a teaspoonful of arrowroot.

435. 配料--1/2 lb.瘦牛肉，1/2 pint 冷水，

1 个青葱或小洋葱，1/2 茶匙盐，少许胡椒，1 汤匙哈维酱或蘑菇番茄酱，1/2 茶匙竹芋粉。

Mode.—Cut up the beef into small pieces, and put it, with the water, into a stewpan. Add the shalot and seasoning, and simmer gently for 3 hours, taking care that it does not boil fast. A short time before it is required, take the arrowroot, and having mixed it with a little cold water, pour it into the gravy, which keep stirring, adding the Harvey's sauce, and just letting it boil. Strain off the gravy in a tureen, and serve very hot.

做法。--将牛肉切成小块，与水一起放入炖锅。加入青葱和调味，轻轻煨 3 小时，注意不要沸腾过快。在需要前一小会儿，取竹芋粉，与少量冷水混合，倒入肉汁中，不断搅拌，加入哈维酱，并让其刚好煮沸。将肉汁滤入汤碗中，趁热上桌。

Time.—3 hours. *Average cost*, 8d. per pint.

时间。--3小时。平均成本，每品脱8便士。

BROWN GRAVY.

棕色肉汁。

436. INGREDIENTS.—2 oz. of butter, 2 large onions, 2 lbs. of shin of beef, 2 small slices of lean bacon (if at hand), salt and whole pepper to taste, 3 cloves, 2 quarts of water. For thickening, 2 oz. of butter, 3 oz. of flour.

436. 配料。--2 oz.黄油，2 个大洋葱，2 lbs.牛胫肉，2 小片瘦培根(如有)，盐和整粒胡椒适量，3 粒丁香，2 quarts 水。用于增稠：2 oz.黄油，3 oz.面粉。

Mode.—Put the butter into a stewpan; set this on the fire, throw in the onions cut in rings, and fry them a light brown; then add the beef and bacon, which should be cut into small square pieces; season, and pour in a teacupful of water; let it boil for about ten minutes, or until it is of a nice brown colour, occasionally stirring the contents. Now fill up with water in the above proportion; let it boil up, when draw it to the side of the fire to simmer very gently for 1-1/2 hour; strain, and when cold, take off all the fat. In thickening this gravy, melt 3 oz. of butter in a stewpan, add 2 oz. of flour, and stir till of a light-brown colour; when cold, add it to the strained gravy, and boil it up quickly. This thickening may be made in larger quantities, and kept in a stone jar for use when wanted.

做法。--将黄油放入炖锅中；置于火上，投入切成环状的洋葱，煎至浅棕色；然后加入牛肉和培根，二者应切成小方块；调味，倒入一茶杯水；煮约十分钟，或直至呈漂亮的棕色，其间不时搅拌锅中内容。然后按上述比例加水至满；煮沸后，将锅移至火边，非常缓慢地煨1-1/2小时；过滤，冷却后撇去所有油脂。为使此肉汁增稠，在炖锅中融化3 oz.黄油，加入2 oz.面粉，搅拌至浅棕色；冷却后，加入过滤后的肉汁中，快速煮沸。此增稠剂可大量制作，存放在石罐中，需要时取用。

Time.—Altogether, 2 hours. *Average cost*, 4d. per pint.

时间。--总共2小时。平均成本，每品脱4便士。

CLOVES.—This very agreeable spice is the unexpanded flower-buds of the *Caryophyllus aromaticus*, a handsome, branching tree, a native of the Malacca Islands. They take their name from the Latin word *clavus*, or the French *clou*, both meaning a nail, and to which the clove has a considerable resemblance. Cloves were but little known to the ancients, and Pliny appears to be the only writer who mentions them; and he says, vaguely enough, that some were brought to Rome, very similar to grains of pepper, but somewhat longer; that they were only to be found in India, in a wood consecrated to the gods; and that they served in the manufacture of perfumes. The Dutch, as in the case of the nutmeg (*see* 378), endeavoured, when they gained possession of the Spice Islands, to secure a monopoly of cloves, and, so that the cultivation of the tree might be confined to Amboyna, their chief island, bribed the surrounding chiefs to cut down all trees found elsewhere. The

丁香。--这种非常宜人的香料是*Caryophyllus aromaticus*未开放的花蕾，该植物是一种美观的枝杈繁茂的树，原产于马六甲群岛。其名称来自拉丁语*clavus*，或法语*clou*，二者均意为钉子，而丁香与钉子颇为相似。古人对丁香知之甚少，普林尼似乎是唯一提到它的作者；他含糊其辞地说，有些丁香被带到罗马，很像胡椒粒，但稍长一些；它们只在印度一座献给神的树林中才能找到；它们用于制造香水。荷兰人如同在肉豆蔻一事上(见378)那样，在获得香料群岛后，力图垄断丁香，并且为了使这种树的栽培仅限于他们的主岛安汶，贿赂周边首领砍伐在其他地方发现的所有树木。

Amboyna, or royal clove, is said to be the best, and is rare; but other kinds, nearly equally good, are produced in other parts of the world, and they come to Europe from Mauritius, Bourbon, Cayenne, and Martinique, as also from St. Kitts, St. Vincent's, and Trinidad. The clove contains about 20 per cent. of volatile aromatic oil, to which it owes its peculiar pungent flavour, its other parts being composed of woody fibre, water, gum, and resin.

安汶丁香，或称皇家丁香，据说品质最佳，且较为稀有；但世界其他地区也出产其他种类，品质几乎同样优良，这些丁香从毛里求斯、波旁、卡宴和马提尼克传入欧洲，也来自圣基茨、圣文森特和特立尼达。丁香含有约百分之二十的挥发性芳香油，其特有的辛辣风味即源于此，其余成分则由木质纤维、水、树胶和树脂构成。

BROWN GRAVY WITHOUT MEAT.

无肉棕色肉汁。

437. INGREDIENTS.—2 large onions, 1 large carrot, 2 oz. of butter, 3 pints of boiling water, 1 bunch of savoury herbs, a wineglassful of good beer; salt and pepper to taste.

437. 配料--2个大洋葱，1根大胡萝卜，2 oz.黄油，3品脱沸水，1束香草，一酒杯好啤酒；盐和胡椒适量。

Mode.—Slice, flour, and fry the onions and carrots in the butter until of a nice light-brown colour; then add the boiling water and the remaining ingredients; let the whole stew gently for about an hour; then strain, and when cold, skim off all the fat. Thicken it in the same manner as recipe No. 436, and, if thought necessary, add a few drops of colouring No. 108.

做法--将洋葱和胡萝卜切片，裹上面粉，用黄油煎至漂亮的浅棕色；然后加入沸水和其余配料；让全部材料文火慢炖约一小时；然后过滤，冷却后撇去所有油脂。按第436号食谱的方法勾芡，如认为必要，加入几滴第108号色素。

Time.—1 hour. Average cost, 2d. per pint.

时间。- 1小时。平均成本，每品脱2便士。

Note.—The addition of a small quantity of mushroom ketchup or Harvey's sauce very much improves the flavour of this gravy.

注--加入少量蘑菇番茄酱或哈维酱能大大改善此肉汁的风味。

RICH GRAVY FOR HASHES, RAGOUTS, &c.

用于哈希、炖菜等的浓郁肉汁。

438. INGREDIENTS.—2 lbs. of shin of beef, 1 large onion or a few shalots, a little flour, a bunch of savoury herbs, 2 blades of mace, 2 or 3 cloves, 4 whole allspice, 1/4 teaspoonful of whole pepper, 1 slice of lean ham or bacon, 1/2 a head of celery (when at hand), 2 pints of boiling water; salt and cayenne to taste.

438. 配料--2 lbs.牛小腿肉，1个大洋葱或几颗小葱，少许面粉，1束香草，2片肉豆蔻衣，2或3颗丁香，4颗全多香果，1/4茶匙整粒胡椒，

1片瘦火腿或培根，1/2棵芹菜(如有)。
2品脱沸水；盐和卡宴辣椒按口味添加。

Mode.—Cut the beef into thin slices, as also the onions, dredge them with flour, and fry of a pale brown, but do not allow them to get black; pour in the boiling water, let it boil up; and skim. Add the remaining ingredients, and simmer the whole very gently for 2 hours, or until all the juices are extracted from the meat; put it by to get cold, when take off all the fat. This gravy may be flavoured with ketchup, store sauces, wine, or, in fact, anything that may give additional and suitable relish to the dish it is intended for.

Time.—Rather more than 2 hours.

Average cost, 8d. per pint.

[Illustration: PIMENTO.]

ALLSPICE.—This is the popular name given to pimento, or Jamaica pepper, known to naturalists as *Eugenia pimenta*, and belonging to the order of Myrtaceae. It is the berry of a fine tree in the West Indies and South America, which attains a height of from fifteen to twenty feet: the berries are not allowed to ripen, but, being gathered green, are then dried in the sun, and then become black. It is an inexpensive spice, and is considered more mild and innocent than most other spices; consequently, it is much used for domestic purposes, combining a very agreeable variety of flavours.

GRAVY MADE WITHOUT MEAT FOR FOWLS.

439. INGREDIENTS.—The necks, feet, livers, and gizzards of the fowls, 1 slice of toasted bread, 1/2 onion, 1 faggot of savoury herbs, salt and pepper to taste, 1/2 pint of water, thickening of butter and flour, 1 dessertspoonful of ketchup.

Mode。-将牛肉切成薄片，洋葱亦切成薄片，撒上面粉，炸至浅棕色，但不要让其变黑；倒入沸水，让其煮沸；撇去浮沫。加入其余配料，将全部内容非常轻柔地煨2小时，或直至肉中所有汁液被提取出来；放置冷却，然后撇去所有油脂。此肉汁可用番茄酱、储藏酱汁、葡萄酒，或事实上任何能为其所用菜肴增添额外适宜风味的物品来调味。

时间。--两个多小时。

平均成本，每品脱8便士。

[插图：多香果]

多香果。--这是甜椒或牙买加胡椒的通俗名称，博物学家称之为*Eugenia pimenta*，属于桃金娘科。它是西印度群岛和南美洲一种优良树木的浆果，该树高达十五至二十英尺：浆果不允许成熟，而是在青绿时采摘，然后在阳光下晒干，随后变黑。它是一种廉价的香料，被认为比大多数其他香料更温和无害；因此，它广泛用于家庭用途，融合了非常宜人的多种风味。

无肉禽肉汁

439. 配料--家禽的颈、脚、肝和胗，1片烤面包，1/2个洋葱，1束香草，盐和胡椒适量，1/2品脱水，黄油面粉芡，1甜点匙番茄酱。

Mode.—Wash the feet of the fowls thoroughly clean, and cut them and the neck into small pieces. Put these into a stewpan with the bread, onion, herbs, seasoning, livers, and gizzards; pour the water over them and simmer gently for 1 hour. Now take out the liver, pound it, and strain the liquor to it. Add a thickening of butter and flour, and a flavouring of mushroom ketchup; boil it up and serve.

做法--将家禽的脚彻底洗净，与颈一起切成小块。将这些与面包、洋葱、香草、调味、肝和胗一起放入炖锅；倒水没过，文火慢炖1小时。现在取出肝，捣碎，将汤汁滤入其中。加入黄油面粉芡和蘑菇番茄酱调味；煮沸后即可上桌。

Time.—1 hour. *Average cost*, 4d. per pint.

时间。- 1小时。平均成本，每品脱4便士。

A CHEAP GRAVY FOR HASHES, &c.

廉价肉汁，用于肉末杂烩等

440. INGREDIENTS.—Bones and trimmings of the cooked joint intended for hashing, 1/4 teaspoonful of salt, 1/4 teaspoonful of whole pepper, 1/4 teaspoonful of whole allspice, a small faggot of savoury herbs, 1/2 head of celery, 1 onion, 1 oz. of butter, thickening, sufficient boiling water to cover the bones.

440. 配料--准备做肉末的熟肉的骨头和边角料，1/4茶匙盐，1/4茶匙整粒胡椒，1/4茶匙全多香果，1小束香草，1/2棵芹菜，1个洋葱，1 oz.黄油，芡，足以没过骨头的沸水。

Mode.—Chop the bones in small pieces, and put them in a stewpan, with the trimmings, salt, pepper, spice, herbs, and celery. Cover with boiling water, and let the whole simmer gently for 1-1/2 or 2 hours. Slice and fry the onion in the butter till it is of a pale brown, and mix it gradually with the gravy made from the bones; boil for 1/4 hour, and strain into a basin; now put it back into the stewpan; flavour with walnut pickle or ketchup, pickled-onion liquor, or any store sauce that may be preferred. Thicken with a little butter and flour, kneaded together on a plate, and the gravy will be ready for use. After the thickening is added, the gravy should just boil, to take off the rawness of the flour.

Mode。-将骨头剁成小块，放入炖锅中，加入边角料、盐、胡椒、香料、香草和芹菜。用沸水覆盖，将全部内容轻柔地煨1-1/2或2小时。将洋葱切片，用黄油炸至浅棕色，逐渐将其混入由骨头制成的肉汁中；煮1/4小时，过滤到盆中；现在将其倒回炖锅；用核桃泡菜或番茄酱、腌洋葱液，或任何偏好的储藏酱汁调味。用少许黄油和面粉在盘子上揉合在一起进行增稠，肉汁即可使用。加入增稠剂后，肉汁应刚好煮沸，以去除面粉的生味。

Time.—2 hours, or rather more.

时间。--2小时，或稍多。

Average cost, 4d., exclusive of the bones and trimmings.

平均成本为4便士，不含骨头和边角料。

JUGGED GRAVY (Excellent).

441. INGREDIENTS.—2 lbs. of shin of beef, 1/4 lb. of lean ham, 1 onion or a few shalots, 2 pints of water, salt and whole pepper to taste, 1 blade of mace, a faggot of savoury herbs, 1/2 a large carrot, 1/2 a head of celery.

Mode.—Cut up the beef and ham into small pieces, and slice the vegetables; take a jar, capable of holding two pints of water, and arrange therein, in layers, the ham, meat, vegetables, and seasoning, alternately, filling up with the above quantity of water; tie down the jar, or put a plate over the top, so that the steam may not escape; place it in the oven, and let it remain there from 6 to 8 hours; should, however, the oven be very hot, less time will be required. When sufficiently cooked, strain the gravy, and when cold, remove the fat. It may be flavoured with ketchup, wines, or any other store sauce that may be preferred.

It is a good plan to put the jar in a cool oven over-night, to draw the gravy; and then it will not require so long baking the following day.

Time.—From 6 to 8 hours, according to the oven.

Average cost, 7d. per pint.

[Illustration: CELERY.]

CELERY.—As in the above recipe, the roots of celery are principally used in England for flavouring soups, sauces, and gravies, and for serving with cheese at the termination of a dinner, and as an ingredient for salad. In Italy, however, the green leaves and stems are also employed for stews and soups, and the seeds are also more frequently made use of on the continent than

罐炖肉汁(极佳)。

441. 配料--2 lbs.牛小腿肉，1/4 lb.瘦火腿，1个洋葱或几颗小葱，2品脱水，盐和整粒胡椒适量，1片肉豆蔻衣，1束香草，1/2根大胡萝卜，1/2棵芹菜。

Mode。-将牛肉和火腿切成小块，蔬菜切片；取一个能盛两品脱水的罐子，在其中分层交替排列火腿、肉、蔬菜和调味料，用上述量的水填满；将罐子扎紧，或在顶部盖一个盘子，以免蒸汽逸出；将其放入烤箱，留置6至8小时；然而，如果烤箱非常热，则需要更少的时间。充分煮熟后，过滤肉汁，冷却后去除油脂。可用番茄酱、葡萄酒或任何其他偏好的储藏酱汁调味。

一个好办法是前一晚把罐子放入冷却的烤箱中，以逼出肉汁；这样第二天就不需要烘那么久了。

时间。--视烤箱而定，6至8小时。

平均成本，每品脱7便士。

[插图：芹菜。]

芹菜--如上述食谱所述，芹菜的根在英格兰主要用于给汤、酱汁和肉汁调味，以及在正餐结束时与奶酪一起上桌，并作为沙拉的配料。然而在意大利，绿叶和茎也用于炖菜和汤，而且种子在欧洲大陆的使用也比

in our own islands. In Germany, celery is very highly esteemed; and it is there boiled and served up as a dish by itself, as well as used in the composition of mixed dishes. We ourselves think that this mild aromatic plant might oftener be cooked than it is; for there are very few nicer vegetable preparations brought to table than a well-dressed plate of stewed celery.

在我们自己的岛屿上更为频繁。在德国，芹菜备受推崇；在那里它被煮后作为一道单独的菜上桌，也用于混合菜肴的烹制。我们自己认为，这种温和的芳香植物本可以比现在更经常地烹制；因为端上桌的蔬菜制品中，很少有比一盘精心烹制的炖芹菜更好的了。

VEAL GRAVY FOR WHITE SAUCES, FRICASSEES, &c.

小牛肉肉汁，用于白色酱汁、炖肉块等

442. INGREDIENTS.—2 slices of nicely flavoured lean ham, any poultry trimmings, 3 lbs. of lean veal, a faggot of savoury herbs, including parsley, a few green onions (or 1 large onion may be substituted for these), a few mushrooms, when obtainable; 1 blade of mace, salt to taste, 3 pints of water.

442. 配料--2片风味良好的瘦火腿，任何家禽边角料，3 lbs.瘦小牛肉，1束香草(包括欧芹)，几根青葱(或用1个大洋葱代替)，几朵蘑菇(如能获得);1片肉豆蔻衣，盐适量，3品脱水。

Mode.—Cut up the ham and veal into small square pieces, put these in a stewpan, moistening them with a small quantity of water; place them over the fire to draw down. When the bottom of the stewpan becomes covered with a white glaze, fill up with water in the above proportion; add the remaining ingredients, stew very slowly for 3 or 4 hours, and do not forget to skim well the moment it boils. Put it by, and, when cold, take off all the fat. This may be used for Béchamel, sauce tournée, and many other white sauces.

Mode。-将火腿和小牛肉切成小方块，放入炖锅中，用少量水润湿；置于火上使其渗出汁液。当炖锅底部覆盖一层白色釉状物时，按上述比例加水填满；加入其余配料，非常缓慢地炖3或4小时，不要忘记在煮沸时立即撇去浮沫。放置一旁，冷却后撇去所有油脂。此肉汁可用于贝夏梅尔酱、图尔奈酱及许多其他白色酱汁。

Time.—3 or 4 hours. *Average cost*, 9d. per pint.

时间。- 3或4小时。平均成本，每品脱9便士。

CHEAP GRAVY FOR MINCED VEAL.

小牛肉末的廉价肉汁。

443. INGREDIENTS.—Bones and trimmings of cold roast or boiled veal, 1-1/2 pint of water, 1 onion, 1/4 teaspoonful of minced lemon-peel, 1/4 teaspoonful of salt, 1 blade of pounded mace, the

443. 配料--冷烤或煮小牛肉的骨头和边角料，1-1/2品脱水，1个洋葱，1/4茶匙切碎的柠檬皮，1/4茶匙盐，1片捣碎的肉豆蔻衣，

juice of 1/4 lemon; thickening of butter and flour.

Mode.—Put all the ingredients into a stewpan, except the thickening and lemon-juice, and let them simmer very gently for rather more than 1 hour, or until the liquor is reduced to a pint, when strain through a hair-sieve. Add a thickening of butter and flour, and the lemon-juice; set it on the fire, and let it just boil up, when it will be ready for use. It may be flavoured with a little tomato sauce, and, where a rather dark-coloured gravy is not objected to, ketchup, or Harvey's sauce, may be added at pleasure.

Time.—Rather more than 1 hour. *Average cost,* 3d.

GRAVY FOR VENISON.

444. INGREDIENTS.—Trimmings of venison, 3 or 4 mutton shank-bones, salt to taste, 1 pint of water, 2 teaspoonfuls of walnut ketchup.

Mode.—Brown the trimmings over a nice clear fire, and put them in a stewpan with the shank-bones and water; simmer gently for 2 hours, strain and skim, and add the walnut ketchup and a seasoning of salt. Let it just boil, when it is ready to serve.

Time.—2 hours.

[Illustration: THE DEER.]

VENISON.—Far, far away in ages past, our fathers loved the chase, and what it brought; and it is usually imagined that when Isaac ordered his son Esau to go out with his weapons, his quiver and his bow, and to prepare for him savoury meat, such as he loved, that it was venison he desired. The wise Solomon, too,

1/4个柠檬的汁；用黄油和面粉勾芡。

模式。--将所有配料放入炖锅中，留出增稠料和柠檬汁，用极小的火煨煮略多于1小时，或直至汤汁收浓至一品脱，然后用马尾筛过滤。加入由黄油和面粉调成的增稠料以及柠檬汁；置于火上，让其刚好煮沸，即可使用。可用少量番茄酱汁调味，若不在意肉汁颜色较深，也可随意加入番茄酱或哈维酱。

时间。- 超过1小时。平均成本，3便士。

鹿肉肉汁。

444. 配料--鹿肉边角料，3或4根羊胫骨，盐适量，1品脱水，2茶匙核桃番茄酱。

做法--在明亮洁净的火上把边角料烤至棕色，与胫骨和水一起放入炖锅；文火慢炖2小时，过滤并撇去浮油，加入核桃番茄酱和盐调味。只需煮沸，即可上桌。

时间。--2小时。

[插图：鹿。]

鹿肉--在遥远的过去，我们的祖先热爱狩猎以及狩猎所得；人们通常想象，当以撒吩咐他的儿子以扫带着武器、箭袋和弓出去，为他准备他所喜爱的美味肉食时，他所渴望的正是鹿肉。智慧的所罗门王也

delighted in this kind of fare; for we learn that, at his table, every day were served the wild ox, the roebuck, and the stag. Xenophon informs us, in his History, that Cyrus, king of Persia, ordered that venison should never be wanting at his repasts; and of the effeminate Greeks it was the delight. The Romans, also, were devoted admirers of the flesh of the deer; and our own kings and princes, from the Great Alfred down to the Prince Consort, have hunted, although, it must be confessed, under vastly different circumstances, the swift buck, and relished their "haunch" all the more keenly, that they had borne themselves bravely in the pursuit of the animal.

喜爱这类食物；因为我们得知，在他的餐桌上，每天都会供应野牛、狍子和雄鹿。色诺芬在《历史》中告诉我们，波斯国王居鲁士下令他的宴席上绝不能缺少鹿肉；而柔弱的希腊人也以此为乐。罗马人同样酷爱鹿肉；我们自己的国王和王子们，从伟大的阿尔弗雷德到王夫，都曾猎捕迅捷的雄鹿，而且，必须承认，他们是在大不相同的情形下猎捕的，正因为他们在追逐猎物时表现得勇敢，他们也就更加津津有味地享用那“鹿腿”。

TO DRY HERBS FOR WINTER USE.

干燥香草以备冬季使用。

445. On a very dry day, gather the herbs, just before they begin to flower. If this is done when the weather is damp, the herbs will not be so good a colour. (It is very necessary to be particular in little matters like this, for trifles constitute perfection, and herbs nicely dried will be found very acceptable when frost and snow are on the ground. It is hardly necessary, however, to state that the flavour and fragrance of fresh herbs are incomparably finer.) They should be perfectly freed from dirt and dust, and be divided into small bunches, with their roots cut off. Dry them quickly in a very hot oven, or before the fire, as by this means most of their flavour will be preserved, and be careful not to burn them; tie them up in paper bags, and keep in a dry place. This is a very general way of preserving dried herbs; but we would recommend the plan described in a former recipe.

445.在非常干燥的日子，于香草即将开花之前采摘。若在潮湿天气采摘，香草的色泽便不会那么好。(在这样的小事上务必讲究，因为细节成就完美；而干燥得当的香草，在冰霜积雪覆盖大地之时，会显得格外受欢迎。不过，几乎无需说明，新鲜香草的滋味与芬芳无可比拟地更为上乘。)应彻底去除香草上的泥土和灰尘，将其分成小束，并切去根部。用极热的烤箱或炉火迅速烘干，因为这样能最大程度地保留其风味，并注意不要烤焦；用纸袋扎好，存放在干燥处。这是保存干香草极为普遍的方法；但我们推荐前一条食谱中所述的方法。

Seasonable.—From the month of July to the end of September is

时令。--从七月到九月底是

the proper time for storing herbs for winter use.

HERB POWDER FOR FLAVOURING, when Fresh Herbs are not obtainable.

446. INGREDIENTS.—1 oz. of dried lemon-thyme, 1 oz. of dried winter savory, 1 oz. of dried sweet marjoram and basil, 2 oz. of dried parsley, 1 oz. of dried lemon-peel.

Mode.—Prepare and dry the herbs by recipe No. 445; pick the leaves from the stalks, pound them, and sift them through a hair-sieve; mix in the above proportions, and keep in glass bottles, carefully excluding the air. This, we think, a far better method of keeping herbs, as the flavour and fragrance do not evaporate so much as when they are merely put in paper bags. Preparing them in this way, you have them ready for use at a moment's notice.

Mint, sage, parsley, &c., dried, pounded, and each put into separate bottles, will be found very useful in winter.

[Illustration: CORK WITH WOODEN TOP.]

CORKS WITH WOODEN TOPS.—These are the best corks to use when it is indispensable that the air should not be admitted to the ingredients contained in bottles which are in constant use. The top, which, as will be seen by the accompanying little cut, is larger than the cork, is made of wood; and, besides effectually covering the whole top of the bottle, can be easily removed and again used, as no corkscrew is necessary to pull it out.

SAVORY.—This we find described by Columella, a voluminous Roman writer on agriculture, as an odoriferous herb, which, "in the brave days of old," entered into the seasoning of nearly every dish. Verily, there are but few new things under the sun, and we

储存冬季用香草的适宜时机。

在无法获得新鲜香草时用于调味的香草粉。

446. 配料--1 oz.干柠檬百里香，1 oz.干冬香薄荷，1 oz.干甜马郁兰和罗勒，2 oz.干欧芹，1 oz.干柠檬皮。

做法--按第445号食谱准备并干燥香草；从茎上摘下叶子，捣碎，用毛筛筛过；按上述比例混合，保存在玻璃瓶中，小心隔绝空气。我们认为，这比仅仅把香草放入纸袋中保存要好得多，因为风味和香气不会像那样挥发。这样处理后，随时可以取用。

薄荷、鼠尾草、欧芹等，干燥、捣碎后各自装入单独的瓶中，在冬天会非常有用。

[插图：带木顶的软木塞。]

带木顶的软木塞--当必须防止空气进入瓶中配料时(这些瓶子经常使用)，这是最好的软木塞。顶部(如附带的小图所示)比软木塞大，由木头制成；除了能有效覆盖瓶口整个顶部外，还易于取下并再次使用，因为不需要开塞钻就能拔出。

香薄荷--我们发现科卢梅拉--一位著述丰富的罗马农业作家--将其描述为一种芳香草本植物，在“往昔的英勇岁月”里，几乎每道菜的调味都少不了它。诚然，太阳底下少有新事，我们

don't find that we have made many discoveries in gastronomy, at least beyond what was known to the ancient inhabitants of Italy. We possess two varieties of this aromatic herb, known to naturalists as *Satureja*. They are called summer and winter savory, according to the time of the year when they are fit for gathering. Both sorts are in general cultivation throughout England.

并不认为我们在美食学上有什么新发现，至少没有超出古代意大利居民所知的范围。我们拥有这种芳香草本植物的两个品种，博物学家称之为*Satureja*。它们根据适宜采摘的时令被称为夏香薄荷和冬香薄荷。两种在英格兰各地普遍栽培。

HORSERADISH SAUCE, to serve with Roast Beef.

辣根酱，佐烤牛肉食用。

447. INGREDIENTS.—4 tablespoonfuls of grated horseradish, 1 teaspoonful of pounded sugar, 1 teaspoonful of salt, 1/2 teaspoonful of pepper, 2 teaspoonfuls of made mustard; vinegar.

447. 配料--4汤匙磨碎的辣根，1茶匙捣碎的糖，1茶匙盐，1/2茶匙胡椒，2茶匙现成芥末；醋。

Mode.—Grate the horseradish, and mix it well with the sugar, salt, pepper, and mustard; moisten it with sufficient vinegar to give it the consistency of cream, and serve in a tureen: 3 or 4 tablespoonfuls of cream added to the above, very much improve the appearance and flavour of this sauce. To heat it to serve with hot roast beef, put it in a bain marie or a jar, which place in a saucepan of boiling water; make it hot, but do not allow it to boil, or it will curdle.

做法--将辣根磨碎，与糖、盐、胡椒和芥末充分混合；用足够的醋调至奶油般的稠度，盛在汤碗中上桌：在上述材料中加入3或4汤匙奶油，能大大改善此酱汁的外观和风味。若要加热后配热烤牛肉上桌，可将其放入隔水炖锅或罐中，再将罐子放入一锅沸水中；加热但不要让它煮沸，否则会凝结。

Note.—This sauce is a great improvement on the old-fashioned way of serving cold-scraped horseradish with hot roast beef. The mixing of the cold vinegar with the warm gravy cools and spoils everything on the plate. Of course, with cold meat, the sauce should be served cold.

注--这种酱汁大大改进了老式做法--将冷刮的辣根配热烤牛肉上桌。冷醋与热肉汁混合会使盘中的一切变凉变坏。当然，配冷肉时，酱汁应冷食。

[Illustration: THE HORSERADISH.]

[插图：辣根。]

THE HORSERADISH.—This has been, for many years, a favourite accompaniment of roast beef, and is a native of England. It grows wild in wet ground, but has long been cultivated in the garden,

辣根--多年来一直是烤牛肉的受欢迎配菜，原产于英格兰。它在湿地野生生长，但长期以来在园中栽培，

and is, occasionally, used in winter salads and in sauces. On account of the great volatility of its oil, it should never be preserved by drying, but should be kept moist by being buried in sand. So rapidly does its volatile oil evaporate, that even when scraped for the table, it almost immediately spoils by exposure to the air.

偶尔用于冬季沙拉和酱汁中。由于其油具有极大的挥发性，绝不应通过干燥来保存，而应埋入沙中保持湿润。其挥发油蒸发得如此之快，以至于即使是为餐桌刮好的辣根，暴露在空气中也会几乎立即变坏。

HORSERADISH VINEGAR.

辣根醋。

448. INGREDIENTS.—1/4 lb. of scraped horseradish, 1 oz. of minced shalot, 1 drachm of cayenne, 1 quart of vinegar.

448. 配料--1/4 lb.刮碎的辣根，1 oz.切碎的小葱，1德拉克马辣椒粉，1夸脱醋。

Mode.—Put all the ingredients into a bottle, which shake well every day for a fortnight. When it is thoroughly steeped, strain and bottle, and it will be fit for use immediately. This will be found an agreeable relish to cold beef, &c.

做法--将所有配料放入瓶中，每天充分摇匀，持续两周。当完全浸泡后，过滤装瓶，即可立即使用。这将是配冷牛肉等的一道可口佐料。

Seasonable.—This vinegar should be made either in October or November, as horseradish is then in its highest perfection.

时令。--这种醋应在十月或十一月制作，因为那时辣根正处于最佳状态。

INDIAN CURRY-POWDER, founded on Dr. Kitchener's Recipe.

印度咖喱粉，依据基钦纳博士的食谱调制。

449. INGREDIENTS.—1/4 lb. of coriander-seed, 1/4 lb. of turmeric, 2 oz. of cinnamon-seed, 1/2 oz. of cayenne, 1 oz. of mustard, 1 oz. of ground ginger, 1/2 ounce of allspice, 2 oz. of fenugreek-seed.

449. 配料。--1/4 lb.芫荽籽，1/4 lb.姜黄，2 oz.肉桂籽，1/2 oz.卡宴辣椒，1 oz.芥末，1 oz.姜粉，1/2 oz.多香果，2 oz.葫芦巴籽。

Mode.—Put all the ingredients in a cool oven, where they should remain one night; then pound them in a mortar, rub them through a sieve, and mix thoroughly together; keep the powder in a bottle, from which the air should be completely excluded.

做法。--将所有配料放入温热的烤箱中，放置一夜；然后在研钵中捣碎，用筛子筛过，彻底混合均匀；将粉末保存在瓶中，瓶中的空气应完全排出。

Note.—We have given this recipe for curry-powder, as some

注。--我们给出这份咖喱粉食谱，因为有些

persons prefer to make it at home; but that purchased at any respectable shop is, generally speaking, far superior, and, taking all things into consideration, very frequently more economical.

INDIAN MUSTARD, an excellent Relish to Bread and Butter, or any cold
Meat.

450. INGREDIENTS.—1/4 lb. of the best mustard, 1/4 lb. of flour, 1/2 oz. of salt, 4 shalots, 4 tablespoonfuls of vinegar, 4 tablespoonfuls of ketchup, 1/4 bottle of anchovy sauce.

Mode.—Put the mustard, flour, and salt into a basin, and make them into a stiff paste with boiling water. Boil the shalots with the vinegar, ketchup, and anchovy sauce, for 10 minutes, and pour the whole, *boiling*, over the mixture in the basin; stir well, and reduce it to a proper thickness; put it into a bottle, with a bruised shalot at the bottom, and store away for use. This makes an excellent relish, and if properly prepared will keep for years.

[Illustration: MUSTARD.]

MUSTARD.—Before the year 1729, mustard was not known at English tables. About that time an old woman, of the name of Clements, residing in Durham, began to grind the seed in a mill, and to pass the flour through several processes necessary to free the seed from its husks. She kept her secret for many years to herself, during which she sold large quantities of mustard throughout the country, but especially in London. Here it was introduced to the royal table, when it received the approval of George I. From the circumstance of Mrs. Clements being a resident at Durham, it obtained the name of Durham mustard. In the

有人喜欢在家自制；但任何体面店铺出售的，一般来说都远为优越，而且综合考虑，往往更为经济。

印度芥末，佐面包黄油或任何冷食的绝佳调味品

肉。

450. 配料：1/4 lb.上等芥末，1/4 lb.面粉，

1/2 oz.盐，4个青葱，4汤匙醋，4汤匙番茄酱，1/4瓶鲽鱼酱。

做法。--将芥末、面粉和盐放入盆中，用沸水调成硬糊。将青葱与醋、番茄酱和鲽鱼酱一起煮10分钟，趁沸腾时全部浇在盆中的混合物上；充分搅拌，收至适当稠度；装入瓶中，瓶底放一个捣碎的青葱，储存备用。这是一种极好的调味品，若制作得当可保存数年。

[插图：芥末。]

芥末。--1729年以前，英国餐桌上尚不知芥末为何物。大约在那时，一位名叫克莱门茨的老妇人住在达勒姆，开始用磨坊研磨芥菜籽，并经过数道必要工序使菜籽脱去外壳。她多年保守秘密，在此期间，她在全国各地，尤其是在伦敦，售出了大量芥末。芥末由此被引入王室餐桌，并得到乔治一世的赞许。由于克莱门茨夫人是达勒姆居民，它便获得了达勒姆芥末之名。在

county of that name it is still principally cultivated, and the plant is remarkable for the rapidity of its growth. It is the best stimulant employed to impart strength to the digestive organs, and even in its previously coarsely-pounded state, had a high reputation with our ancestors.

该郡至今仍主要种植此物，这种植物以生长迅速著称。它是用于增强消化器官功能的最佳刺激物，即使在其先前粗略捣碎的状态下，也在我们的祖先中享有很高声誉。

INDIAN PICKLE (very Superior).

印度泡菜(上等)。

451. INGREDIENTS.—To each gallon of vinegar allow 6 cloves of garlic, 12 shalots, 2 sticks of sliced horseradish, 1/4 lb. of bruised ginger, 2 oz. of whole black pepper, 1 oz. of long pepper, 1 oz. of allspice, 12 cloves, 1/4 oz. of cayenne, 2 oz. of mustard-seed, 1/4 lb. of mustard, 1 oz. of turmeric; a white cabbage, cauliflowers, radish-pods, French beans, gherkins, small round pickling-onions, nasturtiums, capsicums, chilies, &c.

451. 配料。--每加仑醋配6瓣大蒜，12个青葱，2根切片辣根，1/4 lb.捣碎的姜，2 oz.整粒黑胡椒，1 oz.长胡椒，1 oz.多香果，12粒丁香，1/4 oz.卡宴辣椒，2 oz.芥末籽，1/4 lb.芥末，1 oz.姜黄；一棵白卷心菜，花椰菜，萝卜荚，法国豆，小黄瓜，小圆腌洋葱，旱金莲，辣椒，红辣椒等。

Mode.—Cut the cabbage, which must be hard and white, into slices, and the cauliflowers into small branches; sprinkle salt over them in a large dish, and let them remain two days; then dry them, and put them into a very large jar, with garlic, shalots, horseradish, ginger, pepper, allspice, and cloves, in the above proportions. Boil sufficient vinegar to cover them, which pour over, and, when cold, cover up to keep them free from dust. As the other things for the pickle ripen at different times, they may be added as they are ready: these will be radish-pods, French beans, gherkins, small onions, nasturtiums, capsicums, chilies, &c. &c. As these are procured, they must, first of all, be washed in a little cold vinegar, wiped, and then simply added to the other ingredients in the large jar, only taking care that they are *covered* by the vinegar. If more vinegar should be wanted to add to the pickle, do not omit first to boil it before adding it to the rest.

做法。--将卷心菜(必须是紧实且白色的)切成片，将花椰菜掰成小朵；在大盘中撒上盐，放置两天；然后将其擦干，放入一个非常大的罐中，加入大蒜、青葱、辣根、姜、胡椒、多香果和丁香，用量如上。煮沸足量的醋以淹没它们，浇在上面，待冷却后盖好，以防灰尘落入。由于腌制用的其他食材成熟时间不同，可在成熟时陆续加入：这些将是萝卜荚、法国豆、小黄瓜、小洋葱、旱金莲、辣椒、红辣椒等。取得这些食材后，必须先用少许冷醋洗净，擦干，然后直接加入大罐中的其他配料里，只需注意它们要被醋淹没。若需要更多醋加入腌菜中，务必先将其煮沸，然后再加入其余部分。

When you have collected all the things you require, turn all out in a large pan, and thoroughly mix them. Now put the mixed vegetables into smaller jars, without any of the vinegar; then boil the vinegar again, adding as much more as will be required to fill the different jars, and also cayenne, mustard-seed, turmeric, and mustard, which must be well mixed with a little cold vinegar, allowing the quantities named above to each gallon of vinegar. Pour the vinegar, boiling hot, over the pickle, and when cold, tie down with a bladder. If the pickle is wanted for immediate use, the vinegar should be boiled twice more, but the better way is to make it during one season for use during the next. It will keep for years, if care is taken that the vegetables are quite covered by the vinegar.

当你把所有需要的东西收集齐全后，全部倒入一口大锅中，彻底拌匀。现在把混合好的蔬菜装入较小的罐子里，不要带任何醋；然后再次煮醋，再加入足够填满各个罐子的醋量，以及辣椒粉、芥末籽、姜黄和芥末，这些必须用少量冷醋充分调匀，按上述用量对每加仑醋配比。将滚烫的醋浇在腌菜上，冷却后用膀胱膜扎紧封口。如果腌菜需要立即食用，醋应再煮两次，但更好的做法是在一个时令制作，供下一个时令使用。只要注意让蔬菜完全浸没在醋中，便可保存数年。

This recipe was taken from the directions of a lady whose pickle was always pronounced excellent by all who tasted it, and who has, for many years, exactly followed the recipe given above.

这份食谱取自一位女士的指导，她所做的腌菜凡品尝过的人无不称赞其极佳，而且她多年来一直严格遵循上述食谱。

Note.—For small families, perhaps the above quantity of pickle will be considered too large; but this may be decreased at pleasure, taking care to properly proportion the various ingredients.

__注__。--对于人口少的家庭，上述腌菜分量或许被认为太多；但可随意减少，只需注意按比例调配各种配料。

[Illustration: INDIA PICKLE.]

[插图：印度泡菜。]

KEEPING PICKLES.—Nothing shows more, perhaps, the difference between a tidy thrifty housewife and a lady to whom these desirable epithets may not honestly be applied, than the appearance of their respective store-closets. The former is able, the moment anything; is wanted, to put her hand on it at once; no time is lost, no vexation incurred, no dish spoilt for the want of "just little something,"—the latter, on the contrary, hunts all over

保存腌菜。--也许没有什么比各自储藏室的外观更能显示一位整洁节俭的主妇与一位不能诚实获得这些令人向往称号的女士之间的区别了。前者在需要任何东西时，能立刻伸手拿到；不会浪费时间，不会招致烦恼，不会因缺少“就那么一点点东西”而毁了一道菜--后者则相反，到处翻找

her cupboard for the ketchup the cook requires, or the pickle the husband thinks he should like a little of with his cold roast beef or mutton-chop, and vainly seeks for the Embden groats, or arrowroot, to make one of her little boys some gruel. One plan, then, we strenuously advise all who do not follow, to begin at once, and that is, to label all their various pickles and store sauces, in the same way as the cut here shows. It will occupy a little time at first, but there will be economy of it in the long run.

她的橱柜里放着厨师所需的番茄酱，或是丈夫觉得配冷烤牛肉或羊排应该来一点儿的腌菜，却徒劳地寻找埃姆登燕麦片或竹芋粉，好给她的小儿子们煮些粥。因此，我们竭力建议所有尚未这样做的人立即开始实行一个办法，那就是：像这里插图所示的那样，给所有各种腌菜和储藏酱汁贴上标签。起初会花费一点时间，但从长远来看是节省时间的。

VINEGAR.—This term is derived from the two French words *vin aigre*, 'sour wine,' and should, therefore, be strictly applied to that which is made only from wine. As the acid is the same, however it is procured, that made from ale also takes the same name. Nearly all ancient nations were acquainted with the use of vinegar. We learn in *Ruth*, that the reapers in the East soaked their bread in it to freshen it. The Romans kept large quantities of it in their cellars, using it, to a great extent, in their seasonings and sauces. This people attributed very beneficial qualities to it, as it was supposed to be digestive, antibilious, and antiscorbutic, as well as refreshing. Spartianus, a Latin historian, tells us that, mixed with water, it was the drink of the soldiers, and that, thanks to this beverage, the veterans of the Roman army braved, by its use, the inclemency and variety of all the different seasons and climates of Europe, Asia, and Africa. It is said, the Spanish peasantry, and other inhabitants of the southern parts of Europe, still follow this practice, and add to a gallon of water about a gill of wine vinegar, with a little salt; and that this drink, with a little bread, enables them, under the heat of their burning sun, to sustain the labours of the field.

醋。--这个词源于法语的两个词*vin aigre*，即“酸酒”，因此严格说来应仅指用酒酿制而成的醋。然而，由于无论以何种方式取得，酸是相同的，用麦芽酒酿制的醋也沿用同一名称。几乎所有古代民族都懂得使用醋。我们在《路得记》中读到，东方的收割者把面包浸在醋里使其新鲜。罗马人在他们的地窖中储存大量醋，在调味和酱汁中大量使用。这个民族赋予它非常有益的功效，认为它有助于消化、抗胆汁、抗坏血病，并能提神。拉丁历史学家斯巴提亚努斯告诉我们，醋与水混合是士兵的饮料，多亏这种饮品，罗马军队的老兵们凭借它的使用，抵御了欧洲、亚洲和非洲各地不同时令和气候的严酷。据说，西班牙农民和欧洲南部的其他居民至今仍遵循这一做法，在一加仑水中加入约一及耳葡萄酒醋，再加少许盐；这种饮料配以少量面包，使他们在烈日炙烤下能够坚持田间劳作。

INDIAN CHETNEY SAUCE.

452. INGREDIENTS.—8 oz. of sharp, sour apples, pared and cored; 8 oz. of tomatoes, 8 oz. of salt, 8 oz. of brown, sugar, 8 oz. of stoned raisins, 4 oz. of cayenne, 4 oz. of powdered ginger, 2 oz. of garlic, 2 oz. of shalots, 3 quarts of vinegar, 1 quart of lemon-juice.

Mode.—Chop the apples in small square pieces, and add to them the other ingredients. Mix the whole well together, and put in a well-covered jar. Keep this in a warm place, and stir every day for a month, taking care to put on the lid after this operation; strain, but do not squeeze it dry; store it away in clean jars or bottles for use, and the liquor will serve as an excellent sauce for meat or fish.

Seasonable.—Make this sauce when tomatoes are in full season, that is, from the beginning of September to the end of October.

PICKLES.—The ancient Greeks and Romans held their pickles in high estimation. They consisted of flowers, herbs, roots, and vegetables, preserved in vinegar, and which were kept, for a long time, in cylindrical vases with wide mouths. Their cooks prepared pickles with the greatest care, and the various ingredients were macerated in oil, brine, and vinegar, with which they were often impregnated drop by drop. Meat, also, after having been cut into very small pieces, was treated in the same manner.

ITALIAN SAUCE (Brown).

453. INGREDIENTS.—A few chopped mushrooms and shalots, 1/2 pint of stock, No. 105, 1/2 glass of Madeira, the juice of 1/2 lemon, 1/2 teaspoonful of pounded sugar, 1 teaspoonful of chopped parsley.

印度酸辣酱

452. 配料--8 oz.酸味浓烈的苹果，去皮去核；

8 oz.番茄，8 oz.盐，8 oz.红糖，8 oz.去核葡萄干，4 oz.卡宴辣椒，4 oz.姜粉，2 oz.大蒜，2 oz.青葱，3 quarts醋，1 quart柠檬汁。

做法。--将苹果切成小方块，加入其他配料。将全部充分混合，放入盖严的罐中。置于温暖处，每天搅拌一次，持续一个月，搅拌后注意盖好盖子；过滤，但不要挤干；装入干净的罐或瓶中储存备用，其汁液可作为肉或鱼的极佳酱汁。

时令。--在番茄盛产季节制作此酱汁，即从九月初到十月底。

腌菜。--古希腊人和罗马人对他们的腌菜评价很高。腌菜由花、香草、根茎和蔬菜组成，用醋保存，长期存放在宽口的圆柱形瓶中。他们的厨师极为精心地制作腌菜，各种配料在油、盐水和醋中浸渍，常常一滴一滴地使其浸透。肉也一样，切成非常小的块后，以同样的方式处理。

意大利酱汁(棕色)。

453. 配料。--少许切碎的蘑菇和青葱，1/2 pint高汤，第105号，1/2杯马德拉酒，1/2个柠檬的汁，1/2茶匙糖粉，1茶匙切碎的欧芹。

Mode.—Put the stock into a stewpan with the mushrooms, shalots, and Madeira, and stew gently for 1/4 hour, then add the remaining ingredients, and let them just boil. When the sauce is done enough, put it in another stewpan, and warm it in a *bain marie*. (*See* No. 430.) The mushrooms should not be chopped long before they are wanted, as they will then become black.

做法。--将高汤与蘑菇、青葱和马德拉酒放入炖锅中，文火炖1/4小时，然后加入其余配料，让其微沸。酱汁煮好后，倒入另一炖锅中，在隔水炖锅中保温。(见第430号。)蘑菇不应在需要前过早切碎，否则会变黑。

Time.—1/4 hour. *Average cost*, for this quantity, 7d.

时间。- 1/4小时。平均成本，此数量为7d。

Sufficient for a small dish.

足量供一小盘之用。

ITALIAN SAUCE (White).

意大利酱(白色)。

454. INGREDIENTS.—1/2 pint of white stock, No. 107; 2 tablespoonfuls of chopped mushrooms, 1 dessertspoonful of chopped shalots, 1 slice of ham, minced very fine; 1/4 pint of Béchamel, No. 367; salt to taste, a few drops of garlic vinegar, 1/2 teaspoonful of pounded sugar, a squeeze of lemon-juice.

454. 配料。--1/2 pint白色高汤，第107号；2汤匙切碎的蘑菇，1甜点匙切碎的青葱，1片极细切碎的火腿；1/4 pint贝夏梅尔酱，第367号；盐适量，几滴大蒜醋，1/2茶匙糖粉，挤少许柠檬汁。

Mode.—Put the shalots and mushrooms into a stewpan with the stock and ham, and simmer very gently for 1/2 hour, when add the Béchamel. Let it just boil up, and then strain it through a tammy; season with the above ingredients, and serve very hot. If this sauce should not have retained a nice white colour, a little cream may be added.

做法。--将青葱和蘑菇与高汤、火腿一起放入炖锅中，文火慢炖1/2小时，然后加入贝夏梅尔酱。让其微沸，然后用细筛过滤；用上述配料调味，趁热上桌。若此酱汁未能保持漂亮的白色，可加入少许奶油。

Time.—1/2 hour. *Average cost*, for this quantity, 10d.

时间。- 1/2小时。平均成本，此数量为10d。

Sufficient for a moderate-sized dish.

足量，适合中等大小的餐盘。

Note.—To preserve the colour of the mushrooms after pickling, throw them into water to which a little lemon-juice has been added.

注。--为保持腌渍后蘑菇的颜色，将其投入加了少许柠檬汁的水中。

TO PICKLE LEMONS WITH THE PEEL ON.

455. INGREDIENTS.—6 lemons, 2 quarts of boiling water; to each quart of vinegar allow 1/2 oz. of cloves, 1/2 oz. of white pepper, 1 oz. of bruised ginger, 1/4 oz. of mace and chilies, 1 oz. of mustard-seed, 1/2 stick of sliced horseradish, a few cloves of garlic.

Mode.—Put the lemons into a brine that will bear an egg; let them remain in it 6 days, stirring them every day; have ready 2 quarts of boiling water, put in the lemons, and allow them to boil for 1/4 hour; take them out, and let them lie in a cloth until perfectly dry and cold. Boil up sufficient vinegar to cover the lemons, with all the above ingredients, allowing the same proportion as stated to each quart of vinegar. Pack the lemons in a jar, pour over the vinegar, &c. boiling hot, and tie down with a bladder. They will be fit for use in about 12 months, or rather sooner.

Seasonable.—This should be made from November to April.

THE LEMON.—In the earlier ages of the world, the lemon does not appear to have been at all known, and the Romans only became acquainted with it at a very late period, and then only used it to keep moths from their garments. Its acidity would seem to have been unpleasant to them; and in Pliny's time, at the commencement of the Christian era, this fruit was hardly accepted, otherwise than as an excellent antidote against the effects of poison. Many anecdotes have been related concerning the anti-venomous properties of the lemon; Athenaeus, a Latin writer, telling us, that on one occasion, two men felt no effects from the bites of dangerous serpents, because they had previously

带皮腌柠檬。

455. 配料。--6个柠檬，2夸脱沸水；每夸脱醋配丁香1/2盎司、白胡椒1/2盎司、捣碎的姜1盎司、肉豆蔻皮和辣椒1/4盎司、芥末籽1盎司、切片辣根1/2根、大蒜数瓣。

模式。--将柠檬放入能浮起鸡蛋的盐水中；让它们在盐水中浸泡6天，每天搅拌一次；准备好2夸脱沸水，放入柠檬，煮1/4小时；取出柠檬，放在布上直至完全干燥冷却。用足量醋与上述所有配料一起煮沸以覆盖柠檬，每夸脱醋按所述相同比例配料。将柠檬装入罐中，倒入滚烫的醋等，用膀胱膜扎紧封口。约12个月后即可食用，或稍早一些。

时令。- 此菜宜在十一月至四月间制作。

柠檬。--在世界较早的时代，柠檬似乎完全不为人所知，罗马人直到很晚的时期才认识它，而且当时只用来防止蛀虫侵害衣物。它的酸味对他们来说似乎并不宜人；在普林尼时代，即基督教纪元之初，这种水果几乎不被接受，除非作为解毒的极佳解药。关于柠檬的抗蛇毒特性，有许多轶事流传；拉丁作家阿特纳奥斯告诉我们，有一次，两个人被危险的蛇咬伤后没有受到影响，因为他们事先

eaten of this fruit.

TO PICKLE LEMONS WITHOUT THE PEEL.

456. INGREDIENTS.—6 lemons, 1 lb. of fine salt; to each quart of vinegar, the same ingredients as No. 455.

Mode.—Peel the lemons, slit each one down 3 times, so as not to divide them, and rub the salt well into the divisions; place them in a pan, where they must remain for a week, turning them every other day; then put them in a Dutch oven before a clear fire until the salt has become perfectly dry; then arrange them in a jar. Pour over sufficient boiling vinegar to cover them, to which have been added the ingredients mentioned in the foregoing recipe; tie down closely, and in about 9 months they will be fit for use.

Seasonable.—The best time to make this is from November to April.

Note.—After this pickle has been made from 4 to 5 months, the liquor may be strained and bottled, and will be found an excellent lemon ketchup.

LEMON-JUICE.—Citric acid is the principal component part of lemon-juice, which, in addition to the agreeableness of its flavour, is also particularly cooling and grateful. It is likewise an antiscorbutic; and this quality enhances its value. In order to combat the fatal effects of scurvy amongst the crews of ships at sea, a regular allowance of lemon-juice is served out to the men; and by this practice, the disease has almost entirely disappeared. By putting the juice into bottles, and pouring on the top sufficient oil to cover it, it may be preserved for a considerable time. Italy

吃过这种水果。

腌柠檬(去皮)

456. 配料。--6个柠檬，1磅细盐；每夸脱醋配与第455号相同的配料。

模式。--将柠檬去皮，每个纵向切3刀，但不要切开，将盐充分揉入切口；放入平底锅中，必须放置一周，每隔一天翻动一次；然后放入荷兰烤炉中，置于明火前，直到盐完全干燥；然后将它们排列在罐中。倒入足量沸醋以覆盖它们，醋中已加入上述食谱中提到的配料；紧密扎口，约9个月后即可食用。

时令。- 制作这道菜的最佳时间是从十一月到四月。

注。--此腌制品制成四至五个月后，可将腌汁滤出装瓶，即为上佳的柠檬调味酱。

柠檬汁。--柠檬酸是柠檬汁的主要成分，除了风味宜人之外，还特别清凉爽口。它也是一种抗坏血病剂；这一特性提升了它的价值。为了对抗海上船员中坏血病的致命影响，定期向船员配给柠檬汁；通过这种做法，该疾病几乎完全消失。将果汁装入瓶中，在顶部倒入足量油覆盖，可以保存相当长的时间。意大利

and Turkey export great quantities of it in this manner.

而土耳其则以这种方式大量出口。

LEMON SAUCE FOR BOILED FOWLS.

煮禽肉用柠檬酱

457. INGREDIENTS.—1 small lemon, 3/4 pint of melted butter, No. 380.

457. 配料--1个小柠檬，3/4品脱融化的黄油，第380号。

Mode.—Cut the lemon into very thin slices, and these again into very small dice. Have ready 3/4 pint of melted butter, made by recipe No. 380; put in the lemon; let it just simmer, but not boil, and pour it over the fowls.

做法。--将柠檬切成极薄的片，再切成极小的丁。按第380号食谱备好3/4品脱融化黄油；放入柠檬，仅令其微沸，切勿煮沸，然后浇在鸡上。

Time.—1 minute to simmer. *Average cost,* 6d.

时间。--炖煮1分钟。平均成本,6便士。

Sufficient for a pair of large fowls.

足够供一对大禽。

LEMON WHITE SAUCE, FOR FOWLS, FRICASSEES, &c.

柠檬白汁，用于禽肉、炖菜等。

458. INGREDIENTS.—3/4 pint of cream, the rind and juice of 1 lemon, 1/2 teaspoonful of whole white pepper, 1 sprig of lemon thyme, 3 oz. of butter, 1 dessertspoonful of flour, 1 teacupful of white stock; salt to taste.

458. 配料。--3/4品脱奶油，1个柠檬的皮和汁，1/2茶匙整粒白胡椒，1枝柠檬百里香，3盎司黄油，1甜点匙面粉，1茶杯白色高汤；盐适量。

Mode.—Put the cream into a very clean saucepan (a lined one is best), with the lemon-peel, pepper, and thyme, and let these infuse for 1/2 hour, when simmer gently for a few minutes, or until there is a nice flavour of lemon. Strain it, and add a thickening of butter and flour in the above proportions; stir this well in, and put in the lemon-juice at the moment of serving; mix the stock with the cream, and add a little salt. This sauce should not boil after the cream and stock are mixed together.

模式。--将奶油放入非常干净的平底锅(最好是有涂层的)，加入柠檬皮、胡椒和百里香，浸泡1/2小时，然后小火慢煮几分钟，或直到有宜人的柠檬风味。过滤，加入上述比例的黄油和面粉增稠剂；充分搅拌，在食用时加入柠檬汁；将高汤与奶油混合，加少许盐。奶油和高汤混合后，此酱汁不应再煮沸。

Time.—Altogether, 3/4 hour. *Average cost,* 1s. 6d.

时间。--总计3/4小时。平均成本,1先令6便士。

Sufficient, this quantity, for a pair of large boiled fowls.

足量，此分量，供一对大只水煮禽类之用。

Note.—Where the expense of the cream is objected to, milk may be substituted for it. In this case, an additional dessertspoonful, or rather more, of flour must be added.

[Illustration: LEMON THYME.]

LEMON THYME.—Two or three tufts of this species of thyme, *Thymus citriodorus*, usually find a place in the herb compartment of the kitchen-garden. It is a trailing evergreen, is of smaller growth than the common kind (*see* No. 166), and is remarkable for its smell, which closely resembles that of the rind of a lemon. Hence its distinctive name. It is used for some particular dishes, in which the fragrance of the lemon is desired to slightly predominate.

LEAMINGTON SAUCE (an Excellent Sauce for Flavouring Gravies, Hashes,
Soups, &c.).

(Author's Recipe.)

459. INGREDIENTS.—Walnuts. To each quart of walnut-juice allow 3 quarts of vinegar, 1 pint of Indian soy, 1 oz. of cayenne, 2 oz. of shalots, 3/4 oz. of garlic, 1/2 pint of port wine.

Mode.—Be very particular in choosing the walnuts as soon as they appear in the market; for they are more easily bruised before they become hard and shelled. Pound them in a mortar to a pulp, strew some salt over them, and let them remain thus for two or three days, occasionally stirring and moving them about. Press out the juice, and to *each quart* of walnut-liquor allow the above proportion of vinegar, soy, cayenne, shalots, garlic, and port wine. Pound each ingredient separately in a mortar, then mix them well

注。--若嫌奶油费用过高，可用牛奶代替。此时须再加一甜点匙或稍多些的面粉。

[插图：柠檬百里香。]

柠檬百里香。--这种百里香(*Thymus citriodorus*)通常有两三丛栽于菜园香草区内。它是一种匍匐常绿植物，比普通品种矮小(见第166号)，其气味酷似柠檬皮，因而得此专名。某些菜肴需以柠檬香气略占主导时，便使用此香草。

利明顿酱(一种用于调味肉汁、烩菜的优质酱料，

汤类等)。

*(*作者食谱。*)*

459. 配料。--核桃。每夸脱核桃汁配醋3夸脱、印度酱油1品脱、辣椒粉1盎司、分葱2盎司、大蒜3/4盎司、波特酒1/2品脱。

做法。--核桃一上市就要格外仔细地挑选；因为它们在尚未变硬、尚未去壳之前更容易碰伤。将核桃在研钵中捣成糊状，撒上一些盐，就这样放置两三天，其间不时翻动搅拌。榨出汁液，每一夸脱核桃汁按上述比例配入醋、酱油、卡宴辣椒、小葱头、大蒜和波特酒。将每种配料分别在研钵中捣碎，然后充分混合。

together, and store away for use in small bottles. The corks should be well sealed.

Seasonable.—This sauce should be made as soon as walnuts are obtainable, from the beginning to the middle of July.

混合在一起，装入小瓶贮存备用。瓶塞应封严。

时令。--此酱汁应在能获得核桃时尽快制作，即七月初至中旬。

LEMON BRANDY.

柠檬白兰地。

460. INGREDIENTS.—1 pint of brandy, the rind of two small lemons, 2 oz. of loaf-sugar, 1/4 pint of water.

460. 配料。--1品脱白兰地，2个小柠檬的皮，2盎司块糖，1/4品脱水。

Mode.—Peel the lemons rather thin, taking care to have none of the white pith. Put the rinds into a bottle with the brandy, and let them infuse for 24 hours, when they should be strained. Now boil the sugar with the water for a few minutes, skim it, and, when cold, add it to the brandy. A dessertspoonful of this will be found an excellent flavouring for boiled custards.

做法。--将柠檬皮削得较薄，注意不要带白色内皮。将柠檬皮放入瓶中，加入白兰地，浸渍24小时，然后滤出。将糖与水煮沸数分钟，撇去浮沫，待冷却后加入白兰地中。取一甜点匙此液，可为煮蛋奶冻增添极佳风味。

LEMON RIND OR PEEL.—This contains an essential oil of a very high flavour and fragrance, and is consequently esteemed both a wholesome and agreeable stomachic. It is used, as will be seen by many recipes in this book, as an ingredient for flavouring a number of various dishes. Under the name of CANDIED LEMON-PEEL, it is cleared of the pulp and preserved by sugar, when it becomes an excellent sweetmeat. By the ancient medical philosopher Galen, and others, it may be added, that dried lemon-peel was considered as one of the best digestives, and recommended to weak and delicate persons.

柠檬皮或柠檬外皮。--柠檬皮含有一种香气和味道极为浓郁的挥发油，因此被视为一种有益健康、令人愉悦的健胃品。正如本书许多食谱所示，它被用作多种菜肴的调味配料。以糖渍柠檬皮之名，将其果肉去除并用糖腌制，便成为极佳的蜜饯。还可补充一点：古代医学哲学家盖伦等人认为，干柠檬皮是最好的消化剂之一，并推荐给体弱娇弱之人。

LIAISON OF EGGS FOR THICKENING SAUCES.

用蛋液勾芡酱汁

461. INGREDIENTS.—The yolks of 3 eggs, 8 tablespoonfuls of

461. 配料--3个蛋黄，8汤匙

milk or cream.

Mode.—Beat up the yolks of the eggs, to which add the milk, and strain the whole through a hair-sieve. When the liaison is being added to the sauce it is intended to thicken, care must be exercised to keep stirring it during the whole time, or, otherwise, the eggs will curdle. It should only just simmer, but not boil.

牛奶或奶油。

做法。--将蛋黄打散，加入牛奶，全部用马尾筛过滤。将此蛋液加入欲增稠的酱汁时，须全程不停搅拌，否则蛋液会凝结成块。只应微沸，切勿煮沸。

LIVER AND LEMON SAUCE FOR POULTRY.

家禽用肝脏柠檬酱汁。

462. INGREDIENTS.—The liver of a fowl, one lemon, salt to taste, 1/2 pint of melted butter. No. 376.

462. 配料--家禽的肝脏，一个柠檬，盐适量，
1/2品脱融化黄油。第376号。

Mode.—Wash the liver, and let it boil for a few minutes; peel the lemon very thin, remove the white part and pips, and cut it into very small dice; mince the liver and a small quantity of the lemon rind very fine; add these ingredients to 1/2 pint of smoothly-made melted butter; season with a little salt, put in the cut lemon, heat it gradually, but do not allow it to boil, lest the butter should oil.

做法。--将肝洗净，煮数分钟；将柠檬皮削得极薄，去除白色部分和籽，切成极小的丁；将肝和少量柠檬皮剁得极细；将这些配料加入1/2品脱调制顺滑的融化黄油中；加少许盐调味，放入切好的柠檬，逐渐加热，但不可令其煮沸，以免黄油出油。

Time.—1 minute to simmer.

时间。- 炖煮1分钟。

Sufficient to serve with a pair of small fowls.

足量以搭配一对小禽。

LIVER AND PARSLEY SAUCE FOR POULTRY.

家禽用肝脏欧芹酱。

463. INGREDIENTS.—The liver of a fowl, one tablespoonful of minced parsley, 1/2 pint of melted butter, No. 376.

463. 配料。--一只鸡的肝，一汤匙切碎的欧芹，1/2品脱融化黄油，第376号。

Mode.—Wash and score the liver, boil it for a few minutes, and mince it very fine; blanch or scald a small bunch of parsley, of which there should be sufficient when chopped to fill a tablespoon; add this, with the minced liver, to 1/2 pint of

做法。--将肝洗净并划口，煮数分钟，剁得极细；将一小把欧芹焯水或烫过，切碎后应足够装满一汤匙；将此与剁碎的肝一同加入1/2品脱

smoothly-made melted butter; let it just boil; when serve.

Time.—1 minute to simmer.

Sufficient for a pair of small fowls.

LOBSTER SAUCE, to serve with Turbot, Salmon, Brill, &c.

(*Very Good*.)

464. INGREDIENTS.—1 middling-sized hen lobster, 3/4 pint of melted butter, No. 376; 1 tablespoonful of anchovy sauce, 1/2 oz. of butter, salt and cayenne to taste, a little pounded mace when liked, 2 or 3 tablespoonfuls of cream.

Mode.—Choose a hen lobster, as this is indispensable, in order to render this sauce as good as it ought to be. Pick the meat from the shells, and cut it into small square pieces; put the spawn, which will be found under the tail of the lobster, into a mortar with 1/2 oz. of butter, and pound it quite smooth; rub it through a hair-sieve, and cover up till wanted. Make 3/4 pint of melted butter by recipe No. 376; put in all the ingredients except the lobster-meat, and well mix the sauce before the lobster is added to it, as it should retain its square form, and not come to table shredded and ragged. Put in the meat, let it get thoroughly hot, but do not allow it to boil, as the colour would immediately be spoiled; for it should be remembered that this sauce should always have a bright red appearance. If it is intended to be served with turbot or brill, a little of the spawn (dried and rubbed through a sieve without butter) should be saved to garnish with; but as the goodness, flavour, and appearance of the sauce so much depend on having a proper quantity of spawn, the less used for garnishing the better.

Time.—1 minute to simmer. *Average cost*, for this quantity, 2s.

将融化黄油顺滑调好；让其微沸；即可上桌。

时间。- 炖煮1分钟。

足量供一对小禽。

龙虾酱，用于搭配多宝鱼、鲑鱼、 brill 等。

(很好。)

464. 配料。--1只中等大小的雌龙虾，3/4品脱融化黄油，第376号；1汤匙鲽鱼酱，1/2盎司黄油，盐和辣椒粉适量，喜食者可加少许捣碎的肉豆蔻皮，2至3汤匙奶油。

做法。--选用一只母龙虾，因为要使这款酱汁达到应有的品质，这是必不可少的。将虾肉从壳中剔出，切成小方块；把龙虾尾下所见的虾卵放入研钵，加入1/2 oz.黄油，捣至十分细滑；用马尾筛擦滤，盖好备用。按第376号食谱制作3/4 pint融化黄油；放入除龙虾肉以外的全部配料，在加入龙虾之前先将酱汁充分拌匀，因为龙虾肉应保持方块形状，不应上桌时散碎成丝。放入虾肉，使其彻底热透，但不可让其煮沸，否则颜色会立刻变坏；因为应记住，这款酱汁应始终呈鲜红色。若打算配大菱鲆或 brill 上桌，应留少许虾卵(烘干后不加黄油用筛擦滤)作点缀；但由于酱汁的优良品质、风味和外观在很大程度上取决于有适量的虾卵，用于点缀的越少越好。

时间。--微沸1分钟。平均费用，此分量，2先令。

Seasonable at any time.

时令任何时候皆宜。

Sufficient to serve with a small turbot, a brill, or salmon for 6 persons.

足够搭配一条小多宝鱼、一条菱鲆或供6人食用的鲑鱼。

Note.—Melted butter made with milk, No. 380, will be found to answer very well for lobster sauce, as by employing it a nice white colour will be obtained. Less quantity than the above may be made by using a very small lobster, to which add only 1/2 pint of melted butter, and season as above. Where economy is desired, the cream may be dispensed with, and the remains of a cold lobster left from table, may, with a little care, be converted into a very good sauce.

注。--用牛奶制作的融化黄油(第380号)用于龙虾酱汁效果极佳，因其可得到漂亮的白色。若用很小的龙虾，可只加1/2品脱融化黄油，并按上述方法调味，即可制成少于上述分量的酱汁。若需节省，可省去奶油，餐后剩下的冷龙虾稍加用心，亦可做成很好的酱汁。

MAITRE D'HOTEL BUTTER, for putting into Broiled Fish just before it is sent to Table.

餐厅领班黄油，用于在烤鱼上桌前放入。

465. INGREDIENTS.—1/4 lb. of butter, 2 dessertspoonfuls of minced parsley, salt and pepper to taste, the juice of 1 large lemon.

465. 配料。--1/4磅黄油，2甜点匙切碎的欧芹，盐和胡椒适量，1个大柠檬的汁。

Mode.—Work the above ingredients well together, and let them be thoroughly mixed with a wooden spoon. If this is used as a sauce, it may be poured either under or over the meat or fish it is intended to be served with.

做法。--将上述配料充分调和，用木勺彻底拌匀。若用作酱汁，可浇在所要搭配的肉或鱼的下方或上方。

Average cost, for this quantity, 5d.

平均成本，此数量为5便士。

Note.—4 tablespoonfuls of Béchamel, No. 367, 2 do. of white stock, No. 107, with 2 oz. of the above maître d'hôtel butter stirred into it, and just allowed to simmer for 1 minute, will be found an excellent hot maître d'hôtel sauce.

注。--取4汤匙贝夏梅尔酱(第367号)、2汤匙白色高汤(第107号)，加入2盎司上述总管黄油搅匀，微沸1分钟，即为上佳的热总管酱汁。

THE MAÎTRE D'HÔTEL.—The house-steward of England is

餐厅领班。——英国的管家是

synonymous with the maître d'hôtel of France; and, in ancient times, amongst the Latins, he was called procurator, or major-domo. In Rome, the slaves, after they had procured the various articles necessary for the repasts of the day, would return to the spacious kitchen laden with meat, game, sea-fish, vegetables, fruit, &c. Each one would then lay his basket at the feet of the major-domo, who would examine its contents and register them on his tablets, placing in the pantry contiguous to the dining-room, those of the provisions which need no preparation, and consigning the others to the more immediate care of the cooks.

与法国的 maître d'hôtel 同义；在古代拉丁人中，他被称为 procurator，即 major-domo。在罗马，奴隶们备齐当日餐食所需的各种物品后，会满载肉、野味、海鱼、蔬菜、水果等回到宽敞的厨房。然后每人将自己的篮子放在 major-domo 脚前，由他检查篮中内容并登记在记事板上，将无需烹调的食品放入与餐厅相邻的食品储藏室，其余的则交由厨师直接照管。

MAITRE D'HOTEL SAUCE (HOT), to serve with Calf's Head, Boiled Eels, and different Fish.

总管酱汁(热)，用于搭配牛头、煮鳗鱼及各种鱼。

466. INGREDIENTS.—1 slice of minced ham, a few poultry-trimmings, 2 shalots, 1 clove of garlic, 1 bay-leaf, 3/4 pint of water, 2 oz. of butter, 1 dessertspoonful of flour, 1 heaped tablespoonful of chopped parsley; salt, pepper, and cayenne to taste; the juice of 1/2 large lemon, 1/4 teaspoonful of pounded sugar.

466. 配料。--1片切碎的火腿，少量家禽碎料，2个分葱，1瓣大蒜，1片月桂叶，3/4品脱水，2盎司黄油，1甜点匙面粉，1满汤匙切碎的欧芹；盐、胡椒和辣椒粉适量；1/2个大柠檬的汁，1/4茶匙捣碎的糖。

Mode.—Put at the bottom of a stewpan the minced ham, and over it the poultry-trimmings (if these are not at hand, veal should be substituted), with the shalots, garlic, and bay-leaf. Pour in the water, and let the whole simmer gently for 1 hour, or until the liquor is reduced to a full 1/2 pint. Then strain this gravy, put it in another saucepan, make a thickening of butter and flour in the above proportions, and stir it to the gravy over a nice clear fire, until it is perfectly smooth and rather thick, care being taken that the butter does not float on the surface. Skim well, add the remaining ingredients, let the sauce gradually heat, but do not

做法。--在炖锅底部放入切碎的火腿，其上放禽类边角料(若手边没有，应以小牛肉代替)，以及小葱头、大蒜和月桂叶。倒入水，让全部材料小火慢炖1小时，或直至汤汁收浓至足足1/2 pint。然后将此肉汁滤出，放入另一只平底锅中，按上述比例用黄油和面粉制成增稠糊，在清亮的火上搅拌入肉汁，直至完全细滑且相当浓稠，注意黄油不要浮在表面。撇净浮沫，加入其余配料，让酱汁逐渐加热，但不要

allow it to boil. If this sauce is intended for an entrée, it is necessary to make it of a sufficient thickness, so that it may adhere to what it is meant to cover.

Time.—1-1/2 hour. *Average cost*, 1s. 2d. per pint.

Sufficient for re-warming the remains of 1/2 calf's head, or a small dish of cold flaked turbot, cod, &c.

MAIGRE MAITRE D'HOTEL SAUCE (HOT).

(Made without Meat.)

467. INGREDIENTS.—1/2 pint of melted butter, No. 376; 1 heaped tablespoonful of chopped parsley, salt and pepper to taste, the juice of 1/2 large lemon; when liked, 2 minced shalots.

Mode.—Make 1/2 pint of melted butter, by recipe No. 376; stir in the above ingredients, and let them just boil; when it is ready to serve.

Time.—1 minute to simmer. *Average cost*, 9d. per pint.

MAYONNAISE, a Sauce or Salad-Dressing for cold Chicken, Meat, and other cold Dishes.

468. INGREDIENTS.—The yolks of 2 eggs, 6 tablespoonfuls of salad-oil, 4 tablespoonfuls of vinegar, salt and white pepper to taste, 1 tablespoonful of white stock, No. 107, 2 tablespoonfuls of cream.

Mode.—Put the yolks of the eggs into a basin, with a seasoning of pepper and salt; have ready the above quantities of oil and vinegar, in separate vessels; add them *very gradually* to the eggs;

令其煮沸。若此酱汁用于头盘，须做得足够浓稠，以便附着于所要覆盖的食材上。

时间。--1-1/2小时。平均成本，每品脱1先令2便士。

足量，用于重新加热半个小牛头的剩余部分，或一小盘冷的比目鱼片、鳕鱼片等。

斋戒期首席管家酱(热)

(无肉制作。)

467. 配料。--1/2品脱融化黄油，第376号；1满汤匙切碎的欧芹，盐和胡椒适量，1/2个大柠檬的汁；喜食者可加2个切碎的分葱。

做法。--按第376号食谱制作1/2品脱融化黄油；拌入上述配料，微沸即可，随即上桌。

时间。--炖煮1分钟。平均成本，每品脱9便士。

蛋黄酱，一种用于冷鸡、冷肉及其他冷菜的酱汁或沙拉调味汁。

468. 配料--2个鸡蛋的蛋黄，6汤匙沙拉油，4汤匙醋，盐和白胡椒适量，1汤匙白色高汤，第107号，2汤匙奶油。

做法。--将蛋黄放入盆中，加入胡椒和盐调味；将上述分量的油和醋分别盛于不同容器中备好；将它们非常缓慢地加入蛋黄中；

continue stirring and rubbing the mixture with a wooden spoon, as herein consists the secret of having a nice smooth sauce. It cannot be stirred too frequently, and it should be made in a very cool place, or, if ice is at hand, it should be mixed over it. When the vinegar and oil are well incorporated with the eggs, add the stock and cream, stirring all the time, and it will then be ready for use.

继续用木勺搅拌和研磨混合物，因为制作细腻光滑酱汁的秘诀就在于此。搅拌得越频繁越好，且应在非常凉爽的地方制作，或者，如果手边有冰，应在冰上混合。当醋和油与蛋黄充分融合后，加入高汤和奶油，全程不停搅拌，然后即可使用。

For a fish Mayonnaise, this sauce may be coloured with lobster-spawn, pounded; and for poultry or meat, where variety is desired, a little parsley-juice may be used to add to its appearance. Cucumber, Tarragon, or any other flavoured vinegar, may be substituted for plain, where they are liked.

若制作鱼类蛋黄酱，可用捣碎的龙虾卵为此酱汁着色；若用于禽肉或肉类，为求变化，可加少许欧芹汁以增其外观。如喜欢，可用黄瓜醋、龙蒿醋或任何其他风味醋代替普通醋。

Average cost, for this quantity, 7d.

平均成本，此数量为7便士。

Sufficient for a small salad.

足量供一小份沙拉之用。

Note.—In mixing the oil and vinegar with the eggs, put in first a few drops of oil, and then a few drops of vinegar, never adding a large quantity of either at one time. By this means, you can be more certain of the sauce not curdling. Patience and practice, let us add, are two essentials for making this sauce good.

注。--在将油和醋与蛋黄混合时，先加入几滴油，然后加入几滴醋，切勿一次加入大量油或醋。如此，可更有把握使酱汁不凝结。我们还要补充一句，耐心和实践是做好此酱汁的两个必备条件。

MINT SAUCE, to serve with Roast Lamb.

薄荷酱，佐烤羊肉食用。

469. INGREDIENTS.—4 dessertspoonfuls of chopped mint, 2 dessertspoonfuls of pounded white sugar, 1/4 pint of vinegar.

469. 配料--4甜点匙切碎的薄荷，2甜点匙捣碎的白糖，1/4品脱醋。

Mode.—Wash the mint, which should be young and fresh-gathered, free from grit; pick the leaves from the stalks, mince them very fine, and put them into a tureen; add the sugar and vinegar, and stir till the former is dissolved. This sauce is better by being made 2 or 3 hours before wanted for table, as the vinegar

做法。--将薄荷洗净，薄荷应为新鲜采摘的嫩薄荷，去除沙砾；将叶子从茎上摘下，切得极细，放入汤碗中；加入糖和醋，搅拌至糖溶解。此酱汁在上桌前2至3小时制作更佳，因为醋

then becomes impregnated with the flavour of the mint. By many persons, the above proportion of sugar would not be considered sufficient; but as tastes vary, we have given the quantity which we have found to suit the general palate.

Average cost, 3d.

Sufficient to serve with a middling-sized joint of lamb.

Note.—Where green mint is scarce and not obtainable, mint vinegar may be substituted for it, and will be found very acceptable in early spring.

[Illustration: MINT.]

MINT.—The common mint cultivated in our gardens is known as the *Mentha viridis*, and is employed in different culinary processes, being sometimes boiled with certain dishes, and afterwards withdrawn. It has an agreeable aromatic flavour, and forms an ingredient in soups, and sometimes is used in spring salads. It is valuable as a stomachic and antispasmodic; on which account it is generally served at table with pea-soup. Several of its species grow wild in low situations in the country.

MINT VINEGAR.

470. INGREDIENTS.—Vinegar, mint.

Mode.—Procure some nice fresh mint, pick the leaves from the stalks, and fill a bottle or jar with them. Add vinegar to them until the bottle is full; *cover closely* to exclude the air, and let it infuse for a fortnight. Then strain the liquor, and put it into small bottles for use, of which the corks should be sealed.

届时会浸入薄荷的风味。许多人可能认为上述糖量不够；但口味因人而异，我们给出的分量是我们发现适合大众口味的。

平均成本，3便士。

足量可搭配一块中等大小的羊羔肉。

注。--在绿薄荷稀少难以获得时，可用薄荷醋代替，在早春时节会非常受欢迎。

[插图：薄荷。]

薄荷。--我们花园中栽培的普通薄荷被称为*Mentha viridis*，用于各种烹饪过程，有时与某些菜肴同煮，之后取出。它具有宜人的芳香风味，是汤中的一种配料，有时也用于春季沙拉。它作为健胃剂和解痉剂很有价值；因此通常与豌豆汤一起上桌。它的几个品种在乡间低洼处野生生长。

薄荷醋。

470. 配料--醋、薄荷。

做法。--取一些优质新鲜薄荷，将叶子从茎上摘下，装满一瓶或一罐。向其中加入醋直至瓶满；密封以隔绝空气，浸泡两周。然后滤出液体，装入小瓶中备用，瓶塞应封蜡。

Seasonable.—This should be made in June, July, or August.

MIXED PICKLE.

(*Very Good.*)

471. INGREDIENTS.—To each gallon of vinegar allow 1/4 lb. of bruised ginger, 1/4 lb. of mustard, 1/4 lb. of salt, 2 oz. of mustard-seed, 1-1/2 oz. of turmeric, 1 oz. of ground black pepper, 1/4 oz. of cayenne, cauliflowers, onions, celery, sliced cucumbers, gherkins, French beans, nasturtiums, capsicums.

Mode.—Have a large jar, with a tightly-fitting lid, in which put as much vinegar as required, reserving a little to mix the various powders to a smooth paste. Put into a basin the mustard, turmeric, pepper, and cayenne; mix them with vinegar, and stir well until no lumps remain; add all the ingredients to the vinegar, and mix well. Keep this liquor in a warm place, and thoroughly stir every morning for a month with a wooden spoon, when it will be ready for the different vegetables to be added to it. As these come into season, have them gathered on a dry day, and, after merely wiping them with a cloth, to free them from moisture, put them into the pickle. The cauliflowers, it may be said, must be divided into small bunches. Put all these into the pickle raw, and at the end of the season, when there have been added as many of the vegetables as could be procured, store it away in jars, and tie over with bladder. As none of the ingredients are boiled, this pickle will not be fit to eat till 12 months have elapsed. Whilst the pickle is being made, keep a wooden spoon tied to the jar; and its contents, it may be repeated, must be stirred every morning.

Seasonable.—Make the pickle-liquor in May or June, as the season

时令。- 应在六月、七月或八月制作。

什锦泡菜

(很好。)

471. 配料--每加仑醋配1/4磅捣碎的姜，1/4磅芥末，1/4磅盐，2盎司芥末籽，1-1/2盎司姜黄，1盎司黑胡椒粉，1/4盎司辣椒粉，花椰菜、洋葱、芹菜、黄瓜片、小黄瓜、法国豆、旱金莲、辣椒。

做法。--准备一个大罐，配一个紧密贴合的盖子，在其中放入所需量的醋，留出少许用来将各种粉末调成光滑的糊状。将芥末、姜黄、胡椒和卡宴辣椒放入盆中；用醋调和，充分搅拌至没有结块；将所有配料加入醋中，搅拌均匀。将此液体放在温暖处，每天早晨用木勺彻底搅拌，持续一个月，届时即可加入各种蔬菜。当这些蔬菜进入时令时，在干燥的日子采摘，只需用布擦拭以去除水分，然后放入泡菜中。可以说，花椰菜必须分成小朵。将所有这些生放入泡菜中，在季节结束时，当已加入尽可能多能获取的蔬菜后，将其储存在罐中，用膀胱膜封口。由于没有任何配料经过煮沸，这种泡菜要等12个月过后才适合食用。在制作泡菜期间，将一把木勺系在罐上；必须重复的是，其内容物必须每天早晨搅拌。

时令。--在五月或六月制作腌渍液，因为此时正值时令

arrives for the various vegetables to be picked.

MUSHROOM KETCHUP.

472. INGREDIENTS.—To each peck of mushrooms 1/2 lb. of salt; to each quart of mushroom-liquor 1/4 oz. of cayenne, 1/2 oz. of allspice, 1/2 oz. of ginger, 2 blades of pounded mace.

Mode.—Choose full-grown mushroom-flaps, and take care they are perfectly *fresh-gathered* when the weather is tolerably dry; for, if they are picked during very heavy rain, the ketchup from which they are made is liable to get musty, and will not keep long. Put a layer of them in a deep pan, sprinkle salt over them, and then another layer of mushrooms, and so on alternately. Let them remain for a few hours, when break them up with the hand; put them in a nice cool place for 3 days, occasionally stirring and mashing them well, to extract from them as much juice as possible. Now measure the quantity of liquor without straining, and to each quart allow the above proportion of spices, &c. Put all into a stone jar, cover it up very closely, put it in a saucepan of boiling water, set it over the fire, and let it boil for 3 hours. Have ready a nice clean stewpan; turn into it the contents of the jar, and let the whole simmer very gently for 1/2 hour; pour it into a jug, where it should stand in a cool place till the next day; then pour it off into another jug, and strain it into very dry clean bottles, and do not squeeze the mushrooms. To each pint of ketchup add a few drops of brandy. Be careful not to shake the contents, but leave all the sediment behind in the jug; cork well, and either seal or rosin the cork, so as perfectly to exclude the air. When a very clear bright ketchup is wanted, the liquor must be

各种蔬菜等待采摘的时节到了。

蘑菇番茄酱。

472. 配料--每配克蘑菇配1/2磅盐；每夸脱蘑菇液配1/4盎司辣椒粉，1/2盎司多香果，1/2盎司姜，2片捣碎的肉豆蔻。

做法。--挑选完全长成的蘑菇伞盖，注意在天气较为干燥时它们须是新鲜采摘的；因为若在大雨倾盆时采摘，用其制成的蘑菇酱容易发霉，且不耐久存。将它们铺一层在深锅中，撒上盐，再铺一层蘑菇，如此交替层叠。静置数小时，然后用手将其捏碎；置于阴凉处3天，不时搅拌并充分捣烂，以尽可能多地榨出汁液。此时不经过滤量出液体的分量，每quart按上述比例配入香料等物。全部放入石罐，严密盖好，置于盛沸水的炖锅中，架在火上煮3小时。备好一只干净漂亮的炖锅；将罐中内容物倒入其中，让全部内容物非常温和地微沸1/2小时；倒入壶中，在阴凉处放置至次日；然后倾入另一壶中，过滤到非常干燥洁净的瓶中，不要挤压蘑菇。每pint蘑菇酱加入几滴白兰地。注意不要摇动内容物，将所有沉淀留在壶中；好好塞紧瓶塞，并用封蜡或松香封住瓶塞，以完全隔绝空气。若需要非常清澈明亮的蘑菇酱，液体必须

strained through a very fine hair-sieve, or flannel bag, *after* it has been very gently poured off; if the operation is not successful, it must be repeated until you have quite a clear liquor. It should be examined occasionally, and if it is spoiling, should be reboiled with a few peppercorns.

用极细的马毛筛或法兰绒袋过滤，在非常缓慢地倒出之后；如果操作不成功，必须重复直至得到完全清澈的液体。应偶尔检查，如果变质，应加几粒胡椒重新煮沸。

Seasonable from the beginning of September to the middle of October, when this ketchup should be made.

时令为九月初至十月中旬，此时应制作此番茄酱。

Note.—This flavouring ingredient, if genuine and well prepared, is one of the most useful store sauces to the experienced cook, and no trouble should be spared in its preparation. Double ketchup is made by reducing the liquor to half the quantity; for example, 1 quart must be boiled down to 1 pint. This goes farther than ordinary ketchup, as so little is required to flavour a good quantity of gravy. The sediment may also be bottled for immediate use, and will be found to answer for flavouring thick soups or gravies.

注。--这种调味配料，如果是正宗且制作精良的，是经验丰富的厨师最有用的储藏酱汁之一，在制作时应不遗余力。双倍番茄酱是通过将液体浓缩至一半量制成的；例如，1 quart必须煮至1 pint。这比普通番茄酱更耐用，因为只需很少量就能为大量肉汁调味。沉淀物也可以装瓶立即使用，可用于为浓汤或肉汁调味。

HOW TO DISTINGUISH MUSHROOMS FROM TOADSTOOLS.—The cultivated mushroom, known as *Agaricus campestris*, may be distinguished from other poisonous kinds of fungi by its having pink or flesh-coloured gills, or under-side, and by its invariably having an agreeable smell, which the toadstool has not. When young, mushrooms are like a small round button, both the stalk and head being white. As they grow larger, they expand their heads by degrees into a flat form, the gills underneath being at first of a pale flesh-colour, but becoming, as they stand longer, dark brown or blackish. Nearly all the poisonous kinds are brown, and have in general a rank and putrid smell. Edible mushrooms are found in closely-fed pastures, but seldom grow in woods,

如何区分蘑菇与毒蕈。--栽培蘑菇，被称为*Agaricus campestris*，可以通过其具有粉红色或肉色的菌褶或下侧，以及其总是具有宜人的气味(毒蕈则没有)来与其他有毒真菌区分。年轻时，蘑菇像一个小圆钮，茎和头都是白色的。随着它们长大，头部逐渐展开成扁平形状，下面的菌褶起初呈淡肉色，但放置较久后变成深棕色或近黑色。几乎所有有毒种类都是棕色的，并且通常具有刺鼻和腐烂的气味。食用蘑菇见于密集放牧的牧场，但很少生长在树林中，

where most of the poisonous sorts are to be found.

大多数有毒品种所在之处。

TO DRY MUSHROOMS.

干蘑菇的干燥处理

473. *Mode.*—Wipe them clean, take away the brown part, and peel off the skin; lay them on sheets of paper to dry, in a cool oven, when they will shrivel considerably. Keep them in paper bags, which hang in a dry place. When wanted for use, put them into cold gravy, bring them gradually to simmer, and it will be found that they will regain nearly their usual size.

473. 做法。--将它们擦干净，去除褐色部分，剥去皮；将它们铺在纸上，在低温烤箱中烘干，届时它们会大幅皱缩。将它们保存在纸袋中，悬挂于干燥处。需要使用时，放入冷肉汁中，逐渐加热至微沸，会发现它们几乎恢复原来的大小。

[Illustration: THE MUSHROOM.]

[插图：蘑菇。]

THE MUSHROOM.—The cultivated or garden mushroom is a species of fungus, which, in England, is considered the best, and is there usually eaten. The tribe, however, is numerous, and a large proportion of them are poisonous; hence it is always dangerous to make use of mushrooms gathered in their wild state. In some parts of Europe, as in Germany, Russia, and Poland, many species grow wild, and are used as food; but in Britain, two only are generally eaten. These are mostly employed for the flavouring of dishes, and are also dried and pickled. CATSUP, or KETCHUP, is made from them by mixing spices and salt with their juice. The young, called buttons, are the best for pickling when in the globular form.

蘑菇--栽培或园生蘑菇是一种真菌，在英国被视为最佳品种，通常在当地食用。然而，该种类繁多，其中很大一部分有毒；因此，使用野生采集的蘑菇总是危险的。在欧洲一些地区，如德国、俄罗斯和波兰，许多种类野生生长并被用作食物；但在英国，通常只食用两种。这些主要用于调味菜肴，也常被干燥和腌制。番茄酱(CATSUP，或KETCHUP)是通过将香料和盐与其汁液混合制成。幼嫩者称为纽扣蘑菇，在球状时最适合腌制。

BROWN MUSHROOM SAUCE, to serve with Roast Meat, &c.

布朗蘑菇酱，佐烤肉等食用

474. INGREDIENTS.—1/2 pint of button mushrooms, 1/2 pint of good beef gravy, No. 435, 1 tablespoonful of mushroom ketchup (if at hand), thickening of butter and flour.

474. 配料--1/2品脱纽扣蘑菇，1/2品脱优质牛肉汁，第435号，1汤匙蘑菇番茄酱(如有)，黄油和面粉芡汁。

Mode.—Put the gravy into a saucepan, thicken it, and stir over the fire until it boils. Prepare the mushrooms by cutting off the stalks

做法。--将肉汁放入炖锅中，勾芡，在火上搅拌至煮沸。准备蘑菇，切去菌柄

and wiping them free from grit and dirt; the large flap mushrooms cut into small pieces will answer for a brown sauce, when the buttons are not obtainable; put them into the gravy, and let them simmer very gently for about 10 minutes; then add the ketchup, and serve.

并将它们擦净，去除沙砾和污物；当无法获得小蘑菇时，将大伞菌切成小块，可用于制作棕色酱汁；将它们放入肉汁中，用文火慢慢煨约10分钟；然后加入番茄酱，即可上桌。

Time.—Rather more than 10 minutes.

时间。--略多于10分钟。

Seasonable from August to October.

时令八月至十月。

Note.—When fresh mushrooms are not obtainable, the powder No. 477 may be used as a substitute for brown sauce.

注。--当无法获得新鲜蘑菇时，可使用第477号粉末作为棕色酱汁的替代品。

WHITE MUSHROOM SAUCE, to serve with Boiled Fowls, Cutlets, &c.

白蘑菇酱，佐以煮禽、肉排，
等等。

I.

475. INGREDIENTS.—Rather more than 1/2 pint of button mushrooms, lemon-juice and water, 1 oz. of butter, 1/2 pint of Béchamel, No. 367, 1/4 teaspoonful of pounded sugar.

475. 配料。--略多于1/2品脱的小蘑菇，柠檬汁和水，1 oz.黄油，1/2品脱白汁酱，第367号，1/4茶匙糖粉。

Mode.—Turn the mushrooms white by putting them into lemon-juice and water, having previously cut off the stalks and wiped them perfectly free from grit. Chop them, and put them in a stewpan with the butter. When the mushrooms are softened, add the Béchamel, and simmer for about 5 minutes; should they, however, not be done enough, allow rather more time. They should not boil longer than necessary, as they would then lose their colour and flavour. Rub the whole through a tammy, and serve very hot. After this, it should be warmed in a bain marie.

做法。--将蘑菇放入柠檬汁和水中浸至发白，事先切去菌柄并彻底擦净泥沙。将蘑菇剁碎，与黄油一同放入炖锅中。待蘑菇变软后，加入贝夏梅尔酱，煨约5分钟；若尚未熟透，可适当延长时间。煮沸时间不宜超过必要限度，否则会失去色泽与风味。将全部混合物用细筛擦滤，趁热上桌。此后应置于隔水炖锅中保温。

Time.—Altogether, 1/4 hour. *Average cost*, 1s.

时间。--总计1/4小时。平均成本,1先令。

Seasonable from August to October.

II.

A More Simple Method.

476. INGREDIENTS.—1/2 pint of melted butter, made with milk, No. 380; 1/2 pint of button mushrooms, 1 dessertspoonful of mushroom ketchup, if at hand; cayenne and salt to taste.

Mode.—Make the melted butter by recipe No. 380, and add to it the mushrooms, which must be nicely cleaned, and free from grit, and the stalks cut off. Let them simmer gently for about 10 minutes, or until they are quite tender. Put in the seasoning and ketchup; let it just boil, when serve.

Time.—Rather more than 10 minutes. *Average cost,* 8d.

Seasonable from August to October.

GROWTH OF THE MUSHROOM AND OTHER FUNGI.—The quick growth of the mushroom and other fungi is no less wonderful than the length of time they live, and the numerous dangers they resist while they continue in the dormant state. To spring up "like a mushroom in a night" is a scriptural mode of expressing celerity; and this completely accords with all the observations which have been made concerning this curious class of plants. Mr. Sowerby remarks—"I have often placed specimens of the *Phallus caninus* by a window over-night, while in the egg-form, and they have been fully grown by the morning."

MUSHROOM POWDER (a valuable addition to Sauces and Gravies, when fresh

时令八月至十月。

二
。

更简单的方法。

476. 配料。--1/2品脱用牛奶制作的融化黄油，第380号；1/2品脱小蘑菇，1甜点匙蘑菇番茄酱(如有)；卡宴辣椒粉和盐适量。

做法。--按第380号食谱制作融化黄油，加入蘑菇，蘑菇须清洗干净，去除沙砾，并切去菌柄。用文火慢慢煨约10分钟，或直至完全软嫩。加入调味料和番茄酱；煮沸即可上桌。

时间。--略多于10分钟。平均成本,8便士。

时令八月至十月。

蘑菇及其他真菌的生长。--蘑菇及其他真菌的迅速生长，与它们存活时间之长、在休眠状态下所抵御的种种危险同样令人惊叹。“像一夜之间冒出的蘑菇”是《圣经》中表达迅捷的方式；这与人们对这类奇特植物所作的一切观察完全吻合。索尔比先生说道：“我常把犬形鬼笔的标本在卵状时期于夜间置于窗边，到早晨它们便已完全长成。”

蘑菇粉(新鲜时是酱汁和肉汁的宝贵添加物)

Mushrooms are not obtainable).

477. INGREDIENTS.—1/2 peck of large mushrooms, 2 onions, 12 cloves, 1/4 oz. of pounded mace, 2 teaspoonfuls of white pepper.

Mode.—Peel the mushrooms, wipe them perfectly free from grit and dirt, remove the black fur, and reject all those that are at all worm-eaten; put them into a stewpan with the above ingredients, but without water; shake them over a clear fire, till all the liquor is dried up, and be careful not to let them burn; arrange them on tins, and dry them in a slow oven; pound them to a fine powder, which put into small *dry* bottles; cork well, seal the corks, and keep it in a dry place. In using this powder, add it to the gravy just before serving, when it will merely require one boil-up. The flavour imparted by this means to the gravy, ought to be exceedingly good.

Seasonable.—This should be made in September, or at the beginning of October.

Note.—If the bottles in which it is stored away are not perfectly dry, as, also the mushroom powder, it will keep good but a very short time.

PICKLED MUSHROOMS.

478. INGREDIENTS.—Sufficient vinegar to cover the mushrooms; to each quart of mushrooms, 2 blades of pounded mace, 1 oz. of ground pepper, salt to taste.

Mode.—Choose some nice young button mushrooms for pickling, and rub off the skin with a piece of flannel and salt, and cut off the stalks; if very large, take out the red inside, and reject the

蘑菇无法获得)。

477. 配料。--1/2配克大蘑菇，2个洋葱，12粒丁香，1/4 oz.肉豆蔻粉，2茶匙白胡椒。

做法。--将蘑菇去皮，彻底擦净泥沙污物，除去黑色绒毛，弃去所有被虫蛀过的；将它们与上述配料一同放入炖锅，但不加水；在明火上不断摇动，直至汁液全部收干，注意不要让其烧焦；将蘑菇排在烤盘上，放入慢火烤箱中烘干；将其捣成细粉，装入干燥的小瓶中；塞紧软木塞，封蜡，置于干燥处保存。使用此粉时，在上桌前加入肉汁中，只需煮沸一次即可。以此法赋予肉汁的风味，应当极为鲜美。

时令。--应在九月或十月初制作。

注。--如果储存用的瓶子以及蘑菇粉不是完全干燥，则只能保存很短时间。

腌蘑菇。

478. 配料。--足量醋以浸没蘑菇；每夸脱蘑菇，2片肉豆蔻粉，1 oz.胡椒粉，盐适量。

做法。--挑选优质幼嫩的小蘑菇用于腌制，用法兰绒布和盐擦去表皮，切去菌柄；如果蘑菇很大，取出内部红色部分，弃去

black ones, as they are too old. Put them in a stewpan, sprinkle salt over them, with pounded mace and pepper in the above proportion; shake them well over a clear fire until the liquor flows, and keep them there until it is all dried up again; then add as much vinegar as will cover them; just let it simmer for 1 minute, and store it away in stone jars for use. When cold, tie down with bladder and keep in a dry place; they will remain good for a length of time, and are generally considered delicious.

黑色的，因为它们太老了。将它们放入炖锅，撒上盐，并按上述比例加入捣碎的肉豆蔻皮和胡椒；在明火上充分摇动，直至汁液流出，并继续加热至汁液再次全部收干；然后加入足以淹没它们的醋；只需微沸1分钟，然后贮入石罐备用。冷却后，用膀胱膜封口扎紧，置于干燥处保存；可长时间保持良好，通常被视为美味。

Seasonable.—Make this the same time as ketchup, from the beginning of September to the middle of October.

时令。--与番茄酱同时制作，从九月初至十月中旬。

NATURE OF THE MUSHROOM.—Locality has evidently a considerable influence on the nature of the juices of the mushroom; for it has been discovered, after fatal experience, that some species, which are perfectly harmless when raised in open meadows and pasturelands, become virulently poisonous when they happen to grow in contact with stagnant water or putrescent animal and vegetable substances. What the precise nature of the poison in fungi may be, has not been accurately ascertained.

蘑菇的性质。--产地显然对蘑菇汁液的性质有相当大的影响；因为经过惨痛的教训后发现，有些品种在开阔的草地和牧场上生长时完全无害，但一旦接触死水或腐败的动植物物质生长，就会变得剧毒。真菌中毒素的确切性质尚未被准确确定。

A VERY RICH AND GOOD MUSHROOM SAUCE, to serve with Fowls or Rabbits.

一种非常浓郁美味的蘑菇酱，用于搭配禽肉或兔肉。

479. INGREDIENTS.—1 pint of mushroom-buttons, salt to taste, a little grated nutmeg, 1 blade of pounded mace, 1 pint of cream, 2 oz. of butter, flour to thicken.

479. 配料。--1品脱小蘑菇，盐适量，少许磨碎的肉豆蔻，1片肉豆蔻粉，1品脱奶油，2 oz.黄油，面粉用于增稠。

Mode.—Rub the buttons with a piece of flannel and salt, to take off the skin; cut off the stalks, and put them in a stewpan with the above ingredients, previously kneading together the butter and flour; boil the whole for about ten minutes, stirring all the time.

做法。--用法兰绒布和盐擦去小蘑菇的表皮；切去菌柄，将它们与上述配料一起放入炖锅中，黄油和面粉须事先揉合在一起；将全部煮沸约十分钟，期间不断搅拌。

Pour some of the sauce over the fowls, and the remainder serve in a tureen.

Time.—10 minutes. *Average cost*, 2s.

Sufficient to serve with a pair of fowls.

Seasonable from August to October.

HOW TO MIX MUSTARD.

480. INGREDIENTS.—Mustard, salt, and water.

Mode.—Mustard should be mixed with water that has been boiled and allowed to cool; hot water destroys its essential properties, and raw cold water might cause it to ferment. Put the mustard in a cup, with a small pinch of salt, and mix with it very gradually sufficient boiled water to make it drop from the spoon without being watery. Stir and mix well, and rub the lumps well down with the back of a spoon, as well-mixed mustard should be perfectly free from these. The mustard-pot should not be more than half full, or rather less if it will not be used in a day or two, as it is so much better when freshly mixed.

TARTAR MUSTARD.

481. INGREDIENTS.—Horseradish vinegar, cayenne, 1/2 a teacupful of mustard.

Mode.—Have ready sufficient horseradish vinegar to mix with the above proportion of mustard; put the mustard in a cup, with a slight seasoning of cayenne; mix it perfectly smooth with the vinegar, adding this a little at a time; rub down with the back of a

将一部分酱汁浇在禽肉上，其余的盛在汤碗中端上桌。

时间。- 10分钟。平均费用,2先令。

足量，可配一对家禽食用。

时令八月至十月。

如何调制芥末。

480. 配料--芥末、盐和水。

做法。--芥末应以煮沸后放凉的水调和；热水会破坏其固有特性，而生冷水则可能使其发酵。将芥末放入杯中，加一小撮盐，逐渐加入足够的凉开水调和，使其能从勺中滴落而不至过稀。充分搅拌调匀，并用勺背将结块碾开，因为调好的芥末应完全无结块。芥末罐不应装得过满，以不超过半罐为宜；若一两天内不会用完，则更应少装，因为现调的芥末要好得多。

鞑靼芥末。

481. 配料--辣根醋、卡宴辣椒、半茶杯芥末。

做法。--准备好足量的辣根醋，与上述比例的芥末混合；将芥末放入杯中，加少许卡宴辣椒粉调味；用醋将其调至完全顺滑，醋一点一点地加入；用匙背

spoon any lumps that may appear, and do not let it be too thin. Mustard may be flavoured in various ways, with Tarragon, shalot, celery, and many other vinegars, herbs, spices, &c.; but this is more customary in France than in England, as there it is merely considered a "vehicle of flavours," as it has been termed.

将可能出现的结块研碎，不要调得太稀。芥末可以用各种方式调味，可用龙蒿醋、青葱醋、芹菜醋以及许多其他醋、香草、香料等；但这在法国比在英国更为常见，因为在法国它仅被视为一种“风味的载体”，正如人们所称的那样。

PICKLED NASTURTIUMS (a very good Substitute for Capers)

腌旱金莲(刺山柑的极佳替代品)

482. INGREDIENTS.—To each pint of vinegar, 1 oz. of salt, 6 peppercorns, nasturtiums.

482. 配料。--每品脱醋，1 oz.盐，6粒胡椒，旱金莲。

Mode.—Gather the nasturtium-pods on a dry day, and wipe them clean with a cloth; put them in a dry glass bottle, with vinegar, salt, and pepper in the above proportion. If you cannot find enough ripe to fill a bottle, cork up what you have got until you have some more fit: they may be added from day to day. Bung up the bottles, and seal or rosin the tops. They will be fit for use in 10 or 12 months; and the best way is to make them one season for the next.

做法。--在干燥的日子采摘旱金莲籽荚，用布擦干净；放入干燥的玻璃瓶中，按上述比例加入醋、盐和胡椒。如果找不到足够的成熟籽荚装满一瓶，可将已有的塞住瓶口，等待更多成熟：可以逐日添加。将瓶口塞紧，用封蜡或松香封住顶部。10至12个月后即可使用；最好的做法是为下一季制作。

Seasonable.—Look for nasturtium-pods from the end of July to the end of August.

时令。--旱金莲籽荚的采摘期为七月底至八月底。

[Illustration: NASTURTIUMS.]

[插图：旱金莲。]

NASTURTIUMS.—The elegant nasturtium-plant, called by naturalists *Tropoeolum*, and which sometimes goes by the name of Indian cress, came originally from Peru, but was easily made to grow in these islands. Its young leaves and flowers are of a slightly hot nature, and many consider them a good adjunct to salads, to which they certainly add a pretty appearance. When the beautiful blossoms, which may be employed with great effect in garnishing dishes, are off, then the fruit is used as described in the

旱金莲--这种优雅的旱金莲植物，博物学家称之为*Tropoeolum*，有时也被称为印度水芹，原产于秘鲁，但很容易在这些岛屿上生长。它的嫩叶和花朵带有轻微的辛辣性质，许多人认为它们是沙拉的绝佳搭配，确实能为沙拉增添美观的外观。当那些可用于装饰菜肴并产生极佳效果的美丽花朵凋谢后，其果实便按以下所述使用：

above recipe.

上述食谱。

FRENCH ONION SAUCE, or SOUBISE.

法式洋葱酱，或称苏比斯酱。

483. INGREDIENTS.—1/2 pint of Béchamel, No. 367, 1 bay-leaf, seasoning to taste of pounded mace and cayenne, 6 onions, a small piece of ham.

483. 配料。--1/2品脱白汁酱，第367号，1片月桂叶，肉豆蔻粉和卡宴辣椒粉调味适量，6个洋葱，一小块火腿。

Mode.—Peel the onions and cut them in halves; put them in a stewpan, with just sufficient water to cover them, and add the bay-leaf, ham, cayenne, and mace; be careful to keep the lid closely shut, and simmer them until tender. Take them out and drain thoroughly; rub them through a tammy or sieve (an old one does for the purpose) with a wooden spoon, and put them to 1/2 pint of Béchamel; keep stirring over the fire until it boils, when serve. If it should require any more seasoning, add it to taste.

做法。--将洋葱去皮并切成两半；放入炖锅中，加入刚好没过它们的水，再加入月桂叶、火腿、卡宴辣椒和肉豆蔻；注意将锅盖盖紧，用文火炖至软烂。取出并彻底沥干；用木勺通过细筛或滤网(用旧的可达到此目的)擦成泥，加入1/2品脱的白汁酱；在火上不断搅拌至沸腾，即可上桌。如果需要更多调味，可按口味添加。

Time.—3/4 hour to boil the onions.

时间。- 煮洋葱需3/4小时。

Average cost, 10d. for this quantity.

平均成本，这一数量为10便士。

Sufficient for a moderate-sized dish.

足量，适合中等大小的餐盘。

WHITE ONION SAUCE, for Boiled Rabbits, Roast Shoulder of Mutton, &c.

白洋葱酱，用于煮兔肉、烤羊肩肉等。

484. INGREDIENTS.—9 large onions, or 12 middling-sized ones, 1 pint of melted butter made with milk (No. 380), 1/2 teaspoonful of salt, or rather more.

484. 配料。--9个大洋葱，或12个中等大小的洋葱，1品脱用牛奶制作的融化黄油(第380号),1/2茶匙盐，或稍多。

Mode.—Peel the onions and put them into water to which a little salt has been added, to preserve their whiteness, and let them remain for 1/4 hour. Then put them in a stewpan, cover them with water, and let them boil until tender, and, if the onions should be very strong, change the water after they have been

做法。--将洋葱剥皮，放入加了少许盐的水中以保持其洁白，浸泡1/4小时。然后放入炖锅中，加水浸没，煮至软嫩；如果洋葱味道很冲，在煮了1/4小时后换水。

boiling for 1/4 hour. Drain them thoroughly, chop them, and rub them through a tammy or sieve. Make 1 pint of melted butter, by recipe No. 380, and when that boils, put in the onions, with a seasoning of salt; stir it till it simmers, when it will be ready to serve. If these directions are carefully attended to, this onion sauce will be delicious.

煮1/4小时。将它们彻底沥干，切碎，并用细筛或筛子擦滤。按食谱第380号制作1品脱融化黄油，待其煮沸后，放入洋葱，加盐调味；搅拌至微沸，即可上桌。若严格遵照这些指示，这款洋葱酱汁将十分美味。

Time.—From 3/4 to 1 hour, to boil the onions.

时间。--煮洋葱需3/4至1小时。

Average cost, 9d. per pint.

平均成本，每品脱9便士。

Sufficient to serve with a roast shoulder of mutton, or boiled rabbit.

足量可搭配烤羊肩肉或煮兔肉食用。

Seasonable from August to March.

时令八月至三月。

Note.—To make this sauce very mild and delicate, use Spanish onions, which can be procured from the beginning of September to Christmas. 2 or 3 tablespoonfuls of cream added just before serving, will be found to improve its appearance very much. Small onions, when very young, may be cooked whole, and served in melted butter. A sieve or tammy should be kept expressly for onions: an old one answers the purpose, as it is liable to retain the flavour and smell, which of course would be excessively disagreeable in delicate preparations.

注。--要使这款酱汁非常温和细腻，可使用西班牙洋葱，从九月初到圣诞节期间均可购得。上桌前加入2或3汤匙奶油，会发现其外观大为改善。小洋葱在非常嫩的时候，可以整颗烹制，配融化黄油上桌。应专门为洋葱保留一个筛子或滤网：用旧的可达到此目的，因为它容易残留味道和气味，这在精致的菜肴中当然会极其令人不快。

BROWN ONION SAUCE.

棕洋葱酱

485. INGREDIENTS.—6 large onions, rather more than 1/2 pint of good gravy, 2 oz. of butter, salt and pepper to taste.

485. 配料。--6个大洋葱，略多于1/2品脱优质肉汁，2 oz.黄油，盐和胡椒适量。

Mode.—Slice and fry the onions of a pale brown in a stewpan, with the above quantity of butter, keeping them well stirred, that

做法。--将洋葱切片，用上述分量的黄油在炖锅中煎至浅棕色，不断搅拌，使

they do not get black. When a nice colour, pour over the gravy, and let them simmer gently until tender. Now skim off every particle of fat, add the seasoning, and rub the whole through a tammy or sieve; put it back in the saucepan to warm, and when it boils, serve.

Time.—Altogether 1 hour.

Seasonable from August to March.

Note.—Where a very high flavouring is liked, add 1 tablespoonful of mushroom ketchup, or a small quantity of port wine.

HISTORY OF THE ONION.—It is not supposed that any variety of the onion is indigenous to Britain, as when the large and mild roots imported from warmer climates, have been cultivated in these islands a few years, they deteriorate both in size and sweetness. It is therefore most likely that this plant was first introduced into England from continental Europe, and that it originally was produced in a southern climate, and has gradually become acclimatized to a colder atmosphere. (*See* No. 139.)

PICKLED ONIONS (a very Simple Method, and exceedingly Good).

486. INGREDIENTS.—Pickling onions; to each quart of vinegar, 2 teaspoonfuls of allspice, 2 teaspoonfuls of whole black pepper.

Mode.—Have the onions gathered when quite dry and ripe, and, with the fingers, take off the thin outside skin; then, with a silver knife (steel should not be used, as it spoils the colour of the onions), remove one more skin, when the onion will look quite clear. Have ready some very dry bottles or jars, and as fast as they are peeled, put them in. Pour over sufficient cold vinegar to cover them, with pepper and allspice in the above proportions, taking

其不致变黑。当颜色恰到好处时，倒入肉汁，用文火慢慢煨至软嫩。然后撇去所有脂肪，加入调味料，将全部用滤筛或细筛擦滤；放回锅中加热，煮沸后即可上桌。

时间。- 共计1小时。

时令八月至三月。

注。--如喜欢浓重的风味，可加入1汤匙蘑菇番茄酱，或少量波特酒。

洋葱的历史--据认为，没有任何一种洋葱原产于不列颠，因为从较温暖气候进口的大而温和的鳞茎在这些岛屿上栽培几年后，其大小和甜度都会退化。因此，这种植物最可能是先从欧洲大陆引入英格兰的，它最初产于南方气候，并逐渐适应了较冷的气候。(见第139号。)

腌洋葱(一种非常简单且极好的方法)。

486. 配料。--腌制用洋葱；每夸脱醋，2茶匙多香果，2茶匙整粒黑胡椒。

做法。--在完全干燥成熟时采收洋葱，用手指剥去外层薄皮；然后，用银刀(不应使用钢刀，因为会破坏洋葱的颜色)，再去除一层皮，此时洋葱会显得十分洁净。准备好非常干燥的瓶子或罐子，剥好一个就放入一个。倒入足量冷醋浸没它们，按上述比例加入胡椒和多香果，注意

care that each jar has its share of the latter ingredients. Tie down with bladder, and put them in a dry place, and in a fortnight they will be fit for use. This is a most simple recipe and very delicious, the onions being nice and crisp. They should be eaten within 6 or 8 months after being done, as the onions are liable to become soft.

Seasonable from the middle of July to the end of August.

PICKLED ONIONS.

487. INGREDIENTS.—1 gallon of pickling onions, salt and water, milk; to each 1/2 gallon of vinegar, 1 oz. of bruised ginger, 1/4 teaspoonful of cayenne, 1 oz. of allspice, 1 oz. of whole black pepper, 1/4 oz. of whole nutmeg bruised, 8 cloves, 1/4 oz. of mace.

Mode.—Gather the onions, which should not be too small, when they are quite dry and ripe; wipe off the dirt, but do not pare them; make a strong solution of salt and water, into which put the onions, and change this, morning and night, for 3 days, and save the *last* brine they were put in. Then take the outside skin off, and put them into a tin saucepan capable of holding them all, as they are always better done together. Now take equal quantities of milk and the last salt and water the onions were in, and pour this to them; to this add 2 large spoonfuls of salt, put them over the fire, and watch them very attentively. Keep constantly turning the onions about with a wooden skimmer, those at the bottom to the top, and *vice versâ*; and let the milk and water run through the holes of the skimmer. Remember, the onions must never boil, or, if they do, they will be good for nothing; and they should be quite transparent. Keep the onions stirred for a few minutes, and, in

每个罐子都分到相应份额的后两种配料。用膀胱膜封口，放在干燥处，两周后即可使用。这是一份极其简单的食谱，非常美味，洋葱爽脆可口。应在制作后6至8个月内食用，因为洋葱容易变软。

时令七月中旬至八月底。

腌洋葱

487. 配料--1加仑腌渍洋葱、盐和水、牛奶；每1/2加仑醋，配1 oz.捣碎的姜、1/4茶匙辣椒粉、1 oz.多香果、1 oz.整粒黑胡椒、1/4 oz.捣碎的整肉豆蔻、8粒丁香、1/4 oz.肉豆蔻衣。

做法。--采摘洋葱，不应太小，待其完全干燥成熟时采收；擦去泥土，但不要削皮；制成浓盐水，将洋葱放入其中，早晚更换，持续3天，并保留它们所浸泡的最后一次盐水。然后去掉外皮，放入一个能容纳全部洋葱的锡锅中，因为一起煮总是更好。现在取等量的牛奶和洋葱最后浸泡的盐水，倒入洋葱中；加入2大勺盐，放在火上，非常仔细地观察。不断用木制漏勺翻动洋葱，将底部的翻到顶部，反之亦然；让牛奶和水从漏勺的孔中流过。记住，洋葱绝不能煮沸，否则就一无是处；它们应该完全透明。将洋葱搅拌几分钟，然后，在

stirring them, be particular not to break them. Then have ready a pan with a colander, into which turn the onions to drain, covering them with a cloth to keep in the steam. Place on a table an old cloth, 2 or 3 times double; put the onions on it when quite hot, and over them an old piece of blanket; cover this closely over them, to keep in the steam. Let them remain till the next day, when they will be quite cold, and look yellow and shrivelled; take off the shrivelled skins, when they should be as white as snow. Put them in a pan, make a pickle of vinegar and the remaining ingredients, boil all these up, and pour hot over the onions in the pan. Cover very closely to keep in all the steam, and let them stand till the following day, when they will be quite cold. Put them into jars or bottles well bunged, and a tablespoonful of the best olive-oil on the top of each jar or bottle. Tie them down with bladder, and let them stand in a cool place for a month or six weeks, when they will be fit for use. They should be beautifully white, and eat crisp, without the least softness, and will keep good many months.

搅拌时，务必注意不要将它们弄碎。然后准备一个带滤盆的锅，将洋葱倒入其中沥干，用布盖住以保持蒸汽。在桌上铺一块旧布，叠两到三层；趁洋葱还很热时放在上面，再盖上一块旧毯子；将其严密盖住，以保持蒸汽。让它们放置到第二天，届时会完全冷却，看起来发黄且皱缩；去掉皱缩的皮，此时它们应白如雪。将它们放入锅中，用醋和剩余的配料制成腌汁，将所有材料煮沸，趁热浇在锅中的洋葱上。严密盖住以保持所有蒸汽，让其静置到次日，届时会完全冷却。将它们装入用塞子塞紧的罐子或瓶子中，在每个罐子或瓶子顶部放一汤匙最好的橄榄油。用膀胱膜扎紧，放在阴凉处一个月或六周，届时即可使用。它们应洁白美观，吃起来脆爽，没有丝毫软烂，且能保存好几个月。

Seasonable from the middle of July to the end of August.

时令七月中旬至八月底。

ORANGE GRAVY, for Wildfowl, Widgeon, Teal, &c.

橙汁肉汁，用于野禽、野鸭、水鸭等。

488. INGREDIENTS.—1/2 pint of white stock, No. 107, 1 small onion, 3 or 4 strips of lemon or orange peel, a few leaves of basil, if at hand, the juice of a Seville orange or lemon, salt and pepper to taste, 1 glass of port wine.

488. 配料--1/2品脱白色高汤，第107号，1个小洋葱，3或4条柠檬皮或橙皮，几片罗勒叶(如有),1个塞维利亚橙或柠檬的汁，盐和胡椒适量，1杯波特酒。

Mode.—Put the onion, cut in slices, into a stewpan with the stock, orange-peel, and basil, and let them simmer very gently for 1/4 hour or rather longer, should the gravy not taste sufficiently of the peel. Strain it off, and add to the gravy the remaining ingredients;

做法--将洋葱切片，与高汤、橙皮和罗勒一起放入炖锅中，非常轻柔地煨1/4小时或稍久一些，如果肉汁的果皮味不够浓的话。将其滤出，把剩余的配料加入肉汁中；

let the whole heat through, and, when on the point of boiling, serve very hot in a tureen which should have a cover to it.

Time.—Altogether 1/2 hour.

Sufficient for a small tureen.

OYSTER FORCEMEAT, for Roast or Boiled Turkey.

489. INGREDIENTS.—1/2 pint of bread crumbs, 1-1/2 oz. of chopped suet or butter, 1 faggot of savoury herbs, 1/4 saltspoonful of grated nutmeg, salt and pepper to taste, 2 eggs, 18 oysters.

Mode.—Grate the bread very fine, and be careful that no large lumps remain; put it into a basin with the suet, which must be very finely minced, or, when butter is used, that must be cut up into small pieces. Add the herbs, also chopped as small as possible, and seasoning; mix all these well together, until the ingredients are thoroughly mingled. Open and beard the oysters, chop them, but not too small, and add them to the other ingredients. Beat up the eggs, and, with the hand, work altogether, until it is smoothly mixed. The turkey should not be stuffed too full: if there should be too much forcemeat, roll it into balls, fry them, and use them as a garnish.

Sufficient for 1 turkey.

OYSTER KETCHUP.

490. INGREDIENTS.—Sufficient oysters to fill a pint measure, 1 pint of sherry, 3 oz. of salt, 1 drachm of cayenne, 2 drachms of pounded mace.

让全部加热透彻，在即将沸腾时，盛入带盖的汤碗中趁热上桌。

时间。--共计半小时。

足量供小汤碗用。

牡蛎馅料，用于烤火鸡或煮火鸡。

489. 配料--1/2品脱面包屑，1-1/2 oz.切碎的板油或黄油，1束香草，1/4盐匙磨碎的肉豆蔻，盐和胡椒适量，2个鸡蛋，18只牡蛎。

做法。--将面包擦成极细的屑，注意不要留下大块；放入盆中，加入板油，板油必须切得极细，或者，若用黄油，则必须切成小块。加入香草，也尽可能切碎，并加调味；将所有这些东西充分拌匀，直到配料完全混合。打开牡蛎并去须，切碎，但不要切得太小，加入其他配料中。打散鸡蛋，用手将所有材料揉合，直到混合均匀。火鸡不应填得太满：如果填料过多，将其搓成丸子，煎熟，用作配菜。

足量供1只火鸡用。

牡蛎番茄酱。

490. 配料--足够装满1品脱量器的牡蛎，1品脱雪利酒，3 oz.盐，1德拉克马辣椒粉，2德拉克马捣碎的肉豆蔻衣。

Mode.—Procure the oysters very fresh, and open sufficient to fill a pint measure; save the liquor, and scald the oysters in it with the sherry; strain the oysters, and put them in a mortar with the salt, cayenne, and mace; pound the whole until reduced to a pulp, then add it to the liquor in which they were scalded; boil it again five minutes, and skim well; rub the whole through a sieve, and, when cold, bottle and cork closely. The corks should be sealed.

做法。--采购非常新鲜的牡蛎，剖开足够装满一品脱量器的数量；保留其汁液，将牡蛎与雪利酒一同在汁液中烫煮；将牡蛎滤出，放入研钵中，加入盐、卡宴辣椒和肉豆蔻；将全部捣碎成糊状，然后将其加入烫煮过牡蛎的汁液中；再次煮沸五分钟，并撇去浮沫；将全部用筛子过滤，待冷却后装瓶并塞紧瓶塞。瓶塞应加以封蜡。

Seasonable from September to April.

时令从九月到四月。

Note.—Cider may be substituted for the sherry.

注。- 可用苹果酒代替雪利酒。

PICKLED OYSTERS.

腌牡蛎。

491. INGREDIENTS.—100 oysters; to each 1/2 pint of vinegar, 1 blade of pounded mace, 1 strip of lemon-peel, 12 black peppercorns.

491. 配料--100只牡蛎；每1/2品脱醋，配1片捣碎的肉豆蔻衣、1条柠檬皮、12粒黑胡椒。

Mode.—Get the oysters in good condition, open them, place them in a saucepan, and let them simmer in their own liquor for about 10 minutes, very gently; then take them out, one by one, and place them in a jar, and cover them, when cold, with a pickle made as follows:—Measure the oyster-liquor; add to it the same quantity of vinegar, with mace, lemon-peel, and pepper in the above proportion, and boil it for 5 minutes; when cold, pour over the oysters, and tie them down very closely, as contact with the air spoils them.

做法。--取状态良好的牡蛎，打开，放入炖锅中，让其在自己的汁液中非常轻柔地微沸约10分钟；然后逐一取出，放入罐中，冷却后用如下方法制成的腌汁覆盖：--量取牡蛎汁；加入等量的醋，并按上述比例加入肉豆蔻衣、柠檬皮和胡椒，煮沸5分钟；冷却后浇在牡蛎上，并非常严密地扎紧，因为接触空气会使其变质。

Seasonable from September to April.

时令从九月到四月。

Note.—Put this pickle away in small jars; because directly one is opened, its contents should immediately be eaten, as they soon spoil. The pickle should not be kept more than 2 or 3 months.

注意--将此腌制品分装在小罐中存放；因为一旦打开一罐，其内容物应立即食用，因为它们很快会变质。此腌制品保存不应超过2或3个月。

OYSTER SAUCE, to serve with Fish, Boiled Poultry, &c.

492. INGREDIENTS.—3 dozen oysters, 1/2 pint of melted butter, made with milk, No. 380.

Mode.—Open the oysters carefully, and save their liquor; strain it into a clean saucepan (a lined one is best), put in the oysters, and let them just come to the boiling-point, when they should look plump. Take them off the fire immediately, and put the whole into a basin. Strain the liquor from them, mix with it sufficient milk to make 1/2 pint altogether, and follow the directions of No. 380. When the melted butter is ready and very smooth, put in the oysters, which should be previously bearded, if you wish the sauce to be really nice. Set it by the side of the fire to get thoroughly hot, *but do not allow it to boil*, or the oysters will immediately harden. Using cream instead of milk makes this sauce extremely delicious. When liked, add a seasoning of cayenne, or anchovy sauce; but, as we have before stated, a plain sauce *should* be plain, and not be overpowered by highly-flavoured essences; therefore we recommend that the above directions be implicitly followed, and no seasoning added.

Average cost for this quantity, 2s.

Sufficient for 6 persons. Never allow fewer than 6 oysters to 1 person, unless the party is very large.

Seasonable from September to April.

A more economical sauce may be made by using a smaller quantity of oysters, and not bearding them before they are added to the sauce: this may answer the purpose, but we cannot undertake to recommend it as a mode of making this delicious

牡蛎酱，佐鱼、白煮禽肉等食用

492. 配料--3打牡蛎，1/2品脱用牛奶制成的融化黄油，第380号。

做法。--小心打开牡蛎，保留其汁液；将其滤入干净的炖锅(最好是有内衬的)，放入牡蛎，让其刚好达到沸点，此时它们应看起来饱满。立即离火，将全部倒入盆中。滤出汁液，加入足量牛奶，使总量达到1/2品脱，并按照第380号的指示操作。当融化的黄油做好且非常顺滑时，放入牡蛎，若想让酱汁真正美味，应事先去须。将其放在火旁彻底加热，但不要让它煮沸，否则牡蛎会立刻变硬。用奶油代替牛奶会使这款酱汁极其美味。若喜欢，可加入卡宴辣椒或鲽鱼酱调味；但正如我们之前所述，清淡的酱汁应当清淡，不应被浓烈的香精压倒；因此我们建议严格遵循上述指示，不添加任何调味。

平均费用此数量为 2 先令。

足供6人食用。除非人数极多，否则每人绝不可少于6只牡蛎。

时令从九月到四月。

使用较少数量的牡蛎，并且在加入酱汁前不去除牡蛎的须边，可以制成更经济的酱汁：这或许能达到目的，但我们不能将其推荐为制作这道美味

adjunct to fish, &c.

PARSLEY AND BUTTER, to serve with Calf's Head. Boiled Fowls, &c.

493. INGREDIENTS.—2 tablespoonfuls of minced parsley, 1/2 pint of melted butter, No. 376.

Mode.—Put into a saucepan a small quantity of water, slightly salted, and when it boils, throw in a good bunch of parsley which has been previously washed and tied together in a bunch; let it boil for 5 minutes, drain it, mince the leaves very fine, and put the above quantity in a tureen; pour over it 1/2 pint of smoothly-made melted butter; stir once, that the ingredients may be thoroughly mixed, and serve.

Time.—5 minutes to boil the parsley. *Average cost*, 4d.

Sufficient for 1 large fowl; allow rather more for a pair.

Seasonable at any time.

Note.—Sometimes, in the middle of winter, parsley-leaves are not to be had, when the following will be found an excellent substitute:—Tie up a little parsley-seed in a small piece of muslin, and boil it for 10 minutes in a small quantity of water; use this water to make the melted butter with, and throw into it a little boiled spinach, minced rather fine, which will have an appearance similar to that of parsley.

[Illustration: PARSLEY.]

PARSLEY.—If there be nothing new under the sun, there are, at any rate, different uses found for the same thing; for this pretty aromatic herb was used in ancient times, as we learn from

鱼的配菜等。

欧芹黄油，佐小牛头肉。煮鸡，

等等。

493. 配料--2汤匙切碎的欧芹，1/2品脱融化黄油，第376号。

做法--在炖锅中放入少量略加盐的水，煮沸后，投入一大把事先洗净并扎成一束的欧芹；煮5分钟，沥干，将叶子切得非常细，把上述分量放入汤碗中；浇上1/2品脱调制顺滑的融化黄油；搅拌一次，使配料充分混合，即可上桌。

时间。- 煮欧芹需5分钟。平均成本,4便士。

足量供一只大禽；一对则需略多。

时令任何时候皆宜。

注意--有时在隆冬时节得不到欧芹叶，此时可用以下方法作为极好的替代品：将少量欧芹籽包在一小块细布中，在少量水中煮10分钟；用此水制作融化黄油，并投入一些煮熟的菠菜，切得较细，其外观将与欧芹相似。

[插图：欧芹。]

欧芹--如果说太阳底下没有新事物，那么至少同一事物会被发现有不同的用途；因为这种漂亮的芳香草本植物在古代曾被使用，正如我们从

mythological narrative, to adorn the head of a hero, no less than Hercules; and now—was ever fall so great?—we moderns use it in connection with the head of—a calf. According to Homer's "Iliad," warriors fed their chariot-steeds on parsley; and Pliny acquaints us with the fact that, as a symbol of mourning, it was admitted to furnish the funeral tables of the Romans. Egypt, some say, first produced this herb; thence it was introduced, by some unknown voyager, into Sardinia, where the Carthaginians found it, and made it known to the inhabitants of Marseilles. (See No. 123.)

神话叙事，用来装饰英雄的头，不亚于赫拉克勒斯；而现在--可曾有过如此大的堕落?--我们现代人却把它用在--小牛的头相关之处。根据荷马的《伊利亚特》，武士们用欧芹喂养战车战马；普林尼告诉我们这样一个事实：作为哀悼的象征，它被允许用于罗马人的丧葬餐桌。有人说，埃及最先出产这种香草；从那里，由某位不知名的航海者引入撒丁岛，迦太基人在那里发现了它，并让马赛的居民知道了它。(见第123号。)

FRIED PARSLEY, for Garnishing.

炸欧芹，用于装饰。

494. INGREDIENTS.—Parsley, hot lard or clarified dripping.

494. 配料--欧芹、热猪油或澄清的滴油。

Mode.—Gather some young parsley; wash, pick, and dry it thoroughly in a cloth; put it into the wire basket of which we have given an engraving, and hold it in boiling lard or dripping for a minute or two. Directly it is done, lift out the basket, and let it stand before the fire, that the parsley may become thoroughly crisp; and the quicker it is fried the better. Should the kitchen not be furnished with the above article, throw the parsley into the frying-pan, and when crisp, lift it out with a slice, dry it before the fire, and when thoroughly crisp, it will be ready for use.

做法。--取一些嫩欧芹；洗净、拣选，并用布彻底擦干；放入我们已附版画图示的铁丝篮中，在煮滚的猪油或滴油中浸一两分钟。一待炸好，即提起篮子，置于炉火前，使欧芹彻底变脆；炸得越快越好。倘若厨房未备上述器具，可将欧芹投入煎锅中，待其变脆，用铲子取出，在炉火前烘干，待其完全酥脆，即可备用。

[Illustration: WIRE BASKET.]

[插图：铁丝篮。]

WIRE BASKET.—For this recipe, a wire basket, as shown in the annexed engraving, will be found very useful. It is very light and handy, and may be used for other similar purposes besides that described above.

铁丝篮--制作此食谱时，如附图所示的铁丝篮将非常有用。它非常轻便顺手，除上述用途外，还可用于其他类似用途。

PARSLEY JUICE, for Colouring various Dishes.

欧芹汁，用于给各种菜肴调色。

495. Procure some nice young parsley; wash it and dry it

495. 取一些鲜嫩的欧芹；洗净并擦干

thoroughly in a cloth; pound the leaves in a mortar till all the juice is extracted, and put the juice in a teacup or small jar; place this in a saucepan of boiling water, and warm it on the *bain marie* principle just long enough to take off its rawness; let it drain, and it will be ready for colouring.

彻底用布包好；在研钵中捣碎叶子，直到所有汁液都被榨出，将汁液放入茶杯或小罐中；将此置于盛有沸水的炖锅中，以隔水炖的方式加热，时间刚好足以去除生味；让其沥干，即可用于着色。

TO PRESERVE PARSLEY THROUGH THE WINTER.

冬季保存欧芹的方法。

496. Use freshly-gathered parsley for keeping, and wash it perfectly free from grit and dirt; put it into boiling water which has been slightly salted and well skimmed, and then let it boil for 2 or 3 minutes; take it out, let it drain, and lay it on a sieve in front of the fire, when it should be dried as expeditiously as possible. Store it away in a very dry place in bottles, and when wanted for use, pour over it a little warm water, and let it stand for about 5 minutes.

496. 使用刚采摘的欧芹进行保存，将其彻底洗净，去除沙砾和污物；放入略加盐并撇去浮沫的沸水中，煮2至3分钟；取出沥干，放在火前的筛网上，应尽可能快速地干燥。储存在非常干燥的地方的瓶中，需要使用时，倒入少量温水，静置约5分钟。

Seasonable.—This may be done at any time between June and October.

时令。- 这项工作可在六月至十月间的任何时候进行。

AN EXCELLENT PICKLE.

一款上佳的腌菜。

497. INGREDIENTS.—Equal quantities of medium-sized onions, cucumbers, and sauce-apples; 1-1/2 teaspoonful of salt, 3/4 teaspoonful of cayenne, 1 wineglassful of soy, 1 wineglassful of sherry; vinegar.

497. 配料--等量的中等大小洋葱、黄瓜和酸味苹果；1-1/2茶匙盐，3/4茶匙卡宴辣椒粉，1酒杯酱油，1酒杯雪利酒；醋。

Mode.—Slice sufficient cucumbers, onions, and apples to fill a pint stone jar, taking care to cut the slices very thin; arrange them in alternate layers, shaking in as you proceed salt and cayenne in the above proportion; pour in the soy and wine, and fill up with

做法--将足量的黄瓜、洋葱和苹果切成薄片，装满一品脱石罐，注意切得非常薄；交替分层排列，在放置过程中按上述比例撒入盐和卡宴辣椒粉；倒入酱油和葡萄酒，用

vinegar. It will be fit for use the day it is made.

Seasonable in August and September.

[This recipe was forwarded to the editress of this work by a subscriber to the "Englishwoman's Domestic Magazine." Mrs. Beeton, not having tested it, cannot vouch for its excellence; but the contributor spoke very highly in its favour.]

SOY.—This is a sauce frequently made use of for fish, and comes from Japan, where it is prepared from the seeds of a plant called *Dolichos Soja*. The Chinese also manufacture it; but that made by the Japanese is said to be the best. All sorts of statements have been made respecting the very general adulteration of this article in England, and we fear that many of them are too true. When genuine, it is of an agreeable flavour, thick, and of a clear brown colour.

PICKLED RED CABBAGE.

498. INGREDIENTS.—Red cabbages, salt and water; to each quart of vinegar, 1/2 oz. of ginger well bruised, 1 oz. of whole black pepper, and, when liked, a little cayenne.

Mode.—Take off the outside decayed leaves of a nice red cabbage, cut it in quarters, remove the stalks, and cut it across in very thin slices. Lay these on a dish, and strew them plentifully with salt, covering them with another dish. Let them remain for 24 hours, turn into a colander to drain, and, if necessary, wipe lightly with a clean soft cloth. Put them in a jar; boil up the vinegar with spices in the above proportion, and, when cold, pour it over the cabbage. It will be fit for use in a week or two, and, if kept for a very long

醋。做好当天即可使用。

时令在八月和九月。

[此食谱由《英国妇女家庭杂志》的一位订阅者寄给本书女主编。比顿夫人未亲自试验，无法保证其卓越品质；但投稿者对其极为推崇。]

酱油--这是一种常用于鱼的酱汁，来自日本，由一种名为大豆的植物种子制成。中国人也制造酱油；但据说日本制造的品质最佳。关于此品在英国普遍掺假的各种说法层出不穷，我们担心其中许多过于真实。纯正的酱油味道宜人，浓稠，呈清澈的棕色。

腌紫甘蓝。

498. 配料--红甘蓝，盐和水；每夸脱醋，加1/2盎司捣碎的姜，1盎司整粒黑胡椒，如喜欢可加少量卡宴辣椒粉。

做法。--取一棵上好的红甘蓝，剥去外层腐烂的叶子，切成四瓣，去掉菜梗，再横切成极薄的片。将这些薄片铺在一只盘子上，大量撒上盐，用另一只盘子盖住。静置24小时，倒入滤盆沥干，如有必要，用干净的软布轻轻擦拭。将它们放入罐中；按上述比例将醋与香料煮沸，待冷却后浇在甘蓝上。一两周后即可食用，若保存得当，可存放很久。

time, the cabbage is liable get soft and to discolour. To be really nice and crisp, and of a good red colour, it should be eaten almost immediately after it is made. A little bruised cochineal boiled with the vinegar adds much to the appearance of this pickle. Tie down with bladder, and keep in a dry place.

时间一长，甘蓝容易变软和褪色。要真正美味爽脆，色泽红润，应在制成后几乎立即食用。用醋煮少量研碎的胭脂虫可大大增加此腌菜的外观。用膀胱膜封口扎紧，存放在干燥处。

Seasonable in July and August, but the pickle will be much more crisp if the frost has just touched the leaves.

时令为七月和八月，但如果霜冻刚触及叶子，腌菜会更加爽脆。

RED CABBAGE.—This plant, in its growth, is similar in form to that of the white, but is of a bluish-purple colour, which, however, turns red on the application of acid, as is the case with all vegetable blues. It is principally from the white vegetable that the Germans make their *sauer kraut*; a dish held in such high estimation with the inhabitants of Vaderland, but which requires, generally speaking, with strangers, a long acquaintance in order to become sufficiently impressed with its numerous merits. The large red Dutch is the kind generally recommended for pickling.

红甘蓝。--这种植物在生长时形态与白甘蓝相似，但呈蓝紫色，不过遇酸后会变红，所有蓝色蔬菜皆如此。德国人主要用白色蔬菜制作他们的酸菜；这道菜在祖国(Vaderland)的居民中备受推崇，但一般而言，外来者需要长期接触才能充分领略其诸多优点。通常推荐用荷兰大叶红甘蓝来腌制。

PLUM-PUDDING SAUCE.

李子布丁酱。

499. INGREDIENTS.—1 wineglassful of brandy, 2 oz. of very fresh butter, 1 glass of Madeira, pounded sugar to taste.

499. 配料--1酒杯白兰地，2盎司非常新鲜的黄油，1杯马德拉酒，适量糖粉。

Mode.—Put the pounded sugar in a basin, with part of the brandy and the butter; let it stand by the side of the fire until it is warm and the sugar and butter are dissolved; then add the rest of the brandy, with the Madeira. Either pour it over the pudding, or serve in a tureen. This is a very rich and excellent sauce.

做法--将糖粉放入盆中，加入部分白兰地和黄油；放在火旁直至温热，糖和黄油溶解；然后加入剩余的白兰地和马德拉酒。可浇在布丁上，或盛在汤碗中上桌。这是一种非常浓郁而出色的酱汁。

Average cost, 1s. 3d. for this quantity.

平均成本，此数量为1先令3便士。

Sufficient for a pudding made for 6 persons.

足量供6人份布丁之用。

QUIN'S SAUCE, an excellent Fish Sauce.

500. INGREDIENTS.—1/2 pint of walnut pickle, 1/2 pint of port wine, 1 pint of mushroom ketchup, 1 dozen anchovies, 1 dozen shalots, 1/4 pint of soy, 1/2 teaspoonful of cayenne.

Mode.—Put all the ingredients into a saucepan, having previously chopped the shalots and anchovies very small; simmer for 15 minutes, strain, and, when cold, bottle off for use: the corks should be well sealed to exclude the air.

Time.—1/4 hour.

Seasonable at any time.

RAVIGOTTE, a French Salad Sauce.

Mons. Ude's Recipe.

501. INGREDIENTS.—1 teaspoonful of mushroom ketchup, 1 teaspoonful of cavice, 1 teaspoonful of Chili vinegar, 1 teaspoonful of Reading sauce, a piece of butter the size of an egg, 3 tablespoonfuls of thick Béchamel, No. 367, 1 tablespoonful of minced parsley, 3 tablespoonfuls of cream; salt and pepper to taste.

Mode.—Scald the parsley, mince the leaves very fine, and add it to all the other ingredients; after mixing the whole together thoroughly, the sauce will be ready for use.

Average cost, for this quantity, 10d.

Seasonable at any time.

READING SAUCE.

昆氏酱汁，一种极佳的鱼酱。

500. 配料--1/2品脱核桃腌汁，1/2品脱波特酒，1品脱蘑菇番茄酱，1打鲽鱼，1打青葱，1/4品脱酱油，1/2茶匙卡宴辣椒粉。

做法--将所有配料放入炖锅中，事先将青葱和鲽鱼切得非常碎；小火煮15分钟，过滤，冷却后装瓶备用：瓶塞应密封良好以隔绝空气。

时间。- 1/4小时。

时令任何时候皆宜。

拉维戈特，一种法式沙拉酱。

乌德先生的食谱。

501. 配料--1茶匙蘑菇番茄酱，1茶匙cavice,1茶匙辣椒醋，1茶匙雷丁酱，一块鸡蛋大小的黄油，3汤匙浓稠贝夏梅尔酱(第367号),1汤匙切碎的欧芹，3汤匙奶油；适量盐和胡椒。

做法--将欧芹焯水，将叶子切得非常细，加入所有其他配料中；将所有材料充分混合后，酱汁即可使用。

平均成本，此数量为10d。

时令任何时候皆宜。

阅读酱汁。

502. INGREDIENTS.—2-1/2 pints of walnut pickle, 1-1/2 oz. of shalots, 1 quart of spring water, 3/4 pint of Indian soy, 1/2 oz. of bruised ginger, 1/2 oz. of long pepper, 1 oz. of mustard-seed, 1 anchovy, 1/2 oz. of cayenne, 1/4 oz. of dried sweet bay-leaves.

Mode.—Bruise the shalots in a mortar, and put them in a stone jar with the walnut-liquor; place it before the fire, and let it boil until reduced to 2 pints. Then, into another jar, put all the ingredients except the bay-leaves, taking care that they are well bruised, so that the flavour may be thoroughly extracted; put this also before the fire, and let it boil for 1 hour, or rather more. When the contents of both jars are sufficiently cooked, mix them together, stirring them well as you mix them, and submit them to a slow boiling for 1/2 hour; cover closely, and let them stand 24 hours in a cool place; then open the jar and add the bay-leaves; let it stand a week longer closed down, when strain through a flannel bag, and it will be ready for use. The above quantities will make 1/2 gallon.

Time.—Altogether, 3 hours.

Seasonable.—This sauce may be made at any time.

REMOULADE, or FRENCH SALAD-DRESSING.

503. INGREDIENTS.—4 eggs, 1/2 tablespoonful of made mustard, salt and cayenne to taste, 3 tablespoonfuls of olive-oil, 1 tablespoonful of tarragon or plain vinegar.

Mode.—Boil 3 eggs quite hard for about 1/4 hour, put them into cold water, and let them remain in it for a few minutes; strip off the shells, put the yolks in a mortar, and pound them very smoothly; add to them, very gradually, the mustard, seasoning,

502. 配料--2-1/2品脱核桃腌汁，1-1/2盎司青葱，1夸脱泉水，3/4品脱印度酱油，1/2盎司捣碎的姜，1/2盎司荜茇，1盎司芥末籽，1条鲽鱼，1/2盎司卡宴辣椒粉，1/4盎司干香月桂叶。

做法。--将红葱头在研钵中捣碎，与核桃液一起放入石罐；置于火前，煮至浓缩为2品脱。然后，在另一只罐中放入除月桂叶外的所有配料，注意要将它们充分捣碎，以便风味完全浸出；也将这只罐置于火前，煮1小时或稍久一些。当两只罐中的内容物都充分煮熟后，将它们混合在一起，混合时充分搅拌，再用文火煮1/2小时；盖紧，在阴凉处静置24小时；然后打开罐子，加入月桂叶；再密封静置一周，然后用法兰绒袋过滤，即可使用。上述分量可制得1/2加仑。

时间。--总计3小时。

时令。--此酱汁随时可制。

雷莫拉酱，或称法式沙拉酱。

503. 配料--4个鸡蛋，1/2汤匙调制芥末，适量盐和卡宴辣椒粉，3汤匙橄榄油，1汤匙龙蒿醋或普通醋。

做法--将3个鸡蛋煮至完全熟透，约需1/4小时，放入冷水中浸泡几分钟；剥去蛋壳，将蛋黄放入研钵中研磨得非常细腻；逐渐加入芥末、调味料、

and vinegar, keeping all well stirred and rubbed down with the back of a wooden spoon. Put in the oil drop by drop, and when this is thoroughly mixed with the other ingredients, add the yolk of a raw egg, and stir well, when it will be ready for use. This sauce should not be curdled; and to prevent this, the only way is to mix a little of everything at a time, and not to cease stirring. The quantities of oil and vinegar may be increased or diminished according to taste, as many persons would prefer a smaller proportion of the former ingredient.

和醋，用木勺背面不断搅拌并研磨均匀。将油一滴一滴地加入，待其与其他配料完全混合后，加入一个生蛋黄，充分搅拌，即可使用。这种酱汁不应结块；为防止结块，唯一的办法是每次只混合少量各种材料，并且不停地搅拌。油和醋的用量可根据口味增减，因为许多人更喜欢较少比例的油。

GREEN REMOULADE is made by using tarragon vinegar instead of plain, and colouring with a little parsley-juice, No. 495. Harvey's sauce, or Chili vinegar, may be added at pleasure.

绿色雷莫拉酱是用龙蒿醋代替普通醋，并用少量欧芹汁(第495号)着色制成。可随意加入哈维酱或辣椒醋。

Time.—1/4 hour to boil the eggs.

时间。- 煮鸡蛋需1/4小时。

Average cost, for this quantity, 7d.

平均成本，此数量为7便士。

Sufficient for a salad made for 4 or 6 persons.

足量供4人或6人食用的一份沙拉。

[Illustration: TARRAGON.]

[插图：龙蒿。]

TARRAGON.—The leaves of this plant, known to naturalists as *Artemisia dracunculus*, are much used in France as a flavouring ingredient for salads. From it also is made the vinegar known as tarragon vinegar, which is employed by the French in mixing their mustard. It originally comes from Tartary, and does not seed in France.

龙蒿--这种植物的叶子，博物学家称之为龙蒿，在法国广泛用作沙拉的调味配料。用它还可制成称为龙蒿醋的醋，法国人用它来调制芥末。它原产于鞑靼，在法国不结籽。

SAGE-AND-ONION STUFFING, for Geese, Ducks, and Pork.

鼠尾草洋葱馅，适用于鹅、鸭和猪肉。

504. INGREDIENTS.—4 large onions, 10 sage-leaves, 1/4 lb. of bread crumbs, 1-1/2 oz. of butter, salt and pepper to taste, 1 egg.

504. 配料--4个大洋葱，10片鼠尾草叶，1/4磅面包屑，1-1/2盎司黄油，适量盐和胡椒，1个鸡蛋。

Mode.—Peel the onions, put them into boiling water, let them

做法。--将洋葱剥皮，放入沸水中，让它们

simmer for 5 minutes or rather longer, and, just before they are taken out, put in the sage-leaves for a minute or two to take off their rawness. Chop both these very fine, add the bread, seasoning, and butter, and work the whole together with the yolk of an egg, when the stuffing will be ready for use. It should be rather highly seasoned, and the sage-leaves should be very finely chopped. Many cooks do not parboil the onions in the manner just stated, but merely use them raw. The stuffing then, however, is not nearly so mild, and, to many tastes, its strong flavour would be very objectionable. When made for goose, a portion of the liver of the bird, simmered for a few minutes and very finely minced, is frequently added to this stuffing; and where economy is studied, the egg may be dispensed with.

Time.—Rather more than 5 minutes to simmer the onions.

Average cost, for this quantity, 4d.

Sufficient for 1 goose, or a pair of ducks.

505. SOYER'S RECIPE FOR GOOSE STUFFING.—Take 4 apples, peeled and cored, 4 onions, 4 leaves of sage, and 4 leaves of lemon thyme not broken, and boil them in a stewpan with sufficient water to cover them; when done, pulp them through a sieve, removing the sage and thyme; then add sufficient pulp of mealy potatoes to cause it to be sufficiently dry without sticking to the hand; add pepper and salt, and stuff the bird.

SALAD DRESSING (Excellent).

I.

506. INGREDIENTS.—1 teaspoonful of mixed mustard, 1

煨5分钟或稍久一些，在取出前，放入鼠尾草叶煮一两分钟以去除生味。将这两样都切得很细，加入面包、调味和黄油，再用蛋黄将全部材料拌匀，馅料即可使用。馅料应调味稍重，鼠尾草叶应切得极细。许多厨师不按上述方法将洋葱预煮，而是直接生用。然而，这样馅料的味道就远没有那么温和，对许多人的口味来说，其浓烈的味道会令人很不愉快。制作鹅用馅料时，常将鹅肝的一部分煨几分钟并切得极细后加入此馅料中；若讲究经济，可省去鸡蛋。

时间。--洋葱需煨煮略多于5分钟。

平均成本，按此数量计，4便士。

足量供1只鹅或一对鸭使用。

505. 索耶的鹅填馅食谱--取4个苹果，去皮去核，4个洋葱，4片鼠尾草叶，4片不弄碎的柠檬百里香，放入炖锅中加水没过，煮至熟透；煮好后用筛网压成泥，去除鼠尾草和百里香；然后加入足量的粉质土豆泥，使其足够干而不粘手；加入胡椒和盐，填入禽鸟腹中。

沙拉酱(极佳)。

506. 配料--1茶匙混合芥末，1

teaspoonful of pounded sugar, 2 tablespoonfuls of salad oil, 4 tablespoonfuls of milk, 2 tablespoonfuls of vinegar, cayenne and salt to taste.

一茶匙糖粉，2汤匙沙拉油，4汤匙牛奶，2汤匙醋，适量卡宴辣椒粉和盐。

Mode.—Put the mixed mustard into a salad-bowl with the sugar, and add the oil drop by drop, carefully stirring and mixing all these ingredients well together. Proceed in this manner with the milk and vinegar, which must be added very *gradually*, or the sauce will curdle. Put in the seasoning, when the mixture will be ready for use. If this dressing is properly made, it will have a soft creamy appearance, and will be found very delicious with crab, or cold fried fish (the latter cut into dice), as well as with salads. In mixing salad dressings, the ingredients cannot be added *too gradually*, or *stirred too much*.

做法。--将调好的芥末与糖一起放入沙拉碗中，逐滴加入油，仔细搅拌，使所有这些配料充分混合均匀。以同样的方式加入牛奶和醋，必须非常逐渐地加入，否则酱汁会凝结。加入调味，混合物即可使用。如果这款调味汁制作得当，它会呈现出柔滑的奶油状外观，搭配蟹肉或冷炸鱼(后者切成骰子块)以及沙拉都非常美味。在调制沙拉调味汁时，配料加入得越慢越好，搅拌得越充分越好。

Average cost, for this quantity, 3d.

平均成本，此数量为3便士。

Sufficient for a small salad.

足量供一小份沙拉之用。

This recipe can be confidently recommended by the editress, to whom it was given by an intimate friend noted for her salads.

此食谱可由女主编放心推荐，是一位以沙拉闻名的密友赠予她的。

SCARCITY OF SALADS IN ENGLAND.—Three centuries ago, very few vegetables were cultivated in England, and an author writing of the period of Henry VIII.'s reign, tells us that neither salad, nor carrots, nor cabbages, nor radishes, nor any other comestibles of a like nature, were grown in any part of the kingdom: they came from Holland and Flanders. We further learn, that Queen Catharine herself, with all her royalty, could not procure a salad of English growth for her dinner. The king was obliged to mend this sad state of affairs, and send to Holland for a gardener in order to cultivate those pot-herbs, in the growth of which England

英格兰沙拉的稀缺。--三百年前，英格兰种植的蔬菜极少，一位记述亨利八世统治时期的作者告诉我们，无论是沙拉，还是胡萝卜、卷心菜、萝卜，或任何其他同类可食之物，在王国的任何地方都没有种植：它们来自荷兰和佛兰德。我们进一步得知，凯瑟琳王后本人，以其全部的王室尊贵，也无法为她的正餐弄到一份英格兰种植的沙拉。国王不得不纠正这一可悲的状况，派人去荷兰请一位园丁来种植这些菜蔬，而英格兰在种植这些菜蔬方面

is now, perhaps, not behind any other country in Europe.

[Illustration: THE OLIVE.]

THE OLIVE AND OLIVE OIL.—This tree assumes a high degree of interest from the historical circumstances with which it is connected. A leaf of it was brought into the ark by the dove, when that vessel was still floating on the waters of the great deep, and gave the first token that the deluge was subsiding. Among the Greeks, the prize of the victor in the Olympic games was a wreath of wild olive; and the "Mount of Olives" is rendered familiar to our ears by its being mentioned in the Scriptures as near to Jerusalem. The tree is indigenous in the north of Africa, Syria, and Greece; and the Romans introduced it to Italy. In Spain and the south of France it is now cultivated; and although it grows in England, its fruit does not ripen in the open air. Both in Greece and Portugal the fruit is eaten in its ripe state; but its taste is not agreeable to many palates. To the Italian shepherd, bread and olives, with a little wine, form a nourishing diet; but in England, olives are usually only introduced by way of dessert, to destroy the taste of the viands which have been previously eaten, that the flavour of the wine may be the better enjoyed. There are three kinds of olives imported to London,—the French, Spanish, and Italian: the first are from Provence, and are generally accounted excellent; the second are larger, but more bitter; and the last are from Lucca, and are esteemed the best. The oil extracted from olives, called olive oil, or salad oil, is, with the continentals, in continual request, more dishes being prepared with than without it, we should imagine. With us, it is principally used in mixing a salad, and when thus employed, it tends to prevent fermentation, and is an antidote against flatulency.

如今，或许并不落后于欧洲任何其他国家。

[插图：橄榄树。]

橄榄与橄榄油。--这棵树因其相关的历史典故而引起人们极大的兴趣。当那艘方舟仍漂浮在大深渊的水面上时，一只鸽子将一片橄榄叶带进了方舟，给出了洪水正在退去的第一个征兆。在希腊人中，奥林匹克运动会胜利者的奖品是一项野橄榄枝编成的花冠；而"橄榄山"因《圣经》中提到它靠近耶路撒冷，而为我们的耳朵所熟悉。这棵树原产于北非、叙利亚和希腊；罗马人将其引入意大利。在西班牙和法国南部，如今已有种植；虽然它在英格兰也能生长，但其果实不能在露天成熟。在希腊和葡萄牙，果实成熟后即被食用；但其味道对许多人的口味来说并不宜人。对意大利牧羊人来说，面包和橄榄，加上一点葡萄酒，构成了一顿滋养的膳食；但在英格兰，橄榄通常只作为餐后水果端上，以消除先前所吃食物的味道，好让人更好地享受葡萄酒的风味。进口到伦敦的橄榄有三种--法国橄榄、西班牙橄榄和意大利橄榄：第一种来自普罗旺斯，一般被认为极佳；第二种较大，但更苦；最后一种来自卢卡，被视为最佳。从橄榄中提取的油，称为橄榄油或沙拉油，对大陆人来说，是持续需要的，我们应当想象，用油烹制的菜肴比不用油的更多。在我们这里，它主要用于调制沙拉，如此使用时，它有助于防止发酵，并且是防止胀气的解毒剂。

II.

507. INGREDIENTS.—4 eggs, 1 teaspoonful of mixed mustard, 1/4 teaspoonful of white pepper, half that quantity of cayenne, salt to taste, 4 tablespoonfuls of cream, vinegar.

Mode.—Boil the eggs until hard, which will be in about 1/4 hour or 20 minutes; put them into cold water, take off the shells, and pound the yolks in a mortar to a smooth paste. Then add all the other ingredients, except the vinegar, and stir them well until the whole are thoroughly incorporated one with the other. Pour in sufficient vinegar to make it of the consistency of cream, taking care to add but little at a time. The mixture will then be ready for use.

Average cost, for this quantity, 7d.

Sufficient for a moderate-sized salad.

Note.—The whites of the eggs, cut into rings, will serve very well as a garnishing to the salad.

III.

508. INGREDIENTS.—1 egg, 1 teaspoonful of salad oil, 1 teaspoonful of mixed mustard, 1/4 teaspoonful of salt, 1/2 teaspoonful of pounded sugar, 2 tablespoonfuls of vinegar, 6 tablespoonfuls of cream.

Mode.—Prepare and mix the ingredients by the preceding recipe, and be very particular that the whole is well stirred.

Note.—In making salads, the vegetables, &c., should never be added to the sauce very long before they are wanted for table; the

二

507. 配料--4个鸡蛋，1茶匙混合芥末，1/4茶匙白胡椒，该量一半的卡宴辣椒粉，适量盐，4汤匙奶油，醋。

做法--将鸡蛋煮至熟透，约需1/4小时或20分钟；放入冷水中，剥去蛋壳，将蛋黄在研钵中研磨成光滑的糊状。然后加入除醋以外的所有其他配料，充分搅拌直至全部完全融合。倒入足量的醋使其达到奶油的稠度，注意每次少量加入。混合物即可使用。

平均成本，此数量为7便士。

足量供中等大小的沙拉使用。

注--将蛋白切成圆环状，可很好地用作沙拉的装饰。

三

508. 配料--1个鸡蛋，1茶匙沙拉油，1茶匙混合芥末，1/4茶匙盐，1/2茶匙糖粉，2汤匙醋，6汤匙奶油。

做法--按前一条食谱准备并混合配料，务必充分搅拌均匀。

注--制作沙拉时，蔬菜等不应在上桌前很久就加入酱汁中；

dressing, however, may always be prepared some hours before required. Where salads are much in request, it is a good plan to bottle off sufficient dressing for a few days' consumption, as, thereby, much time and trouble are saved. If kept in a cool place, it will remain good for 4 or 5 days.

不过，调味汁总是可以提前几个小时准备好。如果沙拉需求量很大，一次调好足够几天用的调味汁装瓶备用是个好办法，这样可以节省大量时间和麻烦。若存放在阴凉处，可保鲜4至5天。

POETIC RECIPE FOR SALAD.—The Rev. Sydney Smith, the witty canon of St. Paul's, who thought that an enjoyment of the good things of this earth was compatible with aspirations for things higher, wrote the following excellent recipe for salad, which we should advise our readers not to pass by without a trial, when the hot weather invites to a dish of cold lamb. May they find the flavour equal to the rhyme.—

沙拉食谱诗--圣保罗大教堂机智的教士悉尼·史密斯牧师认为，享受世间美好之物与追求更高事物并不相悖，他写下了以下这篇出色的沙拉食谱，我们建议读者在炎热天气里想吃冷羊肉时不妨一试。愿他们尝到的滋味与诗句一样美妙。

"Two large potatoes, pass'd through kitchen sieve,
Smoothness and softness to the salad give:
Of mordent mustard add a single spoon,
Distrust the condiment that bites too soon;
But deem it not, thou man of herbs, a fault.
To add a double quantity of salt:
Four times the spoon with oil of Lucca crown,
And twice with vinegar procured from 'town;
True flavour needs it, and your poet begs,
The pounded yellow of two well-boil'd eggs.
Let onion's atoms lurk within the bowl,
And, scarce suspected, animate the whole;
And, lastly, in the flavour'd compound toss
A magic spoonful of anchovy sauce.
Oh! great and glorious, and herbaceous treat,
'Twould tempt the dying anchorite to eat.
Back to the world he'd turn his weary soul,

“两大颗马铃薯，过厨房筛子，使沙拉柔滑细腻：加一匙辛辣的芥末，但不可轻信那过于刺舌的调料；然而，你这食草之人，莫以为加双份盐是过错：

四倍匙量的卢卡油淋上，两倍匙量的‘城’醋调入；真正的风味需要如此，你的诗人恳求，再加两个煮得恰到好处的蛋黄捣碎。让洋葱的微粒潜伏碗中，几乎不为人察觉，却使整碗生辉；最后，在调好味的混合物中拌入一魔法匙的鳀鱼酱。

哦!伟大而光荣的草本佳肴，足以诱使垂死的隐修士进食。他将转回疲惫的灵魂重返尘世，

And plunge his fingers in the salad-bowl."

然后把手指伸进沙拉碗里。” SAUCE ALLEMANDE，即德国酱汁。

SAUCE ALLEMANDE, or GERMAN SAUCE.

509. INGREDIENTS.—1/2 pint of sauce tournée (No. 517), the yolks of 2 eggs.

509. 配料--1/2品脱图尔内酱汁(第517号),2个蛋黄。

Mode.—Put the sauce into a stewpan, heat it, and stir to it the beaten yolks of 2 eggs, which have been previously strained. Let it just simmer, but not boil, or the eggs will curdle; and after they are added to the sauce, it must be stirred without ceasing. This sauce is a general favourite, and is used for many made dishes.

做法。--将酱汁倒入炖锅中加热，一边搅拌一边加入2个鸡蛋的打散蛋黄(事先滤过)。只让其微微冒泡，切勿煮沸，否则蛋黄会凝结；蛋黄加入酱汁后，必须不停搅拌。这款酱汁广受欢迎，用于许多烩制菜肴。

Time.—1 minute to simmer.

时间。- 炖煮1分钟。

Average cost, 6d.

平均成本，6便士。

SAUCE ARISTOCRATIQUE (a Store Sauce).

贵族酱汁(一种储藏酱汁)。

510. INGREDIENTS.—Green walnuts. To every pint of juice, 1 lb. of anchovies, 1 drachm of cloves, 1 drachm of mace, 1 drachm of Jamaica ginger bruised, 8 shalots. To every pint of the boiled liquor, 1/2 pint of vinegar, 1/4 pint of port wine, 2 tablespoonfuls of soy.

510. 配料--青核桃。每品脱汁液配1 lb.鳀鱼、1 drachm丁香、1 drachm肉豆蔻衣、1 drachm牙买加姜(捣碎)、8颗分葱。每品脱煮出的液汁配1/2 pint醋、1/4 pint波特酒、2大匙酱油。

Mode.—Pound the walnuts in a mortar, squeeze out the juice through a strainer, and let it stand to settle. Pour off the clear juice, and to every pint of it, add anchovies, spices, and cloves in the above proportion. Boil all these together till the anchovies are dissolved, then strain the juice again, put in the shalots (8 to every pint), and boil again. To every pint of the boiled liquor add vinegar, wine, and soy, in the above quantities, and bottle off for use. Cork well, and seal the corks.

做法。--将核桃在研钵中捣碎，用滤网挤出汁液，静置澄清。滗出清汁，每品脱清汁按上述比例加入鳀鱼、香料和丁香。将所有这些一起煮沸，直至鳀鱼溶解，然后再次过滤汁液，放入红葱头(每品脱8个)，再次煮沸。每品脱煮好的液体按上述用量加入醋、葡萄酒和酱油，装瓶备用。塞紧软木塞，并封蜡。

Seasonable.—Make this sauce from the beginning to the middle of

时令。--从月初到月中制作此酱汁

July, when walnuts are in perfection for sauces and pickling.

七月，核桃正值完美状态，适合制作酱汁和腌制。

Average cost, 3s. 6d. for a quart.

平均成本，每 quart 3s.6d.。

MANUFACTURE OF SAUCES.—In France, during the reign of Louis XII., at the latter end of the 14th century, there was formed a company of sauce-manufacturers, who obtained, in those days of monopolies, the exclusive privilege of making sauces. The statutes drawn up by this company inform us that the famous sauce à la cameline, sold by them, was to be composed or "good cinnamon, good ginger, good cloves, good grains of paradise, good bread, and good vinegar." The sauce Tence, was to be made of "good sound almonds, good ginger, good wine, and good verjuice." May we respectfully express a hope—not that we desire to doubt it in the least—that the English sauce-manufacturers of the 19th century are equally considerate and careful in choosing their ingredients for their various well-known preparations.

酱汁的制造。--在法国，路易十二统治时期，即14世纪末，成立了一个酱汁制造商行会，在那个垄断的时代，他们获得了制造酱汁的专营特权。该行会制定的章程告诉我们，他们出售的著名的肉桂酱汁，须由"上好的肉桂、上好的姜、上好的丁香、上好的天堂椒、上好的面包和上好的醋"配制而成。坦斯酱汁须由"上好的饱满杏仁、上好的姜、上好的葡萄酒和上好的酸果汁"制成。我们谨此表达一个希望--绝非我们对此有丝毫怀疑--即19世纪的英格兰酱汁制造商在为其各种著名制品挑选配料时，同样审慎和用心。

SAUCE A L'AURORE, for Trout, Soles, &c.

曙光酱，用于鳟鱼、鳎鱼等

511. INGREDIENTS.—The spawn of 1 lobster, 1 oz. of butter, 1/2 pint of Béchamel (No. 367), the juice of 1/2 lemon, a high seasoning of salt and cayenne.

511. 配料--1只龙虾的虾籽、1 oz.黄油、1/2 pint贝夏梅尔酱(第367号)、1/2个柠檬的汁、足量盐与卡宴辣椒调味。

Mode.—Take the spawn and pound it in a mortar with the butter, until quite smooth, and work it through a hair sieve. Put the Béchamel into a stewpan, add the pounded spawn, the lemon-juice, which must be strained, and a plentiful seasoning of cayenne and salt; let it just simmer, but do not allow it to boil, or the beautiful red colour of the sauce will be spoiled. A small spoonful of anchovy essence may be added at pleasure.

做法--取虾籽与黄油一同在研钵中捣至十分细腻，再过马尾筛。将贝夏梅尔酱放入炖锅，加入捣好的虾籽、须过滤的柠檬汁，以及足量的卡宴辣椒和盐调味；让其微微冒泡，但不可煮沸，否则酱汁美丽的红色将被破坏。可随意加入一小匙鲽鱼精。

Time.—1 minute to simmer. *Average cost*, for this quantity, 1s.

时间--微煮1分钟。平均费用，此分量，1s.

Sufficient for a pair of large soles.

Seasonable at any time.

SAUCE A LA MATELOTE, for Fish.

512. INGREDIENTS.—1/2 pint of Espagnole (No. 411), 3 onions, 2 tablespoonfuls of mushroom ketchup, 1/2 glass of port wine, a bunch of sweet herbs, 1/2 bay-leaf, salt and pepper to taste, 1 clove, 2 berries of allspice, a little liquor in which the fish has been boiled, lemon-juice, and anchovy sauce.

Mode.—Slice and fry the onions of a nice brown colour, and put them into a stewpan with the Espagnole, ketchup, wine, and a little liquor in which the fish has been boiled. Add the seasoning, herbs, and spices, and simmer gently for 10 minutes, stirring well the whole time; strain it through a fine hair sieve, put in the lemon-juice and anchovy sauce, and pour it over the fish. This sauce may be very much enriched by adding a few small quenelles, or forcemeat balls made of fish, and also glazed onions or mushrooms. These, however, should not be added to the matelote till it is dished.

Time.—10 minutes. *Average cost*, 1s. 6d.

Seasonable at any time.

Note.—This sauce originally took its name as being similar to that which the French sailor (*matelot*) employed as a relish to the fish he caught and ate. In some cases, cider and perry were substituted for the wine. The Norman *matelotes* were very celebrated.

[Illustration: THE BAY.]

THE BAY.—We have already described (see No. 180) the

足够供一双大号鞋底使用。

时令任何时候皆宜。

马特洛特酱汁，用于鱼类。

512. 配料--1/2 pint西班牙酱(第411号)、3个洋葱、2大匙蘑菇番茄酱、1/2杯波特酒、一束香草、1/2片月桂叶、适量盐和胡椒、1粒丁香、2颗多香果、少许煮鱼用的汤汁、柠檬汁和鲽鱼酱。

Mode。--将洋葱切片，煎至漂亮的棕色，放入炖锅中，加入埃斯帕尼奥勒酱、番茄酱、葡萄酒以及少许煮鱼用的汤汁。加入调味、香草和香料，小火慢炖10分钟，全程充分搅拌；用细毛筛过滤，加入柠檬汁和鲽鱼酱，浇在鱼上。此酱汁可通过加入几个小肉丸，或用鱼肉制成的力士肉丸，以及上光的洋葱或蘑菇大大增色。不过，这些应在装盘前才加入马特洛特鱼。

时间。--10分钟。平均费用,1先令6便士。

时令任何时候皆宜。

注--此酱汁最初得名，是因为它类似于法国水手(*matelot*)用来佐食其所捕食之鱼的调味品。某些情况下，以苹果酒和梨酒代替葡萄酒。诺曼底的*matelotes*极为著名。

[插图：THE BAY。]

湾。-我们已在(见第180号)中描述了

difference between the cherry-laurel (*Prunus Laurus cerasus*) and the classic laurel (*Laurus nobilis*), the former only being used for culinary purposes. The latter beautiful evergreen was consecrated by the ancients to priests and heroes, and used in their sacrifices. "A crown of bay" was the earnestly-desired reward for great enterprises, and for the display of uncommon genius in oratory or writing. It was more particularly sacred to Apollo, because, according to the fable, the nymph Daphne was changed into a laurel-tree. The ancients believed, too, that the laurel had the power of communicating the gift of prophecy, as well as poetic genius; and, when they wished to procure pleasant dreams, would place a sprig under the pillow of their bed. It was the symbol, too, of victory, and it was thought that the laurel could never be struck by lightning. From this word comes that of "laureate;" Alfred Tennyson being the present poet laureate, crowned with laurel as the first of living bards.

樱桃月桂(*Prunus Laurus cerasus*)与古典月桂(*Laurus nobilis*)之间的区别，前者仅用于烹饪用途。后者这种美丽的常绿植物被古人奉献给祭司和英雄，并用于他们的祭祀之中。“月桂花冠”是对伟大事业以及在演说或写作中展现非凡天才的热切渴望的奖赏。它尤其被视为阿波罗的圣物，因为根据传说，宁芙达芙妮被变成了月桂树。古人也相信月桂具有传达预言天赋以及诗才的力量；当他们想要获得愉快的梦境时，会将一小枝月桂放在床枕之下。它也是胜利的象征，人们认为月桂永远不会被闪电击中。从这个词衍生出“桂冠诗人”一词；阿尔弗雷德·丁尼生是现任桂冠诗人，被加冕以月桂，作为在世诗人之首。

SAUCE PIQUANTE, for Cutlets, Roast Meat, &c.

辣味酱汁(SAUCE PIQUANTE)，用于肉排、烤肉等

513. INGREDIENTS.—2 oz. of butter, 1 small carrot, 6 shalots, 1 small bunch of savoury herbs, including parsley, 1/2 a bay-leaf, 2 slices of lean ham, 2 cloves, 6 peppercorns, 1 blade of mace, 3 whole allspice, 4 tablespoonfuls of vinegar, 1/2 pint of stock (No. 104 or 105), 1 small lump of sugar, 1/4 saltspoonful of cayenne, salt to taste.

513. 配料--2 oz.黄油、1小根胡萝卜、6颗分葱、1小束咸香草(含欧芹)、1/2片月桂叶、2片瘦火腿、2粒丁香、6粒胡椒、1片肉豆蔻衣、3颗整多香果、4大匙醋、1/2 pint高汤(第104或105号)、1小块糖、1/4盐匙卡宴辣椒、适量盐。

Mode.—Put into a stewpan the butter, with the carrot and shalots, both of which must be cut into small slices; add the herbs, bay-leaf, spices, and ham (which must be minced rather finely), and let these ingredients simmer over a slow fire, until the bottom of the stewpan is covered with a brown glaze. Keep stirring with a

做法--将黄油放入炖锅，加入切成小薄片的胡萝卜和分葱；加入香草、月桂叶、香料和火腿(须切得较细)，让这些配料在慢火上微煮，直至炖锅底部覆上一层棕色釉汁。不断用

wooden spoon, and put in the remaining ingredients. Simmer very gently for 1/4 hour, skim off every particle of fat, strain the sauce through a sieve, and serve very hot. Care must be taken that this sauce be not made too acid, although it should possess a sharpness indicated by its name. Of course the above quantity of vinegar may be increased or diminished at pleasure, according to taste.

木勺搅拌，放入其余配料。非常轻柔地微煮1/4小时，撇去每一丝脂肪，将酱汁过筛，趁热上桌。须注意此酱汁不可做得过酸，尽管它应具有如其名所示的锐利酸味。当然，上述醋的用量可依口味随意增减。

Time.—Altogether 1/2 hour. *Average cost*, 10d.

时间。--共计 1/2 小时。平均成本,10d。

Sufficient for a medium-sized dish of cutlets.

足量供一份中等大小的肉排。

Seasonable at any time.

时令任何时候皆宜。

A GOOD SAUCE FOR VARIOUS BOILED PUDDINGS.

适合多种水煮布丁的优质酱汁。

514. INGREDIENTS.—1/4 lb. of butter, 1/4 lb. of pounded sugar, a wineglassful of brandy or rum.

514. 配料--1/4 lb.黄油、1/4 lb.糖粉、一酒杯白兰地或朗姆酒。

Mode.—Beat the butter to a cream, until no lumps remain; add the pounded sugar, and brandy or rum; stir once or twice until the whole is thoroughly mixed, and serve. This sauce may either be poured round the pudding or served in a tureen, according to the taste or fancy of the cook or mistress.

做法--将黄油搅打至奶油状，直至无结块；加入糖粉和白兰地或朗姆酒；搅拌一两次至完全混合均匀，即可上桌。此酱汁可浇在布丁周围，或盛于汤碗中上桌，视厨师或女主人的口味或喜好而定。

Average cost, 8d. for this quantity.

平均成本，此数量为8便士。

Sufficient for a pudding.

足量可做一份布丁。

SAUCE ROBERT, for Steaks, &c.

罗伯特酱，用于牛排等

515. INGREDIENTS.—2 oz. of butter, 3 onions, 1 teaspoonful of flour, 4 tablespoonfuls of gravy, or stock No. 105, salt and pepper to taste, 1 teaspoonful of made mustard, 1 teaspoonful of vinegar, the juice of 1/2 lemon.

515. 配料--2 oz.黄油、3个洋葱、1小匙面粉、4大匙肉汁或第105号高汤、适量盐和胡椒、1小匙调制芥末、1小匙醋、1/2个柠檬的汁。

Mode.—Put the butter into a stewpan, set it on the fire, and, when browning, throw in the onions, which must be cut into small slices. Fry them brown, but do not burn them; add the flour, shake the onions in it, and give the whole another fry. Put in the gravy and seasoning, and boil it gently for 10 minutes; skim off the fat, add the mustard, vinegar, and lemon-juice; give it one boil, and pour round the steaks, or whatever dish the sauce has been prepared for.

做法。-将黄油放入炖锅，置于火上，待其呈棕色时，投入切成小片的洋葱。将其煎至棕色，但不要烧焦；加入面粉，在面粉中翻动洋葱，将全部再煎一次。放入肉汁和调味，用文火煮10分钟；撇去油脂，加入芥末、醋和柠檬汁；煮沸一次，浇在牛排上，或浇在备此酱汁所为之菜肴的四周。

Time.—-Altogether 1/2 hour. *Average cost*, for this quantity, 6d.

时间。-总共1/2小时。平均成本，此分量，6便士。

Seasonable at any time.

时令任何时候皆宜。

Sufficient for about 2 lbs. of steak.

足量约2磅牛排。

Note.—This sauce will be found an excellent accompaniment to roast goose, pork, mutton cutlets, and various other dishes.

注。-此酱汁是烤鹅、猪肉、羊肉片以及各种其他菜肴的极佳佐料。

A GOOD SAUCE FOR STEAKS.

牛排佐酱

516. INGREDIENTS.—1 oz. of whole black pepper, 1/2 oz. of allspice, 1 oz. of salt, 1/2 oz. grated horseradish, 1/2 oz. of pickled shalots, 1 pint of mushroom ketchup or walnut pickle.

516. 配料。-1 oz.整粒黑胡椒，1/2 oz.多香果，1 oz.盐，1/2 oz.磨碎辣根，1/2 oz.腌红葱，1 pint蘑菇番茄酱或腌核桃。

Mode.—Pound all the ingredients finely in a mortar, and put them into the ketchup or walnut-liquor. Let them stand for a fortnight, when strain off the liquor and bottle for use. Either pour a little of the sauce over the steaks or mix it in the gravy.

做法。-将所有配料在研钵中细细捣碎，放入番茄酱或核桃液中。静置两周，然后滤去液体，装瓶备用。可将少许酱汁浇在牛排上，或将其拌入肉汁中。

Seasonable.—This can be made at any time.

时令。--此菜随时可做。

Note.—In using a jar of pickled walnuts, there is frequently left a large quantity of liquor; this should be converted into a sauce like the above, and will be found a very useful relish.

注。-使用一罐腌核桃时，常会剩下大量液体；这应制成如上所述的酱汁，将发现它是一种非常有用的调味品。

THE GROWTH OF THE PEPPER-PLANT.—Our readers will see at Nos. 369 and 399, a description, with engravings, of the qualities of black and long pepper, and an account of where these spices are found. We will here say something of the manner of the growth of the pepper-plant. Like the vine, it requires support, and it is usual to plant a thorny tree by its side, to which it may cling. In Malabar, the chief pepper district of India, the jacca-tree (*Artocarpus integrifolia*) is made thus to yield its assistance, the same soil being adapted to the growth of both plants. The stem of the pepper-plant entwines round its support to a considerable height; the flexile branches then droop downwards, bearing at their extremities, as well as at other parts, spikes of green flowers, which are followed by the pungent berries. These hang in large bunches, resembling in shape those of grapes; but the fruit grows distinct, each on a little stalk, like currants. Each berry contains a single seed, of a globular form and brownish colour, but which changes to a nearly black when dried; and this is the pepper of commerce. The leaves are not unlike those of the ivy, but are larger and of rather lighter colour; they partake strongly of the peculiar smell and pungent taste of the berry.

胡椒植物的生长。--我们的读者可在第369号和399号中看到关于黑胡椒和长胡椒特性的描述及版画，以及这些香料产地的情况。我们在此谈谈胡椒植物的生长方式。它像葡萄藤一样需要支撑，通常在其旁边种一棵带刺的树，供其攀附。在印度主要的胡椒产区马拉巴尔，人们就这样让菠萝蜜树(*Artocarpus integrifolia*)提供支撑，因为同一土壤适合两种植物生长。胡椒植物的茎缠绕支撑物攀至相当高度；柔韧的枝条随后向下垂挂，其末端及其他部位都长着绿色花穗，花后结出辛辣的浆果。这些浆果成大片果串悬挂，形状类似葡萄串；但果实各自分开生长，每颗长在一根小柄上，像醋栗一样。每颗浆果含一粒种子，呈球形，带褐色，干燥后变为近乎黑色；这就是商业胡椒。叶子与常春藤叶相似，但更大、颜色较浅；它们带有浆果特有的气味和辛辣味道。

SAUCE TOURNEE.

图尔内酱

517. INGREDIENTS.—1 pint of white stock (No. 107), thickening of flour and butter, or white roux (No. 526), a faggot of savoury herbs, including parsley, 6 chopped mushrooms, 6 green onions.

517. 配料。-1 pint白色高汤(第107号)，面粉黄油增稠剂，或白色油面酱(第526号)，一束香草(包括欧芹),6个切碎的蘑菇，6根青葱。

Mode.—Put the stock into a stewpan with the herbs, onions, and mushrooms, and let it simmer very gently for about 1/2 hour; stir in sufficient thickening to make it of a proper consistency; let it

做法。-将高汤与香草、洋葱和蘑菇一起放入炖锅，用文火慢慢煨约1/2小时；拌入足够的增稠剂使其达到适当的稠度；让其

boil for a few minutes, then skim off all the fat, strain and serve. This sauce, with the addition of a little cream, is now frequently called velouté.

煮沸几分钟，然后撇去所有油脂，过滤后上桌。此酱汁加入少许奶油后，现在常被称为velouté。

Time.—1/2 hour. *Average cost*, for this quantity, 6d.

时间。--半小时。平均成本，按此分量计，6便士。

Note.—If poultry trimmings are at hand, the stock should be made of these; and the above sauce should not be made too thick, as it does not then admit of the fat being nicely removed.

注。-如果手边有家禽的边角料，高汤应用这些来制作；上述酱汁不应做得太稠，因为太稠就不便于很好地去除油脂。鹿肉甜酱汁。

SWEET SAUCE, for Venison.

518. INGREDIENTS.—A small jar of red-currant jelly, 1 glass of port wine.

518. 配料--一小罐红醋栗果冻，1杯波特酒。

Mode.—Put the above ingredients into a stewpan, set them over the fire, and, when melted, pour in a tureen and serve. It should not be allowed to boil.

做法。-将上述配料放入炖锅，置于火上，待其融化后，倒入汤碗上桌。不应让其煮沸。

Time.—5 minutes to melt the jelly.

时间。- 融化果冻需5分钟。

Average cost, for this quantity, 1s.

平均成本，按此数量计，为1先令。

SAUCE FOR WILDFOWL.

野禽用酱汁。

519. INGREDIENTS.—1 glass of port wine, 1 tablespoonful of Leamington sauce (No. 459), 1 tablespoonful of mushroom ketchup, 1 tablespoonful of lemon-juice, 1 slice of lemon-peel, 1 large shalot cut in slices, 1 blade of mace, cayenne to taste.

519. 配料。-1杯波特酒，1汤匙利明顿酱汁(第459号),1汤匙蘑菇番茄酱，1汤匙柠檬汁，1片柠檬皮，1个大红葱切片，1片肉豆蔻，辣椒粉适量。

Mode.—Put all the ingredients into a stewpan, set it over the fire, and let it simmer for about 5 minutes; then strain and serve the sauce in a tureen.

做法。-将所有配料放入炖锅，置于火上，煨约5分钟；然后过滤，将酱汁盛于汤碗上桌。

Time.—5 minutes. *Average cost*, for this quantity, 8d.

时间。--5分钟。平均成本，按此分量计，8便士。

SAUSAGE-MEAT STUFFING, for Turkey.

520. INGREDIENTS.—6 oz. of lean pork, 6 oz. of fat pork, both weighed after being chopped (beef suet may be substituted for the latter), 2 oz. of bread crumbs, 1 small tablespoonful of minced sage, 1 blade of pounded mace, salt and pepper to taste, 1 egg.

Mode.—Chop the meat and fat very finely, mix with them the other ingredients, taking care that the whole is thoroughly incorporated. Moisten with the egg, and the stuffing will be ready for use. Equal quantities of this stuffing and forcemeat, No. 417, will be found to answer very well, as the herbs, lemon-peel, &c. in the latter, impart a very delicious flavour to the sausage-meat. As preparations, however, like stuffings and forcemeats, are matters to be decided by individual tastes, they must be left, to a great extent, to the discrimination of the cook, who should study her employer's taste in this, as in every other respect.

Average cost, 9d.

Sufficient for a small turkey.

SAVOURY JELLY FOR MEAT PIES.

521. INGREDIENTS.—3 lbs. of shin of beef, 1 calf's-foot, 3 lbs. of knuckle of veal, poultry trimmings (if for game pies, any game trimmings), 2 onions stuck with cloves, 2 carrots, 4 shalots, a bunch of savoury herbs, 2 bay-leaves; when liked, 2 blades of mace and a little spice; 2 slices of lean ham, rather more than 2 quarts of water.

Mode.—Cut up the meat and put it into a stewpan with all the ingredients except the water; set it over a slow fire to draw down,

火鸡肉香肠肉馅。

520. 配料。-6 oz.瘦猪肉，6 oz.肥猪肉，均切碎后称重(后者可用牛板油代替),2 oz.面包屑，1小汤匙切碎的鼠尾草，1片捣碎的肉豆蔻，盐和胡椒适量，1个鸡蛋。

做法。--将肉和肥膘切得极细，与其余配料混合，注意使全部材料充分融合。用鸡蛋润湿，馅料即可使用。等量的这种馅料和第417号肉馅配合使用效果很好，因为后者中的香草、柠檬皮等能为香肠肉增添非常鲜美的风味。不过，馅料和肉馅这类制品取决于个人口味，在很大程度上必须由厨师自行判断，她在这方面如同在其他各方面一样，应研究雇主的喜好。

平均成本,9便士。

足量供一只小火鸡之用。

咸味肉馅饼用肉冻

521. 配料。-3 lbs.牛小腿肉，1只牛蹄，3 lbs.小牛膝肉，家禽边角料(如做野味馅饼，则用任何野味边角料),2个插上丁香的洋葱，2根胡萝卜，4个红葱，一束香草，2片月桂叶；如喜欢，可加2片肉豆蔻和少许香料；2片瘦火腿，略多于2 quarts的水。

做法。-将肉切碎，与除水以外的所有配料一起放入炖锅；置于慢火上熬出汁，

and, when the gravy ceases to flow from the meat, pour in the water. Let it boil up, then carefully take away all scum from the top. Cover the stewpan closely, and let the stock simmer very gently for 4 hours: if rapidly boiled, the jelly will not be clear. When done, strain it through a fine sieve or flannel bag; and when cold, the jelly should be quite transparent. If this is not the case, clarify it with the whites of eggs, as described in recipe No. 109.

Time.—4 hours. *Average cost*, for this quantity, 5s.

SHRIMP SAUCE, for Various Kinds of Fish.

522. INGREDIENTS.—1/3 pint of melted butter (No. 376), 1/4 pint of picked shrimps, cayenne to taste.

Mode.—Make the melted butter very smoothly by recipe No. 376, shell the shrimps (sufficient to make 1/4 pint when picked), and put them into the butter; season with cayenne, and let the sauce just simmer, but do not allow it to boil. When liked, a teaspoonful of anchovy sauce may be added.

Time.—1 minute to simmer. *Average cost*, 6d.

Sufficient for 3 or 4 persons.

SPINACH GREEN FOR COLOURING VARIOUS DISHES.

523. INGREDIENTS.—2 handfuls of spinach.

Mode.—Pick and wash the spinach free from dirt, and pound the leaves in a mortar to extract the juice; then press it through a hair sieve, and put the juice into a small stewpan or jar. Place this in a bain marie, or saucepan of boiling water, and let it set. Watch it closely, as it should not boil; and, as soon as it is done, lay it in a

待肉不再流出肉汁时，倒入水。让其煮沸，然后小心撇去表面所有浮沫。将炖锅盖严，用文火慢慢煨4小时：若急速煮沸，果冻将不清澈。煮好后，用细筛或法兰绒袋过滤；冷却后，果冻应完全透明。若非如此，按第109号食谱所述用蛋清澄清。

时间--4小时。平均成本，按此分量计，5s。

虾酱，用于各种鱼类。

522. 配料。-1/3 pint融化黄油(第376号),1/4 pint剥好的虾，辣椒粉适量。

做法。-按第376号食谱将融化黄油调得非常均匀，剥去虾壳(足够剥出1/4 pint)，放入黄油中；用辣椒粉调味，让酱汁微微煨煮，但不要让其煮沸。如喜欢，可加入一茶匙鳀鱼酱。

时间。--炖煮1分钟。平均成本,6便士。

足够供三四人食用。

用于多道菜肴着色的菠菜绿

523. 配料--2把菠菜。

做法。-将菠菜择净、洗去泥土，在研钵中捣碎叶子以榨出汁液；然后用马尾筛压滤，将汁液放入小炖锅或罐中。将其置于隔水炖锅或盛沸水的平底锅中，让其凝固。密切注意，不应让其煮沸；一旦做好，立即将其放在

sieve, so that all the water may drain from it, and the green will then be ready for colouring. If made according to this recipe, the spinach-green will be found far superior to that boiled in the ordinary way.

筛上，使所有水分沥干，绿色即可用于调色。若按此食谱制作，菠菜绿将远胜于普通方法煮制的。

HOT SPICE, a Delicious Adjunct to Chops, Steaks, Gravies, &c.

HOT SPICE，一种搭配排骨、牛排、肉汁等的可口辅料

524. INGREDIENTS.—3 drachms each of ginger, black pepper, and cinnamon, 7 cloves, 1/2 oz. mace, 1/4 oz. of cayenne, 1 oz. grated nutmeg, 1-1/2 oz. white pepper.

524. 配料。-姜、黑胡椒和肉桂各3 drachms,7粒丁香，1/2 oz.肉豆蔻，1/4 oz.辣椒粉，1 oz.磨碎肉豆蔻，1-1/2 oz.白胡椒。

Mode.—Pound the ingredients, and mix them thoroughly together, taking care that everything is well blended. Put the spice in a very dry glass bottle for use. The quantity of cayenne may be increased, should the above not be enough to suit the palate.

做法。-将配料捣碎，彻底混合均匀，确保一切充分融合。将香料放入非常干燥的玻璃瓶中备用。若上述分量不足以合口味，可增加辣椒粉的用量。

[Illustration: CINNAMON.]

[插图：肉桂。]

CINNAMON.—The cinnamon-tree (*Laurus Cinnamomum*) is a valuable and beautiful species of the laurel family, and grows to the height of 20 or 30 feet. The trunk is short and straight, with wide-spreading branches, and it has a smooth ash-like bark. The leaves are upon short stalks, and are of an oval shape, and 3 to 5 inches long. The flowers are in panicles, with six small petals, and the fruit is about the size of an olive, soft, insipid, and of a deep blue. This incloses a nut, the kernel of which germinates soon after it falls. The wood of the tree is white and not very solid, and its root is thick and branching, exuding a great quantity of camphor. The inner bark of the tree forms the cinnamon of commerce. Ceylon was thought to be its native island; but it has been found in Malabar, Cochin-China, Sumatra, and the Eastern Islands; also in the Brazils, the Mauritius, Jamaica, and other

肉桂。--肉桂树(*Laurus Cinnamomum*)是月桂科中珍贵而美丽的一种，可长到20或30英尺高。树干短而直，枝条宽展，树皮光滑如栲树。叶生于短柄上，呈椭圆形，长3至5英寸。花为圆锥花序，有六片小花瓣，果实约橄榄大小，柔软、无味，呈深蓝色。果内包有一枚坚果，其果仁落地后不久便发芽。木材为白色，不甚坚实，根部粗壮多分枝，渗出大量樟脑。树的内皮构成商业肉桂。锡兰曾被认为是其原产岛屿；但已在马拉巴尔、交趾支那、苏门答腊和东印度群岛发现，也在巴西、毛里求斯、牙买加及其他

tropical localities.

热带地区。

BROWN ROUX, a French Thickening for Gravies and Sauces.

布朗面糊，一种用于肉汁和酱汁的法式增稠剂。

525. INGREDIENTS.—6 oz. of butter, 9 oz. of flour.

525. 配料--6 oz.黄油，9 oz.面粉。

Mode.—Melt the butter in a stewpan over a slow fire, and dredge in, very gradually, the flour; stir it till of a light-brown colour—to obtain this do it very slowly, otherwise the flour will burn and impart a bitter taste to the sauce it is mixed with. Pour it in a jar, and keep it for use: it will remain good some time.

做法。-在炖锅中用慢火融化黄油，非常缓慢地撒入面粉；搅拌至呈浅棕色--要达到此效果须非常缓慢，否则面粉会烧焦，使与之混合的酱汁带有苦味。倒入罐中保存备用：可保持一段时间不变质。

Time.—About 1/2 hour. *Average cost,* 7d.

时间。- 约1/2小时。平均成本,7d。

WHITE ROUX, for thickening White Sauces.

白色面糊，用于勾芡白色酱汁。

526. Allow the same proportions of butter and flour as in the preceding recipe, and proceed in the same manner as for brown roux, but do not keep it on the fire too long, and take care not to let it colour. This is used for thickening white sauce. Pour it into a jar to use when wanted.

526. 黄油和面粉的比例与前一食谱相同，操作方法同棕色油面酱，但不要在火上放太久，注意不要让其变色。此用于白色酱汁的增稠。倒入罐中，需要时使用。

Time.—1/4 hour. *Average cost,* 7d.

时间。- 1/4 小时。平均费用,7d。

Sufficient,—A dessertspoonful will thicken a pint of gravy.

足量,--一甜点匙可使一品脱肉汁变稠。

Note.—Besides the above, sauces may be thickened with potato flour, ground rice, baked flour, arrowroot, &c.: the latter will be found far preferable to the ordinary flour for white sauces. A slice of bread, toasted and added to gravies, answers the two purposes of thickening and colouring them.

注。-除上述之外，酱汁还可用马铃薯粉、米粉、烤面粉、竹芋粉等增稠：后者用于白色酱汁将远胜于普通面粉。一片烤面包加入肉汁中，兼具增稠和调色两种作用。

SPANISH ONIONS—PICKLED.

腌西班牙洋葱。

527. INGREDIENTS.—Onions, vinegar; salt and cayenne to taste.

527. 配料--洋葱、醋；盐和卡宴辣椒按口味添加。

Mode.—Cut the onions in thin slices; put a layer of them in the bottom of a jar; sprinkle with salt and cayenne; then add another layer of onions, and season as before. Proceeding in this manner till the jar is full, pour in sufficient vinegar to cover the whole, and the pickle will be fit for use in a month.

做法。-将洋葱切成薄片；在罐底铺一层，撒上盐和辣椒粉；再加一层洋葱，如前调味。如此继续直至罐满，倒入足够的醋浸没全部，腌菜一个月后即可食用。

Seasonable.—May be had in England from September to February.

时令。--在英格兰，九月至二月可购得。

STORE SAUCE, or CHEROKEE.

储藏酱汁，或称切罗基。

528. INGREDIENTS.—1/2 oz. of cayenne pepper, 5 cloves of garlic, 2 tablespoonfuls of soy, 1 tablespoonful of walnut ketchup, 1 pint of vinegar.

528. 配料。-1/2 oz.辣椒粉，5瓣大蒜，2汤匙酱油，1汤匙核桃番茄酱，1 pint醋。

Mode.—Boil all the ingredients *gently* for about 1/2 hour; strain the liquor, and bottle off for use.

做法。-将所有配料轻轻煮约1/2小时；滤去液体，装瓶备用。

Time.—1/2 hour.

时间。--1/2小时。

Seasonable.—This sauce can be made at any time.

时令。--此酱汁随时可制。

TOMATO SAUCE—HOT, to serve with Cutlets, Roast Meats, &c.

番茄酱--辣味，用于配肉排、烤肉等。

529. INGREDIENTS.—6 tomatoes, 2 shalots, 1 clove, 1 blade of mace, salt and cayenne to taste, 1/4 pint of gravy, No. 436, or stock No. 104.

529. 配料。-6个番茄，2个红葱，1粒丁香，1片肉豆蔻，盐和辣椒粉适量，1/4 pint肉汁(第436号)，或高汤(第104号)。

Mode.—Cut the tomatoes in two, and squeeze the juice and seeds out; put them in a stewpan with all the ingredients, and let them simmer *gently* until the tomatoes are tender enough to pulp; rub the whole through a sieve, boil it for a few minutes, and serve. The shalots and spices may be omitted when their flavour is objected to.

做法。--将番茄切成两半，挤出汁液和籽；将它们与所有配料一起放入炖锅中，用文火慢煮，直到番茄软烂到可以捣成糊状；将全部内容物用筛子过滤，煮沸几分钟后即可上桌。如果不喜欢其风味，可以省略红葱头和香料。

Time.—1 hour, or rather more, to simmer the tomatoes.

时间。--1小时，或稍多些，以慢炖番茄。

Average cost, for this quantity, 1s.

In full season in September and October.

[Illustration: THE TOMATO.]

TOMATO, OR LOVE-APPLE.—The plant which bears this fruit is a native of South America, and takes its name from a Portuguese word. The tomato fruit is about the size of a small potato, and is chiefly used in soups, sauces, and gravies. It is sometimes served to table roasted or boiled, and when green, makes a good ketchup or pickle. In its unripe state, it is esteemed as excellent sauce for roast goose or pork, and when quite ripe, a good store sauce may be prepared from it.

TOMATO SAUCE FOR KEEPING (Excellent).

I.

530. INGREDIENTS.—To every quart of tomato-pulp allow 1 pint of cayenne vinegar (No. 386), 3/4 oz. of shalots, 3/4 oz. of garlic, peeled and cut in slices; salt to taste. To every six quarts of liquor, 1 pint of soy, 1 pint of anchovy sauce.

Mode.—Gather the tomatoes quite ripe; bake them in a slow oven till tender; rub them through a sieve, and to every quart of pulp add cayenne vinegar, shalots, garlic, and salt, in the above proportion; boil the whole together till the garlic and shalots are quite soft; then rub it through a sieve, put it again into a saucepan, and, to every six quarts of the liquor, add 1 pint of soy and the same quantity of anchovy sauce, and boil altogether for about 20 minutes; bottle off for use, and carefully seal or rosin the corks. This will keep good for 2 or 3 years, but will be fit for use

平均成本，按此数量计，为1先令。

盛产期在九月和十月。

[插图：番茄。]

番茄，又名爱情果。--结出这种果实的植物原产于南美洲，其名称来自一个葡萄牙语词。番茄果实约有小土豆大小，主要用于汤、酱汁和肉汁中。有时烤制或煮制后上桌，青番茄可以制成优质的番茄酱或腌菜。未成熟时，被视为烤鹅或烤猪肉的绝佳酱汁；完全成熟时，可以从中制备优质的储藏酱汁。

番茄酱(保存用)(极佳)。

530. 配料。--每夸脱番茄糊配1品脱辣椒醋(第386号)、3/4盎司红葱头、3/4盎司大蒜(去皮切片)；盐适量。每六夸脱液体配1品脱酱油、1品脱鳀鱼酱。

做法。--采集完全成熟的番茄；放入慢烤箱中烘至软烂；用筛子擦成泥，每夸脱果泥按上述比例加入辣椒醋、青葱、大蒜和盐；将全部一起煮沸，直至大蒜和青葱完全软烂；然后用筛子擦过，再放入锅中，每六夸脱液体加入1品脱酱油和同量的鳀鱼酱汁，一起煮约20分钟；装瓶备用，并仔细用蜡封或松香封住瓶塞。这可保存2至3年，但即可供使用

in a week. A useful and less expensive sauce may be made by omitting the anchovy and soy.

Time.—Altogether 1 hour.

Seasonable.—Make this from the middle of September to the end of October.

II.

531. INGREDIENTS.—1 dozen tomatoes, 2 teaspoonfuls of the best powdered ginger, 1 dessertspoonful of salt, 1 head of garlic chopped fine, 2 tablespoonfuls of vinegar, 1 dessertspoonful of Chili vinegar (a small quantity of cayenne may be substituted for this).

Mode.—Choose ripe tomatoes, put them into a stone jar, and stand them in a cool oven until quite tender; when cold, take the skins and stalks from them, mix the pulp with the liquor which is in the jar, but do not strain it; add all the other ingredients, mix well together, and put it into well-sealed bottles. Stored away in a cool dry place, it will keep good for years. It is ready for use as soon as made, but the flavour is better after a week or two. Should it not appear to keep, turn it out, and boil it up with a little additional ginger and cayenne. For immediate use, the skins should be put into a wide-mouthed bottle with a little of the different ingredients, and they will be found very nice for hashes or stews.

Time.—4 or 5 hours in a cool oven.

Seasonable from the middle of September to the end of October.

III.

一周内即可食用。省略鳀鱼和酱油，可以制成一种实用且较便宜的酱汁。

时间。- 共计1小时。

时令。--在九月中旬至十月底制作。

二
。

531. 配料。--1打番茄、2茶匙优质姜粉、1甜点匙盐、1头大蒜(切碎)、2汤匙醋、1甜点匙辣椒醋(可用少量辣椒粉代替)。

做法。--选择成熟的番茄，放入石罐中，置于冷烤箱中直至完全软烂；冷却后去除皮和蒂，将果肉与罐中的汁液混合，但不要过滤；加入所有其他配料，充分混合，装入密封良好的瓶中。存放在阴凉干燥处，可保存数年。做好后即可使用，但风味在一两周后更佳。如果看起来不能保存，可倒出，加入少许额外的姜和辣椒重新煮沸。如需立即使用，应将番茄皮放入广口瓶中，加入少量各种配料，用于烩肉或炖菜非常美味。

时间。--在冷烤箱中烤4或5小时。

时令九月中旬至十月底。

三
。

532. INGREDIENTS.—3 dozen tomatoes; to every pound of tomato-pulp allow 1 pint of Chili vinegar, 1 oz. of garlic, 1 oz. of shalot, 2 oz. of salt, 1 large green capsicum, 1/2 teaspoonful of cayenne, 2 pickled gherkins, 6 pickled onions, 1 pint of common vinegar, and the juice of 6 lemons.

Mode.—Choose the tomatoes when quite ripe and red; put them in a jar with a cover to it, and bake them till tender. The better way is to put them in the oven overnight, when it will not be too hot, and examine them in the morning to see if they are tender. Do not allow them to remain in the oven long enough to break them; but they should be sufficiently soft to skin nicely and rub through the sieve. Measure the pulp, and to each pound of pulp, add the above proportion of vinegar and other ingredients, taking care to chop very fine the garlic, shalot, capsicum, onion, and gherkins. Boil the whole together till everything is tender; then again rub it through a sieve, and add the lemon-juice. Now boil the whole again till it becomes as thick as cream, and keep continually stirring; bottle it when quite cold, cork well, and seal the corks. If the flavour of garlic and shalot is very much disliked, diminish the quantities.

Time.—Bake the tomatoes in a cool oven all night.

Seasonable from the middle of September to the end of October.

Note.—A quantity of liquor will flow from the tomatoes, which must be put through the sieve with the rest. Keep it well stirred while on the fire, and use a wooden spoon.

UNIVERSAL PICKLE.

532. 配料。--3打番茄；每磅番茄糊配1品脱辣椒醋、1盎司大蒜、1盎司红葱头、2盎司盐、1个大青椒、1/2茶匙辣椒粉、2条腌黄瓜、6个腌洋葱、1品脱普通醋、6个柠檬的汁。

做法。--挑选完全成熟且呈红色的番茄；将其放入带盖的罐中，烘烤至软烂。更好的做法是在烤箱不太热时将其放入烤箱过夜，次日早晨检查是否已软烂。不要让它们在烤箱中停留过久以致碎裂；但它们应足够柔软，以便能顺利去皮并通过筛网擦滤。量取果肉，每磅果肉加入上述比例的醋和其他配料，注意将大蒜、青葱、辣椒、洋葱和嫩黄瓜切得极细。将全部材料一起煮至所有食材软烂；然后再次通过筛网擦滤，加入柠檬汁。现在再次将全部材料煮沸，直至浓稠如奶油状，并不断搅拌；待完全冷却后装瓶，塞紧软木塞并封蜡。如果非常不喜欢大蒜和青葱的味道，可减少其用量。

时间。--将番茄放在低温烤箱中烘烤一整夜。

时令九月中旬至十月底。

注意。--番茄会流出大量汁液，必须与其他材料一起过筛。在火上加热时要不断搅拌，并使用木勺。

通用腌菜

533. INGREDIENTS.—To 6 quarts of vinegar allow 1 lb. of salt, 1/4 lb. of ginger, 1 oz. of mace, 1/2 lb. of shalots, 1 tablespoonful of cayenne, 2 oz. of mustard-seed, 1-1/2 oz. of turmeric.

Mode.—Boil all the ingredients together for about 20 minutes; when cold, put them into a jar with whatever vegetables you choose, such as radish-pods, French beans, cauliflowers, gherkins, &c. &c., as these come into season; put them in fresh as you gather them, having previously wiped them perfectly free from moisture and grit. This pickle will be fit for use in about 8 or 9 months.

Time.—20 minutes.

Seasonable.—Make the pickle in May or June, to be ready for the various vegetables.

Note.—As this pickle takes 2 or 3 months to make,—that is to say, nearly that time will elapse before all the different vegetables are added,—care must be taken to keep the jar which contains the pickle well covered, either with a closely-fitting lid, or a piece of bladder securely tied over, so as perfectly to exclude the air.

PICKLED WALNUTS (Very Good).

534. INGREDIENTS.—100 walnuts, salt and water. To each quart of vinegar allow 2 oz. of whole black pepper, 1 oz. of allspice, 1 oz. of bruised ginger.

Mode.—Procure the walnuts while young; be careful they are not woody, and prick them well with a fork; prepare a strong brine of salt and water (4 lbs. of salt to each gallon of water), into which put the walnuts, letting them remain 9 days, and changing the brine every third day; drain them off, put them on a dish, place it in the sun until they become perfectly black, which will be in 2 or

533. 配料--6夸脱醋配1磅盐，

1/4磅姜、1盎司肉豆蔻衣、1/2磅红葱头、1汤匙辣椒粉、2盎司芥菜籽、1-1/2盎司姜黄。

做法。--将所有配料一起煮约20分钟；冷却后，将它们放入罐中，随您选择的各种蔬菜一起腌制，如萝卜荚、法国豆、花椰菜、小黄瓜等，随这些蔬菜上市时令加入；采摘后擦净水分和沙砾，趁新鲜放入。这种腌菜约8至9个月后即可食用。

时间。--20分钟。

时令。--在五月或六月制作腌菜，以便备好迎接各种蔬菜。

注意。--由于这种腌菜需要2至3个月才能制成--也就是说，大约要经过这么长时间才能加入所有不同的蔬菜--必须注意将盛腌菜的罐子盖好，或用紧密贴合的盖子，或用一块膀胱膜牢牢扎紧，以完全隔绝空气。

腌核桃(很好)。

534. 配料。--100个核桃、盐和水。每夸脱醋配2盎司整粒黑胡椒、1盎司多香果、1盎司捣碎的姜。

做法。--趁核桃鲜嫩时获取；注意它们不要木质化，用叉子将它们好好扎孔；准备浓盐水(每加仑水配4磅盐)，将核桃放入其中，浸泡9天，每三天更换一次盐水；沥干后放在盘子上，置于阳光下直到它们完全变黑，这大约需要2到

3 days; have ready dry jars, into which place the walnuts, and do not quite fill the jars. Boil sufficient vinegar to cover them, for 10 minutes, with spices in the above proportion, and pour it hot over the walnuts, which must be quite covered with the pickle; tie down with bladder, and keep in a dry place. They will be fit for use in a month, and will keep good 2 or 3 years.

Time.—10 minutes.

Seasonable.—Make this from the beginning to the middle of July, before the walnuts harden.

Note.—When liked, a few shalots may be added to the vinegar, and boiled with it.

WALNUT KETCHUP.

I.

535. INGREDIENTS.—100 walnuts, 1 handful of salt, 1 quart of vinegar, 1/4 oz. of mace, 1/4 oz. of nutmeg, 1/4 oz. of cloves, 1/4 oz. of ginger, 1/4 oz. of whole black pepper, a small piece of horseradish, 20 shalots, 1/4 lb. of anchovies, 1 pint of port wine.

Mode.—Procure the walnuts at the time you can run a pin through them, slightly bruise, and put them into a jar with the salt and vinegar, let them stand 8 days, stirring every day; then drain the liquor from them, and boil it, with the above ingredients, for about 1/2 hour. It may be strained or not, as preferred, and, if required, a little more vinegar or wine can be added, according to taste. When bottled well, seal the corks.

Time.—1/2 hour.

3天；准备好干燥的罐子，将核桃放入，不要装得太满。煮沸足够的醋以覆盖核桃，加入上述比例的香料煮10分钟，趁热浇在核桃上，核桃必须完全浸没在腌汁中；用膀胱膜扎紧，存放在干燥处。一个月后即可食用，可保存2至3年。

时间。- 10分钟。

时令。--在七月初至中旬制作，趁核桃尚未变硬。

注意。--如喜欢，可在醋中加入少量红葱头，与之一起煮沸。

核桃番茄酱。

535. 配料。--100个核桃、1把盐、1夸脱醋、1/4盎司肉豆蔻衣、1/4盎司肉豆蔻、1/4盎司丁香、1/4盎司姜、1/4盎司整粒黑胡椒、一小块辣根、20个红葱头、1/4磅鳀鱼、1品脱波特酒。

做法。--在能用针穿透核桃时获取，稍微捣碎，与盐和醋一起放入罐中，静置8天，每天搅拌；然后将液体从核桃中沥出，与上述配料一起煮沸约1/2小时。可根据喜好过滤或不过滤，如有需要，可按口味再加少量醋或酒。装瓶封好后，密封软木塞。

时间。--1/2小时。

Seasonable.—Make this from the beginning to the middle of July, when walnuts are in perfection for pickling purposes.

时令。--在七月初至中旬制作，此时核桃最适合腌制。

II.

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536. INGREDIENTS.—1/2 sieve of walnut-shells, 2 quarts of water, salt, 1/2 lb. of shalots, 1 oz. of cloves, 1 oz. of mace, 1 oz. of whole pepper, 1 oz. of garlic.

536. 配料。--1/2筛核桃壳、2夸脱水、盐、1/2磅红葱头、1盎司丁香、1盎司肉豆蔻衣、1盎司整粒胡椒、1盎司大蒜。

Mode.—Put the walnut-shells into a pan, with the water, and a large quantity of salt; let them stand for 10 days, then break the shells up in the water, and let it drain through a sieve, putting a heavy weight on the top to express the juice; place it on the fire, and remove all scum that may arise. Now boil the liquor with the shalots, cloves, mace, pepper, and garlic, and let all simmer till the shalots sink; then put the liquor into a pan, and, when cold, bottle, and cork closely. It should stand 6 months before using: should it ferment during that time, it must be again boiled and skimmed.

做法。--将核桃壳放入锅中，加入水和大量盐；静置10天，然后在水中将壳捣碎，让其通过筛网滤干，在顶部压上重物以榨出汁液；将其置于火上，撇去所有浮沫。现在将液体与青葱、丁香、肉豆蔻皮、胡椒和大蒜一起煮沸，让所有材料慢炖至青葱下沉；然后将液体倒入锅中，冷却后装瓶并塞紧软木塞。使用前应放置6个月：如果在此期间发酵，必须再次煮沸并撇去浮沫。

Time.—About 3/4 hour.

时间。--约3/4小时。

Seasonable in September, when the walnut-shells are obtainable.

时令九月，此时可获取核桃壳。

[Illustration: THE WALNUT.]

[插图：核桃。]

THE WALNUT.—This nut is a native of Persia, and was introduced into England from France. As a pickle, it is much used in the green state; and grated walnuts in Spain are much employed, both in tarts and other dishes. On the continent it is occasionally employed as a substitute for olive oil in cooking; but it is apt, under such circumstances, to become rancid. The matter which remains after the oil is extracted is considered highly nutritious

核桃。--这种坚果原产于波斯，从法国传入英国。作为腌菜，青核桃被大量使用；在西班牙，磨碎的核桃被广泛用于馅饼和其他菜肴中。在欧洲大陆，它偶尔被用作烹饪中橄榄油的替代品；但在这种情况下，它容易变质发哈喇。榨油后剩余的渣滓被认为极具营养

for poultry. It is called *mare*, and in Switzerland is eaten under the name of *pain amer* by the poor. The oil is frequently manufactured into a kind of soap, and the leaves and green husks yield an extract, which, as a brown dye, is used to stain hair, wool, and wood.

可供家禽食用。它被称为*mare*，在瑞士，穷人称之为*pain amer*食用。这种油常被制成一种肥皂，叶子和绿色外壳可提取一种提取物，作为棕色染料用于染发、羊毛和木材。

WHITE SAUCE (Good).

白酱(优质)。

537. INGREDIENTS.—1/2 pint of white stock (No. 107), 1/2 pint of cream, 1 dessertspoonful of flour, salt to taste.

537. 配料。--1/2品脱白色高汤(第107号)、1/2品脱奶油、1甜点匙面粉、盐适量。

Mode.—Have ready a delicately-clean saucepan, into which put the stock, which should be well flavoured with vegetables, and rather savoury; mix the flour smoothly with the cream, add it to the stock, season with a little salt, and boil all these ingredients very gently for about 10 minutes, keeping them well stirred the whole time, as this sauce is very liable to burn.

做法。--准备一个极其干净的炖锅，倒入高汤，高汤应带有蔬菜的香味，且较为鲜美；将面粉与奶油调匀，加入高汤中，用少许盐调味，将所有配料用文火煮约10分钟，全程不断搅拌，因为这种酱汁很容易烧焦。

Time.—10 minutes. *Average cost*, 1s.

时间。--10分钟。平均费用,1先令。

Sufficient for a pair of fowls.

足量供一对家禽之用。

Seasonable at any time.

时令任何时候皆宜。

WHITE SAUCE, made without Meat.

白色酱汁(不加肉制作)。

538. INGREDIENTS.—2 oz. of butter, 2 small onions, 1 carrot, 1/2 a small teacupful of flour, 1 pint of new milk, salt and cayenne to taste.

538. 配料。--2盎司黄油、2个小洋葱、1根胡萝卜、1/2小茶杯面粉、1品脱新鲜牛奶、盐和辣椒粉适量。

Mode.—Cut up the onions and carrot very small, and put them into a stewpan with the butter; simmer them till the butter is nearly dried up; then stir in the flour, and add the milk; boil the whole gently until it thickens, strain it, season with salt and cayenne, and it will be ready to serve.

做法。--将洋葱和胡萝卜切得很碎，与黄油一起放入炖锅中；慢煮至黄油几乎收干；然后拌入面粉，加入牛奶；将全部内容物用文火煮至浓稠，过滤，用盐和辣椒粉调味，即可上桌。

Time.—1/4 hour. *Average cost*, 5d.

Sufficient for a pair of fowls.

Seasonable at any time.

WHITE SAUCE (a very Simple and Inexpensive Method).

539. INGREDIENTS.—1-1/2 pint of milk, 1-1/2 oz. of rice, 1 strip of lemon-peel, 1 small blade of pounded mace, salt and cayenne to taste.

Mode.—Boil the milk with the lemon-peel and rice until the latter is perfectly tender, then take out the lemon-peel and pound the milk and rice together; put it back into the stewpan to warm, add the mace and seasoning, give it one boil, and serve. This sauce should be of the consistency of thick cream.

Time.—About 1-1/2 hour to boil the rice.

Average cost, 4d.

Sufficient for a pair of fowls.

Seasonable at any time.

[Illustration: THE LEAMINGTON STOVE, OR KITCHENER.]

VARIOUS MODES OF COOKING MEAT.

CHAPTER XI.

GENERAL REMARKS.

540. In Our "INTRODUCTION TO COOKERY" (*see* No. 76) we have described the gradual progress of mankind in the art of cookery,

时间。- 1/4小时。平均费用,5便士。

足量供一对家禽之用。

时令任何时候皆宜。

白酱(一种非常简单且经济的方法)。

539. 配料。--1-1/2品脱牛奶、1-1/2盎司大米、1条柠檬皮、1小片捣碎的肉豆蔻衣、盐和辣椒粉适量。

做法。--将牛奶与柠檬皮和大米一起煮，直到大米完全软烂，然后取出柠檬皮，将牛奶和大米一起捣碎；放回炖锅中加热，加入肉豆蔻衣和调味料，煮沸一次，即可上桌。这种酱汁应具有浓奶油的稠度。时间。--煮大米约需1-1/2小时。平均成本,4便士。

足量供一对家禽之用。

时令任何时候皆宜。

[插图：利明顿炉灶，或称厨房炉]

肉类的各种烹调方式

第十一章。

总论

540. 在我们的“烹饪入门”(见第76号)中，我们描述了人类在烹饪艺术上的逐步发展，

the probability being, that the human race, for a long period, lived wholly on fruits. Man's means of attacking animals, even if he had the desire of slaughtering them, were very limited, until he acquired the use of arms. He, however, made weapons for himself, and, impelled by a carnivorous instinct, made prey of the animals that surrounded him. It is natural that man should seek to feed on flesh; he has too small a stomach to be supported alone by fruit, which has not sufficient nourishment to renovate him. It is possible he might subsist on vegetables; but their preparation needs the knowledge of art, only to be obtained after the lapse of many centuries. Man's first weapons were the branches of trees, which were succeeded by bows and arrows, and it is worthy of remark, that these latter weapons have been found with the natives of all climates and latitudes. It is singular how this idea presented itself to individuals so differently placed.

很可能的情况是，人类在很长一段时期内完全以果实为食。即便人类有屠宰动物的意愿，其攻击动物的手段也极为有限，直到掌握了武器的使用。然而，人类为自己制造了武器，并在食肉本能的驱使下，捕食周围的动物。人类寻求以肉为食是自然的；他们的胃太小，无法仅靠果实维持，因为果实没有足够的营养来恢复体力。人类或许可以靠蔬菜为生；但蔬菜的调制需要技艺的知识，而这只能经过许多世纪之后才能获得。人类最早的武器是树枝，随后被弓和箭所取代，值得注意的是，后一种武器在所有气候和纬度的土著人那里都有发现。这一观念竟然出现在处境如此不同的人身上，实在奇特。

541. BRILLAT SAVARIN says, that raw flesh has but one inconvenience,—from its viscousness it attaches itself to the teeth. He goes on to say, that it is not, however, disagreeable; but, when seasoned with salt, that it is easily digested. He tells a story of a Croat captain, whom he invited to dinner in 1815, during the occupation of Paris by the allied troops. This officer was amazed at his host's preparations, and said, "When we are campaigning, and get hungry, we knock over the first animal we find, cut off a steak, powder it with salt, which we always have in the sabretasche, put it under the saddle, gallop over it for half a mile, and then dine like princes." Again, of the huntsmen of Dauphiny it is said, that when they are out shooting in September, they take with them both pepper and salt. If they kill a very fat bird, they pluck and season it, and, after carrying it some time in their caps,

541. 布里亚-萨瓦兰说，生肉只有一个不便之处--因其黏性而附着于牙齿。他接着说道，然而它并不令人不快；但用盐调味后，则易于消化。他讲述了一个克罗地亚上尉的故事，1815年盟军占领巴黎期间，他曾邀请此人共进正餐。这位军官对主人的准备工作感到惊讶，说道：“我们在行军打仗时，饿了就扑倒遇到的第一只动物，切下一块肉排，撒上盐--我们总是把盐放在马鞍袋里--把它放在马鞍下，骑着马在上面跑上半英里，然后就像王子一样用正餐了。”再者，据说多菲内的猎人在九月出猎时，随身携带胡椒和盐。如果他们猎到一只很肥的鸟，就拔毛并调味，然后在帽子里携带一段时间后，

eat it. This, they declare, is the best way of serving it up.

吃掉它。他们宣称，这是上桌的最佳方式。

542. SUBSEQUENTLY TO THE CROAT MODE, which, doubtless, was in fashion in the earlier ages of the world, fire was discovered. This was an accident; for fire is not, although we are accustomed to call it so, an element, or spontaneous. Many savage nations have been found utterly ignorant of it, and many races had no other way of dressing their food than by exposing it to the rays of the sun.

542. 继生食模式之后--毫无疑问，这是世界早期时代流行的方式--火被发现了。这是一个偶然；因为火并非如我们惯常所称的那样是一种元素，也不是自发产生的。许多野蛮民族被发现对火一无所知，许多种族除了将食物暴露在阳光下之外，没有其他烹饪方式。

543. THE INHABITANTS OF THE MARIAN ISLANDS, which were discovered in 1521, had no idea of fire. Never was astonishment greater than theirs when they first saw it, on the descent of Magellan, the navigator, on one of their isles. At first they thought it a kind of animal, that fixed itself to and fed upon wood. Some of them, who approached too near, being burnt, the rest were terrified, and durst only look upon it at a distance. They were afraid, they said, of being bit, or lest that dreadful animal should wound with his violent respiration and dreadful breath; for these were the first notions they formed of the heat and flame. Such, too, probably, were the notions the Greeks originally formed of them.

543. 马里亚纳群岛的居民，该群岛于1521年被发现，对火毫无概念。当航海家麦哲伦登上他们的一座岛屿时，他们初次见到火，惊讶之情无以复加。起初他们以为那是一种动物，附着于木头并以木头为食。他们中有几个人靠得太近被烧伤，其余的人惊恐万分，只敢远远地观望。他们说，他们害怕被咬，或者害怕那可怕的动物以其猛烈的呼吸和可怕的气息伤人；因为这是他们对热和火焰最初形成的观念。希腊人最初对火的观念，很可能也是如此。

544. FIRE HAVING BEEN DISCOVERED, mankind endeavoured to make use of it for drying, and afterwards for cooking their meat; but they were a considerable time before they hit upon proper and commodious methods of employing it in the preparation of their food.

544. 火被发现之后，人类努力利用它来烘干食物，后来又用来烹饪肉类；但他们花了相当长的时间才想出适当而便利的方法，将火用于食物的制备。

545. MEAT, THEN, PLACED ON BURNING FUEL was found better than when raw: it had more firmness, was eaten with less difficulty, and the ozmazome being condensed by the

545. 于是，将肉放在燃烧的燃料上，发现比生肉更好：肉质更为紧实，食用时困难较少，而肉汁因

carbonization, gave it a pleasing perfume and flavour. Still, however, the meat cooked on the coal would become somewhat befouled, certain portions of the fuel adhering to it. This disadvantage was remedied by passing spits through it, and placing it at a suitable height above the burning fuel. Thus grilling was invented; and it is well known that, simple as is this mode of cookery, yet all meat cooked in this way is richly and pleasantly flavoured. In Homer's time, the, art of cookery had not advanced much beyond this; for we read in the "Iliad," how the great Achilles and his friend Patroclus regaled the three Grecian leaders on bread, wine, and broiled meat. It is noticeable, too, that Homer does not speak of boiled meat anywhere in his poems. Later, however, the Jews, coming out of their captivity in Egypt, had made much greater progress. They undoubtedly possessed kettles; and in one of these, Esau's mess of pottage, for which he sold his birthright, must have been prepared.

碳化，赋予了它宜人的香气和风味。然而，在炭火上烹制的肉仍会有些污损，因为燃料的某些部分会附着在肉上。这一缺点通过将烤肉叉穿过肉、并将其置于燃烧的燃料上方适当高度而得到补救。于是烧烤被发明出来；众所周知，尽管这种烹饪方式如此简单，但以这种方式烹制的所有肉类都风味浓郁而宜人。在荷马的时代，烹饪的技艺尚未超出这一水平多少；因为我们在《伊利亚特》中读到，伟大的阿喀琉斯和他的朋友帕特罗克洛斯如何以面包、酒和烤炙的肉款待三位希腊首领。同样值得注意的是，荷马在他的诗篇中任何地方都没有提到煮肉。然而后来，犹太人从埃及的囚禁中出来时，已取得了更大的进步。他们无疑拥有锅釜；以扫为换取长子权而卖掉的那份浓汤，必定就是在这样的锅釜中烹制的。

546. HAVING THUS BRIEFLY TRACED A HISTORY OF GASTRONOMICAL PROGRESSES, we will now proceed to describe the various methods of cooking meat, and make a few observations on the chemical changes which occur in each of the operations.

546. 在简要追溯了烹饪发展的历史之后，我们现在来描述烹饪肉类的各种方法，并对每一操作过程中发生的化学变化作几点观察。

547. IN THIS COUNTRY, plain boiling, roasting, and baking are the usual methods of cooking animal food. To explain the philosophy of these simple culinary operations, we must advert to the effects that are produced by heat on the principal constituents of flesh. When finely-chopped mutton or beef is steeped for some time in a small quantity of clean water, and then subjected to slight pressure, the juice of the meat is extracted, and there is left a white tasteless residue, consisting chiefly of muscular fibres.

547. 在这个国家，清煮、烤和烘是烹制动物性食物的常用方法。为了解释这些简单烹饪操作的原理，我们必须谈及热量对肉的主要成分所产生的影响。当切碎的羊肉或牛肉在少量清水中浸泡一段时间，然后施加轻微的压力，肉的汁液便被提取出来，剩下一种白色无味的残余物，主要由肌肉纤维构成。

When this residue is heated to between 158° and 177° Fahrenheit, the fibres shrink together, and become hard and horny. The influence of an elevated temperature on the soluble extract of flesh is not less remarkable. When the watery infusion, which contains all the savoury constituents of the meat, is gradually heated, it soon becomes turbid; and, when the temperature reaches 133°, flakes of whitish matter separate. These flakes are *albumen*, a substance precisely similar, in all its properties, to the white of egg (see No. 101). When the temperature of the watery extract is raised to 158°, the colouring matter of the blood coagulates, and the liquid, which was originally tinged red by this substance, is left perfectly clear, and almost colourless. When evaporated, even at a gentle heat, this residual liquid gradually becomes brown, and acquires the flavour of roast meat.

当这种残留物被加热到华氏158度至177度之间时，纤维收缩在一起，变得坚硬而呈角质状。高温对肉的可溶性提取物的影响同样显著。当含有肉中所有美味成分的水浸液逐渐加热时，它很快变得浑浊；当温度达到133度时，白色絮状物分离出来。这些絮状物是蛋白，一种在所有性质上与蛋清完全相似的物质(见第101号)。当水提取物的温度升至158度时，血液中的色素物质凝固，原本被该物质染成红色的液体变得完全清澈，几乎无色。当蒸发时，即使在温和的加热下，这种残余液体也逐渐变成褐色，并获得烤肉的香味。

548. THESE INTERESTING FACTS, discovered in the laboratory, throw a flood of light upon the mysteries of the kitchen. The fibres of meat are surrounded by a liquid which contains albumen in its soluble state, just as it exists in the unboiled egg. During the operation of boiling or roasting, this substance coagulates, and thereby prevents the contraction and hardening of the fibres. The tenderness of well-cooked meat is consequently proportioned to the amount of albumen deposited in its substance. Meat is underdone when it has been heated throughout only to the temperature of coagulating albumen: it is thoroughly done when it has been heated through its whole mass to the temperature at which the colouring matter of the blood coagulates: it is overdone when the heat has been continued long enough to harden the fibres.

548. 这些在实验室中发现的有趣事实，为厨房的奥秘投下了一片光明。肉的纤维被一种液体所包围，该液体含有处于可溶状态的蛋白，正如未煮过的蛋中存在的那样。在煮或烤的过程中，这种物质凝固，从而防止纤维收缩和硬化。因此，烹饪得当的肉的嫩度与沉积在其物质中的蛋白量成正比。当肉整体仅被加热到蛋白凝固的温度时，就是欠火候；当肉整体被加热到血液色素物质凝固的温度时，就是完全熟透；当加热持续足够长以致纤维硬化时，就是过火候。

549. THE JUICE OF FLESH IS WATER, holding in solution many

549. 肉汁即水，其中溶解着许多

substances besides albumen, which are of the highest possible value as articles of food. In preparing meat for the table, great care should be taken to prevent the escape of this precious juice, as the succulence and sapidity of the meat depend on its retention. The meat to be cooked should be exposed at first to a quick heat, which immediately coagulates the albumen on and near the surface. A kind of shell is thus formed, which effectually retains the whole of the juice within the meat.

除白蛋白之外，还有其他物质，作为食物具有极高的价值。在准备肉上桌时，应格外小心防止这种珍贵汁液的流失，因为肉的鲜嫩和多汁取决于其保留。待烹调的肉应首先暴露于快速的热力之下，这会立即凝固表面及近表面的白蛋白。由此形成一种外壳，有效地将全部汁液保留在肉内。

550. DURING THE OPERATIONS OF BOILING, BOASTING, AND BAKING, fresh beef and mutton, when moderately fat, lose, according to Johnston, on an average about—

550. 在煮、烤和烘的操作过程中，新鲜牛肉和羊肉，当肥瘦适中时，据约翰斯顿所述，平均损失约--

In boiling. In baking. In roasting.

在煮制时。在烘焙时。在烤制时。

4 lbs. of beef lose 1 lb. 1 lb. 3 oz. 1 lb. 5 oz.

4磅牛肉损耗1磅。1磅3盎司。1磅5盎司。

4 lbs. of mutton lose 14 oz. 1 lb. 4 oz. 1 lb. 6 oz.

4磅羊肉损耗14盎司 1磅4盎司 1磅6盎司

BAKING.

烘。

[Illustration: BAKING DISH.]

[插图：烘焙盘。]

551. THE DIFFERENCE BETWEEN ROASTING MEAT AND BAKING IT, may be generally described as consisting in the fact, that, in baking it, the fumes caused by the operation are not carried off in the same way as occurs in roasting. Much, however, of this disadvantage is obviated by the improved construction of modern ovens, and of especially those in connection with the Leamington kitchener, of which we give an engraving here, and a full description of which will be seen at paragraph No. 65, with the prices at which they can be purchased of Messrs. R. and J. Slack, of the Strand. With meat baked in the generality of ovens,

551. 烤肉与烘肉之间的区别，一般可以描述为：在烘肉时，操作所产生的烟气不像烤时那样被排走。然而，现代烤箱的改进构造在很大程度上消除了这一缺点的大部分，尤其是与利明顿厨房炉灶相关的那些烤箱，我们在此附上其版画，其完整描述见第65段，以及可从河岸街的R.and J.Slack先生处购买的价格。用大多数烤箱烘制的肉，

however, which do not possess ventilators on the principle of this kitchener, there is undoubtedly a peculiar taste, which does not at all equal the flavour developed by roasting meat. The chemistry of baking may be said to be the same as that described in roasting.

然而，那些不具备此种厨房炉灶通风原理的通风装置的，无疑会有一种特殊的气味，完全比不上烤肉所散发出的风味。烘的化学原理可以说与烤中所描述的相同。

552. SHOULD THE OVEN BE VERY BRISK, it will be found necessary to cover the joint with a piece of white paper, to prevent the meat from being scorched and blackened outside, before the heat can penetrate into the inside. This paper should be removed half an hour before the time of serving dinner, so that the joint may take a good colour.

552. 如果烤箱非常炽热，则有必要用一张白纸覆盖肉块，以防止肉在热量渗透到内部之前被烤焦、外面变黑。这张纸应在正餐上桌时间前半小时取下，以便肉块获得良好的色泽。

553. BY MEANS OF A JAR, many dishes, which will be enumerated under their special heads, may be economically prepared in the oven. The principal of these are soup, gravies, jugged hare, beef tea; and this mode of cooking may be advantageously adopted with a ham, which has previously been covered with a common crust of flour and water.

553. 借助罐子，许多菜肴--将在各自专门的标题下逐一列举--可以在烤箱中经济地制备。其中主要有汤、肉汁、罐焖野兔、牛肉茶；这种烹饪方式还可以有利地用于火腿，事先用普通的面粉和水面团包裹。

554. ALL DISHES PREPARED FOR BAKING should be more highly seasoned than when intended to be roasted. There are some dishes which, it may be said, are at least equally well cooked in the oven as by the roaster; thus, a shoulder of mutton and baked potatoes, a fillet or breast of veal, a sucking pig, a hare, well basted, will be received by connoisseurs as well, when baked, as if they had been roasted. Indeed, the baker's oven, or the family oven, may often, as has been said, be substituted for the cook and the spit with greater economy and convenience.

554. 所有准备用于烘的菜肴都应比打算烤的菜肴调味更重。有些菜肴可以说在烤箱中烹饪至少与用烤炉一样好；例如，羊肩肉配烘土豆、小牛肉里脊或胸肉、乳猪、野兔，只要浇淋得当，行家们会认为烘制的与烤制的一样好。事实上，面包师的烤箱或家庭烤箱，正如有人所说，常常可以代替厨师和烤肉叉，更加经济方便。

555. A BAKING-DISH, of which we give an engraving, should not be less than 6 or 7 inches deep; so that the meat, which of course cannot be basted, can stew in its own juices. In the recipe for each

555. 我们在此给出插图的烤盘，深度不应少于6或7英寸；这样肉--当然不能浇淋--可以在自身的汁液中炖煮。在每道

dish, full explanations concerning any special points in relation to it will be given.

菜肴的食谱中，将给出关于其任何特殊要点的完整说明。

BOILING.

煮。

556. BOILING, or the preparation of meat by hot water, though one of the easiest processes in cookery, requires skilful management. Boiled meat should be tender, savoury, and full of its own juice, or natural gravy; but, through the carelessness and ignorance of cooks, it is too often sent to table hard, tasteless, and innutritious. To insure a successful result in boiling flesh, the heat of the fire must be judiciously regulated, the proper quantity of water must be kept up in the pot, and the scum which rises to the surface must be carefully removed.

556. 煮，即用热水烹制肉类，虽然是烹饪中最简单的工序之一，却需要熟练的管理。煮肉应当嫩、美味、充满自身的汁液或天然肉汁；但由于厨师的粗心和无知，上桌时往往硬、无味、无营养。为确保煮肉的成功结果，必须明智地调节火的热度，保持锅中适当的水量，并仔细去除浮到表面的浮沫。

557. MANY WRITERS ON COOKERY assert that the meat to be boiled should be put into cold water, and that the pot should be heated gradually; but Liebig, the highest authority on all matters connected with the chemistry of food, has shown that meat so treated loses some of its most nutritious constituents. "If the flesh," says the great chemist, "be introduced into the boiler when the water is in a state of brisk ebullition, and if the boiling be kept up for a few minutes, and the pot then placed in a warm place, so that the temperature of the water is kept at 158° to 165°, we have the united conditions for giving to the flesh the qualities which best fit it for being eaten." When a piece of meat is plunged into boiling water, the albumen which is near the surface immediately coagulates, forming an envelope, which prevents the escape of the internal juice, and most effectually excludes the water, which, by mixing with this juice, would render the meat insipid. Meat

557. 许多烹饪作家断言，待煮的肉应放入冷水中，锅应逐渐加热；但李比希，这位在食物化学相关一切事务上的最高权威，已表明如此处理的肉会失去一些最具营养的成分。“若将肉，”这位伟大的化学家说，“在水处于剧烈沸腾状态时放入煮锅，并保持沸腾数分钟，然后将锅置于温暖处，使水温保持在158°至165°，我们便具备了赋予肉最适合食用的品质的各项条件。”当一块肉被投入沸水时，靠近表面的蛋白质立即凝固，形成一层包裹，阻止内部汁液逸出，并最有效地阻止水与之混合而使肉变得淡而无味。如此处理的肉

treated thus is juicy and well-flavoured, when cooked, as it retains most of its savoury constituents. On the other hand, if the piece of meat be set on the fire with cold water, and this slowly heated to boiling, the flesh undergoes a loss of soluble and nutritious substances, while, as a matter of course, the soup becomes richer in these matters. The albumen is gradually dissolved from the surface to the centre; the fibre loses, more or less, its quality of shortness or tenderness, and becomes hard and tough: the thinner the piece of meat is, the greater is its loss of savoury constituents. In order to obtain well-flavoured and eatable meat, we must relinquish the idea of making good soup from it, as that mode of boiling which yields the best soup gives the driest, toughest, and most vapid meat. Slow boiling whitens the meat; and, we suspect, that it is on this account that it is in such favour with the cooks. The wholesomeness of food is, however, a matter of much greater moment than the appearance it presents on the table. It should be borne in mind, that the whiteness of meat that has been boiled slowly, is produced by the loss of some important alimentary properties.

烹制后多汁且风味良好，因为它保留了大部分美味成分。另一方面，若将肉块与冷水一同置于火上，缓慢加热至沸腾，肉会损失可溶性及营养成分，而汤自然会因这些物质而更加浓郁。蛋白质从表面到中心逐渐溶解；纤维或多或少失去其短嫩的特性，变得硬而韧：肉块越薄，其美味成分的损失越大。为获得风味良好且可食用的肉，我们必须放弃用它做出好汤的念头，因为能做出最佳汤的煮法会使肉变得最干、最韧、最乏味。慢煮使肉变白；我们怀疑，正因如此它才如此受厨师青睐。然而，食物的有益健康远比其在餐桌上的外观重要得多。应当牢记，慢煮肉的白色是由失去某些重要营养特性所致。

558. THE OBJECTIONS WE HAVE RAISED to the practice of putting meat on the fire in cold water, apply with equal force to the practice of soaking meat before cooking it, which is so strongly recommended by some cooks. Fresh meat ought never to be soaked, as all its most nutritive constituents are soluble in water. Soaking, however, is an operation that cannot be entirely dispensed with in the preparation of animal food. Salted and dried meats require to be soaked for some time in water before they are cooked.

558. 我们对将肉与冷水一同置于火上的做法所提出的反对意见，同样适用于烹制前浸泡肉的做法，而某些厨师极力推荐此法。鲜肉绝不应浸泡，因其所有最具营养的成分都溶于水。然而，浸泡在动物性食物的制备中是无法完全省略的操作。腌制和干制的肉在烹制前需在水中浸泡一段时间。

559. FOR BOILING MEAT, the softer the water is, the better.

559. 煮肉时，水越软越好。

When spring water is boiled, the chalk which gives to it the quality of hardness, is precipitated. This chalk stains the meat, and communicates to it an unpleasant earthy taste. When nothing but hard water can be procured, it should be softened by boiling it for an hour or two before it is used for culinary purposes.

当泉水煮沸时，赋予其硬度的白垩会沉淀出来。这种白垩会污染肉，并使其带有令人不快的泥土味。当只能获得硬水时，应在用于烹饪目的之前将其煮沸一两个小时以软化。

560. THE FIRE MUST BE WATCHED with great attention during the operation of boiling, so that its heat may be properly regulated. As a rule, the pot should be kept in a simmering state; a result which cannot be attained without vigilance.

560. 在煮的操作过程中必须密切关注火候，以便适当调节热量。通常，锅应保持微沸状态；若不加以警惕，则无法达到这一效果。

561. THE TEMPERATURE AT WHICH WATER BOILS, under usual circumstances, is 212° Fahr. Water does not become hotter after it has begun to boil, however long or with whatever violence the boiling is continued. This fact is of great importance in cookery, and attention to it will save much fuel. Water made to boil in a gentle way by the application of a moderate heat is just as hot as when it is made to boil on a strong fire with the greatest possible violence. When once water has been brought to the boiling point, the fire may be considerably reduced, as a very gentle heat will suffice to keep the water at its highest temperature.

561. 在通常情况下，水沸腾的温度为华氏212°。水开始沸腾后便不再升温，无论沸腾持续多久或多么剧烈。这一事实在烹饪中极为重要，注意这一点可节省大量燃料。以温和火力使水缓缓沸腾，与在猛火上以最大烈度沸腾的水温度完全相同。一旦水达到沸点，火力便可大幅减弱，因为极温和的热量便足以使水保持其最高温度。

562. THE SCUM WHICH RISES to the surface of the pot during the operation of boiling must be carefully removed, otherwise it will attach itself to the meat, and thereby spoil its appearance. The cook must not neglect to skim during the whole process, though by far the greater part of the scum rises at first. The practice of wrapping meat in a cloth may be dispensed with if the skimming be skillfully managed. If the scum be removed as fast as it rises, the meat will be cooked clean and pure, and come out of the vessel in which it was boiled, much more delicate and firm than

562. 煮制过程中浮到锅面的浮沫必须仔细撇去，否则它会附着在肉上，从而破坏其外观。厨师在整个过程中不可疏忽撇沫，尽管绝大部分浮沫在最初时浮起。若撇沫操作娴熟，便无需用布包裹肉。若浮沫一浮起便及时撇去，肉将煮得洁净纯粹，从煮锅中取出时远比

when cooked in a cloth.

563. WHEN TAKEN FROM THE POT, the meat must be wiped with a clean cloth, or, what will be found more convenient, a sponge previously dipped in water and wrung dry. The meat should not be allowed to stand a moment longer than necessary, as boiled meat, as well as roasted, cannot be eaten too hot.

564. THE TIME ALLOWED FOR THE OPERATION OF BOILING must be regulated according to the size and quality of the meat. As a general rule, twenty minutes, reckoning from the moment when the boiling commences, may be allowed for every pound of meat. All the best authorities, however, agree in this, that the longer the boiling the more perfect the operation.

565. A FEW OBSERVATIONS ON THE NUTRITIVE VALUE OF SALTED MEAT may be properly introduced in this place. Every housewife knows that dry salt in contact with fresh meat gradually becomes fluid brine. The application of salt causes the fibres of the meat to contract, and the juice to flow out from its pores: as much as one-third of the juice of the meat is often forced out in this manner. Now, as this juice is pure extract of meat, containing albumen, osmazome, and other valuable principles, it follows that meat which has been preserved by the action of salt can never have the nutritive properties of fresh meat.

566. THE VESSELS USED FOR BOILING should be made of cast-iron, well tinned within, and provided with closely-fitting lids. They must be kept scrupulously clean, otherwise they will render the meat cooked in them unsightly and unwholesome. Copper pans, if used at all, should be reserved for operations that are performed with rapidity; as, by long contact with copper, food

用布煮时。

563. 从锅中取出后，肉必须用干净的布擦拭，或者用更方便的方法--用事先浸水并拧干的 sponge。肉不应放置超过必要的时间，因为煮肉和烤肉一样，不能吃得太热。

564. 煮的操作所允许的时间必须根据肉的大小和质量来调节。作为一般规则，从开始沸腾的那一刻算起，每磅肉可允许二十分钟。然而，所有最好的权威都一致认为，煮的时间越长，操作越完美。

565. 关于腌肉营养价值的几点观察，在此处予以适当介绍。每位主妇都知道，干盐与鲜肉接触后会逐渐变成液态盐水。盐的作用使肉的纤维收缩，汁液从毛孔中流出：常常有多达三分之一的肉汁被这样逼出。既然这种汁液是纯正的肉提取物，含有蛋白、肉香素及其他有价值的成分，那么经盐腌保存的肉就绝不可能具有鲜肉的营养特性。

566. 用于煮的容器应由铸铁制成，内部镀锡良好，并配有紧密贴合的盖子。必须保持极其清洁，否则会使在其中烹煮的肉外观难看且不卫生。铜锅，如果使用的话，应保留用于快速完成的操作；因为与铜长时间接触，食物

may become dangerously contaminated. The kettle in which a joint is dressed should be large enough to allow room for a good supply of water; if the meat be cramped and be surrounded with but little water, it will be stewed, not boiled.

可能会受到危险的污染。用于煮肉块的锅应足够大，以容纳充足的水；如果肉被挤压且周围水很少，那将是炖，而不是煮。

567. IN STEWING, IT IS NOT REQUISITE to have so great a heat as in boiling. A gentle simmering in a small quantity of water, so that the meat is stewed almost in its own juices, is all that is necessary. It is a method much used on the continent, and is wholesome and economical.

567. 在炖中，不需要像煮那样大的热量。在少量水中轻微沸腾，使肉几乎在自身的汁液中炖煮，就足够了。这是一种在欧洲大陆广泛使用的方法，既卫生又经济。

[Illustration: BOILING-POT.]

[插图：煮锅]

[Illustration: STEWPAN.]

[插图：炖锅。]

Two useful culinary vessels are represented above. One is a boiling-pot, in which large joints may be boiled; the other is a stewpan, with a closely-fitting lid, to which is attached a long handle; so that the cover can be removed without scalding the fingers.

上图展示了两种有用的烹饪容器。一种是煮锅，可用于煮大块肉；另一种是炖锅，带有紧密贴合的盖子和长柄；这样取下盖子时不会烫到手指。

[Illustration: HOT-PLATE.]

[插图：热盘]

568. THE HOT-PLATE is a modern improvement on the old kitchen ranges, being used for boiling and stewing. It is a plate of cast iron, having a closed fire burning beneath it, by which it is thoroughly well heated. On this plate are set the various saucepans, stewpans, &c.; and, by this convenient and economical method, a number of dishes may be prepared at one time. The culinary processes of braising and stewing are, in this manner, rendered more gradual, and consequently the substance acted on becomes more tender, and the gravy is not so much reduced.

568. 热板是对旧式厨房炉灶的现代改良，用于煮和炖。它是一块铸铁板，下方有封闭的炉火燃烧，使其充分受热。在这块板上放置各种酱汁锅、炖锅等；通过这种方便而经济的方法，可以同时制作多道菜肴。焖和炖的烹饪过程以这种方式变得更加缓慢渐进，因此所处理的食材变得更加柔嫩，肉汁也不会收得太干。

BROILING.

[Illustration: REVOLVING GRIDIRON.]

569. GENERALLY SPEAKING, small dishes only are prepared by this mode of cooking; amongst these, the beef-steak and mutton chop of the solitary English diner may be mentioned as celebrated all the world over. Our beef-steak, indeed, has long crossed the Channel; and, with a view of pleasing the Britons, there is in every *carte* at every French restaurant, by the side of *à la Marengo*, and *à la Mayonnaise,—bifteck d'Angleterre*. In order to succeed in a broil, the cook must have a bright, clear fire; so that the surface of the meat may be quickly heated. The result of this is the same as that obtained in roasting; namely, that a crust, so to speak, is formed outside, and thus the juices of the meat are retained. The appetite of an invalid, so difficult to minister to, is often pleased with a broiled dish, as the flavour and sapidity of the meat are so well preserved.

570. THE UTENSILS USED FOR BROILING need but little description. The common gridiron, for which see engraving at No. 68, is the same as it has been for ages past, although some little variety has been introduced into its manufacture, by the addition of grooves to the bars, by means of which the liquid fat is carried into a small trough. One point it is well to bear in mind, viz., that the gridiron should be kept in a direction slanting towards the cook, so that as little fat as possible may fall into the fire. It has been observed, that broiling is the most difficult manual office the general cook has to perform, and one that requires the most unremitting attention; for she may turn her back upon the stewpan or the spit, but the gridiron can never be left with

炙。

[插图：旋转烤架。]

569. 一般来说，这种烹饪方式只制作小份菜肴；其中，独居的英国食客的牛排和羊排可谓举世闻名。我们的牛排确实早已跨过海峡；为了取悦英国人，每一家法国餐馆的菜单上，在马伦戈式和蛋黄酱式旁边，都有英式牛排。要在炙制中取得成功，厨师必须有明亮、清澈的炉火，以便肉的表面迅速受热。其结果与烤制所得相同；即可以说在外面形成一层硬壳，从而保住肉的汁液。病人的食欲向来难以满足，却常常因一道炙菜而得到愉悦，因为肉的风味和鲜味保存得如此完好。

570. 炙制所用的器具无需多加描述。普通的烤架，见第68号插图，与自古以来并无二致，尽管在制造上引入了一些小变化，在横条上增加了凹槽，通过凹槽将液态脂肪引入一个小槽中。有一点值得牢记，即烤架应保持朝向厨师倾斜的方向，以使尽可能少的脂肪落入火中。有人指出，炙制是普通厨师必须执行的最困难的手工操作，也是最需要不懈专注的一项；因为她可以背对炖锅或烤肉叉，但烤架绝不能无人看管地

impunity. The revolving gridiron, shown in the engraving, possesses some advantages of convenience, which will be at once apparent.

安然无恙。插图中展示的旋转烤架具有一些便利的优点，这些优点一目了然。

FRYING.

煎。

[Illustration: SAUTÉ PAN.]

[插图：煎锅。]

571. THIS VERY FAVOURITE MODE OF COOKING may be accurately described as boiling in fat or oil. Substances dressed in this way are generally well received, for they introduce an agreeable variety, possessing, as they do, a peculiar flavour. By means of frying, cooks can soon satisfy many requisitions made on them, it being a very expeditious mode of preparing dishes for the table, and one which can be employed when the fire is not sufficiently large for the purposes of roasting and boiling. The great point to be borne in mind in frying, is that the liquid must be hot enough to act instantaneously, as all the merit of this culinary operation lies in the invasion of the boiling liquid, which carbonizes or burns, at the very instant of the immersion of the body placed in it. It may be ascertained if the fat is heated to the proper degree, by cutting a piece of bread and dipping it in the frying-pan for five or six seconds; and if it be firm and of a dark brown when taken out, put in immediately what you wish to prepare; if it be not, let the fat be heated until of the right temperature. This having been effected, moderate the fire, so that the action may not be too hurried, and that by a continuous heat the juices of the substance may be preserved, and its flavour enhanced.

571. 这种非常受欢迎的烹饪方式可以准确地描述为在脂肪或油中煮。以这种方式制作的食材通常广受欢迎，因为它们带来令人愉悦的变化，具有独特的风味。通过煎，厨师可以迅速满足许多要求，因为这是一种非常快捷的备餐方式，而且在炉火不足以进行烤和煮时也可以采用。煎制时要牢记的要点是，液体必须足够热以瞬间起作用，因为这一烹饪操作的全部优点在于沸腾液体的侵入，即在放入其中的食材浸入的瞬间使其碳化或烧灼。可以通过切一块面包并将其浸入煎锅五六秒钟来判断脂肪是否加热到适当程度；如果取出时面包坚实且呈深棕色，就立即放入你想制作的食材；如果不是，就让脂肪继续加热至合适温度。做到这一点后，调小炉火，使作用不至于过于急促，通过持续的热量保住食材的汁液，并提升其风味。

572. THE PHILOSOPHY OF FRYING consists in this, that liquids

572. 油炸的哲学在于，液体

subjected to the action of fire do not all receive the same quantity of heat. Being differently constituted in their nature, they possess different "capacities for caloric." Thus, you may, with impunity, dip your finger in boiling spirits of wine; you would take it very quickly from boiling brandy, yet more rapidly from water; whilst the effects of the most rapid immersion in boiling oil need not be told. As a consequence of this, heated fluids act differently on the sapid bodies presented to them. Those put in water, dissolve, and are reduced to a soft mass; the result being *bouillon*, stock, &c. (*see* No. 103). Those substances, on the contrary, treated with oil, harden, assume a more or less deep colour, and are finally carbonized. The reason of these different results is, that, in the first instance, water dissolves and extracts the interior juices of the alimentary substances placed in it; whilst, in the second, the juices are preserved; for they are insoluble in oil.

受火力作用者并非都吸收同等的热量。由于本性构造不同，它们具有不同的“热容量”。因此，你可以安然将手指浸入沸腾的酒精中；从沸腾的白兰地中抽手要快得多，从水中抽手则更快；至于将手浸入沸腾的油中最迅速的效果，则无需赘述。由于这一缘故，加热的液体对置于其中的有味物质作用各异。放入水中者溶解，化为柔软的一团；其结果便是肉汤、高汤等(见第103号)。相反，那些用油处理的物质则变硬，呈现出深浅不一的颜色，最终碳化。产生这些不同结果的原因在于：在前一种情况下，水溶解并提取了置于其中的食物的内部汁液；而在后一种情况下，汁液得以保存，因为它们在油中不溶解。

573. IT IS TO BE ESPECIALLY REMEMBERED, in connection with frying, that all dishes fried in fat should be placed before the fire on a piece of blotting-paper, or sieve reversed, and there left for a few minutes, so that any superfluous greasy moisture may be removed.

573. 关于煎，尤其要记住，所有用油脂煎的菜肴都应放在火前的一张吸墨纸上，或倒扣的筛子上，放置几分钟，以便去除任何多余的油腻水分。

574. THE UTENSILS USED FOR THE PURPOSES OF FRYING are confined to frying-pans, although these are of various sizes; and, for small and delicate dishes, such as collops, fritters, pancakes, &c., the *sauté* pan, of which we give an engraving, is used.

574. 用于煎的器具限于煎锅，尽管它们有各种尺寸；对于小而精致的菜肴，如肉片、油炸果馅、薄煎饼等，则使用*sauté*锅，我们在此给出插图。

COOKING BY GAS.

燃气烹饪。

[Illustration: GAS STOVE.]

[插图：煤气炉。]

575. GAS-COOKING can scarcely now be considered a novelty,—

575. 煤气烹饪如今几乎不能再被视为新奇事物了，--

many establishments, both small and large, have been fitted with apparatus for cooking by this mode, which undoubtedly exhibits some advantages. Thus the heat may be more regularly supplied to the substance cooking, and the operation is essentially a clean one, because there can be no cinders or other dirt to be provided for. Some labour and attention necessary, too, with a coal fire or close stove, may be saved; and, besides this, it may, perhaps, be said that culinary operations are reduced, by this means, to something like a certainty.

许多场所，无论大小，都已配备了用这种方式烹饪的器具，这无疑显示出一些优点。因此，热量可以更均匀地供给正在烹煮的物质，而且这一操作本质上很清洁，因为不会有煤渣或其他污物需要处理。此外，用煤火或封闭炉灶时所需的一些劳作与照看也可省去；除此之外，或许可以说，烹饪操作借此几乎达到了某种确定性。

576. THERE ARE, HOWEVER, WE THINK, MANY OBJECTIONS to this mode of cooking, more especially when applied to small domestic establishments. For instance, the ingenious machinery necessary for carrying it out, requires cooks perfectly conversant with its use; and if the gas, when the cooking operations are finished, be not turned off, there will be a large increase in the cost of cooking, instead of the economy which it has been supposed to bring. For large establishments, such as some of the immense London warehouses, where a large number of young men have to be catered for daily, it may be well adapted, as it is just possible that a slight increase in the supply of gas necessary for a couple of joints, may serve equally to cook a dozen dishes.

576. 然而，我们认为，这种烹饪方式有许多反对意见，尤其是应用于小型家庭场所时。例如，实施它所需的精巧机械，要求厨师完全熟悉其用法；而且，如果烹饪操作结束后煤气未被关闭，烹饪成本将大幅增加，而非人们所设想的经济节约。对于大型场所，例如伦敦某些巨大的货栈，那里每天要为大量年轻人供餐，这种方式或许很适用，因为为两三块肉排所需的煤气供应稍有增加，很可能同样足以烹制一打菜肴。

ROASTING.

烤。

577. OF THE VARIOUS METHODS OF PREPARING MEAT, ROASTING is that which most effectually preserves its nutritive qualities. Meat is roasted by being exposed to the direct influence of the fire. This is done by placing the meat before an open grate, and keeping it in motion to prevent the scorching on any

577. 在制备肉类的各种方法中，烤是最有效地保持其营养品质的方法。肉通过暴露于火的直接影响下来烤制。这是通过将肉放在敞开的炉栅前，并保持其转动以防止任何一面烤焦来完成的。

particular part. When meat is properly roasted, the outer layer of its albumen is coagulated, and thus presents a barrier to the exit of the juice. In roasting meat, the heat must be strongest at first, and it should then be much reduced. To have a good juicy roast, therefore, the fire must be red and vigorous at the very commencement of the operation. In the most careful roasting, some of the juice is squeezed out of the meat: this evaporates on the surface of the meat, and gives it a dark brown colour, a rich lustre, and a strong aromatic taste. Besides these effects on the albumen and the expelled juice, roasting converts the cellular tissue of the meat into gelatine, and melts the fat out of the fat-cells.

特定部位。肉烤得得当时，其外层蛋白质凝固，从而形成一道屏障，阻止汁液外流。烤肉时，热度起初必须最强，随后应大幅减弱。因此，要烤出多汁的好肉，炉火在操作一开始就必须红旺而猛烈。在最精心的烤制中，仍有一些汁液从肉中挤出：这些汁液在肉表面蒸发，赋予肉深褐色泽、浓郁光泽和强烈的芳香滋味。除了对蛋白质和挤出的汁液产生这些作用外，烤制还将肉的细胞组织转化为明胶，并使脂肪从脂肪细胞中融化出来。

578. IF A SPIT is used to support the meat before the fire, it should be kept quite bright. Sand and water ought to be used to scour it with, for brickdust and oil may give a disagreeable taste to the meat. When well scoured, it must be wiped quite dry with a clean cloth; and, in spitting the meat, the prime parts should be left untouched, so as to avoid any great escape of its juices.

578. 如果使用烤叉将肉支撑在火前，烤叉应保持十分光亮。应使用沙子和水来擦洗，因为砖灰和油可能会给肉带来令人不快的味道。擦洗干净后，必须用干净的布擦干；在将肉叉上烤叉时，最好的部位应保持不动，以避免汁液大量流失。

579. KITCHENS IN LARGE ESTABLISHMENTS are usually fitted with what are termed "smoke-jacks." By means of these, several spits, if required, may be turned at the same time. This not being, of course, necessary in smaller establishments, a roasting apparatus, more economical in its consumption of coal, is more frequently in use.

579. 大型场所的厨房通常配备所谓的“烟熏烤叉转动器”。借助这些装置，如果需要，可以同时转动几个烤叉。当然，在较小的场所这并非必要，因此更常使用耗煤更经济的烤制装置。

[Illustration: BOTTLE-JACK, WITH WHEEL AND HOOK.]

[插图：瓶形烤肉旋转器，带轮子和挂钩。]

580. THE BOTTLE-JACK, of which we here give an illustration, with the wheel and hook, and showing the precise manner of using it, is now commonly used in many kitchens. This consists of

580. 我们在此给出插图的瓶式烤叉转动器，带有轮子和挂钩，并展示了确切的使用方法，现在在许多厨房中普遍使用。它由

a spring inclosed in a brass cylinder, and requires winding up before it is used, and sometimes, also, during the operation of roasting. The joint is fixed to an iron hook, which is suspended by a chain connected with a wheel, and which, in its turn, is connected with the bottle-jack. Beneath it stands the dripping-pan, which we have also engraved, together with the basting-ladle, the use of which latter should not be spared; as there can be no good roast without good basting. "Spare the rod, and spoil the child," might easily be paraphrased into "Spare the basting, and spoil the meat." If the joint is small and light, and so turns unsteadily, this may be remedied by fixing to the wheel one of the kitchen weights. Sometimes this jack is fixed inside a screen; but there is this objection to this apparatus,—that the meat cooked in it resembles the flavour of baked meat. This is derived from its being so completely surrounded with the tin, that no sufficient current of air gets to it. It will be found preferable to make use of a common meat-screen, such as is shown in the woodcut. This contains shelves for warming plates and dishes; and with this, the reflection not being so powerful, and more air being admitted to the joint, the roast may be very excellently cooked.

一根弹簧封闭在黄铜圆筒内，使用前需要上紧发条，有时在烤的过程中也需要上紧。肉块固定在铁钩上，铁钩由一条与轮子相连的链条悬挂，而轮子又与瓶状烤肉机相连。其下方放置着滴油盘，我们也已将其刻印出来，连同浇油勺一并刻印，后者不可省略不用；因为没有好的浇油就没有好的烤肉。“省了棍子，惯坏了孩子”这句话可以轻易地改述为“省了浇油，毁了肉”。如果肉块小而轻，转动不稳，可以通过在轮子上固定一个厨房砝码来补救。有时这种烤肉机固定在屏风内；但这种装置有一个缺点--在其中烹制的肉带有烤制肉的风味。这是因为肉被锡板完全包围，没有足够的气流通过。使用普通的肉屏风会更好，如木刻图所示。这种屏风带有搁架，用于温热盘碟；使用它时，反射不那么强烈，更多空气进入肉块周围，烤肉可以烤得非常出色。

[Illustration: DRIPPING-PAN AND BASTING-LADLE.]

[插图：滴油盘与浇汁勺。]

581. IN STIRRING THE FIRE, or putting fresh coals on it, the dripping-pan should always be drawn back, so that there may be no danger of the coal, cinders, or ashes falling down into it.

581. 在拨火或添加新煤时，滴油盘应始终拉出，以免煤块、煤渣或灰烬落入其中。

582. UNDER EACH PARTICULAR RECIPE there is stated the time required for roasting each joint; but, as a general rule, it may be here given, that for every pound of meat, in ordinary-sized joints, a quarter of an hour may be allotted.

582. 在每道具体食谱之下，均标明了烤制每一块肉所需的时间；但作为一般规则，此处可以说明：对于普通大小的肉块，每磅肉可分配一刻钟。

[Illustration: HEAT-SCREEN.]

583. WHITE MEATS, AND THE MEAT OF YOUNG ANIMALS, require to be very well roasted, both to be pleasant to the palate and easy of digestion. Thus veal, pork, and lamb, should be thoroughly done to the centre.

584. MUTTON AND BEEF, on the other hand, do not, generally speaking, require to be so thoroughly done, and they should be dressed to the point, that, in carving them, the gravy should just run, but not too freely. Of course in this, as in most other dishes, the tastes of individuals vary; and there are many who cannot partake, with satisfaction, of any joint unless it is what others would call overdressed.

[Illustration]

[Illustration]

CHAPTER XII.

GENERAL OBSERVATIONS ON QUADRUPEDS.

585. BY THE GENERAL ASSENT OF MANKIND, THE EMPIRE OF NATURE has been divided into three kingdoms; the first consisting of minerals, the second of vegetables, and the third of animals. The Mineral Kingdom comprises all substances which are without those organs necessary to locomotion, and the due performance of the functions of life. They are composed of the accidental aggregation of particles, which, under certain

[插图：隔热屏。]

583. 白肉及幼龄动物的肉，需要烤得非常透，既可口又易于消化。因此，小牛肉、猪肉和羊肉应彻底烤透至中心。

584. 另一方面，羊肉和牛肉一般而言不需要烤得那么透，应烤到恰到好处，切肉时肉汁刚好流出，但不过多。当然，在此事上，如同大多数其他菜肴一样，个人口味各有不同；有许多人除非肉烤到别人所谓过火的程度，否则吃任何肉块都不能满意。

[Illustration]

[Illustration]

第十二章

关于四足动物的一般观察

585. 经人类普遍公认，自然界的领域被划分为三界：第一界为矿物，第二界为植物，第三界为动物。矿物界包含一切缺乏运动器官及无法正常行使生命功能的物质。它们由粒子的偶然聚集而成，在特定

circumstances, take a constant and regular figure, but which are more frequently found without any definite conformation. They also occupy the interior parts of the earth, as well as compose those huge masses by which we see the land in some parts guarded against the encroachments of the sea. The Vegetable Kingdom covers and beautifies the earth with an endless variety of form and colour. It consists of organized bodies, but destitute of the power of locomotion. They are nourished by means of roots; they breathe by means of leaves; and propagate by means of seed, dispersed within certain limits. The Animal Kingdom consists of sentient beings, that enliven the external parts of the earth. They possess the powers of voluntary motion, respire air, and are forced into action by the cravings of hunger or the parching of thirst, by the instincts of animal passion, or by pain. Like the vegetable kingdom, they are limited within the boundaries of certain countries by the conditions of climate and soil; and some of the species prey upon each other. Linnaeus has divided them into six classes;—Mammalia, Birds, Fishes, Amphibious Animals, Insects, and Worms. The three latter do not come within the limits of our domain; of fishes we have already treated, of birds we shall treat, and of mammalia we will now treat.

在某些情况下呈现恒定而规则的形状，但更常见的是没有任何确定的构造。它们也占据地球的内部，并构成那些巨大的块体，我们看到陆地在某些部分正是由这些块体抵御着海洋的侵蚀。植物界以无穷无尽的形态和色彩覆盖并美化着大地。它由有组织的物体组成，但不具备移动能力。它们通过根来获取营养；通过叶来呼吸；通过种子来繁殖，种子散布在一定的范围内。动物界由有感觉的生物组成，它们使地球的外部充满生机。它们具有自主运动的能力，呼吸空气，并因饥饿的驱使或口渴的煎熬、因动物本能的冲动或疼痛而被迫行动。与植物界一样，它们受气候和土壤条件的限制，被限定在特定国家的边界之内；有些物种以彼此为食。林奈将它们分为六个纲--哺乳纲、鸟纲、鱼纲、两栖动物纲、昆虫纲和蠕虫纲。后三个纲不属于我们的讨论范围；鱼类我们已经论述过，鸟类我们将会论述，而哺乳动物我们现在就来论述。

586. THIS CLASS OF ANIMALS embraces all those that nourish their young by means of lacteal glands, or teats, and are so constituted as to have a warm or red blood. In it the whale is placed,—an order which, from external habits, has usually been classed with the fishes; but, although this animal exclusively inhabits the water, and is supplied with fins, it nevertheless exhibits a striking alliance to quadrupeds. It has warm blood, and produces its young alive; it nourishes them with milk, and, for

586. 这一类动物包括所有通过乳腺或乳头哺育幼崽的动物，其体质构造使其具有温血或红血。鲸被归入此类--从外部习性来看，鲸通常被归入鱼类；然而，尽管这种动物完全栖息于水中，并长有鳍，但它仍然表现出与四足动物的显著亲缘关系。它拥有温血，胎生幼崽；以乳汁哺育它们，并且，

that purpose, is furnished with teats. It is also supplied with lungs, and two auricles and two ventricles to the heart; all of which bring it still closer into an alliance with the quadrupedal species of the animal kingdom.

为此目的，配有乳头。它还具有肺，以及心脏的两个心房和两个心室；所有这些使它更接近于动物界的四足类。

587. THE GENERAL CHARACTERISTICS OF THE MAMMALIA have been frequently noticed. The bodies of nearly the whole species are covered with hair, a kind of clothing which is both soft and warm, little liable to injury, and bestowed in proportion to the necessities of the animal and the nature of the climate it inhabits. In all the higher orders of animals, the head is the principal seat of the organs of sense. It is there that the eyes, the ears, the nose, and the mouth are placed. Through the last they receive their nourishment. In it are the *teeth*, which, in most of the mammalia, are used not only for the mastication of food, but as weapons of offence. They are inserted into two movable bones called jaws, and the front teeth are so placed that their sharp edges may easily be brought in contact with their food, in order that its fibres may readily be separated. Next to these, on each side, are situated the canine teeth, or tusks, which are longer than the other teeth, and, being pointed, are used to tear the food. In the back jaws are placed another form of teeth, called grinders. These are for masticating the food; and in those animals that live on vegetables, they are flattened at the top; but, in carnivora, their upper surfaces are furnished with sharp-pointed protuberances. From the numbers, form, and disposition of the teeth, the various genera of quadrupeds have been arranged. The *nose* is a cartilaginous body, pierced with two holes, which are called nostrils. Through these the animal is affected by the sense of smell; and in some it is prominent, whilst in others it is flat,

587. 哺乳动物的总体特征已多次提及。几乎所有物种的身体都覆盖着毛发，这是一种既柔软又温暖的衣物，不易受损，其分布与动物的需要及其栖息气候的性质成比例。在所有较高等的动物中，头部是感觉器官的主要所在。眼、耳、鼻和口都位于此处。它们通过口获取营养。口中长有牙齿，在大多数哺乳动物中，牙齿不仅用于咀嚼食物，还用作攻击的武器。牙齿嵌入两块称为颌的可动骨骼中，前齿的排列使其锋利的边缘能够轻易接触到食物，以便食物的纤维易于分离。在其后两侧是犬齿或獠牙，它们比其他牙齿更长，且尖锐，用于撕裂食物。在后颌中排列着另一种形态的牙齿，称为臼齿。这些用于咀嚼食物；在以蔬菜为食的动物中，臼齿顶部是扁平的；但在食肉动物中，其上部表面长有尖锐的突起。根据牙齿的数量、形态和排列，各种四足动物属被进行了分类。鼻子是一个软骨体，穿有两个孔，称为鼻孔。动物通过鼻孔感受嗅觉；在某些动物中鼻子突出，而在另一些中则是扁平的、

compressed, turned upwards, or bent downwards. In beasts of prey, it is frequently longer than the lips; and in some other animals it is elongated into a movable trunk or proboscis, whilst, in the rhinoceros tribe, it is armed with a horn. The *eyes* of quadrupeds are generally defended by movable lids, on the outer margins of which are fringes of hair, called eyelashes. The opening of the pupil is in general circular; but to some species, as in those of the Cat and Hare, it is contracted into a perpendicular line, whilst in the Horse, the Ox, and a few others, it forms a transverse bar. The *ears* are openings, generally accompanied with a cartilage which defends and covers them, called the external ears. In water-animals the latter are wanting; sound, in them, being transmitted merely through orifices in the head, which have the name of auditory-holes. The most defenceless animals are extremely delicate in the sense of hearing, as are likewise most beasts of prey. Most of the mammiferous animals *walk* on four feet, which, at the extremities, are usually divided into toes or fingers. In some, however, the feet end in a single corneous substance called a hoof. The toes of a few end in broad, flat nails, and of most others, in pointed claws. Some, again, have the toes connected by a membrane, which is adapted to those that are destined to pass a considerable portion of their lives in water. Others, again, as in the Bat, have the digitations of the anterior feet greatly elongated, the intervening space being filled by a membrane, which extends round the hinder legs and tail, and by means of which they are enabled to rise into the air. In Man, the hand alone comprises fingers, separate, free, and flexible; but Apes, and some other kinds of animals, have fingers both to the hands and feet. These, therefore, are the only animals that can

压缩的、向上翻的或向下弯的。在猛兽中，鼻子通常比嘴唇更长；在另一些动物中，鼻子延长为可活动的管状物或长鼻，而在犀牛类中，鼻子则装备有角。四足动物的眼睛通常由可活动的眼睑保护，眼睑外缘有毛发组成的边缘，称为睫毛。瞳孔的开口一般为圆形；但在某些物种中，如猫和兔，瞳孔收缩为一条垂直线，而在马、牛及少数其他动物中，则形成一条横杠。耳朵是开口，通常伴有保护和覆盖它们的软骨，称为外耳。水生动物缺少外耳；声音在它们体内仅通过头部的孔口传递，这些孔口称为听孔。最无防御能力的动物听觉极为灵敏，大多数猛兽也是如此。大多数哺乳动物用四只脚行走，脚的四端通常分为趾或指。然而，在某些动物中，脚末端为单一的角质物，称为蹄。少数动物的趾末端为宽而扁的指甲，大多数其他动物的趾末端为尖爪。还有一些动物的趾由膜连接，这适应于那些一生中有相当一部分时间在水中度过的动物。另一些动物，如蝙蝠，前脚的趾骨极度延长，其间填充着膜，膜延伸至后腿和尾部周围，借助此膜它们能够升入空中。在人类中，仅手具有手指，分离、自由且灵活；但猿类及其他一些动物，手和脚都有指。因此，这些是唯一能够

hold movable objects in a single hand. Others, such as Rats and Squirrels, have the fingers sufficiently small and flexible to enable them to pick up objects; but they are compelled to hold them in both hands. Others, again, have the toes shorter, and must rest on the fore-feet, as is the case with dogs and cats when they wish to hold a substance firmly on the ground with their paws. There are still others that have their toes united and drawn under the skin, or enveloped in corneous hoofs, and are thereby enabled to exercise no prehensile power whatever.

能用单手握住可移动的物体。另一些动物，如鼠和松鼠，手指足够小而灵活，使它们能够拾取物体；但它们不得不使用双手握住。还有一些动物，脚趾较短，必须以前足着地，就像狗和猫想要用爪子将物体牢牢按在地上时那样。还有一些动物，脚趾连合并缩在皮肤下，或被角质蹄包裹，因此完全无法行使任何抓握能力。

588. ACCORDING TO THE DESIGN AND END OF NATURE, mammiferous animals are calculated, when arrived at maturity, to subsist on various kinds of food,—some to live wholly upon flesh, others upon grain, herbs, or fruits; but in their infant state, milk is the appropriate food of the whole. That this food may never fail them, it is universally ordained, that the young should no sooner come into the world, than the milk should flow in abundance into the members with which the mother is supplied for the secretion of that nutritious fluid. By a wonderful instinct of Nature, too, the young animal, almost as soon as it has come into life, searches for the teat, and knows perfectly, at the first, how, by the process of suction, it will be able to extract the fluid necessary to its existence.

588. 根据自然的设计与目的，哺乳动物在成熟时被安排以各种食物为生--有些完全以肉为食，另一些则以谷物、草本植物或水果为食；但在幼年状态下，乳汁是全体哺乳动物适宜的食物。为确保这种食物永不匮乏，普遍的规定是，幼崽刚一降生，乳汁便应丰沛地流入母体为分泌这种营养液体而配备的器官中。通过自然的一种奇妙本能，幼兽几乎刚一出生便寻找乳头，并且一开始就完全知道如何通过吸吮过程提取维持其生存所必需的液体。

589. IN THE GENERAL ECONOMY OF NATURE, this class of animals seems destined to preserve a constant equilibrium in the number of animated beings that hold their existence on the surface of the earth. To man they are immediately useful in various ways. Some of their bodies afford him food, their skin shoes, and their fleece clothes. Some of them unite with him in participating the dangers of combat with an enemy, and others

589. 在自然界的总体经济中，这一类动物似乎注定要维持地球上生命体数量的恒定平衡。它们对人类有各种直接的用处。有些动物的身体为人类提供食物，其皮可制鞋，其毛可制衣。有些与人类一同参与对敌战斗的危险，另一些则

assist him in the chase, in exterminating wilder sorts, or banishing them from the haunts of civilization. Many, indeed, are injurious to him; but most of them, in some shape or other, he turns to his service. Of these there is none he has made more subservient to his purposes than the common ox, of which there is scarcely a part that he has not been able to convert into some useful purpose. Of the horns he makes drinking-vessels, knife-handles, combs, and boxes; and when they are softened by means of boiling water, he fashions them into transparent plates for lanterns. This invention is ascribed to King Alfred, who is said to have been the first to use them to preserve his candle time-measures from the wind. Glue is made of the cartilages, gristles, and the finer pieces of the parings and cuttings of the hides. Their bone is a cheap substitute for ivory. The thinnest of the calf-skins are manufactured into vellum. Their blood is made the basis of Prussian blue, and saddlers use a fine sort of thread prepared from their sinews. The hair is used in various valuable manufactures; the suet, fat, and tallow, are moulded into candles; and the milk and cream of the cow yield butter and cheese. Thus is every part of this animal valuable to man, who has spared no pains to bring it to the highest state of perfection.

协助他进行狩猎，消灭更野性的种类，或将它们驱逐出文明居住地。的确，许多动物对他有害；但大多数动物，他以某种方式使其为己所用。其中没有哪一种比普通牛更服从于他的目的，几乎没有哪个部位他不能转化为某种有用的用途。他用牛角制作饮器、刀柄、梳子和盒子；当牛角用煮水软化后，他将其塑造成灯笼用的透明薄片。这项发明被归功于阿尔弗雷德大王，据说他是第一个用其保护蜡烛计时器免受风吹的人。胶由软骨、脆骨以及皮革修剪和裁切下来的较细碎块制成。它们的骨头是象牙的廉价替代品。最薄的小牛皮被制成犊皮纸。它们的血被用作普鲁士蓝的基料，鞍匠使用由其筋腱制成的一种细线。毛发用于各种有价值的制造；板油、脂肪和牛脂被塑造成蜡烛；奶牛的乳汁和奶油则产出黄油和奶酪。因此，这种动物的每一部分对人类都有价值，而人类不遗余力地将其培育到最高完美状态。

[Illustration: SHORT-HORN COW.]

[插图：短角牛。]

[Illustration: SHORT-HORN BULL.]

[插图：短角公牛。]

590. AMONG THE VARIOUS BREEDS OF THE OX, upon which man has bestowed his highest powers of culture, there is now none takes a higher place than that known by the name of Short-Horns. From the earliest ages, Great Britain has been distinguished for the excellence of her native breeds of cattle, and there are

590. 在人类以最高培育之力施加于牛的各个品种中，如今没有哪个品种比被称为短角牛(Short-Horns)的占据更高地位。自远古以来，大不列颠便以其本土牛品种的优良而著称，且有

none in England that have obtained greater celebrity than those which have this name, and which originated, about seventy years ago, on the banks of the Tees. Thence they have spread into the valleys of the Tweed; thence to the Lothians, in Scotland; and southward, into the fine pastures of England. They are now esteemed the most profitable breed of cattle, as there is no animal which attains sooner to maturity, and none that supplies meat of a superior quality. The value of some of the improved breeds is something enormous. At the sale of Mr. Charles Colling, a breeder in Yorkshire, in 1810, his bull "Comet" sold for 1,000 guineas. At the sale of Earl Spencer's herd in 1846, 104 cows, heifers, and calves, with nineteen bulls, fetched £8,468. 5s.; being an average of £68. 17s. apiece. The value of such animals is scarcely to be estimated by those who are unacquainted with the care with which they are tended, and with the anxious attention which is paid to the purity of their breed. A modern writer, well acquainted with this subject, says, "There are now, at least, five hundred herds, large and small, in this kingdom, and from six to seven thousand head registered every alternate year in the herd-book." The necessity for thus recording the breeds is greater than might, at first sight, be imagined, as it tends directly to preserve the character of the cattle, while it sometimes adds to the value and reputation of the animal thus entered. Besides, many of the Americans, and large purchasers for the foreign market, will not look at an animal without the breeder has taken care to qualify him for such reference. Of short-horned stock, there is annually sold from £40,000 to £50,000 worth by public auction, independent of the vast numbers disposed of by private contract. The brood is highly prized in Belgium, Prussia, France, Italy, and

在英格兰，没有哪个品种比以这个名字著称的牛更负盛名，该品种约七十年前起源于蒂斯河畔。此后它们传播到特威德河谷；再从那里传到苏格兰的洛锡安地区；并向南传入英格兰的优良牧场。它们现在被公认为最有利可图的牛品种，因为没有哪种动物比它们更早成熟，也没有哪种动物能提供更优质的肉。某些改良品种的价值相当巨大。1810年约克郡饲养者查尔斯·科林先生拍卖时，他的公牛“彗星”以1,000几尼售出。1846年斯宾塞伯爵的牛群拍卖时，104头母牛、小母牛和犊牛，连同十九头公牛，共售得£8,468. 5s.；平均每头£68. 17s.。这类动物的价值，对于那些不了解饲养它们所付出的照料以及对保持其品种纯正所给予的殷切关注的人来说，几乎无法估量。一位熟悉此事的现代作家说：“目前本王国至少有五百个大小不等的牛群，每隔一年就有六至七千头登记在牛群登记册中。”如此记录品种的必要性比乍看之下所想象的要大，因为它直接有助于保持牛的特性，同时有时会增加如此登记的动物的价值和声誉。此外，许多美国人和面向国外市场的大买家，如果饲养者没有注意使动物具备此类查阅资格，便不会看一眼。短角牛每年通过公开拍卖售出价值£40,000至£50,000，这还不包括通过私人合同处置的大量牛只。该品种在比利时、普鲁士、法国、意大利和

Russia; it is imported into most of the British colonies, and is greatly esteemed both for its meat and its dairy produce, wherever it is known. The quickness with which it takes on flesh, and the weight which it frequently makes, are well known; but we may mention that it is not uncommon to tee steers of from four to five years old realize a weight of from 800 to 1,000 lbs. Such animals command from the butcher from £30 to £40 per head, according to the quality; whilst others, of two or three years old, and, of course, of less Weight, bring as much as £20 apiece.

俄罗斯备受珍视；它被进口到大多数英国殖民地，无论在哪里为人所知，都因其肉和奶制品而备受推崇。它上膘的速度以及时常达到的体重是众所周知的；但我们可以提及，四至五岁的阉牛达到800至1,000 lbs.的体重并不罕见。这类动物根据品质优劣，每头可向屠夫卖到£30至£40；而其他两三岁、体重自然较轻的牛，每头也能卖到£20。

[Illustration: LONG-HORN BULL.]

[插图：长角公牛。]

[Illustration: LONG-HORN COW.]

[插图：长角牛。]

591. LONG-HORNS.—This is the prevailing breed in our midland counties and in Ireland; but they are greatly inferior to the short-horns, and are fast being supplanted by them. Even where they have been cultivated with the nicest care and brought to the greatest perfection, they are inferior to the others, and must ultimately be driven from the farm.

591. 长角牛(Long-Horns)--这是我国中部各郡及爱尔兰的主要品种；但它们远逊于短角牛，正迅速被其取代。即使经过最精心的培育并达到最完美的程度，它们也不及其他品种，最终必将被逐出农场。

[Illustration: ALDERNEY COW.]

[插图：奥尔德尼奶牛。]

[Illustration: ALDERNEY BULL.]

[插图：奥尔德尼公牛。]

592. THE ALDERNEY.—Among the dairy breeds of England, the Alderney takes a prominent place, not on account of the quantity of milk which it yields, but on account of the excellent quality of the cream and butter which are produced from it. Its docility is marvellous, and in appearance it greatly resembles the Ayrshire breed of Scotland, the excellence of which is supposed to be, in some degree, derived from a mixture of the Alderney blood with that breed. The distinction between them, however, lies both in

592. 奥尔德尼牛。--在英格兰的奶用品种中，奥尔德尼牛占据显著地位，不是因为其产奶量，而是因为其奶油和黄油品质极佳。它极为温顺，外貌上与苏格兰艾尔郡牛十分相似，据认为艾尔郡牛的优良品质在某种程度上源自与奥尔德尼牛的血统混合。然而，两者之间的区别既在于

the quantity and quality of the milk which they severally produce; that of the Alderney being rich in quality, and that of the Ayrshire abundant in quantity. The merit of the former, however, ends with its milk, for as a grazer it is worthless.

它们各自所产乳汁的数量和质量；奥尔德尼牛的乳汁质量浓郁，艾尔郡牛的乳汁数量丰富。然而，前者的优点仅止于其乳汁，因为作为放牧牛它毫无价值。

[Illustration: GALLOWAY BULL.]

[插图：加洛韦公牛。]

[Illustration: GALLOWAY COW.]

[插图：加洛韦奶牛。]

593. SCOTTISH BREEDS.—Of these the Kyloe, which belongs to the Highlands of Scotland; the Galloway, which has been called the Kyloe without horns; and the Ayrshire, are the breeds most celebrated. The first has kept his place, and on account of the compactness of his form, and the excellent quality of his flesh, he is a great favourite with butchers who have a select family trade. It is alike unsuitable for the dairy and the arable farm; but in its native Highlands it attains to great perfection, thriving upon the scanty and coarse herbage which it gathers on the sides of the mountains. The Galloway has a larger frame, and when fattened makes excellent beef. But it has given place to the short-horns in its native district, where turnip-husbandry is pursued with advantage. The Ayrshire is peculiarly adapted for the dairy, and for the abundance of its milk cannot be surpassed in its native district. In this it stands unrivalled, and there is no other breed capable of converting the produce of a poor soil into such fine butter and cheese. It is difficult to fatten, however, and its beef is of a coarse quality. We have chosen these as among the principal representative breeds of the ox species; but there are other breeds which, at all events, have a local if not a general celebrity.

593. 苏格兰品种。--其中，属于苏格兰高地的基洛牛、被称为无角基洛牛的加洛韦牛以及艾尔郡牛是最著名的品种。第一种保持了其地位，由于其体形紧凑、肉质优良，深受拥有精选家庭客户的屠夫喜爱。它同样不适合奶制品间和耕地农场；但在其原生高地，它靠在山坡上采食的稀少粗劣牧草茁壮成长，达到极佳状态。加洛韦牛体格较大，育肥后能产出优质牛肉。但在其原生地区，由于芜菁种植业有利可图，它已被短角牛取代。艾尔郡牛特别适合奶制品间，其产奶量在其原生地区无可超越。在这方面它无与伦比，没有其他品种能将贫瘠土壤的产物转化为如此优质的黄油和奶酪。然而它难以育肥，其牛肉品质粗糙。我们选择这些作为牛属物种的主要代表性品种；但还有其他品种，它们至少具有地方性而非普遍性的声誉。

[Illustration: SIDE OF BEEF, SHOWING THE SEVERAL JOINTS.]

[插图：半扇牛肉，显示各个关节部位。]

594. The general Mode of Slaughtering Oxen in this country is by striking them a smart blow with a hammer or poleaxe on the head, a little above the eyes. By this means, when the blow is skilfully given, the beast is brought down at one blow, and, to prevent recovery, a cane is generally inserted, by which the spinal cord is perforated, which instantly deprives the ox of all sensation of pain. In Spain, and some other countries on the continent, it is also usual to deprive oxen of life by the operation of pithing or dividing the spinal cord in the neck, close to the back part of the head. This is, in effect, the same mode as is practised in the celebrated Spanish bull-fights by the matador, and it is instantaneous in depriving the animal of sensation, if the operator be skilful. We hope and believe that those men whose disagreeable duty it is to slaughter the "beasts of the field" to provide meat for mankind, inflict as little punishment and cause as little suffering as possible.

595. THE MANNER IN WHICH A SIDE OF BEEF is cut up in London, is shown in the engraving on this page. In the metropolis, on account of the large number of its population possessing the means to indulge in the "best of everything," the demand for the most delicate joints of meat is great, the price, at the same time, being much higher for these than for the other parts. The consequence is, that in London the carcass is there divided so as to obtain the greatest quantity of meat on the most esteemed joints. In many places, however, where, from a greater equality in the social condition and habits of the inhabitants, the demand and prices for the different parts of the carcasses are more equalized, there is not the same reason for the butcher to cut the best joints so large.

594. 本国宰牛的一般方法是用锤子或斧头在眼睛稍上方的头部猛击一下。这样，若击打熟练，一击即可将牛击倒，为防止其复苏，通常插入一根细棒，刺穿脊髓，立即使牛失去一切痛觉。在西班牙及欧洲大陆其他一些国家，通常也通过刺髓或切断颈部靠近头后部的脊髓来使牛致死。这实际上与著名的西班牙斗牛中斗牛士所采用的方法相同，若操作熟练，可瞬间使动物失去知觉。我们希望并相信，那些担负着宰杀“田野之兽”为人类提供肉食这一不快职责的人，会尽可能减少惩罚和痛苦。

595. 伦敦切割半扇牛肉的方式如本页版画所示。在首都，由于大量人口有能力享受“一切中最好的”，对最精美肉块的需求很大，同时这些部位的价格也远高于其他部位。结果是，在伦敦，胴体被分割以在最受推崇的部位上获得最大量的肉。然而，在许多地方，由于居民社会状况和习惯更为平等，对胴体不同部位的需求和价格更为均衡，屠夫就没有同样的理由把最好的部位切得那么大。

596. THE MEAT ON THOSE PARTS OF THE ANIMAL in which the muscles are least called into action, is most tender and succulent; as, for instance, along the back, from the rump to the hinder part of the shoulder; whilst the limbs, shoulder, and neck, are the toughest, driest, and least-esteemed.

596. 动物身上肌肉活动最少部位的肉最为柔嫩多汁；例如沿背部，从臀部到肩部后侧；而四肢、肩部和颈部则最为坚韧、干燥且最不受重视。

597. THE NAMES OF THE SEVERAL JOINTS in the hind and fore quarters of a side of beef, and the purposes for which they are used, are as follows:—

597. 牛半胴体后躯和前躯各肉块的名称及其用途如下：--

HIND QUARTER.

后躯。

1. Sirloin.—The two sirloins, cut together in one joint, form a baron; this, when roasted, is the famous national dish of Englishmen, at entertainments, on occasion of rejoicing.

1. 牛里脊(Sirloin)--两条里脊合切为一块，构成男爵肉块(baron)；烤制后便是英国人在欢庆宴会上著名的国菜。

2. Rump,—the finest part for steaks.

2. 臀肉--做牛排的最佳部位。

3. Aitch-bone,—boiling piece.

3. 臀骨，煮肉块。

4. Buttock,—prime boiling piece.

4. 臀肉--头等煮制部位。

5. Mouse-round,—boiling or stewing.

5. 鼠形肉卷--煮或炖。

6. Hock,—stewing.

6. 霍克酒炖菜。

7. Thick flank, cut with the udder-fat,—primest boiling piece.

7. 厚腹肉，连同乳房脂肪一起切下--最适合水煮的部位。

8. Thin flank,—boiling.

8. 薄腹肉--煮。

FORE QUARTER.

前躯。

9. Five ribs, called the fore-rib.—This is considered the primest roasting piece.

9. 五根肋条，称为前肋(fore-rib)--这被认为是最上等的烤肉部位。

10. Four ribs, called the middle-rib,—greatly esteemed by housekeepers as the most economical joint for roasting.

11. Two ribs, called the chuck-rib,—used for second quality of steaks.

12. Leg-of-mutton piece,—the muscles of the shoulder dissected from the breast.

13. Brisket, or breast,—used for boiling, after being salted.

14. Neck, clod, and sticking-piece,—used for soups, gravies, stocks, pies, and mincing for sausages.

15. Shin,—stewing.

The following is a classification of the qualities of meat, according to the several joints of beef, when cut up in the London manner.

First class.—includes the sirloin, with the kidney suet (1), the rump-steak piece (2), the fore-rib (9).

Second class.—The buttock (4), the thick flank (7), the middle-rib (10).

Third class.—The aitch-bone (3), the mouse-round (5), the thin flank (8), the chuck (11), the leg-of-mutton piece (12), the brisket (13).

Fourth class.—The neck, clod, and sticking-piece (14).

Fifth class.—The hock (6), the shin (15).

RECIPES.

CHAPTER XIII.

10. 四根肋条，称为中肋(middle-rib)--深受管家推崇，是最经济的烤肉部位。

11. 两根肋条，称为肩胛肋，用于二等牛排。

12. 羊腿肉块(Leg-of-mutton piece)--从胸部剥离的肩部肌肉。

13. 牛腩，或称胸肉--腌制后用于煮制。

14. 颈部、肩胛肉及颈根肉--用于汤、肉汁、高汤、馅饼及绞肉制香肠。

15. 胫骨--炖煮。

以下按伦敦方式分割牛肉后各部位对肉质等级的划分。第一等--包括牛里脊(带腰油(1))、臀肉排块(2)、前肋(9)。

第二等--臀腿肉(4)、厚胁肉(7)、中肋(10)。

第三等--臀骨肉(3)、鼠圆肉(5)、薄胁肉(8)、肩胛肉(11)、羊腿肉块(12)、胸肉(13)。

第四等--颈部、肩胛肉和颈端肉(14)。第五等--肘部(6)、胫肉(15)。

食谱。

第十三章

BAKED BEEF (Cold Meat Cookery).

烤牛肉(冷肉烹饪)。

I.

598. INGREDIENTS.—About 2 lbs. of cold roast beef, 2 small onions, 1 large carrot or two small ones, 1 turnip, a small bunch of savoury herbs, salt and pepper to taste, 4 tablespoonfuls of gravy, 3 tablespoonfuls of ale, crust or mashed potatoes.

598.配料--约2磅冷烤牛肉，2个小洋葱，1个大胡萝卜或两个小胡萝卜，1个芜菁，一小束香草，盐和胡椒适量，4汤匙肉汁，3汤匙麦芽酒，面包皮或土豆泥。

Mode.—Cut the beef in slices, allowing a small amount of fat to each slice; place a layer of this in the bottom of a pie-dish, with a portion of the onions, carrots, and turnips, which must be sliced; mince the herbs, strew them over the meat, and season with pepper and salt. Then put another layer of meat, vegetables, and seasoning; and proceed in this manner until all the ingredients are used. Pour in the gravy and ale (water may be substituted for the former, but it is not so nice), cover with a crust or mashed potatoes, and bake for 1/2 hour, or rather longer.

做法。--将牛肉切成片，每片留少量脂肪；在馅饼盘底部铺一层，加入一部分洋葱、胡萝卜和芜菁，必须切片；将香草切碎，撒在肉上，用胡椒和盐调味。然后再放一层肉、蔬菜和调味；如此继续，直到所有配料用完。倒入肉汁和麦酒(可用水代替前者，但味道较差)，盖上酥皮或土豆泥，烘烤1/2小时，或稍长一些。

Time.—Rather more than 1/2 hour.

时间。--略多于1/2小时。

Average cost, exclusive of the meat, 6d.

平均成本，不含肉，6便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable at any time.

时令任何时候皆宜。

Note.—It is as well to parboil the carrots and turnips before adding them to the meat, and to use some of the liquor in which they were boiled as a substitute for gravy; that is to say, when there is no gravy at hand. Be particular to cut the onions in very *thin* slices.

注--最好在将胡萝卜和芜菁加入肉中之前先煮至半熟，并用煮它们的部分汤汁代替肉汁；也就是说，在手边没有肉汁时。务必将洋葱切成非常薄的片。

II.

599. INGREDIENTS.—Slices of cold roast beef, salt and pepper to taste, 1 sliced onion, 1 teaspoonful of minced savoury herbs, 5 or 6 tablespoonfuls of gravy or sauce of any kind, mashed potatoes.

599.配料--冷烤牛肉片，盐和胡椒适量，1个切片洋葱，1茶匙切碎的香草，5或6汤匙肉汁或任何种类的酱汁，土豆泥。

Mode.—Butter the sides of a deep dish, and spread mashed potatoes over the bottom of it; on this place layers of beef in thin slices (this may be minced if there is not sufficient beef to cut into slices), well seasoned with pepper and salt, and a very little onion end herbs, which should be previously fried of a nice brown; then put another layer of mashed potatoes, and beef, and other ingredients, as before; pour in the gravy or sauce, cover the whole with another layer of potatoes, and bake for 1/2 hour. This may be served in the dish, or turned out.

模式。--在深盘的内壁涂上黄油，并在盘底铺上土豆泥；在上面放上切成薄片的牛肉(如果没有足够的牛肉切成片，也可以剁碎)，用胡椒和盐充分调味，再加一点点洋葱和香草，这些应先炸至漂亮的棕色；然后再放一层土豆泥、牛肉和其他配料，如前所述；倒入肉汁或酱汁，用另一层土豆盖住全部，烘烤1/2小时。这道菜可以连盘上桌，也可以倒扣出来。

Time.—1/2 hour. *Average cost*, exclusive of the cold beef, 6d.

时间--1/2小时。平均费用，不含冷牛肉，6便士。

Sufficient.—A large pie-dish full for 5 or 6 persons.

足够。--一只大馅饼盘，可供5至6人食用。

Seasonable at any time.

时令任何时候皆宜。

BEEF.—The quality of beef depends on various circumstances; such as the age, the sex, the breed of the animal, and also on the food upon which it has been raised. Bull beef is, in general, dry and tough, and by no means possessed of an agreeable flavour; whilst the flesh of the ox is not only highly nourishing and digestible, but, if not too old, extremely agreeable. The flesh of the cow is, also, nourishing, but it is not so agreeable as that of the ox, although that of a heifer is held in high estimation. The flesh of the smaller breeds is much sweeter than that of the larger, which is best when the animal is about seven years old. That of the smaller breeds is best at about five years, and that of the cow can hardly be eaten too young.

牛肉。--牛肉的品质取决于多种情况，如动物的年龄、性别、品种，以及饲养所用的饲料。公牛肉通常干而韧，风味绝不佳美；而阉公牛的肉不仅极富营养、易于消化，而且只要不太老，就非常可口。母牛的肉也有营养，但不如阉公牛肉可口，不过小母牛的肉则备受推崇。小型品种的肉比大型品种的肉甜美得多，大型品种的肉以动物约七岁时为最佳。小型品种的肉以约五岁时为最佳，而母牛肉几乎越年轻越宜食用。

BAKED BEEF-STEAK PUDDING.

600. INGREDIENTS.—6 oz. of flour, 2 eggs, not quite 1 pint of milk, salt to taste, 1-1/2 lb. of rump-steaks, 1 kidney, pepper and salt.

Mode.—Cut the steaks into nice square pieces, with a small quantity of fat, and the kidney divide into small pieces. Make a batter of flour, eggs, and milk in the above proportion; lay a little of it at the bottom of a pie-dish; then put in the steaks and kidney, which should be well seasoned with pepper and salt, and pour over the remainder of the batter, and bake for 1-1/2 hour in a brisk but not fierce oven.

Time.—1-1/2 hour. *Average cost,* 2s.

Sufficient for 4 or 5 persons.

Seasonable at any time.

BEEF A LA MODE.

(*Economical.*)

601. INGREDIENTS.—About 3 lbs. of clod or sticking of beef, 2 oz. of clarified dripping, 1 large onion, flour, 2 quarts of water, 12 berries of allspice, 2 bay-leaves, 1/2 teaspoonful of whole black pepper, salt to taste.

Mode.—Cut the beef into small pieces, and roll them in flour; put the dripping into a stewpan with the onion, which should be sliced thin. Let it get quite hot; lay in the pieces of beef, and stir them well about. When nicely browned all over, add *by degrees* boiling water in the above proportion, and, as the water is added,

烤牛排布丁。

600.配料--6盎司面粉，2个鸡蛋，不到1品脱牛奶，盐适量，1-1/2磅臀肉排，1个腰子，胡椒和盐。

做法--将肉排切成漂亮的方块，带少量脂肪，腰子切成小块。按上述比例用面粉、鸡蛋和牛奶制成面糊；在馅饼盘底部铺少许面糊；然后放入肉排和腰子，应用胡椒和盐充分调味，倒入剩余面糊，在炽热但不过猛的烤箱中烤1-1/2小时。

时间。- 1-1/2小时。平均成本，2先令。

足量供4或5人食用。

时令任何时候皆宜。

红酒烩牛肉

(*Economical.*)

601.配料--约3磅肩胛肉或颈端牛肉，2盎司澄清的滴油，1个大洋葱，面粉，2夸脱水，12颗多香果，2片月桂叶，1/2茶匙整粒黑胡椒，盐适量。

做法--将牛肉切成小块，裹上面粉；将滴油放入炖锅，加入切成薄片的洋葱。让其充分加热；放入牛肉块，充分翻炒。当各处均匀上色后，逐渐加入上述比例的沸水，并在加水的同时，

keep the whole well stirred. Put in the spice, bay-leaves, and seasoning, cover the stewpan closely, and set it by the side of the fire to stew very *gently*, till the meat becomes quite tender, which will be in about 3 hours, when it will be ready to serve. Remove the bay-leaves before it is sent to table.

不断搅拌，使整锅均匀。放入香料、月桂叶和调味，盖紧炖锅，置于火边非常轻柔地炖煮，直至肉变得十分软嫩，约需3小时，届时即可上桌。上桌前取出月桂叶。时间--3小时。

Time.—3 hours.

Average cost, 1s. 3d.

平均成本，1先令3便士。

Sufficient for 6 persons.

足量供6人食用。

Seasonable at any time.

时令任何时候皆宜。

BEEF A LA MODE.

红酒烩牛肉

602. INGREDIENTS.—6 or 7 lbs. of the thick flank of beef, a few slices of fat bacon, 1 teacupful of vinegar, black pepper, allspice, 2 cloves well mixed and finely pounded, making altogether 1 heaped teaspoonful; salt to taste, 1 bunch of savoury herbs, including parsley, all finely minced and well mixed; 3 onions, 2 large carrots, 1 turnip, 1 head of celery, 1-1/2 pint of water, 1 glass of port wine.

602. 配料--6或7 lb.牛厚胁肉，几片肥培根，1茶杯醋，黑胡椒、多香果、2粒丁香充分混合并研细，共1满茶匙；盐适量，1束香草(含欧芹)，全部细切并充分混合；3个洋葱，2根大胡萝卜，1个芜菁，1棵芹菜，1-1/2 pint水，1杯波特酒。

Mode.—Slice and fry the onions of a pale brown, and cut up the other vegetables in small pieces, and prepare the beef for stewing in the following manner:—Choose a fine piece of beef, cut the bacon into long slices, about an inch in thickness, dip them into vinegar, and then into a little of the above seasoning of spice, &c., mixed with the same quantity of minced herbs. With a sharp knife make holes deep enough to let in the bacon; then rub the beef over with the remainder of the seasoning and herbs, and bind it up in a nice shape with tape. Have ready a well-tinned stewpan (it

模式。--将洋葱切片煎至浅棕色，把其余蔬菜切成小块，并按以下方法准备用于炖的牛肉：--挑选一块上好的牛肉，将培根切成长片，约一英寸厚，先蘸醋，再蘸少许上述香料等调味料，并混入等量的碎香草。用锋利的刀扎出足够深的孔以便塞入培根；然后用剩余的调味料和香草涂抹牛肉表面，并用带子将其捆扎成美观的形状。备好一只镀锡良好的炖锅(其

should not be much larger than the piece of meat you are cooking), into which put the beef, with the vegetables, vinegar, and water. Let it simmer *very gently* for 5 hours, or rather longer, should the meat not be extremely tender, and turn it once or twice. When ready to serve, take out the beef, remove the tape, and put it on a hot dish. Skim off every particle of fat from the gravy, add the port wine, just let it boil, pour it over the beef, and it is ready to serve. Great care must be taken that this does not boil fast, or the meat will be tough and tasteless; it should only just bubble. When convenient, all kinds of stews, &c., should be cooked on a hot-plate, as the process is so much more gradual than on an open fire.

不应比所烹制的肉块大太多)，将牛肉连同蔬菜、醋和水放入其中。让其非常轻柔地微沸5小时，或若肉不够极嫩则更久一些，并翻动一两次。准备上桌时，取出牛肉，去掉带子，放在热盘中。撇去肉汁中每一丝脂肪，加入波特酒，只需让其沸腾，浇在牛肉上，即可上桌。务必注意不要让其快速沸腾，否则肉会变韧而无味；只应微微冒泡。方便时，各种炖菜等应在热板上烹制，因为其过程比在明火上要渐进得多。

Time.—5 hours, or rather more.

时间--5小时，或稍多。

Average cost, 7d. per lb.

平均成本，每磅7便士。

Sufficient for 7 or 8 persons.

足量供7至8人食用。

Seasonable all the year, but more suitable for a winter dish.

四季皆宜，但更适于作为冬季菜肴。

GOOD MEAT.—The lyer of meat when freshly killed, and the animal, when slaughtered, being in a state of perfect health, adheres firmly to the bones. Beef of the best quality is of a deep-red colour; and when the animal has approached maturity, and been well fed, the lean is intermixed with fat, giving it the mottled appearance which is so much esteemed. It is also full of juice, which resembles in colour claret wine. The fat of the best beef is of a firm and waxy consistency, of a colour resembling that of the finest grass butter; bright in appearance, neither greasy nor friable to the touch, but moderately unctuous, in a medium degree between the last-mentioned properties.

好肉。--刚宰杀的肉，且屠宰时动物处于完全健康状态，其肉层会牢固地附着于骨头。最优质的牛肉呈深红色；当动物接近成熟且饲养良好时，瘦肉中夹杂脂肪，赋予其备受推崇的斑驳外观。它还富含汁液，其颜色类似红葡萄酒。最优质牛肉的脂肪具有坚实而似蜡的质地，颜色类似最上等的草地黄油；外观鲜亮，触感既不油腻也不易碎，而是适度油润，介于上述两种特性之间的中等程度。

BEEF-STEAKS AND OYSTER SAUCE.

603. INGREDIENTS.—3 dozen oysters, ingredients for oyster sauce (see No. 492), 2 lbs. of rump-steak, seasoning to taste of pepper and salt.

Mode.—Make the oyster sauce by recipe No. 492, and when that is ready, put it by the side of the fire, but do not let it keep boiling. Have the steaks cut of an equal thickness, broil them over a very clear fire, turning them often, that the gravy may not escape. In about 8 minutes they will be done, then put them on a very hot dish; smother with the oyster sauce, and the remainder send to table in a tureen. Serve quickly.

Time.—About 8 to 10 minutes, according to the thickness of the steak.

Average cost, 1s. per lb.

Sufficient for 4 persons.

Seasonable from September to April.

BEEF-STEAK PIE.

604. INGREDIENTS.—3 lbs. of rump-steak, seasoning to taste of salt, cayenne, and black pepper, crust, water, the yolk of an egg.

Mode.—Have the steaks cut from a rump that has hung a few days, that they may be tender, and be particular that every portion is perfectly sweet. Cut the steaks into pieces about 3 inches long and 2 wide, allowing a *small* piece of fat to each piece of lean, and arrange the meat in layers in a pie-dish. Between each layer sprinkle a seasoning of salt, pepper, and, when liked, a few

牛排配蚝油

603. 配料--3打牡蛎，牡蛎酱汁的配料(见第492号),2 lb.牛臀肉排，胡椒和盐调味适量。

做法--按第492号食谱制作牡蛎酱汁，做好后置于火边，但不要让它持续沸腾。将牛排切成厚度均匀的块，在非常明亮的火上煎烤，经常翻动，以免肉汁流失。约8分钟即熟，然后放入极热的盘中；浇满牡蛎酱汁，其余盛入汤碗上桌。迅速上菜。

时间--约8至10分钟，视牛排厚度而定。

平均成本，每磅1先令。

足量供4人食用。

时令从九月到四月。

牛肉牛排派。

604. 配料--3 lbs.牛臀肉排，调味按口味加入盐、卡宴辣椒和黑胡椒，酥皮，水，蛋黄。

做法--将牛排从悬挂数日的牛臀肉上切下，使其软嫩，并务必确保每一块都完全新鲜。将牛排切成约3英寸长、2英寸宽的块，每块瘦肉配一小块小肥肉，将肉分层码入馅饼盘中。每层之间撒上盐、胡椒调味，如喜欢还可加少许

grains of cayenne. Fill the dish sufficiently with meat to support the crust, and to give it a nice raised appearance when baked, and not to look flat and hollow. Pour in sufficient water to half fill the dish, and border it with paste (see Pastry); brush it over with a little water, and put on the cover; slightly press down the edges with the thumb, and trim off close to the dish. Ornament the pie with leaves, or pieces of paste cut in any shape that fancy may direct, brush it over with the beaten yolk of an egg; make a hole in the top of the crust, and bake in a hot oven for about 1-1/2 hour.

卡宴辣椒粉。在盘中装入足量的肉以支撑饼皮，并使其烘烤后呈现美观的隆起外观，而不显得扁平空洞。倒入足量的水至半满，用面团(见糕点)围边；刷上少许水，盖上盖子；用拇指轻轻压紧边缘，并沿盘边修剪整齐。用叶子或随意切成任何形状的面团片装饰馅饼，刷上打散的蛋黄；在饼皮顶部扎一个孔，放入热烤箱烘烤约1-1/2小时。

Time.—In a hot oven, 1-1/2 hour.

时间。--在热烤箱中，1-1/2小时。

Average cost, for this size, 3s 6d.

平均成本，此尺寸为3先令6便士。

Sufficient for 6 or 8 persons.

足供六人或八人食用。

Seasonable at any time.

时令任何时候皆宜。

Note.—Beef-steak pies may be flavoured in various ways, with oysters and their liquor, mushrooms, minced onions, &c. For family pies, suet may be used instead of butter or lard for the crust, and clarified beef-dripping answers very well where economy is an object. Pieces of underdone roast or boiled meat may in pies be used very advantageously; but always remove the bone from pie-meat, unless it be chicken or game. We have directed that the meat shall be cut smaller than is usually the case; for on trial we have found it much more tender, more easily helped, and with more gravy, than when put into the dish in one or two large steaks.

注。--牛肉牛排馅饼可用多种方式调味，如牡蛎及其汁液、蘑菇、碎洋葱等。对于家庭馅饼，饼皮可用板油代替黄油或猪油，若考虑经济，澄清的牛油滴也很适用。半熟的烤制或煮制肉块用于馅饼非常有利；但馅饼用肉务必去骨，除非是鸡肉或野味。我们已指示将肉切得比通常更小；因为经试验发现，这样比将一两块大牛排放入盘中要嫩得多，更易分取，且肉汁更多。

[Illustration: SHERRY PUDDING DISH.]

[插图：雪利布丁盘。]

BEEF-STEAK AND KIDNEY PUDDING.

605. INGREDIENTS.—2 lbs. of rump-steak, 2 kidneys, seasoning to taste of salt and black pepper, suet crust made with milk (see Pastry), in the proportion of 6 oz. of suet to each 1 lb. of flour.

Mode.—Procure some tender rump steak (that which has been hung a little time), and divide it into pieces about an inch square, and cut each kidney into 8 pieces. Line the dish (of which we have given an engraving) with crust made with suet and flour in the above proportion, leaving a small piece of crust to overlap the edge. Then cover the bottom with a portion of the steak and a few pieces of kidney; season with salt and pepper (some add a little flour to thicken the gravy, but it is not necessary), and then add another layer of steak, kidney, and seasoning. Proceed in this manner till the dish is full, when pour in sufficient water to come within 2 inches of the top of the basin. Moisten the edges of the crust, cover the pudding over, press the two crusts together, that the gravy may not escape, and turn up the overhanging paste. Wring out a cloth in hot water, flour it, and tie up the pudding; put it into boiling water, and let it boil for at least 4 hours. If the water diminishes, always replenish with some, hot in a jug, as the pudding should be kept covered all the time, and not allowed to stop boiling. When the cloth is removed, cut out a round piece in the top of the crust, to prevent the pudding bursting, and send it to table in the basin, either in an ornamental dish, or with a napkin pinned round it. Serve quickly.

Time.—For a pudding with 2 lbs. of steak and 2 kidneys allow 4 hours.

Average cost, 2s. 8d.

牛肉腰子布丁

605. 配料--2 lb.牛臀肉排，2个腰子，盐和黑胡椒调味适量，用牛奶制作的板油酥皮(见糕点)，比例为每1 lb.面粉配6 oz.板油。

Mode。--取一些嫩的牛臀肉排(即已经挂了一段时间的)，切成约一英寸见方的块，每个腰子切成8块。用上述比例的板油和面粉制成的酥皮铺在盘底(我们已给出该盘的版画图)，留一小块酥皮搭在盘边。然后在底部铺上一层肉排和几块腰子；用盐和胡椒调味(有些人加一点面粉使肉汁变稠，但没有必要)，然后再加一层肉排、腰子和调味。如此反复，直到盘子装满，然后倒入足够的水，使水面距盆口2英寸。润湿酥皮边缘，盖上布丁，将两层酥皮压在一起，以免肉汁流出，并把搭在盘边的面皮向上翻起。用热水拧干一块布，撒上面粉，把布丁包好扎紧；放入沸水中，至少煮4小时。如果水减少了，一定要用壶中的热水补充，因为布丁应始终保持被水覆盖，不能停止沸腾。取下布后，在酥皮顶部切出一个圆口，以防布丁爆裂，然后将布丁连盆端上桌，可放在装饰盘中，或用餐巾别在盆周围。尽快上桌。

时间--2 lb.牛排加2个腰子的布丁需4小时。

平均成本，2先令8便士。

Sufficient for 6 persons.

Seasonable all the year, but more suitable in winter.

Note.—Beef-steak pudding may be very much enriched by adding a few oysters or mushrooms. The above recipe was contributed to this work by a Sussex lady, in which county the inhabitants are noted for their savoury puddings. It differs from the general way of making them, as the meat is cut up into very small pieces and the basin is differently shaped: on trial, this pudding will be found far nicer, and more full of gravy, than when laid in large pieces in the dish.

BAD MEAT. In the flesh of animals slaughtered whilst suffering acute inflammation or fever, the hollow fibres, or capillaries, as they are called, which form the substance of the lyer, are filled with congested and unassimilated animal fluid, which, from its impurity, gives the lyer a dark colour, and produces a tendency to rapid putrefaction. In a more advanced stage of such disease, serous, and sometimes purulent matter, is formed in the cellular tissues between the muscles of the flesh; and when such is the case, nothing can be more poisonous than such abominable carrion. In the flesh of animals killed whilst under the influence of any disease of an emaciating effect, the lyer adheres but slightly to the bones, with its fibres contracted and dry; and the little fat that there may be is friable, and shrunk within its integuments. The flesh of animals slaughtered whilst under considerable depression of vital energy (as from previous bleeding) has a diminished tendency to stiffen after death, the feebleness of this tendency being in proportion to the degree of depression. It presents, also, an unnatural blue or pallid appearance, has a faint

足量供6人食用。

时令全年皆宜，但冬季更为适宜。

注--牛排布丁加入几只牡蛎或蘑菇可大大增味。上述食谱由一位苏塞克斯郡女士惠赐本作，该郡居民以美味布丁著称。它与通常做法不同之处在于肉被切成很小的块，且盆的形状也不同：试做之后会发现，这款布丁比将大块肉放入盘中者更为美味，肉汁也更丰富。

坏肉。在患急性炎症或发热时被宰杀的动物肉中，构成肝脏实质的空心纤维或所谓毛细血管，充满了淤积而未同化的动物体液，这种体液因不纯而使肝脏呈深色，并使其易于迅速腐败。在此类疾病更晚期阶段，肌肉之间的蜂窝组织中会形成浆液性、有时是脓性的物质；在这种情况下，没有什么比这种可恶的腐肉更有毒了。在因任何致消瘦疾病影响下被宰杀的动物肉中，肝脏仅轻微附着于骨骼，其纤维收缩而干燥；即使有少量脂肪，也易碎并缩在其包膜内。在生命能量显著低落时(如因先前失血)被宰杀的动物肉，死后僵直倾向减弱，这种减弱的程度与低落程度成正比。它还呈现不自然的蓝色或苍白外观，带有一种微弱的

and slightly sour smell, and soon becomes putrid. When an animal has died otherwise than by slaughtering, its flesh is flaccid and clammy, emits a peculiar faint and disagreeable smell, and, it need scarcely be added, spontaneous decomposition proceeds very rapidly.

并略带酸味，很快便腐败。动物若非经屠宰而死，其肉松软黏湿，散发出一种微弱而令人不快的特殊气味，而且毋庸赘言，自然分解进行得极为迅速。

BEEF-STEAKS WITH FRIED POTATOES, or BIFTEK AUX POMMES-DE-TERRE (a la mode Francaise).

炸土豆配牛排，或法式土豆牛排(BIFTEK AUX POMMES-DE-TERRE,a la mode Francaise)。

606. INGREDIENTS.—2 lbs. of steak, 8 potatoes, 1/4 lb. of butter, salt and pepper to taste, 1 teaspoonful of minced herbs.

606. 配料--2 lb.牛排，8个土豆，1/4 lb.黄油，盐和胡椒调味适量，1茶匙切碎的香草。

Mode.—Put the butter into a frying or *sauté* pan, set it over the fire, and let it get very hot; peel, and cut the potatoes into long thin slices; put them into the hot butter, and fry them till of a nice brown colour. Now broil the steaks over a bright clear fire, turning them frequently, that every part may be equally done: as they should not be thick, 5 minutes will broil them. Put the herbs and seasoning in the butter the potatoes were fried in, pour it under the steak, and place the fried potatoes round, as a garnish. To have this dish in perfection, a portion of the fillet of the sirloin should be used, as the meat is generally so much more tender than that of the rump, and the steaks should be cut about 1/3 of an inch in thickness.

Mode。--将黄油放入煎锅或*sauté*锅中，置于火上，让其非常热；将土豆去皮，切成细长片；放入热黄油中，煎至漂亮的棕色。现在在明亮清澈的火上烤牛排，经常翻动，使每一部分都均匀受热：因为牛排不应太厚，5分钟即可烤好。将香草和调味放入煎土豆的黄油中，浇在牛排下，把煎好的土豆摆在周围作为配菜。要使这道菜完美，应使用牛里脊肉的一部分，因为这种肉通常比臀肉嫩得多，牛排应切成约1/3英寸厚。

Time.—5 minutes to broil the steaks, and about the same time to fry the potatoes. *Average cost*, 1s. per lb.

时间--煎烤牛排5分钟，炸土豆约需同样时间。平均费用，每 lb.1先令。

Sufficient for 4 persons.

足量供4人食用。

Seasonable all the year; but not so good in warm weather, as the meat cannot hang to get tender.

时令全年皆宜；但天气炎热时品质较差，因为肉无法悬挂至软嫩。

[Illustration: AITCH-BONE OF BEEF.]

[插图：牛臀骨肉。]

BOILED AITCH-BONE OF BEEF.

607. INGREDIENTS.—Beef, water.

Mode.—After this joint has been in salt 5 or 6 days, it will be ready for use, and will not take so long boiling: as a round, for it is not so solid. Wash the meat, and, if too salt, soak it for a few hours, changing the water once or twice, till the required freshness is obtained. Put into a saucepan, or boiling-pot, sufficient water to cover the meat; set it over the fire, and when it boils, plunge in the joint (see No. 557), and let it boil up quickly. Now draw the pot to the side of the fire, and let the process be very gradual, as the water must only simmer, or the meat will be hard and tough. Carefully remove the scum from the surface of the water, and continue doing this for a few minutes after it first boils. Carrots and turnips are served with this dish, and sometimes suet dumplings, which may be boiled with the beef. Garnish with a few of the carrots and turnips, and serve the remainder in a vegetable-dish.

Time.—An aitch-bone of 10 lbs., 2-1/2 hours after the water boils; one of 20 lbs., 4 hours. *Average cost*, 6d. per lb.

Sufficient.—10 lbs. for 7 or 8 persons.

Seasonable all the year, but best from September to March.

Note.—The liquor in which the meat has been boiled may be easily converted into a very excellent pea-soup. It will require very few vegetables, as it will be impregnated with the flavour of those boiled with the meat.

THE ACTION OF SALT ON MEAT.—The manner in which salt acts

煮牛臀骨

607. 配料--牛肉、水。

Mode。--这块肉在盐中腌5或6天后即可使用，煮的时间也不必那么长：作为圆腿肉，因为它不那么坚实。洗净肉，如果太咸，浸泡几小时，换一两次水，直到获得所需的淡度。在锅中或煮锅中放入足够覆盖肉的水；置于火上，水沸后放入肉块(见第557号)，让其迅速煮沸。然后将锅移到火边，使过程非常缓慢，因为水只能微沸，否则肉会变硬变韧。仔细撇去水面浮沫，并在初次沸腾后继续撇几分钟。此菜配胡萝卜和芜菁，有时配板油团子，可与牛肉同煮。用少量胡萝卜和芜菁装饰，其余盛在蔬菜盘中上桌。

时间--10 lb.的髋骨肉，水沸后2-1/2小时；20 lb.者4小时。平均费用，每 lb.6便士。

充足。--7或8人用10磅。

时令全年皆有，但以九月至三月为最佳。

注--煮肉所得的汤汁可轻易制成极佳的豌豆汤。所需蔬菜极少，因为汤中已浸入与肉同煮蔬菜的风味。

盐对肉的作用--盐起作用的方式

in preserving meat is not difficult to understand. By its strong affinity, it, in the first place, extracts the juices from the substance of meat in sufficient quantity to form a saturated solution with the water contained in the juice, and the meat then absorbs the saturated brine in place of the juice extracted by the salt. In this way, matter incapable of putrefaction takes the places of that portion in the meat which is most perishable. Such, however, is not the only office of salt as a means of preserving meat; it acts also by its astringency in contracting the fibres of the muscles, and so excludes the action of air on the interior of the substance of the meat. The last-mentioned operation of salt as an antiseptic is evinced by the diminution of the volume of meat to which it is applied. The astringent action of *saltpetre* on meat is much greater than that of salt, and thereby renders meat to which it is applied very hard; but, in small quantities, it considerably assists the antiseptic action of salt, and also prevents the destruction of the florid colour of meat, which is caused by the application of salt. Thus, it will be perceived, from the foregoing statement, that the application of salt and saltpetre diminishes, in a considerable degree, the nutritive, and, to some extent, the wholesome qualities of meat; and, therefore, in their use, the quantity applied should be as small as possible, consistent with the perfect preservation of the meat.

在保存肉类方面不难理解。由于其强烈的亲和力，它首先从肉中提取汁液，其量足以与汁液中所含的水形成饱和溶液，然后肉吸收饱和盐水以代替被盐提取的汁液。这样，不会腐败的物质就取代了肉中最易腐败的部分。然而，这并不是盐作为保存肉类手段的唯一作用；它还通过其收敛性使肌肉纤维收缩，从而阻止空气作用于肉的内部。盐作为防腐剂的最后一种作用，表现为所处理肉的体积缩小。*saltpetre*对肉的收敛作用远大于盐，从而使所处理的肉变得很硬；但少量使用时，它大大有助于盐的防腐作用，并防止因用盐而破坏肉的鲜红色。因此，从上述说明可以看出，使用盐和saltpetre会在相当程度上降低肉的营养品质，并在一定程度上降低其健康品质；因此，在使用时，应在完美保存肉的前提下，尽量少用。

BOILED ROUND OF BEEF.

608. INGREDIENTS.—Beef, water.

Mode.—As a whole round of beef, generally speaking, is too large for small families, and very seldom required, we here give the

煮牛腿肉

608. 配料--牛肉、水。

做法--整块牛圆腿肉一般说来对小家庭而言过大，且极少需要，故我们在此给出

recipe for dressing a portion of the silver side of the round. Take from 12 to 16 lbs., after it has been in salt about 10 days; just wash off the salt, skewer it up in a nice round-looking form, and bind it with tape to keep the skewers in their places. Put it in a saucepan of boiling water, as in the preceding recipe, set it upon a good fire, and when it begins to boil, carefully remove all scum from the surface, as, if this is not attended to, it sinks on to the meat, and when brought to table, presents a very unsightly appearance. When it is well skimmed, draw the pot to the corner of the fire, and let it simmer very gently until done. Remove the tape and skewers, which should be replaced by a silver one; pour over a little of the pot-liquor, and garnish with carrots. (*See* coloured plate 2.) Carrots, turnips, parsnips, and sometimes suet dumplings, accompany this dish; and these may all be boiled with the beef. The pot-liquor should be saved, and converted into pea-soup; and the outside slices, which are generally hard, and of an uninviting appearance, may be out off before being sent to table, and potted. These make an excellent relish for the breakfast or luncheon table.

调制牛后腿银侧肉部分的食谱。取12至16 lbs.，在盐中腌制约10天后；只需洗去盐分，用签子将其串成漂亮的圆形，并用布带绑住使签子固定到位。将其放入一锅沸水中，如前述食谱所述，置于旺火上，当开始沸腾时，仔细撇去表面的所有浮沫，因为若不注意，浮沫会沉到肉上，上桌时外观非常难看。撇净浮沫后，将锅拉到火边，让其非常缓慢地微沸至熟。取下布带和签子，应换上银签；浇上少许锅中原汤，并用胡萝卜装饰。(见彩色图版2。)胡萝卜、芜菁、欧防风，有时还有板油饺子，可搭配此菜；这些都可以与牛肉一起煮。锅中原汤应保留，做成豌豆汤；外层切片通常较硬且外观不诱人，可在上桌前切下并制成肉酱。这些可为早餐或午餐桌增添极佳的佐餐风味。

Time.—Part of a round of beef weighing 12 lbs., about 3 hours after the water boils. *Average cost*, 8d. per lb.

时间--重12 lb.的圆腿肉部分，水沸后约3小时。平均费用，每 lb.8便士。

Sufficient for 10 persons.

足量供10人食用。

Seasonable all the year, but more suitable for winter.

四季皆宜，但更适宜冬季。

609. SOYER'S RECIPE FOR PRESERVING THE GRAVY IN SALT MEAT, WHEN IT IS TO BE SERVED COLD.—Fill two tubs with cold water, into which throw a few pounds of rough ice; and when the meat is done, put it into one of the tubs of ice-water; let it remain 1 minute, when take out, and put it into the other tub.

609. 索耶保存咸肉肉汁之法(供冷食时用)--将两个盆注满冷水，投入几磅粗冰；肉煮好后放入其中一个冰水盆中，浸1分钟，取出放入另一盆。

Fill the first tub again with water, and continue this process for about 20 minutes; then set it upon a dish, and let it remain until quite cold. When cut, the fat will be as white as possible, besides having saved the whole, of the gravy. If there is no ice, spring water will answer the same purpose, but will require to be more frequently changed.

再将第一盆注满水，如此反复约20分钟；然后置于盘中，待其完全冷却。切开时脂肪会尽可能洁白，且保全了全部肉汁。若无冰，泉水亦可达到同样效果，但需更频繁地换水。

Note.—The BRISKET and RUMP may be boiled by the above recipe; of course allowing more or less time, according to the size of the joint.

注--牛胸肉和牛臀肉可按上述食谱煮制；当然须视肉块大小增减时间。

BEEF CAKE.

牛肉饼。

610. INGREDIENTS.—The remains of cold roast beef; to each pound of cold meat allow 1/4 lb. of bacon or ham; seasoning to taste of pepper and salt, 1 small bunch of minced savoury herbs, 1 or 2 eggs.

610. 配料--冷烤牛肉的余料；每1磅冷肉配1/4 lb.培根或火腿；胡椒和盐调味适量，1小束切碎的香草，1或2个鸡蛋。

Mode.—Mince the beef very finely (if underdone it will be better), add to it the bacon, which must also be chopped very small, and mix well together. Season, stir in the herbs, and bind with an egg, or 2 should 1 not be sufficient. Make it into small square cakes, about 1/2 inch thick, fry them in hot dripping, and serve in a dish with good gravy poured round them.

做法--将牛肉切得极细(若未全熟则更好)，加入同样切得很细的培根，充分混合。调味，拌入香草，用1个鸡蛋黏合，若1个不够则用2个。做成约1/2英寸厚的小方饼，在热油中煎，盛盘并浇上好的肉汁。

Time.—10 minutes.

时间。- 10分钟。

Average cost, exclusive of the cold meat, 6d.

平均成本，不含冷肉，为6便士。

Seasonable at any time.

时令任何时候皆宜。

BROILED BEEF-STEAKS or RUMP-STEAKS.

烤牛排或臀肉牛排。

611. INGREDIENTS.—Steaks, a piece of butter the size of a

611. 配料--牛排，一块黄油，大小如

walnut, salt to taste, 1 tablespoonful of good mushroom ketchup or Harvey's sauce.

Mode.—As the success of a good broil so much depends on the state of the fire, see that it is bright and clear, and perfectly free from smoke, and do not add any fresh fuel just before you require to use the gridiron. Sprinkle a little salt over the fire, put on the gridiron for a few minutes, to get thoroughly hot through; rub it with a piece of fresh, suet, to prevent the meat from sticking, and lay on the steaks, which should be cut of an equal thickness, about 3/4 of an inch, or rather thinner, and level them by beating them as *little* as possible with a rolling-pin. Turn them frequently with steak-tongs (if these are not at hand, stick a fork in the edge of the fat, that no gravy escapes), and in from 8 to 10 minutes they will be done. Have ready a very hot dish, into which put the ketchup, and, when liked, a little minced shalot; dish up the steaks, rub them over with butter, and season with pepper and salt. The exact time for broiling steaks must be determined by taste, whether they are liked underdone or well done; more than from 8 to 10 minutes for a steak 3/4 inch in thickness, we think, would spoil and dry up the juices of the meat. Great expedition is necessary in sending broiled steaks to table; and, to have them in perfection, they should not be cooked till everything else prepared for dinner has been dished up, as their excellence entirely depends on their being served very hot. Garnish with scraped horseradish, or slices of cucumber. Oyster, tomato, onion, and many other sauces, are frequent accompaniments to rump-steak, but true lovers of this English dish generally reject all additions but pepper and salt.

Time.—8 to 10 minutes.

核桃，盐适量，1汤匙上好的蘑菇番茄酱或哈维酱汁。

做法。--由于良好炙烤的成功很大程度上取决于火的状态，确保火光明亮清澈，完全没有烟，并且不要在需要使用烤架前添加任何新燃料。在火上撒少许盐，将烤架放上几分钟，使其彻底热透；用一块新鲜板油擦拭烤架，以防肉粘连，然后放上牛排，牛排应切成均匀厚度，约3/4英寸，或稍薄一些，并用擀面杖尽可能轻地敲打使其平整。用牛排夹频繁翻动(若手边没有，可将叉子插入脂肪边缘，以免肉汁流失),8至10分钟内即可熟。准备一个非常热的盘子，放入番茄酱，若喜欢可加少许切碎的青葱；将牛排装盘，抹上黄油，用胡椒和盐调味。炙烤牛排的确切时间须根据口味决定，是喜欢半熟还是全熟；我们认为，3/4英寸厚的牛排超过8至10分钟会破坏并烤干肉汁。将炙烤牛排送上餐桌需要非常迅速；为达到完美效果，应等到正餐的其他所有菜肴都装盘完毕后再烤制，因为其卓越品质完全取决于趁热上桌。用刮好的辣根或黄瓜片装饰。牡蛎、番茄、洋葱及许多其他酱汁常与臀肉牛排搭配，但真正喜爱这道英国菜的人通常除胡椒和盐外拒绝任何添加。

时间。--8至10分钟。

Average cost, 1s. per lb.

平均成本，每磅1先令。

Sufficient.—Allow 1/2 lb. to each person; if the party consist entirely of gentlemen, 3/4 lb. will not be too much.

份量--每人1/2 lb.；若全为男士，3/4 lb.亦不为多。

Seasonable all the year, but not good in the height of summer, as the meat cannot hang long enough to be tender.

时令全年皆宜，但盛夏时品质不佳，因为肉无法悬挂足够长时间以变软嫩。

DIFFERENT SEASONS FOR BEEF.—We have already stated (see No. 593) that the Scots breed of oxen, like the South-down in mutton, stands first in excellence. It should be borne in mind, however, that each county has its particular season, and that the London and other large markets are always supplied by those counties whose meat, from local circumstances, is in the best condition at the time. Thus, the season in Norfolk, from which the Scots come (these being the principal oxen bred by the Norfolk and Suffolk graziers), commences about Christmas and terminates about June, when this breed begins to fall off, their place being taken by grass-fed oxen. A large quantity of most excellent meat is sent to the "dead markets" from Scotland, and some of the best London butchers are supplied from this source.

牛肉的不同时令。--我们已述及(见第593号)，苏格兰种牛，如同羊肉中的南丘羊，在品质上居首位。然而应记住，每个郡都有其特定时令，伦敦及其他大市场总是由那些因当地条件而当时肉质最佳的郡供应。因此，诺福克郡的时令--苏格兰牛来自该郡(这些是诺福克和萨福克牧场主饲养的主要牛种)--约从圣诞节开始，到六月结束，此时该品种开始衰退，由草饲牛取代。大量最优质的肉从苏格兰运往"死市场"，一些最好的伦敦肉商即由此货源供应。

BROILED BEEF AND MUSHROOM SAUCE.

烤牛肉配蘑菇酱

(Cold Meat Cookery).

(冷肉烹饪)

612. INGREDIENTS.—2 or 3 dozen small button mushrooms, 1 oz. of butter, salt and cayenne to taste, 1 tablespoonful of mushroom ketchup, mashed potatoes, slices of cold roast beef.

612. 配料--2或3打小纽扣蘑菇，1 oz.黄油，盐和卡宴辣椒调味适量，1汤匙蘑菇番茄酱，土豆泥，冷烤牛肉片。

Mode.—Wipe the mushrooms free from grit with a piece of flannel, and salt; put them in a stewpan with the butter, seasoning, and ketchup; stir over the fire until the mushrooms are

做法--用法兰绒布将蘑菇擦净去沙，加盐；与黄油、调味和番茄酱一同放入炖锅；在火上搅拌至蘑菇

quite done, when pour it in the middle of mashed potatoes, browned. Then place round the potatoes slices of cold roast beef, nicely broiled, over a clear fire. In making the mushroom sauce, the ketchup may be dispensed with, if there is sufficient gravy.

Time.—1/4 hour. *Average cost,* exclusive of the meat, 8d.

Seasonable from August to October.

BROILED BEEF AND OYSTER SAUCE (Cold Meat Cookery).

613. INGREDIENTS.—2 dozen oysters, 3 cloves, 1 blade of mace, 2 oz. of butter, 1/2 teaspoonful of flour, cayenne and salt to taste, mashed potatoes, a few slices of cold roast beef.

Mode.—Put the oysters in a stewpan, with their liquor strained; add the cloves, mace, butter, flour, and seasoning, and let them simmer gently for 5 minutes. Have ready in the centre of a dish round walls of mashed potatoes, browned; into the middle pour the oyster sauce, quite hot, and round the potatoes place, in layers, slices of the beef, which should be previously broiled over a nice clear fire.

Time.—5 minutes. *Average cost,* 1s, 6d., exclusive of the cold meat.

Sufficient for 4 or 5 persons.

Seasonable from September to April.

BROILED BEEF-BONES.

614. INGREDIENTS.—The bones of ribs or sirloin; salt, pepper, and cayenne.

Mode.—Separate the bones, taking care that the meat on them is

完全熟透，然后倒入土豆泥中央，使其呈焦黄色。再将冷烤牛肉片在明火上煎好，围放在土豆周围。制作蘑菇酱汁时，若有足够的肉汁，可省去番茄酱。

时间。- 1/4小时。平均费用，不含肉，8便士。

时令八月至十月。

烤牛肉配牡蛎酱(冷肉烹饪)

613. 配料--2打牡蛎，3瓣丁香，1片肉豆蔻衣，

2 oz.黄油，1/2茶匙面粉，卡宴辣椒粉和盐适量，土豆泥，几片冷烤牛肉。

做法。- 将牡蛎放入炖锅，连同滤清的牡蛎汁；加入丁香、肉豆蔻皮、黄油、面粉和调味，用文火煮5分钟。在盘子中央备好一圈褐色的土豆泥墙；将滚热的牡蛎酱汁倒入中央，在土豆泥周围分层摆放牛肉片，牛肉片应事先在明亮的旺火上烤过。

时间。- 5分钟。平均费用,1先令6便士，不含冷肉。

足量供4或5人食用。

时令从九月到四月。

烤牛骨。

614. 配料--肋排或牛里脊的骨头；盐、胡椒和卡宴辣椒。

方式。--将骨头分开，注意骨头上的肉要

not too thick in any part; sprinkle them well with the above seasoning, and broil over a very clear fire. When nicely browned they are done; but do not allow them to blacken.

任何部位都不要过厚；撒上上述调味料，在非常明亮的火上烤。呈漂亮的褐色时即熟；但不要让其变黑。

TO DRESS A BULLOCK'S HEART.

烹制牛心

615. INGREDIENTS.—1 heart, stuffing of veal forcemeat, No. 417.

615. 配料--1个心脏，小牛肉馅料，编号417。

Mode.—Put the heart into warm water to soak for 2 hours; then wipe it well with a cloth, and, after cutting off the lobes, stuff the inside with a highly-seasoned forcemeat (No. 417). Fasten it in, by means of a needle and coarse thread; tie the heart up in paper, and set it before a good fire, being very particular to keep it well basted, or it will eat dry, there being very little of its own fat. Two or three minutes before serving, remove the paper, baste well, and serve with good gravy and red-currant jelly or melted butter. If the heart is very large, it will require 2 hours, and, covered with a caul, may be baked as well as roasted.

做法。--将牛心放入温水中浸泡2小时；然后用布擦干，切去心耳后，在内部填入调味浓重的馅料(第417号)。用针和粗线将其缝紧；用纸将牛心包好扎紧，置于旺火前，特别注意要不断浇淋，否则会吃起来干硬，因为其自身脂肪很少。上桌前两三分钟，取下纸张，充分浇淋，配以优质肉汁和红醋栗果冻或融化黄油上桌。如果牛心很大，需要2小时，并且覆盖网膜后，既可烤制也可烘制。

Time.—Large heart, 2 hours. *Average cost*, 2s. 6d.

时间。--大心，2小时。平均成本,2先令6便士。

Sufficient for 6 or 8 persons.

足供六人或八人食用。

Seasonable all the year.

时令全年皆宜。

Note.—This is an excellent family dish, is very savoury, and, though not seen at many good tables, may be recommended for its cheapness and economy.

注。- 这是一道极好的家常菜，非常美味，虽然不见于许多讲究的餐桌，但因其价廉经济而值得推荐。

BUBBLE-AND-SQUEAK (Cold Meat Cookery).

泡泡与吱吱(冷肉烹饪)。

616. INGREDIENTS.—A few thin slices of cold boiled beef; butter, cabbage, 1 sliced onion, pepper and salt to taste.

616. 配料。- 几片薄薄的冷煮牛肉；黄油、卷心菜、1个切片洋葱、胡椒粉和盐适量。

Mode.—Fry the slices of beef gently in a little butter, taking care not to dry them up. Lay them on a flat dish, and cover with fried greens. The greens may be prepared from cabbage sprouts or green savoys. They should be boiled till tender, well drained, minced, and placed, till quite hot, in a frying-pan, with butter, a sliced onion, and seasoning of pepper and salt. When the onion is done, it is ready to serve.

做法。- 将牛肉片用少许黄油轻轻煎，注意不要煎干。将其放在平底盘中，盖上炒青菜。青菜可用卷心菜嫩芽或绿色皱叶甘蓝制作。应煮至软烂，充分沥干，切碎，与黄油、切片洋葱以及胡椒粉和盐的调味一起放入煎锅加热至滚热。洋葱熟后即可上桌。

Time.—Altogether, 1/2 hour.

时间。--总共半小时。

Average cost, exclusive of the cold beef, 3d.

平均成本，不含冷牛肉，3便士。

Seasonable at any time.

时令任何时候皆宜。

[Illustration: COLLARED BEEF.]

[插图：卷心菜牛肉]

COLLARED BEEF.

卷心牛肉。

617. INGREDIENTS.—7 lbs. of the thin end of the flank of beef, 2 oz. of coarse sugar, 6 oz. of salt, 1 oz, of saltpetre, 1 large handful of parsley minced, 1 dessertspoonful of minced sage, a bunch of savoury herbs, 1/2 teaspoonful of pounded allspice; salt and pepper to taste.

617. 配料。- 7 lbs.牛腹肉薄端，2 oz.粗糖，6 oz.盐，1 oz.硝石，1大把切碎的欧芹，1甜点匙切碎的鼠尾草，一束香草，1/2茶匙研碎的多香果；盐和胡椒粉适量。

Mode.—Choose fine tender beef, but not too fat; lay it in a dish; rub in the sugar, salt, and saltpetre, and let it remain in the pickle for a week or ten days, turning and rubbing it every day. Then bone it, remove all the gristle and the coarse skin of the inside part, and sprinkle it thickly with parsley, herbs, spice, and seasoning in the above proportion, taking care that the former are finely minced, and the latter well pounded. Roll the meat up in a cloth as tightly as possible, in the same shape as shown in the engraving; bind it firmly with broad tape, and boil it gently for 6

做法。--选择细嫩牛肉，但不要太肥；放入盘中；揉入糖、盐和硝石，在腌料中放置一周或十天，每天翻动并揉搓。然后去骨，去除所有软骨和内侧的粗皮，按上述比例厚厚地撒上欧芹、香草、香料和调味，注意前者要切得很细，后者要充分捣碎。将肉尽可能紧地卷在布中，形状如插图所示；用宽布带牢牢绑紧，用文火煮6

hours. Immediately on taking it out of the pot, put it under a good weight, without undoing it, and let it remain until cold. This dish is a very nice addition to the breakfast-table.

Time.—6 hours. *Average cost*, for this quantity, 4s.

Seasonable at any time.

Note.—During the time the beef is in pickle, it should be kept cool, and regularly rubbed and turned every day.

BEEF-COLLOPS.

618. INGREDIENTS.—2 lbs. of rump-steak, 1/4 lb. of butter, 1 pint of gravy (water may be substituted for this), salt and pepper to taste, 1 shalot finely minced, 1/2 pickled walnut, 1 teaspoonful of capers.

Mode.—Have the steak cut thin, and divide it in pieces about 3 inches long; beat these with the blade of a knife, and dredge with flour. Put them in a frying-pan with the butter, and let them fry for about 3 minutes; then lay them in a small stewpan, and pour over them the gravy. Add a piece of butter, kneaded with a little flour, put in the seasoning and all the other ingredients, and let the whole simmer, but not boil, for 10 minutes. Serve in a hot covered dish.

Time.—10 minutes. *Average cost*, 1s. per lb.

Sufficient for 4 or 5 persons.

Seasonable at any time.

MINCED COLLOPS (an Entree).

小时。从锅中取出后，立即压上重物，不要拆开，待其完全冷却。这道菜是早餐桌上极佳的添菜。时间--6小时。平均成本，此分量，4先令。时令anytime。

注--牛肉腌制期间应保持阴凉，并每天按时揉搓翻动。

牛肉片

618. 配料--牛臀肉排2磅，黄油1/4磅，肉汁1品脱(可用水代替)，盐和胡椒适量，细切青葱1根，腌核桃1/2个，刺山柑1茶匙。

做法--将肉排切薄，分成约3英寸长的块；用刀背拍打，撒上面粉。与黄油一同放入煎锅，煎约3分钟；然后放入小炖锅，浇上肉汁。加入一块用少许面粉揉过的黄油，放入调味及所有其他配料，整锅微沸(但不要滚沸)10分钟。盛入预热的带盖餐盘中上桌。

时间。--10分钟。平均成本，每磅1先令。

足量供4或5人食用。

时令任何时候皆宜。

肉末科洛普(一道主菜)

619. INGREDIENTS.—1 lb. of rump-steak, salt and pepper to taste, 2 oz. of butter, 1 onion minced, 1/4 pint of water, 1 tablespoonful of Harvey's sauce, or lemon-juice, or mushroom ketchup; 1 small bunch of savoury herbs.

Mode.—Mince the beef and onion very small, and fry the latter in butter until of a pale brown. Put all the ingredients together in a stewpan, and boil gently for about 10 minutes; garnish with sippets of toasted bread, and serve very hot.

Time.—10 minutes. *Average cost*, 1s. per lb.

Sufficient for 2 or 3 persons.

Seasonable at any time.

CURRIED BEEF (Cold Meat Cookery).

620. INGREDIENTS.—A few slices of tolerably lean cold roast or boiled beef, 3 oz. of butter, 2 onions, 1 wineglassful of beer, 1 dessertspoonful of curry powder.

Mode.—Cut up the beef into pieces about 1 inch square, put the butter into a stewpan with the onions sliced, and fry them of a lightly-brown colour. Add all the other ingredients, and stir gently over a brisk fire for about 10 minutes. Should this be thought too dry, more beer, or a spoonful or two of gravy or water, may be added; but a good curry should not be very thin. Place it in a deep dish, with an edging of dry boiled rice, in the same manner as for other curries.

Time.—10 minutes. *Average cost*, exclusive of the meat, 4d.

Seasonable in winter.

619. 配料--1 lb.臀肉牛排，盐和胡椒适量，

黄油2盎司，切碎的洋葱1个，水1/4品脱，哈维酱汁或柠檬汁或蘑菇番茄酱1汤匙；香草1小束。

做法--将牛肉和洋葱切得极碎，将洋葱用黄油煎至浅棕色。将所有配料一同放入炖锅，微沸约10分钟；以烤面包丁点缀，趁热上桌。

时间。--10分钟。平均成本，每磅1先令。

足量供2至3人食用。

时令任何时候皆宜。

咖喱牛肉(冷肉烹饪)。

620. 配料--冷烤牛肉或冷煮牛肉(尽量瘦)数片，黄油3盎司，洋葱2个，啤酒1酒杯，咖喱粉1甜点匙。

做法--将牛肉切成约1英寸见方的块，将黄油与切片洋葱放入炖锅，煎至浅棕色。加入所有其他配料，在旺火上轻轻搅拌约10分钟。若觉太干，可再加些啤酒，或一两匙肉汁或水；但好的咖喱不应太稀。盛入深盘，边缘配干煮米饭，与其他咖喱的做法相同。

时间。--10分钟。平均成本，不含肉，4便士。

时令冬季。

TO CLARIFY BEEF DRIPPING.

I.

621. Good and fresh dripping answers very well for basting everything except game and poultry, and, when well clarified, serves for frying nearly as well as lard; it should be kept in a cool place, and will remain good some time. To clarify it, put the dripping into a basin, pour over it boiling water, and keep stirring the whole to wash away the impurities. Let it stand to cool, when the water and dirty sediment will settle at the bottom of the basin. Remove the dripping, and put it away in jars or basins for use.

澄清牛油滴落物。

621. 优质新鲜的滴油非常适合浇淋除野味和家禽以外的一切食物，经过充分澄清后，几乎可以像猪油一样用于煎炸；它应存放在阴凉处，可保持良好状态一段时间。要澄清它，将滴油放入盆中，倒入沸水，不断搅拌以洗去杂质。静置冷却，水和污浊的沉淀物会沉在盆底。取出滴油，放入罐子或盆中备用。

ANOTHER WAY.

622. Put the dripping into a clean saucepan, and let it boil for a few minutes over a slow fire, and be careful to skim it well. Let it stand to cool a little, then strain it through a piece of muslin into jars for use. Beef dripping is preferable to any other for cooking purposes, as, with mutton dripping, there is liable to be a tallowy taste and smell.

另一种方法。

622. 将滴油放入干净的平底锅，在慢火上煮沸几分钟，注意撇净浮沫。稍放凉，然后用细布过滤到罐中备用。就烹饪而言，牛滴油优于其他任何滴油，因为羊滴油容易带有牛脂味和气味。

ROAST FILLET OF BEEF (Larded).

烤牛里脊(嵌肥膘)。

623. INGREDIENTS.—About 4 lbs. of the inside fillet of the sirloin, 1 onion, a small bunch of parsley, salt and pepper to taste, sufficient vinegar to cover the meat, glaze, Spanish sauce, No. 411.

623. 配料--牛里脊内侧肉约4磅，洋葱1个，欧芹1小束，盐和胡椒适量，足以浸没肉的醋，亮面汁，西班牙酱汁，第411号。

Mode.—Lard the beef with bacon, and put it into a pan with sufficient vinegar to cover it, with an onion sliced, parsley, and seasoning, and let it remain in this pickle for 12 hours. Roast it

做法--用培根给牛肉穿肥，放入盆中，加足以浸没的醋，加切片洋葱、欧芹和调味，腌12小时。在清旺火前烤

before a nice clear fire for about 1-1/4 hour, and, when done, glaze it. Pour some Spanish sauce round the beef, and the remainder serve in a tureen. It may be garnished with Spanish onions boiled and glazed.

Time.—1-1/2 hour. Average cost, exclusive of the sauce, 4s.

Sufficient for 6 or 8 persons.

Seasonable at any time.

FRICANDEAU OF BEEF.

624. INGREDIENTS.—About 3 lbs. of the inside fillet of the sirloin (a piece of the rump may be substituted for this), pepper and salt to taste, 3 cloves, 2 blades of mace, 6 whole allspice, 1 pint of stock No. 105, or water, 1 glass of sherry, 1 bunch of savoury herbs, 2 shalots, bacon.

Mode.—Cut some bacon into thin strips, and sprinkle over them a seasoning of pepper and salt, mixed with cloves, mace, and allspice, well pounded. Lard the beef with these, put it into a stewpan with the stock or water, sherry, herbs, shalots, 2 cloves, and more pepper and salt. Stew the meat gently until tender, when take it out, cover it closely, skim off all the fat from the gravy, and strain it. Set it on the fire, and boil, till it becomes a glaze. Glaze the larded side of the beef with this, and serve on sorrel sauce, which is made as follows:—Wash and pick some sorrel, and put it into a stewpan with only the water that hangs about it. Keep stirring, to prevent its burning, and when done, lay it in a sieve to drain. Chop it, and stew it with a small piece of butter and 4 or 6 tablespoonfuls of good gravy, for an hour, and

约1又1/4小时，烤好后涂亮面汁。在牛肉周围浇些西班牙酱汁，其余盛入汤碗上桌。可用煮过并涂亮面汁的西班牙洋葱点缀。

时间--1又1/2小时。平均成本(不含酱汁)4先令。足够6至8人食用。

时令任何时候皆宜。

牛肉弗里坎多

624. 配料--牛里脊内侧肉约3磅(可用臀肉代替)，胡椒和盐适量，丁香3粒，肉豆蔻衣2片，多香果6粒，高汤第105号1品脱或水，雪利酒1杯，香草1束，青葱2根，培根。

做法。--将一些培根切成细条，撒上胡椒和盐的调味，混合丁香、肉豆蔻皮和众香子，充分捣碎。用这些给牛肉嵌脂，将其放入炖锅，加入高汤或水、雪利酒、香草、红葱头、2粒丁香以及更多的胡椒和盐。将肉温和地炖至嫩熟，然后取出，紧密盖好，撇去肉汁上的所有脂肪并过滤。将其置于火上煮沸，直至成为 glaze。用此给牛肉嵌脂的一面挂 glaze，配酸模酱汁上桌，酱汁做法如下：--洗净并挑选一些酸模，放入炖锅，仅带附着其上的水分。不断搅拌以防烧焦，做好后放入筛子沥干。切碎，加一小块黄油和4至6汤匙优质肉汁炖一小时，然后

rub it through a tammy. If too acid, add a little sugar; and a little cabbage-lettuce boiled with the sorrel will be found an improvement.

用细筛擦滤。若太酸，加少许糖；与酸模同煮的少许卷心莴苣会使其更佳。

Time.—2 hours to gently stew the meat.

时间。- 用文火炖肉2小时。

Average cost, for this quantity, 4s.

平均成本，此数量为4先令。

Sufficient for 6 persons.

足量供6人食用。

Seasonable at any time.

时令任何时候皆宜。

FRIED SALT BEEF (Cold Meat Cookery).

炸咸牛肉(冷肉烹饪)。

625. INGREDIENTS.—A few slices of cold salt beef, pepper to taste, 1/4 lb. of butter, mashed potatoes.

625. 配料--冷咸牛肉数片，胡椒适量，黄油1/4磅，土豆泥。

Mode.—Cut any part of cold salt beef into thin slices, fry them gently in butter, and season with a little pepper. Have ready some very hot mashed potatoes, lay the slices of beef on them, and garnish with 3 or 4 pickled gherkins. Cold salt beef, warmed in a little liquor from mixed pickle, drained, and served as above, will be found good.

做法--将冷咸牛肉任一部分切成薄片，用黄油轻煎，以少许胡椒调味。备好极热的土豆泥，将牛肉片铺在上面，以3或4条腌黄瓜点缀。冷咸牛肉用少许混合腌菜的卤汁温热，沥干，照上述方法上桌，亦佳。

Time.—About 5 minutes. *Average cost*, exclusive of the meat, 4d.

时间--约5分钟。平均成本(不含肉)4便士。时令 anytime。

Seasonable at any time.

FRIED RUMP-STEAK.

煎臀肉牛排。

626. INGREDIENTS.—Steaks, butter or clarified dripping.

626. 配料--牛排、黄油或澄清的滴油。

Mode. Although broiling is a far superior method of cooking steaks to frying them, yet, when the cook is not very expert, the latter mode may be adopted; and, when properly done, the dish may really look very inviting, and the flavour be good. The steaks

做法--虽然炙是远优于煎的牛排烹饪法，但厨师若不甚熟练，亦可采用后者；若做得得当，这道菜确实很诱人，味道也好。将牛排

should be cut rather thinner than for broiling, and with a small quantity of fat to each. Put some butter or clarified dripping into a frying-pan; let it get quite hot, then lay in the steaks. Turn them frequently until done, which will be in about 8 minutes, or rather more, should the steaks be very thick. Serve on a very hot dish, in which put a small piece of butter and a tablespoonful of ketchup, and season with pepper and salt. They should be sent to table quickly, as, when cold, the steaks are entirely spoiled.

应比炙用的切得略薄一些，每块带少量脂肪。在煎锅中放入一些黄油或澄清滴油；让其充分加热，然后放入牛排。频繁翻面直至做好，大约需8分钟，若牛排很厚则需稍多些时间。盛在非常热的盘中上桌，盘中放一小块黄油和一汤匙番茄酱，用胡椒和盐调味。应迅速送至餐桌，因为牛排一旦冷却便完全毁了。

Time.—8 minutes for a medium-sized steak, rather longer for a very thick one.

时间--中等大小的牛排8分钟，极厚的稍长。

Average cost, 1s. per lb.

平均成本，每磅1先令。

Seasonable all the year, but not good in summer, as the meat cannot hang to get tender.

全年皆宜，但夏季不佳，因肉无法悬挂至嫩。

Note.—Where much gravy is liked, make it in the following manner:—As soon as the steaks are done, dish them, pour a little boiling water into the frying-pan, add a seasoning of pepper and salt, a small piece of butter, and a tablespoonful of Harvey's sauce or mushroom ketchup. Hold the pan over the fire for a minute or two, just let the gravy simmer, then pour on the steak, and serve.

注--若喜多汁，可照以下方法制作：牛排煎好后盛盘，往煎锅中倒入少许沸水，加胡椒和盐调味，一小块黄油，一汤匙哈维酱汁或蘑菇番茄酱。将锅在火上置一两分钟，让肉汁微沸，然后浇在牛排上上桌。

A FRENCHMAN'S OPINION OF BEEF. The following is translated from a celebrated modern French work, the production of one who in Paris enjoys a great reputation as cook and chemist:—The flesh of the ox, to be in the best condition, should be taken from an animal of from four to six years old, and neither too fat nor too lean. This meat, which possesses in the highest degree the most nutritive qualities, is generally easily digested; stock is made from it, and it is eaten boiled, broiled, roasted, stewed, braised, and in

一个法国人对牛肉的看法。以下译自一部著名的现代法国著作，作者在巴黎作为厨师和化学家享有盛誉：--牛的肉，要处于最佳状态，应取自四至六岁的动物，既不太肥也不太瘦。这种肉具有最高程度的营养价值，通常易于消化；用它制作高汤，可煮、炙、烤、炖、焖食用，以及做成

a hundred other different ways. Beef is the foundation of stock, gravies, braises, &c.; its nutritious and succulent gravy gives body and flavour to numberless ragoûts. It is an exhaustless mine in the hands of a skilful artist, and is truly the king of the kitchen. Without it, no soup, no gravy; and its absence would produce almost a famine in the civilized world!

还有上百种其他做法。牛肉是高汤、肉汁、炖菜等的基础；其滋养而多汁的肉汁赋予无数炖菜以醇厚和风味。在技艺高超的厨师手中，它是一座取之不尽的矿藏，真正是厨房之王。没有它，就没有汤，没有肉汁；它的缺席几乎会在文明世界造成饥荒!

BEEF FRITTERS (Cold Meat Cookery).

牛肉炸饼(冷肉烹饪)。

627. INGREDIENTS.—The remains of cold roast beef, pepper and salt to taste, 3/4 lb. of flour, 1/2 pint of water, 2 oz. of butter, the whites of 2 eggs.

627. 配料--冷烤牛肉的剩余，胡椒和盐适量，面粉3/4磅，水1/2品脱，黄油2盎司，鸡蛋清2个。

Mode.—Mix very smoothly, and by degrees, the flour with the above proportion of water; stir in 2 oz. of butter, which must be melted, but not oiled, and, just before it is to be used, add the whites of two well-whisked eggs. Should the batter be too thick, more water must be added. Pare down the cold beef into thin shreds, season with pepper and salt, and mix it with the batter. Drop a small quantity at a time into a pan of boiling lard, and fry from 7 to 10 minutes, according to the size. When done on one side, turn and brown them on the other. Let them dry for a minute or two before the fire, and serve on a folded napkin. A small quantity of finely-minced onions, mixed with the batter, is an improvement.

做法。--将面粉与上述比例的水非常均匀地、逐渐混合；搅入2 oz.黄油，黄油须融化但未烧热，在即将使用前，加入两个充分打发的蛋清。若面糊太稠，须再加些水。将冷牛肉削成细丝，用胡椒和盐调味，与面糊混合。每次取少量放入沸腾猪油的锅中，根据大小煎7至10分钟。一面煎好后，翻面将另一面煎至金黄。在火前晾一两分钟，盛在折叠的餐巾上上桌。加入少量细切洋葱与面糊混合，效果更佳。

Time.—From 7 to 10 minutes.

时间。--7至10分钟。

Average cost, exclusive of the meat, 6d. *Seasonable* at any time.

平均成本(不含肉)6便士。时令 anytime。

HASHED BEEF (Cold Meat Cookery).

哈希牛肉(冷肉烹饪)。

628. INGREDIENTS.—Gravy saved from the meat, 1 teaspoonful of tomato sauce, 1 teaspoonful of Harvey's sauce, 1 teaspoonful of good mushroom ketchup, 1/2 glass of port wine or strong ale, pepper and salt to taste, a little flour to thicken, 1 onion finely minced, a few slices of cold roast beef.

628. 配料--从肉上留下的肉汁，番茄酱1茶匙，哈维酱汁1茶匙，优质蘑菇番茄酱1茶匙，波特酒或浓麦酒1/2杯，胡椒和盐适量，少许面粉用于增稠，细切洋葱1个，冷烤牛肉数片。

Mode.—Put all the ingredients but the beef into a stewpan with whatever gravy may have been saved from the meat the day it was roasted; let these simmer gently for 10 minutes, then take the stewpan off the fire; let the gravy cool, and skim off the fat. Cut the beef into thin slices, dredge them with flour, and lay them in the gravy; let the whole simmer gently for 5 minutes, but not boil, or the meat will be tough and hard. Serve very hot, and garnish with sippets of toasted bread.

做法--将除牛肉外的所有配料放入炖锅，加入烤肉当日从肉上留下的肉汁；微沸10分钟，然后将炖锅离火；让肉汁冷却，撇去油脂。将牛肉切成薄片，撒上面粉，放入肉汁中；整锅微沸5分钟，但不要滚沸，否则肉会变韧变硬。趁热上桌，以烤面包丁点缀。

Time.—20 minutes. *Average cost,* exclusive of the cold meat, 4d.

时间--20分钟。平均成本(不含冷肉)4便士。

Seasonable at any time.

时令任何时候皆宜。

II.

二
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629. INGREDIENTS.—The remains of ribs or sirloin of beef, 2 onions, 1 carrot, 1 bunch of savoury herbs, pepper and salt to taste, 1/2 blade of pounded mace, thickening of flour, rather more than 1 pint of water.

629. 配料--牛肋排或牛里脊的剩余，洋葱2个，胡萝卜1根，香草1束，胡椒和盐适量，肉豆蔻衣1/2片(研碎)，面粉增稠，水略多于1品脱。

Mode.—Take off all the meat from the bones of ribs or sirloin of beef; remove the outside brown and gristle; place the meat on one side, and well stew the bones and pieces, with the above ingredients, for about 2 hours, till it becomes a strong gravy, and is reduced to rather more than 1/2 pint; strain this, thicken with a teaspoonful of flour, and let the gravy cool; skim off all the fat; lay

做法--将牛肋排或牛里脊骨上的肉全部剔下；去掉外层的焦褐部分和软骨；将肉放在一边，将骨头和碎块与上述配料一同充分炖煮约2小时，至成为浓肉汁并收至略多于1/2品脱；过滤，用一茶匙面粉增稠，让肉汁冷却；撇去所有油脂；将

in the meat, let it get hot through, but do not allow it to boil, and garnish with sippets of toasted bread. The gravy may be flavoured as in the preceding recipe.

放入肉中，让它热透，但不要让它煮沸，并用烤面包块装饰。肉汁可以按照前一个食谱调味。

Time.—Rather more than 2 hours.

时间。--两个多小时。

Average cost, exclusive of the cold meat, 2d.

平均成本，不包括冷肉，为2便士。

Seasonable at any time.

时令任何时候皆宜。

Note.—Either of the above recipes may be served in walls of mashed potatoes browned; in which case the sippets should be omitted. Be careful that hashed meat does not boil, or it will become tough.

注。--上述任一食谱都可以盛在烤成褐色的土豆泥围边中；在这种情况下，应省略面包块。注意切碎的肉不要煮沸，否则会变硬。

TO PREPARE HUNG BEEF.

悬挂牛肉的制备。

630. This is preserved by salting and drying, either with or without smoke. Hang up the beef 3 or 4 days, till it becomes tender, but take care it does not begin to spoil; then salt it in the usual way, either by dry-salting or by brine, with bay-salt, brown sugar, saltpetre, and a little pepper and allspice; afterwards roll it tight in a cloth, and hang it up in a warm, but not hot place, for a fortnight or more, till it is sufficiently hard. If required to have a little of the smoky flavour, it may be hung for some time in a chimney-corner, or smoked in any other way: it will keep a long time.

630. 此肉可经腌制和风干保存，可熏制亦可不熏。将牛肉悬挂3至4天，待其变软，但注意不要开始变质；然后按常规方法腌制，或干腌或用盐水腌，配以海湾盐、红糖、硝石及少许胡椒和牙买加胡椒；之后用布将其紧紧卷起，悬挂于温暖但不过热之处，约两周或更久，直至足够硬实。若需略带烟熏风味，可悬挂于烟囱角落一段时间，或以其他方式熏制：如此可保存很久。

HUNTER'S BEEF.

猎人的牛肉。

631. INGREDIENTS.—For a round of beef weighing 25 lbs. allow 3 oz. of saltpetre, 3 oz. of coarse sugar, 1 oz. of cloves, 1 grated

631. 配料--25磅重的圆腿牛肉，需用
3盎司硝石，3盎司粗糖，1盎司丁香，1个磨碎的

nutmeg, 1/2 oz. of allspice, 1 lb. of salt, 1/2 lb. bay-salt.

Mode.—Let the beef hang for 2 or 3 days, and remove the bone. Pound spices, salt, &c. in the above proportion, and let them be reduced to the finest powder. Put the beef into a pan, rub all the ingredients well into it, and turn and rub it every day for rather more than a fortnight. When it has been sufficiently long in pickle, wash the meat, bind it up securely with tape, and put it into a pan with 1/2 pint of water at the bottom; mince some suet, cover the top of the meat with it, and over the pan put a common crust of flour and water; bake for 6 hours, and, when cold, remove the paste. Save the gravy that flows from it, as it adds greatly to the flavour of hashes, stews, &c. The beef may be glazed and garnished with meat jelly.

Time.—6 hours.

Seasonable all the year.

Note.—In salting or pickling beef or pork for family consumption, it not being generally required to be kept for a great length of time, a less quantity of salt and a larger quantity of other matters more adapted to retain mellowness in meat, may be employed, which could not be adopted by the curer of the immense quantities of meat required to be preserved for victualling the shipping of this maritime country. Sugar, which is well known to possess the preserving principle in a very great degree, without the pungency and astringency of salt, may be, and is, very generally used in the preserving of meat for family consumption. Although it acts without corrugating or contracting the fibres of meat, as is the case in the action of salt, and, therefore, does not impair its mellowness, yet its use in sufficient quantities for

肉豆蔻，1/2 oz.多香果，1 lb.盐，1/2 lb.海湾盐。

做法。--将牛肉悬挂2至3天，剔除骨头。按上述比例将香料、盐等捣碎，并研成极细的粉末。将牛肉放入盆中，把所有配料充分揉搓进去，此后每天翻动揉搓一次，持续两周多一点。当肉在腌料中浸泡足够长时间后，洗净肉，用带子牢牢捆扎，放入盆中，盆底加1/2品脱水；将一些板油切碎，覆盖在肉的顶部，盆上覆一层普通的面粉加水制成的面皮；烘烤6小时，冷却后去除面皮。保留流出的肉汁，因为它能大大增添碎肉、炖菜等的风味。牛肉可上光并以肉冻装饰。

时间。--6小时。

时令全年皆宜。

注。--在为家庭食用而腌制牛肉或猪肉时，通常不需要保存很长时间，因此可以使用较少的盐和较多的其他更适于保持肉质柔嫩的配料，而这是为本海事国家的船只供应而保存大量肉类的人所不能采用的。糖众所周知具有极强的防腐性能，且无盐的辛辣和涩味，可以并且确实被普遍用于保存家庭食用的肉类。尽管糖的作用不会像盐那样使肉纤维起皱或收缩，因而不会损害其柔嫩度，但以足够的量使用糖来

preservative effect, without the addition of other antiseptics, would impart a flavour not agreeable to the taste of many persons. It may be used, however, together with salt, with the greatest advantage in imparting mildness and mellowness to cured meat, in a proportion of about one part by weight to four of the mixture; and, perhaps, now that sugar is so much lower in price than it was in former years, one of the obstructions to its more frequent use is removed.

防腐效果，若不添加其他防腐剂，会给许多人带来不愉快的味道。然而，它可以与盐一起使用，在赋予腌肉温和醇厚方面具有最大优势，比例约为按重量一份对四份混合物；而且，也许现在糖的价格比往年低得多，其更频繁使用的一个障碍已被消除。

TO DRESS BEEF KIDNEY.

烹制牛腰子。

I.

一。

632. INGREDIENTS.—1 kidney, clarified butter, pepper and salt to taste, a small quantity of highly-seasoned gravy, 1 tablespoonful of lemon-juice, 1/4 teaspoonful of powdered sugar.

632. 配料。--1个腰子，澄清黄油，适量胡椒和盐，少量调味浓肉汁，1汤匙柠檬汁，1/4茶匙糖粉。

Mode.—Cut the kidneys into neat slices, put them into warm water to soak for 2 hours, and change the water 2 or 3 times; then put them on a clean cloth to dry the water from them, and lay them in a frying-pan with some clarified butter, and fry them of a nice brown; season each side with pepper and salt, put them round the dish, and the gravy in the middle. Before pouring the gravy in the dish, add the lemon-juice and sugar.

做法。--将腰子切成整齐的片，放入温水中浸泡2小时，换水2至3次；然后将它们放在干净的布上擦干水分，放入煎锅加一些澄清黄油，煎至漂亮的褐色；两面用胡椒和盐调味，将它们摆放在盘子周围，肉汁放在中间。在将肉汁倒入盘中之前，加入柠檬汁和糖。

Time.—From 5 to 10 minutes. *Average cost*, 9d. each.

时间。--5至10分钟。平均成本，每个9d。

Seasonable at any time.

时令任何时候皆宜。

II.

二。

633. INGREDIENTS.—1 kidney, 1 dessertspoonful of minced

633. 配料--1个腰子，1甜点匙切碎的

parsley, 1 teaspoonful of minced shalot, salt and pepper to taste, 1/4 pint of gravy, No. 438, 3 tablespoonfuls of sherry.

Mode.—Take off a little of the kidney fat, mince it very fine, and put it in a frying-pan; slice the kidney, sprinkle over it parsley and shalots in the above proportion, add a seasoning of pepper and salt, and fry it of a nice brown. When it is done enough, dredge over a little flour, and pour in the gravy and sherry. Let it just simmer, but not boil any more, or the kidney would harden; serve very hot, and garnish with croûtons. Where the flavour of the shalot is disliked, it may be omitted, and a small quantity of savoury herbs substituted for it. *Time.*—From 5 to 10 minutes, according to the thickness of the slices.

Average cost, 9d. each. *Sufficient* for 3 persons.

Seasonable at any time.

III.

A more Simple Method.

634. Cut the kidney into thin slices, flour them, and fry of a nice brown. When done, make a gravy in the pan by pouring away the fat, putting in a small piece of butter, 1/4 pint of boiling water, pepper and salt, and a tablespoonful of mushroom ketchup. Let the gravy just boil up, pour over the kidney, and serve.

BOILED MARROW-BONES.

635. INGREDIENTS.—Bones, a small piece of common paste, a floured cloth.

欧芹，1茶匙切碎的青葱，适量盐和胡椒，1/4品脱肉汁，第438号，3汤匙雪利酒。

做法。--取少许肾脂肪，切得极细，放入煎锅；将肾切片，撒上上述比例的欧芹和青葱，加入胡椒和盐调味，煎至漂亮的棕色。煎得足够熟时，撒上少许面粉，倒入肉汁和雪利酒。只需微微 simmer，不可再煮沸，否则肾会变硬；趁热上桌，以油煎面包块装饰。若不喜欢青葱的味道，可以省略，代之以少量香草。时间。--5至10分钟，视切片厚薄而定。

平均成本，每个9便士。足够3人食用。

时令任何时候皆宜。

三
。

一种更简单的方法。

634. 将腰子切成薄片，扑上面粉，煎至漂亮的褐色。完成后，在锅中制作肉汁，倒掉油脂，放入一小块黄油、1/4品脱沸水、胡椒和盐，以及一汤匙蘑菇番茄酱。让肉汁刚煮沸，浇在腰子上，即可上桌。

煮髓骨

635. 配料--骨头，一小块普通面团，一块撒了面粉的布。

Mode.—Have the bones neatly sawed into convenient sizes, and cover the ends with a small piece of common crust, made with flour and water. Over this tie a floured cloth, and place them upright in a saucepan of boiling water, taking care there is sufficient to cover the bones. Boil them for 2 hours, remove the cloth and paste, and serve them upright on a napkin with dry toast. Many persons clear the marrow from the bones after they are cooked, spread it over a slice of toast and add a seasoning of pepper; when served in this manner, it must be very expeditiously sent to table, as it so soon gets cold.

做法。--将骨头整齐地锯成方便的大小，用面粉和水制成的普通面皮小块覆盖两端。在其上系一块撒了面粉的布，将它们直立放入盛有沸水的炖锅中，注意水量足以覆盖骨头。煮2小时，去除布和面皮，将骨头直立放在餐巾上，配干吐司上桌。许多人在骨头煮熟后取出骨髓，涂抹在一片吐司上，加入胡椒调味；以这种方式上桌时，必须非常迅速地送到餐桌上，因为它很快就会变凉。

Time.—2 hours.

时间。--2小时。

Seasonable at any time.

时令任何时候皆宜。

Note.—Marrow-bones may be baked after preparing them as in the preceding recipe; they should be laid in a deep dish, and baked for 2 hours.

注。--骨髓骨可以按照前一个食谱准备好后烘烤；它们应放在深盘中烘烤2小时。

[Illustration: MARROW-BONES.]

[插图：髓骨。]

MARROW-BONES.—Bones are formed of a dense cellular tissue of membranous matter, made stiff and rigid by insoluble earthy salts; of which, phosphate of lime is the most abundant. In a large bone, the insoluble matter is generally deposited in such a manner as to leave a cavity, into which a fatty substance, distinguished by the name of marrow, is thrown. Hollow cylindrical bones possess the qualities of strength and lightness in a remarkable degree. If bones were entirely solid, they would be unnecessarily heavy; and if their materials were brought into smaller compass, they would be weaker, because the strength of a bone is in proportion to the distance at which its fibres are from the centre. Some animals, it

髓骨。--骨由致密的细胞组织构成，其膜状物质因不溶性土盐而变得坚硬僵直，其中以磷酸钙含量最为丰富。在大骨中，不溶性物质的沉积方式通常留下一个空腔，一种被称为骨髓的脂肪物质即注入其中。中空的圆柱形骨在强度和轻便方面具有显著优势。如果骨完全是实心的，就会不必要地沉重；如果其材料被压缩到更小的体积，就会更加脆弱，因为骨的强度与其纤维距中心的距离成正比。有些动物，它

must, however, be observed, have no cavities in the centre of their bones; such as the whale tribe, skate, and turtles.

然而必须注意，它们的骨骼中心不能有腔隙；例如鲸类、鳐鱼和海龟。

MINCED BEEF (Cold Meat Cookery).

肉末牛肉(冷肉烹饪)。

636. INGREDIENTS.—1 oz. of butter, 1 small onion, 2 tablespoonfuls of gravy left from the meat, 1 tablespoonful of strong ale, 1/2 a teaspoonful of flour, salt and pepper to taste, a few slices of lean roast beef.

636. 配料。--1盎司黄油，1个小洋葱，2汤匙肉留下的肉汁，1汤匙浓麦芽酒，1/2茶匙面粉，适量盐和胡椒，几片瘦烤牛肉。

Mode.—Put into a stewpan the butter with an onion chopped fine; add the gravy, ale, and 1/2 a teaspoonful of flour to thicken; season with pepper and salt, and stir these ingredients over the fire until the onion is a rich brown. Cut, but do not chop the meat *very fine*, add it to the gravy, stir till quite hot, and serve. Garnish with sippets of toasted bread. Be careful in not allowing the gravy to boil after the meat is added, as it would render it hard and tough.

做法。--将黄油和切碎的洋葱放入炖锅中；加入肉汁、麦芽酒和1/2茶匙面粉增稠；用胡椒和盐调味，将这些配料在火上搅拌，直到洋葱呈浓郁的褐色。将肉切碎但不要剁得太细，加入肉汁中，搅拌至完全热透，即可上桌。用烤面包块装饰。注意加入肉后不要让肉汁煮沸，否则会使肉变硬变韧。

Time.—About 1/2 hour. *Average cost*, exclusive of the meat, 3d.

时间。--约1/2小时。平均费用，不含肉，3便士。

Seasonable at any time.

时令任何时候皆宜。

MIROTON OF BEEF.

牛肉洋葱炖

637. INGREDIENTS.—A few slices of cold roast beef, 3 oz. of butter, salt and pepper to taste, 3 onions, 1/2 pint of gravy.

637. 配料。--几片冷烤牛肉，3盎司黄油，适量盐和胡椒，3个洋葱，1/2品脱肉汁。

Mode.—Slice the onions and put them into a frying-pan with the cold beef and butter; place it over the fire, and keep turning and stirring the ingredients to prevent them burning. When of a pale brown, add the gravy and seasoning; let it simmer for a few minutes, and serve very hot. This dish is excellent and

做法。--将洋葱切片，与冷牛肉和黄油一起放入煎锅；置于火上，不断翻动和搅拌配料以防烧焦。呈浅褐色时，加入肉汁和调味；炖几分钟，趁热上桌。这道菜非常出色且

economical.

Time.—5 minutes. *Average cost*, exclusive of the meat, 6d.

Seasonable at any time.

STEWED OX-CHEEK.

638. INGREDIENTS.—1 cheek, salt and water, 4 or 5 onions, butter and flour, 6 cloves, 3 turnips, 2 carrots, 1 bay-leaf, 1 head of celery, 1 bunch of savoury herbs, cayenne, black pepper and salt to taste, 1 oz. of butter, 2 dessertspoonfuls of flour, 2 tablespoonfuls of Chili vinegar, 2 tablespoonfuls of mushroom ketchup, 2 tablespoonfuls of port wine, 2 tablespoonfuls of Harvey's sauce.

Mode.—Have the cheek boned, and prepare it the day before it is to be eaten, by cleaning and putting it to soak all night in salt and water. The next day, wipe it dry and clean, and put it into a stewpan. Just cover it with water, skim well when it boils, and let it gently simmer till the meat is quite tender. Slice and fry 3 onions in a little butter and flour, and put them into the gravy; add 2 whole onions, each stuck with 3 cloves, 3 turnips quartered, 2 carrots sliced, a bay-leaf, 1 head of celery, a bunch of herbs, and seasoning to taste of cayenne, black pepper, and salt. Let these stew till perfectly tender; then take out the cheek, divide into pieces fit to help at table, skim and strain the gravy, and thicken 1-1/2 pint of it with butter and flour in the above proportions. Add the vinegar, ketchup, and port wine; put in the pieces of cheek; let the whole boil up, and serve quite hot. Send it to table in a ragout-dish. If the colour of the gravy should not be very good, add a tablespoonful of the browning, No. 108.

经济的。

时间。--5分钟。平均费用，不含肉，6便士。

时令任何时候皆宜。

炖牛颊肉。

638. 配料。--1个猪头，盐和水，4或5个洋葱，黄油和面粉，6粒丁香，3个芜菁，2根胡萝卜，1片月桂叶，1头芹菜，1束香草，适量卡宴辣椒、黑胡椒和盐，1盎司黄油，2甜点匙面粉，2汤匙辣椒醋，2汤匙蘑菇番茄酱，2汤匙波特酒，2汤匙哈维酱。

方式。--将颊肉去骨，在食用前一天准备好，清洗干净后放入盐水中浸泡一整夜。次日，将其擦干洗净，放入炖锅中。加水刚好没过，煮沸时撇去浮沫，然后小火慢炖至肉完全软烂。将3个洋葱切片，用少许黄油和面粉煎炒，放入肉汁中；加入2个整洋葱，每个插上3粒丁香，3个芜菁切成四块，2根胡萝卜切片，一片月桂叶，1棵芹菜，一束香草，并用辣椒粉、黑胡椒和盐调味至合口。将这些炖至完全软烂；然后取出颊肉，切成适合上桌分食的块状，撇去肉汁浮沫并过滤，取1-1/2品脱按上述比例用黄油和面粉勾芡。加入醋、番茄酱和波特酒；放入颊肉块；将全部煮沸，趁热上桌。盛在炖菜盘中送至餐桌。如果肉汁颜色不够好，可加入一汤匙第108号焦糖上色剂。

Time.—4 hours. *Average cost*, 3d. per lb.

Sufficient for 8 persons.

Seasonable at any time.

FRIED OX-FEET, or COW-HEEL.

639. INGREDIENTS.—Ox-feet, the yolk of 1 egg, bread crumbs, parsley, salt and cayenne to taste, boiling butter.

Mode.—Wash, scald, and thoroughly clean the feet, and cut them into pieces about 2 inches long; have ready some fine bread crumbs mixed with a little minced parsley, cayenne, and salt; dip the pieces of heel into the yolk of egg, sprinkle them with the bread crumbs, and fry them until of a nice brown in boiling butter.

Time.-1 hour. *Average cost*, 6d. each.

Seasonable at any time.

Note.—Ox-feet may be dressed in various ways, stowed in gravy or plainly boiled and served with melted butter. When plainly boiled, the liquor will answer for making sweet or relishing jellies, and also to give richness to soups or gravies.

STEWED OX-TAILS.

640. INGREDIENTS.—2 ox-tails, 1 onion, 3 cloves, 1 blade of mace, 1 teaspoonful of whole black pepper, 1 teaspoonful of allspice, 1/2 a teaspoonful of salt, a small bunch of savoury herbs, thickening of butter and flour, 1 tablespoonful of lemon-juice, 1 tablespoonful of mushroom ketchup.

时间。- 4小时。平均成本，每磅3便士。

足量供8人食用。

时令任何时候皆宜。

炸牛蹄，或称牛蹄

639. 配料。--牛蹄，1个蛋黄，面包屑，欧芹，适量盐和卡宴辣椒，沸腾黄油。

做法。--将牛蹄洗净、烫过并彻底清洁，切成约2英寸长的块；准备好一些细面包屑，混合少量切碎的欧芹、卡宴辣椒和盐；将牛蹄块蘸上蛋黄，撒上面包屑，在沸腾黄油中煎至漂亮的褐色。

时间。--1小时。平均成本，每个6便士。

时令任何时候皆宜。

注。--牛蹄可以用多种方式烹制，炖在肉汁中或简单水煮后配融化黄油上桌。简单水煮时，汤汁可用于制作甜味或咸味果冻，也可为汤或肉汁增添浓郁。

炖牛尾

640. 配料。--2条牛尾，1个洋葱，3粒丁香，1片肉豆蔻衣，1茶匙整粒黑胡椒，1茶匙多香果，1/2茶匙盐，一小束香草，黄油和面粉增稠，1汤匙柠檬汁，1汤匙蘑菇番茄酱。

Mode.—Divide the tails at the joints, wash, and put them into a stewpan with sufficient water to cover them, and set them on the fire; when the water boils, remove the scum, and add the onion cut into rings, the spice, seasoning, and herbs. Cover the stewpan closely, and let the tails simmer very gently until tender, which will be in about 2-1/2 hours. Take them out, make a thickening of butter and flour, add it to the gravy, and let it boil for 1/4 hour. Strain it through a sieve into a saucepan, put back the tails, add the lemon-juice and ketchup; let the whole just boil up, and serve. Garnish with croûtons or sippets of toasted bread.

模式。- 将尾在关节处切开，洗净，放入炖锅中，加足量水没过，置于火上；水沸后撇去浮沫，加入切成环状的洋葱、香料、调味和香草。盖紧炖锅，让尾极缓地煨至软嫩，约需2-1/2小时。取出尾，用黄油和面粉制成增稠剂，加入肉汁中，煮1/4小时。用筛子滤入酱汁锅，放回尾，加入柠檬汁和番茄酱；将全部煮沸即可上桌。用油炸面包丁或烤面包片装饰。

Time.—2-1/2 hours to stew the tails.

时间。--炖牛尾需2.5小时。

Average cost, 9d. to 1s. 6d., according to the season.

平均成本，9便士至1先令6便士，视季节而定。

Sufficient for 8 persons.

足量供8人食用。

Seasonable all the year.

时令全年皆宜。

THE TAILS OF ANIMALS.—In the class Mammalia, the vertebral column or backbone presents only slight modifications, and everywhere shows the same characteristics as in man, who stands at the head of this division of the animal kingdom. The length of this column, however, varies much, and the number of vertebrae of which it is composed is far from being uniform. These numerical differences principally depend on the unequal development of the caudal portion, or tail-end, of the column. Thus, the tail-forming vertebrae sometimes do not exist at all,—amongst certain bats for example; in other instances we reckon forty, fifty, and even upwards of sixty of these bones. Among the greater number of mammals, the tail is of little use for locomotion, except that it acts in many cases as does the rudder of

动物的尾巴。--在哺乳动物纲中，脊柱或脊骨仅呈现轻微变异，各处均表现出与人类相同的特征，而人类位居动物界这一分支之首。然而，此柱的长度差异甚大，构成它的椎骨数目也远非一致。这些数目上的差异主要取决于柱的尾端即尾部的不均衡发育。因此，构成尾的椎骨有时根本不存在--例如在某些蝙蝠中；在其他情况下，我们数到四十、五十，甚至六十多块这样的骨头。在大多数哺乳动物中，尾巴对运动用处不大，除了在许多情况下它起的作用如同

a ship, steadying the animal in his rapid movements, and enabling him to turn more easily and quickly. Among some animals, it becomes a very powerful instrument of progression. Thus, in the kangaroos and jerboas, the tail forms, with the hind feet, a kind of tripod from which the animal makes its spring. With most of the American monkeys it is prehensile, and serves the animal as a fifth hand to suspend itself from the branches of trees; and, lastly, among the whales, it grows to an enormous size, and becomes the principal instrument for swimming.

船的舵，在动物快速运动时使其稳定，并使其能更轻松、更迅速地转向。在某些动物中，尾巴成为非常有力的行进工具。因此，在袋鼠和跳鼠中，尾巴与后足构成一种三脚架，动物由此弹跳。在大多数美洲猴中，尾巴能缠绕，充当动物的第五只手，使其悬挂于树枝上；最后，在鲸类中，尾巴长得极其巨大，成为游泳的主要工具。

A PICKLE FOR TONGUES OR BEEF (Newmarket Recipe).

牛舌或牛肉腌渍食谱(纽马克特食谱)。

641. INGREDIENTS.—1 gallon of soft water, 3 lbs. of coarse salt, 6 oz. of coarse brown sugar, 1/2 oz. of saltpetre.

641. 配料。--1加仑软水，3磅粗盐，6盎司粗红糖，1/2盎司硝石。

Mode.—Put all the ingredients into a saucepan, and let them boil for 1/2 hour, clear off the scum as it rises, and when done pour the pickle into a pickling-pan. Let it get cold, then put in the meat, and allow it to remain in the pickle from 8 to 14 days, according to the size. It will keep good for 6 months if well boiled once a fortnight. Tongues will take 1 month or 6 weeks to be properly cured; and, in salting meat, beef and tongues should always be put in separate vessels.

做法。--将所有配料放入炖锅中，煮沸1/2小时，撇去浮起的浮沫，煮好后将腌卤倒入腌渍盆中。待其冷却，然后放入肉，让其在腌卤中浸泡8至14天，视大小而定。如果每两周煮一次，可保存6个月。牛舌需要1个月或6周才能腌制妥当；腌制肉类时，牛肉和牛舌应始终放在不同的容器中。

Time.—A moderate-sized tongue should remain in the pickle about a month, and be turned every day.

时间。--中等大小的牛舌应在腌卤中浸泡约一个月，每天翻动一次。

[Illustration: POTTING-JAR.]

[插图：腌罐。]

POTTED BEEF.

罐装牛肉

I.

642. INGREDIENTS.—2 lbs. of lean beef, 1 tablespoonful of water, 1/4 lb. of butter, a seasoning to taste of salt, cayenne, pounded mace, and black pepper.

Mode.—Procure a nice piece of lean beef, as free as possible from gristle, skin, &c., and put it into a jar (if at hand, one with a lid) with 1 tablespoonful of water. Cover it *closely*, and put the jar into a saucepan of boiling water, letting the water come within 2 inches of the top of the jar. Boil gently for 3-1/2 hours, then take the beef, chop it very small with a chopping-knife, and pound it thoroughly in a mortar. Mix with it by degrees all, or a portion, of the gravy that will have run from it, and a little clarified butter; add the seasoning, put it in small pots for use, and cover with a little butter just warmed and poured over. If much gravy is added to it, it will keep but a short time; on the contrary, if a large proportion of butter is used, it may be preserved for some time.

Time.—3-1/2 hours. *Average cost*, for this quantity, 1s. 8d.

Seasonable at any time.

POTTED BEEF (Cold Meat Cookery).

II.

643. INGREDIENTS.—The remains of cold roast or boiled beef, 1/4 lb. of butter, cayenne to taste, 2 blades of pounded mace.

Mode.—As we have stated in recipe No. 608, the outside slices of boiled beef may, with a little trouble, be converted into a very nice addition to the breakfast-table. Cut up the meat into small pieces and pound it well, with a little butter, in a mortar; add a seasoning of cayenne and mace, and be very particular that the

642. 配料--2磅瘦牛肉，1汤匙水，

1/4磅黄油，适量盐、卡宴辣椒、捣碎的肉豆蔻和黑胡椒调味。

模式。- 取一块上好的瘦牛肉，尽可能去除软骨、皮等，放入罐中(若有带盖的更好)，加1汤匙水。紧密盖好，将罐放入盛沸水的炖锅中，让水达到距罐口2英寸处。缓煮3-1/2小时，然后取出牛肉，用剁刀剁得极碎，在研钵中彻底捣烂。逐渐加入全部或部分从肉中流出的肉汁，以及少许澄清黄油；加入调味，装入小罐备用，用稍加热的黄油浇盖其上。若加入过多肉汁，则只能保存很短时间；相反，若使用大量黄油，则可保存一段时间。

时间。--3-1/2小时。平均成本，此分量，1先令8便士。

时令任何时候皆宜。

罐装牛肉(冷肉烹饪)。

二

643. 配料--冷烤牛肉或冷煮牛肉的剩余部分，

1/4 lb.黄油，辣椒粉适量，2 片捣碎的肉豆蔻。

做法。--正如我们在第608号食谱中所述，煮牛肉的外层切片稍加处理，便可成为早餐桌上极佳的添菜。将肉切成小块，加少许黄油在研钵中捣碎；加入卡宴辣椒和肉豆蔻调味，务必注意

latter ingredient is reduced to the finest powder. When all the ingredients are thoroughly mixed, put it into glass or earthen potting-pots, and pour on the top a coating of clarified butter.

Seasonable at any time.

Note.—If cold roast beef is used, remove all pieces of gristle and dry outside pieces, as these do not pound well.

PRESERVED MEATS.—When an organic substance, like the flesh of animals, is heated to the boiling-point, it loses the property of passing into a state of fermentation and decay. Fresh animal milk, as is well known, coagulates, after having been kept for two or three days, into a gelatinous mass; but it may be preserved for an indefinite period, as a perfectly sweet liquid, if it be heated daily to the boiling-point. The knowledge of this effect of an elevated temperature has given rise to a most important branch of industry, —namely, the preparation of preserved meats for the use of the navy and merchant service. At Leith, in the neighbourhood of Edinburgh, at Aberdeen, at Bordeaux, at Marseilles, and in many parts of Germany, establishments of enormous magnitude exist, in which soup, vegetables, and viands of every description are prepared, in such a manner that they retain their freshness for years. The prepared aliments are inclosed in canisters of tinned iron plate, the covers are soldered air-tight, and the canisters exposed to the temperature of boiling water for three or four hours. The aliments thus acquire a stability, which one may almost say is eternal; and when a canister is opened, after the lapse of several years, its contents are found to be unaltered in taste, colour, and smell. We are indebted to the French philosopher Gay-Lussac for this beautiful practical application of

后一种配料要研成极细的粉末。当所有配料充分混合后，将其放入玻璃或陶制腌肉罐中，在上面浇一层澄清黄油。

时令任何时候皆宜。

注。--如果使用冷烤牛肉，请去除所有软骨和干燥的外层，因为这些不易捣碎。

腌肉。--当有机物质，如动物的肉，被加热至沸点时，它便失去进入发酵和腐烂状态的性质。众所周知，新鲜动物奶放置两三天后会凝结成胶状团块；但若每天加热至沸点，则可作为完全甜美的液体无限期保存。对高温这一效果的认识催生了一个极其重要的工业分支--即为海军和商船队制备腌肉。在爱丁堡附近的利斯、阿伯丁、波尔多、马赛以及德国许多地方，存在着规模巨大的工厂，其中制备汤、蔬菜和各种菜肴，使其保持新鲜达数年之久。制备好的食物被装入镀锡铁皮罐中，盖子焊得气密，然后将罐子置于沸水温度下三到四小时。食物由此获得一种几乎可说是永恒的稳定性；当罐子在数年之后打开时，其内容物在味道、颜色和气味上均未改变。我们应感谢法国哲学家盖-吕萨克对这一

the discovery that boiling checks fermentation. An exclusive salt-meat diet is extremely injurious to the health; and, in former times, thousands of mariners lost their lives for the want of fresh aliments during long voyages. We are sorry to say that the preserved meats are sometimes carelessly prepared, and, though the statement seems incredible, sometimes adulterated. Dr. Lankester, who has done so much to expose the frauds of trade, that he ought to be regarded as a public benefactor, says that he has seen things which were utterly unfit for food, shipped as preserved meats. Surely, as he observes, there ought to be some superintendent to examine the so-called articles of food that are taken on board ship, so that the poor men who have been fighting our battles abroad may run no risk of being starved or poisoned on their way home.

煮制能够抑制发酵这一发现。完全以咸肉为食对健康极为有害；从前，成千上万的海员因长途航行中缺乏新鲜食物而丧命。我们遗憾地指出，保存肉类有时制作粗劣，而且--尽管这一说法似乎难以置信--有时还掺假。兰克斯特博士揭露商业欺诈功绩卓著，理应被视为公众恩人，他说他曾见过完全不适合食用的东西被当作保存肉类装船运输。诚如他所言，确实应当有监管人员检查那些所谓带上船的食物，以免那些在国外为我们作战的可怜人在归国途中面临挨饿或中毒的危险。

RIB OF BEEF BONES.

牛肋排骨

(*A Pretty Dish*.)

(一道漂亮的菜肴。)

644. INGREDIENTS.—Rib of beef bones, 1 onion chopped fine, a few slices of carrot and turnip, 1/4 pint of gravy.

644. 配料。--牛肋骨的骨头，1个洋葱切细，几片胡萝卜和芜菁，1/4品脱肉汁。

Mode.—The bones for this dish should have left on them a slight covering of meat; saw them into pieces 3 inches long; season them with pepper and salt, and put them into a stewpan with the remaining ingredients. Stew gently, until the vegetables are tender, and serve on a flat dish within walls of mashed potatoes.

做法。--此菜的骨头应留有一层薄肉；锯成3英寸长的块；用胡椒和盐调味，与其余配料一起放入炖锅中。文火慢炖，直至蔬菜变软，盛在平底盘中，周围围上土豆泥。

Time.—3/4 hour. *Average cost*, exclusive of the bones, 2d.

时间。--3/4小时。平均成本，不含骨头，2便士。

Seasonable at any time.

时令任何时候皆宜。

BEEF RISSOLES (Cold Meat Cookery).

牛肉馅饼(冷肉烹饪)。

645. INGREDIENTS.—The remains of cold roast beef; to each pound of meat allow 3/4 lb. of bread crumbs, salt and pepper to taste, a few chopped savoury herbs, 1/2 a teaspoonful of minced lemon-peel, 1 or 2 eggs, according to the quantity of meat.

645. 配料。--冷烤牛肉的剩余部分；每磅肉配3/4磅面包屑，适量盐和胡椒，少许切碎的香草，1/2茶匙切碎的柠檬皮，1或2个鸡蛋，视肉量而定。

Mode.—Mince the beef very fine, which should be rather lean, and mix with this bread crumbs, herbs, seasoning, and lemon-peel, in the above proportion, to each pound of meat. Make all into a thick paste with 1 or 2 eggs; divide into balls or cones, and fry a rich brown. Garnish the dish with fried parsley, and send with them to table some good brown gravy in a tureen. Instead of garnishing with fried parsley, gravy may be poured in the dish, round the rissoles: in this case, it will not be necessary to send any in a tureen.

做法。--将牛肉剁得极细，牛肉应偏瘦，按上述比例每磅肉拌入面包屑、香草、调味和柠檬皮。用1至2个鸡蛋将所有材料拌成稠糊；分成球状或锥状，煎至深棕色。用炸欧芹点缀菜肴，并随菜送上一盆优质棕色肉汁。若不欲以炸欧芹点缀，可将肉汁浇在盘中肉卷周围：如此则不必另送一盆肉汁。

Time.—From 5 to 10 minutes, according to size.

时间--视大小而定，5至10分钟。

Average cost, exclusive of the meat, 5d.

平均成本(不含肉类)为5便士。

Seasonable at any time.

时令任何时候皆宜。

ROLLED BEEF, to eat like Hare.

卷牛肉，吃起来像野兔肉。

646. INGREDIENTS.—About 5 lbs. of the inside of the sirloin, 2 glasses of port wine, 2 glasses of vinegar, a small quantity of forcemeat (No. 417), 1 teaspoonful of pounded allspice.

646. 配料。--约5磅牛里脊内侧肉，2杯波特酒，2杯醋，少量馅料(第417号),1茶匙捣碎的多香果。

Mode.—Take the inside of a large sirloin, soak it in 1 glass of port wine and 1 glass of vinegar, mixed, and let it remain for 2 days. Make a forcemeat by recipe No. 417, lay it on the meat, and bind it up securely. Roast it before a nice clear fire, and baste it with 1 glass each of port wine and vinegar, with which mix a teaspoonful of pounded allspice. Serve, with a good gravy in the dish, and send red-currant jelly to table with it.

做法。--取大块牛里脊的内侧肉，浸泡在1杯波特酒和1杯醋的混合液中，放置2天。按第417号食谱制作馅料，铺在肉上，牢固地捆扎好。在明亮的旺火前烤制，用各1杯波特酒和醋(其中混入一茶匙捣碎的多香果)浇淋。盛盘时盘中配上好肉汁，并佐以红醋栗果冻上桌。

Time.—A piece of 5 lbs. about 1-1/2 hour before a brisk fire.

Average cost, for this quantity, 5s. 4d.

Sufficient for 4 persons.

Seasonable at any time.

BEEF ROLLS (Cold Meat Cookery).

647. INGREDIENTS.—The remains of cold roast or boiled beef, seasoning to taste of salt, pepper, and minced herbs; puff paste.

Mode.—Mince the beef tolerably fine with a small amount of its own fat; add a seasoning of pepper, salt, and chopped herbs; put the whole into a roll of puff paste, and bake for 1/2 hour, or rather longer, should the roll be very large. Beef patties may be made of cold meat, by mincing and seasoning beef as directed above, and baking in a rich puff paste in patty-tins.

Time,—1/2 hour.

Seasonable at any time.

MINIATURE ROUND OF BEEF. (*An Excellent Dish for a Small Family*.)

648. INGREDIENTS.—From 5 to 10 lbs. of rib of beef, sufficient brine to cover the meat.

Mode.—Choose a fine rib, have the bone removed, rub some salt over the inside, and skewer the meat up into a nice round form, and bind it with tape. Put it into sufficient brine to cover it (the brine should be made by recipe No. 654), and let it remain for 6 days, turning the meat every day. When required to be dressed, drain from the pickle, and put the meat into very hot water; let it

时间。--一块5磅重的肉，在旺火前约需1-1/2小时。

平均成本，此数量为5先令4便士。

足量供4人食用。

时令任何时候皆宜。

牛肉卷(冷肉烹饪)。

647. 配料。--冷烤牛肉或煮牛肉的剩余部分，适量盐、胡椒和切碎的香草调味；千层酥皮。

做法。--将牛肉连同少量自身脂肪切得相当细；加入胡椒、盐和切碎的香草调味；将全部馅料卷入千层酥皮中，烘烤1/2小时，如果卷很大则需稍长一些。牛肉小馅饼可用冷肉制作，按上述方法切碎并调味牛肉，放入富油的千层酥皮中，在小馅饼模中烘烤。

时间,- 1/2小时。

时令任何时候皆宜。

迷你牛肉圆饼。(小家庭的佳肴。)

648. 配料。--5至10磅牛肋肉，足够的盐水以浸没肉。

做法。--选一块上好的肋肉，去骨，在内侧抹些盐，用签子将肉串成漂亮的圆形，用布带捆扎。放入足够的盐水中浸没(盐水应按第654号食谱制作)，放置6天，每天翻动肉。需要烹制时，从腌卤中沥出，将肉放入非常热的水中；让其

boil rapidly for a few minutes, when draw the pot to the side of the fire, and let it simmer very gently until done. Remove the skewer, and replace it by a plated or silver one. Carrots and turnips should be served with this dish, and may be boiled with the meat.

快速煮沸几分钟，然后将锅拉到火边，文火慢炖至熟。取下签子，换上一根镀银或银签子。此菜应配胡萝卜和芜菁，可与肉同煮。

Time.—A small round of 8 lbs., about 2 hours after the water boils; one of 12 lbs., about 3 hours.

时间。--8磅的小圆肉，水沸后约2小时；12磅的约3小时。

Average cost, 9d. per lb.

平均成本，每磅9便士。

Sufficient for 6 persons.

足量供6人食用。

Seasonable at any time.

时令任何时候皆宜。

Note.—Should the joint be very small, 4 or 5 days will be sufficient time to salt it.

注。--如果肉块很小，腌制4或5天即可。

BRISKET OF BEEF, a la Flamande.

牛胸肉，佛兰芒式(a la Flamande)。

649. INGREDIENTS.—About 6 or 8 lbs. of the brisket of beef, 4 or 5 slices of bacon, 2 carrots, 1 onion, a bunch of savoury herbs, salt and pepper to taste, 4 cloves, 4 whole allspice, 2 blades of mace.

649. 配料--约6或8磅牛胸肉，4或5片培根，2根胡萝卜，1个洋葱，一束香草，适量盐和胡椒，4粒丁香，4粒整多香果，2片肉豆蔻。

Mode.—Choose that portion of the brisket which contains the gristle, trim it, and put it into a stewpan with the slices of bacon, which should be put under and over the meat. Add the vegetables, herbs, spices, and seasoning, and cover with a little weak stock or water; close the stewpan as hermetically as possible, and simmer very gently for 4 hours. Strain the liquor, reserve a portion of it for sauce, and the remainder boil quickly over a sharp fire until reduced to a glaze, with which glaze the meat. Garnish the dish with scooped carrots and turnips, and when liked, a little cabbage; all of which must be cooked separately. Thicken and flavour the

做法。--选用含软骨的胸肉部位，修整后放入炖锅，培根片应置于肉的上下。加入蔬菜、香草、香料和调味，倒入少量淡高汤或水覆盖；将炖锅尽可能密封，文火慢炖4小时。滤出汤汁，留一部分作酱汁，其余用旺火快速煮沸收浓至 glaze 状，以此 glaze 涂抹肉面。用挖成球状的胡萝卜和芜菁点缀菜肴，若喜欢可加少许卷心菜；所有这些均须分别烹制。将

liquor that was saved for sauce, pour it round the meat, and serve. The beef may also be garnished with glazed onions, artichoke-bottoms, &c.

Time.—4 hours. *Average cost*, 7d. per lb.

Sufficient for 6 or 8 persons.

Seasonable at any time.

FRENCH BEEF.—It has been all but universally admitted, that the beef of France is greatly inferior in quality to that of England, owing to inferiority of pasturage. M. Curmer, however, one of the latest writers on the culinary art, tells us that this is a vulgar error, and that French beef is far superior to that of England. This is mere vaunting on the part of our neighbours, who seem to want *la gloire* in everything; and we should not deign to notice it, if it had occurred in a work of small pretensions; but M. Curmer's book professes to be a complete exposition of the scientific principles of cookery, and holds a high rank in the didactic literature of France. We half suspect that M. Curmer obtained his knowledge of English beef in the same way as did the poor Frenchman, whom the late Mr. Mathews, the comedian, so humorously described. Mr. Lewis, in his "Physiology of Common Life," has thus revived the story of the beef-eating son of France:—"A Frenchman was one day blandly remonstrating against the supercilious scorn expressed by Englishmen for the beef of France, which he, for his part, did not find so inferior to that of England. 'I have been two times in England,' he remarked, but I nevère find the bif so supérieur to ours. I find it vary conveenient that they bring it you on leetle pieces of stick, for one penny: but I do not find the bif supérieur.' On hearing this, the Englishman, red with astonishment,

留作酱汁的汤汁，浇在肉周围，即可上桌。牛肉也可用釉面洋葱、洋蓟底等装饰。

时间。- 4小时。平均成本，每磅7便士。

足量供6人或8人食用。

时令任何时候皆宜。

法国牛肉。--人们几乎普遍承认，由于牧场条件较差，法国牛肉的品质远逊于英国牛肉。然而，最新烹饪艺术作家之一柯尔梅先生告诉我们，这是一种庸俗的谬见，法国牛肉远优于英国牛肉。这不过是我们邻邦的吹嘘，他们似乎在一切事物上都要追求*la gloire*；倘若此话出自一部自命不凡的著作，我们本不屑一顾；但柯尔梅先生的书自称是对烹饪科学原理的完整阐述，在法国说教文学中享有崇高地位。我们半疑柯尔梅先生了解英国牛肉的方式，与已故喜剧演员马修斯先生曾诙谐描述的那位可怜法国人如出一辙。刘易斯先生在其《普通生活生理学》中如此重述了这位吃牛肉的法国人之子的故事：--“一天，一位法国人温和地抗议英国人对法国牛肉所表现出的傲慢蔑视，他本人并不觉得法国牛肉比英国牛肉差那么多。‘我去过英国两次，’他说，‘但我从未发现英国牛肉比我们的优越多少。我觉得他们用一根根小棍子把肉递给你，只要一便士，这很方便；但我并不觉得那牛肉更优越。’听到这话，那位英国人涨红了脸，惊愕不已，

exclaimed, 'Good heavens, sir! you have been eating cat's meat.'" No, M. Curmer, we are ready to acknowledge the superiority of your cookery, but we have long since made up our minds as to the inferiority of your raw material.

惊呼道："天哪，先生!您一直在吃猫肉。"不，柯尔梅先生，我们乐于承认您的烹饪技艺高超，但我们早已认定您的原料低劣。

BEEF OLIVES.

牛肉橄榄

I.

650. INGREDIENTS.—2 lbs. of rump-steak, 1 egg, 1 tablespoonful of minced savoury herbs, pepper and salt to taste, 1 pint of stock, No. 105, 2 or 3 slices of bacon, 2 tablespoonfuls of any store sauce, a slight thickening of butter and flour.

650. 配料。--2磅臀肉牛排，1个鸡蛋，1汤匙切碎的香草，适量胡椒和盐，1品脱高汤(第105号),2或3片培根，2汤匙任意现成酱汁，少许黄油和面粉勾芡。

Mode.—Have the steaks cut rather thin, slightly beat them to make them level, cut them into 6 or 7 pieces, brush over with egg, and sprinkle with herbs, which should be very finely minced; season with pepper and salt, and roll up the pieces tightly, and fasten with a small skewer. Put the stock in a stewpan that will exactly hold them, for by being pressed together, they will keep their shape better; lay in the rolls of meat, cover them with the bacon, cut in thin slices, and over that put a piece of paper. Stew them very *gently* for full 2 hours; for the slower they are done the better. Take them out, remove the skewers, thicken the gravy with butter and flour, and flavour with any store sauce that may be preferred. Give one boil, pour over the meat, and serve.

方式。--将牛排切得相当薄，稍微拍打使其平整，切成6或7块，刷上蛋液，撒上应切得极细的香草；用胡椒和盐调味，将肉块紧紧卷起，用小签子扎牢。把原汤倒入恰好能容纳它们的炖锅中，因为挤压在一起能更好地保持形状；放入肉卷，用切成薄片的培根覆盖，再在上面放一张纸。非常轻柔地炖满2小时；炖得越慢越好。取出，去掉签子，用黄油和面粉将肉汁勾芡，并用任何喜欢的市售酱汁调味。煮沸一次，浇在肉上，即可上桌。

Time.—2 hours. *Average cost*, 1s. per pound.

时间。--2小时。平均成本，每磅1先令。

Sufficient for 4 or 6 persons.

足量供4或6人食用。

Seasonable at any time.

时令任何时候皆宜。

II.

(*Economical.*)

651. INGREDIENTS.—The remains of underdone cold roast beef, bread crumbs, 1 shalot finely minced, pepper and salt to taste, gravy made from the beef bones, thickening of butter and flour, 1 tablespoonful of mushroom ketchup.

Mode.—Cut some slices of underdone roast beef about half an inch thick; sprinkle over them some bread crumbs, minced shalot, and a little of the fat and seasoning; roll them, and fasten with a small skewer. Have ready some gravy made from the beef bones; put in the pieces of meat, and stew them till tender, which will be in about 1-1/4 hour, or rather longer. Arrange the meat in a dish, thicken and flavour the gravy, and pour it over the meat, when it is ready to serve.

Time.—1-1/2 hour. *Average cost*, exclusive of the beef, 2d.

Seasonable at any time.

BROILED OX-TAIL (an Entree).

652. INGREDIENTS.—2 tails, 1-1/2 pint of stock, No. 105, salt and cayenne to taste, bread crumbs, 1 egg.

Mode.—Joint and cut up the tails into convenient-sized pieces, and put them into a stewpan, with the stock, cayenne, and salt, and, if liked very savoury, a bunch of sweet herbs. Let them simmer gently for about 2-1/2 hours; then take them out, drain them, and let them cool. Beat an egg upon a plate; dip in each piece of tail, and, afterwards, throw them into a dish of bread crumbs; broil them over a clear fire, until of a brownish colour on

二
。

(*Economical.*)

651. 配料。--半熟冷烤牛肉的剩余部分，面包屑，1个切细的红葱头，适量胡椒和盐，用牛骨制成的肉汁，黄油和面粉勾芡，1汤匙蘑菇番茄酱。

做法。--将半熟烤牛肉切成约半英寸厚的片；在上面撒些面包屑、切碎的红葱头和少许脂肪及调味料；卷起来，用小签子固定。准备好用牛骨制成的肉汁；放入肉卷，炖至软烂，约需1-1/4小时或稍长。将肉摆入盘中，将肉汁勾芡调味，待准备上桌时浇在肉上。

时间。--1-1/2小时。平均成本，不含牛肉，2便士。

时令任何时候皆宜。

烤牛尾(一道主菜)。

652. 配料。--2条牛尾，1-1/2品脱高汤(第105号)，适量盐和卡宴辣椒，面包屑，1个鸡蛋。

做法。--将牛尾切段，切成方便食用的小块，放入炖锅中，加入高汤、卡宴辣椒和盐，如果喜欢味道浓郁，可加一束香草。文火慢炖约2-1/2小时；然后取出，沥干，放凉。在盘中打一个鸡蛋；将每块牛尾蘸上蛋液，然后放入一盘面包屑中；在明火上炙烤至呈

both sides, and serve with a good gravy, or any sauce that may be preferred.

两面，并配以优质肉汁或任何偏好的酱汁。

Time.—About 2-1/2 hours. *Average cost*, from 9d. to 1s. 6d., according to the season.

时间。--约2-1/2小时。平均成本,9便士至1先令6便士，视时令而定。

Sufficient for 6 persons.

足量供6人食用。

Seasonable at any time.

时令任何时候皆宜。

Note.—These may be more easily prepared by putting the tails in a brisk oven, after they have been dipped in egg and bread-crumb; and, when brown, they are done. They must be boiled the same time as for broiling.

注。--若将牛尾先蘸上鸡蛋和面包屑，再放入旺烤箱中，或许更易烹制；烤至呈褐色即熟。煮制时间须与炙的时间相同。

STRANGE TAILS.—Naturalists cannot explain the uses of some of the strange tails borne by animals. In the Egyptian and Syrian sheep, for instance, the tail grows so large, that it is not infrequently supported upon a sort of little cart, in order to prevent inconvenience to the animal. Thin monstrous appendage sometimes attains a weight of seventy, eighty, or even a hundred pounds.

奇异的尾巴。--博物学家无法解释动物所生某些奇异尾巴的用途。例如，埃及和叙利亚绵羊的尾巴长得极大，常需置于一种小车上支撑，以免给动物带来不便。这细长的怪异附属物有时可达七十、八十甚至一百磅重。

TO DRESS BEEF PALATES (an Entree).

烹制牛腩(一道主菜)。

653. INGREDIENTS.—4 palates, sufficient gravy to cover them (No. 438), cayenne to taste, 1 tablespoonful of mushroom ketchup, 1 tablespoonful of pickled-onion liquor, thickening of butter and flour.

653.配料。--4个牛腭，足以覆盖它们的肉汁(第438号)，卡宴辣椒粉适量，1汤匙蘑菇番茄酱，1汤匙腌洋葱汁，黄油与面粉调成的增稠料。

Mode.—Wash the palates, and put them into a stewpan, with sufficient water to cover them, and let them boil until perfectly tender, or until the upper skin may be easily peeled off. Have ready sufficient gravy (No. 438) to cover them; add a good

做法。--洗净牛腭，放入炖锅，加足量水覆盖，煮至完全软嫩，或至表皮可轻易剥下。备好足量肉汁(第438号)覆盖它们；加入适量

seasoning of cayenne, and thicken with roux, No. 625, or a little butter kneaded with flour; let it boil up, and skim. Cut the palates into square pieces, put them in the gravy, and let them simmer gently for 1/2 hour; add ketchup and onion-liquor, give one boil, and serve.

卡宴辣椒粉调味，用面糊(第625号)或少许黄油与面粉揉合增稠；煮沸，撇去浮沫。将牛腭切成方块，放入肉汁中，小火煨1/2小时；加入番茄酱和洋葱汁，煮沸一次，即可上桌。

Time.—From 3 to 5 hours to boil the palates.

时间。--煮牛腭需3至5小时。

Sufficient for 4 persons.

足量供4人食用。

Seasonable at any time.

时令任何时候皆宜。

Note.—Palates may be dressed in various ways with sauce tournée, good onion sauce, tomato sauce, and also served in a vol-au-vent; but the above will be found a more simple method of dressing them.

注。--牛腭可用酱汁图尔内、优质洋葱酱汁、番茄酱汁等多种方式烹制，也可盛于酥皮盅中；但上述方法更为简便。

BEEF PICKLE, which may also be used for any kind of Meat, Tongues, or
Hams.

牛肉腌渍，也可用于任何种类的肉、舌或

火腿。

654. INGREDIENTS.—6 lbs. of salt, 2 lbs. of fine sugar, 3 oz. of powdered saltpetre, 3 gallons of spring water.

654.配料。--6磅盐，2磅细砂糖，3盎司粉状硝石，3加仑泉水。

Mode.—Boil all the ingredients gently together, so long as any scum or impurity arises, which carefully remove; when quite cold, pour it over the meat, every part of which must be covered with the brine. This may be used for pickling any kind of meat, and may be kept for some time, if boiled up occasionally with an addition of the ingredients.

做法。--将所有配料一起文火煮沸，持续撇去浮沫或杂质，仔细清除；待完全冷却后，浇在肉上，肉的每一部分都须被盐水覆盖。此盐水可用于腌制任何种类的肉，若偶尔煮沸并补充配料，可保存一段时间。

Time.—A ham should be kept in the pickle for a fortnight; a piece of beef weighing 14 lbs., 12 or 15 days; a tongue, 10 days or a fortnight.

时间。--火腿应在腌汁中存放两周；重14磅的牛肉块，12至15天；牛舌，10天至两周。

Note.—For salting and pickling meat, it is a good plan to rub in only half the quantity of salt directed, and to let it remain for a day or two to disgorge and effectually to get rid of the blood and slime; then rub in the remainder of the salt and other ingredients, and proceed as above. This rule may be applied to all the recipes we have given for salting and pickling meat.

注。--腌制肉类时，一个好办法是先只揉入规定用量一半的盐，放置一两天，使其排出并有效去除血水和黏液；然后再揉入剩余的盐和其他配料，按上述方法继续。此规则可适用于我们给出的所有腌肉食谱。

TO PICKLE PART OF A ROUND OF BEEF FOR HANGING.

腌制牛腿肉部分以供悬挂

655. INGREDIENTS.—For 14 lbs. of a round of beef allow 1-1/2 lb. of salt, 1/2 oz. of powdered saltpetre; or, 1 lb. of salt, 1/2 lb. of sugar, 4 oz. of powdered saltpetre.

655.配料。--对于14磅的牛圆腿，需1-1/2磅盐，1/2盎司粉状硝石；或1磅盐，1/2磅糖，4盎司粉状硝石。

Mode.—Rub in, and sprinkle either of the above mixtures on 14 lbs. of meat. Keep it in an earthenware pan, or a deep wooden tray, and turn twice a week during 3 weeks; then bind up the beef tightly with coarse linen tape, and hang it in a kitchen in which a fire is constantly kept, for 3 weeks. Pork, hams, and bacon may be cured in a similar way, but will require double the quantity of the salting mixture; and, if not smoke-dried, they should be taken down from hanging after 3 or 4 weeks, and afterwards kept in boxes or tubs, amongst dry oat-husks.

方式。--揉搓均匀，将上述任一种混合物撒在14 lbs.肉上。将其放入陶制平底锅或深木盘中，在三周内每周翻动两次；然后用粗麻布带将牛肉紧紧捆扎，挂在常年生火的厨房里三周。猪肉、火腿和培根可用类似方法腌制，但需用双倍的腌渍混合物；若不进行烟熏，挂置三至四周后应取下，随后存放在箱或桶中，埋于干燥的燕麦壳之间。

Time.—2 or 3 weeks to remain in the brine; to be hung 3 weeks.

时间。--在盐水中浸泡2至3周；悬挂3周。

Seasonable at any time.

时令任何时候皆宜。

Note.—The meat may be boiled fresh from this pickle, instead of smoking it.

注。--肉可从此腌汁中取出直接煮食，而不必熏制。

BEEP RAGOUT (Cold Meat Cookery).

毕普炖肉(冷肉烹饪)

656. INGREDIENTS.—About 2 lbs. of cold roast beef, 6 onions,

656. 配料--约2磅冷烤牛肉，6个洋葱，

pepper, salt, and mixed spices to taste; 1/2 pint of boiling water, 3 tablespoonfuls of gravy.

Mode.—Cut the beef into rather large pieces, and put them into a stewpan with the onions, which must be sliced. Season well with pepper, salt, and mixed spices, and pour over about 1/2 pint of boiling water, and gravy in the above proportion (gravy saved from the meat answers the purpose); let the whole stew very gently for about 2 hours, and serve with pickled walnuts, gherkins, or capers, just warmed in the gravy.

Time.—2 hours. *Average cost*, exclusive of the meat, 4d.

Seasonable at any time.

ROAST RIBS OF BEEF.

657. INGREDIENTS.—Beef, a little salt.

Mode.—-The fore-rib is considered the primest roasting piece, but the middle-rib is considered the most economical. Let the meat be well hung (should the weather permit), and cut off the thin ends of the bones, which should be salted for a few days, and then boiled. Put the meat down to a nice clear fire, put some clean dripping into the pan, dredge the joint with a little flour, and keep continually basting the whole time. Sprinkle some fine salt over it (this must never be done until the joint is dished, as it draws the juices from the meat); pour the dripping from the pan, put in a little boiling: water slightly salted, and *strain* the gravy over the meat. Garnish with tufts of scraped horseradish, and send horseradish sauce to table with it (*see* No. 447). A Yorkshire pudding (*see* Puddings) sometimes accompanies this dish, and, if

胡椒、盐和混合香料适量；1/2品脱沸水，3汤匙肉汁。

做法。--将牛肉切成较大的块，与切片洋葱一起放入炖锅。用胡椒、盐和混合香料充分调味，倒入约1/2品脱沸水和上述比例的肉汁(从肉中留存的肉汁即可)；整锅文火慢炖约2小时，配以腌核桃、小黄瓜或刺山柑上桌，只需在肉汁中稍加热即可。

时间。--2小时。平均费用，不含肉，4便士。

时令任何时候皆宜。

烤牛肋排。

657. 配料--牛肉，少许盐。

模式。--前肋被认为是最高级的烤肉部位，但中肋被认为是最经济的。让肉充分悬挂(如果天气允许)，切掉骨头的细端，这些细端应加盐腌几天，然后煮。将肉放在旺而清澈的火前，在烤盘中放入一些干净的滴油，在肉块上撒少许面粉，并全程不断浇淋。在肉上撒一些细盐(这必须等到肉装盘后才做，因为盐会吸出肉汁)；倒出烤盘中的滴油，加入少许微沸的淡盐水，将肉汁过滤后浇在肉上。用刮碎的辣根簇装饰，并配上辣根酱上桌(见第447号)。约克郡布丁(见布丁)有时会配这道菜，并且，如果

lightly made and well cooked, will be found a very agreeable addition.

制作轻盈、烹调得当，会被发现是非常令人愉快的添加。

Time.—10 lbs. of beef, 2-1/2 hours; 14 to 16 lbs., from 3-1/2 to 4 hours.

时间。--10磅牛肉，2-1/2小时；14至16磅，3-1/2至4小时。

Average cost, 8-1/2d. per lb.

平均成本，每磅8又1/2便士。

Sufficient.—A joint of 10 lbs. sufficient for 8 or 9 persons.

足量。--一块10磅的肉足够8至9人食用。

Seasonable at any time.

时令任何时候皆宜。

MEMORANDA IN ROASTING.—The management of the fire is a point of primary importance in roasting. A radiant fire throughout the operation is absolutely necessary to insure a good result. When the article to be dressed is thin and delicate, the fire may be small; but when the joint is large, the fire must fill the grate. Meat must never be put down before a hollow or exhausted fire, which may soon want recruiting; on the other hand, if the heat of the fire becomes too fierce, the meat must be removed to a considerable distance till it is somewhat abated. Some cooks always fail in their roasts, though they succeed in nearly everything else. A French writer on the culinary art says that anybody can learn how to cook, but one must be born a roaster. According to Liebig, beef or mutton cannot be said to be sufficiently roasted until it has acquired, throughout the whole mass, a temperature of 158°; but poultry may be well cooked when the inner parts have attained a temperature of from 130° to 140°. This depends on the greater amount of blood which beef and mutton contain, the colouring matter of blood not being coagulable under 158°.

烤制注意事项。--火候的管理是烤制中首要重要的一点。整个操作过程中辐射火是确保良好结果的绝对必要条件。当要烹制的物品薄而精致时，火可以小一些；但当肉块很大时，火必须充满炉栅。肉绝不能放在中空或即将熄灭的火前，那样的火可能很快需要添燃料；另一方面，如果火的热度变得过于猛烈，必须将肉移到相当远的地方，直到热度稍减。有些厨师烤肉总是失败，尽管他们几乎在其他一切方面都很成功。一位法国烹饪艺术作家说，任何人都能学会如何烹饪，但一个人必须生来就是烤肉师。根据李比希的说法，牛肉或羊肉在整个肉块内部达到158°的温度之前，不能说是烤得足够；但家禽在内部达到130°至140°的温度时就可以说烤好了。这取决于牛肉和羊肉含有较多的血液，血液的色素物质在158°以下不会凝固。

ROAST RIBS OF BEEF, Boned and Rolled (a very Convenient Joint

烤牛肋排，去骨卷制(非常方便的一块肉)

for a
Small Family).

658. INGREDIENTS.—1 or 2 ribs of beef.

Mode.—Choose a fine rib of beef, and have it cut according to the weight you require, either wide or narrow. Bone and roll the meat round, secure it with wooden skewers, and, if necessary, bind it round with a piece of tape. Spit the beef firmly, or, if a bottle-jack is used, put the joint on the hook, and place it *near* a nice clear fire. Let it remain so till the outside of the meat is set, when draw it to a distance, and keep continually basting until the meat is done, which can be ascertained by the steam from it drawing towards the fire. As this joint is solid, rather more than 1/4 hour must be allowed for each lb. Remove the skewers, put in a plated or silver one, and send the joint to table with gravy in the dish, and garnish with tufts of horseradish. Horseradish sauce, No. 447, is a great improvement to roast beef.

Time.—For 10 lbs. of the rolled ribs, 3 hours (as the joint is very solid, we have allowed an extra 1/2 hour); for 6 lbs., 1-1/2 hour.

Average cost, 8-1/2d. per lb.

Sufficient.—A joint of 10 lbs. for 6 or 8 persons.

Seasonable all the year.

Note.—When the weight exceeds 10 lbs., we would not advise the above method of boning and rolling; only in the case of 1 or 2 ribs, when the joint cannot stand upright in the dish, and would look awkward. The bones should be put in with a few vegetables and herbs, and made into stock.

为
小家庭)。

658. 配料--1或2条牛肋肉。

模式。--选用一块上好的牛肋排，按所需重量让人切好，或宽或窄均可。去骨后将肉卷成圆筒形，用木签固定，必要时用一条布带捆扎。将牛肉牢牢地串在烤肉叉上，若使用瓶式烤肉架，则将肉块挂在钩上，置于明亮旺盛的火旁近处。先让其在近火处烤至表面定型，然后移远一些，不断浇淋油脂，直至肉熟，可通过肉上蒸汽向火的方向飘动来判断是否烤熟。由于此肉块紧实，每磅须烤制略多于1/4小时。取下木签，换上一根镀金或银质肉签，将肉块连同盘中的肉汁一起端上桌，以成簇的辣根作装饰。辣根酱汁(第447号)对烤牛肉是极大的增色。

时间。--对于10磅的卷肋排，需3小时(由于该肉块非常坚实，我们额外允许了1/2小时)；对于6磅，需1-1/2小时。

平均成本，每磅8-1/2便士。

充足。- 一块10磅的肉，供6人或8人食用。

时令全年皆宜。

注。--当重量超过10磅时，我们不建议采用上述去骨和卷起的方法；只有在1或2根肋排的情况下，当肉块无法在盘中直立、看起来不美观时才采用。骨头应与少量蔬菜和香草一起放入，制成高汤。

ROAST BEEF has long been a national dish in England. In most of our patriotic songs it is contrasted with the fricasseed frogs, popularly supposed to be the exclusive diet of Frenchmen.

"O the roast beef of old England,
And O the old English roast beef."

This national chorus is appealed to whenever a song-writer wishes to account for the valour displayed by Englishmen at sea or on land.

ROAST SIRLOIN OF BEEF.

659. INGREDIENTS.—Beef, a little salt.

Mode.—As a joint cannot be well roasted without a good fire, see that it is well made up about 3/4 hour before it is required, so that when the joint is put down, it is clear and bright. Choose a nice sirloin, the weight of which should not exceed 16 lbs., as the outside would be too much done, whilst the inside would not be done enough. Spit it or hook it on to the jack firmly, dredge it slightly with flour, and place it near the fire at first, as directed in the preceding recipe. Then draw it to a distance, and keep continually basting until the meat is done. Sprinkle a small quantity of salt over it, empty the dripping-pan of all the dripping, pour in some boiling water slightly salted, stir it about, and *strain* over the meat. Garnish with tufts of horseradish, and send horseradish sauce and Yorkshire pudding to table with it. For carving, *see* p. 317.

Time.—A sirloin of 10 lbs., 2-1/2 hours; 14 to 16 lbs., about 4 or 4-1/2 hours.

烤牛肉长期以来一直是英格兰的国民菜肴。在我们大多数爱国歌曲中，它都与炖蛙肉形成对比，后者被普遍认为是法国人的专属饮食。

哦，古老英格兰的烤牛肉，
还有那古老的英国烤牛肉。

每当歌曲作者想要解释英国人在海上或陆地上所展现的英勇时，就会援引这首国民合唱曲。

烤牛里脊

659. 配料--牛肉，少许盐。

模式。--由于没有旺火便无法将肉块烤好，须在需要前约3/4小时把火生旺，使肉块放入时火焰清澈明亮。选用一块上好的牛里脊，重量不应超过16 lbs.，否则外表会烤得过熟，而内部却未熟透。将其串在烤肉叉上或牢牢挂在烤肉架上，轻轻撒上一层面粉，按前一道食谱的指示先置于近火处。然后移远一些，不断浇淋油脂直至肉熟。在肉上撒少量盐，倒空烤盘中的全部滴油，注入一些略加盐的沸水，搅动一下，过滤后浇在肉上。以成簇的辣根作装饰，连同辣根酱汁和约克郡布丁一起端上桌。关于切肉，参见第317页。

时间。--10磅的牛里脊，需2-1/2小时；14至16磅，约需4或4-1/2小时。

Average cost, 8-1/2d. per lb.

Sufficient.—A joint of 10 lbs. for 8 or 9 persons.

Seasonable at any time.

The rump, round, and other pieces of beef are roasted in the same manner, allowing for solid joints; 1/4 hour to every lb.

Note.—-The above is the usual method of roasting moat; but to have it in perfection and the juices kept in, the meat should at first be laid close to the fire, and when the outside is set and firm, drawn away to a good distance, and then left to roast very slowly; where economy is studied, this plan would not answer, as the meat requires to be at the fire double the time of the ordinary way of cooking; consequently, double the quantity of fuel would be consumed.

ORIGIN OF THE WORD "SIRLOIN."—The loin of beef is said to have been knighted by King Charles II., at Friday Hall, Chingford. The "Merry Monarch" returned to this hospitable mansion for Epping Forest literally "as hungry as a hunter," and beheld, with delight, a huge loin of beef steaming upon the table. "A noble joint!" exclaimed the king. "By St. George, it shall have a title!" Then drawing his sword, he raised it above the meat, and cried, with mock dignity, "Loin, we dub thee knight; henceforward be Sir Loin!" This anecdote is doubtless apocryphal, although the oak table upon which the joint was supposed to have received its knighthood, might have been seen by any one who visited Friday-Hill House, a few years ago. It is, perhaps, a pity to spoil so noble a story; but the interests of truth demand that we declare that *sirloin* is probably a corruption of *surloin*, which signifies the upper

平均成本，每磅8又1/2便士。

足量。--10磅重的关节肉，供8或9人食用。

时令任何时候皆宜。

牛臀肉、牛圆腿及其他部位的牛肉以同样方式烤制，考虑到肉块的坚实程度；每磅需1/4小时。

注。--以上是烤肉的通常方法；但若要烤得完美并保留肉汁，肉应首先靠近火放置，当外表凝固变硬后，移到较远处，然后让其非常缓慢地烤制。若考虑经济性，这种方法并不划算，因为肉所需的火烤时间是普通烹饪方式的两倍；因此，燃料的消耗量也将是两倍。

“SIRLOIN”一词的起源。--据说牛腰肉曾被国王查理二世在钦福德星期五府封为爵士。“快乐君主”为埃平森林而回到这座好客的宅邸时，真可谓“饿得像猎人一样”，他欣喜地看到一大块牛腰肉热气腾腾地摆在桌上。“高贵的肉块!”国王惊呼道，“以圣乔治之名，它该有个封号!”于是他拔出剑，举于肉上，故作威严地高呼：“腰肉，朕封你为骑士；从今往后，你就叫‘爵士腰肉’(Sir Loin)!”这则轶事无疑不足凭信，尽管几年前任何到访星期五山宅的人或许还能见到那块据说是牛腰肉受封时所搁的橡木桌。毁掉如此高贵的传说或许可惜；但为求真相，我们必须声明，*sirloin*很可能是*surloin*的讹变，后者意为上部

part of a loin, the prefix *sur* being equivalent to *over* or *above*. In French we find this joint called *surlonge*, which so closely resembles our *sirloin*, that we may safely refer the two words to a common origin.

腰肉的一部分，前缀*sur*相当于*over*或*above*。在法语中，我们发现这块肉被称为*surlonge*，它与我们的*sirloin*如此相似，以至于我们可以稳妥地将这两个词归于同一来源。

TO SALT BEEF.

腌牛肉

660. INGREDIENTS.—1/2 round of beef, 4 oz. of sugar, 1 oz. of powdered saltpetre, 2 oz. of black pepper, 1/4 lb. of bay-salt, 1/2 lb. of common salt. *Mode.*—Rub the meat well with salt, and let it remain for a day, to disgorge and clear it from slime. The next day, rub it well with the above ingredients on every side, and let it remain in the pickle for about a fortnight, turning it every day. It may be boiled fresh from the pickle, or smoked.

660. 配料。--1/2块牛圆腿肉，4盎司糖，1盎司粉状硝石，2盎司黑胡椒，1/4磅海湾盐，1/2磅普通盐。做法。--用盐将肉搓匀，放置一天，使其排出并清除黏液。第二天，用上述配料在肉的各面搓匀，在腌汁中放置约两周，每天翻动。可直接从腌汁中取出煮食，或熏制。

Time.—1/2 round of beef to remain in pickle about a fortnight. *Average cost*, 7d. per lb. *Seasonable* at any time.

时间。--1/2块牛圆腿肉在腌汁中放置约两周。平均成本，每磅7便士。时令随时皆宜。

Note.—The aitch-bone, flank, or brisket may be salted and pickled by any of the recipes we have given for salting beef, allowing less time for small joints to remain in the pickle; for instance, a joint of 8 or 9 lbs. will be sufficiently salt in about a week.

注。--臀骨肉、腹肉或胸肉可用我们给出的任何腌牛肉食谱进行盐腌和腌制，小肉块在腌汁中放置的时间应相应缩短；例如，一块8或9磅的肉约一周即可充分入味。

THE DUTCH WAY TO SALT BEEF.

荷兰式腌牛肉

661. INGREDIENTS.—10 lbs. of lean beef, 1 lb. of treacle, 1 oz. of saltpetre, 1 lb. of common salt.

661. 配料。--10磅瘦牛肉，1磅糖蜜，1盎司硝石，1磅普通盐。

Mode.—Rub the beef well with the treacle, and let it remain for 3 days, turning and rubbing it often; then wipe it, pound the salt and saltpetre very fine, rub these well in, and turn it every day for 10 days. Roll it up tightly in a coarse cloth, and press it under a

做法。--用糖蜜将牛肉搓匀，放置3天，经常翻动和搓揉；然后擦净，将盐和硝石研成极细的粉末，充分搓入，每天翻动，持续10天。用粗布将其紧紧卷起，在重物下压

large weight; have it smoked, and turn it upside down every day. Boil it, and, on taking it out of the pot, put a heavy weight on it to press it.

以大重物；进行熏制，每天将其上下翻转。煮制，从锅中取出后，压上重物使其紧实。

Time.—17 days.

时间。--17天。

Seasonable at any time.

时令任何时候皆宜。

BEEF SAUSAGES.

牛肉香肠。

662. INGREDIENTS.—To every lb. of suet allow 2 lbs. of lean beef; seasoning to taste of salt, pepper, and mixed spices.

662. 配料。--每磅板油配2磅瘦牛肉；用盐、胡椒和混合香料调味至适口。

Mode.—Clear the suet from skin, and chop that and the beef as finely as possible; season with pepper, salt, and spices, and mix the whole well together. Make it into flat cakes, and fry of a nice brown. Many persons pound the meat in a mortar after it is chopped (but this is not necessary when the meat is minced finely.)

做法。--去除板油的皮，将板油和牛肉尽可能切细；用胡椒、盐和香料调味，将所有材料充分混合。做成扁平的饼状，煎至漂亮的棕色。许多人在切碎后用研钵将肉捣碎(但若肉已切得很细，则无此必要)。

Time.—10 minutes. *Average cost*, for this quantity, 1s. 6d.

时间。--10分钟。平均成本，此分量，1先令6便士。

Seasonable at any time.

时令任何时候皆宜。

BEEF-STEAK, Rolled, Roasted, and Stuffed.

牛肉排，卷制、烤制并填馅。

663. INGREDIENTS.—2 lbs. of rump-steak, forcemeat No. 417, pepper and salt to taste, clarified butter.

663. 配料。--2磅牛臀牛排，第417号馅料，胡椒和盐适量，澄清黄油。

Mode.—Have the steaks cut rather thick from a well-hung rump of beef, and sprinkle over them a seasoning of pepper and salt. Make a forcemeat by recipe No. 417; spread it over *half* of the steak; roll it up, bind and skewer it firmly, that the forcemeat may not escape, and roast it before a nice clear fire for about 1-1/2 hour,

做法。--将牛排从悬挂充分的牛臀肉上切得较厚，撒上胡椒和盐的调味。按第417号食谱制作馅料；将其铺在牛排的一半上；卷起，捆扎并用签子牢牢固定，以免馅料漏出，在明亮的旺火前烤制约1-1/2小时，

or rather longer, should the roll be very large and thick. Keep it constantly basted with butter, and serve with brown gravy, some of which must be poured round the steak, and the remainder sent to table in a tureen.

Time.—1-1/2 hour. *Average cost*, 1s. per lb.

Sufficient for 4 persons.

Seasonable all the year, but best in winter.

SLICED AND BROILED BEEF—a Pretty Dish (Cold Meat Cookery).

664. INGREDIENTS.—A few slices of cold roast beef, 4 or 5 potatoes, a thin batter, pepper and salt to taste.

Mode.—Pare the potatoes as you would peel an apple; fry the parings in a thin batter seasoned with salt and pepper, until they are of a light brown colour, and place them on a dish over some slices of beef, which should be nicely seasoned and broiled.

Time.—5 minutes to broil the meat.

Seasonable at any time.

SPICED BEEF (to Serve Cold).

665. INGREDIENTS.—14 lbs. of the thick flank or rump of beef, 1/2 lb. of coarse sugar, 1 oz. of saltpetre, 1/4 lb. of pounded allspice, 1 lb. of common salt.

Mode.—Rub the sugar well into the beef, and let it lay for 12 hours; then rub the saltpetre and allspice, both of which should be pounded, over the meat, and let it remain for another 12 hours; then rub in the salt. Turn daily in the liquor for a fortnight, soak it for a few hours in water, dry with a cloth, cover with a coarse

若肉卷很大很厚，则需更长时间。不断用黄油浇淋，配棕色肉汁上桌，部分肉汁浇在牛排周围，其余盛在汤碗中送桌上。

时间。- 1-1/2小时。平均成本，每磅1先令。

足量供4人食用。

四季皆宜，但冬季最佳。

切片烤牛肉--一道美观的菜肴(冷肉烹饪)。

664. 配料。--几片冷烤牛肉，4或5个土豆，稀面糊，胡椒和盐适量。

做法。--像削苹果一样削去土豆皮；将削下的皮裹上用盐和胡椒调味的稀面糊，炸至浅棕色，放在盛有牛肉片的盘子上，牛肉片应调味得当并烤过。

时间。- 烤肉需5分钟。

时令任何时候皆宜。

五香牛肉(冷食)。

665. 配料--14磅牛厚腹肉或臀肉，

1/2磅粗糖，1盎司硝石，1/4磅研碎的多香果，1磅普通盐。

做法。--将糖充分搓入牛肉，放置12小时；然后将硝石和多香果(两者均应研碎)搓在肉上，再放置12小时；然后搓入盐。每天在腌汁中翻动，持续两周，在水中浸泡数小时，用布擦干，裹上粗

paste, put a little water at the bottom of the pan, and bake in a moderate oven for 4 hours. If it is not covered with a paste, be careful to put the beef into a deep vessel, and cover with a plate, or it will be too crisp. During the time the meat is in the oven it should be turned once or twice.

面皮，在烤盘底部放少量水，在中等烤箱中烤4小时。若不裹面皮，务必注意将牛肉放入深容器中，并用盘子盖住，否则会过于干硬。肉在烤箱期间应翻动一两次。

Time.—4 hours. *Average cost*, 7d. per lb.

时间。- 4小时。平均成本，每磅7便士。

Seasonable at any time.

时令任何时候皆宜。

BAKING MEAT.—Baking exerts some unexplained influence on meat, rendering it less savoury and less agreeable than meat which has been roasted. "Those who have travelled in Germany and France," writes Mr. Lewis, one of our most popular scientific authors, "must have repeatedly marvelled at the singular uniformity in the flavour, or want of flavour, of the various 'roasts' served up at the *table-d'hôte*." The general explanation is, that the German and French meat is greatly inferior in quality to that of England and Holland, owing to the inferiority of pasturage; and doubtless this is one cause, but it is not the chief cause. The meat is inferior, but the cooking is mainly at fault. The meat is scarcely ever *roasted*, because there is no coal, and firewood is expensive. The meat is therefore *baked;* and the consequence of this baking is, that no meat is eatable or eaten, with its own gravy, but is always accompanied by some sauce more or less piquant. The Germans generally believe that in England we eat our beef and mutton almost raw; they shudder at our gravy, as if it were so much blood.

烘肉。--烘烤对肉会产生某种尚未解释清楚的影响，使其不如烤制的肉那样鲜美可口。我们最受欢迎的科普作家之一刘易斯先生写道：“那些在德国和法国旅行过的人，必定屡屡惊异于客饭餐桌上所供各种‘烤肉’风味上那种奇特的千篇一律，或者说毫无风味。”一般的解释是，德国和法国的肉在品质上远逊于英国和荷兰的肉，原因在于牧场较差；这无疑是一个原因，但并非主要原因。肉是较差，但主要过错在烹饪。肉几乎从不烤制，因为没有煤，而木柴又昂贵。因此肉是烘制的；这种烘制的结果是，没有一种肉能就着自身的肉汁食用或被人食用，而总是配以某种或多或少带刺激味的酱汁。德国人普遍认为我们在英国吃牛肉和羊肉几乎是生的；他们对我们的肉汁不寒而栗，仿佛那全是血。

STEWED BEEF or RUMP STEAK (an Entree).

炖牛肉或臀肉牛排(一道主菜)。

666. INGREDIENTS.—About 2 lbs. of beef or rump steak, 3

666. 658. 配料--约2磅牛肉或牛臀肉排，3

onions, 2 turnips, 3 carrots, 2 or 3 oz. of butter, 1/2 pint of water, 1 teaspoonful of salt, 1/2 do. of pepper, 1 tablespoonful of ketchup, 1 tablespoonful of flour.

洋葱，2个芜菁，3根胡萝卜，2或3盎司黄油，1/2品脱水，1茶匙盐，1/2茶匙胡椒，1汤匙番茄酱，1汤匙面粉。

Mode.—Have the steaks cut tolerably thick and rather lean; divide them into convenient-sized pieces, and fry them in the butter a nice brown on both sides. Cleanse and pare the vegetables, cut the onions and carrots into thin slices, and the turnips into dice, and fry these in the same fat that the steaks were done in. Put all into a saucepan, add 1/2 pint of water, or rather more should it be necessary, and simmer very gently for 2-1/2 or 3 hours; when nearly done, skim well, add salt, pepper, and ketchup in the above proportions, and thicken with a tablespoonful of flour mixed with 2 of cold water. Let it boil up for a minute or two after the thickening is added, and serve. When a vegetable-scoop is at hand, use it to cut the vegetables in fanciful shapes, and tomato, Harvey's sauce, or walnut-liquor may be used to flavour the gravy. It is less rich if stewed the previous day, so that the fat may be taken off when cold; when wanted for table, it will merely require warming through.

模式。--将牛排切得相当厚，且偏瘦；分成大小适中的块，用黄油将两面煎至漂亮的棕色。将蔬菜洗净修整，洋葱和胡萝卜切成薄片，芜菁切成骰子块，用煎牛排的同一油脂煎这些蔬菜。全部放入炖锅，加入1/2 pint水，必要时可略多些，非常轻柔地煨2-1/2至3小时；快好时撇净浮沫，按上述比例加入盐、胡椒和番茄酱，并用一汤匙面粉与两汤匙冷水调匀后勾芡。加入芡汁后再煮沸一两分钟，即可上桌。手边若有挖球器，可用它将蔬菜切成花式形状，亦可用番茄、哈维酱或核桃酒为肉汁调味。若前一天炖好，待冷却后撇去油脂，则更为清淡；需要上桌时，只需热透即可。

Time.—3 hours. Average cost, 1s. per lb.

时间--3小时。平均成本，每磅1先令。

Sufficient for 4 or 5 persons.

足量供4或5人食用。

Seasonable at any time.

时令任何时候皆宜。

STEWED BEEF AND CELERY SAUCE (Cold Meat Cookery).

炖牛肉配芹菜酱(冷肉烹饪)

667. INGREDIENTS.—3 roots of celery, 1 pint of gravy, No. 436, 2 onions sliced, 2 lbs. of cold roast or boiled beef.

667. 配料。--3根芹菜，1品脱肉汁，第436号，2个切片洋葱，2磅冷烤或煮牛肉。

Mode.—Cut the celery into 2-inch pieces, put them in a stew-pan, with the gravy and onions, simmer gently until the celery is

做法。--将芹菜切成2英寸长的段，与肉汁和洋葱一起放入炖锅中，小火慢炖至芹菜

tender, when add the beef cut into rather thick pieces; stew gently for 10 minutes, and serve with fried potatoes.

Time.—From 20 to 25 minutes to stew the celery.

Average cost, exclusive of the meat, 6d.

Seasonable from September to January.

STEWED BEEF WITH OYSTERS (Cold Meat Cookery).

668. INGREDIENTS.—A few thick steaks of cold ribs or sirloin of beef, 2 oz. of butter, 1 onion sliced, pepper and salt to taste, 1/2 glass of port wine, a little flour to thicken, 1 or 2 dozen oysters, rather more than 1/2 pint of water.

Mode.—Cut the steaks rather thick, from cold sirloin or ribs of beef; brown them lightly in a stewpan, with the butter and a little water; add 1/2 pint of water, the onion, pepper, and salt, and cover the stewpan closely, and let it simmer very gently for 1/2 hour; then mix about a teaspoonful of flour smoothly with a little of the liquor; add the port wine and oysters, their liquor having been previously strained and put into the stewpan; stir till the oysters plump, and serve. It should not boil after the oysters are added, or they will harden.

Time.—1/2 hour. *Average cost*, exclusive of the meat, 1s. 4d.

Seasonable from September to April.

STEWED BRISKET OF BEEF.

669. INGREDIENTS.—7 lbs. of a brisket of beef, vinegar and salt, 6 carrots, 6 turnips, 6 small onions, 1 blade of pounded mace, 2

变软，然后加入切成较厚片的牛肉；小火炖10分钟，配炸土豆上桌。

时间。- 炖煮芹菜需20至25分钟。

平均成本，不含肉，6便士。

时令九月至一月。

牡蛎炖牛肉(冷肉烹饪)

668. 配料。--几块厚实的冷肋排或牛里脊牛排，2盎司黄油，1个切片洋葱，胡椒和盐适量，1/2杯波特酒，少量面粉用于勾芡，1或2打牡蛎，略多于1/2品脱的水。

做法。--将牛排切得稍厚，取自冷的牛里脊或牛肋；在炖锅中用黄油和少许水将其略微煎黄；加入1/2品脱水、洋葱、胡椒和盐，盖紧炖锅，用文火慢炖1/2小时；然后将约一茶匙面粉与少许汤汁调匀；加入波特酒和牡蛎，牡蛎的汁液须事先滤过并放入炖锅；搅拌至牡蛎饱满，即可上桌。加入牡蛎后不可煮沸，否则牡蛎会变硬。

时间。--1/2小时。平均成本，不含肉，1先令4便士。

时令从九月到四月。

炖牛胸肉

669. 配料--牛胸肉7磅，醋和盐，
6根胡萝卜，6个芜菁，6个小洋葱，1片捣碎的肉豆蔻，2

whole allspice pounded, thickening of butter and flour, 2 tablespoonfuls of ketchup; stock, or water.

Mode.—About an hour before dressing it, rub the meat over with vinegar and salt; put it into a stewpan, with sufficient stock to cover it (when this is not at hand, water may be substituted for it), and be particular that the stewpan is not much larger than the meat. Skim well, and when it has simmered very gently for 1 hour, put in the vegetables, and continue simmering till the meat is perfectly tender. Draw out the bones, dish the meat, and garnish either with tufts of cauliflower or braised cabbage cut in quarters. Thicken as much gravy as required, with a little butter and flour; add spices and ketchup in the above proportion, give one boil, pour some of it over the meat, and the remainder send in a tureen.

Time.—rather more than 3 hours. *Average cost*, 7d. per lb.

Sufficient for 7 or 8 persons.

Seasonable at any time.

Note.—The remainder of the liquor in which the beef was boiled may be served as a soup, or it may be sent to table with the meat in a tureen.

STEWED RUMP OF BEEF.

670. INGREDIENTS.—1/2 rump of beef, sufficient stock to cover it (No. 105), 4 tablespoonfuls of vinegar, 2 tablespoonfuls of ketchup, 1 large bunch of savoury herbs, 2 onions, 12 cloves, pepper and salt to taste, thickening of butter and flour, 1 glass of port wine.

整粒多香果捣碎，用黄油和面粉勾芡，2汤匙番茄酱；原汤或水。

做法。--在烹制前约一小时，用醋和盐涂抹肉；放入炖锅，加入足以没过肉的汤汁(若无汤汁，可用水代替)，务必注意炖锅不要比肉大太多。撇去浮沫，文火慢炖1小时后，放入蔬菜，继续慢炖至肉完全软嫩。抽出骨头，将肉装盘，用花椰菜小朵或切成四块的焖卷心菜作配菜。按所需量取肉汁，用少许黄油和面粉勾芡；按上述比例加入香料和番茄酱，煮沸一次，将一部分浇在肉上，其余盛入汤碗送上。

时间。- 3小时多一点。平均成本，每磅7便士。

足量供7至8人食用。

时令任何时候皆宜。

注。- 煮牛肉所剩的汤汁可作为汤上桌，也可连同肉一起盛在汤碗里端上桌。

炖牛臀肉。

670. 配料。-半个牛臀肉，足以没过它的原汤(第105号),4汤匙醋，2汤匙番茄酱，1大把香草，2个洋葱，12粒丁香，胡椒和盐适量，用黄油和面粉勾芡，1杯波特酒。

Mode.—Cut out the bone, sprinkle the meat with a little cayenne (this must be sparingly used), and bind and tie it firmly up with tape; put it into a stewpan with sufficient stock to cover it, and add vinegar, ketchup, herbs, onions, cloves, and seasoning in the above proportion, and simmer very gently for 4 or 5 hours, or until the meat is perfectly tender, which may be ascertained by piercing it with a thin skewer. When done, remove the tape, lay it into a deep dish, which keep hot; strain and skim the gravy, thicken it with butter and flour, add a glass of port wine and any flavouring to make the gravy rich and palatable; let it boil up, pour over the meat, and serve. This dish may be very much enriched by garnishing with forcemeat balls, or filling up the space whence the bone is taken with a good forcemeat; sliced carrots, turnips, and onions boiled with the meat, are also a great improvement, and, where expense is not objected to, it may be glazed. This, however, is not necessary where a good gravy is poured round and over the meat.

做法。--剔出骨头，在肉上撒少许卡宴辣椒粉(须少用)，用线绳牢牢捆扎；放入炖锅，加入足以没过肉的汤汁，并按上述比例加入醋、番茄酱、香草、洋葱、丁香和调味，文火慢炖4至5小时，或至肉完全软嫩，可用细签刺入以确认。煮好后，解去线绳，放入深盘并保温；将肉汁滤过并撇去浮沫，用黄油和面粉勾芡，加入一杯波特酒及任何可使肉汁浓郁可口的调味料；煮沸后浇在肉上，即可上桌。此菜可用肉馅丸子作配菜，或用上好的肉馅填满去骨处的空隙，大为增色；与肉同煮的胡萝卜片、芜菁和洋葱亦是极大的改进，若不计较费用，还可上釉。不过，若周围和肉上浇有好肉汁，则不必如此。

Time.—1/2 rump stewed gently from 4 to 5 hours.

时间。--半块牛臀肉，文火炖4至5小时。

Average cost, 10d. per lb. *Sufficient* for 8 or 10 persons.

平均成本，每磅10便士。足够8至10人食用。

Seasonable at any time.

时令任何时候皆宜。

Note.—A stock or gravy in which to boil the meat, may be made of the bone and trimmings, by boiling them with water, and adding carrots, onions, turnips, and a bunch of sweet herbs. To make this dish richer and more savoury, half-roast the rump, and afterwards stew it in strong stock and a little Madeira. This is an expensive method, and is not, after all, much better than a plainer-dressed joint.

注。- 用来煮肉的原汤或肉汁，可用骨头和边角料加水煮沸，并加入胡萝卜、洋葱、芜菁和一把香草制成。若要使这道菜更浓郁、更鲜美，可将牛臀肉烤至半熟，然后在浓原汤和少许马德拉酒中炖煮。这是一种昂贵的做法，而且终究并不比普通烹调的关节肉好多少。

THE BARON OF BEEF.—This noble joint, which consisted of two sirloins not cut asunder, was a favourite dish of our ancestors. It is rarely seen nowadays; indeed, it seems out of place on a modern table, as it requires the grim boar's head and Christmas pie as supporters. Sir Walter Scott has described a feast at which the baron of beef would have appeared to great advantage. We will quote a few lines to remind us of those days when "England was merry England," and when hospitality was thought to be the highest virtue.

"The fire, with well-dried logs supplied,
Went roaring up the chimney wide;
The huge hall-table's oaken face,
Scrubb'd till it shone, the day to grace,
Bore then, upon its massive board,
No mark to part the squire and lord.
Then was brought in the lusty brawn,
By old blue-coated serving-man;
Then the grim boar's head frown'd on high,
Crested with bays and rosemary.
Well can the green-garb'd ranger tell
How, when, and where the monster fell;
What dogs before his death he tore,
And all the baiting of the boar;
While round the merry wassel bowl,
Garnish'd with ribbons, blithe did trowl.
There the huge sirloin reek'd; hard by
Plum-porridge stood, and Christmas pie;
Nor fail'd old Scotland to produce,
At such high tide, her savoury goose."

牛男爵。--这块高贵的肉块由两块未切开的牛里脊构成，是我们祖先喜爱的一道菜。如今已难得一见；的确，它似乎不适合现代餐桌，因为它需要狰狞的野猪头和圣诞馅饼作陪衬。沃尔特·司各特爵士曾描写过一场宴会，牛男爵在其中本会大放异彩。我们引用几行文字，以追忆那个“英格兰是快乐的英格兰”的时代，那时好客被视为最高的美德。

“炉火熊熊，干柴充足，在宽阔的烟囱里呼啸
而上；巨大的厅堂餐桌那橡木桌面，

被擦得锃亮，以迎接这日子，那时在它厚重
的桌板上，没有任何标记将乡绅与领主分
隔。随后，由身穿蓝色制服的老年侍者端上
了肥美的野猪肘；

接着，那狰狞的野猪头高高悬挂，眉头紧锁，顶
上饰以月桂与迷迭香。

身着绿衣的猎场看守人很能讲述那怪物如何、
何时、何地倒下；它死前撕咬过哪些猎犬，以
及猎捕野猪的全部经过；

而围绕着饰有缎带的欢乐祝酒碗，人们愉快地
畅饮。那里巨大的牛腰肉冒着热气；近旁摆着
李子粥和圣诞馅饼；古老的苏格兰也不忘在这
样的佳节献上她美味的鹅。”

When a lord's son came of age, in the olden time, the baron of beef was too small a joint, by many degrees, to satisfy the retainers who would flock to the hall; a whole ox was therefore generally roasted over a fire built up of huge logs. We may here mention, that an ox was roasted entire on the frozen Thames, in the early part of the present century.

在旧时，当一位领主的儿子成年时，牛脊肉这道菜太小了，远远不能满足那些会涌向大厅的家臣们；因此通常会在用巨大木柴堆起的火上烤一整头牛。我们在此可以提到，在本世纪初，曾有人在结冰的泰晤士河上烤过一整头牛。

STEWED SHIN OF BEEF.

炖牛胫骨。

671. INGREDIENTS.—A shin of beef, 1 head of celery, 1 onion, a faggot of savoury herbs, 1/2 teaspoonful of allspice, 1/2 teaspoonful of whole black pepper, 4 carrots, 12 button onions, 2 turnips, thickening of butter and flour, 3 tablespoonfuls of mushroom ketchup, 2 tablespoonfuls of port wine; pepper and salt to taste.

671. 配料。-一根牛胫骨，1棵芹菜，1个洋葱，一捆香草，1/2茶匙多香果，1/2茶匙整粒黑胡椒，4根胡萝卜，12个珍珠洋葱，2个芜菁，用黄油和面粉勾芡，3汤匙蘑菇番茄酱，2汤匙波特酒；胡椒和盐适量。

Mode.—Have the bone sawn into 4 or 5 pieces, cover with hot water, bring it to a boil, and remove any scum that may rise to the surface. Put in the celery, onion, herbs, spice, and seasoning, and simmer very gently until the meat is tender. Peel the vegetables, cut them into any shape fancy may dictate, and boil them with the onions until tender; lift out the beef, put it on a dish, which keep hot, and thicken with butter and flour as much of the liquor as will be wanted for gravy; keep stirring till it boils, then strain and skim. Put the gravy back in the stewpan, add the seasoning, port wine, and ketchup, give one boil, and pour it over the beef; garnish with the boiled carrots, turnips, and onions.

做法。--将骨头锯成4或5块，用热水没过，煮沸，撇去浮到表面的浮沫。放入芹菜、洋葱、香草、香料和调味，文火慢炖至肉软嫩。将蔬菜去皮，随意切成喜欢的形状，与洋葱同煮至软嫩；取出牛肉，放入盘中保温，按所需肉汁量取汤汁，用黄油和面粉勾芡；不断搅拌至煮沸，然后滤过并撇去浮沫。将肉汁倒回炖锅，加入调味、波特酒和番茄酱，煮沸一次，浇在牛肉上；用煮好的胡萝卜、芜菁和洋葱作配菜。

Time.—The meat to be stewed about 4 hours. *Average cost*, 4d. per lb. with bone.

时间。- 肉需炖约4小时。平均成本，带骨每磅4便士。

Sufficient for 7 or 8 persons.

足量供7至8人食用。

Seasonable at any time.

TOAD-IN-THE-HOLE (a Homely but Savoury Dish).

672. INGREDIENTS.—1-1/2 lb. of rump-steak, 1 sheep's kidney, pepper and salt to taste. For the batter, 3 eggs, 1 pint of milk, 4 tablespoonfuls of flour, 1/2 saltspoonful of salt.

Mode.—Cut up the steak and kidney into convenient-sized pieces, and put them into a pie-dish, with a good seasoning of salt and pepper; mix the flour with a small quantity of milk at first, to prevent its being lumpy; add the remainder, and the 3 eggs, which should be well beaten; put in the salt, stir the batter for about 5 minutes, and pour it over the steak. Place it in a tolerably brisk oven immediately, and bake for 1-1/2 hour.

Time.—1-1/2 hour. *Average cost,* 1s. 9d.

Sufficient for 4 or 5 persons.

Seasonable at any time.

Note.—The remains of cold beef, rather underdone, may be substituted for the steak, and, when liked, the smallest possible quantity of minced onion or shalot may be added.

BOILED TONGUE.

673. INGREDIENTS.—1 tongue, a bunch of savoury herbs, water.

Mode.—In choosing a tongue, ascertain how long it has been dried or pickled, and select one with a smooth skin, which denotes its being young and tender. If a dried one, and rather hard, soak it at least for 12 hours previous to cooking it; if, however, it is fresh

时令任何时候皆宜。

烤面糊香肠(一道家常却美味的菜肴)。

672. 配料。-1-1/2磅牛臀肉排，1个羊腰子，胡椒和盐适量。面糊用料：3个鸡蛋，1品脱牛奶，4汤匙面粉，1/2盐匙盐。

做法。- 将肉排和腰子切成大小合适的块，放入馅饼盘中，撒上足量的盐和胡椒调味；先将面粉与少量牛奶混合，以免结块；再加入剩余的牛奶和3个鸡蛋，鸡蛋应充分打散；加入盐，将面糊搅拌约5分钟，然后浇在肉排上。立即放入火力相当旺的烤箱中，烘烤1-1/2小时。

时间。- 1-1/2 小时。平均成本，1先令9便士。

足量供4或5人食用。

时令任何时候皆宜。

注。- 可用剩的冷牛肉(偏生一些)代替肉排，如喜欢，可加入尽可能少量的切碎洋葱或青葱。

煮舌

673. 配料--1条舌、一束香草、水。

做法。- 挑选牛舌时，要弄清它已风干或腌制了多久，并选择表皮光滑的，这表明它年轻而嫩。如果是风干的且相当硬，烹饪前至少浸泡12小时；然而，如果是新鲜的

from the pickle, 2 or 3 hours will be sufficient for it to remain in sock. Put the tongue in a stewpan with plenty of cold water and a bunch of savoury herbs; let it gradually come to a boil, skim well and simmer very gently until tender. Peel off the skin, garnish with tufts of cauliflowers or Brussels sprouts, and serve. Boiled tongue is frequently sent to table with boiled poultry, instead of ham, and is, by many persons, preferred. If to serve cold, peel it, fasten it down to a piece of board by sticking a fork through the root, and another through the top, to straighten it. When cold, glaze it, and put a paper ruche round the root, and garnish with tufts of parsley.

从盐卤中取出后，在盐卤中浸泡2至3小时即可。将牛舌放入炖锅，加大量冷水及一束香草；让其逐渐煮沸，撇去浮沫，再以文火慢炖至软烂。剥去皮，以花椰菜或抱子甘蓝小簇装饰后上桌。煮牛舌常与煮家禽一同上桌，代替火腿，且为许多人更为喜爱。若作冷盘，则剥去皮，用叉子分别插入根部与顶端，将其固定在木板上使之伸直。冷却后涂上釉汁，在根部围上纸制褶边，并以欧芹小簇装饰。

Time.—A large smoked tongue, 4 to 4-1/2 hours; a small one, 2-1/2 to 3 hours. A large unsmoked tongue, 3 to 3-1/2 hours; a small one, 2 to 2-1/2 hours.

时间。- 大号熏牛舌，4至4-1/2小时；小号，2-1/2至3小时。大号未熏牛舌，3至3-1/2小时；小号，2至2-1/2小时。

Average cost, for a moderate sized tongue, 3s. 6d.

平均费用，中等大小的舌，3先令6便士。

Seasonable at any time.

时令任何时候皆宜。

TO CURE TONGUES.

治疗舌病。

I.

674. INGREDIENTS.—For a tongue of 7 lbs., 1 oz. of saltpetre, 1/2 oz. of black pepper, 4 oz. of sugar, 3 oz. of juniper berries, 6 oz. of salt.

674. 配料。-用于7磅重的牛舌：1盎司硝石，1/2盎司黑胡椒，4盎司糖，3盎司杜松子，6盎司盐。

Mode.—Rub the above ingredients well into the tongue, and let it remain in the pickle for 10 days or a fortnight; then drain it, tie it up in brown paper, and have it smoked for about 20 days over a wood fire; or it may be boiled out of this pickle.

做法。- 将上述配料充分揉搓进牛舌，在腌料中放置10天或两周；然后沥干，用牛皮纸包好，在木柴火上熏制约20天；也可从这腌料中取出直接煮。

Time.—From 10 to 14 days to remain in the pickle; to be smoked 24 days.

Average cost, for a medium-sized uncured tongue, 2s. 6d.

Seasonable at any time.

Note.—If not wanted immediately, the tongue will keep 3 or 4 weeks without being too salt; then it must not be rubbed, but only turned in the pickle.

II.

675. INGREDIENTS.—9 lbs. of salt, 8 oz. of sugar, 9 oz. of powdered saltpetre.

Mode.—Rub the above ingredients well into the tongues, and keep them in this curing mixture for 2 months, turning them every day. Drain them from the pickle, cover with brown paper, and have them smoked for about 3 weeks.

Time.—The tongues to remain in pickle 2 months; to be smoked 3 weeks.

Sufficient.—The above quantity of brine sufficient for 12 tongues, of 5 lbs. each.

Seasonable at any time.

[Illustration: BEEF TONGUE.]

THE TONGUES OF ANIMALS.—The tongue, whether in the ox or in man, is the seat of the sense of taste. This sense warns the animal against swallowing deleterious substances. Dr. Carpenter says, that, among the lower animals, the instinctive perceptions

时间。- 在腌料中放置10至14天；熏制24天。

平均成本，中等大小未腌制牛舌为2先令6便士。时令任何时候。

注。- 若不立即食用，牛舌可保存3至4周而不会过咸；此后不可再揉搓，只需在腌料中翻动。

二
。

675. 配料--9磅盐，8盎司糖，9盎司粉末状硝石。

做法。- 将上述配料充分揉搓进牛舌，在此腌制混合物中放置2个月，每天翻动。从腌料中沥干，盖上牛皮纸，熏制约3周。

时间。- 牛舌在腌料中放置2个月；熏制3周。

足够。- 上述数量的盐水足够腌制12条牛舌，每条5磅。

时令任何时候皆宜。

[插图：牛舌。]

动物的舌头。-舌头，无论是牛的还是人的，都是味觉的所在。这种感觉能警示动物不要吞下有害物质。卡彭特博士说，在低等动物中，本能的感知

connected with this sense, are much more remarkable than our own; thus, an omnivorous monkey will seldom touch fruits of a poisonous character, although their taste may be agreeable. However this may be, man's instinct has decided that ox-tongue is better than horse-tongue; nevertheless, the latter is frequently substituted by dishonest dealers for the former. The horse's tongue may be readily distinguished by a spoon-like expansion at its end.

与这种本能相关，它们远比我们自己的本能更为显著；因此，一只杂食性的猴子很少会碰有毒性质的水果，尽管其味道可能令人愉悦。无论如何，人类的本能已经判定牛舌优于马舌；然而，不诚实的商贩常常用后者替代前者。马舌可以通过其末端呈匙状膨大而轻易辨认。

TO PICKLE AND DRESS A TONGUE TO EAT COLD.

腌制并调制冷食牛舌

676. INGREDIENTS.—6 oz. of salt, 2 oz. of bay-salt, 1 oz. of saltpetre, 3 oz. of coarse sugar; cloves, mace, and allspice to taste; butter, common crust of flour and water.

676. 配料--6 oz.盐，2 oz.海湾盐，1 oz.硝石，3 oz.粗糖；丁香、肉豆蔻衣和多香果适量；黄油，面粉和水的普通酥皮。

Mode.—Lay the tongue for a fortnight in the above pickle, turn it every day, and be particular that the spices are well pounded; put it into a small pan just large enough to hold it, place some pieces of butter on it, and cover with a common crust. Bake in a slow oven until so tender that a straw would penetrate it; take off the skin, fasten it down to a piece of board by running a fork through the root and another through the tip, at the same time straightening it and putting it into shape. When cold, glaze it, put a paper ruche round the root, which is generally very unsightly, and garnish with tufts of parsley.

模式。--将牛舌在上述腌汁中浸泡两周，每天翻动一次，务必把香料捣碎；将其放入一个刚好能容纳它的小锅中，在上面放几块黄油，再盖上一层普通面皮。放入慢火烤箱中烘烤，直到牛舌软到一根麦秆就能穿透；取下表皮，用叉子分别穿过根部与尖端将其固定在木板上，同时将其拉直并整理成形。冷却后为其上光，在根部(通常很不美观)围上一圈纸褶边，并用欧芹簇作点缀。

Time.—From 3 or 4 hours in a slow oven, according to size.

时间。--视大小而定，在慢烤箱中烤3至4小时。

Average cost, for a medium-sized uncured tongue, 2s. 6d.

平均成本，对于中等大小未经腌制的舌，2先令6便士。

Seasonable at any time.

时令任何时候皆宜。

TO DRESS TRIPE.

烹制牛肚

677. INGREDIENTS.—Tripe, onion sauce, No. 484, milk and water.

Mode.—Ascertain that the tripe is quite fresh, and have it cleaned and dressed. Cut away the coarsest fat, and boil it in equal proportions of milk and water for 3/4 hour. Should the tripe be entirely undressed, more than double that time should be allowed for it. Have ready some onion sauce made by recipe No. 4S4, dish the tripe, smother it with the sauce, and the remainder send to table in a tureen.

Time.—1 hour: for undressed tripe, from 2-1/2 to 3 hours.

Average cost, 7d. per lb.

Seasonable at any time.

Note.—Tripe may be dressed in a variety of ways: it may be cut in pieces and fried in batter, stewed in gravy with mushrooms, or cut into collops, sprinkled with minced onion and savoury herbs, and fried a nice brown in clarified butter.

BEEF CARVING.

AITCHBONE OF BEEF.

A boiled aitch-bone of beef is not a difficult joint to carve, as will be seen on reference to the accompanying engraving. By following with the knife the direction of the line from 1 to 2, nice slices will be easily cut. It may be necessary, as in a round of beef, to cut a thick slice off the outside before commencing to serve.

[Illustration]

677. 配料--牛肚，洋葱酱，第484号，牛奶和水。

做法。--确认牛肚非常新鲜，并已清洗整理好。切去最粗的脂肪，用等量的牛奶和水煮 3/4 小时。如果牛肚完全未整理过，则应允许超过两倍的时间。准备好按食谱第 4S4 号制作的洋葱酱汁，将牛肚装盘，浇满酱汁，剩余的盛在汤碗中送上餐桌。

时间。--1小时：未去膜的肚需2.5至3小时。

平均成本，每磅7便士。

时令任何时候皆宜。

注。--牛肚可以有多种做法：可以切成块裹面糊油炸，与蘑菇一起用肉汁炖，或切成薄片，撒上切碎的洋葱和香草，在澄清黄油中炸至漂亮的棕色。

牛肉切割。

牛臀骨肉

煮牛髋骨并不是一块难切的肉，参照随附的版画即可看出。沿从 1 到 2 的线条方向用刀切，就能轻松切出漂亮的薄片。可能有必要像切圆腿牛肉那样，在开始上菜前先从外侧切下一厚片。

[Illustration]

BRISKET OF BEEF.

There is but little description necessary to add, to show the carving of a boiled brisket of beef, beyond the engraving here inserted. The only point to be observed is, that the joint should be cut evenly and firmly quite across the bones, so that, on its reappearance at table, it should not have a jagged and untidy look.

[Illustration]

RIBS OF BEEF.

This dish resembles the sirloin, except that it has no fillet or undercut. As explained in the recipes, the end piece is often cut off, salted and boiled. The mode of carving is similar to that of the sirloin, viz., in the direction of the dotted line from 1 to 2. This joint will be the more easily cut if the plan be pursued which is suggested in carving the sirloin; namely, the inserting of the knife immediately between the bone and the moat, before commencing to cut it into slices. All joints of roast beef should be cut in even and thin slices. Horseradish, finely scraped, may be served as a garnish; but horseradish sauce is preferable for eating with the beef.

[Illustration]

SIRLOIN OF BEEF.

This dish is served differently at various tables, some preferring it to come to table with the fillet, or, as it is usually called, the undercut, uppermost. The reverse way, as shown in the cut, is that

牛胸肉。

除了此处插入的版画之外，几乎不需要再添加什么说明来展示煮牛胸肉的切法。唯一要注意的一点是，应均匀而果断地横切过骨头，这样在再次上桌时，它才不会显得参差不齐、凌乱不堪。

[Illustration]

牛肋排

这道菜与牛里脊相似，只是没有里脊肉或下腹肉。正如食谱中所解释的，末端部分常被切下，腌制后水煮。切肉方式与牛里脊相似，即沿虚线从1到2的方向切。如果采用切牛里脊时所建议的方法，即在下刀切片之前先将刀插入骨头与肉之间，这块肉会更容易切。所有烤牛肉的关节肉都应切成均匀的薄片。finely scraped 的辣根可作为点缀；但辣根酱汁更适合与牛肉一起食用。

[Illustration]

牛里脊肉。

这道菜在不同的餐桌上供应方式不同，有些人喜欢它上桌时里脊肉，或者通常所说的下切肉，朝上。相反的方式，如插图所示，是那种

most usually adopted. Still the undercut is best eaten when hot; consequently, the carver himself may raise the joint, and cut some slices from the under side, in the direction of from 1 to 2, as the fillet is very much preferred by some eaters. The upper part of the sirloin should be cut in the direction of the line from 5 to 6, and care should be taken to carve it evenly and in thin slices. It will be found a great assistance, in carving this joint well, if the knife be first inserted just above the bone at the bottom, and run sharply along between the bone and meat, and also to divide the meat from the bone in the same way at the side of the joint. The slices will then come away more readily.

最常采用。不过，下腹肉最好趁热食用；因此，切肉者可以亲自将肉抬起，从下侧沿从1到2的方向切下几片，因为有些食客非常偏爱这块里脊肉。牛里脊的上部应沿从5到6的线方向切，并注意切得均匀且薄。若先将刀插入底部骨头上方，沿骨头与肉之间迅速划开，并以同样方式在肉的侧面将肉与骨分离，切好这块肉将会大有帮助。这样肉片会更容易脱落。

[Illustration]

[Illustration]

Some carvers cut the upper side of the sirloin across, as shown by the line from 3 to 4; but this is a wasteful plan, and one not to be recommended. With the sirloin, very finely-scraped horseradish is usually served, and a little given, when liked, to each guest. Horseradish sauce is preferable, however, for serving on the plate, although the scraped horseradish may still be used as a garnish.

有些切肉者会横切牛里脊的上侧，如从 3 到 4 的线条所示；但这是一种浪费的做法，不值得推荐。牛里脊通常配以磨得很细的辣根，喜欢的话可以给每位客人分一点。不过，辣根酱汁更适合放在盘子上供应，尽管磨碎的辣根仍可用作装饰。

[Illustration]

[Illustration]

A ROUND OF BEEF.

一块牛腿肉。

A round of beef is not so easily carved as many other joints of beef, and to manage it properly, a thin-bladed and very sharp knife is necessary. Off the outside of the joint, at its top, a thick slice should first be cut, so as to leave the surface smooth; then thin and even slices should be cleverly carved in the direction of the line 1 to 2; and with each slice of the lean a delicate morsel of the fat should be served.

圆腿牛肉不像许多其他牛肉部位那样容易切，要正确处理它，需要一把薄刃且非常锋利的刀。首先应在肉块顶部的外侧切下一厚片，使表面光滑；然后沿 1 到 2 的线条方向巧妙地切出薄而均匀的片；每片瘦肉都应配上一小块精致的肥肉。

[Illustration]

BEEF TONGUE.

Passing the knife down in the direction of from 1 to 2, a not too thin slice should be helped; and the carving of a tongue may be continued in this way until the best portions of the upper side are served. The fat which lies about the root of the tongue can be served by turning the tongue, and cutting in the direction of from 3 to 4.

[Illustration]

[Illustration]

CHAPTER XIV.

GENERAL OBSERVATIONS ON THE SHEEP AND LAMB.

678. OF ALL WILD or DOMESTICATED ANIMALS, the sheep is, without exception, the most useful to man as a food, and the most necessary to his health and comfort; for it not only supplies him with the lightest and most nutritious of meats, but, in the absence of the cow, its udder yields him milk, cream, and a sound though inferior cheese; while from its fat he obtains light, and from its fleece broadcloth, kerseymere, blankets, gloves, and hose. Its bones when burnt make an animal charcoal—ivory black—to polish his boots, and when powdered, a manure for the cultivation of his wheat; the skin, either split or whole, is made into a mat for his carriage, a housing for his horse, or a lining for his hat, and many other useful purposes besides, being extensively employed in the manufacture of parchment; and finally, when oppressed by

[Illustration]

牛舌。

沿从 1 到 2 的方向向下运刀，应分出一片不太薄的肉；切牛舌可以这样继续，直到上侧最好的部分都分完为止。舌根周围的肥肉可以通过翻转牛舌，沿从 3 到 4 的方向切来分出。

[Illustration]

[Illustration]

第十四章

关于绵羊与羔羊的总体观察

678. 在所有野生或家养动物中，羊无疑是作为食物对人类最有用、对其健康与舒适最为必需的；因为它不仅为人类提供最清淡、最有营养的肉类，而且在没有奶牛的情况下，其乳房还能提供奶、奶油和一种虽逊色却坚实的奶酪；而从其脂肪中可获得光亮，从其羊毛中可获得宽幅呢绒、开司米、毯子、手套和长袜。其骨头烧焦后可制成动物炭--象牙黑--用来擦亮靴子，磨成粉后可作为种植小麦的肥料；其皮，无论剖开还是整张，可制成马车垫、马褥或帽衬，此外还有许多其他用途，被广泛用于制造羊皮纸；最后，当受到压迫时

care and sorrow, the harmonious strains that carry such soothing contentment to the heart, are elicited from the musical strings, prepared almost exclusively from the intestines of the sheep.

679. THIS VALUABLE ANIMAL, of which England is estimated to maintain an average stock of 32,000,000, belongs to the class already indicated under the ox,—the *Mammalia*; to the order of *Rumenantia*, or cud-chewing animal; to the tribe of *Capridae*, or horned quadrupeds; and the genus *Ovis*, or the "sheep." The sheep may be either with or without horns; when present, however, they have always this peculiarity, that they spring from a triangular base, are spiral in form, and lateral, at the side of the head, in situation. The fleece of the sheep is of two sorts, either short and harsh, or soft and woolly; the wool always preponderating in an exact ratio to the care, attention, and amount of domestication bestowed on the animal. The generic peculiarities of the sheep are the triangular and spiral form of the horns, always larger in the male when present, but absent in the most cultivated species; having sinuses at the base of all the toes of the four feet, with two rudimentary hoofs on the fore legs, two inguinal teats to the udder, with a short tail in the wild breed, but of varying length in the domesticated; have no incisor teeth in the upper jaw, but in their place a hard elastic cushion along the margin of the gum, on which the animal nips and breaks the herbage on which it feeds; in the lower jaw there are eight incisor teeth and six molars on each side of both jaws, making in all 32 teeth. The fleece consists of two coats, one to keep the animal warm, the other to carry off the water without wetting the skin. The first is of wool, the weight and fineness of which depend on the quality of the pasture and the care bestowed on the flock; the other of hair, that pierces the

忧虑与悲伤，那传递如此抚慰人心的满足感的和谐旋律，是从琴弦上奏出的，而这些琴弦几乎完全由羊的肠子制成。

679. 这种珍贵的动物，据估计英格兰平均存栏量为32,000,000只，属于已在牛项下指出的类别--哺乳纲；属于反刍类，即反刍动物；属于羊科，即有角四足动物；以及羊属，即“绵羊”。绵羊可以有角或无角；然而，当有角时，它们总具有这一特性：角从三角形基部生出，呈螺旋形，位于头部两侧。绵羊的羊毛有两种，或短而粗硬，或柔软如绒；羊毛总是与对动物所给予的照料、关注和驯化程度成精确比例地占优势。绵羊的属级特征为角呈三角形和螺旋形，有角时雄性总是较大，但在最驯化的物种中则无角；四足所有趾的基部均有窦，前腿有两个退化蹄，乳房有两个腹股沟乳头，野生品种尾巴短，家养品种尾巴长度不一；上颌无门齿，但在其位置沿牙龈边缘有一块坚硬而有弹性的垫，动物借此啃咬并折断其所食的草料；下颌有八颗门齿，上下颌两侧各有六颗臼齿，共计32颗牙齿。羊毛由两层组成，一层使动物保暖，另一层排水而不浸湿皮肤。第一层为绒毛，其重量和细度取决于牧草质量和给予羊群的照料；另一层为毛发，穿透

wool and overlaps it, and is in excess in exact proportion to the badness of the keep and inattention with which the animal is treated.

680. THE GREAT OBJECT OF THE GRAZIER is to procure an animal that will yield the greatest pecuniary return in the shortest time; or, in other words, soonest convert grass and turnips into good mutton and fine fleece. All sheep will not do this alike; some, like men, are so restless and irritable, that no system of feeding, however good, will develop their frames or make them fat. The system adopted by the breeder to obtain a valuable animal for the butcher, is to enlarge the capacity and functions of the digestive organs, and reduce those of the head and chest, or the mental and respiratory organs. In the first place, the mind should be tranquillized, and those spaces that can never produce animal fibre curtailed, and greater room afforded, as in the abdomen, for those that can. And as nothing militates against the fattening process so much as restlessness, the chief wish of the grazier is to find a dull, indolent sheep, one who, instead of frisking himself, leaping his wattles, or even condescending to notice the butting gambols of his silly companions, silently fills his paunch with pasture, and then seeking a shady nook, indolently and luxuriously chows his cud with closed eyes and blissful satisfaction, only rising when his delicious repast is ended, to proceed silently and without emotion to repeat the pleasing process of laying in more provender, and then returning to his dreamy siesta to renew the delightful task of rumination. Such animals are said to have a *lymphatic* temperament, and are of so kindly a nature, that on good pasturage they may be said to grow daily. The Leicestershire breed is the best example of this

羊毛并覆盖其上，其过量程度与饲养的恶劣和对动物照料的疏忽成正比。

680. 饲养者的伟大目标是获得一种能在最短时间内带来最大金钱回报的动物；换言之，就是最快地将草和萝卜转化为优质羊肉和细羊毛。并非所有绵羊都能同样做到这一点；有些羊像人一样，如此躁动易怒，以至于无论喂养制度多么优良，都无法发育其体格或使其增肥。育种者为获得供屠夫使用的有价值动物所采用的体系，是扩大消化器官的容量和功能，并缩小头部和胸部，即心理和呼吸器官的功能。首先，应使心智平静下来，削减那些永远不能产生动物纤维的空间，并为能够产生纤维的空间(如腹部)提供更大的余地。由于没有什么比躁动不安更妨碍育肥过程，饲养者的首要愿望就是找到一只迟钝、懒惰的羊--它不自己蹦跳，不跳跃其触须，甚至不屑于理会愚蠢同伴的顶撞嬉戏，而是默默地用牧草填满肚子，然后找一个阴凉的角落，闭着眼睛、幸福满足地懒洋洋、舒舒服服地反刍咀嚼，只有在其美味的餐食结束后才起身，默默地、无动于衷地重复那令人愉快的添粮过程，然后回到其梦幻般的午睡中，重新开始愉快的反刍工作。这样的动物据说具有淋巴质气质，性情如此温顺，以至于在良好的牧场上可以说每天都在生长。莱斯特品种就是这一点的最佳例证

lymphatic and contented animal, and the active Orkney, who is half goat in his habits, of the restless and unprofitable. The rich pasture of our midland counties would take years in making the wiry Orkney fat and profitable, while one day's fatigue in climbing rocks after a coarse and scanty herbage would probably cause the actual death of the pampered and short-winded Leicester.

淋巴质而温顺的动物，以及活跃的奥克尼羊，其习性半似山羊，属于躁动不安且无利可图的类型。我们中部各郡的丰美牧场要花上数年才能使瘦削的奥克尼羊变得肥壮有利可图，而一天在岩石间攀爬寻找粗劣稀少牧草的疲劳，很可能导致养尊处优、气短的莱斯特羊实际死亡。

681. THE MORE REMOVED FROM THE NATURE of the animal is the food on which it lives, the more difficult is the process of assimilation, and the more complex the chain of digestive organs; for it must be evident to all, that the same apparatus that converts *flesh* into *flesh*, is hardly calculated to transmute *grass* into flesh. As the process of digestion in carnivorous animals is extremely simple, these organs are found to be remarkably short, seldom exceeding the length of the animal's body; while, where digestion is more difficult, from the unassimilating nature of the aliment, as in the ruminant order, the alimentary canal, as is the case with the sheep, is *twenty-seven times the length of the body*. The digestive organ in all ruminant animals consists of *four stomachs*, or, rather, a capacious pouch, divided by doorways and valves into four compartments, called, in their order of position, the Paunch, the Reticulum, the Omasum, and the Abomasum. When the sheep nibbles the grass, and is ignorantly supposed to be eating, he is, in fact, only preparing the raw material of his meal, in reality only mowing the pasture, which, as he collects, is swallowed instantly, passing into the first receptacle, the *paunch*, where it is surrounded by a quantity of warm saliva, in which the herbage undergoes a process of maceration or softening, till the animal having filled this compartment, the contents pass through a valve into the second or smaller bag,—the *reticulum*, where, having

681. 动物所食用的食物越远离其本性，同化过程就越困难，消化器官的链条就越复杂；因为所有人都必定明白，将肉转化为肉的同一套器官，几乎不可能将草转化为肉。由于肉食动物的消化过程极其简单，这些器官被发现非常短，很少超过动物身体的长度；而在消化更为困难的情况下，由于食物的不易同化性质，如反刍类动物，消化道(如绵羊的情况)是身体长度的二十七倍。所有反刍动物的消化器官由四个胃组成，或者更确切地说，是一个宽大的囊袋，由门道和瓣膜分成四个隔室，按其位置顺序称为瘤胃、网胃、瓣胃和皱胃。当绵羊啃食草时，被无知地认为是在进食，实际上它只是在准备餐食的原料，实际上只是在收割牧草，它收集起来后立即吞咽，进入第一个容器--瘤胃，在那里被大量温暖的唾液包围，牧草在其中经历浸泡或软化的过程，直到动物填满这个隔室，内容物通过一个瓣膜进入第二个或较小的袋--网胃，在那里，已经

again filled the paunch with a reserve, the sheep lies down and commences that singular process of chewing the cud, or, in other words, masticating the food he has collected. By the operation of a certain set of muscles, a small quantity of this softened food from the *reticulum*, or second bag, is passed into the mouth, which it now becomes the pleasure of the sheep to grind under his molar teeth into a soft smooth pulp, the operation being further assisted by a flow of saliva, answering the double purpose of increasing the flavour of the aliment and promoting the solvency of the mass. Having completely comminuted and blended this mouthful, it is swallowed a second time; but instead of returning to the paunch or reticulum, it passes through another valve into a side cavity,—the *omasum*, where, after a maceration in more saliva for some hours, it glides by the same contrivance into the fourth pouch,—the *abomasum*, an apartment in all respects analogous to the ordinary stomach of animals, and where the process of digestion, begun and carried on in the previous three, is here consummated, and the nutrient principle, by means of the bile, eliminated from the digested aliment. Such is the process of digestion in sheep and oxen.

再次用储备填满瘤胃后，绵羊躺下并开始那奇特的咀嚼反刍过程，换言之，即咀嚼它所收集的食物。通过某组肌肉的作用，少量来自网胃或第二袋的软化食物被送入嘴里，现在绵羊乐于在其臼齿下将其磨成柔软光滑的浆状物，唾液的大量流出进一步辅助这一操作，起到双重作用：增加食物的风味并促进团块的溶解。完全粉碎并混合这一口食物后，它被第二次吞咽；但它不是返回瘤胃或网胃，而是通过另一个瓣膜进入一个侧腔--瓣胃，在那里，在更多唾液中浸泡数小时后，它通过同样的装置滑入第四个 pouch--皱胃，这个腔室在各方面类似于动物的普通胃，在前三个中开始并进行的消化过程在此完成，营养原理通过胆汁从消化后的食物中分离出来。这就是绵羊和牛的消化过程。

682. NO OTHER ANIMAL, even of the same order, possesses in so remarkable a degree the power of converting pasture into flesh as the Leicestershire sheep; the South Down and Cheviot, the two next breeds in quality, are, in consequence of the greater vivacity of the animal's nature, not equal to it in that respect, though in both the brain and chest are kept subservient to the greater capacity of the organs of digestion. Besides the advantage of increased bulk and finer fleeces, the breeder seeks to obtain an augmented deposit of tissue in those parts of the carcase most

682. 没有其他动物，即使同属一目，能像莱斯特绵羊那样以如此显著的程度将牧场转化为肉；南丘羊和切维厄特羊这两个品质次之的品种，由于动物本性更为活泼，在这方面不如它，尽管两者的脑和胸部都保持从属于更大容量的消化器官。除了增加体积和更细的羊毛外，育种者还寻求在胴体最

esteemed as food, or, what are called in the trade "prime joints;" and so far has this been effected, that the comparative weight of the hind quarters over the fore has become a test of quality in the breed, the butchers in some markets charging twopence a pound more for that portion of the sheep. Indeed, so superior are the hind quarters of mutton now regarded, that very many of the West-end butchers never deal in any other part of the sheep.

被视为食物而受重视，或者行业内所称的“上等部位”；这一点已经做到如此程度，以至于后躯相对于前躯的重量比较已成为品种质量的检验标准，一些市场的屠夫对羊的这一部分每磅多收两便士。事实上，如今羊肉的后躯被认为如此优越，以至于许多西区屠夫从不经营羊的任何其他部位。

683. THE DIFFERENCE IN THE QUALITY OF THE FLESH in various breeds is a well-established fact, not alone in flavour, but also in tenderness; and that the nature of the pasture on which the sheep is fed influences the flavour of the meat, is equally certain, and shown in the estimation in which those flocks are held which have grazed on the thymy heath of Bamstead in Sussex. It is also a well-established truth, that the *larger* the frame of the animal, the *coarser* is the meat, and that *small bones* are both guarantees for the fineness of the breed and the delicacy of the flesh. The sex too has much to do in determining the quality of the meat; in the males, the lean is closer in fibre, deeper in colour, harder in texture, less juicy, and freer from fat, than in the female, and is consequently tougher and more difficult of digestion; but probably age, and the character of the pasturage on which they are reared, has, more than any other cause, an influence on the quality and tenderness of the meat.

683. 不同品种肉质的差异是公认的事实，不仅在风味上，而且在嫩度上；绵羊所食牧场的性质影响肉的风味，这同样确定无疑，并体现在那些在苏塞克斯郡巴姆斯特德百里香石南荒地上放牧的羊群所受到的重视上。这也是一个公认的真理：动物的体格越大，肉就越粗，而小骨头既是品种优良的保证，也是肉质细嫩的保证。性别在决定肉质方面也有很大作用；在雄性中，瘦肉纤维更紧密、颜色更深、质地更硬、汁液更少、脂肪更少，因此更韧、更难消化；但年龄以及饲养它们的牧场特性，可能比任何其他原因对肉的品质和嫩度影响更大。

684. THE NUMEROUS VARIETIES of sheep inhabiting the different regions of the earth have been reduced by Cuvier to three, or at most four, species: the *Ovis Amman*, or the Argali, the presumed parent stock of all the rest; the *Ovis Tragelaphus*, the bearded sheep of Africa; the *Ovis Musmon*, the Musmon of Southern Europe; and the *Ovis Montana*, the Mouflon of America;

684. 栖息于地球不同地区的众多绵羊品种已被居维叶归纳为三个，或至多四个物种：*Ovis Amman*，即盘羊，被认为是所有其余品种的假定祖先；*Ovis Tragelaphus*，非洲的须羊；*Ovis Musmon*，南欧的摩弗伦羊；以及*Ovis Montana*，美洲的摩弗伦羊；

though it is believed by many naturalists that this last is so nearly identical with the Indian Argali as to be undeserving a separate place. It is still a controversy to which of these three we are indebted for the many breeds of modern domestication; the Argali, however, by general belief, has been considered as the most *probable* progenitor of the present varieties.

尽管许多博物学家认为这最后一种与印度盘羊几乎完全相同，不值得单独列为一类。关于我们应归功于这三种中的哪一种才产生了现代驯化的众多品种，仍然存在争议；然而，普遍认为盘羊被视为现存品种最可能的祖先。

685. THE EFFECTS PRODUCED BY CHANGE OF CLIMATE, accident, and other causes, must have been great to accomplish so complete a physical alteration as the primitive Argali must have undergone before the Musmon, or Mouflon of Corsica, the *immediate* progenitor of all our European breeds, assumed his present appearance. The Argali is about a fifth larger in size than the ordinary English sheep, and being a native of a tropical clime, his fleece is of hair instead of wool, and of a warm reddish brown, approaching to yellow; a thick mane of darker hair, about seven inches long, commences from two long tufts at the angle of the jaws, and, running *under* the throat and neck, descends down the chest, dividing, at the fore fork, into two parts, one running down the front of each leg, as low as the shank. The horns, unlike the character of the order generally, have a quadrangular base, and, sweeping inwards, terminate in a sharp point. The tail, about seven inches long, ends in a tuft of stiff hairs. From this remarkable muffler-looking beard, the French have given the species the name of *Mouflon à manchettes*. From the primitive stock *eleven* varieties have been reared in this country, of the domesticated sheep, each supposed by their advocates to possess some one or more special qualities. These eleven, embracing the Shetland or Orkney; the Dun-woolled; Black-faced, or heath-bred; the Moorland, or Devonshire; the Cheviot; the Horned, of Norfolk

685. 气候的改变、意外事故以及其他原因所产生的影响，必定是巨大的，才能造成如此彻底的身体变化--原始的阿尔加利羊在成为科西嘉的穆斯蒙羊或摩弗伦羊(直接是我们所有欧洲品种的祖先)之前，必定经历了这种变化，才呈现出如今的模样。阿尔加利羊的体型比普通英国羊大约大五分之一，由于原产于热带气候，它的毛被是毛发而非羊毛，呈温暖的赤褐色，近乎黄色；一道深色毛发的厚鬃约七英寸长，从颌角的两长簇毛开始，沿着喉部和颈部下方延伸，沿胸部而下，在前叉处分为两部分，一部分沿每条腿的前侧而下，直至小腿。其角与一般同类动物的特征不同，基部呈四方形，向内弯曲，末端尖锐。尾巴约七英寸长，末端有一簇硬毛。由于这引人注目的、状似围巾的胡须，法国人将该物种命名为*Mouflon à manchettes*。由这一原始种群，我国已培育出十一个家养绵羊品种，每个品种的拥护者都认为其具有某一项或多项特殊品质。这十一个品种包括设得兰或奥克尼羊；褐色毛羊；黑面羊或荒原羊；沼泽地羊或德文郡羊；切维厄特羊；诺福克的有角羊

the Ryeland; South-Down; the Merino; the Old Leicester, and the Teeswater, or New Leicester, have of late years been epitomized; and, for all useful and practical purposes, reduced to the following four orders:—

686. THE SOUTH-DOWN, the LEICESTER, the BLACK-FACED, and the CHEVIOT.

[Illustration: SOUTH-DOWN RAM.]

[Illustration: SOUTH-DOWN EWE.]

687. SOUTH-DOWNS.—It appears, as far as our investigation can trace the fact, that from the very earliest epoch of agricultural history in England, the breezy range of light chalky hills running through the south-west and south of Sussex and Hampshire, and known as the South-Downs, has been famous for a superior race of sheep; and we find the Romans early established mills and a cloth-factory at Winchester, where they may be said to terminate, which rose to such estimation, from the fineness of the wool and texture of the cloth, that the produce was kept as only worthy to clothe emperors. From this, it may be inferred that sheep have always been indigenous to this hilly tract. Though boasting so remote a reputation, it is comparatively within late years that the improvement and present state of perfection of this breed has been effected, the South-Down new ranking, for symmetry of shape, constitution, and early maturity, with any stock in the kingdom. The South-Down has no horns, is covered with a fine wool from two to three inches long, has a small head, and legs and face of a grey colour. It is, however, considered deficient in depth and breadth of chest. A marked peculiarity of this breed is that its hind quarters stand higher than the fore, the quarters

里兰羊；南丘羊；美利奴羊；老莱斯特羊，以及蒂斯沃特羊，或称新莱斯特羊，近年来已被概括；并且，为了所有实用和实践目的，被归纳为以下四个类别：--

686. 南丘羊、莱斯特羊、黑面羊和切维厄特羊。

[插图：南丘公羊。]

[插图：南丘母羊。]

687. 南丘羊。--就我们的调查所能追溯的事实而言，似乎从英格兰农业史的最早时期起，横贯苏塞克斯和汉普郡西南部和南部、被称为南丘的微风轻拂的浅色白垩丘陵地带，就一直以出产优良绵羊品种而闻名；我们发现罗马人早在温彻斯特建立了磨坊和一家毛纺织厂，那里可以说是该地带的终点，该厂因羊毛的细度和织物的质地而声名鹊起，其产品被认为只配供皇帝穿着。由此可以推断，绵羊一直原产于这片丘陵地带。尽管享有如此久远的声誉，但该品种的改良和目前的完美状态相对而言是在近年才实现的，南丘羊在体形匀称、体质和早熟方面，如今可与王国中任何羊种相媲美。南丘羊无角，覆盖着两到三英寸长的细羊毛，头小，腿和脸呈灰色。然而，它被认为胸部深度和宽度不足。该品种的一个显著特点是后躯高于前躯，后躯

weighing from fifteen to eighteen pounds.

[Illustration: LEICESTER RAM.]

[Illustration: LEICESTER EWE.]

688. THE LEICESTER.—It was not till the year 1755 that Mr. Robert Bakewell directed his attention to the improvement of his stock of sheep, and ultimately effected that change in the character of his flock which has brought the breed to hold so prominent a place. The Leicester is regarded as the largest example of the improved breeds, very productive, and yielding a good fleece. He has a small head, covered with short white hairs, a clean muzzle, an open countenance, full eye, long thin ear, tapering neck, well-arched ribs, and straight back. The meat is indifferent, its flavour not being so good as that of the South-Down, and there is a very large proportion of fat. Average weight of carcase from 90 to 100 lbs.

[Illustration: HEATH RAM.]

[Illustration: HEATH EWE.]

689. BLACK-FACED, on HEATH-BRED SHEEP.—This is the most hardy of all our native breeds, and originally came from Ettrick Forest. The face and legs are black, or sometimes mottled, the horns spiral, and on the top of the forehead it has a small round tuft of lighter-coloured wool than on the face; has the muzzle and lips of the same light hue, and what shepherds call a mealy mouth; the eye is full of vivacity and fire, and well open; the body long, round, and firm, and the limbs robust. The wool is thin, coarse, and light. Weight of the quarter, from 10 to 16 lbs.

690. THE CHEVIOT.—From the earliest traditions, these hills in

重十五至十八磅。

[插图：莱斯特公羊。]

[插图：莱斯特母羊。]

688. 莱斯特羊。--直到1755年，罗伯特·贝克韦尔先生才将注意力转向改良他的绵羊种群，并最终实现了羊群特性的改变，使该品种占据了如此突出的地位。莱斯特羊被认为是改良品种中体型最大的例子，繁殖力强，产毛量好。它头小，覆盖着短白毛，口鼻干净，面容开阔，眼睛饱满，耳朵长而薄，颈部渐细，肋骨拱起良好，背脊平直。肉质一般，风味不如南丘羊，且脂肪比例很大。胴体平均重量为90至100磅。

[插图：石南公羊。]

[插图：石南母羊。]

689. 黑面羊或荒原羊。--这是我们所有本土品种中最耐寒的，最初来自埃特里克森林。脸和腿为黑色，有时带斑点，角呈螺旋状，前额顶部有一小圆簇颜色比脸部浅的羊毛；口鼻和嘴唇也是同样的浅色，牧羊人称之为粉嘴；眼睛充满活力和神采，睁得很大；身体长、圆而结实，四肢强壮。羊毛稀疏、粗糙且轻。四分之一胴体重量为10至16磅。

690. 切维厄特羊。--根据最早的传说，这些山丘在

the North, like the chalk-ridges in the South, have possessed a race of large-carcased sheep, producing a valuable fleece. To these physical advantages, they added a sound constitution, remarkable vigour, and capability to endure great privation. Both sexes are destitute of horns, face white, legs long and clean, carries the head erect, has the throat and neck well covered, the cars long and open, and the face animated. The Cheviot is a small-boned sheep, and well covered with wool to the hough; the only defect in this breed, is in a want of depth in the chest. Weight of the quarter, from 12 to 18 lbs.

[Illustration: ROMNEY-MARSH RAM.]

[Illustration: ROMNEY-MARSH EWE.]

691. THOUGH THE ROMNEY MARSHES, that wide tract of morass and lowland moor extending from the Weald (or ancient forest) of Kent into Sussex, has rather been regarded as a general feeding-ground for any kind of sheep to be pastured on, it has yet, from the earliest date, been famous for a breed of animals almost peculiar to the locality, and especially for size, length, thickness, and quantity of wool, and what is called thickness of stocking; and on this account for ages held pre-eminence over every other breed in the kingdom. So satisfied were the Kentish men with the superiority of their sheep, that they long resisted any crossing in the breed. At length, however, this was effected, and from the Old Romney and New Leicester a stock was produced that proved, in an eminent degree, the advantage of the cross; and though the breed was actually smaller than the original, it was found that the new stock did not consume so much food, the stocking was increased, they were ready for the market a *year* sooner; that the

北方，如同南方的白垩山脊一样，拥有一个胴体大、产毛价值高的绵羊品种。除了这些身体优势外，它们还具有健全的体质、非凡的活力和忍受极度匮乏的能力。雌雄均无角，脸白色，腿长而干净，头直立，喉部和颈部覆盖良好，耳朵长而张开，面部有神。切维厄特羊骨骼细小，羊毛覆盖至飞节；该品种唯一的缺陷是胸部深度不足。四分之一胴体重量为12至18磅。

[插图：罗姆尼沼泽公羊。]

[插图：罗姆尼沼泽母羊。]

691. 尽管罗姆尼沼泽--那片从肯特郡的韦尔德(或古老森林)延伸至苏塞克斯的广阔沼泽与低地荒原--一直被视为各类绵羊的通用放牧地，但自古以来，此地就以一种几乎为该地区特有的羊种而闻名，尤其以其体型、长度、厚度和羊毛数量，以及所谓的“ stocking ”厚度著称；因此，数个世纪以来，它在王国所有其他羊种中独占鳌头。肯特人对他们绵羊的优越性如此满意，以至于长期抵制任何品种杂交。然而，这一局面最终被打破，从老罗姆尼羊和新莱斯特羊中培育出的种群，在极高程度上证明了杂交的优势；尽管该品种实际上比原种更小，但人们发现新种群消耗的饲料更少， stocking 增加了，它们能提前一年上市；而且

fat formed more on the exterior of the carcase, where it was of most advantage to the grazier, rather than as formerly in the interior, where it went to the butcher as offal; and though the wool was shorter and lighter, it was of a better colour, finer, and possessed of superior felting properties.

脂肪更多地形成于胴体的外部，在那里对牧场主最为有利，而不是像以前那样形成于内部，在那里它作为内脏下脚料归屠夫所有；尽管羊毛更短更轻，但颜色更好，更细，并具有更优越的毡合性能。

692. THE ROMNEY MARSH BREED is a large animal, deep, close, and compact, with white face and legs, and yields a heavy fleece of a good staple quality. The general structure is, however, considered defective, the chest being narrow and the extremities coarse; nevertheless its tendency to fatten, and its early maturity, are universally admitted. The Romney Marsh, therefore, though not ranking as a first class in respect of perfection and symmetry of breed, is a highly useful, profitable, and generally advantageous variety of the English domestic sheep.

692. 罗姆尼沼泽品种是一种大型动物，身躯深、紧凑而结实，面部和腿部为白色，产毛量重且毛质优良。然而，其总体结构被认为有缺陷，胸部狭窄，四肢粗糙；尽管如此，其易于育肥和早熟的特性是普遍公认的。因此，罗姆尼沼泽羊虽然在品种完美度和匀称性方面不属于第一流，但仍是英国家养绵羊中一种非常有用、有利可图且总体上有优势的品种。

693. DIFFERENT NAMES HAVE BEEN GIVEN to sheep by their breeders, according to their age and sex. The male is called a ram, or tup; after weaning, he is said to be a hog, or hogget, or a lamb-hog, tup-hog, or teg; later he is a wether, or wether-hog; after the first shearing, a shearing, or dinmont; and after each succeeding shearing, a two, three, or four-shear ram, tup, or wether, according to circumstances. The female is called a ewe, or gimmer-lamb, till weaned, when she becomes, according to the shepherd's nomenclature, a gimmer-ewe, hog, or teg; after shearing, a gimmer or shearing-ewe, or theave; and in future a two, three, or four-shear ewe, or theave.

693. 饲养者根据羊的年龄和性别给它们起了不同的名称。雄性称为公羊(ram)或 tup；断奶后，称为 hog、hogget 或 lamb-hog、tup-hog 或 teg；再后来称为阉羊(wether)或 wether-hog；第一次剪毛后，称为 shearing 或 dinmont；此后每次剪毛后，根据情况称为二剪、三剪或四剪公羊、tup 或阉羊。雌性称为母羊(ewe)或 gimmer-lamb，直到断奶，然后按牧羊人的命名法，成为 gimmer-ewe、hog 或 teg；剪毛后，成为 gimmer 或 shearing-ewe，或 theave；此后称为二剪、三剪或四剪母羊，或 theave。

694. THE MODE OF SLAUGHTERING SHEEP is perhaps as humane and expeditious a process as could be adopted to attain the objects sought: the animal being laid on its side in a sort of

694. 宰杀绵羊的方法也许是为达到所寻求目的所能采用的最人道、最迅速的过程：将动物侧放在一种

concave stool, the butcher, while pressing the body with his knee, transfixes the throat near the angle of the jaw, passing his knife between the windpipe and bones of the neck; thus dividing the jugulars, carotids, and large vessels, the death being very rapid from such a hemorrhage.

凹形凳上，屠夫一边用膝盖压住羊身，一边在颌角附近刺穿喉咙，将刀从气管和颈部骨骼之间穿过；从而切断颈静脉、颈动脉和大血管，因这样的出血而死亡非常迅速。

[Illustration: SIDE OF MUTTON, SHOWING THE SEVERAL JOINTS.]

[插图：羊半身，显示各个关节。]

695. ALMOST EVERY LARGE CITY has a particular manner of cutting up, or, as it is called, dressing the carcase. In London this process is very simple, and as our butchers have found that much skewering back, doubling one part over another, or scoring the inner cuticle or fell, tends to spoil the meat and shorten the time it would otherwise keep, they avoid all such treatment entirely. The carcase when flayed (which operation is performed while yet warm), the sheep when hung up and the head removed, presents the profile shown in our cut; the small numerals indicating the parts or joints into which one half of the animal is cut. After separating the hind from the fore quarters, with eleven ribs to the latter, the quarters are usually subdivided in the manner shown in the sketch, in which the several joins are defined by the intervening lines and figures. *Hind quarter*: No. 1, the leg; 2, the loin—the two, when cut in one piece, being called the saddle. *Fore quarter*: No. 3, the shoulder; 4 and 5 the neck; No. 5 being called, for distinction, the scrag, which is generally afterwards separated from 4, the lower and better joint; No. 6, the breast. The haunch of mutton, so often served at public dinners and special entertainments, comprises all the leg and so much of the loin, short of the ribs or lap, as is indicated on the upper part of the carcase by a dotted line.

695. 几乎每座大城市都有一种特定的切割方式，或称“整理”胴体的方法。在伦敦，这一过程非常简单，因为我们的屠夫发现，大量用扦子别住、将一部分叠在另一部分上，或划破内侧表皮或皮膜，容易使肉变质并缩短其本可保持的时间，所以他们完全避免所有这些处理。羊被剥皮后(这一操作在羊还温热时进行)，悬挂起来并去掉头，呈现出我们插图所示的侧面轮廓；小数字表示动物一半被切割成的部分或关节。将后躯与前躯分开后，前躯带十一根肋骨，然后各躯通常按草图所示方式再分，其中各关节由中间的线条和数字标明。后躯：第1号，腿；第2号，腰肉--两者若切成一块，则称为鞍肉。前躯：第3号，肩；第4和第5号，颈；第5号为区分起见称为颈垂肉，通常随后与第4号(较低且较好的关节)分开；第6号，胸。羊腿肉，常在公开正餐和特别宴会上供应，包括整条腿以及腰肉中未及肋骨或腹部的部分，如胴体上部虚线所示。

696. THE GENTLE AND TIMID DISPOSITION of the sheep, and its defenceless condition, must very early have attached it to man for motives less selfish than either its fleece or its flesh; for it has been proved beyond a doubt that, obtuse as we generally regard it, it is susceptible of a high degree of domesticity, obedience, and affection. In many parts of Europe, where the flocks are guided by the shepherd's voice alone, it is no unusual thing for a sheep to quit the herd when called by its name, and follow the keeper like a dog. In the mountains of Scotland, when a flock is invaded by a savage dog, the rams have been known to form the herd into a circle, and placing themselves on the outside line, keep the enemy at bay, or charging on him in a troop, have despatched him with their horns.

696. 绵羊性情温顺胆怯，又毫无自卫能力，必定早在远古便已依恋于人类，其动机比之羊毛或羊肉更为无私；因为已经确凿证明，尽管我们通常视其为迟钝，它却能接受高度的驯化、服从与亲爱。在欧洲许多地方，羊群仅凭牧人的声音引导，一只羊听到呼唤其名便离开羊群、像狗一样跟随牧人，并非罕见之事。在苏格兰山区，当羊群遭到恶犬侵袭时，据说公羊会令羊群围成一圈，自己立于外圈，将敌人拒之门外，或成群向之冲去，以角将其击毙。

697. THE VALUE OF THE SHEEP seems to have been early understood by Adam in his fallen state; his skin not only affording him protection for his body, but a covering for his tent; and accordingly, we find Abel intrusted with this portion of his father's stock; for the Bible tells us that "Abel was a keeper of sheep." What other animals were domesticated at that time we can only conjecture, or at what exact period the flesh of the sheep was first eaten for food by man, is equally, if not uncertain, open to controversy. For though some authorities maintain the contrary, it is but natural to suppose that when Abel brought firstlings of his flock, "and the fat thereof," as a sacrifice, the less dainty portions, not being oblations, were hardly likely to have been flung away as refuse. Indeed, without supposing Adam and his descendants to have eaten animal food, we cannot reconcile the fact of Jubal Cain, Cain's son, and his family, living in tents, as they are reported to have done, knowing that both their own garments and

697. 绵羊的价值似乎早为堕落状态中的亚当所理解；羊皮不仅护其身体，亦为其帐篷提供遮盖；因此，我们发现亚伯受託照管其父家畜中的这一部分；因为《圣经》告诉我们“亚伯是牧羊的”。当时还有哪些动物被驯养，我们只能推测；而人类究竟在哪个确切时期开始以羊肉为食，同样即使并非不确定，也尚有争议。因为尽管有些权威持相反意见，但自然而然地可以设想，当亚伯将其羊群中头生的“和羊的脂油”作为祭物献上时，那些不那么精美的部分既非供物，便不大可能被当作废物丢弃。的确，若不设想亚当及其后裔曾食用动物性食物，我们就无法调和该隐之子犹八及其家族如所记载的那样住在帐篷里这一事实，因为我们知道他们自己的衣服和

the coverings of the tents, were made from the hides and skins of the animals they bred; for the number of sheep and oxen slain for oblations only, would not have supplied sufficient material for two such necessary purposes. The opposite opinion is, that animal food was not eaten till after the Flood, when the Lord renewed his covenant with Noah. From Scriptural authority we learn many interesting facts as regards the sheep: the first, that mutton fat was considered the most delicious portion of any meat, and the tail and adjacent part the most exquisite morsel in the whole body; consequently, such were regarded as especially fit for the offer of sacrifice. From this fact we may reasonably infer that the animal still so often met with in Palestine and Syria, and known as the Fat-tailed sheep, was in use in the days of the patriarchs, though probably not then of the size and weight it now attains to; a supposition that gains greater strength, when it is remembered that the ram Abraham found in the bush, when he went to offer up Isaac, was a horned animal, being entangled in the brake by his curved horns; so far proving that it belonged to the tribe of the Capridae, the fat-tailed sheep appertaining to the same family.

帐篷的遮盖，都是用他们所饲养动物的皮革和毛皮制成的；因为仅为献祭而宰杀的羊和牛的数量，不足以供应这两个必要用途所需的材料。相反的意见是，直到洪水之后，主与挪亚重新立约，人类才食用动物性食物。从《圣经》的权威中，我们得知许多关于绵羊的有趣事实：第一，羊脂被视为一切肉类中最美味的部分，而尾巴及其邻近部位则是全身最精美的佳肴；因此，这些被认为特别适合献祭。由此事实我们可以合理推断，那种至今在巴勒斯坦和叙利亚仍常能见到、被称为肥尾羊的动物，在族长时代便已为人所用，尽管当时可能尚未达到如今的体型和重量；这一推测在想到亚伯拉罕去献以撒时在灌木丛中发现的那只公羊时更为有力--那是一只长角的动物，其弯曲的角缠在荆棘中；这至少证明它属于山羊科，而肥尾羊也属于同一科。

LAMBS.

羔羊。

698. THOUGH THE LAMBING SEASON IN THIS COUNTRY usually commences in March, under the artificial system, so much pursued now to please the appetite of luxury, lambs can be procured at all seasons. When, however, the sheep lambs in mid-winter, or the inclemency of the weather would endanger the lives of mother and young, if exposed to its influence, it is customary to rear the lambs within-doors, and under the shelter of stables or barns, where, foddered on soft hay, and part fed on cow's milk,

698. 虽然本国的产羔季节通常在三月开始，但在人工饲养体系下--如今为满足奢侈口味而大力推行--羔羊一年四季都可获得。然而，当母羊在隆冬产羔，或天气严寒、若暴露于户外会危及母羊与羔羊性命时，惯常的做法是在室内、在马厩或谷仓的遮蔽下养育羔羊，以柔软的干草为饲料，并部分喂以牛奶，

the little creatures thrive rapidly: to such it is customary to give the name of House Lamb, to distinguish it from that reared in the open air, or grass-fed. The ewe goes five months with her young, about 152 days, or close on 22 weeks. The weaning season commences on poor lands, about the end of the third month, but on rich pasture not till the close of the fourth—sometimes longer.

这些小生灵便迅速茁壮成长：此类羔羊惯常被称为舍饲羔羊，以区别于露天放养或食草长大的羔羊。母羊怀胎五个月，约152天，或将近22周。断奶期在贫瘠土地上约于第三个月末开始，但在丰美牧场上则要到第四个月末--有时更晚。

699. FROM THE LARGE PROPORTION OF MOISTURE OR FLUIDS contained in the tissues of all young animals, the flesh of lamb and veal is much more prone, in close, damp weather, to become tainted and spoil than the flesh of the more mature, drier, and closer-textured beef and mutton. Among epicures, the most delicious sorts of lamb are those of the South-Down breed, known by their black feet; and of these, those which have been exclusively suckled on the milk of the parent ewe, are considered the finest. Next to these in estimation are those fed on the milk of several dams, and last of all, though the fattest, the grass-fed lamb; this, however, implies an age much greater than either of the others.

699. 由于所有幼年动物的组织中含水量或液体比例很高，羔羊和小牛肉在密闭潮湿的天气里，比之更为成熟、更干燥、质地更紧密的牛肉和羊肉，更容易变质腐坏。在美食家看来，最美味的羔羊是南丘品种，以其黑蹄著称；而其中完全由母羊乳汁哺育的，被认为最为上乘。其次受推崇的是由数只母羊的乳汁喂养的，最后--尽管最肥--是吃草长大的羔羊；然而，这意味着其年龄远大于前两者。

[Illustration: SIDE OF LAMB.]

[插图：羊肋排]

700. LAMB, in the early part of the season, however reared, is in London, and indeed generally, sold in quarters, divided with eleven ribs to the forequarter; but, as the season advances, these are subdivided into two, and the hind-quarter in the same manner; the first consisting of the shoulder, and the neck and breast; the latter, of the leg and the loin,—as shown in the cut illustrative of mutton. As lamb, from the juicy nature of its flesh, is especially liable to spoil in unfavourable weather, it should be frequently wiped, so as to remove any moisture that may form on

700. 羔羊，在时令初期，无论以何种方式饲养，在伦敦乃至普遍各地，均以四分之一胴体出售，前四分之一带十一根肋骨分割；但随着时令推进，这些又再分为二，后四分之一同样如此；前者包括肩部和颈胸部位；后者包括腿部和腰部--如羊肉图解所示。由于羔羊因肉质多汁，在不利天气下尤易腐坏，应经常擦拭，以去除可能形成的湿气

it.

701. IN THE PURCHASING OF LAMB FOR THE TABLE, there are certain signs by which the experienced judgment is able to form an accurate opinion whether the animal has been lately slaughtered, and whether the joints possess that condition of fibre indicative of good and wholesome meat. The first of these doubts may be solved satisfactorily by the bright and dilated appearance of the eye; the quality of the fore-quarter can always be guaranteed by the blue or healthy ruddiness of the jugular, or vein of the neck; while the rigidity of the knuckle, and the firm, compact feel of the kidney, will answer in an equally positive manner for the integrity of the hind-quarter.

702. MODE OF CUTTING UP A SIDE OF LAMB IN LONDON.—1, 1. Ribs; 2. Breast; 3. Shoulder; 4. Loin; 5. Leg; 1,2,3. Fore Quarter.

RECIPES.

CHAPTER XV.

BAKED MINCED MUTTON (Cold Meat Cookery).

703. INGREDIENTS.—The remains of any joint of cold roast mutton, 1 or 2 onions, 1 bunch of savoury herbs, pepper and salt to taste, 2 blades of pounded mace or nutmeg, 2 tablespoonfuls of gravy, mashed potatoes.

Mode.—Mince an onion rather fine, and fry it a light-brown colour; add the herbs and mutton, both of which should be also finely minced and well mixed; season with pepper and salt, and a little pounded mace or nutmeg, and moisten with the above

它。

701. 在选购餐桌用羔羊肉时，有一些迹象可凭经验判断，从而准确推断该动物是否近期宰杀，以及各关节部位的纤维状况是否表明肉质优良、健康。第一个疑问可通过眼睛明亮而瞳孔放大的外观得到满意解答；前躯的品质总能由颈部静脉呈蓝色或健康的红润色泽来保证；而关节的僵硬以及肾脏坚实紧凑的触感，同样能确凿地证明后躯完好无损。

702. 伦敦分割羊肋排的方式--1，
1. 肋部；2. 胸部；3. 肩部；4. 腰部；5. 腿部；1、2、3. 前躯。

食谱。

第十五章

烤羊肉末(冷肉烹饪)

703. 配料。--任何一块冷烤羊肉的剩余部分，1或2个洋葱，1束香草，胡椒和盐适量，2片捣碎的肉豆蔻衣或肉豆蔻，2汤匙肉汁，土豆泥。

做法。--将一个洋葱切得相当细，煎至浅棕色；加入香草和羊肉，两者也应切细并充分混合；用胡椒和盐以及少许捣碎的肉豆蔻衣或肉豆蔻调味，并用上述

proportion of gravy. Put a layer of mashed potatoes at the bottom of a dish, then the mutton, and then another layer of potatoes, and bake for about 1/2 hour.

Time.—1/2 hour. *Average cost*, exclusive of the meat, 4d.

Seasonable at any time.

Note.—If there should be a large quantity of meat, use 2 onions instead of 1.

BOILED BREAST OF MUTTON AND CAPER SAUCE.

704. INGREDIENTS.—Breast of mutton, bread crumbs, 2 tablespoonfuls of minced savoury herbs (put a large proportion of parsley), pepper and salt to taste.

Mode.—Cut off the superfluous fat; bone it; sprinkle over a layer of bread crumbs, minced herbs, and seasoning; roll, and bind it up firmly. Boil *gently* for 2 hours, remove the tape, and serve with caper sauce, No. 382, a little of which should be poured over the meat.

Time.—2 hours. *Average cost*, 6d. per lb.

Sufficient for 4 or 6 persons.

Seasonable all the year.

BOILED LEG OF MUTTON.

705. INGREDIENTS.—Mutton, water, salt.

Mode.—A. leg of mutton for boiling should not hang too long, as it will not look a good colour when dressed. Cut off the shank-bone,

比例的肉汁润湿。在盘底铺一层土豆泥，然后放羊肉，再铺一层土豆泥，烘烤约1/2小时。

时间。--1/2小时。平均费用，不含肉，4便士。时令随时皆宜。

注。--如果肉量很大，用2个洋葱代替1个。

水煮羊胸肉配刺山柑酱

704. 配料。--羊胸脯肉，面包屑，2汤匙切碎的香草(放入大量欧芹)，胡椒和盐适量。

做法。--切去多余的脂肪；去骨；撒上一层面包屑、切碎的香草和调味料；卷起，并牢牢捆扎。文火煮2小时，去掉捆绳，配第382号刺山柑酱汁上桌，应将少许酱汁浇在肉上。

时间。- 2小时。平均成本，每磅6便士。

足量供4或6人食用。

时令全年皆宜。

煮羊腿

705. 配料--羊肉、水、盐。

做法。--用于煮的羊腿不应悬挂过久，因为烹制后颜色会不好看。切去胫骨，

trim the knuckle, and wash and wipe it very clean; plunge it into sufficient boiling water to cover it; let it boil up, then draw the saucepan to the side of the fire, where it should remain till the finger can be borne in the water. Then place it sufficiently near the fire, that the water may gently simmer, and be very careful that it does not boil fast, or the meat will be hard. Skim well, add a little salt, and in about 2-1/4 hours after the water begins to simmer, a moderate-sized leg of mutton will be done. Serve with carrots and mashed turnips, which may be boiled with the meat, and send caper sauce (No. 382) to table with it in a tureen.

修整关节，清洗并擦拭得非常干净；将其浸入足以淹没的沸水中；让其煮沸，然后将平底锅拉到炉火旁，应留在那里直到手指能忍受水中的温度。然后将其放在足够靠近火的地方，使水微微 simmer，务必小心不要让其快速沸腾，否则肉会变硬。撇去浮沫，加少许盐，在水开始 simmer 后约 2-1/4 小时，中等大小的羊腿即可煮好。与胡萝卜和萝卜泥一起上桌，可与肉同煮，并将刺山柑酱汁(第382号)盛在汤碗中一同上桌。

Time.—A moderate-sized leg of mutton of 9 lbs., 2-1/4 hours after the water boils; one of 12 lbs., 3 hours.

时间。--一只中等大小、重9磅的羊腿，水沸后煮2-1/4小时；一只12磅的，煮3小时。

Average cost, 8-1/2d. per lb.

平均成本，每磅8又1/2便士。

Sufficient.—A moderate-sized leg of mutton for 6 or 8 persons.

足量。--供六人或八人食用之中等大小羊腿一只。

Seasonable nearly all the year, but not so good in June, July, and August.

时令几乎全年皆宜，但在六月、七月和八月品质不佳。

Note.—When meat is liked very *thoroughly* cooked, allow more time than stated above. The liquor this joint was boiled in should be converted into soup.

注。--若喜欢肉煮得十分熟透，可比上述时间多留些时间。煮此块肉的汤汁应做成汤。

THE GOOD SHEPHERD.—The sheep's complete dependence upon the shepherd for protection from its numerous enemies is frequently referred to in the Bible; thus the Psalmist likens himself to a lost sheep, and prays the Almighty to seek his servant; and our Saviour, when despatching his twelve chosen disciples to preach the Gospel amongst their unbelieving brethren, compares them to lambs going amongst wolves. The shepherd of the East, by kind treatment, calls forth from his sheep unmistakable signs of

好牧人。--羊完全依赖牧人保护它免受众多敌人侵害，这在《圣经》中屡屡提及；因此诗篇作者将自己比作迷失的羊，祈求全能者寻找他的仆人；而我们的救主在派遣十二门徒到不信的同胞中传福音时，将他们比作进入狼群的羔羊。东方的牧人通过善待羊群，从羊身上唤起了明显的

affection. The sheep obey his voice and recognize the names by which he calls them, and they follow him in and out of the fold. The beautiful figure of the "good shepherd," which so often occurs in the New Testament, expresses the tenderness of the Saviour for mankind. "The good shepherd giveth his life for the sheep."—*John*, x. 11. "I am the good shepherd, and know my sheep, and am known by mine."—*John*, x. 14. "And other sheep I have which are not of this fold: them also I must bring, and they shall hear my voice: and there shall be one fold and one shepherd."—*John*, x. 16.

感情。羊听从他的声音，认得他呼唤它们的名字，它们跟着他进出羊圈。新约中经常出现的“好牧人”的美好形象，表达了救世主对人类的温柔。“好牧人为羊舍命。”--约翰福音，x.11。“我是好牧人，我认识我的羊，我的羊也认识我。14。“我另外有羊，不是这圈里的；我必须领它们来，它们也要听我的声音，并且要合成一群，归一个牧人了。16。

BONED LEG OF MUTTON STUFFED.

去骨填馅羊腿。

706. INGREDIENTS.—A small leg of mutton, weighing 6 or 7 lbs., forcemeat, No. 417, 2 shalots finely minced.

706. 配料。--一只重6或7磅的小羊腿，第417号馅料，2个切细的红葱头。

Mode.—Make a forcemeat by recipe No. 417, to which add 2 finely-minced shalots. Bone the leg of mutton, without spoiling the skin, and cut off a great deal of the fat. Fill the hole up whence the bone was taken, with the forcemeat, and sew it up underneath, to prevent its falling out. Bind and tie it up compactly, and roast it before a nice clear fire for about 2-1/2 hours or rather longer; remove the tape and send it to table with a good gravy. It may be glazed or not, as preferred.

做法。--按第417号食谱制作馅料，加入2个切碎的青葱。将羊腿去骨，不破坏外皮，并切去大量脂肪。用馅料填满去骨处的孔洞，在下方缝合以防脱落。将其捆扎紧实，在明亮洁净的炉火前烤约2-1/2小时或稍长；去掉绳子，配上好的肉汁上桌。可根据喜好上釉或不上釉。

Time.—2-1/2 hours, or rather longer. *Average cost*, 4s. 8d.

时间--2又1/2小时，或稍长。平均成本,4先令8便士。

Sufficient for 6 or 7 persons.

足量供6或7人食用。

Seasonable at any time.

时令任何时候皆宜。

BRAISED FILLET OF MUTTON, with French Beans.

焖羊肉里脊，配法国豆。

707. INGREDIENTS.—The chump end of a loin of mutton,

707. 696.配料--羊脊肉末端的肉块，

buttered paper, French beans, a little glaze, 1 pint of gravy.

Mode.—Roll up the mutton in a piece of buttered paper, roast it for 2 hours, and do not allow it to acquire the least colour. Have ready some French beans, boiled, and drained on a sieve; remove the paper from the mutton, glaze it; just heat up the beans in the gravy, and lay them on the dish with the meat over them. The remainder of the gravy may be strained, and sent to table in a tureen.

Time.—2 hours. *Average cost*, 8-1/2d. per lb.

Sufficient for 4 or 5 persons.

Seasonable at any time.

VARIOUS QUALITIES OF MUTTON—Mutton is, undoubtedly, the meat most generally used in families; and, both by connoisseurs and medical men, it stands first in favour, whether its the favour, digestible qualifications, or general wholesomeness, be considered. Of all mutton, that furnished by South-Down sheep is the most highly esteemed; it is also the dearest, on account of its scarcity, and the great demand of it. Therefore, if the housekeeper is told by the butcher that he has not any in his shop, it should not occasion disappointment to the purchaser. The London and other markets are chiefly supplied with sheep called half-breeds, which are a cross between the Down and Lincoln or Leicester. These half-breeds make a greater weight of mutton than the true South-Downs, and, for this very desirable qualification, they are preferred by the great sheep-masters. The legs of this mutton range from 7 to 11 lbs. in weight; the shoulders, necks, or loins, about 6 to 9 lbs.; and if care is taken not to purchase it; the

涂油纸，法国豆，少许釉料，1品脱肉汁。

做法。--将羊肉卷在涂了黄油的纸中，烤2小时，不要让它染上丝毫颜色。备好一些煮过并在筛上沥干的法国豆；去掉羊肉上的纸，给它上 glaze；将豆子在肉汁中稍加热，铺在盘中，肉放在豆上。剩余的肉汁可滤过，盛在汤碗中送上餐桌。

时间。- 2小时。平均成本，每lb.8-1/2d。

足量供4或5人食用。

时令任何时候皆宜。

羊肉的各种品质--羊肉无疑是家庭中最普遍食用的肉类；无论是从其风味、易消化的特性，还是整体的有益健康来看，它都位居首位，这一点既得到美食家的认可，也得到医者的肯定。在所有羊肉中，南丘羊所提供的羊肉最受推崇；由于数量稀少且需求量大，它也是价格最贵的。因此，如果肉贩告诉管家店里没有这种羊肉，购买者不应感到失望。伦敦及其他市场主要供应一种称为半血种的羊，它们是丘陵羊与林肯羊或莱斯特羊的杂交品种。这些半血种羊所产的羊肉重量大于纯种南丘羊，正因这一非常可取的优点，它们受到大牧羊业主的青睐。这种羊肉的腿重从7磅到11磅不等；肩部、颈部或腰部约重6磅到9磅；如果注意不要购买它；

shoulders, necks, or loins, about 8 to 9 lbs.; and it cure is taken not to purchase it too fat, it will be found the most satisfactory and economical mutton that can be bought.

肩肉、颈肉或腰肉，约8至9磅；只要注意不要买得太肥，这将是所能买到的最令人满意、最经济的羊肉。

BRAISED LEG OF MUTTON.

炖羊腿

708. INGREDIENTS.—1 small leg of mutton, 4 carrots, 3 onions, 1 faggot of savoury herbs, a bunch of parsley, seasoning to taste of pepper and salt, a few slices of bacon, a few veal trimmings, 1/2 pint of gravy or water.

708. 配料。--一只小羊腿，4根胡萝卜，3个洋葱，1束香草，一束欧芹，胡椒和盐调味适量，几片培根，少许小牛肉碎料，1/2品脱肉汁或水。

Mode.—Line the bottom of a braising-pan with a few slices of bacon, put in the carrots, onions, herbs, parsley, and seasoning, and over these place the mutton. Cover the whole with a few more slices of bacon and the veal trimmings, pour in the gravy or water, and stew very gently for 4 hours. Strain the gravy, reduce it to a glaze over a sharp fire, glaze the mutton with it, and send it to table, placed on a dish of white haricot beans boiled tender, or garnished with glazed onions.

做法。--在焖锅底部铺几片培根，放入胡萝卜、洋葱、香草、欧芹和调味料，在这些上面放羊肉。用几片培根和小牛肉碎料盖住全部，倒入肉汁或水，非常文火地焖4小时。滤出肉汁，在旺火上收浓成 glaze，用其为羊肉上 glaze，盛在盘中送上餐桌，盘底铺以煮嫩的白色菜豆，或用上了 glaze 的洋葱作配菜。

Time.—4 hours. Average cost, 5s.

时间。- 4小时。平均成本，5先令。

Sufficient for 6 or 7 persons.

足量供6或7人食用。

Seasonable at any time.

时令任何时候皆宜。

THE ORDER OF THE GOLDEN FLEECE.—This order of knighthood was founded by Philip the Good, duke of Burgundy, in 1429, on the day of his marriage with the Princess Isabella of Portugal. The number of the members was originally fixed at thirty-one, including the sovereign, as the head and chief of the institution. In 1516, Pope Leo X. consented to increase the number to fifty-two, including the head. In 1700 the German emperor

金羊毛骑士团。--这一骑士勋位由勃艮第公爵好人菲利普于1429年创立，当日正是他与葡萄牙的伊莎贝拉公主成婚之日。成员人数最初定为三十一名，包括作为该机构首脑和领袖的君主。1516年，教皇利奥十世同意将人数增至五十二名，包括首脑。1700年，德意志皇帝

Charles VI. and King Philip of Spain both laid claim to the order. The former, however, on leaving Spain, which he could not maintain by force of arms, took with him, to Vienna, the archives of the order, the inauguration of which he solemnized there in 1713, with great magnificence; but Philip V. of Spain declared himself Grand Master, and formally protested, at the congress of Cambrai (1721), against the pretensions of the emperor. The dispute, though subsequently settled by the intercession of France, England, and Holland, was frequently renewed, until the order was tacitly introduced into both countries, and it now passes by the respective names of the Spanish or Austrian "Order of the Golden Fleece," according to the country where it is issued.

查理六世和西班牙国王菲利普都对该骑士团提出了主权要求。然而，前者在离开西班牙时--他无法以武力维持对西班牙的控制--将骑士团的档案带到了维也纳，并于1713年在那里以极其隆重的方式主持了骑士团的就职典礼；但西班牙的菲利普五世宣布自己为大团长，并在康布雷会议(1721年)上正式抗议皇帝的僭称。这一争端虽然后来经法国、英国和荷兰的调停而得以解决，却屡次重新燃起，直到该骑士团被默许引入两国，如今它根据颁发国分别被称为西班牙或奥地利的“金羊毛骑士团”。

AN EXCELLENT WAY TO COOK A BREAST OF MUTTON.

一种烹制羊胸肉的绝佳方法。

709. INGREDIENTS.—Breast of mutton, 2 onions, salt and pepper to taste, flour, a bunch of savoury herbs, green peas.

709. 配料。--羊胸脯肉，2个洋葱，盐和胡椒适量，面粉，一束香草，青豌豆。

Mode.—Cut the mutton into pieces about 2 inches square, and let it be tolerably lean; put it into a stewpan, with a little fat or butter, and fry it of a nice brown; then dredge in a little flour, slice the onions, and put it with the herbs in the stewpan; pour in sufficient water *just* to cover the meat, and simmer the whole gently until the mutton is tender. Take out the meat, strain, and skim off all the fat from the gravy, and put both the meat and gravy back into the stewpan; add about a quart of young green peas, and let them boil gently until done. 2 or 3 slices of bacon added and stewed with the mutton give additional flavour; and, to insure the peas being a beautiful green colour, they may be boiled in water separately, and added to the stew at the moment of

做法。--将羊肉切成约2英寸见方的块，尽量选用较瘦的部分；放入炖锅中，加少许肥肉或黄油，煎至漂亮的棕色；然后撒入少许面粉，将洋葱切片，与香草一同放入炖锅；倒入足量的水刚好没过肉，用文火将全部食材慢慢炖至羊肉软嫩。取出肉，过滤，撇去肉汁上的全部油脂，将肉和肉汁都放回炖锅；加入约一夸脱嫩青豌豆，用文火煮至熟透。加入2至3片培根与羊肉同炖可增添风味；为确保豌豆呈现漂亮的绿色，可将豌豆单独用水煮好，在起锅时加入炖菜中。

serving.

Time.—2-1/2 hours.

Average cost, 6d. per lb.

Sufficient for 4 or 5 persons.

Seasonable from June to August.

NAMES OF ANIMALS SAXON, AND OF THEIR FLESH NORMAN.—The names of all our domestic animals are of Saxon origin; but it is curious to observe that Norman names have been given to the different sorts of flesh which these animals yield. How beautifully this illustrates the relative position of Saxon and Norman after the Conquest. The Saxon hind had the charge of tending and feeding the domestic animals, but only that they might appear on the table of his Norman lord. Thus 'ox,' 'steer,' 'cow,' are Saxon, but 'beef' is Norman; 'calf' is Saxon, but 'veal' Norman; 'sheep' is Saxon, but 'mutton' Norman; so it is severally with 'deer' and 'venison,' 'swine' and 'pork,' 'fowl' and 'pullet.' 'Bacon,' the only flesh which, perhaps, ever came within his reach, is the single exception.

BROILED MUTTON AND TOMATO SAUCE (Cold Meat Cookery).

710. INGREDIENTS.—A few slices of cold mutton, tomato sauce, No. 529.

Mode.—Cut some nice slices from a cold leg or shoulder of mutton; season them with pepper and salt, and broil over a clear fire. Make some tomato sauce by recipe No. 529, pour it over the mutton, and serve. This makes an excellent dish, and must be served very hot.

Time.—About 5 minutes to broil the mutton.

服务。

时间。- 2-1/2小时。

平均成本，每磅6便士。

足量供4或5人食用。

时令六月至八月。

动物的撒克逊名称及其肉类的诺曼名称。--我们所有家畜的名称都源自撒克逊语；但有趣的是，这些家畜所产的不同种类的肉却被赋予了诺曼名称。这多么美妙地说明了诺曼征服之后撒克逊人与诺曼人的相对地位。撒克逊的雇农负责照管和饲养家畜，但只是为了让它们出现在诺曼领主的餐桌上。因此，“ox”(公牛)、“steer”(阉牛)、“cow”(母牛)是撒克逊语，而“beef”(牛肉)是诺曼语；“calf”(小牛)是撒克逊语，而“veal”(小牛肉)是诺曼语；“sheep”(羊)是撒克逊语，而“mutton”(羊肉)是诺曼语；“deer”与“venison”(鹿肉)、“swine”与“pork”(猪肉)、“fowl”与“pullet”(禽肉)也分别如此。“Bacon”(培根)也许是唯一可能落到他手中的肉，是唯一的例外。

烤羊肉配番茄酱(冷肉烹饪)

710. 配料--几片冷羊肉，番茄酱，第529号。

做法。--从冷的羊腿或羊肩上切下一些上好的薄片；用胡椒和盐调味，在明火上炙。按第529号食谱制作一些番茄酱汁，浇在羊肉上，上桌。这是一道极佳的菜肴，必须趁热上桌。

时间。--烤羊肉约需5分钟。

Seasonable in September and October, when tomatoes are plentiful and seasonable.

SHEPHERDS AND THEIR FLOCKS.—The shepherd's crook is older than either the husbandman's plough or the warrior's sword. We are told that Abel was a keeper of sheep. Many passages in holy writ enable us to appreciate the pastoral riches of the first eastern nations; and we can form an idea of the number of their flocks, when we read that Jacob gave the children of Hamor a hundred sheep for the price of a field, and that the king of Israel received a hundred thousand every year from the king of Moab, his tributary, and a like number of rams covered with their fleece. The tendency which most sheep have to ramble, renders it necessary for them to be attended by a shepherd. To keep a flock within bounds, is no easy task; but the watchful shepherd manages to accomplish it without harassing the sheep. In the Highlands of Scotland, where the herbage is scanty, the sheep-farm requires to be very large, and to be watched over by many shepherds. The farms of some of the great Scottish landowners are of enormous extent. "How many sheep have you on your estate?" asked Prince Esterhazy of the duke of Argyll. "I have not the most remote idea," replied the duke; "but I know the shepherds number several thousands."

BROILED MUTTON CHOPS.

711. INGREDIENTS.—Loin of mutton, pepper and salt, a small piece of butter.

Mode.—Cut the chops from a well-hung tender loin of mutton, remove a portion of the fat, and trim them into a nice shape; slightly beat and level them; place the gridiron over a bright clear

时令在九月和十月，此时番茄丰盛且应时。

牧羊人与他们的羊群。--牧羊人的牧杖比农夫的犁或战士的剑都更为古老。我们得知亚伯是一位牧羊人。圣经中的许多段落使我们得以领略最早东方民族的牧业财富；当我们读到雅各以一百只羊为代价向哈抹的子孙换得一块田地，以及以色列王每年从他的附庸摩押王那里收到十万只羊和同样数量的带毛公羊时，我们便能想象他们羊群的数量。大多数羊都有游荡的习性，因此必须由牧羊人照管。将羊群控制在界限之内并非易事；但警觉的牧羊人能够做到这一点而不使羊群受到惊扰。在苏格兰高地，牧草稀少，牧羊场必须非常大，并需要许多牧羊人看管。一些苏格兰大地主的农场面积广大。“您的庄园里有多少只羊?”埃斯特哈齐亲王问阿盖尔公爵。“我完全没有概念，”公爵答道，“但我知道牧羊人有好几千。”

烤羊排

711. 配料--羊里脊、胡椒和盐、一小块黄油。

做法。--从悬挂得恰到好处的嫩羊腰肉上切下羊排，去掉一部分脂肪，修整成好看的形状；轻轻拍打并使其平整；将烤架置于明亮清澈的

fire, rub the bars with a little fat, and lay on the chops. Whilst broiling, frequently turn them, and in about 8 minutes they will be done. Season with pepper and salt, dish them on a very hot dish, rub a small piece of butter on each chop, and serve very hot and expeditiously.

Time.—About 8 minutes. *Average cost*, 10d. per lb.

Sufficient.—Allow 1 chop to each person.

Seasonable at any time.

CHINA CHILO.

712. INGREDIENTS.—1-1/2 lb. of leg, loin, or neck of mutton, 2 onions, 2 lettuces, 1 pint of green peas, 1 teaspoonful of salt, 1 teaspoonful of pepper, 1/4 pint of water, 1/4 lb. of clarified butter; when liked, a little cayenne.

Mode.—Mince the above quantity of undressed leg, loin, or neck of mutton, adding a little of the fat, also minced; put it into a stewpan with the remaining ingredients, previously shredding the lettuce and onion rather fine; closely cover the stewpan, after the ingredients have been well stirred, and simmer gently for rather more than 2 hours. Serve in a dish, with a border of rice round, the same as for curry.

Time.—Rather more than 2 hours. *Average cost*, 1s. 6d.

Sufficient for 3 or 4 persons.

Seasonable from June to August.

CURRIED MUTTON (Cold Meat Cookery).

火上，用少许脂肪擦拭烤架条，放上羊排。炙烤时经常翻动，约8分钟即可烤好。用胡椒和盐调味，盛在极热的盘中，在每块羊排上抹一小块黄油，迅速趁热上桌。

时间。- 约8分钟。平均成本，每磅10便士。

充足。--每人配给1块排骨。

时令任何时候皆宜。

中国奇洛。

712. 配料。--1-1/2磅羊腿肉、羊腰肉或羊颈肉，2个洋葱，2棵生菜，1品脱青豌豆，1茶匙盐，1茶匙胡椒，1/4品脱水，1/4磅澄清黄油；如喜欢，加少许卡宴辣椒。

做法。--将上述分量的生羊腿肉、羊腰肉或羊颈肉切碎，加入少许同样切碎的脂肪；放入炖锅，加入其余配料，生菜和洋葱须事先切得相当细；将所有配料充分搅拌后，盖紧炖锅，文火煨2小时略多。盛在盘中上桌，周围围一圈米饭，与咖喱的做法相同。

时间。--略多于2小时。平均费用,1先令6便士。

足够供三四人食用。

时令六月至八月。

咖喱羊肉(冷肉烹饪)。

713. INGREDIENTS.—The remains of any joint of cold mutton, 2 onions, 1/4 lb. of butter, 1 dessertspoonful of curry powder, 1 dessertspoonful of flour, salt to taste, 1/4 pint of stock or water.

Mode.—Slice the onions in thin rings, and put them into a stewpan with the butter, and fry of a light brown; stir in the curry powder, flour, and salt, and mix all well together. Cut the meat into nice thin slices (if there is not sufficient to do this, it may be minced), and add it to the other ingredients; when well browned, add the stock or gravy, and stew gently for about 1/2 hour. Serve in a dish with a border of boiled rice, the same as for other curries.

Time.—1/2 hour.

Average cost, exclusive of the meat, 6d.

Seasonable in winter.

CUTLETS OF COLD MUTTON (Cold Meat Cookery).

714. INGREDIENTS.—The remains of cold loin or neck of mutton, 1 egg, bread crumbs, brown gravy (No. 436), or tomato sauce (No. 529).

Mode.—Cut the remains of cold loin or neck of mutton into cutlets, trim them, and take away a portion of the fat, should there be too much; dip them in beaten egg, and sprinkle with bread crumbs, and fry them a nice brown in hot dripping. Arrange them on a dish, and pour round them either a good gravy or hot tomato sauce.

Time.—About 7 minutes.

Seasonable.—Tomatoes to be had most reasonably in September and October.

713. 配料。--任何一块冷羊肉的剩余部分，2个洋葱，1/4磅黄油，1甜点匙咖喱粉，1甜点匙面粉，盐适量，1/4品脱高汤或水。

做法。--将洋葱切成薄圈，与黄油一起放入炖锅，煎至浅棕色；拌入咖喱粉、面粉和盐，全部充分混合。将肉切成好看的薄片(若不够切，可切碎)，加入其他配料中；充分煎黄后，加入高汤或肉汁，文火煨约1/2小时。盛在盘中上桌，周围围一圈煮熟的米饭，与其他咖喱的做法相同。

时间。--1/2小时。

平均成本，不含肉，6便士。

时令冬季。

冷羊肉肉排(冷肉烹饪)

714. 配料--冷羊腰肉或羊颈肉的剩余部分，
1个鸡蛋，面包屑，棕色肉汁(第436号)，或番茄酱(第
529) .

做法。--将冷羊腰肉或羊颈肉的剩余部分切成肉排，修整好，若脂肪过多则去掉一部分；蘸上打散的蛋液，撒上面包屑，在热油中煎至好看的棕色。摆放在盘中，周围浇上好的肉汁或热番茄酱汁。

时间。--约7分钟。

时令。--番茄在九月和十月价格最为合理。

DORMERS.

715. INGREDIENTS.—1/2 lb. of cold mutton, 2 oz. of beef suet, pepper and salt to taste, 3 oz. of boiled rice, 1 egg, bread crumbs, made gravy.

Mode.—Chop the meat, suet, and rice finely; mix well together, and add a high seasoning of pepper and salt, and roll into sausages; cover them with egg and bread crumbs, and fry in hot dripping of a nice brown. Serve in a dish with made gravy poured round them, and a little in a tureen.

Time.—1/2 hour to fry the sausages.

Average cost, exclusive of the meat, 6d.

Seasonable at any time.

THE GOLDEN FLEECE.—The ancient fable of the Golden Fleece may be thus briefly told:—Phryxus, a son of Athamus, king of Thebes, to escape the persecutions of his stepmother Ino, paid a visit to his friend Aeetes, king of Colchis. A ram, whose fleece was of pure gold, carried the youth through the air in a most obliging manner to the court of his friend. When safe At Colchis, Phryxus offered the ram on the altars of Mars, and pocketed the fleece. The king received him with great kindness, and gave him his daughter Chalciope in marriage; but, some time after, he murdered him in order to obtain possession of the precious fleece. The murder of Phryxus was amply revenged by the Greeks. It gave rise to the famous Argonautic expedition, undertaken by Jason and fifty of the most celebrated heroes of Greece. The Argonauts recovered the fleece by the help of the celebrated sorceress Medea, daughter of Aeetes, who fell desperately in love with the gallant but

老虎窗。

715. 配料--1/2 lb.冷羊肉，2 oz.牛板油，胡椒和盐适量，3 oz.煮熟的米饭，1个鸡蛋，面包屑，做好的肉汁。

做法--将肉、板油和米饭细细剁碎；充分混合，加入浓重的胡椒和盐调味，卷成香肠状；裹上鸡蛋和面包屑，在热油中炸至漂亮的棕色。盛在盘中，周围浇上做好的肉汁，并在汤碗中放少许。

时间。--煎香肠需1/2小时。

平均成本，不含肉，6便士。

时令任何时候皆宜。

金羊毛。--关于金羊毛的古老传说，可以简要叙述如下：底比斯国王阿塔玛斯之子弗里克索斯，为躲避继母伊诺的迫害，前去投奔他的朋友科尔基斯国王埃厄忒斯。一只羊毛纯金的公羊，以极为殷勤的方式载着这位少年凌空飞往他朋友的宫廷。平安抵达科尔基斯后，弗里克索斯将公羊献于玛尔斯祭坛，并把羊毛揣入囊中。国王盛情接待了他，并将女儿卡尔基俄佩许配给他为妻；然而过了一些时候，国王为了占有那珍贵的羊毛而将他杀害。弗里克索斯之死被希腊人彻底复仇。此事引发了著名的阿尔戈英雄远征，由伊阿宋与希腊五十位最负盛名的英雄发起。阿尔戈英雄们在著名的女巫美狄亚--埃厄忒斯之女--的帮助下夺回了羊毛，她疯狂地爱上了这位英勇却

faithless Jason. In the story of the voyage of the Argo, a substratum of truth probably exists, though overlaid by a mass of fiction. The ram which carried Phryxus to Colchis is by some supposed to have been the name of the ship in which he embarked. The fleece of gold is thought to represent the immense treasures he bore away from Thebes. The alchemists of the fifteenth century were firmly convinced that the Golden Fleece was a treatise on the transmutation of metals, written on sheepskin.

不忠的伊阿宋。在阿尔戈号航行的故事中，可能存在着真实的底层，尽管被大量虚构所覆盖。载着弗里克斯前往科尔基斯的公羊，有人推测是他所乘船隻的名字。金羊毛被认为代表他从底比斯带走的巨额财宝。十五世纪的炼金术士坚信，金羊毛是一篇关于金属嬗变的论文，写在羊皮纸上。

HARICOT MUTTON.

哈里科羊肉

I.

716. INGREDIENTS.—4 lbs. of the middle or best end of the neck of mutton, 3 carrots, 3 turnips, 3 onions, popper and salt to taste, 1 tablespoonful of ketchup or Harvey's sauce.

716. 配料--4 lbs.羊颈中段或最佳端，3根胡萝卜，3个芜菁，3个洋葱，胡椒和盐适量，1汤匙番茄酱或哈维酱。

Mode.—Trim off some of the fat, cut the mutton into rather thin chops, and put them into a frying-pan with the fat trimmings. Fry of a pale brown, but do not cook them enough for eating. Cut the carrots and turnips into dice, and the onions into slices, and slightly fry them in the same fat that the mutton was browned in, but do not allow them to take any colour. Now lay the mutton at the bottom of a stewpan, then the vegetables, and pour over them just sufficient boiling water to cover the whole. Give one boil, skim well, and then set the pan on the side of the fire to simmer gently until the meat is tender. Skim off every particle of fat, add a seasoning of pepper and salt, and a little ketchup, and serve. This dish is very much better if made the day before it is wanted for table, as the fat can be so much more easily removed when the

式。--切去部分肥肉，将羊肉切成稍薄的肉排，连同肥肉边角一起放入煎锅。煎至浅棕色，但不要煮到足以食用的程度。将胡萝卜和芜菁切成骰子块，洋葱切成片，在煎羊肉上色的同一油脂中略煎，但不要让其着色。现在将羊肉铺在炖锅底部，然后铺上蔬菜，倒入刚好没过全部食材的沸水。煮沸一次，撇净浮沫，然后将锅置于火边，文火慢炖至肉变嫩。撇去每一丝肥油，加入胡椒和盐的调味，以及少许番茄酱，即可上桌。这道菜若在供餐前一天做好则要好得多，因为此时肥油更容易去除

gravy is cold. This should be particularly attended to, as it is apt to be rather rich and greasy if eaten the same day it is made. It should be served in rather a deep dish.

肉汁是冷的。这一点应特别注意，因为如果在制作当天食用，肉汁往往偏油腻。应盛在较深的盘子里上桌。

Time.—2-1/2 hours to simmer gently.

时间。--小火慢炖2-1/2小时。

Average cost, for this quantity, 3s.

平均成本，此数量为3先令。

Sufficient for 6 or 7 persons.

足量供6或7人食用。

Seasonable at any time.

时令任何时候皆宜。

II.

二
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717. INGREDIENTS.—Breast or scrag of mutton, flour, pepper and salt to taste, 1 large onion, 3 cloves, a bunch of savoury herbs, 1 blade of mace, carrots and turnips, sugar.

717. 配料--羊胸肉或羊颈肉、面粉、适量胡椒和盐、1个大洋葱、3粒丁香、一束香草、1片肉豆蔻、胡萝卜和芜菁、糖。

Mode.—Cut the mutton into square pieces, and fry them a nice colour; then dredge over them a little flour and a seasoning of pepper and salt. Put all into a stewpan, and moisten with boiling water, adding the onion, stuck with 3 cloves, the mace, and herbs. Simmer gently till the meat is nearly done, skim off all the fat, and then add the carrots and turnips, which should previously be cut in dice and fried in a little sugar to colour them. Let the whole simmer again for 10 minutes; take out the onion and bunch of herbs, and serve.

做法。--将羊肉切成方块，煎至色泽美观；然后在上面撒少许面粉以及胡椒和盐的调味。将所有材料放入炖锅，加入沸水润湿，再加入插着3粒丁香、肉豆蔻衣和香草的洋葱。用文火慢炖至肉将近熟透，撇去所有油脂，然后加入胡萝卜和芜菁，二者应事先切成骰子块并用少许糖煎至上色。将全部材料再慢炖10分钟；取出洋葱和香草束，即可上桌。

Time.—About 3 hours to simmer.

时间。--约需炖煮3小时。

Average cost, 6d. per lb.

平均成本，每磅6便士。

Sufficient for 4 or 5 persons.

足量供4或5人食用。

Seasonable at any time.

时令任何时候皆宜。

HARICOT MUTTON (Cold Meat Cookery).

718. INGREDIENTS.—The remains of cold neck or loin of mutton, 2 oz. of butter, 3 onions, 1 dessertspoonful of flour, 1/2 pint of good gravy, pepper and salt to taste, 2 tablespoonfuls of port wine, 1 tablespoonful of mushroom ketchup, 2 carrots, 2 turnips, 1 head of celery.

Mode.—Cut the cold mutton into moderate-sized chops, and take off the fat; slice the onions, and fry them with the chops, in a little butter, of a nice brown colour; stir in the flour, add the gravy, and let it stew gently nearly an hour. In the mean time boil the vegetables until *nearly* tender, slice them, and add them to the mutton about 1/4 hour before it is to be served. Season with pepper and salt, add the ketchup and port wine, give one boil, and serve.

Time.—1 hour.

Average cost, exclusive of the cold meat, 9d.

Seasonable at any time.

HASHED MUTTON.

719. INGREDIENTS.—The remains of cold roast shoulder or leg of mutton, 6 whole peppers, 6 whole allspice, a faggot of savoury herbs, 1/2 head of celery, 1 onion, 2 oz. of butter, flour.

Mode.—Cut the meat in nice even slices from the bones, trimming off all superfluous fat and gristle; chop the bones and fragments of the joint, put them into a stewpan with the pepper, spice, herbs, and celery; cover with water, and simmer for 1 hour. Slice and fry

哈里科特羊肉(冷肉烹饪)。

718. 配料--冷羊颈肉或羊里脊的剩余部分，

2 oz.黄油、3个洋葱、1甜点匙面粉、1/2 pint上好肉汁、适量胡椒和盐、2汤匙波特酒、1汤匙蘑菇番茄酱、2根胡萝卜、2个芜菁、1棵芹菜。

做法--将冷羊肉切成大小适中的块，去掉肥肉；洋葱切片，与羊肉块一起用少许黄油煎至漂亮的棕色；拌入面粉，加入肉汁，小火炖近1小时。与此同时将蔬菜煮至将近软烂，切片，在起锅前约1/4小时加入羊肉中。用胡椒和盐调味，加入番茄酱和波特酒，煮沸一次，即可上桌。

时间。--1小时。

平均成本，不含冷肉，9便士。

时令任何时候皆宜。

哈希羊肉。

719. 配料--冷烤羊肩或羊腿的余肉、6粒整胡椒、6粒整多香果、一束香草、1/2棵芹菜、1个洋葱、2 oz.黄油、面粉。

做法--将肉从骨头上切成均匀漂亮的片，修去所有多余的肥肉和筋；将骨头和碎肉剁碎，与胡椒、香料、香草和芹菜一起放入炖锅；加水没过，小火炖1小时。切片并煎

the onion of a nice pale-brown colour, dredge in a little flour to make it thick, and add this to the bones, &c. Stew for 1/4 hour, strain the gravy, and let it cool; then skim off every particle of fat, and put it, with the meat, into a stewpan. Flavour with ketchup, Harvey's sauce; tomato sauce, or any flavouring that may be preferred, and let the meat gradually warm through, but not boil, or it will harden. To hash meat properly, it should be laid in cold gravy, and only left on the fire just long enough to warm through.

将洋葱煎至漂亮的浅棕色，撒入少许面粉使其浓稠，然后将其加入骨头等物中。炖1/4小时，滤出肉汁，让其冷却；然后撇去每一丝油脂，将其与肉一起放入炖锅。用番茄酱、哈维酱汁、番茄沙司或任何喜欢的调味品调味，让肉逐渐热透，但不要煮沸，否则会变硬。要正确地做回锅肉，肉应放在冷的肉汁中，只需在火上放足够长的时间使其热透即可。

Time.—1-1/2 hour to simmer the gravy.

时间。- 炖肉汁需1-1/2小时。

Average cost, exclusive of the meat, 4d.

平均成本，不含肉，4便士。

Seasonable at any time.

时令任何时候皆宜。

HASHED MUTTON.—Many persons express a decided aversion to hashed mutton; and, doubtless, this dislike has arisen from the fact that they have unfortunately never been properly served with this dish. If properly done, however, the meat tender (it ought to be as tender as when first roasted), the gravy abundant and well flavoured, and the sippets nicely toasted, and the whole served neatly; then, hashed mutton is by no means to be despised, and is infinitely more wholesome and appetizing than the cold leg or shoulder, of which fathers and husbands, and their bachelor friends, stand in such natural awe.

回锅羊肉--许多人对回锅羊肉表示明确的厌恶；毫无疑问，这种厌恶源于这样一个事实：他们不幸从未吃过做得恰当的回锅羊肉。然而，如果做得恰当，肉嫩(应像初次烤制时一样嫩)，肉汁丰富且味道浓郁，面包片烤得恰到好处，整道菜摆放整齐；那么，回锅羊肉绝不应被轻视，它比冷的羊腿或羊肩要有益健康、开胃得多，而父亲们、丈夫们以及他们的单身朋友们对这种冷肉怀有如此天然的敬畏。

HODGE-PODGE (Cold Meat Cookery).

霍奇波奇(冷肉烹饪)。

720. INGREDIENTS.—About 1 lb. of underdone cold mutton, 2 lettuces, 1 pint of green peas, 5 or 6 green onions, 2 oz. of butter, pepper and salt to taste, 1/2 teacupful of water.

720. 配料--约1 lb.半熟冷羊肉、2棵生菜、1 pint青豌豆、5或6根青葱、2 oz. 黄油、适量胡椒和盐、1/2茶杯水。

Mode.—Mince the mutton, and cut up the lettuces and onions in slices. Put these in a stewpan, with all the ingredients except the

做法--将羊肉切碎，生菜和洋葱切片。将这些放入炖锅，加入除

peas, and let these simmer very gently for 3/4 hour, keeping them well stirred. Boil the peas separately, mix these with the mutton, and serve very hot.

豌豆以外的所有配料，小火慢炖3/4小时，不断搅拌。另将豌豆煮熟，与羊肉混合，趁热上桌。

Time.—3/4 hour.

时间。- 3/4小时。

Sufficient for 3 or 4 persons.

足够供三四人食用。

Seasonable from the end of May to August.

时令从五月底到八月。

IRISH STEW.

爱尔兰炖肉

I.

721. INGREDIENTS.—3 lbs. of the loin or neck of mutton, 5 lbs. of potatoes, 5 large onions, pepper and salt to taste, rather more than 1 pint of water.

721. 配料--3 lbs.羊腰肉或羊颈肉、5 lbs.土豆、5个大洋葱、适量胡椒和盐、略多于1 pint的水。

Mode.—Trim off some of the fat of the above quantity of loin or neck of mutton, and cut it into chops of a moderate thickness. Pare and halve the potatoes, and cut the onions into thick slices. Put a layer of potatoes at the bottom of a stewpan, then a layer of mutton and onions, and season with pepper and salt; proceed in this manner until the stewpan is full, taking care to have plenty of vegetables at the top. Pour in the water, and let it stew very gently for 2-1/2 hours, keeping the lid of the stewpan closely shut the *whole* time, and occasionally shaking it to prevent its burning.

模式。--将上述份量的羊腰肉或羊颈肉去掉一些肥肉，切成厚薄适中的肉排。将土豆削皮并切成两半，洋葱切成厚片。在炖锅底部铺一层土豆，然后铺一层羊肉和洋葱，用胡椒和盐调味；如此反复铺放，直到炖锅装满，注意顶部要多放些蔬菜。倒入水，用文火慢炖2-1/2小时，全程将锅盖盖紧，并偶尔摇晃锅子以防烧焦。

Time.—2-1/2 hours.

时间。- 2-1/2小时。

Average cost, for this quantity, 2s. 8d.

平均成本，此数量为2先令8便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable.—More suitable for a winter dish.

时令。--更适合作为冬季菜肴。

II.

722. INGREDIENTS.—2 or 3 lbs. of the breast of mutton, 1-1/2 pint of water, salt and pepper to taste, 4 lbs. of potatoes, 4 large onions.

Mode.—Put the mutton into a stewpan with the water and a little salt, and let it stew gently for an hour; cut the meat into small pieces, skim the fat from the gravy, and pare and slice the potatoes and onions. Put all the ingredients into the stewpan in layers, first a layer of vegetables, then one of meat, and sprinkle seasoning of pepper and salt between each layer; cover closely, and let the whole stew very gently for 1 hour of rather more, shaking it frequently to prevent its burning.

Time.—Rather more than 2 hours. *Average cost*, 1s, 6d.

Sufficient for 5 or 6 persons.

Seasonable.—Suitable for a winter dish.

Note.—Irish stew may be prepared in the same manner as above, but baked in a jar instead of boiled. About 2 hours or rather more in a moderate oven will be sufficient time to bake it.

ITALIAN MUTTON CUTLETS.

723. INGREDIENTS.—About 3 lbs. of the neck of mutton, clarified butter, the yolk of 1 egg, 4 tablespoonfuls of bread crumbs, 1 tablespoonful of minced savoury herbs, 1 tablespoonful of minced parsley, 1 teaspoonful of minced shalot, 1 saltspoonful of finely-chopped lemon-peel; pepper, salt, and pounded mace to taste; flour, 1/2 pint of hot broth or water, 2 teaspoonfuls of Harvey's

二
。

722. 配料--2或3 lbs.羊胸肉、1-1/2 pint水、适量盐和胡椒、4 lbs.土豆、4个大洋葱。

做法。--将羊肉放入炖锅，加入水和少许盐，用文火慢炖一小时；将肉切成小块，撇去肉汁上的油脂，将土豆和洋葱削皮切片。将所有配料分层放入炖锅，先铺一层蔬菜，再铺一层肉，每层之间撒上胡椒和盐的调味；盖紧锅盖，让全部材料非常缓慢地炖1小时或稍多，经常摇动以防烧焦。

时间。--略多于2小时。平均成本,1先令6便士。

足量供5或6人食用。

时令。--适合冬季的菜肴。

注--爱尔兰炖肉可按上述方法制作，但放入罐中烘烤而非水煮。用中温烤箱烘烤约2小时或稍多即可。

意大利式羊肉片

723. 配料--约3 lbs.羊颈肉、澄清黄油、1个蛋黄、4汤匙面包屑、1汤匙切碎的香草、1汤匙切碎的欧芹、1茶匙切碎的葱、1盐匙切细的柠檬皮；适量胡椒、盐和研碎的肉豆蔻；面粉、1/2 pint热肉汤或水、2茶匙哈维

sauce, 1 teaspoonful of soy, 2 teaspoonfuls of tarragon vinegar, 1 tablespoonful of port wine.

酱、1茶匙酱油、2茶匙龙蒿醋、1汤匙波特酒。

Mode.—Cut the mutton into nicely-shaped cutlets, flatten them, and trim off some of the fat, dip them in clarified butter, and then, into the beaten yolk of an egg. Mix well together bread crumbs, herbs, parsley, shalot, lemon-peel, and seasoning in the above proportion, and cover the cutlets with these ingredients. Melt some butter in a frying-pan, lay in the cutlets, and fry them a nice brown; take them, out, and keep them hot before the fire. Dredge some flour into the pan, and if there is not sufficient butter, add a little more; stir till it looks brown, then pour in the hot broth or water, and the remaining ingredients; give one boil, and pour round the cutlets. If the gravy should not be thick enough, add a little more flour. Mushrooms, when obtainable, are a great improvement to this dish, and when not in season, mushroom-powder may be substituted for them.

Mode。--将羊肉切成形状整齐的肉片，拍平，修去部分脂肪，先蘸澄清黄油，再蘸打散的蛋黄。按上述比例将面包屑、香草、欧芹、青葱、柠檬皮和调味充分混合，用这些配料裹住肉片。在煎锅中融化一些黄油，放入肉片，煎至漂亮的棕色；取出肉片，放在火前保温。在锅中撒入一些面粉，如果黄油不够，再加一点；搅拌至呈棕色，然后倒入热肉汤或水以及剩余的配料；煮沸一次，浇在肉片周围。如果肉汁不够浓稠，再加一点面粉。如有蘑菇，可大大提升这道菜的风味；不当令时，可用蘑菇粉代替。

Time.—10 minutes;—rather longer, should the cutlets be very thick.

时间。--10分钟；--若肉片很厚，则需稍长一些。

Average cost, 2*s*. 9d.

平均成本,2先令9便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable at any time.

时令任何时候皆宜。

THE DOWNS.—The well-known substance chalk, which the chemist regards as a nearly pure carbonate of lime, and the microscopist as an aggregation of inconceivably minute shells and corals, forms the sub-soil of the hilly districts of the south-east of England. The chalk-hills known as the South Downs start from the bold promontory of Beachy Head, traverse the county of Sussex

唐斯丘陵--化学家视为近乎纯净的碳酸钙、显微镜学家视为难以想象的微小贝壳和珊瑚聚集体的著名白垩物质，构成了英格兰东南部丘陵地区的底土。被称为南唐斯的白垩丘陵从比奇角陡峭的海岬起，横贯苏塞克斯郡

from east to west, and pass through Hampshire into Surrey. The North Downs extend from Godalming, by Godstone, into Kent, and terminate in the line of cliffs which stretches from Dover to Ramsgate. The Downs are clothed with short verdant turf; but the layer of soil which rests upon the chalk is too thin to support trees and shrubs. The hills have rounded summits, and their smooth, undulated outlines are unbroken save by the sepulchral monuments of the early inhabitants of the country. The coombes and furrows, which ramify and extend into deep valleys, appear like dried-up channels of streams and rivulets. From time immemorial, immense flocks of sheep have been reared on these downs. The herbage of these hills is remarkably nutritious; and whilst the natural healthiness of the climate, consequent on the dryness of the air and the moderate elevation of the land, is eminently favourable to rearing a superior race of sheep, the arable land in the immediate neighbourhood of the Downs affords the means of a supply of other food, when the natural produce of the hills fails. The mutton of the South-Down breed of sheep is highly valued for its delicate flavour, and the wool for its fineness; but the best specimens of this breed, when imported from England into the West Indies, become miserably lean in the course of a year or two, and their woolly fleece gives place to a covering of short, crisp, brownish hair.

从东到西，穿过汉普郡进入萨里郡。北唐斯从戈德尔明延伸，经戈德斯通进入肯特郡，终止于从多佛延伸至拉姆斯盖特的一线悬崖。唐斯丘陵覆盖着低矮的翠绿草皮；但覆盖在白垩之上的土层太薄，无法支撑树木和灌木。这些山丘顶部圆润，其平滑起伏的轮廓除却乡间早期居民的墓葬纪念碑外别无间断。那些呈树枝状分布并延伸入深谷的凹谷与沟壑，看上去宛如干涸的溪流与小河河道。自古以来，这些丘陵上就饲养着大批羊群。这些山丘的牧草营养极为丰富；而空气干燥和地势适中带来的天然有益健康的气候，极有利于饲养优良品种的羊，同时唐斯附近的耕地可在山丘天然产物不足时提供其他饲料。南唐斯品种羊的羊肉因其细腻风味而备受珍视，羊毛则因其细度而珍贵；但这一品种的最佳样本从英格兰输入西印度群岛后，在一两年内就变得极其瘦弱，其羊毛被皮则让位于一层短而卷曲的淡褐色毛发。

BROILED KIDNEYS (a Breakfast or Supper Dish).

烤腰子(早餐或晚餐菜肴)。

724. INGREDIENTS.—Sheep kidneys, pepper and salt to taste.

724. 配料--羊腰子，胡椒和盐适量。

Mode.—Ascertain that the kidneys are fresh, and cut them open very evenly, lengthwise, down to the root, for should one half be thicker than the other, one would be underdone whilst the other

做法--确认腰子新鲜，纵向一直切到根部，切得非常均匀，因为若一半比另一半厚，一半会不熟而另一半

would be dried, but do not separate them; skin them, and pass a skewer under the white part of each half to keep them flat, and broil over a nice clear fire, placing the inside downwards; turn them when done enough on one side, and cook them on the other. Remove the skewers, place the kidneys on a very hot dish, season with pepper and salt, and put a tiny piece of butter in the middle of each; serve very hot and quickly, and send very hot plates to table.

Time.—6 to 8 minutes.

Average cost, 1-1/2d. each.

Sufficient.—Allow 1 for each person.

Seasonable at any time.

Note.—A prettier dish than the above may be made by serving the kidneys each on a piece of buttered toast out in any fanciful shape. In this case a little lemon-juice will be found an improvement.

[Illustration: KIDNEYS.]

FRIED KIDNEYS.

725. INGREDIENTS.—Kidneys, butter, pepper and salt to taste.

Mode.—Cut the kidneys open without quite dividing them, remove the skin, and put a small piece of butter in the frying-pan. When the butter is melted, lay in the kidneys the flat side downwards, and fry them for 7 or 8 minutes, turning them when they are half-done. Serve on a piece of dry toast, season with pepper and salt, and put a small piece of butter in each kidney; pour the gravy

会变干，但不要将它们分开；去皮，在每个半边的白色部分下穿一根签子使其保持平整，在清澈的旺火上烤，内侧朝下；一面烤好后翻面，烤另一面。取下签子，将腰子放在极热的盘子上，用胡椒和盐调味，在每个腰子中央放一小块黄油；迅速趁热上桌，并送上极热的餐盘。

时间。--6至8分钟。

平均成本，每个1-1/2便士。

充足。--每人配1份。

时令任何时候皆宜。

注--将每个腰子放在切成任意花样的黄油吐司上上桌，可做出比上述更精美的菜肴。如此则加少许柠檬汁更佳。

[插图：肾脏。]

炸腰子。

725. 配料--腰子、黄油、盐和胡椒适量。

做法--将腰子剖开但不要完全分开，去皮，在煎锅中放一小块黄油。黄油融化后，将腰子平的一面朝下放入，煎7或8分钟，煎至一半时翻面。放在一片干吐司上上桌，用胡椒和盐调味，在每个腰子中放一小块黄油；将肉汁

from the pan over them, and serve very hot.

Time.—7 or 8 minutes.

Average cost, 1-1/2d. each.

Sufficient.—Allow 1 kidney to each person.

Seasonable at any time.

ROAST HAUNCH OF MUTTON.

[Illustration: HAUNCH OF MUTTON.]

726. INGREDIENTS.—Haunch of mutton, a little salt, flour.

Mode.—Let this joint hang as long as possible without becoming tainted, and while hanging dust flour over it, which keeps off the flies, and prevents the air from getting to it. If not well hung, the joint, when it comes to table, will neither do credit to the butcher or the cook, as it will not be tender. Wash the outside well, lest it should have a bad flavour from keeping; then flour it and put it down to a nice brisk fire, at some distance, so that it may gradually warm through. Keep continually basting, and about 1/2 hour before it is served, draw it nearer to the fire to get nicely brown. Sprinkle a little fine salt over the meat, pour off the dripping, add a little boiling water slightly salted, and strain this over the joint. Place a paper ruche on the bone, and send red-currant jelly and gravy in a tureen to table with it.

Time.—About 4 hours.

Average cost, 10d. per lb.

Sufficient for 8 to 10 persons.

从锅中浇淋在它们上面，趁非常热时上桌。

时间。--7或8分钟。

平均成本，每个1-1/2便士。

充足。--每人配给1个腰子。

时令任何时候皆宜。

烤羊腿

[插图：羊腿肉。]

726. 配料--羊腿肉、少许盐、面粉。

Mode。--让这块肉尽可能久地悬挂而不至于变质，悬挂期间在其上撒面粉，这可防蝇，并防止空气接触肉。如果悬挂不够，这块肉上桌时既不会给肉贩增光，也不会给厨师增光，因为肉不会嫩。将外表好好洗净，以免因存放而产生不良味道；然后撒上面粉，放在相当距离外的明亮旺火前，使其逐渐热透。不断浇淋肉汁，在上桌前约1/2小时将其拉近火边，使其呈现漂亮的棕色。在肉上撒少许细盐，倒去滴落的油脂，加少许略加盐的沸水，过滤后浇在肉上。在骨头上放一个纸褶边，将红醋栗果冻和肉汁盛在汤碗中一同上桌。

时间。--约4小时。

平均成本，每磅10便士。

足量供8至10人食用。

Seasonable.—In best season from September to March.

HOW TO BUY MEAT ECONOMICALLY.—If the housekeeper is not very particular as to the precise joints to cook for dinner, there is oftentimes an opportunity for her to save as much money in her purchases of meat as will pay for the bread to eat with it. It often occurs, for instance, that the butcher may have a superfluity of certain joints, and these he would be glad to get rid of at a reduction of sometimes as much as 1d. or 1-1/2d. per lb., and thus, in a joint of 8 or 9 lbs., will be saved enough to buy 2 quartern loaves. It frequently happens with many butchers, that, in consequence of a demand for legs and loins of mutton, they have only shoulders left, and these they will be glad to sell at a reduction.

ROAST LEG OF MUTTON.

[Illustration: LEG OF MUTTON.]

727. INGREDIENTS.—Leg of mutton, a little salt.

Mode.—As mutton, when freshly killed, is never tender, hang it almost as long as it will keep; flour it, and put it in a cool airy place for a few days, if the weather will permit. Wash off the flour, wipe it very dry, and cut off the shank-bone; put it down to a brisk clear fire, dredge with flour, and keep continually basting the whole time it is cooking. About 20 minutes before serving, draw it near the fire to get nicely brown; sprinkle over it a little salt, dish the meat, pour off the dripping, add some boiling water slightly salted, strain it over the joint, and serve.

Time.—A leg of mutton weighing 10 lbs., about 2-1/4 or 2-1/2

时令。- 最佳季节为九月至三月。

如何经济地购买肉类。--如果管家对正餐要烹制的具体部位不是非常讲究，那么她在购买肉类时常常有机会省下足够买配食面包的钱。例如，肉贩常常会有某些部位过剩，他乐于以每lb.有时低至1d.或1-1/2d.的减价出售，这样，在一块8或9 lbs.的肉上，就能省下足够买2个四磅面包的钱。许多肉贩常常因为羊腿和羊腰肉需求量大，只剩下羊肩肉，他们乐于减价出售这些。

烤羊腿

[插图：羊腿。]

727. 配料--羊腿一只，少许盐。

Mode。--羊肉刚宰杀时绝不嫩，因此要悬挂到几乎不能再存放为止；撒上面粉，如天气允许，放在阴凉通风处几天。洗去面粉，擦得非常干，切去胫骨；放在明亮旺火前，撒上面粉，在烹制全过程中不断浇淋肉汁。上桌前约20分钟，将其拉近火边，使其呈现漂亮的棕色；在上面撒少许盐，将肉装盘，倒去滴落的油脂，加一些略加盐的沸水，过滤后浇在肉上，即可上桌。

时间。--重约10磅的羊腿，约需2又1/4或2又1/2

hours; one of 7 lbs., about 2 hours, or rather less.

Average cost, 8-1/2d. per lb.

Sufficient.—A moderate-sized leg of mutton sufficient for 6 or 8 persons.

Seasonable at any time, but not so good in June, July, and August.

ROAST LOIN OF MUTTON.

728. INGREDIENTS.—Loin of mutton, a little salt.

Mode.—Cut and trim off the superfluous fat, and see that the butcher joints the meat properly, as thereby much annoyance is saved to the carver, when it comes to table. Have ready a nice clear fire (it need not be a very wide large one), put down the meat, dredge with flour, and baste well until it is done. Make the gravy as for roast leg of mutton, and serve very hot.

[Illustration: LOIN OF MUTTON.]

Time.—A loin of mutton weighing 6 lbs., 1-1/2 hour, or rather longer.

Average cost, 8-1/2d. per lb. *Sufficient* for 4 or 5 persons.

Seasonable at any time.

ROLLED LOIN OF MUTTON (Very Excellent).

729. INGREDIENTS.—About 6 lbs. of a loin of mutton, 1/2 teaspoonful of pepper, 1/4 teaspoonful of pounded allspice, 1/4 teaspoonful of mace, 1/4 teaspoonful of nutmeg, 6 cloves, forcemeat No. 417, 1 glass of port wine, 2 tablespoonfuls of mushroom ketchup.

小时；7 lbs.的约需2小时或稍少。平均费用，每 lb.8-1/2d.

份量--中等大小的羊腿足够6或8人食用。

时令任何时候皆可，但六月、七月和八月稍逊。

烤羊腰肉

728. 配料--羊里脊肉，少许盐。

做法--切去多余的肥肉，并确认肉贩已将肉正确分割，这样上桌时可为切肉者省去许多麻烦。准备好清澈的旺火(不必很宽大)，放入肉，撒上面粉，不断浇淋油脂直至烤熟。按烤羊腿的方法制作肉汁，趁热上桌。

[插图：羊腰肉。]

时间--重6 lbs.的羊腰肉，1-1/2小时或稍长。

平均费用，每 lb.8-1/2d.份量足够4或5人食用。

时令任何时候皆宜。

卷羊腰肉(极佳)。

729. 配料--约6 lbs.羊腰肉、1/2茶匙胡椒、1/4茶匙研碎的多香果、1/4茶匙肉豆蔻、1/4茶匙肉豆蔻仁、6粒丁香、第417号馅料、1杯波特酒、2汤匙蘑菇番茄酱。

Mode.—Hang the mutton till tender, bone it, and sprinkle over it pepper, mace, cloves, allspice, and nutmeg in the above proportion, all of which must be pounded very fine. Let it remain for a day, then make a forcemeat by recipe No. 417, cover the meat with it, and roll and bind it up firmly. Half bake it in a slow oven, let it grow cold, take off the fat, and put the gravy into a stewpan; flour the meat, put it in the gravy, and stew it till perfectly tender. Now take out the meat, unbind it, add to the gravy wine and ketchup as above, give one boil, and pour over the meat. Serve with red-currant jelly; and, if obtainable, a few mushrooms stewed for a few minutes in the gravy, will be found a great improvement.

Mode。--将羊肉挂至软嫩，去骨，按上述比例撒上胡椒、肉豆蔻皮、丁香、多香果和肉豆蔻，所有这些都必须研成极细的粉末。放置一天，然后按食谱第417号制作馅料，用馅料覆盖肉，卷起并牢牢捆扎。在慢烤箱中半烤，让其冷却，撇去油脂，将肉汁倒入炖锅；给肉撒上面粉，放入肉汁中，炖至完全软嫩。现在取出肉，解开捆扎，向肉汁中加入上述葡萄酒和番茄酱，煮沸一次，浇在肉上。配红醋栗果冻食用；如果可得，将几朵蘑菇在肉汁中炖几分钟，会发现大有改进。

Time.—1-1/2 hour to bake the meat, 1-1/2 hour to stew gently.

时间。-烤肉1-1/2小时，文火炖1-1/2小时。

Average cost, 4s. 9d. *Sufficient* for 5 or 6 persons.

平均成本，4先令9便士。足够5至6人食用。

Seasonable at any time.

时令任何时候皆宜。

Note.—This joint will be found very nice if rolled and stuffed, as here directed, and plainly roasted. It should be well basted, and served with a good gravy and currant jelly.

注--如按此处指示卷起并填馅、简单烤制，这块肉会非常美味。应充分浇淋油脂，配上好肉汁和醋栗果冻上桌。

BOILED NECK OF MUTTON.

煮羊颈肉

730. INGREDIENTS.—4 lbs. of the middle, or best end of the neck of mutton; a little salt.

730. 配料--4 lbs.羊颈中段或最佳端；少许盐。

Mode.—Trim off a portion of the fat, should there be too much, and if it is to look particularly nice, the chine-bone should be sawn down, the ribs stripped halfway down, and the ends of the bones chopped off; this is, however, not necessary. Put the meat into sufficient *boiling* water to cover it; when it boils, add a little

做法--若肥肉过多，修去一部分；若要外观特别漂亮，应将脊骨锯下，肋骨剥至一半，骨端剁掉；但这并非必要。将肉放入足以没过它的煮水中；煮沸时加入少许

salt and remove all the scum. Draw the saucepan to the side of the fire, and let the water get so cool that the finger may be borne in it; then simmer very *slowly* and gently until the meat is done, which will be in about 1-1/2 hour, or rather more, reckoning from the time that it begins to simmer.

盐并撇去所有浮沫。将锅拉到火边，让水冷却到手指可以放入的程度；然后非常缓慢轻柔地炖至肉熟，从开始微沸算起约需1-1/2小时或稍多。

Serve with turnips and caper sauce, No. 382, and pour a little of it over the meat. The turnips should be boiled with the mutton; and, when at hand, a few carrots will also be found an improvement. These, however, if very large and thick, must be cut into long thinnish pieces, or they will not be sufficiently done by the time the mutton is ready. Garnish the dish with carrots and turnips placed alternately round the mutton.

配芜菁和刺山柑酱汁(第382号)上桌，并浇少许在肉上。芜菁应与羊肉同煮；若有胡萝卜，加几根也更好。不过，若胡萝卜很大很粗，必须切成长而薄的片，否则羊肉熟时它们还未煮透。用胡萝卜和芜菁交替围在羊肉周围装饰盘子。

Time.—4 lbs. of the neck of mutton, about 1-1/2 hour.

时间。- 4磅羊颈肉，约1-1/2小时。

Average cost, 8-1/2 d. per lb.

平均成本，每磅8又1/2便士。

Sufficient for 6 or 7 persons.

足量供6或7人食用。

Seasonable at any time.

时令任何时候皆宜。

THE POETS ON SHEEP.—The keeping of flocks seems to have been the first employment of mankind; and the most ancient sort of poetry was probably pastoral. The poem known as the Pastoral gives a picture of the life of the simple shepherds of the golden age, who are supposed to have beguiled their time in singing. In all pastorals, repeated allusions are made to the "fleecy flocks," the "milk-white lambs," and "the tender ewes;" indeed, the sheep occupy a position in these poems inferior only to that of the shepherds who tend them. The "nibbling sheep" has ever been a favourite of the poets, and has supplied them with figures and similes without end. Shakspere frequently compares men to sheep.

诗人们论羊。--饲养羊群似乎是人类最早的职业；最古老的诗歌类型可能就是牧歌。被称为《牧歌》的诗描绘了黄金时代纯朴牧羊人的生活，据信他们以歌唱消磨时光。在所有牧歌中，反复提及“毛茸茸的羊群”、“乳白色的羔羊”和“温柔的母羊”；的确，羊在这些诗中的地位仅次于照料它们的牧羊人。“啃食的羊”一直是诗人们的最爱，为他们提供了无穷无尽的比喻和明喻。莎士比亚经常将人比作羊。

When Gloster rudely drives the lieutenant from the side of Henry VI., the poor king thus touchingly speaks of his helplessness;—

"So flies the reckless shepherd from the wolf:
So first the harmless sheep doth yield his fleece,
And next his throat, unto the butcher's knife."

In the "Two Gentlemen of Verona," we meet with the following humorous comparison:—

"*Proteus*. The sheep for fodder follow the shepherd, the shepherd for food follows not the sheep: thou for wages followest thy master, thy master for wages follows not thee; therefore, thou art a sheep.

"*Speed*. Such another proof will make me cry *baa*."

The descriptive poets give us some charming pictures of sheep.

Every one is familiar with the sheep-shearing scene in Thomson's
"Seasons:"—

"Heavy and dripping, to the breezy brow
Slow move the harmless race; where, as they spread
Their dwelling treasures to the sunny ray,
Inly disturb'd, and wond'ring what this wild
Outrageous tumult means, their loud complaints
The country fill; and, toss'd from rock to rock,
Incessant bleatings run around the hills."

What an exquisite idea of stillness is conveyed in the oft-quoted line from Gray's "Elegy:"—

"And drowsy tinklings lull the distant fold."

当格洛斯特粗鲁地将中尉从亨利六世身边赶走时，这位可怜的国王如此动人地诉说着自己的无助--

“鲁莽的牧羊人就这样逃离了狼：无害的羊先是献出自己的羊毛，接着又把喉咙交给屠夫的刀。”

在《维洛那二绅士》中，我们遇到如下诙谐的比喻--

“普罗透斯。羊为草料跟随牧人，牧人不为食物跟随羊：你为工钱跟随你的男主人，你的男主人不为工钱跟随你；因此，你是一只羊。”

“ 快。再来一个这样的证明，我就要哭咩了。”

描写性的诗人给了我们一些迷人的羊的图画。每个人都熟悉汤姆逊作品中剪羊毛的场景--

" Seasons:"-

沉重而滴落，飘向微风轻拂的眉梢
无害的族群缓缓移动；在那里，当它们把家中的珍宝铺展在阳光下，内心不安，惊异于这狂野的喧嚣究竟意味着什么，它们响亮的抱怨充满了乡间；从一个岩石到另一个岩石，不断的咩咩叫声环绕山丘。”

格雷《挽歌》中那句常被引用的诗句传达了多么精妙的寂静之感--

" 昏昏欲睡的叮当声安抚着远处的羊群。"

From Dyer's quaint poem of "The Fleece" we could cull a hundred passages relating to sheep; but we have already exceeded our space. We cannot, however, close this brief notice of the allusions that have been made to sheep by our poets, without quoting a couple of verses from Robert Burns's "Elegy on Poor Mailie," his only "pet *yowe*:"—

"Thro' a' the town she troll'd by him;
A lang half-mile she could descry him;
Wi' kindly bleat, when she did spy him.
She ran wi' speed;
A friend mair faithfu' ne'er cam' nigh him
Than Mailie dead.

"I wat she was a sheep o' sense.
An' could behave hersel' wi' mense;
I'll say't, she never brak a fence,
Thro' thievish greed.
Our bardie, lanely, keeps the spence,
Sin' Mailie's dead."

从戴尔那首古雅的《羊毛》诗中，我们可以采撷上百段与羊有关的诗句；但我们已超出篇幅。然而，在结束这篇关于诗人们对羊所作引述的简短说明之前，我们不能不引用罗伯特·彭斯《可怜梅莉挽歌》中的两节诗，那是他唯一的“宠物母羊”:--

“她跟着他走遍全镇；她能远远望见半英里外
的他；当她看见他时，便亲切地咩咩叫。

她飞快地跑着；
一位朋友，比谁都忠诚，从未靠近过他
比梅莉还死。

“我知道她是一只有见识的羊。而且举止
得体；我要说，她从不破篱笆，

因窃贼般的贪婪。
我们的吟游诗人，孤零零地守着里屋，
辛·梅莉死了。

MUTTON COLLOPS (Cold Meat Cookery).

羊肉片(冷肉烹饪)。

731. INGREDIENTS.—A few slices of a cold leg or loin of mutton, salt and pepper to taste, 1 blade of pounded mace, 1 small bunch of savoury herbs minced very fine, 2 or 3 shalots, 2 or 3 oz. of butter, 1 dessertspoonful of flour, 1/2 pint of gravy, 1 tablespoonful of lemon-juice.

731. 配料--几片冷羊腿肉或羊腰肉，盐和胡椒适量，1片捣碎的肉豆蔻，1小把切得极细的香草，2或3个分葱，2或3 oz.黄油，1甜点匙面粉，1/2 pint肉汁，1汤匙柠檬汁。

Mode.—Cut some very thin slices from a leg or the chump end of a loin of mutton; sprinkle them with pepper, salt, pounded mace, minced savoury herbs, and minced shalot; fry them in butter, stir

做法。--从羊腿或羊腰脊末端切下一些极薄的片；撒上胡椒、盐、研碎的肉豆蔻、切碎的香草和切碎的葱；用黄油煎，搅拌

in a dessertspoonful of flour, add the gravy and lemon-juice, simmer very gently about 5 or 7 minutes, and serve immediately.

Time.—5 to 7 minutes.

Average cost, exclusive of the meat, 6d.

Seasonable at any time.

[Illustration: MUTTON CUTLETS.]

MUTTON CUTLETS WITH MASHED POTATOES.

732. INGREDIENTS.—About 3 lbs. of the best end of the neck of mutton, salt and pepper to taste, mashed potatoes.

Mode.—Procure a well-hung neck of mutton, saw off about 3 inches of the top of the bones, and cut the cutlets of a moderate thickness. Shape them by chopping off the thick part of the chine-bone; beat them flat with a cutlet-chopper, and scrape quite clean, a portion of the top of the bone. Broil them over a nice clear fire for about 7 or 8 minutes, and turn them frequently. Have ready some smoothly-mashed white potatoes; place these in the middle of the dish; when the cutlets are done, season with pepper and salt; arrange them round the potatoes, with the thick end of the cutlets downwards, and serve very hot and quickly. (See Coloured Plate.)

Time.—7 or 8 minutes. *Average cost*, for this quantity, 2s. 4d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

Note.—Cutlets may be served in various ways; with peas,

一甜点匙面粉，加入肉汁和柠檬汁，非常轻柔地煨约5至7分钟，立即上桌。时间。--5至7分钟。

平均成本，不含肉，6便士。

时令任何时候皆宜。

[插图：羊肉片]

羊肉片配土豆泥。

732. 配料。--约3 lb.羊颈肉最佳部位，盐和胡椒适量，土豆泥。

Mode。--取一块挂得恰到好处的羊颈肉，锯掉骨头顶部约3英寸，将肉排切成中等厚度。通过剁掉脊骨粗厚的部分来整形；用肉排刀将其拍平，并将骨头顶部的一部分刮得十分干净。在明净的火上烤约7至8分钟，并经常翻动。准备好一些捣得细腻的白土豆泥；将其放在盘子中央；肉排烤好后，用胡椒和盐调味；将它们围着土豆摆放，肉排粗端朝下，趁热迅速上桌。(见彩色图版。)

时间。--7或8分钟。平均成本，此分量，2先令4便士。

足量供5或6人食用。

时令任何时候皆宜。

注。- 肉排可以有多种上法；配豌豆，

tomatoes, onions, sauce piquante, &c.

番茄、洋葱、酸辣酱汁等。

MUTTON PIE (Cold Meat Cookery).

羊肉馅饼(冷肉烹饪)。

733. INGREDIENTS.—The remains of a cold leg, loin, or neck of mutton, pepper and salt to taste, 2 blades of pounded mace, 1 dessertspoonful of chopped parsley, 1 teaspoonful of minced savoury herbs; when liked, a little minced onion or shalot; 3 or 4 potatoes, 1 teacupful of gravy; crust.

733. 配料。--吃剩的冷羊腿肉、羊腰肉或羊颈肉，适量胡椒和盐，2片捣碎的肉豆蔻，1甜点匙切碎的欧芹，1茶匙切碎的香草；如喜欢，可加少量切碎的洋葱或青葱；3或4个土豆，1茶杯肉汁；酥皮。

Mode.—Cold mutton may be made into very good pies if well seasoned and mixed with a few herbs; if the leg is used, cut it into very thin slices; if the loin or neck, into thin cutlets. Place some at the bottom of the dish; season well with pepper, salt, mace, parsley, and herbs; then put a layer of potatoes sliced, then more mutton, and so on till the dish is full; add the gravy, cover with a crust, and bake for 1 hour.

做法。--冷羊肉若调味得当并拌入少许香草，可做成非常好的馅饼；若用羊腿肉，切成极薄的片；若用羊腰肉或羊颈肉，切成薄肉排。在盘底放一些；用胡椒、盐、肉豆蔻、欧芹和香草充分调味；然后放一层土豆片，再放更多羊肉，如此反复直至盘满；加入肉汁，盖上酥皮，烘1小时。

Time.—1 hour.

时间。--1小时。

Seasonable at any time.

时令任何时候皆宜。

Note.—The remains of an underdone leg of mutton may be converted into a very good family pudding, by cutting the meat into slices, and putting them into a basin lined with a suet crust. It should be seasoned well with pepper, salt, and minced shalot, covered with a crust, and boiled for about 3 hours.

注。--吃剩的未熟透羊腿肉可做成非常好的家常布丁，将肉切成片，放入铺有板油酥皮的面盆中。应用胡椒、盐和切碎的青葱充分调味，盖上酥皮，煮约3小时。

MUTTON PIE.

羊肉馅饼。

734. INGREDIENTS.—2 lbs. of the neck or loin of mutton, weighed after being boned; 2 kidneys, pepper and salt to taste, 2 teacupfuls of gravy or water, 2 tablespoonfuls of minced parsley;

734. 配料。--2 lb.羊颈肉或羊腰肉，去骨后称重；2个羊腰，适量胡椒和盐，2茶杯肉汁或水，2大匙切碎的欧芹；

when liked, a little minced onion or shalot; puff crust.

Mode.—Bone the mutton, and cut the meat into steaks all of the same thickness, and leave but very little fat. Cut up the kidneys, and arrange these with the meat neatly in a pie-dish; sprinkle over them the minced parsley and a seasoning of pepper and salt; pour in the gravy, and cover with a tolerably good puff crust. Bake for 1-1/2 hour, or rather longer, should the pie be very large, and let the oven be rather brisk. A well-made suet crust may be used instead of puff crust, and will be found exceedingly good.

Time.—1-1/2 hour, or rather longer. *Average cost*, 2s.

Sufficient for 6 or 6 persons.

Seasonable at any time.

MUTTON PUDDING.

735. INGREDIENTS.—About 2 lbs. of the chump end of the loin of mutton, weighed after being boned; pepper and salt to taste, suet crust made with milk (see Pastry), in the proportion of 6 oz. of suet to each pound of flour; a very small quantity of minced onion (this may be omitted when the flavour is not liked).

Mode.—Cut the meat into rather thin slices, and season them with pepper and salt; line the pudding-dish with crust; lay in the meat, and nearly, but do not quite, fill it up with water; when the flavour is liked, add a small quantity of minced onion; cover with crust, and proceed in the same manner as directed in recipe No. 605, using the same kind of pudding-dish as there mentioned.

Time.—About 3 hours. *Average cost*, 1s. 9d.

如喜欢，可加少许切碎的洋葱或红葱头；千层酥皮。

Mode。--将羊肉去骨，把肉切成厚薄一致的肉排，只留极少量的肥肉。把腰子切碎，与肉一起整齐地摆放在馅饼盘中；撒上切碎的欧芹以及胡椒和盐的调味；倒入肉汁，盖上相当不错的千层酥皮。烘烤1-1/2小时，若馅饼很大则时间稍长一些，烤箱要相当旺。也可以用制作得当的板油酥皮代替千层酥皮，效果会非常好。

时间。- 1-1/2 小时，或稍长一些。平均成本，2 先令。

足够供6人或6人食用。

时令任何时候皆宜。

羊肉布丁。

735. 配料。--约2 lb.羊腰肉厚端，去骨后称重；适量胡椒和盐，用牛奶制成的板油酥皮(见糕点)，比例为每磅面粉配6 oz.板油；极少量切碎的洋葱(不喜欢该味道时可省略)。

做法。--将肉切成较薄的片，用胡椒和盐调味；用酥皮铺在布丁盘内；放入肉，用水几乎填满但不要完全填满；如喜欢该味道，加入少量切碎的洋葱；盖上酥皮，按第605号食谱所述方法操作，使用该处提到的同种布丁盘。

时间。--约3小时。平均成本,1先令9便士。

Sufficient for 6 persons.

Seasonable all the year, but more suitable in winter.

RAGOUT OF COLD NECK OF MUTTON (Cold Meat Cookery).

736. INGREDIENTS.—The remains of a cold neck or loin of mutton, 2 oz. of butter, a little flour, 2 onions sliced, 1/4 pint of water, 2 small carrots, 2 turnips, pepper and salt to taste.

Mode.—Cut the mutton into small chops, and trim off the greater portion of the fat; put the butter into a stewpan, dredge in a little flour, add the sliced onions, and keep stirring till brown; then put in the meat. When this is quite brown, add the water, and the carrots and turnips, which should be cut into very thin slices; season with pepper and salt, and stew till quite tender, which will be in about 3/4 hour. When in season, green peas may be substituted for the carrots and turnips: they should be piled in the centre of the dish, and the chops laid round.

Time.—3/4 hour. *Average cost*, exclusive of the meat, 4d.

Seasonable, with peas, from June to August.

ROAST NECK OF MUTTON.

[Illustration: NECK OF MUTTON 1-2. *Best end.* 2-3. *Scrag.*]

737. INGREDIENTS.—Neck of mutton; a little salt.

Mode.—For roasting, choose the middle, or the best end, of the neck of mutton, and if there is a very large proportion of fat, trim off some of it, and save it for making into suet puddings, which will be found exceedingly good. Let the bones be cut short and see

足量供6人食用。

时令全年皆宜，但冬季更为适宜。

冷羊颈肉炖菜(冷肉烹饪)

736. 配料。--吃剩的冷羊颈肉或羊腰肉，2 oz.黄油，少许面粉，2个切片洋葱，1/4 pint水，2根小胡萝卜，2个芜菁，适量胡椒和盐。

Mode。--将羊肉切成小块羊排，去掉大部分肥肉；把黄油放入炖锅，撒入少许面粉，加入切片洋葱，不断搅拌至呈棕色；然后放入肉。待肉完全呈棕色后，加入水以及切成极薄片的胡萝卜和芜菁；用胡椒和盐调味，炖至完全软烂，大约需要3/4小时。当令时可用的青豌豆可以代替胡萝卜和芜菁：应将它们堆在盘子中央，羊排摆在周围。

时间。--3/4小时。平均成本，不含肉，4便士。

时令菜，配豌豆，六月至八月供应。

烤羊颈肉

[插图：羊颈肉 1-2。最佳端。2-3。颈端。]

737. 配料--羊颈肉；少许盐。

做法。--烤制时，选择羊颈的中段或最佳端，若脂肪比例很大，修去一些，留作板油布丁，会发现极其美味。将骨头切短，并见

that it is properly jointed before it is laid down to the fire, as they will be more easily separated when they come to table. Place the joint at a nice brisk fire, dredge it with flour, and keep continually basting until done. A few minutes before serving, draw it nearer the the fire to acquire a nice colour, sprinkle over it a little salt, pour off the dripping, add a little boiling water slightly salted, strain this over the meat and serve. Red-currant jelly may be sent to table with it.

在放上火前已正确分切，因为上桌时更容易分开。将肉放在旺而明亮的火前，撒上面粉，不断浇淋油脂直至熟透。上桌前几分钟，将其移近火以取得良好色泽，撒上少许盐，倒出滴落的油脂，加入少许加盐的沸水，过滤后浇在肉上即可上桌。可配红醋栗果冻上桌。

Time.—4 lbs. of the neck of mutton, rather more than 1 hour.

时间。- 4磅羊颈肉，略多于1小时。

Average cost, 8-1/2d. per lb.

平均成本，每磅8又1/2便士。

Sufficient for 4 or 5 persons. *Seasonable* at any time.

足够供4或5人食用。时令任何时候皆宜。

WOOLLEN MANUFACTURES.—The distinction between hair and wool is rather arbitrary than natural, consisting in the greater or less degrees of fineness, softness and pliability of the fibres. When the fibres possess these properties so far as to admit of their being spun and woven into a texture sufficiently pliable to be used as an article of dress, they are called wool. The sheep, llama, Angora goat, and the goat of Thibet, are the animals from which most of the wool used in manufactures is obtained. The finest of all wools is that from the goat of Thibet, of which the Cashmere shawls are made. Of European wools, the finest is that yielded by the Merino sheep, the Spanish and Saxon breeds taking the precedence. The Merino sheep, as now naturalized in Australia, furnishes an excellent fleece; but all varieties of sheep-wool, reared either in Europe or Australia are inferior in softness of feel to that grown in India, and to that of the llama of the Andes. The best of our British wools are inferior in fineness to any of the above-mentioned, being nearly twelve times the thickness of the finest

毛织品。--毛发与羊毛之间的区别与其说是天然的，不如说是人为的，在于纤维的精细、柔软和柔韧程度的高低。当纤维具备这些特性，足以被纺成并织成柔韧得可用作衣料的织物时，便称为羊毛。绵羊、美洲驼、安哥拉山羊和西藏山羊，是制造业所用大部分羊毛的来源动物。所有羊毛中最精细的是西藏山羊毛，克什米尔披肩即由其制成。在欧洲羊毛中，最精细的是美利奴绵羊所产的羊毛，西班牙和萨克森品种居首。如今已在澳大利亚归化的美利奴绵羊能提供极佳的羊毛；但无论在欧洲还是澳大利亚饲养的各种绵羊毛，手感柔软度都不及印度所产以及安第斯美洲驼的羊毛。我们英国最好的羊毛在精细度上也不及上述任何一种，其粗细几乎是最精细羊毛的十二倍

Spanish merino; but for the ordinary purposes of the manufacturer, they are unrivalled.

西班牙美利奴羊；但就制造商的普通用途而言，它们无与伦比。

ROAST SADDLE OF MUTTON.

烤羊脊肉

[Illustration: SADDLE OF MUTTON.]

[插图：羊脊肉鞍]

738. INGREDIENTS.—Saddle of mutton; a little salt.

738. 配料--羊脊肉；少许盐。

Mode.—To insure this joint being tender, let it hang for ten days or a fortnight, if the weather permits. Cut off the tail and flaps and trim away every part that has not indisputable pretensions to be eaten, and have the skin taken off and skewered on again. Put it down to a bright, clear fire, and, when the joint has been cooking for an hour, remove the skin and dredge it with flour. It should not be placed too near the fire, as the fat should not be in the slightest degree burnt. Keep constantly basting, both before and after the skin is removed; sprinkle some salt over the joint. Make a little gravy in the dripping-pan; pour it over the meat, which send to table with a tureen of made gravy and red-currant jelly.

Mode。--为确保这块肉鲜嫩，如果天气允许，应将其悬挂十天或两周。切掉尾巴和垂肉，修去所有没有十足食用价值的部分，剥下皮并用扦子重新固定。将其置于明亮、清澈的炉火前，烤制一小时后，取下皮并撒上面粉。不应放得离火太近，因为肥肉丝毫不能烤焦。在去皮前后都要不断浇淋肉汁；在肉上撒些盐。在滴油盘中做一些肉汁；浇在肉上，与一盅现做肉汁和红醋栗果冻一起上桌。

Time.—A saddle of mutton weighing 10 lbs., 2-1/2 hours; 14 lbs., 3-1/4 hours. When liked underdone, allow rather less time.

时间。--重10 lbs.的羊脊肉，2-1/2小时；14 lbs.,3-1/4小时。如喜欢未熟透，可略缩短时间。

Average cost, 10d. per lb.

平均成本，每磅10便士。

Sufficient.—A moderate-sized saddle of 10 lbs. for 7 or 8 persons.

足量。--供七八人食用的中等大小羊脊肉，重10 lbs.。

Seasonable all the year; not so good when lamb is in full season.

全年皆宜；羔羊肉盛季时反而不佳。

ROAST SHOULDER OF MUTTON.

烤羊肩

739. INGREDIENTS.—Shoulder of mutton; a little salt.

739. 配料--羊肩肉；少许盐。

Mode.—Put the joint down to a bright, clear fire; flour it well, and keep continually basting. About 1/4 hour before serving, draw it near the fire, that the outside may acquire a nice brown colour, but not sufficiently near to blacken the fat. Sprinkle a little fine salt over the meat, empty the dripping-pan of its contents, pour in a little boiling water slightly salted, and strain this over the joint. Onion sauce, or stewed Spanish onions, are usually sent to table with this dish, and sometimes baked potatoes.

Mode。--将肉置于明亮、清澈的炉火前；充分撒上面粉，并不断浇淋肉汁。上桌前约1/4小时，将其移近炉火，使外表呈现漂亮的棕色，但不要近到把肥肉烤黑。在肉上撒少许细盐，倒空滴油盘中的内容物，倒入少许略加盐的沸水，将其过滤后浇在肉上。通常与此菜一起上桌的是洋葱酱或炖西班牙洋葱，有时还有烤土豆。

Time.—A shoulder of mutton weighing 6 or 7 lbs., 1-1/2 hour.

时间。--重6或7磅的羊肩肉，需1-1/2小时。

Average cost, 8d. per lb.

平均成本，每磅8便士。

Sufficient for 5 or 6 persons. *Seasonable* at any time.

足够供5或6人食用。时令任何时候皆宜。

Note.—Shoulder of mutton may be dressed in a variety of ways; boiled, and served with onion sauce; boned, and stuffed with a good veal forcemeat; or baked, with sliced potatoes in the dripping-pan.

注。--羊肩肉可用多种方式烹制；煮后配洋葱酱汁上桌；去骨并填入优质小牛肉馅；或与切片土豆一起放在滴油盘中烘制。

THE ETTRICK SHEPHERD.—James Hogg was perhaps the most remarkable man that ever wore the *maud* of a shepherd. Under the garb, aspect, and bearing of a rude peasant (and rude enough he was in most of these things, even after no inconsiderable experience of society), the world soon discovered a true poet. He taught himself to write, by copying the letters of a printed book as he lay watching his flock on the hillside, and believed that he had reached the utmost pitch of his ambition when he first found that his artless rhymes could touch the heart of the ewe-milker who partook the shelter of his mantle during the passing storm. If "the shepherd" of Professor Wilson's "Noctes Ambrosianae" may be taken as a true portrait of James Hogg, we must admit that, for

埃特里克牧羊人。--詹姆斯·霍格也许是历来披过牧羊人*maud*的最不寻常的人。尽管在外表、相貌和举止上是个粗鄙的农夫(在大多数这类事情上他确实够粗鄙的，即便在有了相当不少的社会经验之后也是如此)，世人很快就发现他是一位真正的诗人。他自学写字，方法是躺在山坡上看守羊群时临摹一本印刷书上的字母；当他第一次发现他那质朴无华的韵文竟能打动与他共披一件斗篷躲避过路风暴的挤奶妇的心时，他相信自己已经达到了抱负的顶峰。如果把威尔逊教授的《安布罗西亚夜谈》中的“牧羊人”当作詹姆斯·霍格的真实写照，那我们必须承认，就

quaintness of humour, the poet of Ettrick Forest had few rivals. Sir Walter Scott said that Hogg's thousand little touches of absurdity afforded him more entertainment than the best comedy that ever set the pit in a roar. Among the written productions of the shepherd-poet, is an account of his own experiences in sheep-tending, called "The Shepherd's Calender." This work contains a vast amount of useful information upon sheep, their diseases, habits, and management. The Ettrick Shepherd died in 1835.

SHEEP'S BRAINS, EN MATELOTE (an Entree).

740. INGREDIENTS.—6 sheep's brains, vinegar, salt, a few slices of bacon, 1 small onion, 2 cloves, a small bunch of parsley, sufficient stock or weak broth to cover the brains, 1 tablespoonful of lemon-juice, matelote sauce, No. 512.

Mode.—Detach the brains from the heads without breaking them, and put them into a pan of warm water; remove the skin, and let them remain for two hours. Have ready a saucepan of boiling water, add a little vinegar and salt, and put in the brains. When they are quite firm, take them out and put them into very cold water. Place 2 or 3 slices of bacon in a stewpan, put in the brains, the onion stuck with 2 cloves, the parsley, and a good seasoning of pepper and salt; cover with stock, or weak broth, and boil them gently for about 25 minutes. Have ready some croûtons; arrange these in the dish alternately with the brains, and cover with a matelote sauce, No. 512, to which has been added the above proportion of lemon-juice.

Time.—25 minutes. *Average cost*, 1s. 6d.

Sufficient for 6 persons.

诙谐的古怪而言，埃特里克森林的诗人少有对手。沃尔特·司各特爵士说，霍格那千百处细微的荒诞之处给他的乐趣，胜过任何一部曾使正厅观众哄堂大笑的最佳喜剧。在这位牧羊人诗人的文字作品中，有一篇记述他自己牧羊经验的文字，题为《牧羊人日历》。这部作品包含大量关于羊、羊的疾病、习性和管理的有用知识。埃特里克牧羊人卒于1835年。

羊脑，水手鱼式(一道主菜)

740. 配料。--6个羊脑，醋，盐，几片培根，1个小洋葱，2粒丁香，一小把欧芹，足以没过羊脑的适量原汤或淡肉汤，1大匙柠檬汁，第512号水手酱汁。

做法。--把脑从头上取下，不要弄破，放入一锅温水中；去掉外皮，浸泡两小时。备好一锅沸水，加少许醋和盐，放入脑。待其完全变硬，取出放入极冷的水中。在炖锅中放2至3片培根，放入脑、插着2粒丁香洋葱、欧芹，以及足量的胡椒和盐调味；倒入高汤或淡肉汤没过，用文火煮约25分钟。备好一些面包丁；将其与脑交替摆入盘中，浇上第512号马特洛特酱汁，其中已加入上述比例的柠檬汁。

时间。- 25分钟。平均成本,1先令6便士。

足量供6人食用。

Seasonable at any time.

SHEEP'S FEET or TROTTERS (Soyer's Recipe).

741. INGREDIENTS.—12 feet, 1/4 lb. of beef or mutton suet, 2 onions, 1 carrot, 2 bay-leaves, 2 sprigs of thyme, 1 oz. of salt, 1/4 oz. of pepper, 2 tablespoonfuls of flour, 2-1/2 quarts of water, 1/4 lb. of fresh butter, 1 teaspoonful of salt, 1 teaspoonful of flour, 3/4 teaspoonful of pepper, a little grated nutmeg, the juice of 1 lemon, 1 gill of milk, the yolks of 2 eggs.

Mode.—Have the feet cleaned, and the long bone extracted from them. Put the suet into a stewpan, with the onions and carrot sliced, the bay-leaves, thyme, salt, and pepper, and let these simmer for 5 minutes. Add 2 tablespoonfuls of flour and the water, and keep stirring till it boils; then put in the feet. Let these simmer for 3 hours, or until perfectly tender, and take them and lay them on a sieve. Mix together, on a plate, with the back of a spoon, butter, salt, flour (1 teaspoonful), pepper, nutmeg, and lemon-juice as above, and put the feet, with a gill of milk, into a stewpan. When very hot, add the butter, &c., and stir continually till melted. Now mix the yolks of 2 eggs with 5 tablespoonfuls of milk; stir this to the other ingredients, keep moving the pan over the fire continually for a minute or two, but do not allow it to boil after the eggs are added. Serve in a very hot dish, and garnish with croûtons, or sippets of toasted bread.

Time.—3 hours. *Average cost*, 1s. 6d.

Sufficient for 4 persons.

Seasonable at any time.

时令任何时候皆宜。

羊蹄或猪蹄(索耶食谱)。

741. 配料。--12只羊蹄，1/4 lb.牛板油或羊板油，2个洋葱，1根胡萝卜，2片月桂叶，2枝百里香，1 oz.盐，1/4 oz.胡椒，2大匙面粉，2-1/2 quarts水，1/4 lb.新鲜黄油，1茶匙盐，1茶匙面粉，3/4茶匙胡椒，少许磨碎的肉豆蔻，1个柠檬的汁，1 gill牛奶，2个蛋黄。

做法。--把脚洗净，抽出其中的长骨。将板油放入炖锅，加入切片洋葱和胡萝卜、月桂叶、百里香、盐和胡椒，微煮5分钟。加入2汤匙面粉和水，不断搅拌至沸腾；然后放入脚。用文火煮3小时，或煮至完全软烂，取出放在筛子上。在盘中用勺背将黄油、盐、面粉(1茶匙)、胡椒、肉豆蔻和上述柠檬汁调匀，把脚连同1及耳牛奶放入炖锅。待其很热时，加入黄油等物，不断搅拌至融化。现在把2个蛋黄与5汤匙牛奶调匀；将此搅入其他配料中，把锅在火上不断转动一两分钟，但加入蛋后不要再让它沸腾。盛入极热的盘中，用面包丁或烤面包片作配菜。

时间。- 3小时。平均成本,1先令6便士。

足量供4人食用。

时令任何时候皆宜。

TO DRESS A SHEEP'S HEAD.

742. INGREDIENTS.—1 sheep's head, sufficient water to cover it, 3 carrots, 3 turnips, 2 or 3 parsnips, 3 onions, a small bunch of parsley, 1 teaspoonful of pepper, 3 teaspoonfuls of salt, 1/4 lb. of Scotch oatmeal.

Mode.—Clean the head well, and let it soak in warm water for 2 hours, to get rid of the blood; put it into a saucepan, with sufficient cold water to cover it, and when it boils, add the vegetables, peeled and sliced, and the remaining ingredients; before adding the oatmeal, mix it to a smooth batter with a little of the liquor. Keep stirring till it boils up; then shut the saucepan closely, and let it stew gently for 1-1/2 or 2 hours. It may be thickened with rice or barley, but oatmeal is preferable.

Time.—1-1/2 or 2 hours. *Average cost,* 8d. each.

Sufficient for 3 persons.

Seasonable at any time.

SINGED SHEEP'S HEAD.—The village of Dudingston, which stands "within a mile of Edinburgh town," was formerly celebrated for this ancient and homely Scottish dish. In the summer months, many opulent citizens used to resort to this place to solace themselves over singed sheep's heads, boiled or baked. The sheep fed upon the neighbouring hills were slaughtered at this village, and the carcases were sent to town; but the heads were left to be consumed in the place. We are not aware whether the custom of eating sheep's heads at Dudingston is still kept up by the good folks of Edinburgh.

烹制羊头

742. 配料--1个羊头，足量水没过羊头，

3根胡萝卜，3个芜菁，2或3个欧洲萝卜，3个洋葱，一小束欧芹，1茶匙胡椒，3茶匙盐，1/4 lb.苏格兰燕麦片。

做法。--把头洗净，在温水中浸泡2小时以去除血水；放入锅中，加足量冷水没过，煮沸后加入去皮切片的蔬菜和其余配料；加入燕麦片之前，先用少许汤汁把它调成均匀的糊。不断搅拌至沸腾；然后盖紧锅，用文火炖1个半小时或2小时。可以用大米或大麦增稠，但燕麦片更好。

时间。- 1-1/2 或 2 小时。平均成本，每个 8 便士。

足量供3人食用。

时令任何时候皆宜。

烧焦的羊头。--“距爱丁堡城一英里之内”的杜丁斯顿村，从前以这道古老而家常的苏格兰菜肴闻名。在夏季的几个月里，许多富裕的市民常到这个地方来，以煮的或烤的烧焦羊头自享其乐。附近山上饲养的羊在这个村子里宰杀，羊身运往城里，但羊头则留下来供当地食用。我们不知道爱丁堡的好人们是否仍然保持着在杜丁斯顿吃羊头的习俗。

TOAD-IN-THE-HOLE (Cold Meat Cookery).

743. INGREDIENTS.—6 oz. of flour, 1 pint of milk, 3 eggs, butter, a few slices of cold mutton, pepper and salt to taste, 2 kidneys.

Mode.—Make a smooth batter of flour, milk, and eggs in the above proportion; butter a baking-dish, and pour in the batter. Into this place a few slices of cold mutton, previously well seasoned, and the kidneys, which should be cut into rather small pieces; bake about 1 hour, or rather longer, and send it to table in the dish it was baked in. Oysters or mushrooms may be substituted for the kidneys, and will be found exceedingly good.

Time.—Rather more than 1 hour.

Average cost, exclusive of the cold meat, 8d.

Seasonable at any time.

BREAST OF LAMB AND GREEN PEAS.

744. INGREDIENTS.—1 breast of lamb, a few slices of bacon, 1/4 pint of stock No. 105, 1 lemon, 1 onion, 1 bunch of savoury herbs, green peas.

Mode.—Remove the skin from a breast of lamb, put it into a saucepan of boiling water, and let it simmer for 5 minutes. Take it out and lay it in cold water. Line the bottom of a stewpan with a few thin slices of bacon; lay the lamb on these; peel the lemon, cut it into slices, and put these on the meat, to keep it white and make it tender; cover with 1 or 2 more slices of bacon; add the stock, onion, and herbs, and set it on a slow fire to simmer very gently until tender. Have ready some green peas, put these on a dish, and

蟾蜍入洞(冷肉烹饪)

743. 配料。--6 oz.面粉，1 pint牛奶，3个鸡蛋，黄油，几片冷羊肉，适量胡椒和盐，2个羊腰。

做法。--按上述比例用面粉、牛奶和鸡蛋调成光滑面糊；在烘盘上涂黄油，倒入面糊。放入几片事先充分调味的冷羊肉和切成较小块的羊腰；烘约1小时或更久，连烘盘一起上桌。牡蛎或蘑菇可代替羊腰，会发现极其美味。

时间。--略多于1小时。

平均成本，不含冷肉，8便士。

时令任何时候皆宜。

羊胸肉配青豆

744. 配料。--1块羊胸肉，几片培根，1/4 pint第105号原汤，1个柠檬，1个洋葱，1把香草，青豌豆。

做法。--将羊胸肉的皮去掉，放入装有煮水的炖锅中，煨5分钟。取出后放入冷水中。在炖锅底部铺上几片薄培根；将羊肉放在上面；将柠檬去皮，切成片，放在肉上，以保持其洁白并使肉质嫩滑；再盖上1至2片培根；加入高汤、洋葱和香草，置于慢火上非常轻柔地煨至嫩熟。备好一些青豌豆，将其放在盘中，然后

place the lamb on the top of these. The appearance of this dish may be much improved by glazing the lamb, and spinach may be substituted for the peas when variety is desired.

Time.—1-1/2 hour. *Average cost*, 10d. per lb.

Sufficient for 3 persons.

Seasonable,—grass lamb, from Easter to Michaelmas.

THE LAMB AS A SACRIFICE.—The number of lambs consumed in sacrifices by the Hebrews must have been very considerable. Two lambs "of the first year" were appointed to be sacrificed daily for the morning and evening sacrifice; and a lamb served as a substitute for the first-born of unclean animals, such as the ass, which could not be accepted as an offering to the Lord. Every year, also, on the anniversary of the deliverance of the children of Israel from the bondage of Egypt, every family was ordered to sacrifice a lamb or kid, and to sprinkle some of its blood upon the door-posts, in commemoration of the judgment of God upon the Egyptians. It was to be eaten roasted, with unleavened bread and bitter herbs, in haste, with the loins girded, the shoes on the feet, and the staff in the hand; and whatever remained until the morning was to be burnt. The sheep was also used in the numerous special, individual, and national sacrifices ordered by the Jewish law. On extraordinary occasions, vast quantities of sheep were sacrificed at once; thus Solomon, on the completion of the temple, offered "sheep and oxen that could not be told nor numbered for multitude."

STEWED BREAST OF LAMB.

将羊肉放在这些上面。如将羊肉上光，此菜外观可大为改善；如需变化，可用菠菜代替豌豆。

时间。- 1-1/2 小时。平均成本，每磅 10 便士。

足量供3人食用。

时令,--草饲羔羊，自复活节至米迦勒节。

作为祭品的羔羊。--希伯来人献祭所消耗的羔羊数量必定相当可观。每日早晚的献祭规定要献上两只“一岁以内”的羔羊；羔羊还用作不洁动物头生的替代品，例如驴，因为驴不能作为献给主的祭品。此外，每年在以色列子民从埃及奴役中获得解救的周年纪念日，每个家庭都被命令献上一只羔羊或小山羊，并将其一些血洒在门框上，以纪念上帝对埃及人的审判。这羔羊要烤着吃，与无酵饼和苦菜同吃，要赶紧地吃，腰间束带，脚上穿鞋，手中拿杖；凡留到早晨的都要烧掉。犹太律法所规定的众多特殊的、个人的和国家的祭献中也使用羊。在特殊场合，一次献祭大量的羊；例如所罗门在圣殿落成时，献上了“多得不可胜数、无法计算的羊和牛”。

炖羊胸肉。

745. INGREDIENTS.—1 breast of lamb, pepper and salt to taste, sufficient stock, No. 105, to cover it, 1 glass of sherry, thickening of butter and flour.

Mode.—Skin the lamb, cut it into pieces, and season them with pepper and salt; lay these in a stewpan, pour in sufficient stock or gravy to cover them, and stew very gently until tender, which will be in about 1-1/2 hour. Just before serving, thicken the sauce with a little butter and flour; add the sherry, give one boil, and pour it over the meat. Green peas, or stewed mushrooms, may be strewed over the meat, and will be found a very great improvement.

Time.—1-1/2 hour. *Average cost,* 10d. per lb.

Sufficient for 3 persons.

Seasonable,—grass lamb, from Easter to Michaelmas.

LAMB CHOPS.

746. INGREDIENTS.—Loin of lamb, pepper and salt to taste.

Mode.—Trim off the flap from a fine loin of lamb, aid cut it into chops about 3/4 inch in thickness. Have ready a bright clear fire; lay the chops on a gridiron, and broil them of a nice pale brown, turning them when required. Season them with pepper and salt; serve very hot and quickly, and garnish with crisped parsley, or place them on mashed potatoes. Asparagus, spinach, or peas are the favourite accompaniments to lamb chops.

Time.—About 8 or 10 minutes. *Average cost,* 1s. per lb.

Sufficient.—Allow 2 chops to each person.

745. 配料--1块羊胸肉，胡椒和盐适量，足量的第105号肉汤没过肉，1杯雪利酒，黄油和面粉勾芡。

做法--将羊肉去皮，切成块，用胡椒和盐调味；放入炖锅中，倒入足量的肉汤或肉汁没过肉块，用文火慢炖至软嫩，约需1-1/2小时。上桌前，用少许黄油和面粉将酱汁勾芡；加入雪利酒，煮沸一次，浇在肉上。可在肉上撒些青豌豆或炖蘑菇，味道会大为增色。

时间。- 1-1/2 小时。平均成本，每磅 10 便士。

足量供3人食用。

时令,--草饲羔羊，自复活节至米迦勒节。

羊排。

746. 配料--羊腰肉，胡椒和盐适量。

做法--将一块上好的羊腰肉剔去肥边，切成约3/4英寸厚的肉排。备好明亮旺盛的炉火；将肉排放在烤架上，烤至漂亮的浅棕色，适时翻面。用胡椒和盐调味；迅速趁热上桌，以酥脆的欧芹作点缀，或将其放在土豆泥上。芦笋、菠菜或豌豆是羊排最受欢迎的配菜。

时间。- 约8至10分钟。平均成本，每磅1先令。

足量。--每人两块排骨。

Seasonable from Easter to Michaelmas.

LAMB CUTLETS AND SPINACH (an Entree).

747. INGREDIENTS.—8 cutlets, egg and bread crumbs, salt and pepper to taste, a little clarified butter.

Mode.—Cut the cutlets from a neck of lamb, and shape them by cutting off the thick part of the chine-bone. Trim off most of the fat and all the skin, and scrape the top part of the bones quite clean. Brush the cutlets over with egg, sprinkle them with bread crumbs, and season with pepper and salt. Now dip them into clarified butter, sprinkle over a few more bread crumbs, and fry them over a sharp fire, turning them when required. Lay them before the fire to drain, and arrange them on a dish with spinach in the centre, which should be previously well boiled, drained, chopped, and seasoned.

Time.—About 7 or 8 minutes. *Average cost*, 10d. per lb.

Sufficient for 4 persons.

Seasonable from Easter to Michaelmas.

Note.—Peas, asparagus, or French beans, may be substituted for the spinach; or lamb cutlets may be served with stewed cucumbers, Soubise sauce, &c. &c.

LAMB'S FRY.

748. INGREDIENTS.—1 lb. of lamb's fry, 3 pints of water, egg and bread crumbs, 1 teaspoonful of chopped parsley, salt and pepper to taste.

时令从复活节到米迦勒节。

羊排和菠菜(一道主菜)。

747. 配料--8块肉排，鸡蛋和面包屑，盐和胡椒适量，少许澄清黄油。

做法。--从羊颈肉上切下肉排，切去脊骨粗厚的部分以整形。去除大部分脂肪和全部外皮，并将骨头顶部刮得十分干净。在肉排上刷上蛋液，撒上面包屑，用胡椒和盐调味。然后将它们蘸入澄清黄油中，再撒上一些面包屑，用旺火煎炸，适时翻面。将它们放在火前沥干，摆放在盘中，中央放菠菜，菠菜应事先煮好、沥干、切碎并调味。

时间。--约7至8分钟。平均成本，每磅10便士。

足量供4人食用。

时令从复活节到米迦勒节。

注--可用豌豆、芦笋或法国豆代替菠菜；羊排也可配炖黄瓜、苏比斯酱汁等一同上桌。

炸羊羔肉

748. 配料--1 lb.羊杂，3 pints水，鸡蛋和面包屑，1茶匙切碎的欧芹，盐和胡椒适量。

Mode.—Boil the fry for 1/4 hour in the above proportion of water, take it out and dry it in a cloth; grate some bread down finely, mix with it a teaspoonful of chopped parsley and a high seasoning of pepper and salt. Brush the fry lightly over with the yolk of an egg, sprinkle over the bread crumbs, and fry for 5 minutes. Serve very hot on a napkin in a dish, and garnish with plenty of crisped parsley.

做法--按上述比例的水将羊杂煮1/4小时，取出后用布擦干；将一些面包细细擦成屑，拌入一茶匙切碎的欧芹和浓重的胡椒盐调味。将羊杂轻轻刷上一层蛋黄，撒上面包屑，煎5分钟。趁热放在铺有餐巾的盘中上桌，配以大量酥脆的欧芹作点缀。

Time.-1 hour to simmer the fry, 5 minutes to fry it.

时间。- 炖炸杂烩需1小时，煎炸需5分钟。

Average cost, 10d. per lb.

平均成本，每磅10便士。

Sufficient for 2 or 3 persons.

足量供2至3人食用。

Seasonable from Easter to Michaelmas.

时令从复活节到米迦勒节。

HASHED LAMB AND BROILED BLADE-BONE.

碎肉烤羊肩胛骨

749. INGREDIENTS.—The remains of a cold shoulder of lamb, pepper and salt to taste, 2 oz. of butter, about 1/2 pint of stock or gravy, 1 tablespoonful of shalot vinegar, 3 or 4 pickled gherkins.

749. 配料--冷羊肩肉的剩余部分，胡椒和盐适量，2 oz.黄油，约1/2 pint肉汤或肉汁，1汤匙葱醋，3或4条腌黄瓜。

Mode.—Take the blade-bone from the shoulder, and cut the meat into collops as neatly as possible. Season the bone with pepper and salt, pour a little oiled butter over it, and place it in the oven to warm through. Put the stock into a stewpan, add the ketchup and shalot vinegar, and lay in the pieces of lamb. Let these heat gradually through, but do not allow them to boil. Take the blade-bone out of the oven, and place it on a gridiron over a sharp fire to brown. Slice the gherkins, put them into the hash, and dish it with the blade-bone in the centre. It may be garnished with croutons or sippets of toasted bread.

做法。--从羊肩肉上取下肩胛骨，将肉尽可能整齐地切成薄片。用胡椒和盐给骨头调味，浇上少许油拌黄油，放入烤箱中热透。将高汤倒入炖锅中，加入番茄酱和葱醋，放入羊肉片。让这些慢慢热透，但不要让其煮。将肩胛骨从烤箱中取出，放在烤架上用旺火烤至呈棕色。将小黄瓜切片，放入烩肉中，装盘时将肩胛骨放在中央。可用面包丁或烤面包块作点缀。

Time.—Altogether 1/2 hour. *Average cost*, exclusive of the meat, 4d.

Seasonable,—house lamb, from Christmas to March; grass lamb, from Easter to Michaelmas.

[Illustration: FORE-QUARTER OF LAMB.]

ROAST FORE-QUARTER OF LAMB.

750. INGREDIENTS.—Lamb, a little salt.

Mode.—To obtain the flavour of lamb in perfection, it should not be long kept; time to cool is all that it requires; and though the meat may be somewhat thready, the juices and flavour will be infinitely superior to that of lamb that has been killed 2 or 3 days. Make up the fire in good time, that it may be clear and brisk when the joint is put down. Place it at a sufficient distance to prevent the fat from burning, and baste it constantly till the moment of serving. Lamb should be very *thoroughly* done without being dried up, and not the slightest appearance of red gravy should be visible, as in roast mutton: this rule is applicable to all young white meats. Serve with a little gravy made in the dripping-pan, the same as for other roasts, and send to table with it a tureen of mint sauce, No. 469, and a fresh salad. A cut lemon, a small piece of fresh butter, and a little cayenne, should also be placed on the table, so that when the carver separates the shoulder from the ribs, they may be ready for his use; if, however, he should not be very expert, we would recommend that the cook should divide these joints nicely before coming to table.

Time.—Fore-quarter of lamb weighing 10 lbs., 1-3/4 to 2 hours.

时间--总共1/2小时。平均费用，不含肉，

4d.

时令--舍饲羔羊，从圣诞节到三月；草饲羔羊，从复活节到米迦勒节。

[插图：羊前四分之一]

烤羊前四分之一

750. 配料--羊肉，少许盐。

方式。--要使羔羊肉的风味达到完美，就不应久放；只需放凉即可；尽管肉可能略显纤维粗糙，但其汁液和风味将远胜于宰杀后放了两三天的羔羊肉。要适时把炉火添旺，使羊腿下锅时火势明净而旺盛。把它放在足够远的距离，以免脂肪烧焦，并在上桌之前不断浇淋肉汁。羔羊肉应非常彻底地烤熟，但不可烤干，而且不应看到一丝红色肉汁的痕迹，如同烤羊肉那样：这条规则适用于所有幼嫩的白色肉。上桌时配以在滴油盘中做成的少量肉汁，做法与其他烤肉相同，并随之上桌一盅薄荷酱汁，第469号，以及一份新鲜沙拉。还应把一片切开的柠檬、一小块新鲜黄油和少许卡宴辣椒放在桌上，以便切肉者把肩部从肋骨上分开时随手取用；不过，如果他不是很熟练，我们建议厨师在上桌之前先把这些关节部位利落地分割好。

时间。- 重10 lbs.的羊前四分之一，1-3/4至2小时。

Average cost, 10d. to 1s. per lb. *Sufficient* for 7 or 8 persons.

Seasonable,—grass lamb, from Easter to Michaelmas.

BOILED LEG OF LAMB A LA BECHAMEL.

751. INGREDIENTS.—Leg of lamb, Béchamel sauce, No. 367.

Mode.—Do not choose a very large joint, but one weighing about 5 lbs. Have ready a saucepan of boiling water, into which plunge the lamb, and when it boils up again, draw it to the side of the fire, and let the water cool a little. Then stew very gently for about 1-1/4 hour, reckoning from the time that the water begins to simmer. Make some Béchamel by recipe No. 367, dish the lamb, pour the sauce over it, and garnish with tufts of boiled cauliflower or carrots. When liked, melted butter may be substituted for the Béchamel: this is a more simple method, but not nearly so nice. Send to table with it some of the sauce in a tureen, and boiled cauliflowers or spinach, with whichever vegetable the dish is garnished.

Time.—1-1/4 hour after the water simmers.

Average cost, 10d. to 1s. per lb. *Sufficient* for 4 or 5 persons.

Seasonable from Easter to Michaelmas.

ROAST LEG OF LAMB.

752. INGREDIENTS.—Lamb, a little salt.

[Illustration: LEG OF LAMB.]

Mode.—Place the joint at a good distance from the fire at first,

平均费用，每lb.10d.至1s.。足够7或8人食用。

时令,--草饲羔羊，自复活节至米迦勒节。

白汁煮羊腿

751. 配料--羊腿，贝夏梅尔酱，第367号。

做法。--不要选太大的羊腿，而应选约重5 lbs.的。备好一锅煮的水，将羔羊肉投入其中，待其再次煮沸时，将锅移至火边，让水稍凉。然后从水开始微沸时算起，非常轻柔地炖约1-1/4小时。按第367号食谱制作一些贝夏梅尔酱，将羔羊肉装盘，浇上酱汁，并以煮花椰菜或胡萝卜簇作装饰。如喜欢，可用融化黄油代替贝夏梅尔酱：这是更简单的做法，但远不如前者美味。随之上桌一些酱汁盛于盅中，以及煮花椰菜或菠菜，即装饰此菜所用的那种蔬菜。

时间。- 水微沸后1-1/4小时。

平均费用，每lb.10d.至1s.足够4或5人食用。

时令从复活节到米迦勒节。

烤羊腿。

752. 配料--羊肉，少许盐。

[插图：羔羊腿。]

方式。--先将关节置于离火较远之处，

and baste well the whole time it is cooking. When nearly done, draw it nearer the fire to acquire a nice brown colour. Sprinkle a little fine salt over the meat, empty the dripping-pan of its contents; pour in a little boiling water, and strain this over the meat. Serve with mint sauce and a fresh salad, and for vegetables send peas, spinach, or cauliflowers to table with it.

并在整个烹煮过程中不断浇淋汤汁。快熟时，将其移近炉火，使其获得漂亮的棕色。在肉上撒少许细盐，倒空烤盘中的内容物；倒入少许沸水，将其过滤后浇在肉上。配薄荷酱和新鲜沙拉上桌，并同时上桌豌豆、菠菜或花椰菜。

Time.—A leg of lamb weighing 5 lbs., 1-1/2 hour.

时间。--重5磅的羊腿，需1.5小时。

Average cost, 10d. to 1s. per lb. *Sufficient* for 4 or 5 persons.

平均费用，每lb.10d.至1s.足够4或5人食用。

Seasonable from Easter to Michaelmas.

时令从复活节到米迦勒节。

BRAISED LOIN OF LAMB.

炖羊腰肉

[Illustration: LOIN OF LAMB.]

[插图：羊腰肉]

753. INGREDIENTS.—1 loin of lamb, a few slices of bacon, 1 bunch of green onions, 5 or 6 young carrots, a bunch of savoury herbs, 2 blades of pounded mace, 1 pint of stock, salt to taste.

753. 配料--1条羊腰肉，几片培根，1把青葱，5或6根小胡萝卜，1束香草，2片捣碎的肉豆蔻，1品脱高汤，盐适量。

Mode.—Bone a loin of lamb, and line the bottom of a stewpan just capable of holding it, with a few thin slices of fat bacon; add the remaining ingredients, cover the meat with a few more slices of bacon, pour in the stock, and simmer very *gently* for 2 hours; take it up, dry it, strain and reduce the gravy to a glaze, with which glaze the meat, and serve it either on stewed peas, spinach, or stewed cucumbers.

做法--将羊腰肉去骨，在刚好能容纳它的炖锅底部铺上几片薄薄的肥培根；加入其余配料，在肉上再盖几片培根，倒入高汤，非常轻柔地炖2小时；取出，擦干，将肉汁过滤并收浓成 glaze，用此 glaze 涂抹肉面，可配炖豌豆、菠菜或炖黄瓜上桌。

Time.—2 hours. *Average cost*, 11d. per lb.

时间--2小时。平均成本，每磅11便士。

Sufficient for 4 or 5 persons.

足够 4 或 5 人食用。

Seasonable from Easter to Michaelmas.

时令从复活节到米迦勒节。

[Illustration: SADDLE OF LAMB. RIBS OF LAMB.]

ROAST SADDLE OF LAMB.

754. INGREDIENTS.—Lamb; a little salt.

Mode.—This joint is now very much in vogue, and is generally considered a nice one for a small party. Have ready a clear brisk fire; put down the joint at a little distance, to prevent the fat from scorching, and keep it well basted all the time it is cooking. Serve with mint sauce and a fresh salad, and send to table with it, either peas, cauliflowers, or spinach.

Time.—A small saddle, 1-1/2 hour; a large one, 2 hours.

Average cost, 10d. to 1s. per lb.

Sufficient for 5 or 6 persons.

Seasonable from Easter to Michaelmas.

Note.—Loin and ribs of lamb are roasted in the same manner, and served with the same sauces as the above. A loin will take about 1-1/4 hour; ribs, from 1 to 1-1/4 hour.

ROAST SHOULDER OF LAMB.

755. INGREDIENTS.—Lamb; a little salt.

Mode.—Have ready a clear brisk fire, and put down the joint at a sufficient distance from it, that the fat may not burn. Keep constantly basting until done, and serve with a little gravy made in the dripping-pan, and send mint sauce to table with it. Peas, spinach, or cauliflowers are the usual vegetables served with

[插图：羔羊脊肉。羔羊肋排。]

烤羊脊肉

754. 配料--羔羊肉；少许盐。

做法--此部位现今非常流行，通常被认为适合小型聚会。准备好明亮的旺火；将肉放在稍远处，以免脂肪烧焦，并在整个烹煮过程中不断浇淋汤汁。配薄荷酱和新鲜沙拉上桌，并同时上桌豌豆、花椰菜或菠菜。

时间。--小羊鞍，1-1/2小时；大羊鞍，2小时。

平均成本，每磅10便士至1先令。

足量供5或6人食用。

时令从复活节到米迦勒节。

注--羊腰肉和羊肋排的烤制方法相同，配以与上述相同的酱汁上桌。羊腰肉约需1-1/4小时；肋排需1至1-1/4小时。

烤羊肩

755. 配料--羊肉；少许盐。

做法--准备好明亮的旺火，将肉放在离火足够远的地方，以免脂肪烧焦。不断浇淋汤汁直至熟透，配以在烤盘中制作的少许肉汁上桌，并同时上桌薄荷酱。通常搭配的蔬菜为豌豆、菠菜或花椰菜。

lamb, and also a fresh salad.

Time.—A shoulder of lamb rather more than 1 hour.

Average cost, 10s. to 1s. per lb.

Sufficient for 4 or 5 persons.

Seasonable from Easter to Michaelmas.

羊羔肉，还有一份新鲜沙拉。

时间--羊肩肉需1小时多一点。平均成本，每磅10先令至1先令。

足量供4或5人食用。

时令从复活节到米迦勒节。

SHOULDER OF LAMB STUFFED.

填馅羊肩

756. INGREDIENTS.—Shoulder of lamb, forcemeat No. 417, trimmings of veal or beef, 2 onions, 1/2 head of celery, 1 faggot of savoury herbs, a few slices of fat bacon, 1 quart of stock No. 105.

756. 配料--羊肩肉，第417号馅料，小牛肉或牛肉碎料，2个洋葱，1/2头芹菜，1束香草，几片肥培根，1夸脱第105号高汤。

Mode.—Take the blade-bone out of a shoulder of lamb, fill up its place with forcemeat, and sew it up with coarse thread. Put it into a stewpan with a few slices of bacon under and over the lamb, and add the remaining ingredients. Stew very gently for rather more than 2 hours. Reduce the gravy, with which glaze the meat, and serve with peas, stewed cucumbers, or sorrel sauce.

做法--从羊肩肉中取出肩胛骨，用馅料填满其位置，用粗线缝好。将其放入炖锅，在羊肉上下各放几片培根，加入其余配料。非常轻柔地炖2小时多一点。收浓肉汁，用其涂抹肉面，配豌豆、炖黄瓜或酸模酱上桌。

Time.—Rather more than 2 hours. *Average cost*, 10d. to 1s. per lb.

时间--2小时多一点。平均成本，每磅10便士至1先令。足够4或5人食用。

Sufficient for 4 or 5 persons.

Seasonable from Easter to Michaelmas.

时令从复活节到米迦勒节。

LAMB'S SWEETBREADS, LARDED, AND ASPARAGUS (an Entree).

猪油淋羊胸腺配芦笋(一道 entre)。757. 配料--2或3个胸腺，1/2品脱小牛肉高汤，白胡椒和盐适量，1小把青葱，1片捣碎的肉豆蔻，黄油和面粉制成的增稠剂，2个鸡蛋，近1/2品脱奶油，1茶匙切碎的欧芹，非常

757. INGREDIENTS.—2 or 3 sweetbreads, 1/2 pint of veal stock, white pepper and salt to taste, a small bunch of green onions, 1 blade of pounded mace, thickening of butter and flour, 2 eggs, nearly 1/2 pint of cream, 1 teaspoonful of minced parsley, a very

little grated nutmeg.

Mode.—Soak the sweetbreads in lukewarm water, and put them into a saucepan with sufficient boiling water to cover them, and let them simmer for 10 minutes; then take them out and put them into cold water. Now lard them, lay them in a stewpan, add the stock, seasoning, onions, mace, and a thickening of butter and flour, and stew gently for 1/4 hour or 20 minutes. Beat up the egg with the cream, to which add the minced parsley and a very little grated nutmeg. Put this to the other ingredients; stir it well till quite hot, but do not let it boil after the cream is added, or it will curdle. Have ready some asparagus-tops, boiled; add these to the sweetbreads, and serve.

Time.—Altogether 1/2 hour. *Average cost*, 2s. 6d. to 3s. 6d. each.

Sufficient—3 sweetbreads for 1 entrée.

Seasonable from Easter to Michaelmas.

ANOTHER WAY TO DRESS SWEETBREADS (an Entree).

758. INGREDIENTS.—Sweetbreads, egg and bread crumbs, 1/2 pint of gravy, No. 442, 1/2 glass of sherry.

Mode.—Soak the sweetbreads in water for an hour, and throw them into boiling water to render them firm. Let them stew gently for about 1/4 hour, take them out and put them into a cloth to drain all the water from them. Brush them over with egg, sprinkle them with bread crumbs, and either brown them in the oven or before the fire. Have ready the above quantity of gravy, to which add 1/2 glass of sherry; dish the sweetbreads, pour the gravy under them, and garnish with water-cresses.

少许磨碎的肉豆蔻。

方式。--将甜面包浸入温水中，放入炖锅，加足量沸水没过，微火煮10分钟；取出后放入冷水中。现在将其填以肥肉，放入炖锅，加入高汤、调味、洋葱、肉豆蔻衣以及黄油面粉芡汁，文火炖1/4小时或20分钟。将鸡蛋与奶油打匀，加入切碎的欧芹和极少量 grated nutmeg。将此加入其余配料中；充分搅拌至很热，但加入奶油后不可让其煮沸，否则会凝结。备好煮熟的芦笋尖；将其加入甜面包中，即可上桌。

时间--总共1/2小时。平均成本，每个2先令6便士至3先令6便士。

足够 - 3个甜面包用于1道主菜。

时令从复活节到米迦勒节。

甜面包的另一种做法(一道主菜)。

758. 配料--胸腺，鸡蛋和面包屑，1/2品脱第442号肉汁，1/2杯雪利酒。

做法--将胸腺在水中浸泡一小时，然后投入沸水中使其紧实。让其轻柔地炖约1/4小时，取出放入布中沥干所有水分。刷上鸡蛋，撒上面包屑，在烤箱中或炉火前烤至棕色。准备好上述分量的肉汁，加入1/2杯雪利酒；将胸腺装盘，将肉汁浇在下面，用水田芥装饰。

Time.—Rather more than 1/2 hour. *Average cost*, 2s. 6d. to 3s. 6d. each.

Sufficient—3 sweetbreads for 1 entrée.

Seasonable from Easter to Michaelmas.

MUTTON AND LAMB CARVING.

HAUNCH OF MUTTON.

[Illustration: HAUNCH OF MUTTON.]

759. A deep cut should, in the first place, be made quite down to the bone, across the knuckle-end of the joint, along the line 1 to 2. This will let the gravy escape; and then it should be carved, in not too thick slices, along the whole length of the haunch, in the direction of the line from 4 to 3.

[Illustration: LEG OF MUTTON.]

LEG OF MUTTON.

760. This homely, but capital English joint, is almost invariably served at table as shown in the engraving. The carving of it is not very difficult: the knife should be carried sharply down in the direction of the line from 1 to 2, and slices taken from either side, as the guests may desire, some liking the knuckle-end, as well done, and others preferring the more underdone part. The fat should be sought near the line 3 to 4. Some connoisseurs are fond of having this joint dished with the under-side uppermost, so as to get at the finely-grained meat lying under that part of the meat, known as the Pope's eye; but this is an extravagant fashion, and

时间--1/2小时多一点。平均成本，每个2先令6便士至3先令6便士。

足够 - 3个甜面包用于1道主菜。

时令从复活节到米迦勒节。

羊肉与羔羊肉的分切

羊腿

[插图：羊腿肉。]

759. 首先应沿1至2号线，在关节的踝端横切一刀，深至骨头。这样可让肉汁流出；然后沿4至3号线的方向，顺着腿肉的全长切成不太厚的片。

[插图：羊腿。]

羊腿

760.这道家常但极佳的英国大块肉，几乎总是如图所示上桌。切肉并不很难：刀应沿从1到2的线方向利落切下，从两侧取片，视客人喜好而定，有人喜欢关节端，即熟透的部分，另有人偏好较生的部分。脂肪应在3到4线附近寻找。有些行家喜欢将此大块肉以底面朝上装盘，以便取食位于该部分肉之下、纹理细密的肉，即所谓“教皇眼”；但这是一种奢侈的吃法，而且

one that will hardly find favour in the eyes of many economical British housewives and housekeepers.

LOIN OF MUTTON.

[Illustration: LOIN OF MUTTON.]

761. There is one point in connection with carving a loin of mutton which includes every other; that is, that the joint should be thoroughly well jointed by the butcher before it is cooked. This knack of jointing requires practice and the proper tools; and no one but the butcher is supposed to have these. If the bones be not well jointed, the carving of a loin of mutton is not a gracious business; whereas, if that has been attended to, it is an easy and untroublesome task. The knife should be inserted at fig. 1, and after feeling your way between the bones, it should be carried sharply in the direction of the line 1 to 2. As there are some people who prefer the outside cut, while others do not like it, the question as to their choice of this should be asked.

SADDLE OF MUTTON.

[Illustration: SADDLE OF MUTTON.]

762. Although we have heard, at various intervals, growlings expressed at the inevitable "saddle of mutton" at the dinner-parties of our middle classes, yet we doubt whether any other joint is better liked, when it has been well hung and artistically cooked. There is a diversity of opinion respecting the mode of sending this joint to table; but it has only reference to whether or no there shall be any portion of the tail, or, if so, how many joints of the

一个在许多节俭的英国主妇和管家眼中几乎不会受到青睐的东西。

羊里脊肉。

[插图：羊腰肉。]

761.关于切羊腰肉，有一点涵盖其余一切；那就是，此大块肉在烹制前应由肉贩彻底按关节切开。这种按关节切开的窍门需要练习和适当的工具；除肉贩外，无人被认为具备这些。如果骨头没有按关节切好，切羊腰肉就不是一件愉快的事；反之，如果这一点已注意到，便是轻松而不麻烦的任务。刀应插入图1处，在骨头之间探明后，沿1到2线方向利落切下。由于有些人偏好外侧切下的肉，而另一些人不喜欢，应询问他们对这一选择的意思。

羊脊肉

[插图：羊脊肉鞍]

762. 尽管我们不时听到有人对我们中产阶级晚宴上不可避免的“羊脊肉”表示不满，但我们怀疑是否有其他部位在经过良好悬挂和艺术化烹饪后更受喜爱。关于如何将此部位上桌存在不同意见；但这仅涉及是否应保留尾巴的任何部分，或者如果保留，应保留几个关节的

tail. We ourselves prefer the mode as shown in our coloured illustration "O;" but others may, upon equally good grounds, like the way shown in the engraving on this page. Some trim the tail with a paper frill. The carving is not difficult: it is usually cut in the direction of the line from 2 to 1, quite down to the bones, in evenly-sliced pieces. A fashion, however, patronized by some, is to carve it obliquely, in the direction of the line from 4 to 3; in which case the joint would be turned round the other way, having the tail end on the right of the carver.

尾部。我们自己更喜欢彩色插图“O”所示的方式；但其他人也可能有同样充分的理由喜欢本页插图所示的方式。有些人在尾部饰以纸褶边。切肉并不困难：通常沿从2到1的线方向切，一直切到骨头，切成均匀的片。然而，有些人偏爱的一种方式是斜切，沿从4到3的线方向；在这种情况下，应将大块肉调转过来，使尾端位于切肉者右侧。

SHOULDER OF MUTTON.

羊肩肉。

[Illustration: SHOULDER OF MUTTON.]

[插图：羊肩肉。]

763. This is a joint not difficult to carve. The knife should be drawn from the outer edge of the shoulder in the direction of the line from 1 to 2, until the bone of the shoulder is reached. As many slices as can be carved in this manner should be taken, and afterwards the meat lying on either side of the blade-bone should be served, by carving in the direction of 3 to 4 and 3 to 4. The uppermost side of the shoulder being now finished, the joint should be turned, and slices taken off along its whole length. There are some who prefer this under-side of the shoulder for its juicy flesh, although the grain of the meat is not so fine as that on the other side.

763.这是一块不难切的大块肉。刀应从肩部外缘沿从1到2的线方向拉切，直到抵达肩骨。应按此方式尽可能多地切片，然后切取位于肩胛骨两侧的肉，沿3到4和3到4的方向切。肩部最上面一侧切完后，应将大块肉翻转，沿其全长切片。有些人更喜欢肩部这一下面，因其肉多汁，尽管肉的纹理不如另一侧细密。

FORE-QUARTER OF LAMB.

羊前四分之一

[Illustration: FORE-QUARTER OF LAMB.]

[插图：羊前四分之一]

764. We always think that a good and practised carver delights in

764. 我们总以为，一位技艺娴熟的好切肉师会乐于

the manipulation of this joint, for there is a little field for his judgment and dexterity which does not always occur. The separation of the shoulder from the breast is the first point to be attended to; this is done by passing the knife lightly round the dotted line, as shown by the figures 1, 2, 3, 4, and 5, so as to cut through the skin, and then, by raising with a little force the shoulder, into which the fork should be firmly fixed, it will come away with just a little more exercise of the knife. In dividing the shoulder and breast, the carver should take care not to cut away too much of the meat from the latter, as that would rather spoil its appearance when the shoulder is removed. The breast and shoulder being separated, it is usual to lay a small piece of butter, and sprinkle a little cayenne, lemon-juice, and salt between them; and when this is melted and incorporated with the meat and gravy, the shoulder may, as more convenient, be removed into another dish. The, next operation is to separate the ribs from the brisket, by cutting through the meat on the line 5 to 6. The joint is then ready to be served to the guests; the ribs being carved in the direction of the lines from 9 to 10, and the brisket from 7 to 8. The carver should ask those at the table what parts they prefer-ribs, brisket, or a piece of the shoulder.

分割这个关节的操作，因为可供他判断和施展灵巧的地方不多，而这种情况并非总会遇到。首先要处理的是把肩部从胸部上分离下来；做法是用刀沿着虚线轻轻划一圈，如数字1、2、3、4和5所示，以便切穿皮肤，然后稍微用力抬起肩部--叉子应牢牢插在肩部--再多用一点刀，它就会脱落下来。在分割肩部和胸部时，切肉者应注意不要从胸部切掉太多肉，因为那样会在肩部被取下时相当损害其外观。肩部和胸部被分开后，通常会在两者之间放一小块黄油，并撒上一点辣椒粉、柠檬汁和盐；当这些融化并与肉和肉汁融合后，肩部可以视方便移到另一个盘子里。接下来的操作是沿5至6的线切开肉，把肋骨从胸肉上分离下来。然后这个关节就可以上桌供客人享用了；肋骨按9至10的线方向切，胸肉按7至8的方向切。切肉者应询问桌上的人喜欢哪个部位--肋骨、胸肉，还是肩部的一块。

LEG OF LAMB, LOIN OF LAMB, SADDLE OF LAMB, SHOULDER OF LAMB,

羊腿，羊腰肉，羊脊肉，羊肩肉，

are carved in the same manner as the corresponding joints of mutton. (*See* Nos. 760, 761, 762, 763.)

的切法与羊肉相应部位的切法相同。(见第760、761、762、763号。)

[Illustration]

[Illustration]

CHAPTER XVI.

第十六章。

GENERAL OBSERVATIONS ON THE COMMON HOG.

765. THE HOG belongs to the order *Mammalia*, the genus *Sus scrofa*, and the species *Pachydermata*, or thick-skinned; and its generic characters are, a small head, with long flexible snout truncated; 42 teeth, divided into 4 upper incisors, converging, 6 lower incisors, projecting, 2 upper and 2 lower canine, or tusks,—the former short, the latter projecting, formidable, and sharp, and 14 molars in each jaw; cloven feet furnished with 4 toes, and tail, small, short, and twisted; while, in some varieties, this appendage is altogether wanting.

766. FROM THE NUMBER AND POSITION OF THE TEETH, physiologists are enabled to define the nature and functions of the animal; and from those of the *Sus*, or hog, it is evident that he is as much a *grinder* as a *biter*, or can live as well on vegetable as on animal food; though a mixture of both is plainly indicated as the character of food most conducive to the integrity and health of its physical system.

767. THUS THE PIG TRIBE, though not a ruminating mammal, as might be inferred from the number of its molar teeth, is yet a link between the *herbivorous* and the *carnivorous* tribes, and is consequently what is known as an *omnivorous* quadruped; or, in other words, capable of converting any kind of aliment into nutriment.

768. THOUGH THE HOOF IN THE HOG is, as a general rule, cloven, there are several remarkable exceptions, as in the species native to Norway, Illyria, Sardinia, and *formerly* to the Berkshire variety of the British domesticated pig, in which the hoof is entire

关于普通猪的一般观察

765. 猪属于哺乳纲,野猪属，以及厚皮类，即厚皮动物；其属的特征是：头小，吻部长而柔韧且末端截平；42颗牙齿，分为4颗上门齿，彼此靠拢，6颗下门齿，向前突出，2颗上犬齿和2颗下犬齿，或称獠牙--前者短，后者突出、可怕而锋利，以及每颌14颗臼齿；偶蹄，具4趾，尾小而短且扭曲；而在某些品种中，这一附属物完全缺失。

766. 根据牙齿的数量和位置，生理学家能够确定动物的性质和功能；从*Sus*(猪)的牙齿来看，很明显它既是研磨者又是咬切者，即既能以植物为食也能以动物为食；尽管两者的混合被清楚地表明为最有利于其身体系统完整和健康的食物特性。

767. 因此，猪类虽然不是反刍哺乳动物(从其臼齿数量可以推断)，但却是草食和肉食类群之间的纽带，因此被称为杂食四足动物；换言之，能够将任何种类的食物转化为营养。

768. 尽管猪的蹄通常为偶蹄，但也有几个显著的例外，如原产于挪威、伊利里亚、撒丁岛的物种，以及以前英国家猪的伯克希尔品种，其蹄为整蹄

and _un_cleft.

769. WHATEVER DIFFERENCE IN ITS PHYSICAL NATURE, climate and soil may produce in this animal, his functional characteristics are the same in whatever part of the world he may be found; and whether in the trackless forests of South America, the coral isles of Polynesia, the jungles of India, or the spicy brakes of Sumatra, he is everywhere known for his gluttony, laziness, and indifference to the character and quality of his food. And though he occasionally shows an epicure's relish for a succulent plant or a luscious carrot, which he will discuss with all his salivary organs keenly excited, he will, the next moment, turn with equal gusto to some carrion offal that might excite the forbearance of the unscrupulous cormorant. It is this coarse and repulsive mode of feeding that has, in every country and language, obtained for him the opprobrium of being "an unclean animal."

770. IN THE MOSAICAL LAW, the pig is condemned as an unclean beast, and consequently interdicted to the Israelites, as unfit for human food. "And the swine, though he divideth the hoof and be cloven-footed, yet he cheweth not the cud. He is unclean to you."—Lev. xi. 7. Strict, however, as the law was respecting the cud-chewing and hoof-divided animals, the Jews, with their usual perversity and violation of the divine commands, seem afterwards to have ignored the prohibition; for, unless they ate pork, it is difficult to conceive for what purpose they kept troves of swine, as from the circumstance recorded in Matthew xviii. 32, when Jesus was in Galilee, and the devils, cast out of the two men, were permitted to enter the herd of swine that were feeding on the hills in the neighbourhood of the Sea of Tiberias, it is very evident they

和未裂开的。

769. 无论气候和土壤可能在这种动物的体质上造成怎样的差异，无论它可能在世界上的哪个地方被发现，其功能特征都是相同的；无论是在南美洲无路的森林中、波利尼西亚的珊瑚岛上、印度的丛林中，还是苏门答腊香气浓郁的灌木丛中，它到处都以贪食、懒惰以及对其食物的性质和品质漠不关心而闻名。尽管它偶尔会对多汁的植物或甘美的胡萝卜表现出美食家的喜好，并会在所有唾液器官被强烈激发的情况下津津有味地享用，但下一刻，它又会以同样的兴致转向某种腐肉杂碎，那种东西也许连毫无顾忌的贪食者都会退避三舍。正是这种粗劣而令人厌恶的进食方式，使它在每个国家和每种语言中都获得了“不洁动物”的恶名。

770. 在摩西律法中，猪被判定为不洁的兽类，因而被禁止给以色列人食用，视为不适合作为人类的食物。“猪，因为蹄分两瓣，却不倒嚼，就与你们不洁净。”--利未记第十一章第七节。然而，尽管律法对倒嚼与分蹄的动物规定得如此严格，犹太人却以其惯常的悖逆和对神诫命的违犯，后来似乎无视了这一禁令；因为，除非他们吃猪肉，否则很难想象他们饲养成群猪只的目的何在，正如马太福音第十八章第三十二节所记载的情形：当耶稣在加利利时，从两个男人身上被赶出的鬼魔获准进入一群正在提比哩亚海附近山坡上吃食的猪中，由此可见他们

did. There is only one interpretation by which we can account for a prohibition that debarred the Jews from so many foods which we regard as nutritious luxuries, that, being fat and the texture more hard of digestion than other meats, they were likely, in a hot dry climate, where vigorous exercise could seldom be taken, to produce disease, and especially cutaneous affections; indeed, in this light, as a code of sanitary ethics, the book of Leviticus is the most admirable system of moral government ever conceived for man's benefit.

确实如此。对于一条禁止犹太人食用如此多我们视为营养奢侈品的食物的禁令，我们只能有一种解释，那就是：由于猪肉脂肪较多，质地比其他肉类更难消化，在炎热干燥、很少能进行剧烈运动的气候中，它们很可能致病，尤其是皮肤病；事实上，从这个角度看，作为一部卫生伦理法典，《利未记》是为人类福祉所构想出的最令人钦佩的道德治理体系。

771. SETTING HIS COARSE FEEDING AND SLOVENLY HABITS OUT OF THE QUESTION, there is no domestic animal so profitable or so useful to man as the much-maligned pig, or any that yields him a more varied or more luxurious repast. The prolific powers of the pig are extraordinary, even under the restraint of domestication; but when left to run wild in favourable situations, as in the islands of the South Pacific, the result, in a few years, from two animals put on shore and left undisturbed, is truly surprising; for they breed so fast, and have such numerous litters, that unless killed off in vast numbers both for the use of the inhabitants and as fresh provisions for ships' crews, they would degenerate into vermin. In this country the pig has usually two litters, or farrows, in a year, the breeding seasons being April and October; and the period the female goes with her young is about four months,—16 weeks or 122 days. The number produced at each litter depends upon the character of the breed; 12 being the average number in the small variety, and 10 in the large; in the mixed breeds, however, the average is between 10 and 15, and in some instances has reached as many as 20. But however few, or however many, young pigs there may be to the farrow,

771. 且不说其粗劣的饲料和邋遢的习性，没有哪种家畜像饱受诋毁的猪那样对人类如此有利、如此有用，也没有哪种家畜能为人提供更为多样或更为丰盛的膳食。猪的繁殖力非凡，即使在驯养的限制之下也是如此；但若在有利的环境中任其野生放养，如在南太平洋的岛屿上，两头猪被送上岸后不加干扰，几年之后的结果确实令人惊讶；因为它们繁殖极快，产仔众多，若非大量宰杀以供居民食用并作为船员的新鲜给养，它们便会退化为害兽。在本国，猪通常一年产两窝，即两胎，繁殖季节为四月和十月；母猪怀胎的期限约为四个月--16周或122天。每胎产仔数取决于品种的特性；小型品种平均为12头，大型品种为10头；然而在杂交品种中，平均在10至15头之间，某些情况下多达20头。但无论一窝猪仔是少是多，

there is always one who is the dwarf of the family circle, a poor, little, shrivelled, half-starved anatomy, with a small melancholy voice, a staggering gait, a woe-begone countenance, and a thread of a tail, whose existence the complacent mother ignores, his plethoric brothers and sisters repudiate, and for whose emaciated jaws there is never a spare or supplemental teat, till one of the favoured gormandizers, overtaken by momentary oblivion, drops the lacteal fountain, and gives the little squeaking straggler the chance of a momentary mouthful. This miserable little object, which may be seen bringing up the rear of every litter, is called the Tony pig, or the *Anthony*; so named, it is presumed, from being the one always assigned to the Church, when tithe was taken in kind; and as St. Anthony was the patron of husbandry, his name was given in a sort of bitter derision to the starveling that constituted his dues; for whether there are ten or fifteen farrows to the litter, the Anthony is always the last of the family to come into the world.

其中总有一头是家庭圈子里的侏儒，一个可怜、瘦小、干瘪、半饥半饱的瘦骨架，声音细小而哀伤，步态蹒跚，面容愁苦，尾巴细如线；它那心满意足的母亲对它视而不见，它那些肥壮的兄弟姐妹对它拒不承认，它那消瘦的下颌从来得不到一个多余的或补充的乳头，直到某个受宠的贪食者一时忘形，松开了乳汁的源泉，才给这吱吱叫的小落伍者 momentary 一口的机会。这个可怜的小东西--在每一窝猪仔的队尾都能见到它--被称为托尼猪，或安东尼；据推测，此名源于它总是被分派给教会的那一头，当什一税以实物征收之时；又因圣安东尼是农耕的守护神，人们便带着一种苦涩的嘲弄，把他的名字给了构成其什一税的那只瘦弱猪仔；因为无论一窝是十头还是十五头，安东尼总是家中最后来到世上的那一个。

772. FROM THE GROSSNESS OF HIS FEEDING, the large amount of aliment he consumes, his gluttonous way of eating it, from his slothful habits, laziness, and indulgence in sleep, the pig is particularly liable to disease, and especially indigestion, heartburn, and affections of the skin.

772. 由于其进食粗劣、食量大、贪食的吃法，以及懒惰、怠惰和贪睡的习性，猪特别容易患病，尤其是消化不良、胃灼热和皮肤病。

773. TO COUNTERACT THE CONSEQUENCE OF A VIOLATION OF THE PHYSICAL LAWS, a powerful monitor in the brain of the pig teaches him to seek for relief and medicine. To open the pores of his skin, blocked up with mud, and excite perspiration, he resorts to a tree, a stump, or his trough—anything rough and angular, and using it as a curry-comb to his body, obtains the luxury of a scratch and the benefit of cuticular evaporation; he

773. 为了抵消违反生理规律所带来的后果，猪脑中一个强大的监督者教导它寻求缓解和药物。为了打开被泥堵塞的皮肤毛孔并引起出汗，它会去找一棵树、一个树桩或它的食槽--任何粗糙有棱角的东西，将其当作马梳用于身体，获得抓挠的奢侈和表皮蒸发的益处；它

next proceeds with his long supple snout to grub up antiscorbutic roots, cooling salads of mallow and dandelion, and, greatest treat of all, he stumbles on a piece of chalk or a mouthful of delicious cinder, which, he knows by instinct, is the most sovereign remedy in the world for that hot, unpleasant sensation he has had all the morning at his stomach.

接着用它长而柔韧的鼻子拱出抗坏血病的根茎、清凉的锦葵和蒲公英沙拉，而最大的享受是，它偶然发现一块白垩或一口美味的煤渣，它凭本能知道这是世界上治疗它整个上午胃中灼热不适感的最灵验的药。

774. IT IS A REMARKABLE FACT that, though every one who keeps a pig knows how prone he is to disease, how that disease injures the quality of the meat, and how eagerly he pounces on a bit of coal or cinder, or any coarse dry substance that will adulterate the rich food on which he lives, and by affording soda to his system, correct the vitiated fluids of his body,—yet very few have the judgment to act on what they see, and by supplying the pig with a few shovelfuls of cinders in his sty, save the necessity of his rooting for what is so needful to his health. Instead of this, however, and without supplying the animal with what its instinct craves for, his nostril is bored with a red-hot iron, and a ring clinched in his nose to prevent rooting for what he feels to be absolutely necessary for his health; and ignoring the fact that, in a domestic state at least, the pig lives on the richest of all food,—scraps of cooked animal substances, boiled vegetables, bread, and other items, given in that concentrated essence of aliment for a quadruped called wash, and that he eats to repletion, takes no exercise, and finally sleeps all the twenty-four hours he is not eating, and then, when the animal at last seeks for those medicinal aids which would obviate the evil of such a forcing diet, his keeper, instead of meeting his animal instinct by human reason, and giving him what he seeks, has the inhumanity to torture him by a ring, that, keeping up a perpetual "raw" in the

774. 这是一个值得注意的事实：尽管每个养猪的人都知道猪多么容易患病，知道疾病如何损害肉的质量，知道它多么急切地扑向一块煤或煤渣，或任何能掺入它所食用的丰富食物的粗干物质，从而为其身体提供苏打，纠正体内败坏的体液--然而很少有人有判断力去依据所见行事，在猪圈里给它几铲煤渣，省得它为了健康所必需的东西而拱土觅食。然而，人们非但不这样做，也不给这动物提供其本能所渴求的东西，反而用烧红的铁器穿透它的鼻孔，在鼻中钳上一个环，以阻止它拱土觅食它感到对其健康绝对必需的东西；人们无视这一事实：至少在家养状态下，猪吃的是所有食物中最丰富的--煮熟的动物残渣、煮蔬菜、面包及其他食物，以称为泔水的四足动物浓缩养料的形式给予，而且它吃到饱胀，不运动，最后在不进食的二十四小时里都在睡觉；于是，当这动物最终寻求那些能消除这种填鸭式饮食之害的药用辅助时，它的饲养者非但不以人的理性去满足其动物本能，给它所寻求的东西，反而残忍地用环来折磨它，使那

pig's snout, prevents his digging for those corrective drugs which would remove the evils of his artificial existence.

775. THOUGH SUBJECT TO SO MANY DISEASES, no domestic animal is more easily kept in health, cleanliness, and comfort, and this without the necessity of "ringing," or any excessive desire of the hog to roam, break through his sty, or plough up his *pound*. Whatever the kind of food may be on which the pig is being fed or fattened, a teaspoonful or more of salt should always be given in his mess of food, and a little heap of well-burnt cinders, with occasional bits of chalk, should always be kept by the side of his trough, as well as a vessel of clean water: his pound, or the front part of his sty, should be totally free from straw, the brick flooring being every day swept out and sprinkled with a layer of sand. His lair, or sleeping apartment, should be well sheltered by roof and sides from cold, wet, and all changes of weather, and the bed made up of a good supply of clean straw, sufficiently deep to enable the pig to burrow his unprotected body beneath it. All the refuse of the garden, in the shape of roots, leaves, and stalks, should be placed in a corner of his pound or feeding-chamber, for the delectation of his leisure moments; and once a week, on the family washing-day, a pail of warm soap-suds should be taken into his sty, and, by means of a scrubbing-brush and soap, his back, shoulders, and flanks should be well cleaned, a pail of clean warm water being thrown over his body at the conclusion, before he is allowed to retreat to his clean straw to dry himself. By this means, the excessive nutrition of his aliment will be corrected, a more perfect digestion insured, and, by opening the pores of the skin, a more vigorous state of health acquired than could have been obtained under any other system.

猪的鼻子，阻止它挖掘那些能消除其人工生存弊病的矫正药物。

775. 尽管易患如此多的疾病，却没有哪种家畜比猪更容易保持健康、清洁和舒适，而且无需“戴环”，也无需猪有过分的欲望去游荡、冲破猪圈或拱翻其围场。无论喂猪或育肥用的是什么饲料，其食物中应始终加入一茶匙或更多的盐，其食槽旁应始终放一小堆烧透的煤渣，间或有些白垩碎块，以及一容器清水：其围场，即猪圈的前部，应完全无稻草，砖地每天清扫，并撒上一层沙。其窝，即睡眠处，应在顶部和四周妥善遮蔽，以防寒冷、潮湿和天气变化，床铺应以充足的干净稻草铺成，足够深厚，使猪能将其无遮蔽的身体埋于其下。园中所有废弃物，如根、叶、茎，应放在其围场或进食间的一角，供其闲暇时享用；每周一次，在家庭洗衣日，应将一桶温肥皂水拿进猪圈，用硬毛刷和肥皂将其背、肩和胁部好好清洗，最后在其被允许退回干净稻草中自行晾干之前，往其身上浇一桶干净温水。以此方式，其食物营养过剩之弊将得到纠正，消化更为完善，并且通过打开皮肤毛孔，可获得比任何其他方法所能获得的更为强健的健康状态。

776. WE HAVE ALREADY SAID that no other animal yields man so *many* kinds and varieties of luxurious food as is supplied to him by the flesh of the hog differently prepared; for almost every part of the animal, either fresh, salted, or dried, is used for food; and even those viscera not so employed are of the utmost utility in a domestic point of view.

776. 我们已经说过，没有其他动物能像猪的肉经过不同方式调制后那样，为人类提供如此多种类和品种的奢侈食物；因为动物几乎每一部分，无论是新鲜的、腌制的还是干燥的，都可供食用；甚至那些不用于此的内脏，从家庭角度来看也具有极大的实用性。

777. THOUGH DESTITUTE OF THE HIDE, HORNS, AND HOOFS, constituting the offal of most domestic animals, the pig is not behind the other mammalia in its usefulness to man. Its skin, especially that of the boar, from its extreme closeness of texture, when tanned, is employed for the seats of saddles, to cover powder, shot, and drinking-flasks; and the hair, according to its colour, flexibility, and stubbornness, is manufactured into tooth, nail, and hairbrushes,—others into hat, clothes, and shoe-brushes; while the longer and finer qualities are made into long and short brooms and painters' brushes; and a still more rigid description, under the name of "bristles," are used by the shoemaker as needles for the passage of his wax-end. Besides so many benefits and useful services conferred on man by this valuable animal, his fat, in a commercial sense, is quite as important as his flesh, and brings a price equal to the best joints in the carcase. This fat is rendered, or melted out of the caul, or membrane in which it is contained, by boiling water, and, while liquid, run into prepared bladders, when, under the name of *lard*, it becomes an article of extensive trade and value.

777. 尽管没有构成大多数家畜下水的皮、角和蹄，猪对人类的用处并不逊于其他哺乳动物。其皮，尤其是公猪的皮，因质地极为紧密，鞣制后用于制作马鞍座面，包裹火药、弹丸和饮水瓶；其毛则根据颜色、柔韧性和硬度，被制成牙刷、指甲刷和发刷--另一些制成帽刷、衣刷和鞋刷；而更长更细的则制成长短扫帚和油漆刷；还有一种更为刚硬的，名为“鬃毛”，被鞋匠用作穿蜡线的针。除了这有价值的动物赋予人类的如此多益处和有用服务之外，其脂肪在商业意义上与它的肉同样重要，售价与胴体上最好的部位相当。这种脂肪通过沸水从包裹它的网膜或膜中炼出或熔出，在液态时灌入备好的膀胱，此时以猪油之名，成为一项大宗贸易商品。

778. OF THE NUMEROUS VARIETIES OF THE DOMESTICATED HOG, the following list of breeds may be accepted as the best, presenting severally all those qualities aimed at in the rearing of domestic stock, as affecting both the breeder and the consumer.

778. 在众多家猪品种中，以下品种列表可被视为最佳的，分别呈现了家畜饲养中所追求的所有那些品质，对饲养者和消费者均有影响。

Native—Berkshire, Essex, York, and Cumberland; *Foreign*—the Chinese. Before, however, proceeding with the consideration of the different orders, in the series we have placed them, it will be necessary to make a few remarks relative to the pig generally. In the first place, the *Black Pig* is regarded by breeders as the best and most eligible animal, not only from the fineness and delicacy of the skin, but because it is less affected by the heat in summer, and far less subject to cuticular disease than either the white or brindled hog, but more particularly from its kindlier nature and greater aptitude to fatten.

本土--伯克郡、埃塞克斯、约克和坎伯兰；外来--中国种。然而，在按照我们所排列的顺序逐一考察各个品种之前，有必要先就猪的一般情况作几点说明。首先，黑猪被育种者视为最优良、最合宜的牲畜，不仅因为其皮肤细腻娇嫩，还因为它在夏季受炎热影响较小，远不如白猪或花斑猪那样易患皮肤疾病，尤其是因为它性情更为温顺，更易于育肥。

779. THE GREAT QUALITY FIRST SOUGHT FOR IN A HOG is a capacious stomach, and next, a healthy power of digestion; for the greater the quantity he can eat, and the more rapidly he can digest what he has eaten, the more quickly will he fatten; and the faster he can be made to increase in flesh, without a material increase of bone, the better is the breed considered, and the more valuable the animal. In the usual order of nature, the development of flesh and enlargement of bone proceed together; but here the object is to outstrip the growth of the bones by the quicker development of their fleshy covering.

779. 挑选猪时首先追求的重要品质是宽大的胃，其次是健康的消化能力；因为猪能吃的量越大，消化所食之物越快，育肥就越快；而能在骨骼不显著增大的情况下越快增加肉量，该品种就被认为越好，该牲畜也越有价值。在通常的自然规律中，肉的发育与骨骼的增大是同步进行的；但在这里，目标是以更快的肉质覆盖层的发育来超越骨骼的生长。

780. THE CHIEF POINTS SOUGHT FOR IN THE CHOICE OF A HOG are breadth of chest, depth of carcase, width of loin, chine, and ribs, compactness of form, docility, cheerfulness, and general beauty of appearance. The head in a well-bred hog must not be too long, the forehead narrow and convex, cheeks full, snout fine, mouth small, eyes small and quick, ears short, thin, and sharp, pendulous, and pointing forwards; neck full and broad, particularly on the top, where it should join very broad shoulders; the ribs, loin, and haunch should be in a uniform line, and the tail

780. 挑选猪时所追求的主要要点是胸部宽阔、躯干深厚、腰部、脊背和肋部宽大、体形紧凑、温顺、活泼以及整体外观优美。良种猪的头部不可过长，额头狭窄而凸起，面颊丰满，鼻吻细巧，嘴小，眼小而灵活，耳短、薄而尖，下垂并指向前方；颈部丰满宽阔，尤其是上部，应与非常宽阔的肩部相接；肋部、腰部和臀部应成一条均匀的直线，尾巴

well set, neither too high nor too low; at the same time the back is to be straight or slightly curved, the chest deep, broad, and prominent, the legs short and thick; the belly, when well fattened, should nearly touch the ground, the hair be long, thin, fine, and having few bristles, and whatever the colour, uniform, either white, black, or blue; but not spotted, speckled, brindled, or sandy. Such are the features and requisites that, among breeders and judges, constitute the *beau idéal* of a perfect pig.

位置得当，既不太高也不太矮；同时背部要直或略微弯曲，胸部深、宽而突出，腿短而粗；腹部在充分育肥后应几乎触地，毛发要长、细、柔，且鬃毛稀少，无论何种颜色都要均匀一致，或白、或黑、或蓝；但不得有斑点、杂斑、条纹或沙色。这些就是育种者和评判者眼中构成完美猪只理想美的特征与必备条件。

[Illustration: BERKSHIRE SOW.]

[插图：伯克郡母猪。]

781. THE BERKSHIRE PIG IS THE BEST KNOWN AND MOST ESTEEMED of all our English domestic breeds, and so highly is it regarded, that even the varieties of the stock are in as great estimation as the parent breed itself. The characteristics of the Berkshire hog are that it has a tawny colour, spotted with black, large ears hanging over the eyes, a thick, close, and well-made body, legs short and small in the bone; feeds up to a great weight, fattens quickly, and is good either for pork or bacon. The New or Improved Berkshire possesses all the above qualities, but is infinitely more prone to fatten, while the objectionable colour has been entirely done away with, being now either all white or completely black.

781. 伯克希尔猪是我们所有英国本土品种中最著名、最受推崇的一种，其受重视程度之高，以至于连其品系的各种变种也如同亲本品种本身一样备受珍视。伯克希尔猪的特征是：毛色为黄褐色、带黑色斑点，大耳垂于眼上，躯干厚实紧凑、结构匀称，腿短而骨细；可养至很大体重，育肥迅速，无论作鲜猪肉还是腌熏猪肉均佳。新伯克希尔猪或称改良伯克希尔猪具备上述全部品质，但育肥能力远胜于前者，而令人不快的毛色则已被完全消除，如今或为全白，或为全黑。

[Illustration: ESSEX SOW.]

[插图：埃塞克斯母猪。]

782. NEXT TO THE FORMER, THE ESSEX takes place in public estimation, always competing, and often successfully, with the Berkshire. The peculiar characters of the Essex breed are that it is tip-eared, has a long sharp head, is roach-backed, with a long flat body, standing high on the legs; is rather bare of hair, is a quick feeder, has an enormous capacity of stomach and belly, and an

782. 紧邻前者的是埃塞克斯猪，在公众评价中，它总是与伯克希尔猪竞争，且常常成功胜出。埃塞克斯品种的独特特征是：耳尖下垂，头长而尖，背呈弓形，身体长而扁平，腿高站立；毛发较为稀疏，进食迅速，胃和腹部容量极大，而且

appetite to match its receiving capability. Its colour is white, or else black and white, and it has a restless habit and an unquiet disposition. The present valuable stock has sprung from a cross between the common native animal and either the White Chinese or Black Neapolitan breeds.

食欲与它的容纳能力相匹配。其毛色为白色，或黑白相间，习性躁动不安，性情不宁。现有的珍贵种群源自本地普通猪与白色中国猪或黑色那不勒斯猪品种之间的杂交。

[Illustration: YORKSHIRE SOW.]

[插图：约克郡母猪。]

783. THE YORKSHIRE, CALLED ALSO THE OLD LINCOLNSHIRE, was at one time the largest stock of the pig family in England, and perhaps, at that time, the worst. It was long-legged, weak in the loins, with coarse white curly hair, and flabby flesh. Now, however, it has undergone as great a change as any breed in the kingdom, and by judicious crossing has become the most valuable we possess, being a very well-formed pig throughout, with a good head, a pleasant docile countenance, with moderate-sized drooping ears, a broad back, slightly curved, large chine and loins, with deep sides, full chest, and well covered with long thickly-set white hairs. Besides these qualities of form, he is a quick grower, feeds fast, and will easily make from 20 to 25 stone before completing his first year. The quality of the meat is also uncommonly good, the fat and lean being laid on in almost equal proportions. So capable is this species of development, both in flesh and stature, that examples of the Yorkshire breed have been exhibited weighing as much as a Scotch ox.

783. 约克郡猪，又称老林肯郡猪，曾是英格兰猪家族中数量最多的品种，也许在当时也是最差的。它腿长、腰部无力，长着粗糙的白色卷毛，肉质松软。然而如今，它经历了与王国中任何品种一样巨大的变化，通过明智的杂交已成为我们所拥有的最有价值的品种，全身结构非常匀称，头部良好，面容温顺可亲，耳朵中等大小且下垂，背部宽阔、略微弯曲，脊背和腰部宽大，体侧深厚，胸部饱满，覆盖着长而浓密的白色毛发。除了这些体形上的优点，它生长迅速，进食快，在完成第一年之前就能轻松长到20至25石。肉质也异常优良，脂肪和瘦肉几乎按相等比例分布。这个品种在肉和体型方面的发育能力如此之强，以至于约克郡品种的实例曾展出过重达一头苏格兰公牛的例子。

[Illustration: CUMBERLAND SOW.]

[插图：坎伯兰母猪。]

784. THOUGH ALMOST EVERY COUNTRY IN ENGLAND can boast some local variety or other of this useful animal, obtained from the native stock by crossing with some of the foreign kinds, Cumberland and the north-west parts of the kingdom have been

784. 尽管英格兰几乎每个地区都能夸耀这种有用动物的某种地方品种--由本地种群与某些外国品种杂交获得--但坎伯兰和王国西北部地区一直

celebrated for a small breed of white pigs, with a thick, compact, and well-made body, short in the legs, the head and back well formed, ears slouching and a little downwards, and on the whole, a hardy, profitable animal, and one well disposed to fatten.

785. THERE IS NO VARIETY OF THIS USEFUL ANIMAL that presents such peculiar features as the species known to us as the Chinese pig; and as it is the general belief that to this animal and the Neapolitan hog we are indebted for that remarkable improvement which has taken place in the breeds of the English pig, it is necessary to be minute in the description of this, in all respects, singular animal. The Chinese, in the first place, consists of many varieties, and presents as many forms of body as differences of colour; the best kind, however, has a beautiful white skin of singular thinness and delicacy; the hair too is perfectly white, and thinly set over the body, with here and there a few bristles. He has a broad snout, short head, eyes bright and fiery, very small fine pink ears, wide cheeks, high chine, with a neck of such immense thickness, that when the animal is fat it looks like an elongated carcase,—a mass of fat, without shape or form, like a feather pillow. The belly is dependent, and almost trailing on the ground, the legs very short, and the tail so small as to be little more than a rudiment. It has a ravenous appetite, and will eat anything that the wonderful assimilating powers of its stomach can digest; and to that capability, there seems no limit in the whole range of animal or vegetable nature. The consequence of this perfect and singularly rapid digestion is an unprecedented proneness to obesity, a process of fattening that, once commenced, goes on with such rapid development, that, in a short time, it loses all form, depositing such an amount of fat, that it in fact ceases to

以一种小型白猪品种著称，该品种体躯厚实紧凑、结构良好，腿短，头和背发育良好，耳朵下垂且略向下倾，总体而言是一种耐寒、有利可图的动物，且易于育肥。

785. 这种有用的动物没有任何品种能像我们所知的中华猪那样呈现出如此独特的特征；由于人们普遍认为，英国猪品种所发生的显著改良应归功于这种动物和那不勒斯猪，因此有必要详细描述这种在各方面都很奇特的动物。首先，中华猪包含许多变种，体形和颜色一样多样；然而最好的种类有着美丽白皙的皮肤，异常薄而细腻；毛发也完全是白色的，稀疏地分布在身体上，间或有一些鬃毛。它吻部宽阔，头短，眼睛明亮如火，耳朵非常小而精致呈粉红色，脸颊宽，脊背高，脖子极其粗厚，以至于当动物肥胖时看起来像一具拉长的胴体--一团没有形状的脂肪，像羽毛枕头。腹部下垂，几乎拖到地上，腿非常短，尾巴小得几乎只是残迹。它食欲贪婪，能吃下任何其胃部奇妙的同化能力所能消化的东西；就这种能力而言，在整个动物或植物界中似乎没有极限。这种完美而异常迅速的消化带来的结果是前所未有的肥胖倾向，一旦开始的育肥过程就以如此迅速的发展继续进行，以至于在短时间内它就失去了所有形状，沉积了如此大量的脂肪，实际上不再

have any refuse part or offal, and, beyond the hair on its back and the callous extremity of the snout, *the whole carcase is eatable*.

[Illustration: CHINESE SOW.]

786. WHEN JUDICIOUSLY FED ON VEGETABLE DIET, and this obese tendency checked, the flesh of the Chinese pig is extremely delicate and delicious; but when left to gorge almost exclusively on animal food, it becomes oily, coarse, and unpleasant. Perhaps there is no other instance in nature where the effect of rapid and perfect digestion is so well shown as in this animal, which thrives on *everything*, and turns to the benefit of its physical economy, food of the most *opposite nature*, and of the most unwholesome and *offensive* character. When fully fattened, the thin cuticle, that is one of its characteristics, cracks, from the adipose distension beneath, exposing the fatty mass, which discharges a liquid oil from the adjacent tissues. The great fault in this breed is the remarkably small quantity of lean laid down, to the immense proportion of fat. Some idea of the growth of this species may be inferred from the fact of their attaining to 18 stone before two years, and when further advanced, as much as 40 stone. In its pure state, except for roasters, the Chinese pig is too disproportionate for the English market; but when crossed with some of our lean stock, the breed becomes almost invaluable.

[Illustration: WESTPHALIAN BOAR.]

787. THE WILD BOAR is a much more cleanly and sagacious animal than the domesticated hog; he is longer in the snout, has his ears shorter and his tusks considerably longer, very frequently measuring as much as 10 inches. They are extremely sharp, and are bent in an upward circle. Unlike his domestic brother, who

有任何废弃部分或内脏，而且，除了背上的毛和鼻端的胼胝外，整个胴体均可食用。

[插图：中国母猪。]

786. 当以蔬菜类食物合理喂养并抑制其肥胖倾向时，中国猪的肉极为细嫩美味；但若任其几乎专食动物性食物而暴食，则肉质变得油腻、粗糙且令人不适。也许自然界中再没有其他实例能如此清楚地展示快速而完善的消化效果，这种动物什么都吃，能将性质截然相反、最不卫生且令人作呕的食物转化为其身体机能的益处。当完全育肥时，其特点之一的薄表皮会因下方脂肪膨胀而开裂，露出脂肪团，从邻近组织渗出液态油脂。这一品种的重大缺陷是瘦肉沉积量极少，而脂肪比例极大。关于该品种的生长情况，可从其不到两年即达18 stone、再往后可达40 stone的事实推知。纯种中国猪除用于烤猪外，体型比例对英国市场而言过于不匀称；但与我国某些瘦肉品种杂交后，该品种几乎变得极有价值。

[插图：威斯特伐利亚野猪。]

787. 野猪比家猪干净得多，也聪明得多；它的吻部更长，耳朵更短，獠牙长得多，常常长达10英寸。它们极其锋利，向上弯曲成弧形。与它的家养兄弟不同，后者

roots up here and there, or wherever his fancy takes, the wild boar ploughs the ground in continuous lines or furrows. The boar, when selected as the parent of a stock, should have a small head, be deep and broad in the chest; the chine should be arched, the ribs and barrel well rounded, with the haunches falling full down nearly to the hock; and he should always be more compact and smaller than the female. The colour of the wild boar is always of a uniform hue, and generally of an iron grey; shading off into a black. The hair of the boar is of considerable length, especially about the head and mane; he stands, in general, from 20 to 30 inches in height at the shoulders, though instances have occurred where he has reached 42 inches. The young are of a pale yellowish tint, irregularly brindled with light brown. The boar of Germany is a large and formidable animal, and the hunting of him, with a small species of mastiff, is still a national sport. From living almost exclusively on acorns and nuts, his flesh is held in great esteem, and in Westphalia his legs are made into hams by a process which, it is said, enhances the flavour and quality of the meat in a remarkable degree.

野猪在这里或那里拱起树根，或者随心所欲地拱到哪里，它成连续直线或沟垄状翻耕土地。当野猪被选为猪群的种猪时，应具有小头、胸深而宽；脊背应呈拱形，肋部和躯干圆润良好，后腿几乎垂到飞节；并且它应始终比母猪更紧凑、更小。野猪的颜色始终是单一色调，通常为铁灰色，渐变为黑色。野猪的毛相当长，尤其是头部和鬃毛周围；一般来说，它站立时肩高20至30英寸，尽管也曾出现过达到42英寸的实例。幼猪呈淡黄色调，带有不规则的浅棕色条纹。德国的野猪是一种大型而可怕的动物，用一种小型獒犬猎捕它仍然是一项全国性的运动。由于几乎完全以橡子和坚果为食，它的肉备受推崇，在威斯特伐利亚，人们通过一种据说能显著提升肉的风味和品质的工艺，把它的腿制成火腿。

788. THERE ARE TWO POINTS to be taken into consideration by all breeders of pigs—to what ultimate use is the flesh to be put; for, if meant to be eaten fresh, or simply salted, the *small* breed of pigs is host suited for the purpose; if for hams or bacon, the large variety of the animal is necessary. Pigs are usually weaned between six and eight weeks after birth, after which they are fed on soft food, such as mashed potatoes in skimmed or butter-milk. The general period at which the small hogs are killed for the market is from 12 to 16 weeks; from 4 to 5 mouths, they are called store pigs, and are turned out to graze till the animal has

788. 所有养猪者都应考虑两点--猪肉最终作何用途；因为，如果打算鲜食或仅作盐腌，小型猪种最适合此用途；如果用于制作火腿或培根，则需要大型品种。仔猪通常在出生后六到八周断奶，之后用软食喂养，例如在脱脂奶或酪乳中捣碎的土豆。小猪供应市场的一般宰杀期为12至16周；从4到5个月大起，它们被称为育肥猪，被放出去吃草，直到该动物

acquired its full stature. As soon as this point has been reached, the pig should be forced to maturity as quickly as possible; he should therefore be taken from the fields and farm-yard, and shut up on boiled potatoes, buttermilk, and peas-meal, after a time to be followed by grains, oil-cake, wash, barley, and Indian meal; supplying his sty at the same time with plenty of water, cinders, and a quantity of salt in every mess of food presented to him.

达到了完全的体型。一旦达到这一点，猪就应尽快被催肥成熟；因此应将其从田野和农家院落中取出，关起来喂以煮土豆、酪乳和豌豆粉，一段时间后改为喂以酒糟、油饼、泔水、大麦和印第安玉米粉；同时在其猪圈中提供充足的水、煤渣，并在每次喂给它的食物中加入一定量的盐。

789. THE ESTIMATED NUMBER OF PIGS IN GREAT BRITAIN is supposed to exceed 20 millions; and, considering the third of the number as worth £2 apiece, and the remaining two-thirds as of the relative value of *10s*. each, would give a marketable estimate of over £20,000,000 for this animal alone.

789. 据估计，大不列颠的猪的数量超过两千万头；若将其中三分之一按每头价值2英镑计算，其余三分之二按每头相对价值*10*先令计算，则仅此一种动物即可估出超过20,000,000英镑的市价。

790. THE BEST AND MOST HUMANE MODE OF KILLING ALL LARGE HOGS is to strike them down like a bullock, with the pointed end of a poleaxe, on the forehead, which has the effect of killing the animal at once; all the butcher has then to do, is to open the aorta and great arteries, and laying the animal's neck over a trough, let out the blood as quickly as possible. The carcase is then to be scalded, either on a board or by immersion in a tub of very hot water, and all the hair and dirt rapidly scraped off, till the skin is made perfectly white, when it is hung up, opened, and dressed, as it is called, in the usual way. It is then allowed to cool, a sheet being thrown around the carcase, to prevent the air from discolouring the newly-cleaned skin. When meant for bacon, the hair is singed instead of being scalded off.

790. 宰杀所有大猪的最佳且最人道的方式，是像宰牛一样，用长柄斧的尖端击打其额头，使其倒地，这具有当场杀死动物的效果；然后屠夫只需切开主动脉和大动脉，将动物的脖子搁在槽上，尽快放血。然后将胴体烫洗，或在板上烫洗，或浸入一桶非常热的水中，迅速刮去所有毛和污物，直到猪皮变得完全洁白，然后将其挂起、剖开，并按通常方式“整理”。之后让其冷却，在胴体上盖一条床单，以防止空气使刚清洗过的猪皮变色。如果用于制作培根，则用火烧去毛，而不是烫洗去毛。

791. IN THE COUNTRY, where for ordinary consumption the pork killed for sale is usually both larger and fatter than that supplied to the London consumer, it is customary to remove the skin and

791. 在乡下，供普通消费而宰杀出售的猪肉通常比供应伦敦消费者的猪肉更大也更肥，习惯做法是去掉猪皮和

fat down to the lean, and, salting that, roast what remains of the joint. Pork goes further, and is consequently a more economical food than other meats, simply because the texture is closer, and there is less waste in the cooking, either in roasting or boiling.

792. IN FRESH PORK, the leg is the most economical family joint, and the loin the richest.

793. COMPARATIVELY SPEAKING, very little difference exists between the weight of the live and dead pig, and this, simply because there is neither the head nor the hide to be removed. It has been proved that pork loses in cooking 13-1/2, per cent. of its weight. A salted hand weighing 4 lbs. 5 oz. lost in the cooking 11 oz.; after cooking, the meat weighing only 3 lbs. 1 oz., and the bone 9 oz. The original cost was 7-1/2d. a pound; but by this deduction, the cost rose to 9d. per pound with the bone, and 10-1/4d. without it.

794. PORK, TO BE PRESERVED, is cured in several ways,—either by covering it with salt, or immersing it in ready-made brine, where it is kept till required; or it is only partially salted, and then hung up to dry, when the meat is called white bacon; or, after salting, it is hung in wood smoke till the flesh is impregnated with the aroma from the wood. The Wiltshire bacon, which is regarded as the finest in the kingdom, is prepared by laying the sides of a hog in large wooden troughs, and then rubbing into the flesh quantities of powdered bay-salt, made hot in a frying-pan. This process is repeated for four days; they are then left for three weeks, merely turning the flitches every other day. After that time they are hung up to dry. The hogs usually killed for purposes of bacon in England average from 18 to 20 stone; on the other hand,

肥肉直至瘦肉，将其腌制，然后烤剩余的关节部位。猪肉比其他肉类更经吃，因而是一种更经济的食物，原因很简单：其质地更紧密，无论烤还是煮，烹饪中的损耗都更少。

792. 在鲜猪肉中，腿是最经济的家庭关节部位，腰肉则是最肥美的。

793. 相对而言，活猪与死猪的重量差别很小，这仅仅是因为既不需要去除头部，也不需要去除皮毛。已经证明，猪肉在烹饪过程中会损失13.5%的重量。一只重4磅5盎司的咸猪前腿在烹饪中损失了11盎司；烹饪后，肉仅重3磅1盎司，骨头重9盎司。原价为每磅7.5便士；但经过这一损耗，带骨成本升至每磅9便士，去骨则为每磅10.25便士。

794. 猪肉若要保存，有几种腌制方法--或者用盐覆盖，或者浸入现成的盐水中，一直保存到需要时；或者只部分盐腌，然后挂起晾干，这时肉被称为白培根；或者，盐腌后挂在木柴烟中，直到肉吸收木柴的香气。威尔特郡培根被认为是王国最好的培根，其制作方法是将猪的侧肉放在大木槽中，然后将大量在煎锅中加热的粉末状湾盐揉搓进肉里。此过程重复四天；然后放置三周，只需每隔一天翻动一次猪侧肉。此后将它们挂起晾干。在英国，通常为制作培根而宰杀的猪平均重18至20斯通；另一方面，

the hogs killed in the country for farm-house purposes, seldom weigh less than 26 stone. The legs of boars, hogs, and, in Germany, those of bears, are prepared differently, and called hams.

795. THE PRACTICE IN VOGUE FORMERLY in this country was to cut out the hams and cure them separately; then to remove the ribs, which were roasted as "spare-ribs," and, curing the remainder of the side, call it a "gammon of bacon."

Small pork to cut for table in joints, is cut up, in most places throughout the kingdom, as represented in the engraving. The sale is divided with nine ribs to the fore quarter; and the following is an enumeration of the joints in the two respective quarters:—

1. The leg.
HIND QUARTER 2. The loin.
3. The spring, or belly.

4. The hand.
FORE QUARTER 5. The fore-loin.
6. The cheek.

[Illustration: SIDE OF A PIG, SHOWING THE SEVERAL JOINTS.]

The weight of the several joints of a good pork pig of four stone may be as follows; viz.:—

The leg 8 lbs.
The loin and spring 7 lbs.
The hand 6 lbs.
The chine 7 lbs.
The cheek from 2 to 3 lbs.

乡下为农家用途而宰杀的猪，重量很少低于26斯通。公猪、肉猪的腿，以及在德国，熊的腿，制作方法不同，称为火腿。

795. 从前在本国流行的做法是：先切下火腿单独腌制；然后去掉肋骨，将其作为“spare-ribs”(排骨)烤制，再将肋侧剩余部分腌制，称为“gammon of bacon”(腌猪腿)。

供餐桌切块用的小猪肉，在王国大多数地方都按版画所示的方式分割。销售时前四分之一分得九根肋骨；以下列出前后两半各自的关节部位：--

1. 腿。
后腿 2. 腰部。
3. 春季，即腹部。

4. 手。
前四分之一 5. 前腰肉。
6. 脸颊。

[插图：猪的侧面，显示各个关节。]

一头四斯通重的好肉猪，各关节部位的重量可能如下；即：--

腿肉 8 lbs.
里脊肉和春季羊肉 7 磅。
手 6 lbs。
脊肉 7 lb.
面颊肉 2 至 3 磅。

Of a bacon pig, the legs are reserved for curing, and when cured are called hams: when the meat is separated from the shoulder-blade and bones and cured, it is called bacon. The bones, with part of the meat left on them, are divided into spare-ribs, griskins, and chines.

CHAPTER XVII.

PORK CUTLETS (Cold Meat Cookery).

796. INGREDIENTS.—The remains of cold roast loin of pork, 1 oz. of butter, 2 onions, 1 dessertspoonful of flour, 1/2 pint of gravy, pepper and salt to taste, 1 teaspoonful of vinegar and mustard.

Mode.—Cut the pork into nice-sized cutlets, trim off most of the fat, and chop the onions. Put the butter into a stewpan, lay in the cutlets and chopped onions, and fry a light brown; then add the remaining ingredients, simmer gently for 5 or 7 minutes, and serve.

Time.—5 to 7 minutes. *Average cost*, exclusive of the meat, 4d.

Seasonable from October to March.

AUSTRIAN METHOD OF HERDING PIGS.—In the Austrian empire there are great numbers of wild swine, while, among the wandering tribes peopling the interior of Hungary, and spreading over the vast steppes of that country, droves of swine form a great portion of the wealth of the people, who chiefly live on a coarse bread and wind-dried bacon.

In German Switzerland, the Tyrol, and other mountainous districts of continental Europe, though the inhabitants, almost everywhere,

对于腌肉猪，腿留作腌制，腌好后称为火腿；当肉从肩胛骨和骨骼上分离并腌制后，称为培根。骨头连同上面留下的一部分肉，分为排骨、软骨和脊肉。

第十七章

猪排(冷肉烹饪)

796. 配料。--冷烤猪腰肉的剩余部分，1盎司黄油，2个洋葱，1甜点匙面粉，1/2品脱肉汁，胡椒和盐适量，1茶匙醋和芥末。

做法。--将猪肉切成大小适中的肉片，去掉大部分肥肉，将洋葱切碎。将黄油放入炖锅，放入肉片和切碎的洋葱，煎至浅棕色；然后加入其余配料，小火炖5至7分钟，即可上桌。

时间。--5至7分钟。平均成本，不含肉，4便士。

时令十月至三月。

奥地利放牧猪的方法。--在奥地利帝国有大量野猪，而在匈牙利内陆的游牧部落中，以及遍布该国广袤草原的地区，成群的猪构成了人民财富的很大一部分，他们主要以粗面包和风干培根为生。

在德语瑞士、蒂罗尔以及欧洲大陆其他山区，尽管居民几乎到处

as in England, keep one or more pigs, they are at little or no trouble in feeding them, one or more men being employed by one or several villages as swine-herds; who, at a certain hour, every morning, call for the pig or pigs, and driving them to their feeding-grounds on the mountain-side and in the wood, take custody of the herd till, on the approach of night, they are collected into a compact body and driven home for a night's repose in their several sties.

都像在英格兰一样养一头或多头猪，但他们在喂养上几乎不费事，由一个或几个村庄雇用一个或几个男人作为猪倌；他们每天早上在固定时间呼唤那头或那些猪，将它们赶到山坡和林中的放牧地，看管猪群，直到夜幕降临时，将它们聚集成紧凑的一群，赶回家中各猪圈过夜休息。

The amount of intelligence and docility displayed by the pigs in these mountain regions, is much more considerable than that usually allowed to this animal, and the manner in which these immense herds of swine are collected, and again distributed, without an accident or mistake, is a sight both curious and interesting; for it is all done without the assistance of a dog, or the aid even of the human voice, and solely by the crack of the long-lashed and heavily-loaded whip, which the swine-herd carries, and cracks much after the fashion of the French postilion; and which, though he frequently cracks, waking a hundred sharp echoes from the woods and rocks, he seldom has to use correctionally; the animal soon acquiring a thorough knowledge of the meaning of each crack; and once having felt its leaded thong, a lasting remembrance of its power. At early dawn, the swine-herd takes his stand at the outskirts of the first village, and begins flourishing through the misty air his immensely long lash, keeping a sort of rude time with the crack, crack, crack, crack, crack, crack of his whip. The nearest pigs, hearing the well-remembered sound, rouse from their straw, and rush from their sties into the road, followed by all their litters. As soon as a sufficient number are collected, the drove is set in motion,

这些山区里的猪所表现出的智力和顺从程度，远超过人们通常认为这种动物所具有的，而这些庞大的猪群被聚集起来、又被分散开去，竟不发生意外或差错，其方式既奇特又有趣；因为这一切都不是靠狗的帮助，甚至也不是靠人声的指挥，而完全靠牧猪人随身携带的那条长鞭--鞭梢很长、鞭身沉重--的噼啪声来完成的，他甩鞭的方式颇似法国驿车驭手；虽然他频频甩鞭，从树林和岩石间唤起上百声尖锐的回响，却很少需要用它来惩戒；猪很快就完全懂得了每一声鞭响的含义；一旦尝过那铅坠皮条的滋味，便会对它的威力永志不忘。天刚破晓，牧猪人就站到第一个村子的村口，开始在雾气弥漫的空中挥舞他那极长的鞭子，随着鞭子的噼、噼、噼、噼、噼、噼声，打着一种粗犷的节拍。最近的猪听到这熟悉的声音，便从稻草堆里起身，从猪圈里冲到路上，后面跟着它们所有的猪崽。一旦聚集了足够多的猪，猪群便开动了，

receiving, right and left, as they advance, fresh numbers; whole communities, or solitary individuals, streaming in from all quarters, and taking their place, without distinction, in the general herd; and, as if conscious where their breakfast lay, without wasting a moment on idle investigation, all eagerly push on to the mountains. In this manner village after village is collected, till the drove not unfrequently consists of several thousands. The feeding-ground has, of course, often to be changed, and the drove have sometimes to be driven many miles, and to a considerable height up the mountain, before the whip gives the signal for the dispersion of the body and the order to feed, when the herdsman proceeds to form himself a shelter, and look after his own comfort for the rest of the day. As soon as twilight sets in, the whip is again heard echoing the signal for muster; and in the same order in which they were collected, the swine are driven back, each group tailing off to its respective sty, as the herd approaches the villages, till the last grunter, having found his home, the drover seeks his cottage and repose.

一路前进，左右两边不断有新的成员加入；整群的猪或零星的个体从四面八方涌来，不分彼此地加入这大群之中；它们仿佛知道早餐在哪里，一刻也不浪费在无谓的探察上，全都急切地往山上赶去。就这样，一个村子接一个村子地被聚集起来，直到猪群常常多达数千头。放牧的场地当然时常要更换，有时猪群得被赶出许多英里，赶到山上相当高的地方，鞭子才发出散开和进食的信号，这时牧猪人便动手为自己搭个棚子，安顿自己这一天的舒适。暮色一降临，鞭声又响起，回荡着集合的信号；猪群便按照当初聚集时的同样次序被赶回去，当猪群接近村庄时，每一群都各自离队走向自己的猪圈，直到最后一只哼哼叫的猪也找到了家，赶猪人才回到自己的小屋休息。

PORK CUTLETS OR CHOPS.

猪排或猪肋排。

I.

797. INGREDIENTS.—Loin of pork, pepper and salt to taste.

797. 配料--猪里脊，胡椒和盐适量。

Mode.—Cut the cutlets from a delicate loin of pork, bone and trim them neatly, and cut away the greater portion of the fat. Season them with pepper; place the gridiron on the fire; when quite hot, lay on the chops and broil them for about 1/4 hour, turning them 3 or 4 times; and be particular that they are *thoroughly* done, but not dry. Dish them, sprinkle over a little fine salt, and serve plain,

做法。--从一块细嫩的猪腰肉上切下肉片，去骨并修整整齐，去掉大部分肥肉。用胡椒调味；将烤架放在火上；待其完全烧热后，放上肉片烤约1/4小时，翻动3至4次；务必确保彻底烤熟，但不要烤干。装盘，撒上少许细盐，原味上桌，

or with tomato sauce, sauce piquante, or pickled gherkins, a few of which should be laid round the dish as a garnish.

Time.—About 1/4 hour. *Average cost*, 10d. per lb. for chops.

Sufficient.—Allow 6 for 4 persons.

Seasonable from October to March.

II.

(*Another Way*.)

798. INGREDIENTS.—Loin or fore-loin, of pork, egg and bread crumbs, salt and pepper to taste; to every tablespoonful of bread crumbs allow 1/2 teaspoonful of minced sage; clarified butter.

Mode.—Cut the cutlets from a loin, or fore-loin, of pork; trim them the same as mutton cutlets, and scrape the top part of the bone. Brush them over with egg, sprinkle with bread crumbs, with which have been mixed minced sage and a seasoning of pepper and salt; drop a little clarified butter on them, and press the crumbs well down. Put the frying-pan on the fire, put in some lard; when this is hot, lay in the cutlets, and fry them a light brown on both sides. Take them out, put them before the fire to dry the greasy moisture from them, and dish them on mashed potatoes. Serve with them any sauce that may be preferred; such as tomato sauce, sauce piquante, sauce Robert, or pickled gherkins.

Time.—From 15 to 20 minutes. *Average cost*, 10d. per lb. for chops.

Sufficient.—Allow 6 cutlets for 4 persons.

或配番茄酱汁、酸辣酱汁或腌小黄瓜，其中几根应摆在盘边作为配菜。

时间。--约1/4小时。平均成本，肉片每磅10便士。份量。--4人份用6片。

时令十月至三月。

二
。

(另一种方法。)

798. 配料。--猪腰肉或前腰肉，鸡蛋和面包屑，盐和胡椒适量；每汤匙面包屑配1/2茶匙切碎的鼠尾草；澄清黄油。

式。--从猪的腰部或前腰切下肉排；像切羊肉排那样修整好，并刮净骨头的一端。刷上一层蛋液，撒上面包屑，面包屑中已拌入切碎的鼠尾草以及胡椒和盐的调味；滴上少许澄清黄油，把面包屑压实。把煎锅放到火上，放入一些猪油；油热后放入肉排，两面煎至浅棕色。取出肉排，放在火前烘干表面的油湿，然后盛在土豆泥上。可配以任何喜欢的酱汁一同上桌；如番茄酱汁、酸辣酱汁、罗贝尔酱汁或腌小黄瓜。

时间。--15至20分钟。平均成本，肉片每磅10便士。

充足。--4人份备6块肉排。

Seasonable from October to March.

Note.—The remains of roast loin of pork may be dressed in the same manner.

PORK CHEESE (an Excellent Breakfast Dish).

799. INGREDIENTS.—2 lbs. of cold roast pork, pepper and salt to taste, 1 dessertspoonful of minced parsley, 4 leaves of sage, a very small bunch of savoury herbs, 2 blades of pounded mace, a little nutmeg, 1/2 teaspoonful of minced lemon-peel; good strong gravy, sufficient to fill the mould.

Mode.—Cut, but do not chop, the pork into fine pieces, and allow 1/4 lb. of fat to each pound of lean. Season with pepper and salt; pound well the spices, and chop finely the parsley, sage, herbs, and lemon-peel, and mix the whole nicely together. Put it into a mould, fill up with good strong well-flavoured gravy, and bake rather more than one hour. When cold, turn it out of the mould.

Time.—Rather more than 1 hour.

Seasonable from October to March.

ROAST LEG OF PORK.

[Illustration: ROAST LEG OF PORK.]

800. INGREDIENTS.—Leg of pork, a little oil for stuffing. (See Recipe No. 504.)

Mode.—Choose a small leg of pork, and score the skin across in narrow strips, about 1/4 inch apart. Cut a slit in the knuckle, loosen the skin, and fill it with a sage-and-onion stuffing, made by

时令十月至三月。

注。--烤猪腰肉的剩余部分可按同样方法制作。

猪肉冻(一道极佳的早餐菜)。

799. 配料。--2磅冷烤猪肉，胡椒和盐适量，1甜点匙切碎的欧芹，4片鼠尾草叶，一小束香草，2片捣碎的肉豆蔻衣，少许肉豆蔻，1/2茶匙切碎的柠檬皮；优质浓肉汁，足以填满模具。

做法。--将猪肉切成细块，但不要剁碎，每磅瘦肉配1/4磅肥肉。用胡椒和盐调味；将香料充分捣碎，将欧芹、鼠尾草、香草和柠檬皮切细，将所有材料充分混合。放入模具中，用优质浓味肉汁填满，烘烤一个多小时。冷却后从模具中倒出。

时间。--略多于1小时。

时令十月至三月。

烤猪腿。

[插图：烤猪腿。]

800. 配料--猪腿，少许油用于填料。(见食谱第504号。)

做法。--选一只小猪腿，将皮横切成窄条，条间相距约1/4英寸。在关节处切一道口子，将皮剥松，填入鼠尾草洋葱馅，馅的做法是

Recipe No. 504. Brush the joint over with a little salad-oil (this makes the crackling crisper, and a better colour), and put it down to a bright, clear fire, not too near, as that would cause the skin to blister. Baste it well, and serve with a little gravy made in the dripping-pan, and do not omit to send to table with it a tureen of well-made apple-sauce. (Sec No. 363.)

Time.—A leg of pork weighing 8 lbs., about 3 hours.

Average cost, 9d. per lb.

Sufficient for 6 or 7 persons.

Seasonable from September to March.

ENGLISH MODE OF HUNTING, AND INDIAN PIG-STICKING.—The hunting of the wild boar has been in all times, and in all countries, a pastime of the highest interest and excitement, and from the age of Nimrod, has only been considered second to the more dangerous sport of lion-hunting. The buried treasures of Nineveh, restored to us by Mr. Layard, show us, on their sculptured annals, the kings of Assyria in their royal pastime of boar-hunting. That the Greeks were passionately attached to this sport, we know both from history and the romantic fables of the poets. Marc Antony, at one of his breakfasts with Cleopatra, had *eight wild boars* roasted whole; and though the Romans do not appear to have been addicted to hunting, wild-boar fights formed part of their gladiatorial shows in the amphitheatre. In France, Germany, and Britain, from the earliest time, the boar-hunt formed one of the most exciting of sports; but it was only in this country that the sport was conducted without dogs,—a real hand-to-hand contest of man and beast; the hunter, armed only with a

食谱第504号。在肉块表面刷少许沙拉油(这样可使脆皮更酥脆，色泽也更好)，然后将其置于明亮、清澈的炉火前烤制，但不可离火太近，否则会使表皮起泡。要勤浇淋油脂，上桌时配以少许用滴油盘中的油汁做成的肉汁，并且不要忘记同时端上一盅做得好的苹果酱。(见第363号。)

时间。--重8 lbs.的猪腿，约3小时。

平均成本，每磅9便士。

足量供6或7人食用。

时令九月至三月。

英国的猎野猪方式与印度的猎猪。--猎野猪在任何时代、任何国家都是一种极富趣味和刺激的消遣，自宁录时代以来，一直只被列为仅次于更危险的猎狮运动。莱亚德先生为我们复原的尼尼微地下宝藏，在其雕刻的编年史中向我们展示了亚述诸王猎野猪的皇家消遣。希腊人酷爱这项运动，这一点我们从历史和诗人浪漫的传说中都可得知。马克·安东尼在与克娄巴特拉的一次早餐上，曾让人整只烤了八头野猪；虽然罗马人似乎并不热衷于狩猎，但斗野猪却是他们圆形剧场角斗表演的一部分。在法国、德国和不列颠，从最早的时候起，猎野猪就是最激动人心的运动之一；但只有在这个国家，这项运动是不用狗进行的--是人与兽真正面对面的搏斗；猎人只配备一柄

boar-spear, a weapon about four feet long, the ash staff, guarded by plates of steel, and terminating in a long, narrow, and very sharp blade: this, with a hunting-knife, or hanger, completed his offensive arms. Thus equipped, the hunter would either encounter his enemy face to face, confront his desperate charge, as with erect tail, depressed head, and flaming eyes, he rushed with his foamy tusks full against him, who either sought to pierce his vitals through his counter, or driving his spear through his chine, transfix his heart; or failing those more difficult aims, plunge it into his flank, and, without withdrawing the weapon, strike his ready hanger into his throat. But expert as the hunter might be, it was not often the formidable brute was so quickly dispatched; for he would sometimes seize the spear in his powerful teeth, and nip it off like a reed, or, coming full tilt on his enemy, by his momentum and weight bear him to the earth, ripping up, with a horrid gash, his leg or side, and before the writhing hunter could draw his knife, the infuriated beast would plunge his snout in the wound, and rip, with savage teeth, the bowels of his victim. At other times, he would suddenly swerve from his charge, and doubling on his opponent, attack the hunter in the rear. From his speed, great weight, and savage disposition, the wild boar is always a dangerous antagonist, and requires great courage, coolness, and agility on the part of the hunter. The continental sportsman rides to the chase in a cavalcade, with music and dogs, —a kind of small hound or mastiff, and leaving all the honorary part of the contest to them, when the boar is becoming weary, and while beset by the dogs, rides up, and drives his lance home in the beast's back or side. Boar-hunting has been for some centuries obsolete in England, the animal no longer existing in a wild state

猎猪矛，这种武器长约四英尺，白蜡木杆，护有钢板，末端是一长而窄、非常锋利的矛刃：再加上一把猎刀或短弯刀，便是他全部的进攻武器。如此装备之后，猎人要么与敌人面对面交锋，迎击它拼死的冲撞--那畜生竖起尾巴、低下脑袋、双眼冒火，用满是白沫的獠牙直冲向他，而他则设法刺穿其要害，或把矛刺穿它的脊骨、扎透心脏；若这些较难的瞄准未能得手，便把矛刺入它的胁腹，不拔出武器，同时用随手可及的短弯刀砍向它的喉咙。但无论猎人多么娴熟，这凶猛的畜生并不常被如此迅速解决；因为它有时会用强有力的牙齿咬住矛杆，像咬断芦苇一样把它咬断，或者全力冲向敌人，凭其冲力和体重把猎人扑倒在地，在他腿上或肋部划开一道可怕的裂口，还没等扭动的猎人拔出刀来，那狂怒的野兽便把鼻子拱进伤口，用野蛮的牙齿撕开受害者的肚腹。另一些时候，它会突然偏离冲势，折返过来，从背后袭击猎人。由于速度快、体重沉、性情凶猛，野猪始终是危险的对手，需要猎人有极大的勇气、冷静和敏捷。欧洲大陆的猎手则骑马列队出猎，带着音乐和狗--一种小型猎犬或獒犬--把搏斗中所有荣誉性的部分都留给它们，当野猪渐感疲惫、被群狗围困之际，便骑马赶上，把长矛深深刺入野兽的背部或胁腹。猎野猪在英国已废弃数百年，这种动物已不再以野生状态存在

among us; but in our Indian empire, and especially in Bengal, the pastime is pursued by our countrymen with all the daring of the national character; and as the animal which inhabits the cane-brakes and jungles is a formidable foe, the sport is attended with great excitement. The hunters, mounted on small, active horses, and armed only with long lances, ride, at early daylight, to the skirts of the jungle, and having sent in their attendants to beat the cover, wait till the tusked monster comes crashing from among the canes, when chase is immediately given, till he is come up with, and transfixed by the first weapon. Instead of flight, however, he often turns to bay, and by more than one dead horse and wounded hunter, shows how formidable he is, and what those polished tusks, sharp as pitch-forks, can effect, when the enraged animal defends his life.

在我们中间；但在我们的印度帝国，尤其是在孟加拉，我们的同胞以民族性格中全部的胆略从事这项消遣；由于栖息于甘蔗丛和丛林中的这种动物是可怕的敌手，这项运动充满了极大的刺激。猎人们骑着矮小灵活的马，只配备长矛，在清晨曙光中骑行至丛林边缘，先派随从进入林中驱赶猎物，然后等待长牙的巨兽从甘蔗丛中哗啦啦地冲出来，随即立刻展开追逐，直到追上它，用第一件武器将它刺穿。然而，它往往不逃跑，而是转身抵抗，以不止一匹死马和受伤的猎人表明它是多么可怕，以及那些光滑如干草叉般锋利的长牙，在愤怒的动物自卫时能造成怎样的后果。

TO GLAZE HAM.—(See Recipe No. 430.)

给火腿上光。--(见食谱第430号。)

HASHED PORK.

剁碎猪肉。

801. INGREDIENTS.—The remains of cold roast pork, 2 onions, 1 teaspoonful of flour, 2 blades of pounded mace, 2 cloves, 1 tablespoonful of vinegar, 1/2 pint of gravy, pepper and salt to taste.

801.配料。--冷烤猪肉的余肉，洋葱2个，面粉1茶匙，捣碎的肉豆蔻2片，丁香2粒，醋1汤匙，肉汁1/2品脱，胡椒和盐适量。

Mode.—Chop the onions and fry them of a nice brown, cut the pork into thin slices, season them with pepper and salt, and add these to the remaining ingredients. Stew gently for about 1/2 hour, and serve garnished with sippets of toasted bread.

做法。--将洋葱切碎，煎至漂亮的棕色，把猪肉切成薄片，用胡椒和盐调味，然后将这些加入其余配料中。用文火炖约1/2小时，上桌时以烤面包丁作点缀。

Time.—1/2 hour.

时间。--1/2小时。

Average cost, exclusive of the meat, 3d.

平均成本，不含肉，3便士。

Seasonable from October to March.

FRIED RASHERS OF BACON AND POACHED EGGS.

802. INGREDIENTS.—Bacon; eggs.

Mode.—Cut the bacon into thin slices, trim away the rusty parts, and cut off the rind. Put it into a cold frying-pan, that is to say, do not place the pan on the fire before the bacon is in it. Turn it 2 or 3 times, and dish it on a very hot dish. Poach the eggs and slip them on to the bacon, without breaking the yolks, and serve quickly.

Time.—3 or 4 minutes. *Average cost*, 10d. to 1s. per lb. for the primest parts.

Sufficient.—Allow 6 eggs for 3 persons.

Seasonable at any time.

Note.—Fried rashers of bacon, curled, serve as a pretty garnish to many dishes; and, for small families, answer very well as a substitute for boiled bacon, to serve with a small dish of poultry, &c.

BROILED RASHERS OF BACON (a Breakfast Dish).

803. Before purchasing bacon, ascertain that it is perfectly free from rust, which may easily be detected by its yellow colour; and for broiling, the streaked part of the thick flank, is generally the most esteemed. Cut it into *thin* slices, take off the rind, and broil over a nice clear fire; turn it 2 or 3 times, and serve very hot. Should there be any cold bacon left from the previous day, it answers very well for breakfast, cut into slices, and broiled or

时令十月至三月。

煎培根片配水波蛋。

802. 配料--培根；鸡蛋。

做法。--将培根切成薄片，修去锈变的部分，并切去外皮。放入冷煎锅中，也就是说，在培根放入锅中之前不要将锅置于火上。翻动2至3次，盛入极热的盘中。将鸡蛋水煮后滑入培根上，不要弄破蛋黄，迅速上桌。

时间--3至4分钟。平均费用，最上等的部位每lb.10d.至1s.。

足量。--三人份用六个鸡蛋。

时令任何时候皆宜。

注--煎成卷曲状的培根薄片可作为许多菜肴的漂亮点缀；对于小家庭来说，作为煮培根的替代品也非常合适，用以配一小盘家禽。

等等。

烤培根片(早餐菜)。

803.购买培根之前，须确认其完全没有锈变，锈变可通过其黄色轻易辨认；用于炙时，厚胁部带条纹的部分通常最受推崇。将其切成薄片，去掉外皮，在旺而清透的火上炙；翻动2至3次，趁极热上桌。若前一日剩有冷培根，切成片后炙或

fried.

Time.—3 or 4 minutes.

Average cost, 10d. to 1s. per lb. for the primest parts.

Seasonable at any time.

Note.—When the bacon is cut very thin, the slices may be curled round and fastened by means of small skewers, and fried or toasted before the fire.

BOILED BACON.

804. INGREDIENTS.—Bacon; water.

[Illustration: BOILED BACON.]

Mode.—As bacon is frequently excessively salt, let it be soaked in warm water for an hour or two previous to dressing it; then pare off the rusty parts, and scrape the under-side and rind as clean as possible. Put it into a saucepan of *cold* water, let it come gradually to a boil, and as fast as the scum rises to the surface of the water, remove it. Let it simmer very gently until it is *thoroughly* done; then take it up, strip off the skin, and sprinkle over the bacon a few bread raspings, and garnish with tufts of cauliflower or Brussels sprouts. When served alone, young and tender broad beans or green peas are the usual accompaniments.

Time.—1 lb. of bacon, 1/4 hour; 2 lbs., 1-1/2 hour.

Average cost, 10d. to 1s. per lb. for the primest parts.

Sufficient.—2 lbs., when served with poultry or veal, sufficient for 10 persons.

油炸的。

时间。--3或4分钟。

平均费用，最上等的部位每lb.10d.至1s.。时令 anytime。

注--培根切得很薄时，可将薄片卷起，用小签子固定，煎制或在火前烤制。

煮培根。

804. 配料--培根；水。

[插图：煮培根]

方式。--由于培根往往过咸，在烹制前一两个小时将其浸泡在温水中；然后削去锈蚀的部分，尽可能将底面和外皮刮干净。将其放入装有冷水的炖锅中，让其逐渐煮沸，一旦浮沫升至水面就迅速撇去。让其非常缓慢地微沸，直至完全熟透；然后取出，剥去外皮，在培根上撒一些面包屑，并用花椰菜或抱子甘蓝的小簇装饰。单独上桌时，通常搭配鲜嫩的宽豆或青豌豆。

时间。--1 lb.培根，1/4小时；2 lbs.,1-1/2小时。

平均价格，上等部位每磅10便士至1先令。

用量--2 lbs.，配家禽或小牛肉时，足够10人食用。

Seasonable at any time.

TO CURE BACON IN THE WILTSHIRE WAY.

805. INGREDIENTS.—1-1/2 lb. of coarse sugar, 1-1/2 lb. of bay-salt, 6 oz. of saltpetre, 1 lb. of common salt.

Mode.—Sprinkle each flitch with salt, and let the blood drain off for 24 hours; then pound and mix the above ingredients well together and rub it well into the meat, which should be turned every day for a month; then hang it to dry, and afterwards smoke it for 10 days.

Time.—To remain in the pickle 1 month, to be smoked 10 days.

Sufficient.—The above quantity of salt for 1 pig.

HOW PIGS WERE FORMERLY PASTURED AND FED.—Though unquestionably far greater numbers of swine are now kept in England than formerly, every peasant having one or more of that useful animal, in feudal times immense droves of pigs were kept by the franklings and barons; in those days the swine-herds being a regular part of the domestic service of every feudal household, their duty consisted in daily driving the herd of swine from the castle-yard, or outlying farm, to the nearest woods, chase, or forest, where the frankling or vavasour had, either by right or grant, what was called *free warren*, or the liberty to feed his hogs off the acorns, beech, and chestnuts that lay in such abundance on the earth, and far exceeded the power of the royal or privileged game to consume. Indeed, it was the license granted the nobles of free warren, especially for their swine, that kept up the iniquitous forest laws to so late a date, and covered so large a portion of the

时令任何时候皆宜。

威尔特郡式腌熏培根

805. 配料--1-1/2 lb.粗糖，1-1/2 lb.月桂盐，6 oz.硝石，1 lb.普通盐。

做法--在每块腌肉上撒盐，让血水沥出24小时；然后将上述配料捣碎并充分混合，用力揉入肉中，肉应每天翻动一次，持续一个月；然后挂起晾干，之后再烟熏10天。

时间。--在腌汁中腌1个月，熏制10天。

充足。--以上为1头猪所需的盐量。

猪昔日的放牧与饲养方式。--虽然毫无疑问，如今英格兰饲养的猪的数量远多于从前，每个农民都养有一头或更多这种有用的动物，但在封建时代，乡绅和男爵们饲养着大批的猪群；那时，猪倌是每个封建家庭日常仆役的固定组成部分，他们的职责是每天将猪群从城堡庭院或外围农场赶到最近的林地、猎场或森林，在那里，乡绅或封臣依据权利或授予拥有所谓的自由放牧权，即放猪觅食地上大量散落的橡子、山毛榉果和栗子的权利，这些果实远远超出了皇家或特权猎物的消耗能力。事实上，正是授予贵族自由放牧权--尤其是为其猪群--的特许，使得不公正的森林法一直延续到很晚的时期，并覆盖了大片

land with such immense tracts of wood and brake, to the injury of agriculture and the misery of the people. Some idea of the extent to which swine were grazed in the feudal times, may be formed by observing the number of pigs still fed in Epping Forest, the Forest of Dean, and the New Forest, in Hampshire, where, for several months of the year, the beech-nuts and acorns yield them so plentiful a diet. In Germany, where the chestnut is so largely cultivated, the amount of food shed every autumn is enormous; and consequently the pig, both wild and domestic, has, for a considerable portion of the year, an unfailing supply of admirable nourishment. Impressed with the value of this fruit for the food of pigs, the Prince Consort has, with great judgment, of late encouraged the collection of chestnuts in Windsor Park, and by giving a small reward to old people and children for every bushel collected, has not only found an occupation for many of the unemployed poor, but, by providing a gratuitous food for their pig, encouraged a feeling of providence and economy.

土地，使之成为如此广袤的树林和灌木丛，损害了农业，也给人民带来了苦难。要了解封建时代放牧猪只的规模，可以通过观察如今仍在埃平森林、迪恩森林和汉普郡的新森林中饲养的猪的数量来略见一斑；在那里，一年中有好几个月，山毛榉果和橡子为它们提供了极为丰富的食物。在德国，栗子被大量种植，每年秋天落下的果实数量巨大；因此，无论是野猪还是家猪，在一年中的相当长一段时间里都有取之不尽的优质营养供应。王夫深知这种果实作为猪饲料的价值，近来以极大的判断力鼓励在温莎公园收集栗子，并对老人和儿童每收集一蒲式耳给予少量报酬，不仅为许多失业穷人提供了工作，而且通过为他们的猪提供免费饲料，鼓励了勤俭节约的风尚。

FOR CURING BACON, AND KEEPING IT FREE FROM RUST (Cobbett's Recipe).

腌制培根并防止生锈(科贝特食谱)。

806. THE TWO SIDES THAT REMAIN, and which are called flitches, are to be cured for bacon. They are first rubbed with salt on their insides, or flesh sides, then placed one on the other, the flesh sides uppermost, in a salting-trough which has a gutter round its edges to drain away the brine; for, to have sweet and fine bacon, the flitches must not be sopping in brine, which gives it the sort of vile taste that barrel and sea pork have. Every one knows how different is the taste of fresh dry salt from that of salt in a dissolved state; therefore change the salt often,—once in 4 or 5 days; let it melt and sink in, but not lie too long; twice change

806. 剩下的两侧，称为腌肉半边，要腌制成培根。首先在其内侧即肉面上搓盐，然后一块叠一块地放置，肉面朝上，放在一个边缘有凹槽以排出盐水的腌肉槽中；因为要得到甜美优质的培根，腌肉半边就不能泡在盐水里，否则会产生桶装猪肉和海猪肉那种恶劣的味道。人人都知道新鲜干盐和溶解状态的盐味道有多么不同；因此要经常换盐--每4或5天换一次；让盐融化渗入，但不要放置太久；换两次

the flitches, put that at bottom which was first on the top: this mode will cost you a great deal more in salt than the sopping mode, but without it your bacon will not be so sweet and fine, nor keep so well. As for the time required in making your flitches sufficiently salt, it depends on circumstances. It takes a longer time for a thick than a thin flitch, and longer in dry than in damp weather, or in a dry than in a damp place; but for the flitches of a hog of five score, in weather not very dry or damp, about 6 weeks may do; and as yours is to be fat, which receives little injury from over-salting, give time enough, for you are to have bacon until Christmas comes again.

腌肉半边，将原先在上面的放到下面：这种方法在盐上的花费比浸泡法多得多，但若不这样做，你的培根就不会那么甜美优质，也不那么耐存。至于使腌肉半边足够咸所需的时间，视情况而定。厚的比薄的所需时间更长，干燥天气比潮湿天气所需时间更长，干燥场所比潮湿场所所需时间更长；但对于一头五score重的猪的腌肉半边，在不太干燥也不太潮湿的天气里，大约6周即可；既然你的猪是要肥的，而过量盐腌对其损害不大，就给足时间吧，因为你要一直吃到下一个圣诞节来临。

807. THE PLACE FOR SALTING SHOULD, like a dairy, always be cool, but well ventilated; confined air, though cool, will taint meat sooner than the midday day sun accompanied by a breeze. With regard to smoking the bacon, two precautions are necessary: first, to hang the flitches where no rain comes down upon them; and next, that the smoke must proceed from wood, not peat, turf, or coal. As to the time required to smoke a flitch, it depends a good deal upon whether there be a constant fire beneath; and whether the fire be large or small: a month will do, if the fire be pretty constant and rich, as a farmhouse fire usually is; but over-smoking, or rather too long hanging in the air, makes the bacon rust; great attention should therefore be paid to this matter. The flitch ought not to be dried up to the hardness of a board, and yet it ought to be perfectly dry. Before you hang it up, lay it on the floor, scatter the flesh side pretty thickly over with bran, or with some fine sawdust, not of deal or fir; rub it on the flesh, or pat it well down upon it: this keeps the smoke from getting into the little openings, and makes a sort of crust to be dried on.

807. 腌肉的地方应该像奶制品间一样，始终保持凉爽，但要通风良好；密闭的空气虽然凉爽，却比正午的阳光加上微风更容易使肉变质。至于熏制培根，有两点需要注意：首先，要把腌肉片挂在雨水淋不到的地方；其次，烟雾必须来自木材，而不是泥炭、草皮或煤。至于熏制一片腌肉所需的时间，很大程度上取决于下面是否有持续的火；以及火是大还是小：如果火相当持续且旺盛，像农舍的火通常那样，一个月就够了；但熏过头，或者更确切地说，在空气中挂得太久，会使培根生锈；因此应该非常注意这件事。腌肉片不应该干到像木板一样硬，但又应该完全干燥。在你把它挂起来之前，把它放在地板上，在肉的一面相当厚地撒上麸皮，或者一些细锯末，不是松木或冷杉的；把它擦在肉上，或者好好地拍上去：这可以防止烟雾进入小孔，并形成一种干燥的外壳。

808. To KEEP THE BACON SWEET AND GOOD, and free from hoppers, sift fine some clean and dry wood ashes. Put some at the bottom of a box or chest long enough to hold a flitch of bacon; lay in one flitch, and then put in more ashes, then another flitch, and cover this with six or eight inches of the ashes. The place where the box or chest is kept ought to be dry, and should the ashes become damp, they should be put in the fireplace to dry, and when cold, put back again. With these precautions, the bacon will be as good at the end of the year as on the first day.

808. 为了使培根保持香甜完好，并且没有跳虫，把一些干净干燥的木灰筛细。在一个足够长、能放下一片培根的箱子或柜子底部放一些；放入一片培根，然后再放入更多的灰，再放另一片培根，并用六到八英寸的灰覆盖。存放箱子或柜子的地方应该是干燥的，如果灰变湿了，应该放在壁炉里烘干，冷却后再放回去。有了这些预防措施，培根在年底会和第一天一样好。

809. FOR SIMPLE GENERAL RULES; these may be safely taken as a guide; and those who implicitly follow the directions given, will possess at the expiration of from 6 weeks to 2 months well-flavoured and well-cured bacon.

809. 简单通用规则；这些可安全地作为指南；严格遵循所给指示的人，在6周至2个月期满时将得到风味良好、腌制得当的培根。

HOG NOT BACON. ANECDOTE OF LORD BACON.—As Lord Bacon, on one occasion, was about to pass sentence of death upon a man of the name of Hogg, who had just been tried for a long career of crime, the prisoner suddenly claimed to be heard in arrest of judgment, saying, with an expression of arch confidence as he addressed the bench, "I claim indulgence, my lord, on the plea of relationship; for I am convinced your lordship will never be unnatural enough to hang one of your own family."

猪非培根。培根勋爵的轶事--有一次，培根勋爵即将对一名叫霍格的人宣判死刑，此人刚因长期犯罪受审，囚犯突然要求陈述以阻止判决，他带着狡黠自信的神情对法官席说：“我请求宽恕，大人，以亲属关系为由；因为我确信大人绝不会残忍到绞死自己家族的一员。”

"Indeed, replied the judge, with some amazement," I was not aware that I had the honour of your alliance; perhaps you will be good enough to name the degree of our mutual affinity."

“的确，”法官有些惊讶地答道，“我并不知道我有幸与您结亲；也许您愿意说明我们之间亲缘的程度。”

"I am sorry, my lord," returned the impudent thief, "I cannot trace the links of consanguinity; but the moral evidence is sufficiently pertinent. My name, my lord, is Hogg, your lordship's is Bacon; and all the world will allow that bacon and hog are very closely

“对不起，大人，”那个无礼的窃贼回答道，“我无法追溯血缘关系；但道德上的证据已经足够贴切。我的名字，大人，是霍格，而您大人的名字是培根；全世界都会承认，培根和猪是非常紧密地

allied."

"I am sorry," replied his lordship, "I cannot admit the truth of your instance: hog cannot be bacon till it is hanged; and so, before I can admit your plea, or acknowledge the family compact, Hogg must be hanged to-morrow morning."

TO BAKE A HAM.

810. INGREDIENTS.—Ham; a common crust.

Mode.—As a ham for baking should be well soaked, let it remain in water for at least 12 hours. Wipe it dry, trim away any rusty places underneath, and cover it with a common crust, taking care that this is of sufficient thickness all over to keep the gravy in. Place it in a moderately-heated oven, and bake for nearly 4 hours. Take off the crust, and skin, and cover with raspings, the same as for boiled ham, and garnish the knuckle with a paper frill. This method of cooking a ham is, by many persons, considered far superior to boiling it, as it cuts fuller of gravy and has a finer flavour, besides keeping a much longer time good.

Time.—A medium-sized ham, 4 hours.

Average cost, from 8d. to 10d. per lb. by the whole ham.

Seasonable all the year.

TO BOIL A HAM.

[Illustration: BOILED HAM.]

811. INGREDIENTS.—Ham, water, glaze or raspings.

相关联的。”

“我很抱歉，”大人回答道，“我不能承认你例子的真实性：猪只有在被吊死之后才能成为培根；所以，在我能够接受你的请求，或者承认家族盟约之前，霍格必须在明天早晨被绞死。”

烤火腿。

810. 配料--火腿；普通酥皮。

做法--用于烘烤的火腿应该充分浸泡，让它至少在水中停留12小时。擦干，修掉下面任何生锈的地方，并用普通的面皮覆盖，注意面皮各处都要足够厚，以把肉汁留在里面。把它放在中等加热的烤箱中，烘烤近4小时。去掉面皮和皮，撒上面包屑，与煮火腿相同，并用纸褶装饰关节。这种烹饪火腿的方法被许多人认为远远优于煮，因为它切开来肉汁更饱满，风味更佳，而且还能保持更长时间的完好。

时间。--中等大小的火腿，4小时。

平均成本，整只火腿每磅8便士至10便士。

时令全年皆宜。

煮火腿。

[插图：煮火腿]

811. 配料--火腿、水、上光料或面包屑。

Mode.—In choosing a ham, ascertain that it is perfectly sweet, by running a sharp knife into it, close to the bone; and if, when the knife is withdrawn, it has an agreeable smell, the ham is good; if, on the contrary, the blade has a greasy appearance and offensive smell, the ham is bad. If it has been long hung, and is very dry and salt, let it remain in soak for 24 hours, changing the water frequently. This length of time is only necessary in the case of its being very hard; from 8 to 12 hours would be sufficient for a Yorkshire or Westmoreland ham. Wash it thoroughly clean, and trim away from the under-side, all the rusty and smoked parts, which would spoil the appearance. Put it into a boiling-pot, with sufficient cold water to cover it; bring it gradually to boil, and as the scum rises, carefully remove it. Keep it simmering very gently until tender, and be careful that it does not stop boiling, nor boil too quickly. When done, take it out of the pot, strip off the skin, and sprinkle over it a few fine bread-raspings, put a frill of cut paper round the knuckle, and serve. If to be eaten cold, let the ham remain in the water until nearly cold: by this method the juices are kept in, and it will be found infinitely superior to one taken out of the water hot; it should, however, be borne in mind that the ham must *not* remain in the saucepan *all* night. When the skin is removed, sprinkle over bread-raspings, or, if wanted particularly nice, glaze it. Place a paper frill round the knuckle, and garnish with parsley or cut vegetable flowers. (*See* Coloured Plate P.)

Time.—A ham weighing 10 lbs., 4 hours to *simmer gently*; 15 lbs., 5 hours; a very large one, about 5 hours.

Average cost, from 8d. to 10d. per lb. by the whole ham.

做法。--在选择火腿时，要用一把锋利的刀紧贴骨头插入，以确定它完全香甜；如果拔出刀时，刀上有令人愉快的气味，火腿就是好的；相反，如果刀片有油腻的外观和难闻的气味，火腿就是坏的。如果它挂了很久，非常干和咸，让它浸泡24小时，经常换水。只有在其非常硬的情况下才需要这么长时间；对于约克郡或威斯特摩兰火腿，8到12小时就足够了。彻底洗净，并修掉下面所有生锈和烟熏的部分，这些会破坏外观。把它放入煮锅中，加入足够的冷水覆盖它；逐渐煮沸，当浮沫升起时，小心地撇去。保持非常轻微地simmering，直到嫩，并注意它不要停止煮沸，也不要煮得太快。做好后，从锅中取出，剥去皮，在上面撒一些细面包屑，在关节周围放一个剪纸褶，然后上桌。如果要冷食，让火腿留在水中直到几乎冷却：用这种方法可以保留汁液，你会发现它远远优于从水中热着取出的火腿；然而，应该记住，火腿不要在平底锅中停留整夜。去掉皮后，撒上面包屑，或者，如果想要特别精美，给它上釉。在关节周围放一个纸褶，并用欧芹或切好的蔬菜花装饰。(见彩色图版P。)

时间--10 lbs.重的火腿，慢炖4小时；15 lbs.,5小时；非常大的，约5小时。

平均成本，整只火腿每磅8便士至10便士。

Seasonable all the year.

HOW TO BOIL A HAM TO GIVE IT AN EXCELLENT FLAVOUR.

812. INGREDIENTS.—Vinegar and water, 2 heads of celery, 2 turnips, 3 onions, a large bunch of savoury herbs.

Mode.—Prepare the ham as in the preceding recipe, and let it soak for a few hours in vinegar and water. Put it on in cold water, and when it boils, add the vegetables and herbs. Simmer very gently until tender, take it out, strip off the skin, cover with bread-raspings, and put a paper ruche or frill round the knuckle.

Time.—A ham weighing 10 lbs., 4 hours.

Average cost, 8d. to 10d. per lb. by the whole ham.

Seasonable at any time.

HOW TO SILENCE A PIG. ANECDOTE OF CHARLES V.—When the emperor Charles V. was one day walking in the neighbourhood of Vienna, full of pious considerations, engendered by the thoughts of the Dominican cloister he was about to visit, he was much annoyed by the noise of a pig, which a country youth was carrying a little way before him. At length, irritated by the unmitigated noise, "Have you not learned how to quiet a pig" demanded the imperial traveller, tartly. "Noa," replied the ingenuous peasant, ignorant of the quality of his interrogator; —"noa; and I should very much like to know how to do it," changing the position of his burthen, and giving his load a surreptitious pinch of the ear, which immediately altered the tone and volume of his complaining.

时令全年皆宜。

如何煮火腿以使其风味绝佳。

812. 配料--醋和水，2头芹菜，2个芜菁，3个洋葱，一大束香草。

做法--按前一条食谱准备火腿，在醋和水中浸泡数小时。放入冷水中，煮沸后加入蔬菜和香草。非常缓慢地炖至嫩熟，取出，剥去外皮，撒上面包屑，在骨节周围围上纸褶或纸边。

时间。--一只重10 lbs.的火腿，需4小时。

平均成本，整只火腿每磅8便士至10便士。

时令任何时候皆宜。

如何让猪安静下来。查理五世的轶事。--有一天，皇帝查理五世在维也纳附近散步，心中充满了虔诚的思考，这是由他即将访问的多明我会修道院的想法所引起的，他被一头猪的噪音弄得很烦，一个乡下青年在他前面不远处扛着这头猪。最后，被这毫不减弱的噪音激怒了，“你难道没学会怎么让猪安静下来吗?”这位帝国旅行者尖刻地问道。“没有，”这个天真的农民回答说，他不知道询问者的身份；“没有；我非常想知道怎么做，”他改变了负担的位置，偷偷地捏了一下所扛之物的耳朵，这立刻改变了他抱怨的音调和音量。

"Why, take the pig by the tail," said the emperor, "and you will see how quiet he will become."

“嗨，抓住猪的尾巴，”皇帝说，“你就会看到它变得多么安静。”

Struck by the novelty of the suggestion, the countryman at once dangled his noisy companion by the tail, and soon discovered that, under the partial congestion caused by its inverted position, the pig had indeed become silent; when, looking with admiration on his august adviser, he exclaimed,—

乡下人被这个新奇的建议打动，立刻抓住他那吵闹同伴的尾巴把它吊起来，很快发现，由于倒悬造成的局部充血，猪确实安静了下来；于是他钦佩地望着这位威严的顾问，高声说道--

"Ah, you must have learned the trade much longer than I, for you understand it a great deal better."

“啊，你学这行一定比我久得多，因为你懂得比我多得多。”

FRIED HAM AND EGGS (a Breakfast Dish).

煎火腿配鸡蛋(早餐菜式)。

813. INGREDIENTS.—Ham; eggs.

813. 配料--火腿；鸡蛋。

Mode.—Cut the ham into slices, and take care that they are of the same thickness in every part. Cut off the rind, and if the ham should be particularly hard and salt, it will be found an improvement to soak it for about 10 minutes in hot water, and then dry it in a cloth. Put it into a cold frying-pan, set it over the fire, and turn the slices 3 or 4 times whilst they are cooking. When done, place them on a dish, which should be kept hot in front of the fire during the time the eggs are being poached. Poach the eggs, slip them on to the slices of ham, and serve quickly.

模式。--将火腿切成片，注意每片各处厚薄一致。切去外皮，如果火腿特别硬且咸，最好将其在热水中浸泡约10分钟，然后用布擦干。放入冷煎锅中，置于火上，煎制过程中翻动3至4次。煎好后，将火腿片放在盘中，在煮荷包蛋期间将盘子放在火前保温。煮好荷包蛋，将其滑到火腿片上，迅速上桌。

Time.—7 or 8 minutes to broil the ham.

时间。--烤火腿需7或8分钟。

Average cost, from 8d. to 10d. per lb. by the whole ham.

平均成本，整只火腿每磅8便士至10便士。

Seasonable at any time.

时令任何时候皆宜。

Note.—Ham may also be toasted or broiled; but, with the latter method, to insure its being well cooked, the fire must be beautifully clear, or it will have a smoky flavour far from

注--火腿也可以烤制或炙烤；但用后一种方法时，为确保烤熟，火必须非常洁净，否则会有烟味，远非

agreeable.

POTTED HAM, that will keep Good for some time.

I.

814. INGREDIENTS.—To 4 lbs. of lean ham allow 1 lb. of fat, 2 teaspoonfuls of pounded mace, 1/2 nutmeg grated, rather more than 1/2 teaspoonful of cayenne, clarified lard.

Mode.—Mince the ham, fat and lean together in the above proportion, and pound it well in a mortar, seasoning it with cayenne pepper, pounded mace, and nutmeg; put the mixture into a deep baking-dish, and bake for 1/2 hour; then press it well into a stone jar, fill up the jar with clarified lard, cover it closely, and paste over it a piece of thick paper. If well seasoned, it will keep a long time in winter, and will be found very convenient for sandwiches, &c.

Time.—1/2 hour.

Seasonable at any time.

II.

(*A nice addition to the Breakfast or Luncheon table.*)

815. INGREDIENTS.—To 2 lbs. of lean ham allow 1/2 lb. of fat, 1 teaspoonful of pounded mace, 1/2 teaspoonful of pounded allspice, 1/2 nutmeg, pepper to taste, clarified butter.

Mode.—Cut some slices from the remains of a cold ham, mince them small, and to every 2 lbs. of lean, allow the above proportion of fat. Pound the ham in a mortar to a fine paste, with

令人愉快的。

罐装火腿，可保存一段时间。

814. 配料--4 lbs.瘦火腿配1 lb.肥肉，2茶匙捣碎的肉豆蔻皮，1/2个磨碎的肉豆蔻，略多于1/2茶匙的辣椒粉，澄清猪油。

做法--按上述比例将火腿的肥瘦部分一起剁碎，在研钵中充分捣碎，用辣椒粉、捣碎的肉豆蔻皮和肉豆蔻调味；将混合物放入深烤盘，烘烤1/2小时；然后压入石罐中，用澄清猪油填满罐子，紧密盖好，上面糊一张厚纸。如果调味得当，冬季可保存很长时间，用来做三明治等非常方便。

时间。--1/2小时。

时令任何时候皆宜。

(早餐或午餐桌上的一道佳品。)

815. 配料--2 lbs.瘦火腿配1/2 lb.肥肉，1茶匙捣碎的肉豆蔻皮，1/2茶匙捣碎的多香果，1/2个肉豆蔻，胡椒适量，澄清黄油。

做法--从剩余冷火腿中切下一些片，剁碎，每2 lbs.瘦肉按上述比例配肥肉。在研钵中将火腿与

the fat, gradually add the seasoning and spices, and be very particular that all the ingredients are well mixed and the spices well pounded. Press the mixture into potting-pots, pour over clarified butter, and keep it in a cool place.

肥肉一起捣成细糊，逐渐加入调味料和香料，务必使所有配料充分混合、香料充分捣碎。将混合物压入罐中，浇上澄清黄油，存放在阴凉处。

Average cost for this quantity, 2s. 6d.

平均成本为此数量，2先令6便士。

Seasonable at any time.

时令任何时候皆宜。

IMPORTANCE OF THE BOAR'S HEAD, SCOTTISH FEUDS, &c.—The boar's head, in ancient times, formed the most important dish on the table, and was invariably the first placed on the board upon Christmas-day, being preceded by a body of servitors, a flourish of trumpets, and other marks of distinction and reverence, and carried into the hall by the individual of next rank to the lord of the feast. At some of our colleges and inns of court, the serving of the boar's head on a silver platter on Christmas-day is a custom still followed; and till very lately, a bore's head was competed for at Christmas time by the young men of a rural parish in Essex. Indeed, so highly was the grizzly boar's head regarded in former times, that it passed into a cognizance of some of the noblest families in the realm: thus it was not only the crest of the Nevills and Warwicks, with their collateral houses, but it was the cognizance of Richard III., that—

野猪头的重要性、苏格兰世仇等--在古代，野猪头是餐桌上最重要的一道菜，在圣诞节必定是第一个被端上桌的，前面有仆人队伍开道、号角齐鸣以及其他尊崇礼仪，由仅次于宴主的贵人将其捧入大厅。在我们的一些学院和律师会馆中，圣诞节用银盘盛野猪头上桌的习俗至今仍然保留；直到不久以前，埃塞克斯郡一个乡村教区的年轻人还在圣诞节期间争抢一个野猪头。事实上，灰白野猪头在从前备受尊崇，以至于成为王国一些最高贵家族的纹章标志：因此它不仅是内维尔家族和沃里克家族及其旁支的冠饰，还是理查三世的纹章，那--

"Wretched, bloody, and usurping boar,
That spoil'd your summer fields and fruitful vines,
Swills your warm blood like wash, and makes his trough
In your embowell'd bosoms,"—

“可怜、血腥、篡位的野猪，
那毁坏了你夏日的田野和结满果实的葡萄藤，
像泔水一样吞饮你温热的血，把你的胸膛当作他的食槽--

and whose nature it was supposed to typify; and was universally used as a *sign* to taverns. The Boar's Head in Eastcheap, which, till

以及据说它所象征的本性；并被普遍用作酒馆的招牌。东cheap的野猪头酒馆，直到

within the last twenty-five years still stood in all its primitive quaintness, though removed to make way for the London-bridge approaches, will live vividly in the mind of every reader of Shakspeare, as the resort of the prince of Wales, Poins, and his companions, and the residence of Falstaff and his coney-catching knaves, Bardolph, Pistol, and Nym; and whose sign was a boar's head, carved in stone over the door, and a smaller one in wood on each side of the doorway.

最近二十五年内仍以其原始的古怪风貌矗立着，虽然为修建伦敦桥引道而被拆除，它将生动地留在每一位莎士比亚读者的心中，作为威尔士亲王、波因斯及其同伴的常去之处，以及福斯塔夫和他的诈骗恶棍巴道夫、皮斯托尔和尼姆的住所；其招牌是一个刻在门上方的石制野猪头，门两侧各有一个较小的木制野猪头。

The traditions and deeds of savage vengeance recorded in connection with this grim trophy of the chase are numerous in all parts of Europe. But the most remarkable connected with the subject in this country, were two events that occurred in Scotland, about the 11th and 15th centuries.

与这阴森的狩猎战利品相关的野蛮复仇的传统和事迹在欧洲各地数不胜数。但在这个国家与此主题相关的最著名的事件，是大约11世纪和15世纪发生在苏格兰的两件事。

A border family having been dispossessed of their castle and lands by a more powerful chief, were reduced for many years to great indigence, the expelled owner only living in the hope of wreaking a terrible vengeance, which, agreeably to the motto of his house, he was content to "bide his time" for. The usurper having invited a large number of his kindred to a grand hunt in his new domains, and a feast after in the great hall, returned from the chase, and discovering the feast not spread, vented his wrath in no measured terms on the heads of the tardy servitors. At length a menial approached, followed by a line of servants, and placing the boar's head on the table, the guests rushed forward to begin the meal; when, to their horror, they discovered, not a boar's but a bull's head,—a sign of death. The doors were immediately closed, and the false servants, who were the adherents of the dispossessed chief, threw off their disguise, and falling on the usurper and his friends, butchered them and every soul in the castle belonging to

一个边境家族被一个更强大的首领夺去了城堡和土地，多年来陷入极度贫困，被逐出的领主只怀着复仇的可怕希望，按照他家族的座右铭，他甘愿"等待时机"。篡夺者邀请了大批亲族到他的新领地举行盛大狩猎，之后在大厅设宴，狩猎归来后发现宴席尚未摆好，便对迟慢的仆人们大发雷霆。终于，一名仆役走上前来，身后跟着一列仆人，将野猪头放在桌上，宾客们冲上前去准备用餐；然而令他们惊恐的是，他们发现的不是野猪头，而是一个牛头--死亡的象征。门立刻被关闭，那些假仆人--实为被逐首领的党羽--卸下伪装，扑向篡夺者及其朋友，将他们以及城堡中所有属于

the rival faction.

A tribe of caterans, or mountain robbers, in the Western Highlands, having been greatly persecuted by a powerful chief of the district, waylaid him and his retinue, put them all to the sword, and cutting off the chief's head, repaired to his castle, where they ordered the terrified wife to supply them with food and drink. To appease their savage humour, the lady gave order for their entertainment, and on returning to the hall to see her orders were complied with, discovered, in place of the boar's head that should have graced the board, her husband's bleeding head; the savage caterans, in rude derision, as a substitute for the apple or lemon usually placed between the jaws, having thrust a slice of bread in the dead man's mouth.

FOR CURING HAMS (Mons. Ude's Recipe).

816. INGREDIENTS.—For 2 hams weighing about 16 or 18 lbs. each, allow 1 lb. of moist sugar, 1 lb. of common salt, 2 oz. of saltpetre, 1 quart of good vinegar.

Mode.—As soon as the pig is cold enough to be cut up, take the 2 hams and rub them well with common salt, and leave them in a large pan for 3 days. When the salt has drawn out all the blood, drain the hams, and throw the brine away. Mix sugar, salt, and saltpetre together in the above proportion, rub the hams well with these, and put them into a vessel large enough to hold them, always keeping the salt over them. Let them remain for 3 days, then pour over them a quart of good vinegar. Turn them in the brine every day for a month, then drain them well, and rub them with bran. Have them smoked over a wood fire, and be particular that the hams are hung as high up as possible from the fire;

敌对派系。

西部高地的一伙劫掠者，即山地强盗，因受到该地区一个强大首领的严重迫害，便埋伏了他及其随从，将他们全部杀死，砍下首领的头颅，前往他的城堡，命令惊恐的夫人为他们提供食物和饮料。为了安抚他们的野蛮脾气，夫人下令款待他们，当她回到大厅查看命令是否照办时，发现本该摆在桌上的野猪头不见了，取而代之的是她丈夫血淋淋的头颅；野蛮的劫掠者粗鲁地嘲弄，用一片面包塞进死者的嘴里，代替通常夹在上下颌之间的苹果或柠檬。

腌制火腿(乌德先生的食谱)。

816. 配料。--对于2只各重约16或18 lbs.的火腿，备1 lb.湿糖、1 lb.普通盐、2 oz.硝石、1 quart优质醋。

模式。--猪冷却到可以切割时，取两只火腿，用普通盐充分揉搓，放入大盆中腌3天。待盐析出全部血水后，沥干火腿，倒掉盐水。按上述比例将糖、盐和硝石混合，用其充分揉搓火腿，放入足以容纳它们的容器中，始终让盐覆盖其上。静置3天，然后倒入一夸脱优质醋。此后一个月内每天翻动火腿使其浸在盐水中，然后充分沥干，用麸皮揉搓。用木柴火熏制，务必把火腿挂在尽可能远离火源的高处；

otherwise the fat will melt, and they will become dry and hard.

否则脂肪会融化，它们会变得干硬。

Time.—To be pickled 1 month; to be smoked 1 month.

时间。--腌制1个月；熏制1个月。

Sufficient for 2 hams of 18 lbs. each.

足量适用于两只各重18 lbs.的火腿。

Seasonable from October to March.

时令十月至三月。

THE PRICE OF A SOW IN AFRICA.—In one of the native states of Africa, a pig one day stole a piece of food from a child as it was in the act of conveying the morsel to its mouth; upon which the robbed child cried so loud that the mother rushed out of her hovel to ascertain the cause; and seeing the purloining pig make off munching his booty, the woman in her heat struck the grunter so smart a blow, that the surly rascal took it into his head to go home very much indisposed, and after a certain time resolved to die,—a resolution that he accordingly put into practice; upon which the owner instituted judicial proceedings before the Star Chamber court of his tribe, against the husband and family of the woman whose rash act had led to such results; and as the pig happened to be a *sow*, in the very flower of her age, the prospective loss to the owner in unnumbered teems of pigs, with the expenses attending so high a tribunal, swelled the damages and costs to such a sum, that it was found impossible to pay them. And as, in the barbarous justice existing among these rude people, every member of a family is equally liable as the individual who committed the wrong, the father, mother, children, relatives,—an entire community, to the number of *thirty-two souls*, were sold as slaves, and a fearful sum of human misery perpetrated, to pay the value of a thieving old sow.

非洲一头母猪的代价。--在非洲的一个土著邦国里，有一天，一头猪从一个孩子手中偷走了一块食物，当时那孩子正要把那块食物送进嘴里；被抢的孩子于是放声大哭，母亲冲出茅屋来查看缘由；她看见偷东西的猪一边大嚼赃物一边逃走，便一时火起，狠狠打了那哼哼叫的畜生一下，那乖戾的家伙竟因此觉得自己很不舒服，要回家去，过了一定时候又决意死去--这个决心它果然付诸实行了；于是猪的主人便向本族的星室法庭对该妇女的丈夫及其家人提出诉讼，因为那妇女的鲁莽行为导致了这样的结果；又因为这头猪恰好是一头母猪，正当壮龄，主人预期将损失无数窝小猪，再加上如此高级法庭的费用，损害赔偿和诉讼费便膨胀到这样一个数目，以致查明根本无法支付。而按照这些粗野民族中存在的野蛮司法，家庭的每一成员都与犯下过错的那个人同样负有责任，于是父亲、母亲、子女、亲属--整整一族人，共三十二口--都被卖为奴隶，为了偿付一头偷东西的老母猪的价值，造成了可怕的人间苦难。

TO SALT TWO HAMS, about 12 or 15 lbs. each.

腌制两条火腿，每条约12或15磅。

817. INGREDIENTS.—2 lbs. of treacle, 1/2 lb. of saltpetre, 1 lb. of bay-salt, 2 pounds of common salt.

Mode.—Two days before they are put into pickle, rub the hams well with salt, to draw away all slime and blood. Throw what comes from them away, and then rub them with treacle, saltpetre, and salt. Lay them in a deep pan, and let them remain one day; boil the above proportion of treacle, saltpetre, bay-salt, and common salt for 1/4 hour, and pour this pickle boiling hot over the hams: there should be sufficient of it to cover them. For a day or two rub them well with it; afterwards they will only require turning. They ought to remain in this pickle for 3 weeks or a month, and then be sent to be smoked, which will take nearly or quite a month to do. An ox-tongue pickled in this way is most excellent, to be eaten either green or smoked.

Time.—To remain in the pickle 3 weeks or a month; to be smoked about a month.

Seasonable from October to March.

TO CURE SWEET HAMS IN THE WESTMORELAND WAY.

818. INGREDIENTS.—3 lbs. of common salt, 3 lbs. of coarse sugar, 1 lb. of bay-salt, 3 quarts of strong beer.

Mode.—Before the hams are put into pickle, rub them the preceding day well with salt, and drain the brine well from them. Put the above ingredients into a saucepan, and boil for 1/4 hour; pour over the hams, and let them remain a month in the pickle. Rub and turn them every day, but do not take them out of the pickling-pan; and have them smoked for a month.

817. 配料。--2 lbs.糖蜜、1/2 lb.硝石、1 lb.海湾盐、2 pounds普通盐。

模式。--在放入腌渍液前两天，用盐将火腿充分揉搓，以去除所有黏液和血水。将揉出的汁液丢弃，然后用糖蜜、硝石和盐揉搓火腿。将其放入深锅中静置一天；将上述比例的糖蜜、硝石、海湾盐和普通盐煮沸1/4小时，趁沸腾将此腌渍液浇在火腿上：腌渍液应足以淹没火腿。用腌渍液充分揉搓一两天；之后只需翻动即可。火腿应在此腌渍液中浸泡3周或一个月，然后送去熏制，熏制过程需要将近或整整一个月。以此法腌渍的牛舌极为上佳，无论鲜食或熏制均可。

时间。--在腌卤中放置3周或一个月；熏制约一个月。

时令十月至三月。

按威斯特摩兰方法腌制甜火腿。

818. 配料。--3 lbs.普通盐、3 lbs.粗糖、1 lb.海湾盐、3 quarts浓啤酒。

做法。--在火腿放入腌卤之前，前一天用盐好好揉搓，并将盐水充分沥干。将上述配料放入炖锅，煮沸1/4小时；浇在火腿上，让它们在腌卤中放置一个月。每天揉搓并翻动，但不要将它们从腌渍锅中取出；并熏制一个月。

Time.—To be pickled 1 month; to be smoked 1 month.

Seasonable from October to March.

TO PICKLE HAMS (Suffolk Recipe).

819. INGREDIENTS.—To a ham from 10 to 12 lbs., allow 1 lb. of coarse sugar, 3/4 lb. of salt, 1 oz. of saltpetre, 1/2 a teacupful of vinegar.

Mode.—Rub the hams well with common salt, and leave them for a day or two to drain; then rub well in, the above proportion of sugar, salt, saltpetre, and vinegar, and turn them every other day. Keep them in the pickle 1 month, drain them, and send them to be smoked over a wood fire for 3 weeks or a month.

Time.—To remain in the pickle 1 month. To be smoked 3 weeks or 1 month.

Sufficient.—The above proportion of pickle sufficient for 1 ham.

Seasonable.—Hams should be pickled from October to March.

NOVEL WAY OF RECOVERING A STOLEN PIG.—It is a well-known fact, that in Ireland the pig is, in every respect, a domesticated animal, sharing often both the bed and board of the family, and making an outer ring to the domestic circle, as, seated round the pot of potatoes, they partake of the midday meal called dinner. An Irishman upon one occasion having lost an interesting member of his household, in the form of a promising young porker, consulted his priest on the occasion, and having hinted at the person he suspected of purloining the "illegant slip of a pig" he was advised to take no further notice of the matter, but leave the issue to his spiritual adviser. Next Sunday his reverence, after

时间。--腌制1个月；熏制1个月。

时令十月至三月。

腌火腿(萨福克食谱)

819. 配料。--对于10至12 lbs.的火腿，用1 lb.粗糖、3/4 lb.盐、1 oz.硝石、1/2茶杯醋。

做法。--用普通盐将火腿充分揉搓，放置一两天沥干；然后按上述比例将糖、盐、硝石和醋充分揉入，每隔一天翻动一次。在腌卤中腌1个月，取出沥干，送去在木火上熏制3周或1个月。

时间。--在腌卤中腌1个月。熏制3周或1个月。

足量。--上述比例的腌料足够腌制1只火腿。

时令。- 火腿应在十月至三月间腌制。

找回被盗之猪的新奇方法。--众所周知，在爱尔兰，猪在各方面都是一种家养动物，常常与家人同床共食，并构成家庭圈子的一圈外围，因为他们围坐在一锅土豆旁，共享称为正餐的午餐。有一次，一个爱尔兰人失去了家中一位有趣的成员，即一头大有前途的小猪，他就此事请教了他的神父，并暗示了他怀疑偷走那头“体面的小猪崽”的人，神父建议他不要再理会此事，而把结果交给他的灵性导师。下一个星期日，他的神父在

mass, came to the front of the altar-rails, and looking very hard at the supposed culprit, exclaimed, "Who stole Pat Doolan's pig?" To this inquiry there was of course no answer;—the priest did not expect there would be any. The following Sunday the same query was propounded a little stronger—"Who of you was it, I say, who stole poor Pat Doolan's pig?" It now became evident that the culprit was a hardened sinner; so on the third Sunday, instead of repeating the unsatisfactory inquiry, the priest, after, as usual, eyeing the obdurate offender, said, in a tone of pious sorrow, "Mike Regan, Mike Regan, you treat me with contempt!" That night, when the family was all asleep, the latch of the door was noiselessly lifted, and the "illegant slip of a pig" cautiously slipped into the cabin.

弥撒之后，来到祭坛栏杆前，狠狠地盯着那个被怀疑的罪人，大声说道：“谁偷了帕特·杜兰的猪?”对这个询问当然没有回答；--神父也不指望会有回答。下一个星期日，同样的问话又被提出，语气稍重--“我说，你们当中是谁偷了可怜的帕特·杜兰的猪?”现在显然可见，那个罪人是个顽固不化的罪人；于是到了第三个星期日，神父不再重复那令人不满的询问，而是像往常一样盯着那个执迷不悟的罪犯，用虔诚悲伤的语气说：“迈克·里根，迈克·里根，你竟蔑视我!”那天夜里，当全家都睡着时，门闩被无声地抬起，那头“体面的小猪崽”被小心翼翼地塞进了小屋。

TO SMOKE HAMS AND FISH AT HOME.

在家熏制火腿和鱼。

820. Take an old hogshead, stop up all the crevices, and fix a place to put a cross-stick near the bottom, to hang the articles to be smoked on. Next, in the side, cut a hole near the top, to introduce an iron pan filled with sawdust and small pieces of green wood. Having turned the tub upside down, hang the articles upon the cross-stick, introduce the iron pan in the opening, and place a piece of red-hot iron in the pan, cover it with sawdust, and all will be complete. Let a large ham remain 40 hours, and keep up a good smoke.

820. 取一个旧大桶，堵住所有缝隙，并在靠近底部处固定一个横木，用来悬挂要熏制的物品。接着，在侧面靠近顶部处开一个洞，放入一个装满锯末和绿色小木块的铁锅。把桶倒扣过来，将物品挂在横木上，把铁锅从开口处放入，在锅里放一块烧红的铁，用锯末覆盖，一切就完备了。让一只大火腿熏制40小时，并保持浓烟不断。

TO CURE BACON OR HAMS IN THE DEVONSHIRE WAY.

德文郡式腌熏培根或火腿的制法

821. INGREDIENTS.—To every 14 lbs. of meat, allow 2 oz. of saltpetre, 2 oz. of salt prunella, 1 lb. of common salt. For the

821. 配料。--每14 lbs.肉，用2 oz.硝石、2 oz.盐硝、1 lb.普通盐。用于

pickle, 3 gallons of water, 5 lbs. of common salt, 7 lbs. of coarse sugar, 3 lbs. of bay-salt.

腌卤：3 gallons水、5 lbs.普通盐、7 lbs.粗糖、3 lbs.海盐。

Mode.—Weigh the sides, hams, and cheeks, and to every 14 lbs. allow the above proportion of saltpetre, salt prunella, and common salt. Pound and mix these together, and rub well into the meat; lay it in a stone trough or tub, rubbing it thoroughly, and turning it daily for 2 successive days. At the end of the second day, pour on it a pickle made as follows:—Put the above ingredients into a saucepan, set it on the fire, and stir frequently; remove all the scum, allow it to boil for 1/4 hour, and pour it hot over the meat. Let the hams, &c., be well rubbed and turned daily; if the meat is small, a fortnight will be sufficient for the sides and shoulders to remain in the pickle, and the hams 3 weeks; if from 30 lbs. and upwards, 3 weeks will be required for the sides, &c., and from 4 to 5 weeks for the hams. On taking the pieces out, let them drain for an hour, cover with dry sawdust, and smoke from a fortnight to 3 weeks. Boil and carefully skim the pickle after using, and it will keep good, closely corked, for 2 years. When boiling it for use, add about 2 lbs. of common salt, and the same of treacle, to allow for waste. Tongues are excellent put into this pickle cold, having been first rubbed well with saltpetre and salt, and allowed to remain 24 hours, not forgetting to make a deep incision under the thick part of the tongue, so as to allow the pickle to penetrate more readily. A fortnight or 3 weeks, according to the size of the tongue, will be sufficient.

方法。--将肋条、火腿和面颊称重，每14 lbs.按上述比例配入硝石、盐朴硝和普通盐。将这些捣碎混合，充分揉搓进肉里；把肉放在石槽或木盆中，彻底揉搓，并连续两天每天翻动。第二天结束时，倒入按下述方法制成的腌渍液：--将上述配料放入炖锅，置于火上，经常搅拌；撇去所有浮沫，煮1/4小时，趁热浇在肉上。让火腿等充分揉搓并每天翻动；如果肉小，肋条和肩肉在腌渍液中放置两周即可，火腿需3周；如果从30 lbs.及以上，肋条等需3周，火腿需4至5周。取出肉块后，沥干一小时，覆盖干锯末，熏制两周至3周。腌渍液用完后煮沸并仔细撇去浮沫，紧密塞住瓶口，可保存2年不变质。使用时煮沸，加入约2 lbs.普通盐和同样多的糖蜜，以弥补损耗。舌头冷着放入此腌渍液中极佳，事先用硝石和盐充分揉搓，放置24小时，别忘了在舌头厚实部分下方深切一刀，以便腌渍液更容易渗入。根据舌头大小，两周或3周即可。

Time—Small meat to remain in the pickle a fortnight, hams 3 weeks; to be smoked from a fortnight to 3 weeks.

时间--小块肉在腌卤中腌两周，火腿腌3周；熏制两周至3周。

The following is from Morton's "Cyclopaedia of Agriculture," and

以下内容出自莫顿的《农业百科全书》，并且

will be found fully worthy of the high character of that publication.

CURING OF HAMS AND BACON.

822. The carcass of the hog, after hanging over-night to cool, is laid on a strong bench or stool, and the head is separated from the body at the neck, close behind the ears; the feet and also the internal fat are removed. The carcass is next divided into two sides in the following manner:—The ribs are divided about an inch from the spine on each side, and the spine, with the ends of the ribs attached, together with the internal flesh between it and the kidneys, and also the flesh above it, throughout the whole length of the sides, are removed. The portion of the carcass thus cut out is in the form of a wedge—the breadth of the interior consisting of the breadth of the spine, and about an inch of the ribs on each side, being diminished to about half an inch at the exterior or skin along the back. The breast-bone, and also the first anterior rib, are also dissected from the side. Sometimes the whole of the ribs are removed; but this, for reasons afterwards to be noticed, is a very bad practice. When the hams are cured separately from the sides, which is generally the case, they are cut out so as to include the hock-bone, in a similar manner to the London mode of cutting a haunch of mutton. The carcass of the hog thus cut up is ready for being salted, which process, in large caring establishments, is generally as follows. The skin side of the pork is rubbed over with a mixture of fifty parts by weight of salt, and one part of saltpetre in powder, and the incised parts of the ham or flitch, and the inside of the flitch covered with the same. The salted bacon, in pairs of flitches with the insides to each

定会完全配得上该出版物所享有的崇高声誉。

火腿与培根的腌制

822. 猪宰杀后悬挂一夜冷却，放在结实的板凳或凳子上，在颈部紧靠耳朵后方将头与身体分离；去除脚以及内部脂肪。接着按以下方式将胴体分成两片：--在脊柱两侧约一英寸处切开肋骨，将脊柱连同附着的肋骨末端、脊柱与肾脏之间的内部肉，以及脊柱上方的肉，沿两片肋条的全长去除。这样切出的胴体部分呈楔形--内部宽度由脊柱宽度加上两侧各约一英寸的肋骨构成，向外部即沿背部的皮肤处缩减至约半英寸。胸骨以及第一根前肋也从肋条上剔下。有时全部肋骨都被去除；但出于后文将要说明的理由，这是非常糟糕的做法。当火腿与肋条分开腌制时(通常如此)，切出火腿时要包括肘骨，方式类似于伦敦切羊腿的方法。这样切好的猪胴体就可以腌盐了，在大型腌制作坊中，这一过程通常如下。将猪肉的皮面用五十份重量盐和一份粉末硝石的混合物揉搓，火腿或肋条的切口处以及肋条内侧也用同样的混合物涂抹。腌好的培根，以两片肋条为一对，内侧相对

other, is piled one pair of flitches above another on benches slightly inclined, and furnished with spouts or troughs to convey the brine to receivers in the floor of the salting-house, to be afterwards used for pickling pork for navy purposes. In this state the bacon remains a fortnight, which is sufficient for flitches cut from nogs of a carcass weight less than 15 stone (14 lbs. to the stone). Flitches of a larger size, at the expiration of that time, are wiped dry and reversed in their place in the pile, having, at the same time, about half the first quantity of fresh, dry, common salt sprinkled over the inside and incised parts; after which they remain on the benches for another week. Hams being thicker than flitches, will require, when less than 20 lbs. weight, 3 weeks; and when above that weight, 4 weeks to remain under the above-described process. The next and last process in the preparation of bacon and hams, previous to being sent to market, is drying. This is effected by hanging the flitches and hams for 2 or 3 weeks in a room heated by stoves, or in a smoke-house, in which they are exposed for the same length of time to the smoke arising from the slow combustion of the sawdust of oak or other hard wood. The latter mode of completing the curing process has some advantages over the other, as by it the meat is subject to the action of *creosote*, a volatile oil produced by the combustion of the sawdust, which is powerfully antiseptic. The process also furnishing a thin covering of a resinous varnish, excludes the air not only from the muscle but also from the fat; thus effectually preventing the meat from becoming rusted; and the principal reasons for condemning the practice of removing the ribs from the flitches of pork are, that by so doing the meat becomes unpleasantly hard and pungent in the process of salting, and by being more opposed to the action of

另一侧，则将一对腌肉片逐层堆叠在略微倾斜的长凳上，并配有槽口或槽沟，以便将盐水导入腌肉房地面的收集器中，之后用于腌制供海军用途的猪肉。在此状态下，腌肉保留两周，这对于取自胴体重量低于15英石(每英石14磅)的猪只切下的腌肉片而言已足够。对于较大尺寸的腌肉片，在此期限届满后，将其擦干并在堆叠中调换位置，同时在其内侧和切口部分撒上约首次用量一半的新鲜干普通盐；之后它们在长凳上再放置一周。火腿比腌肉片更厚，重量低于20磅时需3周，超过该重量时需4周，以经历上述过程。腌肉和火腿在送往市场之前的下一道也是最后一道工序是干燥。这是通过将腌肉片和火腿悬挂2至3周于由火炉加热的房间或熏制房中实现的，在熏制房中，它们同样长时间暴露于橡木或其他硬木锯末缓慢燃烧所产生的烟雾中。后一种完成腌制过程的方式相较前者具有一些优势，因为通过它，肉受到木馏油的作用，这是一种由锯末燃烧产生的挥发性油，具有强效防腐作用。该过程还提供一层薄薄的树脂清漆覆盖，不仅将空气从肌肉中排除，也从脂肪中排除；从而有效防止肉生锈；而反对从猪肉腌肉片中去除肋骨的做法的主要理由是，这样做会使肉在腌制过程中变得令人不适地坚硬和辛辣，并且由于更多地暴露于空气作用，会更早且更广泛地生锈。

the air, becomes sooner and more extensively rusted. Notwithstanding its superior efficacy in completing the process of curing, the flavour which smoke-drying imparts to meat is disliked by many persons, and it is therefore by no means the most general mode of drying adopted by mercantile curers. A very impure variety of *pyroligneous* acid, or vinegar made from the destructive distillation of wood, is sometimes used, on account of the highly preservative power of the creosote which it contains, and also to impart the smoke-flavour; in which latter object, however, the coarse flavour of tar is given, rather than that derived from the smoke from combustion of wood. A considerable portion of the bacon and hams salted in Ireland is exported from that country packed amongst salt, in bales, immediately from the salting process, without having been in any degree dried. In the process of salting above described, pork loses from eight to ten per cent. of its weight, according to the size and quality of the meat; and a further diminution of weight, to the extent of five to six per cent., takes place in drying during the first fortnight after being taken out of salt; so that the total loss in weight occasioned by the preparation of bacon and hams in a proper state for market, is not less on an average than fifteen per cent. on the weight of the fresh pork.

尽管其在完成腌制过程方面具有优越功效，但烟熏干燥赋予肉的风味为许多人所厌恶，因此它绝非商业腌制作坊所采用的最普遍的干燥方式。有时会使用一种非常不纯的木醋酸，或由木材干馏制成的醋，因为其所含木馏油具有高度防腐能力，同时也为赋予烟熏风味；然而在后一目标上，给出的是焦油的粗劣风味，而非源自木材燃烧烟雾的风味。在爱尔兰腌制的大量腌肉和火腿从该国出口时，以盐包装成捆，直接来自腌制过程，未经任何程度的干燥。在上述腌制过程中，猪肉根据肉的大小和质量损失百分之八至十的重量；在从盐中取出后的头两周干燥期间，重量进一步减少百分之五至六；因此，将腌肉和火腿制备至适合市场的适当状态所引起的总重量损失，平均不少于新鲜猪肉重量的百分之十五。

COLLARED PIG'S FACE (a Breakfast or Luncheon Dish).

带项圈的猪脸(早餐或午餐菜肴)

823. INGREDIENTS.—1 pig's face; salt. For brine, 1 gallon of spring water, 1 lb. of common salt, 1/2 handful of chopped juniper-berries, 6 bruised cloves, 2 bay-leaves, a few sprigs of thyme, basil, sage, 1/4 oz. of saltpetre. For forcemeat, 1/2 lb. of ham, 1/2 lb. bacon, 1 teaspoonful of mixed spices, pepper to taste, 1/4 lb. of lard, 1 tablespoonful of minced parsley, 6 young onions.

823. 配料。--1个猪头；盐。卤水：1 gallon泉水、1 lb.普通盐、1/2把切碎的杜松子、6粒捣碎的丁香、2片月桂叶、几枝百里香、罗勒、鼠尾草、1/4 oz.硝石。馅料：1/2 lb.火腿、1/2 lb.培根、1茶匙混合香料、胡椒适量、1/4 lb.猪油、1汤匙切碎的欧芹、6根小洋葱。

[Illustration: PIG'S FACE.]

Mode.—Singe the head carefully, bone it without breaking the skin, and rub it well with salt. Make the brine by boiling the above ingredients for 1/4 hour, and letting it stand to cool. When cold, pour it over the head, and let it steep in this for 10 days, turning and rubbing it often. Then wipe, drain, and dry it. For the forcemeat, pound the ham and bacon very finely, and mix with these the remaining ingredients, taking care that the whole is thoroughly incorporated. Spread this equally over the head, roll it tightly in a cloth, and bind it securely with broad tape. Put it into a saucepan with a few meat trimmings, and cover it with stock; let it simmer gently for 4 hours, and be particular that it does not stop boiling the whole time. When quite tender, take it up, put it between 2 dishes with a heavy weight on the top, and when cold, remove the cloth and tape. It should be sent to table on a napkin, or garnished with a piece of deep white paper with a ruche at the top.

Time.—4 hours. *Average cost*, from 2s. to 2s. 6d.

Seasonable from October to March.

THE WILD AND DOMESTIC HOG.—The domestic hog is the descendant of a race long since banished from this island; and it is remarkable, that while the tamed animal has been and is kept under surveillance, the wild type whence this race sprung, has maintained itself in its ancient freedom, the fierce denizen of the forest, and one of the renowned beasts of the chase. Whatever doubt may exist as to the true origin of the dog, the horse, the ox, and others, or as to whether their original race is yet extant or not, these doubts do not apply to the domestic hog. Its wild source

[插图：猪脸]

Mode。- 将头仔细燎毛，去骨而不弄破皮，用盐充分揉搓。将上述配料煮沸1/4小时制成盐水，静置冷却。冷却后浇在头上，浸泡10天，期间经常翻动揉搓。然后擦净、沥干并晾干。制作馅料时，将火腿和培根捣得极细，与其余配料混合，注意使全部材料充分融合。将此均匀涂抹在头上，用布紧紧卷起，并用宽带扎牢。放入锅中，加少许肉碎，用高汤浸没；小火慢炖4小时，务必全程保持微沸不断。待完全软烂后取出，夹在两个盘子之间，上压重物，冷却后去掉布和带子。上桌时应放在餐巾上，或用一张顶部带褶边的深白色纸装饰。

时间。- 4小时。平均成本，从2先令到2先令6便士。

时令十月至三月。

野猪与家猪--家猪是一种早已从这个岛上消失的种族的后代；值得注意的是，虽然被驯化的动物一直并正在受到监视，但产生这一种族的野生类型却保持着其古老的自由，成为森林中凶猛的居民，也是著名的狩猎野兽之一。无论关于狗、马、牛等的真正起源，或关于它们的原始种族是否仍然存在可能存在什么疑问，这些疑问都不适用于家猪。它的野生来源

still exists, and is universally recognized: like the wolf, however, it has been expelled from our island; but, like that animal, it still roams through the vast wooded tracts of Europe and Asia.

至今仍然存在，并得到普遍承认：然而，像狼一样，它已被逐出我们的岛屿；但像那种动物一样，它仍在欧洲和亚洲广阔的森林地带游荡。

TO DRESS PIG'S FRY (a Savoury Dish).

烹制猪杂(一道咸香菜肴)。

824. INGREDIENTS.—1-1/2 lb. of pig's fry, 2 onions, a few sage-leaves, 3 lbs. of potatoes, pepper and salt to taste.

824. 配料。--1-1/2 lb.猪杂、2个洋葱、几片鼠尾草叶、3 lbs.土豆、胡椒和盐适量。

Mode.—Put the lean fry at the bottom of a pie-dish, sprinkle over it some minced sage and onion, and a seasoning of pepper and salt; slice the potatoes; put a layer of these on the seasoning, then the fat fry, then more seasoning, and a layer of potatoes at the top. Fill the dish with boiling water, and bake for 2 hours, or rather longer.

做法。--将瘦猪杂放在馅饼盘底部，撒上切碎的鼠尾草和洋葱，以及胡椒和盐的调味；将土豆切片；在调味上放一层土豆片，然后放肥猪杂，再放更多调味，顶部放一层土豆。用沸水注满盘子，烘烤2小时或稍久。

Time.—Rather more than 2 hours. *Average cost*, 6d. per lb.

时间。--略多于2小时。平均成本，每磅6便士。

Sufficient for 3 or 4 persons.

足够供三四人食用。

Seasonable from October to March.

时令十月至三月。

TO MELT LARD.

融化猪油。

825. Melt the inner fat of the pig, by putting it in a stone jar, and placing this in a saucepan of boiling water, previously stripping off the skin. Let it simmer gently over a bright fire, and as it melts, pour it carefully from the sediment. Put it into small jars or bladders for use, and keep it in a cool place. The flead or inside fat of the pig, before it is melted, makes exceedingly light crust, and is particularly wholesome. It may be preserved a length of time by salting it well, and occasionally changing the brine. When wanted for use, wash and wipe it, and it will answer for making

825.将猪的内层脂肪放入石罐中，再把石罐置于盛有沸水的炖锅内，事先剥去外皮，使其融化。在旺火上用文火慢熬，待其融化时，小心地将其从沉淀物上倒出。装入小罐或膀胱中备用，存放在阴凉处。猪的板油或内层脂肪在融化之前，能做出极其松脆的酥皮，且特别有益健康。用盐充分腌制并时常更换盐水，可保存很长时间。需用时，洗净擦干，即可用于制作

into paste as well as fresh lard.

Average cost, 10d. per lb.

BOILED LEG OF PORK.

826. INGREDIENTS.—Leg of pork; salt.

Mode.—For boiling, choose a small, compact, well-filled leg, and rub it well with salt; let it remain in pickle for a week or ten days, turning and rubbing it every day. An hour before dressing it, put it into cold water for an hour, which improves the colour. If the pork is purchased ready salted, ascertain how long the meat has been in pickle, and soak it accordingly. Put it into a boiling-pot, with sufficient cold water to cover it; let it gradually come to a boil, and remove the scum as it rises. Simmer it very gently until tender, and do not allow it to boil fast, or the knuckle will fall to pieces before the middle of the leg is done. Carrots, turnips, or parsnips may be boiled with the pork, some of which should be laid round the dish as a garnish, and a well-made pease-pudding is an indispensable accompaniment.

Time.—A leg of pork weighing 8 lbs., 3 hours after the water boils, and to be simmered very gently.

Average cost, 9d. per lb.

Sufficient for 7 or 8 persons.

Seasonable from September to March.

Note.—The liquor in which a leg of pork has been boiled, makes excellent pea-soup.

也可加入猪油膏以及新鲜猪油。

平均成本，每磅10便士。

煮猪腿。

826. 配料--猪腿肉；盐。

模式。--煮时，选择一只小而紧凑、肉质饱满的腿，用盐充分揉搓；将其留在腌汁中一周或十天，每天翻动并揉搓。烹制前一小时，将其放入冷水中浸泡一小时，这样能改善色泽。如果购买的是已腌好的猪肉，要查明肉在腌汁中浸泡了多久，并相应浸泡。将其放入煮锅，加入足够的冷水没过；让其逐渐煮沸，并随浮沫升起撇去。非常轻柔地煨至嫩熟，不要让其快速沸腾，否则在腿的中部熟透之前，肘部就会散架。胡萝卜、芜菁或欧防风可与猪肉同煮，其中一些应摆在盘边作为配菜，而制作精良的豌豆布丁是不可或缺的搭配。

时间。--重8 lbs.的猪腿，水沸后煮3小时，须非常缓慢地微沸。

平均成本，每磅9便士。

足量供7至8人食用。

时令九月至三月。

注。--煮过猪腿的汤汁可做成极好的豌豆汤。

ANTIQUITY OF THE HOG.—The hog has survived changes which have swept multitudes of pachydermatous animals from the surface of our earth. It still presents the same characteristics, both physical and moral, which the earliest writers, whether sacred or profane, have faithfully delineated. Although the domestic has been more or less modified by long culture, yet the wild species remains unaltered, insomuch that the fossil relics may be identified with the bones of their existing descendants.

猪的古老渊源。--猪经历了使大量厚皮动物从我们地球表面消失的种种变迁而存活下来。它仍然呈现出最早期的作家--无论是宗教的还是世俗的--所忠实描绘的同样的身体和习性特征。尽管家猪因长期饲养而或多或少有所改变，但野猪仍保持不变，以至于化石遗骸可以与现存后代的骨骼相认同。

ROAST GRISKIN OF PORK.

烤猪肉皮

827. INGREDIENTS.—Pork; a little powdered sage.

827. 配料--猪肉；少量鼠尾草粉。

[Illustration: SPARE-RIB OF PORK.]

[插图：猪肋排。]

[Illustration: GRISKIN OF PORK.]

[插图：猪肉格里斯金]

Mode.—As this joint frequently comes to table hard and dry, particular care should be taken that it is well basted. Put it down to a bright fire, and flour it. About 10 minutes before taking it up, sprinkle over some powdered sage; make a little gravy in the dripping-pan, strain it over the meat, and serve with a tureen of apple sauce. This joint will be done in far less time than when the skin is left on, consequently, should have the greatest attention that it be not dried up.

做法。--由于这块肉上桌时常常又硬又干，应特别注意充分浇淋油脂。将其放在旺火前，撒上面粉。上桌前约10分钟，撒上一些鼠尾草粉；在滴油盘中做一点肉汁，滤过后浇在肉上，配一盅苹果酱上桌。这块肉比保留猪皮时熟得快得多，因此应格外注意不要使其干透。

Time.—Griskin of pork weighing 6 lbs., 1-1/2 hour.

时间。--重6磅的猪颊肉，1.5小时。

Average cost, 7d. per lb. *Sufficient* for 5 or 6 persons.

平均成本，每磅7便士。足够5或6人食用。

Seasonable from September to March.

时令九月至三月。

Note.—A spare-rib of pork is roasted in the same manner as above, and would take 1-1/2 hour for one weighing about 6 lbs.

注。--猪肋排的烤法与上述相同，重约6 lbs.的需1-1/2小时。

[Illustration: BACON FOR LARDING, AND LARDING-NEEDLE.]

LARDING.

828. INGREDIENTS.—Bacon and larding-needle.

Mode.—Bacon for larding should be firm and fat, and ought to be cured without any saltpetre, as this reddens white meats. Lay it on a table, the rinds downwards; trim off any rusty part, and cut it into slices of an equal thickness. Place the slices one on the top of another, and cut them evenly into narrow strips, so arranging it that every piece of bacon is of the same size. Bacon for fricandeau, poultry, and game, should be about 2 inches in length, and rather more than one-eighth of an inch in width. If for larding fillets of beef or loin of veal, the pieces of bacon must be thicker. The following recipe of Soyer is, we think, very explicit; and any cook, by following the directions here given, may be able to lard, if not well, sufficiently for general use.

"Have the fricandeau trimmed, lay it, lengthwise, upon a clean napkin across your hand, forming a kind of bridge with your thumb at the part you are about to commence at; then with the point of the larding-needle make three distinct lines across, 1/2 inch apart; run the needle into the third line, at the further side of the fricandeau, and bring it out at the first, placing one of the lardoons in it; draw the needle through, leaving out 1/4 inch of the bacon at each line; proceed thus to the end of the row; then make another line, 1/2 inch distant, stick in another row of lardoons, bringing them out at the second line, leaving the ends of the bacon out all the same length; make the next row again at the same distance, bringing the ends out between the lardoons of the

[插图：用于制作肥肉丁的培根，以及肥肉丁针。]

猪油增肥

828. 配料--培根与穿肉针。

模式。--用于嵌肥膘的培根应坚实且肥，且腌制时不应使用任何硝石，因为硝石会使白色肉类变红。将其放在桌上，皮朝下；修去任何变色的部分，切成厚度均匀的片。将片叠放，均匀切成窄条，如此安排使每块培根大小相同。用于弗里康多、家禽和野味的培根应长约2英寸，宽略多于八分之一英寸。若用于给牛肉片或小牛肉腰嵌肥膘，培根块必须更厚。我们认为，以下索耶的食谱非常明确；任何厨师按照此处给出的指示，即使做得不好，也足以供一般使用。

“将弗里康多修整好，纵向放在一块干净的餐巾上，横搭于手上，在即将开始的部分用拇指形成一种桥状；然后用嵌肥膘针的尖端横向划出三条清晰的线，间距1/2英寸；将针从弗里康多较远一侧的第三条线穿入，从第一条线穿出，在其中放入一根肥膘条；将针穿过，在每条线处留出1/4英寸的培根；如此进行到该行的末端；然后另划一条线，相距1/2英寸，插入另一行肥膘条，从第二条线穿出，使培根末端留出的长度相同；再以相同距离制作下一行，使末端从……的肥膘条之间穿出

first row, proceeding in this manner until the whole surface is larded in chequered rows. Everything else is larded in a similar way; and, in the case of poultry, hold the breast over a charcoal fire for one minute, or dip it into boiling water, in order to make the flesh firm."

第一行，如此进行，直到整个表面以方格状的行列覆满肥肉片。其他一切也以同样方式覆肥肉片；对于家禽，将胸部在炭火上悬置一分钟，或浸入沸水中，以使肉紧实。”

ROAST LOIN OF PORK.

烤猪里脊。

829. INGREDIENTS.—Pork; a little salt.

829. 配料--猪肉；少许盐。

[Illustration: FORE LOIN OF PORK.]

[插图：猪前腰肉]

[Illustration: HIND LOIN OF PORK.]

[插图：猪后腰肉。]

Mode.—Score the skin in strips rather more than 1/4 inch apart, and place the joint at a good distance from the fire, on account of the crackling, which would harden before the meat would be heated through, were it placed too near. If very lean, it should be rubbed over with a little salad oil, and kept well basted all the time it is at the fire. Pork should be very thoroughly cooked, but not dry; and be careful never to send it to table the least underdone, as nothing is more unwholesome and disagreeable than underdressed white meats. Serve with apple sauce, No. 363, and a little gravy made in the dripping-pan. A stuffing of sage and onion may be made separately, and baked in a flat dish: this method is better than putting it in the meat, as many persons have so great an objection to the flavour.

模式。--将皮划成间距略大于1/4英寸的条状，并将肉块放在离火较远的地方，因为脆皮若放得太近，会在肉热透之前变硬。如果非常瘦，应抹上少许沙拉油，并在火上烤制期间始终充分浇淋。猪肉应彻底煮熟，但不要干；务必注意上桌时绝不可有丝毫欠火，因为没有什么比未煮熟的白色肉类更有害、更令人不快的了。配苹果酱汁，第363号，以及少许在滴油盘中制作的肉汁。鼠尾草和洋葱馅料可单独制作，在浅盘中烘烤：这种方法比塞入肉中更好，因为许多人对那种味道极为反感。

Time.—A loin of pork weighing 5 lbs., about 2 hours: allow more time should it be very fat.

时间。--重5 lbs.的猪腰肉，约2小时：若很肥则应多留时间。

Average cost, 9d. per lb.

平均成本，每磅9便士。

Sufficient for 5 or 6 persons.

Seasonable from September to March.

FOSSIL REMAINS OF THE HOG.—In British strata, the oldest fossil remains of the hog which Professor Owen states that he has examined, were from fissures in the red crag (probably miocene) of Newbourne, near Woodbridge, Suffolk. "They were associated with teeth of an extinct *felis* about the size of a leopard, with those of a bear, and with remains of a large cervus. These mammalian remains were found with the ordinary fossils of the red crag: they had undergone the same process of trituration, and were impregnated with the same colouring matter as the associated bones and teeth of fishes acknowledged to be derived from the regular strata of the red crag. These mammaliferous beds have been proved by Mr. Lyell to be older than the fluvio-marine, or Norwich crag, in which remains of the mastodon, rhinoceros, and horse have been discovered; and still older than the fresh-water pleistocene deposits, from which the remains of the mammoth, rhinoceros, &c. are obtained in such abundance. I have met," says the professor, in addition, "with some satisfactory instances of the association of fossil remains of a species of hog with those of the mammoth, in the newer pliocene freshwater formations of England."

TO DRY PIGS' CHEEKS.

830. INGREDIENTS.—Salt, 4 oz. of saltpetre, 2 oz. of bay-salt, 4 oz. of coarse sugar.

Mode.—Cut out the snout, remove the brains, and split the head, taking off the upper bone to make the jowl a good shape; rub it

足量供5或6人食用。

时令九月至三月。

猪的化石遗存。--在英国地层中，欧文教授称他所检验过的最古老的猪化石遗存，来自萨福克郡伍德布里奇附近纽伯恩的红色砾岩(可能是中新世)裂隙。“它们与一种已灭绝的猫属的牙齿(体型约与豹相当)、熊的牙齿以及一种大型鹿的遗存伴生。这些哺乳动物遗存与红色砾岩的普通化石一同发现：它们经历了同样的磨蚀过程，并浸染了与伴生的鱼类骨骼和牙齿相同的色素，这些鱼类公认源自红色砾岩的常规地层。莱尔先生已证明，这些含哺乳动物的地层比河海相或诺里奇砾岩更古老，后者中发现了乳齿象、犀牛和马的遗存；也比淡水更新世沉积更古老，从后者中大量获得猛犸、犀牛等的遗存。此外，”教授说，“我在英格兰较新的上新世淡水地层中，遇到了一些令人满意的实例，表明一种猪的化石遗存与猛犸的遗存伴生。”

猪颊肉干制

830. 配料。--盐、4 oz.硝石、2 oz.海盐、4 oz.粗糖。

做法。--切去猪鼻，取出猪脑，将头劈开，去掉上骨以使猪颊成形良好；用盐

well with salt; next day take away the brine, and salt it again the following day; cover the head with saltpetre, bay-salt, and coarse sugar, in the above proportion, adding a little common salt. Let the head be often turned, and when it has been in the pickle for 10 days, smoke it for a week or rather longer.

充分揉搓；次日倒去卤水，第三天再盐腌；按上述比例用硝石、海盐和粗糖覆盖猪头，加少许普通盐。经常翻动猪头，在腌卤中腌10天后，熏制一周或稍久。

Time.—To remain in the pickle 10 days; to be smoked 1 week.

时间。--在腌汁中浸泡10天；熏制1周。

Seasonable.—Should be made from September to March.

时令。- 应在九月至三月制作。

Note.—A pig's check, or Bath chap, will take about 2 hours after the water boils.

注。--猪颊肉，或称巴斯猪颊，水沸后约需2小时。

PIG'S LIVER (a Savoury and Economical Dish).

猪肝(一道咸香且经济实惠的菜肴)。

831. INGREDIENTS.—The liver and lights of a pig, 6 or 7 slices of bacon, potatoes, 1 large bunch of parsley, 2 onions, 2 sage-leaves, pepper and salt to taste, a little broth or water.

831. 配料。--猪肝和猪肺、6或7片培根、土豆、1大把欧芹、2个洋葱、2片鼠尾草叶、胡椒和盐适量、少许肉汤或水。

Mode.—Slice the liver and lights, and wash these perfectly clean, and parboil the potatoes; mince the parsley and sage, and chop the onion rather small. Put the meat, potatoes, and bacon into a deep tin dish, in alternate layers, with a sprinkling of the herbs, and a seasoning of pepper and salt between each; pour on a little water or broth, and bake in a moderately-heated oven for 2 hours.

做法。--将肝和肺切片，彻底洗净，土豆煮至半熟；将欧芹和鼠尾草切碎，洋葱切得较细。将肉、土豆和培根放入深铁盘，交替分层，每层之间撒上香草和胡椒盐调味；倒入少许水或肉汤，在中等热度的烤箱中烘烤2小时。

Time.—2 hours. *Average cost*, 1s. 6d.

时间。- 2小时。平均成本,1先令6便士。

Sufficient for 6 or 7 persons.

足量供6或7人食用。

Seasonable from September to March.

时令九月至三月。

PIG'S PETTITOES.

猪脚

832. INGREDIENTS.—A thin slice of bacon, 1 onion, 1 blade of

832. 配料--薄薄一片培根，1个洋葱，1片

mace, 6 peppercorns, 3 or 4 sprigs of thyme, 1 pint of gravy, pepper and salt to taste, thickening of butter and flour.

肉豆蔻皮、6粒胡椒、3或4枝百里香、1 pint肉汁、胡椒和盐适量、黄油面粉糊增稠。

Mode.—Put the liver, heart, and pettitoes into a stewpan with the bacon, mace, peppercorns, thyme, onion, and gravy, and simmer these gently for 1/4 hour; then take out the heart and liver, and mince them very fine. Keep stewing the feet until quite tender, which will be in from 20 minutes to 1/2 hour, reckoning from the time that they boiled up first; then put back the minced liver, thicken the gravy with a little butter and flour, season with pepper and salt, and simmer over a gentle fire for 5 minutes, occasionally stirring the contents. Dish the mince, split the feet, and arrange them round alternately with sippets of toasted bread, and pour the gravy in the middle.

模式。--将肝、心与猪脚放入炖锅，加入培根、肉豆蔻皮、胡椒粒、百里香、洋葱和肉汁，用文火慢炖1/4小时；然后取出心与肝，将其剁得极细。继续炖脚，直至十分软烂，从首次煮沸算起，约需20分钟至1/2小时；随后放回剁碎的肝，用少许黄油和面粉使肉汁变稠，以胡椒和盐调味，在文火上炖5分钟，不时搅拌锅中内容物。将肉末装盘，把脚剖开，与烤面包块交替围边摆放，并将肉汁浇在中央。

Time.—Altogether 40 minutes.

时间。--总计40分钟。

Sufficient for 3 or 4 persons.

足够供三四人食用。

Seasonable from September to March.

时令九月至三月。

TO PICKLE PORK.

腌渍猪肉

833. INGREDIENTS.—1/4 lb. of saltpetre; salt.

833. 配料--1/4 lb.硝石；盐。

Mode.—As pork does not keep long without being salted, cut it into pieces of a suitable size as soon as the pig is cold. Rub the pieces of pork well with salt, and put them into a pan with a sprinkling of it between each piece: as it melts on the top, strew on more. Lay a coarse cloth over the pan, a board over that, and a weight on the board, to keep the pork down in the brine. If excluded from the air, it will continue good for nearly 2 years.

做法。--由于猪肉不盐腌便不能久存，猪凉后即切成适当大小的块。用盐将猪肉块充分揉搓，放入盆中，每块之间撒盐：盐在顶部融化后再撒。盆上盖粗布，布上盖木板，板上压重物，使猪肉浸在卤水中。若隔绝空气，可保存近2年。

Average cost, 10d. per lb. for the prime parts.

Seasonable.—The best time for pickling meat is late in the autumn.

THE UNIVERSALITY OF THE HOG.—A singular circumstance in the domestic history of the hog, is the extent of its distribution over the surface of the earth; being found even in insulated places, where the inhabitants are semi-barbarous, and where the wild species is entirely unknown. The South-Sea islands, for example, were found on their discovery to be well stocked with a small black hog; and the traditionary belief of the people was that these animals were coeval with the origin of themselves. Yet they possessed no knowledge of the wild boar, or any other animal of the hog kind, from which the domestic breed might be supposed to be derived. In these islands the hog is the principal quadruped, and the fruit of the bread-tree is its principal food, although it is also fed with yams, eddoes, and other vegetables. This nutritious diet, which it has in great abundance, is, according to Foster, the reason of its flesh being so delicious, so full of juice, and so rich in fat, which is not less delicate to the taste than the finest butter.

TO BOIL PICKLED PORK.

834. INGREDIENTS.—Pork; water.

Mode.—Should the pork be very salt, let it remain in water about 2 hours before it is dressed; put it into a saucepan with sufficient cold water to cover it, let it gradually come to a boil, then gently simmer until quite tender. Allow ample time for it to cook, as nothing is more disagreeable than underdone pork, and when boiled fast, the meat becomes hard. This is sometimes served with boiled poultry and roast veal, instead of bacon: when tender, and

平均成本，上等部位每磅10便士。

时令。--腌制肉类的最佳时间是深秋。

猪的普遍分布。--猪的家养史中有一个奇特的现象，即其分布于地球表面的范围之广；甚至见于与世隔绝之地，那里居民半开化，野生种完全不为所知。例如，南海诸岛在被发现时即已遍布一种黑色小猪；而当地人的传统信仰认为这些动物与自身起源同时代。然而他们对野猪或任何其他可据以推想家养品种来源的猪类动物一无所知。在这些岛上，猪是主要的四足动物，面包树的果实是其主要食物，尽管也以山药、芋头及其他蔬菜喂养。据福斯特所言，这种营养丰富的食物它取之不尽，正是其肉如此鲜美、多汁、肥腴的原因，其味之细腻不亚于最上等的黄油。

煮腌猪肉。

834. 配料--猪肉；水。

做法。--若猪肉很咸，烹调前在水中浸泡约2小时；放入锅中，加足量冷水覆盖，逐渐煮沸，然后微沸至完全软烂。须留足时间烹煮，因为没有比未煮熟的猪肉更令人不快的了，而快速煮沸会使肉变硬。此菜有时配煮家禽和烤小牛肉上桌，代替培根：当肉软烂时，

not over salt, it will be found equally good.

不要放太多盐，效果同样好。

Time.—A piece of pickled pork weighing 2 lbs., 1-1/4 hour; 4 lbs., rather more than 2 hours.

时间。-一块重2 lbs.的腌猪肉，需1-1/4小时；4 lbs.，需略多于2小时。

Average cost, 10d. per lb. for the primest parts.

平均成本，最佳部位每磅10便士。

Seasonable at any time.

时令任何时候皆宜。

THE ANTIQUITY OF THE HOG.—By what nation and in what period the hog was reclaimed, is involved in the deepest obscurity. So far back as we have any records of history, we find notices of this animal, and of its flesh being used as the food of man. By some nations, however, its flesh was denounced as unclean, and therefore prohibited to be used, whilst by others it was esteemed as a great delicacy. By the Mosaic law it was forbidden to be eaten by the Jews, and the Mahometans hold it in utter abhorrence. Dr. Kitto, however, says that there does not appear to be any reason in the law of Moses why the hog should be held in such peculiar abomination. There seems nothing to have prevented the Jews, if they had been so inclined, to rear pigs for sale, or for the use of the land. In the Talmud there are some indications that this was actually done; and it was, probably, for such purposes that the herds of swine mentioned in the New Testament were kept, although it is usual to consider that they were kept by the foreign settlers in the land. Indeed, the story which accounts for the peculiar aversion of the Hebrews to the hog, assumes that it did not originate until about 130 years before Christ, and that, previously, some Jews were in the habit of rearing hogs for the purposes indicated.

猪的古老渊源--猪是由哪个民族、在什么时期被驯化的，已湮没于最深沉的晦暗之中。就我们所能追溯的历史记载而言，便可发现关于这种动物及其肉被用作人类食物的记述。然而，有些民族将其肉斥为不洁，因而禁止食用；另一些民族则视之为一大美味。摩西律法禁止犹太人食用猪肉，穆罕默德信徒则对其深恶痛绝。然而，基托博士说，摩西律法中似乎并无任何理由要将猪视为如此特别可憎之物。似乎没有什么能阻止犹太人--倘若他们有意的话--养猪以供出售或供田地之用。《塔木德》中有一些迹象表明此事确曾发生；《新约》中提到的猪群，很可能就是为此类目的而饲养的，尽管人们通常认为它们是由当地的外来定居者饲养的。事实上，那个解释希伯来人为何特别厌恶猪的故事，假定这种厌恶并非始于公元前130年左右之前，而在此之前，一些犹太人习惯于为上述目的养猪。

PORK PIES (Warwickshire Recipe).

猪肉馅饼(沃里克郡食谱)。

835. INGREDIENTS.—For the crust, 5 lbs. of lard to 14 lbs. of flour, milk, and water. For filling the pies, to every 3 lbs. of meat allow 1 oz. of salt, 2-1/4 oz. of pepper, a small quantity of cayenne, 1 pint of water.

835. 配料。-用于制作酥皮：5 lbs.猪油配14 lbs.面粉、牛奶和水。用于填充馅饼：每3 lbs.肉配1 oz.盐、2-1/4 oz.胡椒、少量卡宴辣椒、1 pint水。

Mode.—Rub into the flour a portion of the lard; the remainder put with sufficient milk and water to mix the crust, and boil this gently for 1/4 hour. Pour it boiling on the flour, and knead and beat it till perfectly smooth. Now raise the crust in either a round or oval form, cut up the pork into pieces the size of a nut, season it in the above proportion, and press it compactly into the pie, in alternate layers of fat and lean, and pour in a small quantity of water; lay on the lid, cut the edges smoothly round, and pinch them together. Bake in a brick oven, which should be slow, as the meat is very solid. Very frequently, the inexperienced cook finds much difficulty in raising the crust. She should bear in mind that it must not be allowed to get cold, or it will fall immediately: to prevent this, the operation should be performed as near the fire as possible. As considerable dexterity and expertness are necessary to raise the crust with the hand only, a glass bottle or small jar may be placed in the middle of the paste, and the crust moulded on this; but be particular that it is kept warm the whole time.

方法。--将一部分猪油揉入面粉中；其余部分与足量的牛奶和水混合以调制酥皮，并将此混合物用文火煮1/4小时。将其煮沸后浇在面粉上，揉捏拍打至完全光滑。然后将酥皮做成圆形或椭圆形，将猪肉切成坚果大小的块，按上述比例调味，将肥肉与瘦肉交替分层压入馅饼中，并倒入少量水；盖上顶盖，将边缘切齐，捏合在一起。在砖砌烤炉中烘烤，炉温应低，因为肉非常坚实。经验不足的厨师常常在制作酥皮时遇到很大困难。她应牢记，不能让面团变凉，否则它会立刻塌陷：为防止这一点，操作应尽可能靠近炉火进行。由于仅用手制作酥皮需要相当高的灵巧与熟练，可将一个玻璃瓶或小罐放在面团中央，将酥皮在此之上塑形；但务必注意全程保持温热。

Sufficient.—The proportions for 1 pie are 1 lb. of flour and 3 lbs. of meat.

足够。-1个馅饼的比例为1 lb.面粉和3 lbs.肉。

Seasonable from September to March.

时令九月至三月。

THE FLESH OF SWINE IN HOT CLIMATES.—It is observed by M. Sonini, that the flesh of swine, in hot climates, is considered unwholesome, and therefore may account for its proscription by the legislators and priests of the East. In Egypt, Syria, and even

炎热气候下的猪肉。-索尼尼先生观察到，在炎热气候下，猪肉被认为不宜健康，因此可以解释东方立法者和祭司为何禁食猪肉。在埃及、叙利亚，甚至

the southern parts of Greece, although both white and delicate, it is so flabby and surcharged with fat, that it disagrees with the strongest stomachs. Abstinence from it in general was, therefore, indispensable to health under the burning suns of Egypt and Arabia. The Egyptians were permitted to eat it only once a year,—on the feast of the moon; and then they sacrificed a number of these animals to that planet. At other seasons, should any one even touch a hog, he was obliged immediately to plunge into the river Nile, as he stood, with his clothes on, in order to purify himself from the supposed contamination he had contracted by the touch.

希腊南部，虽然既白又嫩，却如此松软且脂肪过多，以致最强健的肠胃也难以消受。因此，在埃及和阿拉伯的烈日之下，一般忌食猪肉对健康而言不可或缺。埃及人每年只被允许吃一次猪肉--在月亮的节日；届时他们向该星体献祭若干头这种动物。在其他时节，任何人哪怕只是触碰一下猪，都必须立刻连衣跳入尼罗河，以洗净他因触碰而沾染的所谓污秽。

LITTLE RAISED PORK PIES.

小号凸顶猪肉馅饼

836. INGREDIENTS.—2 lbs. of flour, 1/2 lb. of butter, 1/2 lb. of mutton suet, salt and white pepper to taste, 4 lbs. of the neck of pork, 1 dessertspoonful of powdered sage.

836. 配料。-2 lbs.面粉，1/2 lb.黄油，1/2 lb.羊脂，盐和白胡椒适量，4 lbs.猪颈肉，1甜点匙鼠尾草粉。

Mode.—Well dry the flour, mince the suet, and put these with the butter into a saucepan, to be made hot, and add a little salt. When melted, mix it up into a stiff paste, and put it before the fire with a cloth over it until ready to make up; chop the pork into small pieces, season it with white pepper, salt, and powdered sage; divide the paste into rather small pieces, raise it in a round or oval form, fill with the meat, and bake in a brick oven. These pies will require a fiercer oven than those in the preceding recipe, as they are made so much smaller, and consequently do not require so soaking a heat.

方法。--将面粉充分晾干，将板油切碎，与黄油一同放入锅中加热，并加少许盐。融化后，将其混合成硬面团，置于火前，盖上布，直至准备制作；将猪肉剁成小块，用白胡椒、盐和鼠尾草粉调味；将面团分成较小的块，做成圆形或椭圆形，填入肉馅，在砖砌烤炉中烘烤。这些馅饼需要比前一个食谱中的馅饼更旺的炉火，因为它们做得小得多，因而不需要那么持久渗透的热力。

Time.—If made small, about 1-1/2 hour.

时间。--若做得小，约需1个半小时。

Seasonable from September to March.

时令九月至三月。

SWINEHERDS OF ANTIQUITY.—From the prejudice against the hog among the ancients, those who tended them formed an isolated class, and were esteemed as the outcasts of society. However much the flesh of the animal was esteemed by the Greeks and Romans, yet the swineherd is not mentioned by either the classic writers or the poets who, in ancient Greece and Rome, painted rural life. We have no descriptions of gods or heroes descending to the occupation of keeping swine. The swineherd is never introduced into the idyls of Theocritus, nor has Virgil admitted him into his eclogues. The Eumaeus of Homer is the only exception that we have of a swineherd meeting with favour in the eyes of a poet of antiquity. This may be accounted for, on the supposition that the prejudices of the Egyptians relative to this class of men, extended to both Greece and Italy, and imparted a bias to popular opinion.

古代的养猪人--由于古人对猪的偏见，饲养猪的人形成一个孤立的阶层，被视为社会的弃儿。无论希腊人和罗马人多么珍视这种动物的肉，古典作家或描绘古希腊罗马田园生活的诗人都未曾提及养猪人。我们没有关于神祇或英雄降尊纡贵从事养猪的描述。养猪人从未被引入忒奥克里托斯的田园诗，维吉尔也未让他进入自己的牧歌。荷马的欧迈俄斯是我们所知的唯一例外，即一位养猪人在古代诗人眼中受到青睐。这可以解释为：埃及人对这一阶层人的偏见延伸到了希腊和意大利，并影响了大众舆论的倾向。

TO MAKE SAUSAGES.

制作香肠。

(*Author's Oxford Recipe*.)

(作者牛津食谱。)

837. INGREDIENTS.—1 lb. of pork, fat and lean, without skin or gristle; 1 lb. of lean veal, 1 lb. of beef suet, 1/2 lb. of bread crumbs, the rind of 1/2 lemon, 1 small nutmeg, 6 sage-leaves, 1 teaspoonful of pepper, 2 teaspoonfuls of salt, 1/2 teaspoonful of savory, 1/2 teaspoonful of marjoram.

837. 配料。-1 lb.猪肉，肥瘦兼有，去皮肤和软骨；1 lb.瘦小牛肉，1 lb.牛脂，1/2 lb.面包屑，1/2个柠檬的皮，1个小肉豆蔻，6片鼠尾草叶，1茶匙胡椒，2茶匙盐，1/2茶匙香薄荷，1/2茶匙马郁兰。

Mode.—Chop the pork, veal, and suet finely together, add the bread crumbs, lemon-peel (which should be well minced), and a small nutmeg grated. Wash and chop the sage-leaves very finely; add these with the remaining ingredients to the sausage-meat, and when thoroughly mixed, either put the meat into skins, or, when

做法。-将猪肉、小牛肉和牛脂一起细细剁碎，加入面包屑、柠檬皮(应切得很细)和磨碎的小肉豆蔻。洗净鼠尾草叶并切得极细；将这些与其余配料加入香肠肉中，充分混合后，可将肉灌入肠衣，或者，当

wanted for table, form it into little cakes, which should be floured and fried.

Average cost, for this quantity, 2s. 6d.

Sufficient for about 30 moderate-sized sausages.

Seasonable from October to March.

THE HOG IN ENGLAND.—From time immemorial, in England, this animal has been esteemed as of the highest importance. In the Anglo-Saxon period, vast herds of swine were tended by men, who watched over their safety, and who collected them under shelter at night. At that time, the flesh of the animal was the staple article of consumption in every family, and a large portion of the wealth of the rich freemen of the country consisted of these animals. Hence it was common to make bequests of swine, with lands for their support; and to these were attached rights and privileges in connection with their feeding, and the extent of woodland to be occupied by a given number was granted in accordance with established rules. This is proved by an ancient Saxon grant, quoted by Sharon Turner, in his "History of the Anglo-Saxons," where the right of pasturage is conveyed in a deed by the following words:—"I give food for seventy swine in that woody allotment which the countrymen call Wolferdinlegh."

FRIED SAUSAGES.

[Illustration: FRIED SAUSAGES.]

838. INGREDIENTS.—Sausages; a small piece of butter.

Mode.—Prick the sausages with a fork (this prevents them from

上桌时，将其做成小饼状，撒上面粉后煎制。

平均成本，此数量为2先令6便士。

足量约可制作30个中等大小的香肠。

时令十月至三月。

英格兰的猪。--在英格兰，自古以来这种动物就被视为极其重要。在盎格鲁-撒克逊时期，人们放牧大群猪只，看护它们的安全，并在夜间将它们收拢到遮蔽处。当时，这种动物的肉是每个家庭的主要消费品，而该国富裕自由民的大部分财富也由这些动物构成。因此，人们常将猪连同供养它们的土地一起遗赠；这些遗赠还附带与饲养相关的权利和特权，并且按照既定规则授予一定数量的猪只可占用的林地范围。沙伦·特纳在其《盎格鲁-撒克逊人史》中引用的一份古代撒克逊授地文书证明了这一点，其中放牧权在一份契约中以下列文字转让：“我给予七十头猪的食物，位于乡民称为沃弗丁利的那片林地分配地中。”

煎香肠。

[插图：炸香肠。]

838. 配料--香肠；一小块黄油。

方式。--用叉子在香肠上扎孔(这样可防止它们

bursting), and put them into a frying-pan with a small piece of butter. Keep moving the pan about, and turn the sausages 3 or 4 times. In from 10 to 12 minutes they will be sufficiently cooked, unless they are *very large*, when a little more time should be allowed for them. Dish them with or without a piece of toast under them, and serve very hot. In some counties, sausages are boiled and served on toast. They should be plunged into boiling water, and simmered for about 10 or 12 minutes.

爆裂)，放入煎锅，加一小块黄油。不断晃动锅子，将香肠翻动三四次。除非香肠非常大，否则十至十二分钟即可熟透；若香肠很大，则需多留些时间。装盘时可在香肠下垫或不垫一片烤面包，趁热上桌。有些郡将香肠煮熟后放在烤面包上食用。应将香肠投入沸水中，微沸煮约十至十二分钟。

Time.—10 to 12 minutes.

时间。--10至12分钟。

Average cost, 10d. per lb.

平均成本，每磅10便士。

Seasonable.—Good from September to March.

时令。--九月至三月为佳。

Note.—Sometimes, in close warm weather, sausages very soon turn sour; to prevent this, put them in the oven for a few minutes with a small piece of butter to keep them moist. When wanted for table, they will not require so long frying as uncooked sausages.

注。-有时，在密闭温暖的天气里，香肠很快会变酸；为防止这种情况，将它们放入烤箱几分钟，加一小块黄油以保持湿润。当需要上桌时，它们不需要像未煮熟的香肠那样煎那么久。

THE SAXON SWINEHERD.—The men employed in herding swine during the Anglo-Saxon period of our history were, in general, thralls or born slaves of the soil, who were assisted by powerful dogs, capable even of singly contending with the wolf until his master came with his spear to the rescue. In the "Ivanhoe" of Sir Walter Scott, we have an admirable picture, in the character of Gurth, an Anglo-Saxon swineherd, as we also have of his master, a large landed proprietor, a great portion of whose wealth consisted of swine, and whose rude but plentiful board was liberally supplied with the flesh.

撒克逊猪倌。--在我们历史的盎格鲁-撒克逊时期，受雇放猪的人一般是农奴或生于土地上的奴隶，他们由强壮的狗协助，这些狗甚至能单独与狼搏斗，直到其男主人持矛前来解救。在沃尔特·司各特爵士的《艾凡赫》中，我们通过古尔斯的形象看到了一幅绝妙的图画，他是一个盎格鲁-撒克逊猪倌；我们也看到了他的男主人，一位大地主，其财富很大一部分由猪构成，而其粗朴但丰盛的餐桌上也慷慨地供应着这种肉。

SAUSAGE-MEAT CAKES.

香肠肉饼。

839. INGREDIENTS.—To every lb. of lean pork, add 3/4 lb. of fat bacon, 1/4 oz. of salt, 1 saltspoonful of pepper, 1/4 teaspoonful of grated nutmeg, 1 teaspoonful of minced parsley.

Mode.—Remove from the pork all skin, gristle, and bone, and chop it finely with the bacon; add the remaining ingredients, and carefully mix altogether. Pound it well in a mortar, make it into convenient-sized cakes, flour these, and fry them a nice brown for about 10 minutes. This is a very simple method of making sausage-meat, and on trial will prove very good, its great recommendation being, that it is so easily made.

Time.—10 minutes.

Seasonable from September to March.

TO SCALD A SUCKING-PIG.

840. Put the pig into cold water directly it is killed; let it remain for a few minutes, then immerse it in a large pan of boiling water for 2 minutes. Take it out, lay it on a table, and pull off the hair as quickly as possible. When the skin looks clean, make a slit down the belly, take out the entrails, well clean the nostrils and ears, wash the pig in cold water, and wipe it thoroughly dry. Take off the feet at the first joint, and loosen and leave sufficient skin to turn neatly over. If not to be dressed immediately, fold it in a wet cloth to keep it from the air.

THE LEARNED PIG.—That the pig is capable of education, is a fact long known to the world; and though, like the ass, naturally stubborn and obstinate, that he is equally amenable with other animals to caresses and kindness, has been shown from very

839. 配料。-每lb.瘦猪肉，加入3/4 lb.肥培根，1/4 oz.盐，1盐匙胡椒，1/4茶匙磨碎的肉豆蔻，1茶匙切碎的欧芹。

做法。-去除猪肉的所有皮肤、软骨和骨头，与培根一起细细剁碎；加入其余配料，仔细混合均匀。在研钵中充分捣碎，做成大小适中的肉饼，撒上面粉，煎至漂亮的棕色，约10分钟。这是一种非常简单的制作香肠肉的方法，经过试验会证明非常好，其最大的优点就是制作非常容易。

时间。- 10分钟。

时令九月至三月。

烫乳猪

840. 猪一杀死便放入冷水中；让它浸几分钟，然后把它浸入一大锅煮水中2分钟。取出，放在桌上，尽快拔去猪毛。待猪皮看起来干净后，沿腹部剖开一道口子，取出内脏，仔细清洁鼻孔和耳朵，用冷水洗净猪身，并彻底擦干。在第一个关节处切下猪脚，松开并留下足够的皮，以便整齐地翻转过来。若不立即烹制，用湿布包裹，以免接触空气。

博学的猪。-猪能够接受教育，这是世人早已知道的事实；尽管它像驴一样，天生固执倔强，但它与其他动物一样，也能被爱抚和善意所感化，这一点已从非常

remote time; the best modern evidence of his docility, however, is the instance of the learned pig, first exhibited about a century since, but which has been continued down to our own time by repeated instances of an animal who will put together all the letters or figures that compose the day, month, hour, and date of the exhibition, besides many other unquestioned evidences of memory. The instance already given of breaking a sow into a pointer, till she became more stanch even than the dog itself, though surprising, is far less wonderful than that evidence of education where so generally obtuse an animal may be taught not only to spell, but couple figures and give dates correctly.

遥远的时代；然而，关于其驯服性的最佳现代证据，是那头博学的猪的例子，它大约在一个世纪前首次展出，但通过反复出现的实例一直延续到我们自己的时代：这种动物能把构成展出日、月、时和日期的所有字母或数字拼在一起，此外还有许多其他无可置疑的记忆力证据。前面已经提到的把一头母猪训练成指示猎犬、直到它甚至比狗本身更坚定的例子，虽然令人惊讶，却远不如那种教育证据奇妙--如此普遍迟钝的动物不仅可被教会拼写，还能正确组合数字并给出日期。

ROAST SUCKING-PIG.

烤乳猪

841. INGREDIENTS.—Pig, 6 oz. of bread crumbs, 16 sage-leaves, pepper and salt to taste, a piece of butter the size of an egg, salad oil or butter to baste with, about 1/2 pint of gravy, 1 tablespoonful of lemon-juice.

841. 配料。-猪，6 oz.面包屑，16片鼠尾草叶，胡椒和盐适量，一块鸡蛋大小的黄油，用于涂抹的沙拉油或黄油，约1/2 pint肉汁，1汤匙柠檬汁。

[Illustration: ROAST SUCKING-PIG.]

[插图：烤乳猪。]

Mode.—A sucking-pig, to be eaten in perfection, should not be more than three weeks old, and should be dressed the same day that it is killed. After preparing the pig for cooking, as in the preceding recipe, stuff it with finely-grated bread crumbs, minced sage, pepper, salt, and a piece of butter the size of an egg, all of which should be well mixed together, and put into the body of the pig. Sew up the slit neatly, and truss the legs back, to allow the inside to be roasted, and the under part to be crisp. Put the pig down to a bright clear fire, not too near, and let it lay till thoroughly dry; then have ready some butter tied up in a piece of

模式。--乳猪若要吃得完美，不应超过三周大，且应在宰杀当日烹制。按照前一条食谱的方法将猪收拾好以备烹饪后，用细磨的面包屑、切碎的鼠尾草、胡椒、盐以及一块鸡蛋大小的黄油填塞，所有这些都应充分混合，然后填入猪腹内。将切口整齐缝合，把腿向后捆扎，以便内部能够烤熟，下部能够酥脆。将猪置于明亮清澈的火前，不要太近，让它一直烤到完全干燥；然后准备好一些黄油，包在一块

thin cloth, and rub the pig with this in every part. Keep it well rubbed with the butter the whole of the time it is roasting, and do not allow the crackling to become blistered or burnt. When half-done, hang a pig-iron before the middle part (if this is not obtainable, use a flat iron), to prevent its being scorched and dried up before the ends are done. Before it is taken from the fire, cut off the head, and part that and the body down the middle. Chop the brains and mix them with the stuffing; add 1/2 pint of good gravy, a tablespoonful of lemon-juice, and the gravy that flowed from the pig; put a little of this on the dish with the pig, and the remainder send to table in a tureen. Place the pig back to back in the dish, with one half of the head on each side, and one of the ears at each end, and send it to table as hot as possible. Instead of butter, many cooks take salad oil for basting, which makes the crackling crisp; and as this is one of the principal things to be considered, perhaps it is desirable to use it; but be particular that it is very pure, or it will impart an unpleasant flavour to the meat. The brains and stuffing may be stirred into a tureen of melted butter instead of gravy, when the latter is not liked. Apple sauce and the old-fashioned currant sauce are not yet quite obsolete as an accompaniment to roast pig.

薄布中，用它在猪的各个部位擦拭。在整个烤制过程中要不断用黄油涂抹，不要让脆皮起泡或烧焦。烤到一半时，在中间部位前挂一块猪铁(如果找不到，可用一块扁铁)，以防两端尚未烤熟而中间已经焦干。在从火上取下之前，切下猪头，将头和猪身都从中间剖开。将猪脑切碎，与填料混合；加入1/2品脱上好的肉汁、一汤匙柠檬汁以及猪流出的肉汁；将其中少许浇在盛猪的盘上，其余盛在汤碗中送上桌。将猪背对背放在盘中，两半猪头各放一侧，两只耳朵各放一端，尽可能趁热上桌。许多厨师不用黄油而用沙拉油浇淋，这样能使脆皮更加酥脆；既然这是要考虑的主要事项之一，或许使用沙拉油更为理想；但务必注意油要非常纯净，否则会给肉带来令人不快的味道。如果不喜欢肉汁，可将猪脑和填料拌入一碗融化的黄油中代替肉汁。苹果酱和老式的醋栗酱作为烤猪的配菜至今仍未完全过时。

Time.—1-1/2 to 2 hours for a small pig.

时间。- 小猪需1-1/2至2小时。

Average cost, 5s. to 6s.

平均成本,5先令至6先令。

Sufficient for 9 or 10 persons.

足量供9或10人食用。

Seasonable from September to February.

时令九月至二月。

HOW ROAST PIG WAS DISCOVERED.—Charles Lamb, who, in the early part of this century, delighted the reading public by his

烤猪是如何被发现的。-查尔斯·兰姆，在本世纪初以其

quaint prose sketches, written under the title of "Essays of Elia," has, in his own quiet humorous way, devoted one paper to the subject of *Roast Pig*, and more especially to that luxurious and toothsome dainty known as "CRACKLING;" and shows, in a manner peculiarly his own, *how crackling first came into the world.*

以《伊利亚随笔》为标题写下的古怪散文素描，令读书界为之倾倒，他以自己安静幽默的方式，将一篇论文献给了烤猪这一主题，尤其是献给那种被称为“脆皮”的奢华可口的美味；并以他独特的方式展示了脆皮最初是如何来到这个世界的。

According to this erudite authority, man in the golden age, or at all events the primitive age, eat his pork and bacon raw, as, indeed, he did his beef and mutton; unless, as Hudibras tells us, he was an epicure, when he used to make a saddle of his saddle of mutton, and after spreading it on his horse's back, and riding on it for a few hours till thoroughly warmed, he sat down to the luxury of a dish cooked to a turn. At the epoch of the story, however, a citizen of some Scythian community had the misfortune to have his hut, or that portion of it containing his live stock of pigs, burnt down. In going over the *débris* on the following day, and picking out all the available salvage, the proprietor touched something unusually or unexpectedly hot, which caused him to shake his hand with great energy, and clap the tips of his suffering fingers to his mouth. The act was simple and natural, but the result was wonderful. He rolled his eyes in ecstatic pleasure, his frame distended, and, conscious of a celestial odour, his nostrils widened, and, while drawing in deep inspirations of the ravishing perfume, he sucked his fingers with a gusto he had never, in his most hungry moments, conceived. Clearing away the rubbish from beneath him, he at last brought to view the carcase of one of his pigs, *roasted to death*. Stooping down to examine this curious object, and touching its body, a fragment of the burnt skin was detached, which, with a sort of superstitious dread, he at length, and in a spirit of philosophical inquiry, put into his mouth. Ye

根据这位博学的权威所言，黄金时代的人，或者至少是原始时代的人，吃猪肉和培根是生吃的，事实上他们吃牛肉和羊肉也是如此；除非如休迪布拉斯告诉我们的那样，他是个美食家，那时他常把自己的羊鞍肉做成马鞍，铺在马背上，骑上几个小时直到彻底温热，然后坐下来享用一道火候恰到好处的佳肴。然而，在故事发生的时代，某个斯基泰社区的一位居民不幸遭遇了他的小屋--或者至少是存放活猪的那部分--被烧毁。第二天他在废墟中翻找，挑出所有可用的残余物时，这位物主摸到了某个异常或出乎意料地烫的东西，疼得他猛烈甩手，把受苦的指尖贴到嘴边。这个动作简单而自然，但结果却奇妙无比。他因狂喜而眼珠转动，身体膨胀，意识到一种天赐的香气，鼻孔张大，一边深深吸入这令人陶醉的香味，一边以他有生以来最饥饿的时刻也未曾想象过的津津有味吮吸着自己的手指。他清开身下的废墟，终于看到了他的一头猪的躯体，被烤死了。他弯下腰去查看这个奇特的物体，触摸它的身体，一块烧焦的皮脱落下来，他带着一种迷信的恐惧，最终本着哲学探究的精神，把它放进了嘴里。天

gods! the felicity he then enjoyed, no pen can chronicle! Then it was that he—the world—first tasted *crackling*. Like a miser with his gold, the Scythian hid his treasure from the prying eyes of the world, and feasted, in secret, more sumptuously than the gods. When he had eaten up all his pig, the poor man fell into a melancholy; he refused the most tempting steak, though cooked on the horse's back, and turned every half-hour after his own favourite recipe; he fell, in fact, from his appetite, and was reduced to a shadow, till, unable longer to endure the torments of memory he hourly suffered, he rose one night and secretly set fire to his hut, and once more was restored to flesh and manhood. Finding it impossible to live in future without roast-pig, he set fire to his house every time his larder became empty; till at last his neighbours, scandalized by the frequency of these incendiary acts, brought his conduct before the supreme council of the nation. To avert the penalty that awaited him, he brought his judges to the smouldering ruins, and discovering the secret, invited them to eat; which having done, with tears of gratitude, the august synod embraced him, and, with an overflowing feeling of ecstasy, dedicated a statue to the memory of the man who first *instituted roast pork*.

哪!他当时所享受的幸福，没有笔墨能够记载!正是在那时，他--世界上第一人--尝到了脆皮。像守财奴守护黄金一样，这位斯基泰人将他的珍宝藏起来，不让世人窥探的目光发现，秘密地享用着比诸神还要丰盛的盛宴。当他吃完了整头猪后，这个可怜人陷入了忧郁；他拒绝最诱人的牛排，尽管是在马背上烤的，而且每隔半小时就按照他自己最喜欢的食谱翻烤一次；事实上，他失去了食欲，消瘦成了一个影子，直到再也无法忍受每时每刻记忆带来的折磨，他在某天夜里起身，偷偷放火烧了自己的小屋，于是再次恢复了血肉之躯和男子气概。发现今后没有烤猪就无法生活，他每次食品储藏室空了就放火烧房子；直到最后，邻居们被这些频繁的纵火行为所震惊，将他的行为提交到国家的最高议事会。为了逃避等待他的惩罚，他把法官们带到冒烟的废墟前，揭示了秘密，邀请他们品尝；他们吃过后，流着感激的泪水，庄严的议事会拥抱了他，怀着满溢的狂喜之情，为这位最先创立烤猪肉的人树立了一座雕像以志纪念。

PORK CARVING.

猪肉分切

SUCKING-PIG.

乳猪

[Illustration: SUCKING-PIG.]

[插图：乳猪。]

842. A sucking-pig seems, at first sight, rather an elaborate dish, or rather animal, to carve; but by carefully mastering the details

842. 乳猪乍看之下，似乎是一道相当精细的菜肴，或者说是一种相当精细的动物，需要切肉；但通过仔细掌握细节

of the business, every difficulty will vanish; and if a partial failure be at first made, yet all embarrassment will quickly disappear on a second trial. A sucking-pig is usually sent to table in the manner shown in the engraving (and also in coloured plate S), and the first point to be attended to is to separate the shoulder from the carcase, by carrying the knife quickly and neatly round the circular line, as shown by the figures 1, 2, 3;—the shoulder will then easily come away. The next step is to take off the leg; and this is done in the same way, by cutting round this joint in the direction shown by the figures 1, 2, 3, in the same way as the shoulder. The ribs then stand fairly open to the knife, which should be carried down in the direction of the line 4 to 5; and two or three helpings will dispose of these. The other half of the pig is served, of course, in the same manner. Different parts of the pig are variously esteemed; some preferring the flesh of the neck; others, the ribs; and others, again, the shoulders. The truth is, the whole of a sucking-pig is delicious, delicate eating; but, in carving it, the host should consult the various tastes and fancies of his guests, keeping the larger joints, generally, for the gentlemen of the party.

掌握了要领，一切困难都会消失；即使起初有部分失败，第二次尝试时所有尴尬也会迅速消失。乳猪通常按照版画(以及彩色图版S)所示的方式送上桌，首先要做的是将肩部从猪身上分离，方法是快速利落地沿圆形线条运刀，如数字1、2、3所示；--肩部便会轻松取下。下一步是取下腿；方法相同，沿数字1、2、3所示的方向绕关节切割，与肩部相同。然后肋骨便清楚地呈现在刀前，应沿4至5的线条向下切；分两三份即可分完。猪的另一半当然以同样的方式分切。猪的不同部位受到不同的推崇；有人偏爱颈部的肉；有人偏爱肋骨；还有人偏爱肩部。事实上，整头乳猪都是美味细腻的食物；但在切肉时，主人应顾及宾客们不同的口味和喜好，通常将较大的关节部位留给席上的男士们。

HAM.

火腿。

[Illustration: HAM.]

[插图：火腿。]

843. In cutting a ham, the carver must be guided according as he desires to practise economy, or have, at once, fine slices out of the prime part. Under the first supposition, he will commence at the knuckle end, and cut off thin slices towards the thick part of the ham. To reach the choicer portion, the knife, which must be very

843. 切火腿时，切肉者必须根据他是想讲究经济，还是想立刻从最佳部位切出精美的薄片来指导自己。在前一种情况下，他会从关节端开始，朝着火腿的厚实部分切下薄片。要切到更精选的部分，刀必须非常

sharp and thin, should be carried quite down to the bone, in the direction of the line 1 to 2. The slices should be thin and even, and always cut down to the bone. There are some who like to carve a ham by cutting a hole at the top, and then slicing pieces off inside the hole, gradually enlarging the circle; but we think this a plan not to be recommended. A ham, when hot, is usually sent to table with a paper ruffle round the knuckle; when cold, it is served in the manner shown by coloured plate P.

锋利而薄，应顺着从1到2的线一直切到骨头。切片应薄而均匀，并且始终切到骨头。有些人喜欢在火腿上切一个洞，然后在洞内切片，逐渐扩大圆圈；但我们认为这种方法不值得推荐。火腿热的时候，通常会在关节处围上纸褶边送上餐桌；冷的时候，则按照彩色图版P所示的方式上桌。

LEG OF PORK.

猪腿。

[Illustration: LEG OF PORK.]

[插图：猪腿。]

844. This joint, which is such a favourite one with many people, is easy to carve. The knife should be carried sharply down to the bone, clean through the crackling, in the direction of the line 1 to 2. Sago and onion and apple sauce are usually sent to table with this dish,—sometimes the leg of pork is stuffed,—and the guests should be asked if they will have either or both. A frequent plan, and we think a good one, is now pursued, of sending sage and onion to table separately from the joint, as it is not everybody to whom the flavour of this stuffing is agreeable.

844. 这个关节肉是许多人非常喜爱的一道菜，很容易切割。刀应顺着从1到2的线，干净利落地穿过脆皮一直切到骨头。西米、洋葱和苹果酱通常随这道菜一起上桌--有时猪腿会填入馅料--应询问客人是否要其中一种或两种都要。现在常采用的一种做法--我们认为很好--是将鼠尾草和洋葱与关节肉分开上桌，因为并非每个人都喜欢这种馅料的味道。

Note.—The other dishes of pork do not call for any special remarks as to their carving or helping.

注。-其他猪肉菜肴在切肉或分菜方面不需要任何特别说明。

CHAPTER XVIII.

第十八章。

GENERAL OBSERVATIONS ON THE CALF.

关于小牛的总体观察

845. ANY REMARKS MADE ON THE CALF OR THE LAMB must

845. 关于小牛或羔羊的任何评述必须

naturally be in a measure supplementary to the more copious observations made on the parent stock of either. As the calf, at least as far as it is identified with veal, is destined to die young,—to be, indeed, cut off in its comparative infancy,—it may, at first sight, appear of little or no consequence to inquire to what particular variety, or breed of the general stock, his sire or dam may belong. The great art, however, in the modern science of husbandry has been to obtain an animal that shall not only have the utmost beauty of form of which the species is capable, but, at the same time, a constitution free from all taint, a frame that shall rapidly attain bulk and stature, and a disposition so kindly that every *quantum* of food it takes shall, without drawback or procrastination, be eliminated into fat and muscle. The breed, then, is of very considerable consequence in determining, not only the quality of the meat to the consumer, but its commercial value to the breeder and butcher.

自然在一定程度上是对上述关于任一亲本品种的更详尽观察的补充。由于小牛--至少就其为小牛肉而言--注定要早死，实际上是在相对幼年时就被宰杀，乍看之下，探究其父或母属于一般畜群的哪个特定品种或品系，似乎无关紧要。然而，现代畜牧科学的伟大艺术在于获得这样一种动物：它不仅具有该物种所能达到的最完美的体形，同时体质无任何瑕疵，体格能迅速达到体积和身高，性情温顺，使其摄入的每一定量食物都能毫无减损或拖延地转化为脂肪和肌肉。因此，品种在决定肉品对消费者的质量以及其对饲养者和屠夫的商业价值方面，都具有相当重要的影响。

846. UNDER THE ARTIFICIAL SYSTEM adopted in the rearing of domestic cattle, and stock in general, to gratify the arbitrary mandates of luxury and fashion, we can have veal, like lamb, at all seasons in the market, though the usual time in the metropolis for veal to make its appearance is about the beginning of February.

846. 在饲养家牛和一般牲畜时采用的 ARTIFICIAL 体系下，为了满足奢侈和时尚的任意要求，我们可以像羔羊一样，在市场上任何季节都能买到小牛肉，尽管在大都市，小牛肉通常出现的时间大约是二月初。

847. THE COW GOES WITH YOUNG FOR NINE MONTHS, and the affection and solicitude she evinces for her offspring is more human in its tenderness mid intensity than is displayed by any other animal; and her distress when she hears its bleating, and is not allowed to reach it with her distended udders, is often painful to witness, and when the calf has died, or been accidentally killed, her grief frequently makes her refuse to give down her milk. At

847. 母牛怀胎九个月，她对后代的 affection 和关切，在温柔和强烈程度上，比任何其他动物都更具人性；当她听到小牛哞哞叫，却不被允许用胀满的乳房去接近它时，她的痛苦常常令人看了难受；而当小牛死了，或意外被杀时，她的悲伤常常使她拒绝下奶。在这种

such times, the breeder has adopted the expedient of flaying the dead carcase, and, distending the skin with hay, lays the effigy before her, and then taking advantage of her solicitude, milks her while she is caressing the skin with her tongue.

时候，饲养者采取了剥下死牛皮的权宜之计，用干草把皮撑起来，把仿制品放在她面前，然后利用她的关切，在她用舌头舔抚皮张时挤奶。

848. IN A STATE OF NATURE, the cow, like the deer, hides her young in the tall ferns and brakes, and the most secret places; and only at stated times, twice or thrice a day, quits the herd, and, hastening to the secret cover, gives suck to her calf, and with the same, circumspection returns to the community.

848. 在自然状态下，母牛像鹿一样，把幼崽藏在高大的蕨类和灌木丛中，以及最隐秘的地方；只在规定的时间，一天两三次，离开牛群，匆匆赶到秘密的藏身处，给小牛喂奶，然后同样谨慎地回到群体中。

849. IN SOME COUNTRIES, to please the epicurean taste of vitiated appetites, it is the custom to kill the calf for food almost immediately after birth, and any accident that forestalls that event, is considered to enhance its value. We are happy to say, however, that in this country, as far as England and Scotland are concerned, the taste for very young veal has entirely gone out, and "Staggering Bob," as the poor little animal was called in the language of the shambles, is no longer to be met with in such a place.

849. 在一些国家，为了满足堕落食欲的饕客口味，习惯上在小牛出生后几乎立即将其宰杀食用，任何提前导致这一结果的事故都被认为会提高其价值。然而，我们很高兴地说，在这个国家，就英格兰和苏格兰而言，对非常幼嫩小牛肉的嗜好已经完全消失，那种在屠宰场语言中被称为“蹒跚的鲍勃”的可怜小动物，在这样的地方再也见不到了。

850. THE WEANING OF CALVES is a process that requires a great amount of care and judgment; for though they are in reality not weaned till between the eighth and the twelfth week, the process of rearing them by hand commences in fact from the birth, the calf never being allowed to suck its dam. As the rearing of calves for the market is a very important and lucrative business, the breeder generally arranges his stock so that ten or a dozen of his cows shall calve about the same time; and then, by setting aside one or two, to find food for the entire family, gets the remaining eight or ten with their full fountains of milk, to carry on the

850. 小牛的断奶是一个需要大量细心和判断力的过程；因为尽管它们实际上要到第八至第十二周之间才断奶，但人工饲养的过程实际上从出生就开始了，小牛从不让其吸吮母牛的奶。由于为市场饲养小牛是一项非常重要且有利可图的生意，饲养者通常安排其畜群，使十到十二头母牛大约同时产犊；然后，留出一两头来为整个群体提供食物，让其余八到十头带着充足的奶源，继续进行

operations of his dairy. Some people have an idea that skimmed milk, if given in sufficient quantity, is good enough for the weaning period of calf-feeding; but this is a very serious mistake, for the cream, of which it has been deprived, contained nearly all the oleaginous principles, and the azote or nitrogen, on which the vivifying properties of that fluid depends. Indeed, so remarkably correct has this fact proved to be, that a calf reared on one part of new milk mixed with five of water, will thrive and look well; while another, treated with unlimited skimmed milk, will be poor, thin, and miserable.

他的奶制品间运作。有些人认为，脱脂奶如果给足量，就足以应付犊牛断奶期的喂养；但这是一个非常严重的错误，因为被脱去的奶油几乎包含了全部油脂成分，以及那种液体赖以发挥活力的氮或氮素。事实上，这一事实已被证明如此确凿，以至于用一份新鲜牛奶加五份水喂养的犊牛会茁壮成长、外观良好；而另一头用不限量脱脂奶喂养的犊牛则会瘦弱、单薄、可怜。

851. IT IS SOMETIMES A MATTER OF CONSIDERABLE TROUBLE to induce the blundering calf—whose instinct only teaches him to suck, and that he will do at anything and with anything—acquire the knowledge of imbibition, that for the first few days it is often necessary to fill a bottle with milk, and, opening his mouth, pour the contents down his throat. The manner, however, by which he is finally educated into the mystery of suction, is by putting his allowance of milk into a large wooden bowl; the nurse then puts her hand into the milk, and, by bending her fingers upwards, makes a rude teat for the calf to grasp in his lips, when the vacuum caused by his suction of the fingers, causes the milk to rise along them into his mouth. In this manner one by one the whole family are to be fed three times a day; care being taken, that new-born calves are not, at first, fed on milk from a cow who has some days calved.

851. 有时要诱导那头笨拙的犊牛--它的本能只教它吮吸，而且它会对任何东西、用任何方式去吮吸--学会吸饮，是件相当麻烦的事，最初几天常常必须把奶装满一瓶，打开它的嘴，把内容物倒进它的喉咙。然而，最终教会它吮吸奥秘的方法，是把它那份奶放进一个大木碗里；然后保姆把手伸进奶中，将手指向上弯曲，做成一个粗糙的乳头让犊牛用嘴唇含住，当它吮吸手指造成真空时，奶便沿着手指上升进入它的口中。用这种方式，全群犊牛要一天三次逐一喂食；要注意，新生犊牛起初不可喂以已产犊数日的母牛的奶。

852. AS THE CALF PROGRESSES TOWARDS HIS TENTH WEEK, his diet requires to be increased in quantity and quality; for these objects, his milk can be thickened with flour or meal, and small pieces of softened oil-cake are to be slipped into his mouth after

852. 随着小牛接近第十周，他的饮食需要在数量和质量上增加；为此，可以在他的牛奶中加面粉或麦片增稠，并在喂奶后把小块软化油饼塞进他嘴里

sucking, that they may dissolve there, till he grows familiar with, and to like the taste, when it may be softened and scraped down into his milk-and-water. After a time, sliced turnips softened by steam are to be given to him in tolerable quantities; then succulent grasses; and finally, hay may be added to the others. Some farmers, desirous of rendering their calves fat for the butcher in as short a time as possible, forget both the natural weakness of the digestive powers, and the contracted volume of the stomach, and allow the animals either to suck *ad libitum*, or give them, if brought up at the pail or by hand, a larger quantity of milk than they can digest. The idea of overloading the stomach never suggests itself to their minds. They suppose that the more food the young creature consumes, the sooner it will be fat, and they allow it no exercise whatever, for fear it should denude its very bones of their flesh. Under such circumstances, the stomach soon becomes deranged; its functions are no longer capable of acting; the milk, subjected to the acid of the stomach, coagulates, and forms a hardened mass of curd, when the muscles become affected with spasms, and death frequently ensues.

吮吸，让它们在那里溶解，直到他逐渐熟悉并喜欢上这种味道，届时可以将其软化并刮入他的牛奶和水中。过一段时间，可以给他喂食适量经蒸汽软化的切片芜菁；然后是多汁的牧草；最后，可以在其他饲料中加入干草。有些农场主为了尽可能缩短时间让牛犊长肥以供屠宰，既忘记了消化能力的天然虚弱，也忘记了胃的容积有限，任由牛犊随意吮吸，或者如果是以桶或人工喂养的，就给他们超过其消化能力的牛奶。他们从未想到过胃部负担过重的概念。他们认为幼畜吃的食物越多，就越快长肥，而且不让它有任何运动，唯恐它连骨头上的肉都消耗掉。在这种情况下，胃很快就会失调；其功能不再能够运作；牛奶受到胃酸的作用而凝结，形成坚硬的凝乳块，随后肌肉发生痉挛，常常导致死亡。

853. THERE WAS NO SPECIES OF SLAUGHTERING practised in this country so inhuman and disgraceful as that, till very lately, employed in killing this poor animal; when, under the plea of making the flesh *white*, the calf was bled day by day, till, when the final hour came, the animal was unable to stand. This inhumanity is, we believe, now everywhere abolished, and the calf is at once killed, and with the least amount of pain; a sharp-pointed knife is run through the neck, severing all the large veins and arteries up to the vertebrae. The skin is then taken off to the knee, which is disjointed, and to the head, which is removed; it is then reflected

853. 在这个国家，直到不久以前，屠宰这种可怜的动物所采用的方法是最不人道、最可耻的；当时，以使肉变白为借口，牛犊被逐日放血，直到最后时刻到来时，动物已无法站立。我们相信，这种不人道的做法现在已在各地废除，牛犊被立即宰杀，痛苦减至最低；一把尖刀刺穿颈部，切断所有通往脊椎的大静脉和动脉。然后剥皮至膝部，膝关节被卸开，再剥至头部，头被切除；然后将皮翻过来

backwards, and the carcase having been opened and dressed, is kept apart by stretchers, and the thin membrane, the caul, extended over the organs left in the carcase, as the kidneys and sweet-bread; some melted fat is then scattered suddenly over the whole interior, giving that white and frosted appearance to the meat, that is thought to add to its beauty; the whole is then hung up to cool and harden.

854. THE MANNER OF CUTTING UP VEAL for the English market is to divide the carcase into four quarters, with eleven ribs to each fore quarter; which are again subdivided into joints as exemplified on the cut.

[Illustration: SIDE OF A CALF, SHOWING THE SEVERAL JOINTS.]

Hind quarter:—

1. The loin.
2. The chump, consisting of the rump and hock-bone.
3. The fillet.
4. The hock, or hind knuckle.

Fore quarter:—

5. The shoulder. 6. The neck. 7. The breast. 8. The fore knuckle.

855. THE SEVERAL PARTS OF A MODERATELY-SIZED WELL-FED CALF, about eight weeks old, are nearly of the following weights:—loin and chump 18 lbs., fillet 12-1/2 lbs., hind knuckle 5-1/2 lbs., shoulder 11 lbs, neck 11 lbs., breast 9 lbs., and fore knuckle 5 lbs.; making a total of 144 lbs. weight. The London mode of cutting the carcase is considered better than that pursued in Edinburgh, as giving three roasting joints, and one boiling, in each

倒挂起来，将胴体剖开并整理好后，用撑架撑开，把薄薄的网膜(即大网膜)覆盖在留在胴体内的器官上，如肾脏和胸腺；然后迅速将一些融化的脂肪洒遍整个内部，使肉呈现出那种白色霜状的外观，人们认为这能增添其美感；随后将整只挂起冷却变硬。

854. 为英国市场切割小牛肉的方式是将胴体分成四块，每个前块带十一根肋骨；这些又再细分为图中所示的各关节部位。

[插图：小牛侧面，显示各个关节。]

后躯:-

1. 腰肉。
2. 臀肉，由臀部和飞节骨组成。
3. 里脊肉。
4. 肘关节，即后膝。

前四分之一:-

5. 肩部。6. 颈部。7. 胸部。8. 前膝关节。

855. 一头约八周龄、中等体型、饲养良好的小牛的各部位重量大致如下：腰部和臀部18 lbs.，里脊12-1/2 lbs.，后腿关节5-1/2 lbs.，肩部11 lbs.，颈部11 lbs.，胸部9 lbs.，前腿关节5 lbs.；总重144 lbs.。伦敦的切割方式被认为优于爱丁堡所采用的，因为每块

quarter; besides the pieces being more equally divided, as regards flesh, and from the handsomer appearance they make on the table.

RECIPES.

CHAPTER XIX.

BAKED VEAL (Cold Meat Cookery).

856. INGREDIENTS.—1/2 lb. of cold roast veal, a few slices of bacon, 1 pint of bread crumbs, 1/2 pint of good veal gravy, 1/2 teaspoonful of minced lemon-peel, 1 blade of pounded mace, cayenne and salt to taste, 4 eggs.

Mode.—Mince finely the veal and bacon; add the bread crumbs, gravy, and seasoning, and stir these ingredients well together. Beat up the eggs thoroughly; add these, mix the whole well together, put into a dish, and bake from 3/4 to 1 hour. When liked, a little good gravy may be served in a tureen as an accompaniment.

Time.—From 3/4 to 1 hour.

Average cost, exclusive of the cold meat, 6d.

Sufficient for 3 or 4 persons.

Seasonable from March to October.

ROAST BREAST OF VEAL.

[Illustration: BREAST OF VEAL.]

四分之一块可提供三个烤制部位和一个煮制部位；此外，各块在肉质方面分配更为均匀，且上桌时外观更为美观。

食谱。

第十九章

烤小牛肉(冷肉烹饪)

856. 配料--1/2 lb.冷烤小牛肉，几片培根，1 pint面包屑，1/2 pint优质小牛肉肉汁，1/2茶匙切碎的柠檬皮，1片捣碎的肉豆蔻，卡宴辣椒粉和盐适量，4个鸡蛋。

做法--将小牛肉和培根细细切碎；加入面包屑、肉汁和调味料，将这些配料充分搅拌均匀。将鸡蛋彻底打散；加入其中，全部混合均匀，放入盘中，烘烤3/4至1小时。如喜欢，可另备一小盅优质肉汁作为佐餐。

时间。--3/4至1小时。

平均成本，不含冷肉，6便士。

足够供三四人食用。

时令三月至十月。

烤牛胸肉。

[插图：小牛胸肉。]

857. INGREDIENTS.—Veal; a little flour.

Mode.—Wash the veal, well wipe it, and dredge it with flour; put it down to a bright fire, not too near, as it should not be scorched. Baste it plentifully until done; dish it, pour over the meat some good melted butter, and send to table with it a piece of boiled bacon and a cut lemon.

Time.—From 1-1/2 to 2 hours.

Average cost, 8-1/2d. per lb. *Sufficient* for 5 or 6 persons.

Seasonable from March to October.

STEWED BREAST OF VEAL AND PEAS.

858. INGREDIENTS.—Breast of veal, 2 oz. of butter, a bunch of savoury herbs, including parsley; 2 blades of pounded mace, 2 cloves, 5 or 6 young onions, 1 strip of lemon-peel, 6 allspice, 1/4 teaspoonful of pepper, 1 teaspoonful of salt, thickening of butter and flour, 2 tablespoonfuls of sherry, 2 tablespoonfuls of tomato sauce, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of mushroom ketchup, green peas.

Mode.—Cut the breast in half, after removing the bone underneath, and divide the meat into convenient-sized pieces. Put the butter into a frying-pan, lay in the pieces of veal, and fry until of a nice brown colour. Now place these in a stewpan with the herbs, mace, cloves, onions, lemon-peel, allspice, and seasoning; pour over them just sufficient boiling water to cover the meat; well close the lid, and let the whole simmer very gently for about 2 hours. Strain off as much gravy as is required, thicken it with butter and flour, add the remaining ingredients, skim well, let it

857. 配料--小牛肉；少许面粉。

做法--将小牛肉洗净，擦干，撒上面粉；放在明火上烤，但不要太近，以免烧焦。不断浇淋油脂直至烤熟；装盘，在肉上浇些优质融化黄油，同时配一块煮培根和一片切开的柠檬上桌。

时间。--1-1/2至2小时。

平均费用，每lb.8-1/2d.。足够5至6人食用。时令三月至十月。

炖小牛胸肉配豌豆

858. 配料--小牛胸肉，2 oz.黄油，一束香草(包括欧芹);2片捣碎的肉豆蔻，2粒丁香，5或6个小洋葱，1条柠檬皮，6粒多香果，1/4茶匙胡椒粉，1茶匙盐，黄油面粉芡汁，2汤匙雪利酒，2汤匙番茄酱汁，1汤匙柠檬汁，2汤匙蘑菇番茄酱，青豌豆。

做法。--将胸肉切成两半，先去掉下面的骨头，再将肉切成大小适中的块。将黄油放入煎锅中，放入小牛肉块，煎至漂亮的棕色。然后将这些放入炖锅中，加入香草、肉豆蔻、丁香、洋葱、柠檬皮、多香果和调味料；倒入刚好没过肉的沸水；盖紧锅盖，让整锅用文火慢慢炖约2小时。滤出所需量的肉汁，用黄油和面粉勾芡，加入剩余的配料，撇去浮沫，让其

simmer for about 10 minutes, then pour it over the meat. Have ready some green peas, boiled separately; sprinkle these over the veal, and serve. It may be garnished with forcemeat balls, or rashers of bacon curled and fried. Instead of cutting up the meat, many persons prefer it dressed whole;—in that case it should be half-roasted before the water, &c. are put to it.

Time.—2-1/4 hours. *Average cost*, 8-1/2d. per lb.

Sufficient for 5 or 6 persons.

Seasonable from March to October.

BREEDING OF CALVES.—The forwarding of calves to maturity, whether intended to be reared for stock, or brought to an early market as veal, is always a subject of great importance, and requires a considerable amount of intelligence in the selection of the best course, to adopt for either end. When meant to be reared as stock, the breeding should be so arranged that the cow shall calve about the middle of May. As our subject, however, has more immediate reference to the calf as *meat* than as *stock*, we shall confine our remarks to the mode of procedure adopted in the former case; and here, the first process adopted is that of weaning; which consists in separating the calf *entirely* from the cow, but, at the same time, rearing it on the mother's milk. As the business of the dairy would be suspended if every cow were allowed to rear its young, and butter, cheese, and cream become *desiderata*,—things to be desired, but not possessed, a system of economical husbandry becomes necessary, so as to retain our dairy produce, and yet, for some weeks at least, nourish the calf on its mother's milk, but without allowing the animal to draw that supply for itself: this, with the proper substituted food on which to rear the

煨约10分钟，然后浇在肉上。备好另煮的青豌豆；撒在小牛肉上，即可上桌。可用肉馅丸子或卷起煎过的培根片作装饰。许多人喜欢将肉整块烹制而不切碎；若如此，应在加水等之前先烤至半熟。

时间--2又1/4小时。平均成本，每lb.8又1/2d.

足量供5或6人食用。

时令三月至十月。

牛犊的饲养。--将牛犊养至成熟，无论是打算留作种畜饲养，还是提早上市作为小牛肉，始终是一个极为重要的问题，需要相当高的判断力来选择最佳方案，以达到任一目的。若打算作为种畜饲养，繁殖应安排得使母牛在五月中旬左右产犊。然而，由于我们的主题更直接涉及牛犊作为肉而非作为种畜，我们将把论述限于前一种情况所采用的程序方式；在此，第一步是断奶；即把牛犊完全与母牛分开，但同时用母牛的奶来饲养它。如果每头母牛都被允许哺育其幼崽，奶制品间的业务就会中断，黄油、奶酪和奶油便成为渴望之物--想要得到却无法拥有之物，因此有必要实行一种经济化的畜牧制度，以便保留我们的奶制品，同时至少在某些周内用母牛的奶喂养牛犊，但不让动物自行吸取这份供给：这涉及适当的替代食物来饲养

young animal, is called weaning.

VEAL CAKE (a Convenient Dish for a Picnic).

859. INGREDIENTS.—A few slices of cold roast veal, a few slices of cold ham, 2 hard-boiled eggs, 2 tablespoonfuls of minced parsley, a little pepper, good gravy.

Mode.—Cut off all the brown outside from the veal, and cut the eggs into slices. Procure a pretty mould; lay veal, ham, eggs, and parsley in layers, with a little pepper between each, and when the mould is full, get some *strong* stock, and fill up the shape. Bake for 1/2 hour, and when cold, turn it out.

Time.—1/2 hour.

Seasonable at any time.

BOILED CALF'S FEET AND PARSLEY AND BUTTER.

860. INGREDIENTS.—2 calf's feet, 2 slices of bacon, 2 oz. of butter, 2 tablespoonfuls of lemon-juice, salt and whole pepper to taste, 1 onion, a bunch of savoury herbs, 4 cloves, 1 blade of mace, water, parsley and butter No. 493.

Mode.—Procure 2 white calf's feet; bone them as far as the first joint, and put them into warm water to soak for 2 hours. Then put the bacon, butter, lemon-juice, onion, herbs, spices, and seasoning into a stewpan; lay in the feet, and pour in just sufficient water to cover the whole. Stew gently for about 3 hours; take out the feet, dish them, and cover with parsley and butter, made by recipe No. 493. The liquor they were boiled in should be strained and put by in a clean basin for use: it will be found very good as an addition

幼小动物断奶，称为断奶。

小牛肉饼(野餐便利菜)

859. 配料--几片冷烤小牛肉，几片冷火腿，2个煮硬的鸡蛋，2汤匙切碎的欧芹，少许胡椒粉，优质肉汁。

做法--将小牛肉外面的棕色部分全部切去，鸡蛋切成片。取一个漂亮的模具；将小牛肉、火腿、鸡蛋和欧芹分层铺入，每层之间撒少许胡椒粉，模具装满后，取一些浓高汤，填满模具。烘烤1/2小时，冷却后倒扣取出。

时间。--1/2小时。

时令任何时候皆宜。

煮小牛脚配欧芹黄油

860. 配料--2只小牛蹄，2片培根，2 oz.黄油，2汤匙柠檬汁，盐和整粒胡椒适量，1个洋葱，一束香草，4粒丁香，1片肉豆蔻，水，第493号欧芹黄油酱。

做法。--取2只白色牛犊蹄；去骨至第一关节处，放入温水中浸泡2小时。然后将培根、黄油、柠檬汁、洋葱、香草、香料和调味料放入炖锅中；放入牛蹄，倒入刚好没过全部材料的水。用文火炖约3小时；取出牛蹄，装盘，浇上按第493号食谱制作的欧芹黄油。煮牛蹄的汤汁应过滤后盛入干净的盆中备用：可发现它作为添加物非常不错

to gravies, &c. &c.

Time.—Rather more than 3 hours.

Average cost, in full season, 9d. each. *Sufficient* for 4 persons.

Seasonable from March to October.

WHEN A CALF SHOULD BE KILLED.—The age at which a calf ought to be killed should not be under four weeks: before that time the flesh is certainly not wholesome, wanting firmness, due development of muscular fibre, and those animal juices on which the flavour and nutritive properties of the flesh depend, whatever the unhealthy palate of epicures may deem to the contrary. In France, a law exists to prevent the slaughtering of calves under *six weeks* of age. The calf is considered in prime condition at ten weeks, when he will weigh from sixteen to eighteen stone, and sometimes even twenty.

FRICASSEED CALF'S FEET.

861. INGREDIENTS.—A set of calf's feet; for the batter allow for each egg 1 tablespoonful of flour, 1 tablespoonful of bread crumbs, hot lard or clarified dripping, pepper and salt to taste.

Mode.—If the feet are purchased uncleaned, dip them into warm water repeatedly, and scrape off the hair, first one foot and then the other, until the skin looks perfectly clean, a saucepan of water being kept by the fire until they are finished. After washing and soaking in cold water, boil them in just sufficient water to cover them, until the bones come easily away. Then pick them out, and after straining the liquor into a clean vessel, put the meat into a pie-dish until the next day. Now cut it down in slices about 1/2

用于肉汁等。

时间。--略多于3小时。

平均费用，盛产季节每个9d.。足够4人食用。

时令三月至十月。

小牛何时应当宰杀--小牛宰杀的年龄不应低于四周：在此之前，其肉肯定不宜食用，缺乏紧实度、肌肉纤维的充分发育，以及肉的风味和营养价值所依赖的那些动物汁液，无论美食家们不健康的口味可能持相反看法。在法国，有一项法律禁止宰杀年龄低于六周的小牛。小牛在十周时被认为处于最佳状态，届时其体重将达到十六至十八石，有时甚至二十石。

烩小牛蹄

861. 配料--一副小牛蹄；面糊每个鸡蛋用1汤匙面粉、1汤匙面包屑，热猪油或澄清的滴油，胡椒粉和盐适量。

做法--如果购买的是未清洗的牛蹄，将其反复浸入温水中，刮去毛，先刮一只再刮另一只，直到皮肤看起来完全干净，同时将一锅水放在火上保持温热，直到刮完为止。在冷水中清洗和浸泡后，用刚好没过它们的水煮，直到骨头容易脱落。然后将其挑出，将汤汁滤入干净的容器后，把肉放入馅饼盘中直到第二天。现在将其切成约1/2

inch thick, lay on them a stiff batter made of egg, flour, and bread crumbs in the above proportion; season with pepper and salt, and plunge them into a pan of boiling lard. Fry the slices a nice brown, dry them before the fire for a minute or two, dish them on a napkin, and garnish with tufts of parsley. This should be eaten with melted butter, mustard, and vinegar. Be careful to have the lard boiling to set the batter, or the pieces of feet will run about the pan. The liquor they were boiled in should be saved, and will be found useful for enriching gravies, making jellies, &e. &e.

英寸厚的片，在上面涂抹由鸡蛋、面粉和面包屑按上述比例调成的稠面糊；用胡椒和盐调味，将其投入沸腾的猪油锅中。将肉片炸至漂亮的棕色，在火前烘一两分钟，盛在餐巾上，用欧芹簇装饰。此菜应配融化的黄油、芥末和醋食用。务必使猪油沸腾以固定面糊，否则牛蹄块会在锅中散开。煮牛蹄的汤汁应保留，可用于增浓肉汁、制作果冻等。

Time.—About 3 hours to stew the feet, 10 or 15 minutes to fry them.

时间。--炖脚约需3小时，炸制约需10至15分钟。

Average cost, in full season, 9d. each.

平均成本，盛产季节，每个9便士。

Sufficient for 8 persons.

足量供8人食用。

Seasonable from March to October.

时令三月至十月。

Note.—This dish can be highly recommended to delicate persons.

注。- 这道菜非常适合体弱者食用。

COLOUR OF VEAL.—As whiteness of flesh is considered a great advantage in veal, butchers, in the selection of their calves, are in the habit of examining the inside of its mouth, and noting the colour of the calf's eyes; alleging that, from the signs they there see, they can prognosticate whether the veal will be white or florid.

小牛肉的颜色--由于肉色洁白被视为小牛肉的一大优点，屠夫在挑选小牛时，习惯查看其口腔内部，并注意小牛眼睛的颜色；声称从他们所见的这些迹象，可以预判小牛肉将是白色还是偏红。

COLLARED CALF'S HEAD.

带颈小牛头

862. INGREDIENTS.—A calf's head, 4 tablespoonfuls of minced parsley, 4 blades of pounded mace, 1/2 teaspoonful of grated nutmeg, white pepper to taste, a few thick slices of ham, the yolks

862. 配料--1个小牛头，4汤匙切碎的欧芹，4片捣碎的肉豆蔻，1/2茶匙磨碎的肉豆蔻皮，白胡椒粉适量，几片厚火腿片，蛋黄

of 6 eggs boiled hard.

Mode.—Scald the head for a few minutes; take it out of the water, and with a blunt knife scrape off all the hair. Clean it nicely, divide the head and remove the brains. Boil it tender enough to take out the bones, which will be in about 2 hours. When the head is boned, flatten it on the table, sprinkle over it a thick layer of parsley, then a layer of ham, and then the yolks of the eggs cut into thin rings and put a seasoning of pounded mace, nutmeg, and white pepper between each layer; roll the head up in a cloth, and tie it up as tightly as possible. Boil it for 4 hours, and when it is taken out of the pot, place a heavy weight on the top, the same as for other collars. Let it remain till cold; then remove the cloth and binding, and it will be ready to serve.

Time.—Altogether 6 hours. *Average cost*, 5s. to 7s. each.

Seasonable from March to October.

FEEDING A CALF.—The amount of milk necessary for a calf for some time, will be about four quarts a day, though, after the first fortnight, that quantity should be gradually increased, according to its development of body, when, if fed exclusively on milk, as much as three gallons a day will be requisite for the due health and requirements of the animal. If the weather is fine and genial, it should be turned into an orchard or small paddock for a few hours each day, to give it an opportunity to acquire a relish for the fresh pasture, which, by the tenth or twelfth week, it will begin to nibble and enjoy. After a certain time, the quantity of milk may be diminished, and its place supplied by water thickened with meal. Hay-tea and linseed-jelly are also highly nutritious substances, and may be used either as adjuncts or

6个煮熟的鸡蛋。

Mode。将头烫几分钟；从水中取出，用钝刀刮去所有毛发。将其清理干净，把头分开并取出脑髓。煮至足够软烂以便取出骨头，大约需要2小时。头去骨后，将其平铺在桌上，撒上一层厚厚的欧芹，然后是一层火腿，再将蛋黄切成薄环状，在每层之间放入捣碎的肉豆蔻皮、肉豆蔻和白胡椒作为调味；用布将头卷起，并尽可能紧紧地扎好。煮4小时，从锅中取出后，在上面放置重物，与其他肉卷相同。让其放置至冷却；然后取下布和绑绳，即可上桌。

时间--总共6小时。平均费用，每个5s.至7s.。

时令三月至十月。

喂养小牛--一段时间内小牛所需的牛奶量约为每天四夸脱，不过，头两周之后，该量应随其身体发育逐渐增加，若完全以牛奶喂养，为满足动物的健康与需求，每天需多达三加仑。若天气晴好温和，每天应将其放入果园或小牧场数小时，使其有机会对新鲜牧草产生兴趣，到第十或第十二周时，它便会开始啃食并享受。过一段时间后，牛奶量可减少，以加面粉调稠的水代替。干草茶和亚麻籽果冻也是高营养的物质，可用作补充或

substitutes.

替代品。

FRICASSEED CALF'S HEAD (an Entree).

烩小牛头(一道主菜)。

863. INGREDIENTS.—The remains of a boiled calf's head, 1-1/2 pint of the liquor in which the head was boiled, 1 blade of pounded mace, 1 onion minced, a bunch of savoury herbs, salt and white pepper to taste, thickening of butter and flour, the yolks of 2 eggs, 1 tablespoonful of lemon-juice, forcemeat balls.

863. 配料--煮过的小牛头剩余部分，1-1/2 pint煮牛头的汤汁，1片捣碎的肉豆蔻，1个切碎的洋葱，一束香草，盐和白胡椒粉适量，黄油面粉芡汁，2个蛋黄，1汤匙柠檬汁，肉馅丸子。

Mode.—Remove all the bones from the head, and cut the meat into nice square pieces. Put 1-1/2 pint of the liquor it was boiled in into a saucepan, with mace, onion, herbs, and seasoning in the above proportion; let this simmer gently for 3/4 hour, then strain it and put in the meat. When quite hot through, thicken the gravy with a little butter rolled in flour, and, just before dishing the fricassee, put in the beaten yolks of eggs and lemon-juice; but be particular, after these two latter ingredients are added, that the sauce does not boil, or it will curdle. Garnish with forcemeat balls and curled slices of broiled bacon. To insure the sauce being smooth, it is a good plan to dish the meat first, and then to add the eggs to the gravy: when these are set, the sauce may be poured over the meat.

做法。--将头部的骨头全部剔除，把肉切成整齐的方块。取煮肉时的汤汁1-1/2品脱放入炖锅，按上述比例加入肉豆蔻衣、洋葱、香草和调味；用小火慢煮3/4小时，然后滤出汤汁，放入肉块。待肉完全热透后，用少许裹了面粉的黄油将肉汁勾芡；在装盘前，加入打散的蛋黄和柠檬汁；但务必注意，加入这两样配料后，酱汁不可再煮沸，否则会凝结。用肉丸和卷曲的烤培根片作装饰。为确保酱汁顺滑，一个好办法是先将肉装盘，再把鸡蛋加入肉汁中：待鸡蛋凝固后，即可将酱汁浇在肉上。

Time.—Altogether, 1-1/4 hour.

时间。--总共1又1/4小时。

Average cost, exclusive of the meat, 6d.

平均成本，不含肉，6便士。

CALF'S HEAD a la Maitre d'Hotel.

小牛头肉配总管酱汁

864. INGREDIENTS.—The remains of a cold calf's head, rather more than 1/2 pint of Maitre d'hôtel sauce No. 466.

864. 配料--冷小牛头的剩余部分，略多于1/2 pint的第466号总管酱汁。

Mode.—Make the sauce by recipe No. 466, and have it sufficiently

方式。--按第466号食谱制作酱汁，并使其充分

thick that it may nicely cover the meat; remove the bones from the head, and cut the meat into neat slices. When the sauce is ready, lay in the meat; let it *gradually* warm through, and, after it boils up, let it simmer very gently for 5 minutes, and serve.

浓稠到能很好地覆盖肉；将头骨去除，肉切成整齐的片。酱汁准备好后，放入肉；让其慢慢热透，煮沸后，非常轻柔地煨5分钟，即可上桌。

Time.—Rather more than 1-1/2 hour.

时间。--略多于1-1/2小时。

Average cost, exclusive of the meat, 1s. 2d.

平均成本，不含肉，1先令2便士。

Seasonable from March to October.

时令三月至十月。

THE CALF IN AMERICA.—In America, the calf is left with the mother for three or four days, when it is removed, and at once fed on barley and oats ground together and made into a gruel, 1 quart of the meal being boiled for half an hour in 12 quarts of water. One quart of this certainly nutritious gruel, is to be given, lukewarm, morning and evening. In ten days, a bundle of soft hay is put beside the calf, which he soon begins to eat, and, at the same time, some of the dry meal is placed in his manger for him to lick. This process, gradually increasing the quantity of gruel twice a day, is continued for two months, till the calf is fit to go to grass, and, as it is said, with the best possible success. But, in this country, the mode pointed out in No. 862 has received the sanction of the best experience.

美洲的小牛。--在美洲，小牛与母牛同留三四天，然后被带走，立即用大麦和燕麦磨碎混合煮成的稀粥喂养，将1夸脱的粉在12夸脱水中煮半小时。这种确实富有营养的稀粥，早晚各喂1夸脱，温热给予。十天后，在小牛旁边放一捆柔软的干草，它很快就会开始吃，同时在其食槽中放一些干粉让它舔食。这一过程持续两个月，每天两次逐渐增加稀粥的量，直到小牛可以放牧吃草，据说效果极佳。但在本国，第862号所指出的方法已得到最佳经验的认可。

CURRIED VEAL (Cold Meat Cookery).

咖喱小牛肉(冷肉烹饪)。

865. INGREDIENTS.—The remains of cold roast veal, 4 onions, 2 apples sliced, 1 tablespoonful of curry-powder, 1 dessertspoonful of flour, 1/2 pint of broth or water, 1 tablespoonful of lemon-juice.

865. 配料--冷烤小牛肉的剩余部分，4个洋葱，2个切片苹果，1汤匙咖喱粉，1甜点匙面粉，1/2 pint肉汤或水，1汤匙柠檬汁。

Mode.—Slice the onions and apples, and fry them in a little butter; then take them out, cut the meat into neat cutlets, and fry these of

做法--将洋葱和苹果切片，用少许黄油煎；然后取出，将肉切成整齐的肉排，煎至

a pale brown; add the curry-powder and flour, put in the onion, apples, and a little broth or water, and stew gently till quite tender; add the lemon-juice, and serve with an edging of boiled rice. The curry may be ornamented with pickles, capsicums, and gherkins arranged prettily on the top.

浅棕色；加入咖喱粉和面粉，放入洋葱、苹果和少许肉汤或水，轻轻炖至完全软烂；加入柠檬汁，配以煮米饭围边即可上桌。咖喱可用腌菜、辣椒和醋渍小黄瓜整齐地装饰在顶部。

Time.—3/4 hour. *Average cost*, exclusive of the meat, 4d. *Seasonable* from March to October.

时间--3/4小时。平均费用，不含肉，4d.。时令三月至十月。

VEAL CUTLETS (an Entree).

小牛肉片(一道主菜)。

866. INGREDIENTS.—About 3 lbs. of the prime part of the leg of veal, egg and bread crumbs, 3 tablespoonfuls of minced savoury herbs, salt and popper to taste, a small piece of butter.

866. 配料--约3 lbs.小牛腿的精华部位，鸡蛋和面包屑，3汤匙切碎的香草，盐和胡椒粉适量，一小块黄油。

[Illustration: VEAL CUTLETS.]

[插图：小牛肉片]

Mode.—Have the veal cut into slices about 3/4 of an inch in thickness, and, if not cut perfectly even, level the meat with a cutlet-bat or rolling-pin. Shape and trim the cutlets, and brush them over with egg. Sprinkle with bread crumbs, with which have been mixed minced herbs and a seasoning of pepper and salt, and press the crumbs down. Fry them of a delicate brown in fresh lard or butter, and be careful not to burn them. They should be very thoroughly done, but not dry. If the cutlets be thick, keep the pan covered for a few minutes at a good distance from the fire, after they have acquired a good colour: by this means, the meat will be done through. Lay the cutlets in a dish, keep them hot, and make a gravy in the pan as follows: Dredge in a little flour, add a piece of butter the size of a walnut, brown it, then pour as much boiling water as is required over it, season with pepper and salt, add a little lemon-juice, give one boil, and pour it over the cutlets. They

做法。--将小牛肉切成约3/4英寸厚的片，若切得不够均匀，可用肉拍或擀面杖将肉压平。将肉片整形修边，刷上蛋液。撒上面包屑，面包屑中已拌入切碎的香草以及胡椒和盐的调味，并将面包屑压实。用新鲜猪油或黄油将其炸至浅棕色，注意不要炸焦。肉片应彻底熟透，但不可干硬。若肉片较厚，在其上色后，将锅盖盖上，置于离火较远处几分钟：这样可使肉内部熟透。将肉片放入盘中保温，用锅中的余油制作肉汁如下：撒入少许面粉，加入一块核桃大小的黄油，将其煸至棕色，然后倒入所需量的沸水，用胡椒和盐调味，加入少许柠檬汁，煮沸一次，浇在肉片上。它们

should be garnished with slices of broiled bacon, and a few forcemeat balls will be found a very excellent addition to this dish.

应以烤培根片作装饰，几个肉馅丸子将是这道菜的极佳添加。

Time.—For cutlets of a moderate thickness, about 12 minutes; if very thick, allow more time.

时间--中等厚度的肉排约12分钟；若很厚，则需更多时间。

Average cost, 10d. per lb. *Sufficient* for 6 persons.

平均成本，每磅10便士。足够6人食用。

Seasonable from March to October.

时令三月至十月。

Note.—Veal cutlets may be merely floured and fried of a nice brown; the gravy and garnishing should be the same as in the preceding recipe. They may also be cut from the loin or neck, as shown in the engraving.

注--小牛肉排也可仅撒面粉后煎至漂亮的棕色；肉汁和装饰应与前一道食谱相同。也可从腰部或颈部切取，如版画所示。

BROILED VEAL CUTLETS a l'Italienne (an Entree).

意式烤小牛肉片(一道主菜)。

867. INGREDIENTS.—Neck of veal, salt and pepper to taste, the yolk of 1 egg, bread crumbs, 1/2 pint of Italian sauce No. 453.

867. 配料--小牛颈肉，盐和胡椒粉适量，1个蛋黄，面包屑，1/2 pint第453号意大利酱汁。

Mode.—Cut the veal into cutlets, flatten and trim them nicely; powder over them a little salt and pepper; brush them over with the yolk of an egg, dip them into bread crumbs, then into clarified butter, and, afterwards, in the bread crumbs again; broil or fry them over a clear fire, that they may acquire a good brown colour. Arrange them in the dish alternately with rashers of broiled ham, and pour the sauce, made by recipe No. 453, in the middle.

做法。--把小牛肉切成肉排，拍平并修整整齐；在上面撒少许盐和胡椒；刷上一层蛋黄，蘸上面包屑，再蘸上澄清黄油，然后再蘸一次面包屑；在明火上烤或煎，使其呈现良好的褐色。将肉排与烤火腿片交替摆放在盘中，把按第453号食谱制作的酱汁浇在中间。

Time.—10 to 15 minutes, according to the thickness of the cutlets.

时间。--10至15分钟，视肉排厚度而定。

Average cost, 10d. per lb.

平均成本，每磅10便士。

Seasonable from March to October.

时令三月至十月。

THE CALF'S-HEAD CLUB.—When the restoration of Charles II. took the strait waistcoat off the minds and morose religion of the Commonwealth period, and gave a loose rein to the long-compressed spirits of the people, there still remained a large section of society wedded to the former state of things. The elders of this party retired from public sight, where, unoffended by the reigning saturnalia, they might dream in seclusion over their departed Utopia. The young bloods of this school, however, who were compelled to mingle in the world, yet detesting the politics which had become the fashion, adopted a novel expedient to keep alive their republican sentiments, and mark their contempt of the reigning family. They accordingly met, in considerable numbers, at some convenient inn, on the 30th of January in each year,—the anniversary of Charles's death, and dined together off a feast prepared from *calves' heads*, dressed in every possible variety of way, and with an abundance of wine drank toasts of defiance and hatred to the house of Stuart, and glory to the memory of old Holl Cromwell; and having lighted a large bonfire in the yard, the club of fast young Puritans, with their white handkerchiefs stained *red* in wine, and one of the party in a mask, bearing an axe, followed by the chairman, carrying a *calf's head* pinned up in a napkin, marched in mock procession to the bonfire, into which, with great shouts and uproar, they flung the enveloped head. This odd custom was continued for some time, and even down to the early part of this century it was customary for men of republican politics always to dine off calf's head on the 30th of January.

小牛头俱乐部。--当查理二世的复辟将共和时期人们心中那件紧身拘束衣以及阴郁的宗教卸下，并给长期受压抑的民众精神松开了缰绳时，社会中仍有一大部分人与旧日状态紧密相连。这一派中的年长者退出公众视野，在那里，他们不受当权狂欢节的冒犯，可以在幽居中追想他们已逝的乌托邦。然而，这一派中的年轻血气之辈虽被迫混迹于世，却憎恶已成时尚的政治，于是采用一种新奇的办法来维持其共和情感，并表明他们对当朝王室的蔑视。他们于是每年1月30日--查理忌日--相当多人聚在某个便利的客栈，共食一桌用小牛头制成的宴席，牛头以一切可能的方式烹制，并痛饮葡萄酒，为向斯图亚特王室挑战和憎恨、为老霍爾·克伦威尔的荣光而干杯；他们在院子里点起一大堆篝火，这伙放浪的年轻清教徒俱乐部成员，手帕在酒中染成红色，其中一人戴面具、持斧，后面跟着主席，捧着一个用餐巾包起并别住的小牛头，列队作嘲弄性的游行走向篝火，在巨大的呼喊和喧闹中把包着的牛头扔进火里。这一古怪习俗延续了一段时间，甚至直到本世纪早期，具有共和政治立场的人仍惯于在1月30日吃小牛头。

VEAL CUTLETS a la Maintenon (an Entree).

小牛肉排迈特农式(一道中间菜)。

868. INGREDIENTS.—2 or 3 lbs. of veal cutlets, egg and bread crumbs, 2 tablespoonfuls of minced savoury herbs, salt and pepper

868.配料。--2或3磅小牛肉排，鸡蛋和面包屑，2汤匙切碎的香草，盐和胡椒

to taste, a little grated nutmeg.

Mode.—Cut the cutlets about 3/4 inch in thickness, flatten them, and brush them over with the yolk of an egg; dip them into bread crumbs and minced herbs, season with pepper and salt and grated nutmeg, and fold each cutlet in a piece of buttered paper. Broil them, and send them to table with melted butter or a good gravy.

Time.—From 15 to 18 minutes. *Average cost,* 10d. per lb.

Sufficient for 5 or 6 persons.

Seasonable from March to October.

VEAL A LA BOURGEOISE.

(*Excellent.*)

869. INGREDIENTS.—2 to 3 lbs. of the loin or neck of veal, 10 or 12 young carrots, a bunch of green onions, 2 slices of lean bacon, 2 blades of pounded mace, 1 bunch of savoury herbs, pepper and salt to taste, a few new potatoes, 1 pint of green peas.

Mode.—Cut the veal into cutlets, trim them, and put the trimmings into a stewpan with a little butter; lay in the cutlets and fry them a nice brown colour on both sides. Add the bacon, carrots, onions, spice, herbs, and seasoning; pour in about a pint of boiling water, and stew gently for 2 hours on a very slow fire. When done, skim off the fat, take out the herbs, and flavour the gravy with a little tomato sauce and ketchup. Have ready the peas and potatoes, boiled *separately*; put them with the veal, and serve.

Time.—2 hours. *Average cost,* 2s. 9d.

按口味，少许磨碎的肉豆蔻。

做法。--把肉排切成约3/4英寸厚，拍平，刷上蛋黄；蘸上面包屑和切碎的香草，用胡椒、盐和磨碎的肉豆蔻调味，把每块肉排包在一片涂了黄油的纸中。烤制，配融化黄油或优质肉汁上桌。时间。--15至18分钟。平均费用，每磅10便士。足够5或6人食用。

时令三月至十月。

布尔乔亚式小牛肉

(*Excellent.*)

869. 配料--2至3磅小牛里脊或颈肉，10或
12根小胡萝卜，一束青葱，2片瘦培根，
2片捣碎的肉豆蔻，1束香草，胡椒和盐适量，少许新土豆，1品脱青豌豆。

做法。--将小牛肉切成肉片，修整好，将边角料放入炖锅，加少许黄油；放入肉片，两面煎至漂亮的棕色。加入培根、胡萝卜、洋葱、香料、香草和调味；倒入约一品脱沸水，用极小的火慢炖2小时。炖好后，撇去浮油，取出香草，用少许番茄酱和番茄沙司为肉汁调味。备好分别煮熟的豌豆和土豆；与小牛肉一同装盘上桌。

时间。- 2小时。平均成本,2先令9便士。

Sufficient for 5 or 6 persons.

Seasonable from June to August with peas;—rather earlier when these are omitted.

SCOTCH COLLOPS (Cold Meat Cookery).

870. INGREDIENTS.—The remains of cold roast veal, a little butter, flour, 1/2 pint of water, 1 onion, 1 blade of pounded mace, 1 tablespoonful of lemon-juice, 1/2 teaspoonful of finely-minced lemon-peel, 2 tablespoonfuls of sherry, 1 tablespoonful of mushroom ketchup.

Mode.—Cut the veal the same thickness as for cutlets, rather larger than a crown-piece; flour the meat well, and fry a light brown in butter; dredge again with flour, and add 1/2 pint of water, pouring it in by degrees; set it on the fire, and when it boils, add the onion and mace, and let it simmer very gently about 3/4 hour; flavour the gravy with lemon-juice, peel, wine, and ketchup, in the above proportion; give one boil, and serve.

Time.—3/4 hour.

Seasonable from March to October.

SCOTCH COLLOPS, WHITE (Cold Meat Cookery).

871. INGREDIENTS.—The remains of cold roast veal, 1/2 teaspoonful of grated nutmeg, 2 blades of pounded mace, cayenne and salt to taste, a little butter, 1 dessertspoonful of flour, 1/4 pint of water, 1 teaspoonful of anchovy sauce, 1 tablespoonful of lemon-juice, 1 teaspoonful of lemon-peel, 1 tablespoonful of mushroom ketchup, 3 tablespoonfuls of cream, 1 tablespoonful of sherry.

足量供5或6人食用。

时令六月至八月，配豌豆；若省略豌豆则稍早。

苏格兰科洛普(冷肉烹饪)。

870.配料。--冷烤小牛肉的剩余部分，少许黄油，面粉，1/2品脱水，1个洋葱，1片捣碎的肉豆蔻，1汤匙柠檬汁，1/2茶匙切得极细的柠檬皮，2汤匙雪利酒，1汤匙蘑菇番茄酱。

做法。--把小牛肉切成与做肉排相同的厚度，比克朗币稍大；把肉好好扑上面粉，在黄油中煎至浅褐色；再撒一层面粉，加入1/2品脱水，逐渐倒入；放到火上，煮沸后加入洋葱和肉豆蔻，非常轻柔地煨约3/4小时；按上述比例用柠檬汁、柠檬皮、酒和番茄酱给肉汁调味；煮沸一次，即可上桌。

时间。- 3/4小时。

时令三月至十月。

苏格兰白汁肉片(冷肉烹饪)

871.配料。--冷烤小牛肉的剩余部分，1/2茶匙磨碎的肉豆蔻，2片捣碎的肉豆蔻，卡宴辣椒和盐适量，少许黄油，1甜点匙面粉，1/4品脱水，1茶匙鲤鱼酱，1汤匙柠檬汁，1茶匙柠檬皮，1汤匙蘑菇番茄酱，3汤匙奶油，1汤匙雪利酒。

Mode.—Cut the veal into thin slices about 3 inches in width; hack them with a knife, and grate on them the nutmeg, mace, cayenne, and salt, and fry them in a little butter. Dish them, and make a gravy in the pan by putting in the remaining ingredients. Give one boil, and pour it over the collops; garnish with lemon and slices of toasted bacon, rolled. Forcemeat balls may be added to this dish. If cream is not at hand, substitute the yolk of an egg beaten up well with a little milk.

做法。-将小牛肉切成约3英寸宽的薄片；用刀剁几下，在上面擦上肉豆蔻、肉豆蔻皮、卡宴辣椒和盐，用少许黄油煎。装盘，将剩余的配料放入锅中制成肉汁。煮沸一次，浇在肉片上；用柠檬和卷起的烤培根片装饰。此菜可加入肉馅丸子。若手边没有奶油，可用蛋黄加少许牛奶充分打散代替。

Time.—About 5 or 7 minutes.

时间。--约5至7分钟。

Seasonable from May to October.

时令五月至十月。

COOKING COLLOPS.—Dean Ramsay, who tells us, in his "Reminiscences of Scottish Life and Character," a number of famous stories of the strong-headed, warm-hearted, and plain-spoken old dames of the north, gives, amongst them, the following:—A strong-minded lady of this class was inquiring the character of a cook she was about to hire. The lady who was giving the character entered a little upon the cook's moral qualifications, and described her as a very decent woman; to which the astounding reply—this was 60 years ago, and a Dean tells the story—"Oh, d—n her decency; can she make good collops?"

烹饪肉片。--迪恩·拉姆齐在《苏格兰生活与性格回忆录》中，讲述了许多关于北方那些头脑坚强、心地温暖、直言不讳的老妇人的著名故事，其中一则如下：--一位属于这一阶层、意志坚强的女士正在打听她即将雇用的一位厨师的品行。提供品行证明的那位女士略微谈及了这位厨师的道德品质，称她是个非常正派的女人；对此，那令人震惊的回答--这是六十年前的事了，而一位迪恩讲述了这则故事--“哦，去她的正派；她能做出好吃的肉片吗?”

ROAST FILLET OF VEAL.

烤小牛里脊

872. INGREDIENTS.—Veal, forcemeat No. 417, melted butter.

872. 配料--小牛肉，第417号馅料，融化的黄油。

Mode.—Have the fillet cut according to the size required; take out the bone, and after raising the skin from the meat, put under the flap a nice forcemeat, made by recipe No. 417. Prepare sufficient

做法。-按所需大小切下里脊肉；取出骨头，将皮从肉上掀起后，在皮下放入上等肉馅，按第417号食谱制作。准备足够的

of this, as there should be some left to eat cold, and to season and flavour a mince if required. Skewer and bind the veal up in a round form; dredge well with flour, put it down at some distance from the fire at first, and baste continually. About 1/2 hour before serving, draw it nearer the fire, that it may acquire more colour, as the outside should be of a rich brown, but not burnt. Dish it, remove the skewers, which replace by a silver one; pour over the joint some good melted butter, and serve with either boiled ham, bacon, or pickled pork. Never omit to send a cut lemon to table with roast veal.

这部分应留一些冷食，如有需要，还可用来给肉馅调味增香。将小牛肉用签子串起并捆成圆形；均匀撒上面粉，起初放在离火较远处，并不断浇淋肉汁。上桌前约1/2小时，将其移近火边，使其上色更深，因为外表应呈浓郁的棕色，但不可烧焦。装盘，抽去签子，换上一根银签；在肉上浇些上好的融化黄油，配以煮火腿、培根或腌猪肉一同上桌。烤小牛肉上桌时，切开的柠檬绝不可少。

[Illustration: FILLET OF VEAL.]

[插图：小牛肉里脊]

Time.—A fillet of veal weighing 12 lbs., about 4 hours.

时间。--重12磅的小牛里脊，约需4小时。

Average cost, 9d. per lb.

平均成本，每磅9便士。

Sufficient for 9 or 10 persons.

足量供9或10人食用。

Seasonable from March to October.

时令三月至十月。

STEWED FILLET OF VEAL.

炖小牛肉里脊

873. INGREDIENTS.—A small fillet of veal, forcemeat No. 417, thickening of butter and flour, a few mushrooms, white pepper to taste, 2 tablespoonfuls of lemon-juice, 2 blades of pounded mace, 1/2 glass of sherry.

873.配料。-一小块小牛里脊肉，第417号肉馅，黄油面粉糊，少许蘑菇，白胡椒适量，2汤匙柠檬汁，2片捣碎的肉豆蔻，1/2杯雪利酒。

Mode.—If the whole of the leg is purchased, take off the knuckle to stew, and also the square end, which will serve for cutlets or pies. Remove the bone, and fill the space with a forcemeat No. 417. Roll and skewer it up firmly; place a few skewers at the bottom of a stewpan to prevent the meat from sticking, and cover

做法。-若购买整条腿，取下蹄部用于炖，方形末端亦取下，可用于做肉片或馅饼。去骨，将空隙填入第417号肉馅。卷起并用签子牢牢固定；在炖锅底部放几根签子以防肉粘底，盖上

the veal with a little weak stock. Let it simmer very *gently* until tender, as the more slowly veal is stewed, the better. Strain and thicken the sauce, flavour it with lemon-juice, mace, sherry, and white pepper; give one boil, and pour it over the meat. The skewers should be removed, and replaced by a silver one, and the dish garnished with slices of cut lemon.

小牛肉，加少许淡高汤。让其非常缓慢地炖至软烂，因为小牛肉炖得越慢越好。滤出酱汁并勾芡，用柠檬汁、肉豆蔻、雪利酒和白胡椒调味；煮沸一次，浇在肉上。应取下签子，换上一根银签，并用柠檬片装饰。

Time.—A. fillet of veal weighing 6 lbs., 3 hours' very gentle stewing.

时间。-重6 lbs.的小牛里脊肉，非常缓慢地炖3小时。

Average cost, 9d. per lb.

平均成本，每磅9便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable from March to October.

时令三月至十月。

THE GOLDEN CALF.—We are told in the book of Genesis, that Aaron, in the lengthened absence of Moses, was constrained by the impatient people to make them an image to worship; and that Aaron, instead of using his delegated power to curb this sinful expression of the tribes, and appease the discontented Jews, at once complied with their demand, and, telling them to bring to him their rings and trinkets, fashioned out of their willing contributions a calf of gold, before which the multitude fell down and worshipped. Whether this image was a solid figure of gold, or a wooden effigy merely, coated with metal, is uncertain. To suppose the former,—knowing the size of the image made from such trifling articles as rings, we must presuppose the Israelites to have spoiled the Egyptians most unmercifully: the figure, however, is of more consequence than the weight or size of the idol. That the Israelite brought away more from Goshen than the plunder of the Egyptians, and that they were deeply imbued with

金牛犊。--《创世记》告诉我们，在摩西长期不在的情况下，亚伦被不耐烦的民众所迫，为他们造了一个偶像来崇拜；而亚伦非但没有运用他被授予的权力来遏制各支派这种有罪的表达、安抚不满的犹太人，反而立刻满足了他们的要求，让他们把戒指和饰物拿来交给他，用他们心甘情愿的捐献铸成了一只金牛犊，众人便俯伏在它面前崇拜。这尊偶像究竟是一个实心的金像，还是仅仅是一个覆以金属的木制雕像，尚不确定。若是前者--考虑到用戒指这类微不足道的物品所制成的偶像的尺寸，我们必须假定以色列人极为无情地掠夺了埃及人：然而，这尊形象比偶像的重量或大小更为重要。以色列人从歌珊带走的不仅仅是掠夺埃及人的财物，而且他们深受

Egyptian superstition, the golden calf is only one, out of many instances of proof; for a gilded ox, covered with a pall, was in that country an emblem of Osiris, one of the gods of the Egyptian trinity. Besides having a sacred cow, and many varieties of the holy bull, this priest-ridden people worshipped the ox as a symbol of the sun, and offered to it divine honours, as the emblem of frugality, industry, and husbandry. It is therefore probable that, in borrowing so familiar a type, the Israelites, in their calf-worship, meant, under a well-understood cherubic symbol, to acknowledge the full force of those virtues, under an emblem of divine power and goodness. The prophet Hosea is full of denunciations against calf-worship in Israel, and alludes to the custom of kissing these idols, Hosea, viii, 4-6.

埃及迷信的浸染，金牛犊只是众多证据中的一个实例；因为在那个国家，一头覆盖着殓布的镀金公牛是俄西里斯--埃及三神之一--的象征。除了拥有一头圣牛和许多种神圣的公牛之外，这个受祭司支配的民族还将公牛作为太阳的象征来崇拜，并把它作为节俭、勤劳和农耕的象征而献上神圣的敬意。因此，很可能以色列人在借用这样一个熟悉的典型时，在他们的牛犊崇拜中，意在通过一个众所周知的基路伯象征，在一个代表神圣力量和善良的象征下，承认那些美德的全部力量。先知何西阿充满了对以色列牛犊崇拜的谴责，并提到了亲吻这些偶像的习俗，《何西阿书》第八章第4至6节。

FRICANDEAU OF VEAL (an Entree).

小牛肉弗里坎多(一道主菜)。

874. INGREDIENTS.—A piece of the fat side of a leg of veal (about 3 lbs.), lardoons, 2 carrots, 2 large onions, a faggot of savoury herbs, 2 blades of pounded mace, 6 whole allspice, 2 bay-leaves, pepper to taste, a few slices of fat bacon, 1 pint of stock No. 107.

874.配料。-小牛腿肥肉一侧的一块(约3 lbs.)，肥肉条，2根胡萝卜，2个大洋葱，一束香草，2片捣碎的肉豆蔻，6粒整多香果，2片月桂叶，胡椒适量，几片肥培根，1 pint第107号高汤。

[Illustration: FRICANDEAU OF VEAL.]

[插图：小牛肉弗里坎多]

Mode.—The veal for a fricandeau should be of the best quality, or it will not be good. It may be known by the meat being white and not thready. Take off the skin, flatten the veal on the table, then at one stroke of the knife, cut off as much as is required, for a fricandeau with an uneven surface never looks well. Trim it, and with a sharp knife make two or three slits in the middle, that it may taste more of the seasoning. Now lard it thickly with fat bacon, as lean gives a red colour to the fricandeau. Slice the

模式。--用于制作弗里康多的小牛肉应品质上乘，否则不会好吃。可以通过肉质洁白而不呈丝状来辨别。去掉表皮，将小牛肉在桌上压平，然后一刀切下所需的分量，因为表面不平整的弗里康多从来都不好看。修整它，并用锋利的刀在中间划两三条口子，使其更能吸收调味。现在用肥培根厚厚地嵌入，因为瘦的会给弗里康多染上红色。将

vegetables, and put these, with the herbs and spices, in the *middle* of a stewpan, with a few slices of bacon at the top: these should form a sort of mound in the centre for the veal to rest upon. Lay the fricandeau over the bacon, sprinkle over it a little salt, and pour in just sufficient stock to cover the bacon, &c., without touching the veal. Let it gradually come to a boil; then put it over a slow and equal fire, and let it *simmer very* gently for about 2-1/2 hours, or longer should it be very large. Baste it frequently with the liquor, and a short time before serving, put it into a brisk oven, to make the bacon firm, which otherwise would break when it was glazed. Dish the fricandeau, keep it hot, skim off the fat from the liquor, and reduce it quickly to a glaze, with which glaze the fricandeau, and serve with a purée of whatever vegetable happens to be in season—spinach, sorrel, asparagus, cucumbers, peas, &c.

蔬菜，将这些连同香草和香料一起放入炖锅的中间，上面放几片培根：这些应在中央形成一种小丘状，供小牛肉搁置其上。将弗里康多放在培根上，撒上少许盐，倒入刚好没过培根等的原汤，但不要触及小牛肉。让其逐渐煮沸；然后置于文火且均匀的火上，让其非常缓慢地煨约2-1/2小时，若体积很大则时间更长。经常用锅中汤汁浇淋，上菜前稍早将其放入旺烤箱，使培根变结实，否则在上光时会碎裂。将弗里康多装盘，保持温热，撇去汤汁上的浮油，快速收浓成上光汁，用此汁给弗里康多上光，并配以任何当令蔬菜制成的菜泥--菠菜、酸模、芦笋、黄瓜、豌豆等。

Time.—2-1/2 hours. If very large, allow more time.

时间。- 2-1/2小时。如果非常大，允许更多时间。

Average cost, 3s. 6d.

平均成本,3先令6便士。

Sufficient for an entrée.

足量，可供一道主菜之用。

Seasonable from March to October.

时令三月至十月。

FRICANDEAU OF VEAL (*More economical.*)

小牛肉弗里坎多(更经济。)

875. INGREDIENTS.—The best end of a neck of veal (about 2-1/2 lbs.), lardoons, 2 carrots, 2 onions, a faggot of savoury herbs, 2 blades of mace, 2 bay-leaves, a little whole white pepper, a few slices of fat bacon.

875.配料。-小牛颈肉最佳端(约2-1/2 lbs.)，肥肉条，2根胡萝卜，2个洋葱，一束香草，2片肉豆蔻，2片月桂叶，少许整白胡椒，几片肥培根。

Mode.—Cut away the lean part of the best end of a neck of veal with a sharp knife, scooping it from the bones. Put the bones in with a little water, which will serve to moisten the fricandeau:

做法。-用利刀切去小牛颈肉最佳端的瘦肉部分，从骨上剔下。将骨头放入少许水中，用以润湿焖肉：

they should stew about 1-1/2 hour. Lard the veal, proceed in the same way as in the preceding recipe, and be careful that the gravy does not touch the fricandeau. Stew very gently for 3 hours; glaze, and serve it on sorrel, spinach, or with a little gravy in the dish.

骨头应炖约1-1/2小时。将小牛肉插入肥肉条，按前一条食谱的方法操作，注意肉汁不要碰到焖肉。非常缓慢地炖3小时；上釉，配酸模、菠菜或盘中少许肉汁上桌。

Time.—3 hours.

时间。--3小时。

Average cost, 2s. 6d.

平均成本，2先令6便士。

Sufficient for an entrée.

足量，可供一道主菜之用。

Seasonable from March to October.

时令三月至十月。

Note.—When the prime part of the leg is cut off, it spoils the whole; consequently, to use this for a fricandeau is rather extravagant. The best end of the neck answers the purpose nearly or quite as well.

注。-腿的最佳部位一旦切下，整条腿就毁了；因此用它做焖肉颇为奢侈。颈肉最佳端几乎同样适用，甚至完全适用。

BOILED CALF'S HEAD (with the Skin on).

带皮煮小牛头

876. INGREDIENTS.—Calf's head, boiling water, bread crumbs, 1 large bunch of parsley, butter, white pepper and salt to taste, 4 tablespoonfuls of melted butter, 1 tablespoonful of lemon-juice, 2 or 3 grains of cayenne.

876.配料。-小牛头，沸水，面包屑，1大把欧芹，黄油，白胡椒和盐适量，4汤匙融化的黄油，1汤匙柠檬汁，2至3粒卡宴辣椒。

Mode.—Put the head into boiling water, and let it remain by the side of the fire for 3 or 4 minutes; take it out, hold it by the ear, and with the back of a knife, scrape off the hair (should it not come off easily, dip the head again into boiling water). When perfectly clean, take the eyes out, cut off the ears, and remove the brain, which soak for an hour in warm water. Put the head into hot water to soak for a few minutes, to make it look white, and then have ready a stewpan, into which lay the head; cover it with cold water, and bring it gradually to boil. Remove the scum, and

做法。--将头放入沸水中，在火旁放置3至4分钟；取出，抓住耳朵，用刀背刮去毛发(若不易脱落，再将头浸入沸水)。完全干净后，取出眼睛，切掉耳朵，取出脑，在温水中浸泡一小时。将头放入热水中浸泡几分钟，使其看起来洁白，然后备好炖锅，将头放入；用冷水覆盖，逐渐煮沸。撇去浮沫，并

add a little salt, which assists to throw it up. Simmer it very gently from 2-1/2 to 3 hours, and when nearly done, boil the brains for 1/4 hour; skin and chop them, not too finely, and add a tablespoonful of minced parsley which has been previously scalded. Season with pepper and salt, and stir the brains, parsley, &c., into about 4 tablespoonfuls of melted butter; add the lemon-juice and cayenne, and keep these hot by the side of the fire. Take up the head, cut out the tongue, skin it, put it on a small dish with the brains round it; sprinkle over the head a few bread crumbs mixed with a little minced parsley; brown these before the fire, and serve with a tureen of parsley and butter, and either boiled bacon, ham, or pickled pork as an accompaniment.

加入少许盐，有助于浮沫上浮。非常缓慢地煨2-1/2至3小时，快熟时，将脑煮1/4小时；去皮切碎，不要切得太细，加入一汤匙事先焯过的切碎欧芹。用胡椒和盐调味，将脑、欧芹等搅入约4汤匙融化的黄油中；加入柠檬汁和卡宴辣椒，在火旁保温。取出头，切出舌头，去皮，放在小碟上，脑围在四周；在头上撒些面包屑混合少许切碎欧芹；在火前烤至棕色，配一盅欧芹黄油上桌，并佐以煮培根、火腿或腌猪肉。

Time.—2-1/2 to 3 hours.

时间。--2-1/2至3小时。

Average cost, according to the season, from 3s. to 7s. 6d.

平均费用视季节而定，从3先令到7先令6便士不等

Sufficient for 8 or 9 persons.

足量供8或9人食用。

Seasonable from March to October.

时令三月至十月。

BOILED CALF'S HEAD (without the Skin).

煮小牛头(去皮)。

877. INGREDIENTS.—Calf's head, water, a little salt, 4 tablespoonfuls of melted butter, 1 tablespoonful of minced parsley, pepper and salt to taste, 1 tablespoonful of lemon-juice.

877.配料。-小牛头，水，少许盐，4汤匙融化的黄油，1汤匙切碎的欧芹，胡椒和盐适量，1汤匙柠檬汁。

[Illustration: CALF'S HEAD.]

[插图：小牛头。]

[Illustration: HALF A CALF'S HEAD.]

[插图：半个小牛头。]

Mode.—After the head has been thoroughly cleaned, and the brains removed, soak it in warm water to blanch it. Lay the brains also into warm water to soak, and let them remain for about an hour. Put the head into a stewpan, with sufficient cold water to

做法。-将头彻底清洗干净并取出脑髓后，浸入温水中焯白。将脑髓也放入温水中浸泡约一小时。将头放入炖锅，加足量冷水

cover it, and when it boils, add a little salt; take off every particle of scum as it rises, and boil the head until perfectly tender. Boil the brains, chop them, and mix with them melted butter, minced parsley, pepper, salt, and lemon-juice in the above proportion. Take up the head, skin the tongue, and put it on a small dish with the brains round it. Have ready some parsley and butter, smother the head with it, and the remainder send to table in a tureen. Bacon, ham, pickled pork, or a pig's cheek, are indispensable with calf's head. The brains are sometimes chopped with hard-boiled eggs, and mixed with a little Béchamel or white sauce.

盖上，煮沸时加入少许盐；浮沫升起时撇去每一丝浮沫，将头煮至完全软嫩。煮脑，切碎，与融化的黄油、切碎欧芹、胡椒、盐和柠檬汁按上述比例混合。取出头，给舌头去皮，放在小碟上，脑围在四周。备好欧芹黄油，将头完全覆盖，剩余的盛入汤盅上桌。培根、火腿、腌猪肉或猪脸肉是小牛头的必备配菜。脑有时与硬煮蛋一起切碎，拌入少许贝夏梅尔酱或白酱汁。

Time.—From 1-1/2 to 2-1/4 hours.

时间。--1-1/2至2-1/4小时。

Average cost, according to the season, from 3s. to 5s.

平均成本视季节而定，从3先令到5先令不等。

Sufficient for 6 or 7 persons.

足量供6或7人食用。

Seasonable from March to October.

时令三月至十月。

Note.—The liquor in which the head was boiled should be saved: it makes excellent soup, and will be found a nice addition to gravies, &c. Half a calf's head is as frequently served as a whole one, it being a more convenient-sized joint for a small family. It is cooked in the same manner, and served with the same sauces, as in the preceding recipe.

注。-煮头的汤汁应保留：可制成上好的汤，也是肉汁等的良好添加物。半个小牛头常与整头一样上桌，对小家庭而言是更便利的分量。其烹制方法和配用的酱汁与前一条食谱相同。

HASHED CALF'S HEAD (Cold Meat Cookery).

剁碎的小牛头(冷肉烹饪)

878. INGREDIENTS.—The remains of a cold boiled calf's head, 1 quart of the liquor in which it was boiled, a faggot of savoury herbs, 1 onion, 1 carrot, a strip of lemon-peel, 2 blades of pounded mace, salt and white pepper to taste, a very little cayenne, rather more than 2 tablespoonfuls of sherry, 1 tablespoonful of lemon-juice, 1 tablespoonful of mushroom

878.配料。-冷煮小牛头的剩余部分，1 quart煮头的汤汁，一束香草，1个洋葱，1根胡萝卜，一条柠檬皮，2片捣碎的肉豆蔻，盐和白胡椒适量，极少许卡宴辣椒，略多于2汤匙的雪利酒，1汤匙柠檬汁，1汤匙蘑菇

ketchup, forcemeat balls.

Mode.—Cut the meat into neat slices, and put the bones and trimmings into a stewpan with the above proportion of liquor that the head was boiled in. Add a bunch of savoury herbs, 1 onion, 1 carrot, a strip of lemon-peel, and 2 blades of pounded mace, and let these boil for 1 hour, or until the gravy is reduced nearly half. Strain it into a clean stewpan, thicken it with a little butter and flour, and add a flavouring of sherry, lemon-juice, and ketchup, in the above proportion; season with pepper, salt, and a little cayenne; put in the meat, let it *gradually* warm through, but not boil more than *two* or *three* minutes. Garnish the dish with forcemeat balls and pieces of bacon rolled and toasted, placed alternately, and send it to table very hot.

Time.—Altogether 1-1/2 hour.

Average cost, exclusive of the remains of the head, 6d.

Seasonable from March to October.

VEAL COLLOPS (an Entree).

879. INGREDIENTS.—About 2 lbs. of the prime part of the leg of veal, a few slices of bacon, forcemeat No. 417, cayenne to taste, egg and bread crumbs, gravy.

Mode.—Cut the veal into long thin collops, flatten them, and lay on each a piece of thin bacon of the same size; have ready some forcemeat, made by recipe No. 417, which spread over the bacon, sprinkle over all a little cayenne, roll them up tightly, and do not let them be more than 2 inches long. Skewer each one firmly, egg and bread crumb them, and fry them a nice brown in a little butter, turning them occasionally, and shaking the pan about.

番茄酱，肉馅丸子。

做法。--将肉切成整齐的片，将骨头和边角料放入炖锅，加入上述比例的煮头原汤。加入一束香草、1个洋葱、1根胡萝卜、一条柠檬皮和2片捣碎的肉豆蔻，煮1小时，或直至肉汁收浓近一半。滤入干净的炖锅，用少许黄油和面粉增稠，按上述比例加入雪利酒、柠檬汁和番茄酱调味；用胡椒、盐和少许卡宴辣椒调味；放入肉，让其逐渐热透，但煮沸不超过两或三分钟。用肉馅丸子和卷起烤过的培根片交替装饰盘中，趁非常热时上桌。

时间。--共计1-1/2小时。

平均成本，不包括剩余的头部，6便士。

时令三月至十月。

小牛肉片(一道主菜)。

879.配料。-约2 lbs.小牛腿最佳部位，几片培根，第417号肉馅，卡宴辣椒适量，蛋液和面包屑，肉汁。

做法。-将小牛肉切成长薄片，压平，每片上放一块同样大小的薄培根；备好按第417号食谱制作的肉馅，铺在培根上，撒上少许卡宴辣椒，紧紧卷起，长度不超过2英寸。每卷用签子牢牢固定，蘸蛋液和面包屑，用少许黄油煎至漂亮的棕色，不时翻动并晃动锅。

When done, place them on a dish before the fire; put a small piece of butter in the pan, dredge in a little flour, add 1/4 pint of water, 2 tablespoonfuls of lemon-juice, a seasoning of salt, pepper, and pounded mace; let the whole boil up, and pour it over the collops.

煎好后，放在炉火前的盘中；锅中放一小块黄油，撒入少许面粉，加1/4 pint水、2汤匙柠檬汁，用盐、胡椒和捣碎的肉豆蔻调味；煮沸后浇在肉片上。

Time.—From 10 to 15 minutes.

时间。--10至15分钟。

Average cost, 10d. per lb.

平均成本，每磅10便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable from March to October.

时令三月至十月。

CALF'S LIVER AUX FINES HERBES & SAUCE PIQUANTE.

小牛肝配香草碎及酸辣酱。

880. INGREDIENTS.—A calf's liver, flour, a bunch of savoury herbs, including parsley; when liked, 2 minced shalots; 1 teaspoonful of flour, 1 tablespoonful of vinegar, 1 tablespoonful of lemon-juice, pepper and salt to taste, 1/4 pint water.

880.配料。-小牛肝，面粉，一束香草(包括欧芹)；如喜欢，可加2个切碎的青葱；1茶匙面粉，1汤匙醋，1汤匙柠檬汁，胡椒和盐适量，1/4 pint水。

Mode.—Procure a calf's liver as white as possible, and cut it into slices of a good and equal shape. Dip them in flour, and fry them of a good colour in a little butter. When they are done, put them on a dish, which keep hot before the fire. Mince the herbs very fine, put them in the frying-pan with a little more butter; add the remaining ingredients, simmer gently until the herbs are done, and pour over the liver.

做法。-取尽可能白的小牛肝，切成大小均匀的片。蘸上面粉，用少许黄油煎至色泽良好。煎好后放入盘中，置于炉火前保温。将香草切得极细，放入煎锅，加少许黄油；加入其余配料，小火慢煮至香草熟透，浇在肝上。

Time.—According to the thickness of the slices, from 5 to 10 minutes.

时间。-视片的厚薄，5至10分钟。

Average cost, 10d. per lb. *Sufficient* for 7 or 8 persons.

平均成本，每 lb.10d.足够7至8人食用。

Seasonable from March to October.

时令三月至十月。

CALF'S LIVER AND BACON.

小牛肝配培根。

881. INGREDIENTS.—2 or 3 lbs. of liver, bacon, pepper and salt to taste, a small piece of butter, flour, 2 tablespoonfuls of lemon-juice, 1/4 pint of water.

881.配料。-2或3 lbs.肝，培根，胡椒和盐适量，一小块黄油，面粉，2汤匙柠檬汁，1/4 pint水。

Mode.—Cut the liver in thin slices, and cut as many slices of bacon as there are of liver; fry the bacon first, and put that on a hot dish before the fire. Fry the liver in the fat which comes from the bacon, after seasoning it with pepper and salt and dredging over it a very little flour. Turn the liver occasionally to prevent its burning, and when done, lay it round the dish with a piece of bacon between each. Pour away the bacon fat, put in a small piece of butter, dredge in a little flour, add the lemon-juice and water, give one boil, and pour it in the *middle* of the dish. It may be garnished with slices of cut lemon, or forcemeat balls.

方式。- 将肝脏切成薄片，再切出与肝片数量相同的培根薄片；先煎培根，煎好后放在热盘上置于火前。在肝片上撒胡椒和盐调味，并薄薄地撒上一层面粉，然后用培根煎出的油脂煎肝。不时翻动肝片以免烧焦，煎好后将其摆放在盘子四周，每两片之间夹一片培根。倒掉培根油脂，放入一小块黄油，撒入少许面粉，加入柠檬汁和水，煮沸一次，然后浇在盘子中央。可用切好的柠檬片或肉馅丸子作装饰。

Time.—According to the thickness of the slices, from 5 to 10 minutes.

时间。-视片的厚薄，5至10分钟。

Average cost, 10d. per lb. *Sufficient* for 6 or 7 persons.

平均成本，每 lb.10d.足够6至7人食用。

Seasonable from March to October.

时令三月至十月。

CALF'S LIVER LARDED AND ROASTED (an Entree).

小牛肝嵌猪油烤制(一道主菜)。

882. INGREDIENTS.—A calf's liver, vinegar, 1 onion, 3 or 4 sprigs of parsley and thyme, salt and pepper to taste, 1 bay-leaf, lardoons, brown gravy.

882.配料。-小牛肝，醋，1个洋葱，3或4枝欧芹和百里香，盐和胡椒适量，1片月桂叶，肥肉条，棕色肉汁。

Mode.—Take a fine white liver, and lard it the same as a fricandeau; put it into vinegar with an onion cut in slices, parsley, thyme, bay-leaf, and seasoning in the above proportion. Let it remain in this pickle for 24 hours, then roast and baste it frequently with the vinegar, &c.; glaze it, serve under it a good brown gravy, or sauce piquante, and send it to table very hot.

做法。-取一块上好的白肝，像焖肉一样插入肥肉条；放入醋中，加切片的洋葱、欧芹、百里香、月桂叶，并按上述比例调味。在此腌汁中浸24小时，然后烤制，不时用醋等浇淋；上釉，底下配优质棕色肉汁或酸辣酱汁，趁热上桌。

Time.—Rather more than 1 hour. *Average cost*, 10d. per lb.

Sufficient for 7 or 8 persons.

Seasonable from March to October.

Note.—Calf's liver stuffed with forcemeat No. 417, to which has been added a little fat bacon, will be found a very savoury dish. It should be larded or wrapped in buttered paper, and roasted before a clear fire. Brown gravy and currant jelly should be served with it.

FILLET OF VEAL AU BECHAMEL (Cold Meat Cookery).

883. INGREDIENTS.—A small fillet of veal, 1 pint of Béchamel sauce No. 367, a few bread crumbs, clarified butter.

Mode.—A fillet of real that has been roasted the preceding day will answer very well for this dish. Cut the middle out rather deep, leaving a good margin round, from which to cut nice slices, and if there should be any cracks in the veal, fill them up with forcemeat. Mince finely the meat that was taken out, mixing with it a little of the forcemeat to flavour, and stir to it sufficient Béchamel to make it of a proper consistency. Warm the veal in the oven for about an hour, taking care to baste it well, that it may not be dry; put the mince in the place where the meat was taken out, sprinkle a few bread crumbs over it, and drop a little clarified butter on the bread crumbs; put it into the oven for 1/4 hour to brown, and pour Béchamel round the sides of the dish.

Time.—Altogether 1-1/2 hour.

Seasonable from March to October.

时间。-略多于1小时。平均成本，每 lb.10d.足够7至8人食用。

时令三月至十月。

注。-小牛肝填入第417号肉馅并加少许肥培根，是一道非常美味的菜。应插入肥肉条或用涂黄油的纸包裹，在明火前烤制。应配棕色肉汁和醋栗果冻上桌。

它。

小牛肉里脊配贝夏梅尔酱(冷肉烹饪)。

883.配料。-一小块小牛里脊肉，1 pint第367号贝夏梅尔酱汁，少许面包屑，澄清黄油。

方式。- 前一天烤好的小牛肉里脊非常适合做这道菜。从中间深深挖出肉，四周留出足够的边缘以便切出漂亮的薄片；如果小牛肉上有裂缝，用肉馅填满。将挖出的肉细细剁碎，混入少许肉馅以增添风味，并拌入足量的贝夏梅尔酱使其达到适当的稠度。将小牛肉放入烤箱温热约一小时，注意经常浇淋以免变干；将碎肉放回挖空的位置，撒上少许面包屑，在面包屑上滴少许澄清黄油；放入烤箱烤1/4小时至呈棕色，并在盘子四周浇上贝夏梅尔酱。

时间。--共计1-1/2小时。

时令三月至十月。

TO RAGOUT A KNUCKLE OF VEAL.

884. INGREDIENTS.—Knuckle of veal, pepper and salt to taste, flour, 1 onion, 1 head of celery, or a little celery-seed, a faggot of savoury herbs, 2 blades of pounded mace, thickening of butter and flour, a few young carrots, 1 tablespoonful of ketchup, 1 tablespoonful of tomato sauce, 3 tablespoonfuls of sherry, the juice of 1/4 lemon.

Mode.—Cut the meat from a knuckle of veal into neat slices, season with pepper and salt, and dredge them with flour. Fry them in a little butter of a pale brown, and put them into a stewpan with the bone (which should be chopped in several places); add the celery, herbs, mace, and carrots; pour over all about 1 pint of hot water, and let it simmer very gently for 2 hours, over a slow but clear fire. Take out the slices of meat and carrots, strain and thicken the gravy with a little butter rolled in flour; add the remaining ingredients, give one boil, put back the meat and carrots, let these get hot through, and serve. When in season, a few green peas, *boiled separately*, and added to this dish at the moment of serving, would be found a very agreeable addition.

Time.—2 hours. *Average cost*, 5d. to 6d. per lb.

Sufficient for 4 or 6 persons.

STEWED KNUCKLE OF VEAL AND RICE.

885. INGREDIENTS.—Knuckle of veal, 1 onion, 2 blades of mace, 1 teaspoonful of salt, 1/2 lb. of rice.

把小牛膝炖成浓味炖菜。

884. 配料--小牛膝，胡椒和盐适量，面粉，1个洋葱，1棵芹菜，或少许芹菜籽，一束香草，2片捣碎的肉豆蔻，黄油和面粉勾芡，几根小胡萝卜，1汤匙番茄酱，1汤匙番茄酱汁，3汤匙雪利酒，1/4个柠檬的汁。

方式。- 将小牛膝的肉切成整齐的薄片，用胡椒和盐调味，并撒上面粉。用少许黄油将其煎至浅棕色，放入炖锅中，连同骨头(骨头应在多处剁开)一起；加入芹菜、香草、肉豆蔻和胡萝卜；倒入约1 pint热水，在缓慢而明亮的火上非常轻柔地煨2小时。取出肉片和胡萝卜，将肉汁过滤并用少许裹了面粉的黄油勾芡；加入剩余的配料，煮沸一次，放回肉片和胡萝卜，让其热透后上桌。当令时，将少许青豌豆单独煮好，在上桌时加入这道菜中，会是非常宜人的增添。

时间--2小时。平均成本，每lb.5d.至6d.

足量供4或6人食用。

炖小牛膝配米饭

885. 配料--小牛膝，1个洋葱，2片肉豆蔻，
1茶匙盐，1/2磅米。

[Illustration: KNUCKLE OF VEAL.]

Mode.—Have the knuckle cut small, or cut some cutlets from it, that it may be just large enough to be eaten the same day it is dressed, as cold boiled veal is not a particularly tempting dish. Break the shank-bone, wash it clean, and put the meat into a stewpan with sufficient water to cover it. Let it gradually come to a boil, put in the salt, and remove the scum as fast as it rises. When it has simmered gently for about 3/4 hour, add the remaining ingredients, and stew the whole gently for 2-1/4 hours. Put the meat into a deep dish, pour over it the rice, &c., and send boiled bacon, and a tureen of parsley and butter to table with it.

Time.—A knuckle of veal weighing 6 lbs., 3 hours' gentle stewing.

Average cost, 5d. to 6d. per lb.

Sufficient for 5 or 6 persons.

Seasonable from March to October.

Note.—Macaroni, instead of rice, boiled with the veal, will be found good; or the rice and macaroni may be omitted, and the veal sent to table smothered in parsley and butter.

ROAST LOIN OF VEAL.

[Illustration: LOIN OF VEAL.]

886. INGREDIENTS.—Veal; melted butter.

Mode.—Paper the kidney fat; roll in and skewer the flap, which makes the joint a good shape; dredge it well with flour, and put it down to a bright fire. Should the loin be very large, skewer the

[插图：小牛膝骨]

方式。- 将小牛膝切小，或从中切出一些肉片，使其分量刚好够在烹制当天吃完，因为冷的煮小牛肉并不是特别诱人的菜肴。敲断胫骨，洗净，将肉放入炖锅并加足量水没过。让其逐渐煮沸，放入盐，并随时撇去浮起的浮沫。轻柔煨约3/4小时后，加入剩余的配料，将全部材料轻柔炖煮2-1/4小时。将肉放入深盘，浇上米饭等，并配上煮培根以及一盅欧芹黄油一同上桌。

时间。--重6 lbs.的小牛膝，文火慢炖3小时。

平均成本，每磅5便士至6便士。

足量供5或6人食用。

时令三月至十月。

注--通心粉代替米饭与小牛肉同煮，效果很好；或者省略米饭和通心粉，将小牛肉裹满欧芹黄油上桌。

烤小牛里脊

[插图：小牛里脊肉。]

886. 配料--小牛肉；融化黄油。

做法--用纸包住腰子脂肪；卷起并用签子别住腹肉片，使关节形状良好；撒上面粉，放在旺火前烤。如果腰部很大，用签子别住

kidney back for a time to roast thoroughly. Keep it well basted, and a short time before serving, remove the paper from the kidney, and allow it to acquire a nice brown colour, but it should not be burnt. Have ready some melted butter, put it into the dripping-pan after it is emptied of its contents, pour it over the veal, and serve. Garnish the dish with slices of lemon and forcemeat balls, and send to table with it, boiled bacon, ham, pickled pork, or pig's cheek.

腰背部一段时间以彻底烤透。经常浇淋，上桌前不久取下腰子上的纸，让其呈漂亮的棕色，但不应烤焦。备好一些融化黄油，倒空烤盘中的内容物后将其倒入烤盘，浇在小牛肉上，即可上桌。用柠檬片和肉馅丸子装饰餐盘，并配以煮培根、火腿、腌猪肉或猪颊肉一同上桌。

Time.—A large loin, 3 hours.

时间。--大里脊，3小时。

Average cost, 9-1/2d. per lb.

平均成本，每磅9-1/2便士。

Sufficient for 7 or 8 persons.

足量供7至8人食用。

Seasonable from March to October.

时令三月至十月。

Note.—A piece of toast should be placed under the kidney when the veal is dished.

注--装盘小牛肉时，应在腰子下方放一片烤面包。

LOIN OF VEAL AU BECHAMEL (Cold Meat Cookery).

小牛肉腰肉配贝夏梅尔酱(冷肉烹饪)。

887. INGREDIENTS.—Loin of veal, 1/2 teaspoonful of minced lemon-peel, rather more than 1/2 pint of Béchamel or white sauce.

887. 配料--小牛腰肉，1/2茶匙切碎的柠檬皮，略多于1/2品脱的贝夏梅尔酱或白酱。

Mode.—A loin of veal which has come from table with very little taken off, answers very well for this dish. Cut off the meat from the inside, mince it, and mix with it some minced lemon-peel; put it into sufficient Béchamel to warm through. In the mean time, wrap the joint in buttered paper, and place it in the oven to warm. When thoroughly hot, dish the mince, place the loin above it, and pour over the remainder of the Béchamel.

做法--从桌上撤下、所剩无几的小牛腰肉非常适合做这道菜。从内侧切下肉，切碎，拌入一些切碎的柠檬皮；放入足量的贝夏梅尔酱中加热透彻。同时，用涂了黄油的纸包住关节，放入烤箱加热。热透后，将碎肉装盘，腰肉放在上面，浇上剩余的贝夏梅尔酱。

Time.—1-1/2 hour to warm the meat in the oven.

时间。- 在烤箱中加热肉需1-1/2小时。

Seasonable from March to October.

LOIN OF VEAL, a la Daube.

888. INGREDIENTS.—The chump end of a loin of veal, forcemeat No. 417, a few slices of bacon, a bunch of savoury herbs, 2 blades of mace, 1/2 teaspoonful of whole white pepper, 1 pint of veal stock or water, 5 or 6 green onions.

Mode.—Cut off the chump from a loin of veal, and take out the bone; fill the cavity with forcemeat No. 417, tie it up tightly, and lay it in a stewpan with the bones and trimmings, and cover the veal with a few slices of bacon. Add the herbs, mace, pepper, and onions, and stock or water; cover the pan with a closely-fitting lid, and simmer for 2 hours, shaking the stewpan occasionally. Take out the bacon, herbs, and onions; reduce the gravy, if not already thick enough, to a glaze, with which glaze the meat, and serve with tomato, mushroom, or sorrel sauce.

Time.—2 hours.

Average cost, 9d. per lb.

Sufficient for 4 or 5 persons.

Seasonable from March to October.

MINCED VEAL, with Béchamel Sauce (Cold Meat Cookery).

(*Very Good.*)

889. INGREDIENTS.—The remains of a fillet of veal, 1 pint of Béchamel sauce No. 367, 1/2 teaspoonful of minced lemon-peel, forcemeat balls.

Mode.—Cut—but do not *chop*—a few slices of cold roast veal as

时令三月至十月。

小牛肉腰肉，达贝风味。

888. 配料--小牛腰肉的臀端，第417号肉馅，几片培根，一束香草，2片肉豆蔻，1/2茶匙整白胡椒，1品脱小牛肉高汤或水，5或6根青葱。

方式。- 从小牛腰肉上切下臀肉，取出骨头；将空腔填入第417号肉馅，紧紧捆扎，放入炖锅，连同骨头和碎料一起，并在小牛肉上覆盖几片培根。加入香草、肉豆蔻、胡椒和洋葱，以及高汤或水；用严密的盖子盖住锅，煨2小时，不时摇动炖锅。取出培根、香草和洋葱；如果肉汁还不够浓稠，将其收浓成釉汁，用釉汁涂抹肉面，配番茄酱汁、蘑菇酱汁或酸模酱汁上桌。

时间。--2小时。

平均成本，每磅9便士。

足量供4或5人食用。

时令三月至十月。

小牛肉末配白汁酱(冷肉烹饪)

(很好。)

889. 配料--小牛里脊的剩余部分，1品脱第367号贝夏梅尔酱，1/2茶匙切碎的柠檬皮，肉馅丸子。

做法--切--但不要剁--几片冷烤小牛肉

finely as possible, sufficient to make rather more than 1 lb., weighed after being minced. Make the above proportion of Béchamel, by recipe No. 367; add the lemon-peel, put in the veal, and let the whole gradually warm through. When it is at the point of simmering, dish it, and garnish with forcemeat balls and fried sippets of bread.

尽可能切细，足以做出略多于1 lb.的量，剁碎后称重。按食谱第367号制作上述比例的贝夏梅尔酱，加入柠檬皮，放入小牛肉，让整体逐渐热透。当它达到微沸状态时，装盘，用肉馅丸子和煎面包丁装饰。

Time.—To simmer 1 minute.

时间。--煨煮1分钟。

Average cost, exclusive of the cold meat, 1s. 4d.

平均成本，不含冷肉，为1先令4便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable from March to October.

时令三月至十月。

MINCED VEAL.

剁碎的小牛肉。

(*More Economical.*)

(更经济。)

890. INGREDIENTS.—The remains of cold roast fillet or loin of veal, rather more than 1 pint of water, 1 onion, 1/2 teaspoonful of minced lemon-peel, salt and white pepper to taste, 1 blade of pounded mace, 2 or 3 young carrots, a faggot of sweet herbs, thickening of butter and flour, 1 tablespoonful of lemon-juice, 3 tablespoonfuls of cream or milk.

890. 配料--冷烤小牛肉里脊或腰肉的剩余部分，略多于1 pint的水，1个洋葱，1/2茶匙切碎的柠檬皮，盐和白胡椒适量，1片捣碎的肉豆蔻，2或3根嫩胡萝卜，一束香草，黄油和面粉勾芡，1汤匙柠檬汁，3汤匙奶油或牛奶。

Mode.—Take about 1 lb. of veal, and should there be any bones, dredge them with flour, and put them into a stewpan with the brown outside, and a few meat trimmings; add rather more than a pint of water, the onion cut in slices, lemon-peel, seasoning, mace, carrots, and herbs; simmer these well for rather more than 1 hour, and strain the liquor. Rub a little flour into some butter; add this to the gravy, set it on the fire, and, when it boils, skim well. Mince

做法--取约1 lb.小牛肉，如有骨头，撒上面粉，与棕色外层和少量肉碎一起放入炖锅；加入略多于1 pint的水、切片洋葱、柠檬皮、调味、肉豆蔻、胡萝卜和香草；好好煨煮略多于1小时，滤出汤汁。在少量黄油中揉入一点面粉；将此加入肉汁，置于火上，煮沸时撇净浮沫。剁碎

the veal finely by *cutting*, and not chopping it; put it in the gravy; let it get warmed through gradually; add the lemon-juice and cream, and, when it is on the point of boiling, serve. Garnish the dish with sippets of toasted bread and slices of bacon rolled and toasted. Forcemeat balls may also be added. If more lemon-peel is liked than is stated above, put a little very finely minced to the veal, after it is warmed in the gravy.

小牛肉要细心地切，而不是斩；放入肉汁中；让它逐渐热透；加入柠檬汁和奶油，当它即将沸腾时，上桌。用烤面包丁和卷起烤过的培根片装饰盘子。也可以加入肉馅丸子。如果喜欢比上述更多的柠檬皮，可在小牛肉在肉汁中热透后，加入一点切得极细的柠檬皮。

Time.—1 hour to make the gravy.

时间。--制作肉汁需1小时。

Average cost, exclusive of the cold meat, 6d.

平均成本，不含冷肉，6便士。

Seasonable from March to October.

时令三月至十月。

THE CALF A SYMBOL OF DIVINE POWER.—A singular symbolical ceremony existed among the Hebrews, in which the calf performed a most important part. The calf being a type or symbol of Divine power, or what was called the *Elohim*,—the Almighty intelligence that brought them out of Egypt,—was looked upon much in the same light by the Jews, as the cross subsequently was by the Christians, a mystical emblem of the Divine passion and goodness. Consequently, an oath taken on either the calf or the cross was considered equally solemn and sacred by Jew or Nazarene, and the breaking of it a soul-staining perjury on themselves, and an insult and profanation directly offered to the Almighty. To render the oath more impressive and solemn, it was customary to slaughter a dedicated calf in the temple, when, the priests having divided the carcase into a certain number of parts, and with intervening spaces, arranged the severed limbs on the marble pavement, the one, or all the party, if there were many individuals, to be bound by the oath, repeating the words of the compact, threaded their way in and out through the different

小牛--神力的象征。--希伯来人中曾存在一种奇特的象征性仪式，小牛在其中扮演着极其重要的角色。小牛既是神力的类型或象征，亦即所谓的埃洛希姆--引领他们出埃及的全能智慧--，在犹太人眼中，其意义与后来十字架在基督徒眼中的意义大致相同，都是神性受难与至善的神秘标志。因此，无论是凭小牛还是凭十字架起誓，在犹太人或拿撒勒人看来都同样庄严神圣，违背誓言便是玷污自己灵魂的伪誓，是对全能者直接施加的侮辱与亵渎。为使誓言更加感人而庄严，惯常的做法是在圣殿中宰杀一头专献的小牛，祭司将牛尸分成一定数目的部分，各段之间留有空隙，把割下的肢体排列在大理石地面上，起誓的一方或全体(若有多人)便口中复诵盟约的言辞，在诸段之间穿行绕走，直到绕遍分割开的牛尸的每一部分，仪式方告结束。当耶路撒冷受到尼布甲尼撒及其巴比伦大军的威胁时，犹太人为平息主的怒气，曾向神庄严起誓，并以小牛仪式加以确认：倘若神使他们脱离所畏惧的仇敌，他们便解除希伯来同胞的奴役。巴比伦人围城一段时间，使居民陷入极度苦难与匮乏之后，听说犹太人求援的法老正率领大军迅速逼近，便匆忙撤围，退至远处，占据一个既可截击埃及人、又能继续控制该城的位置。犹太人一见敌人撤退，便以为一切危险都已过去，遂以其惯有的卑劣背弃誓言，拒绝释放受压迫的同胞。由于他们违背了与主所立的约，便被交于刀剑、瘟疫与饥荒的一切恐怖之中--耶利米书第三十四章第十五至十七节。

spaces, till they had taken the circuit of each portion of the divided calf, when the ceremony was concluded. To avert the anger of the Lord, when Jerusalem was threatened by Nebuchadnezzar and his Babylonian host, the Jews had made a solemn to God, ratified by the ceremony of the calf, if He released them from their dreaded foe, to cancel the servitude of their Hebrew brethren. After investing the city for some time, and reducing the inhabitants to dreadful suffering and privation, the Babylonians, hearing that Pharaoh, whom the Jews had solicited for aid, was rapidly approaching with a powerful army, hastily raised the siege, and, removing to a distance, took up a position where they could intercept the Egyptians, and still cover the city. No sooner did the Jews behold the retreat of the enemy, than they believed all danger was past, and, with their usual turpitude, they repudiated their oath, and refused to liberate their oppressed countrymen. For this violation of their covenant with the Lord, they were given over to all the horrors of the sword, pestilence, and famine—Jeremiah, xxxiv. 15-17.

他们绕行于分割开的牛犊的每一部分，直到仪式结束。当耶路撒冷受到尼布甲尼撒及其巴比伦大军的威胁时，犹太人曾向主庄严起誓，并以牛犊之礼加以确认：倘若主救他们脱离所畏惧的仇敌，他们便解除希伯来弟兄的奴役。巴比伦人围困该城一段时间，使居民陷入极度的苦难与匮乏之后，听说犹太人求援的法老正率领大军迅速逼近，便匆忙撤围，退至远处，占据一处既能截击埃及人、又能继续控制该城的位置。犹太人一见敌人撤退，便以为一切危险都已过去，遂以其惯有的卑劣背弃誓言，拒绝释放受压迫的同胞。由于他们违背了与主所立的约，他们便被交于刀剑、瘟疫与饥荒的一切恐怖之中--耶利米书，第三十四章第15至17节。

MINCED VEAL AND MACARONI.

碎小牛肉通心粉

(*A pretty side or corner dish*.)

(一道漂亮的配菜或角盘。)

891. INGREDIENTS.—3/4 lb. of minced cold roast veal, 3 oz. of ham, 1 tablespoonful of gravy, pepper and salt to taste, 3 teaspoonful of grated nutmeg, 1/4 lb. of bread crumbs, 1/4 lb. of macaroni, 1 or 2 eggs to bind, a small piece of butter.

891. 配料--3/4 lb.切碎的冷烤小牛肉，3 oz.火腿，1汤匙肉汁，胡椒和盐适量，3茶匙磨碎的肉豆蔻，1/4 lb.面包屑，1/4 lb.通心粉，1或2个鸡蛋用于粘合，一小块黄油。

Mode.—Cut some nice slices from a cold fillet of veal, trim off the brown outside, and mince the meat finely with the above proportion of ham: should the meat be very dry, add a spoonful of

做法--从冷小牛肉里脊上切下一些好的薄片，去掉棕色外层，将肉与上述比例的火腿一起切细：如果肉很干，加一勺

good gravy. Season highly with pepper and salt, add the grated nutmeg and bread crumbs, and mix these ingredients with 1 or 2 eggs well beaten, which should bind the mixture and make it like forcemeat. In the mean time, boil the macaroni in salt and water, and drain it; butter a mould, put some of the macaroni at the bottom and sides of it, in whatever form is liked; mix the remainder with the forcemeat, fill the mould up to the top, put a plate or small dish on it, and steam for 1/2 hour. Turn it out carefully, and serve with good gravy poured round, but not over, the meat.

上好的肉汁。用胡椒和盐重重调味，加入磨碎的肉豆蔻和面包屑，将这些配料与一两个打散的鸡蛋混合，鸡蛋应能把混合物黏合起来，使其类似forcemeat。与此同时，将通心粉在盐水中煮沸，沥干；在模子上抹黄油，按喜欢的形状把一些通心粉铺在模子底部和四周；将其余的通心粉与forcemeat混合，把模子填满至顶部，上面盖一只盘子或小碟，蒸1/2小时。小心地将其扣出，盛盘时在肉周围浇上好的肉汁，但不要浇在肉上。

Time.—1/2 hour. *Average cost*, exclusive of the cold meat, 10d.

时间--1/2小时。平均成本，不含冷肉，10d.

Seasonable from March to October.

时令三月至十月。

Note.—To make a variety, boil some carrots and turnips separately in a little salt and water; when done, cut them into pieces about 1/8 inch in thickness; butter an oval mould, and place these in it, in white and red stripes alternately, at the bottom and sides. Proceed as in the foregoing recipe, and be very careful in turning it out of the mould.

注--为求变化，可将一些胡萝卜和芜菁分别在少量盐水中煮；煮好后，切成约1/8英寸厚的片；在椭圆形模具中抹黄油，将这些片以白色和红色条纹交替排列在底部和侧面。按上述食谱继续操作，从模具中倒出时要非常小心。

MOULDED MINCED VEAL (Cold Meat Cookery).

模制碎小牛肉(冷肉烹饪)。

892. INGREDIENTS.—3/4 lb. of cold roast veal, a small slice of bacon, 1/4 teaspoonful of minced lemon-peel, 1/2 onion chopped fine, salt, pepper, and pounded mace to taste, a slice of toast soaked in milk, 1 egg.

892. 配料--3/4 lb.冷烤小牛肉，一小片培根，1/4茶匙切碎的柠檬皮，1/2个洋葱切细，盐、胡椒和捣碎的肉豆蔻适量，一片浸过牛奶的吐司，1个鸡蛋。

Mode.—Mince the meat very fine, after removing from it all skin and outside pieces, and chop the bacon; mix these well together, adding the lemon-peel, onion, seasoning, mace, and toast. When all the ingredients are thoroughly incorporated, heat up an egg,

做法--将肉切得极细，先去除所有筋膜和外层碎块，剁碎培根；将它们充分混合，加入柠檬皮、洋葱、调味、肉豆蔻和吐司。当所有配料完全融合后，加热一个鸡蛋，

with which bind the mixture. Butter a shape, put in the meat, and hake for 3/4 hour; turn it out of the mould carefully, and pour round it a good brown gravy. A sheep's head dressed in this manner is an economical and savoury dish.

Time.—3/4 hour. *Average cost*, exclusive of the meat, 6d.

Seasonable from March to October.

BRAISED NECK OF VEAL.

893. INGREDIENTS.—The best end of the neck of veal (from 3 to 4 lbs.), bacon, 1 tablespoonful of minced parsley, salt, pepper, and grated nutmeg to taste; 1 onion, 2 carrots, a little celery (when this is not obtainable, use the seed), 1/2 glass of sherry, thickening of butter and flour, lemon-juice, 1 blade of pounded mace.

Mode.—Prepare the bacon for larding, and roll it in minced parsley, salt, pepper, and grated nutmeg; lard the veal, put it into a stewpan with a few slices of lean bacon or ham, an onion, carrots, and celery; and do not quite cover it with water. Stew it gently for 2 hours, or until it is quite tender; strain off the liquor; stir together over the fire, in a stewpan, a little flour and butter until brown; lay the veal in this, the upper side to the bottom of the pan, and let it remain till of a nice brown colour. Place it in the dish; pour into the stewpan as much gravy as is required, boil it up, skim well, add the wine, pounded mace, and lemon-juice; simmer for 3 minutes, pour it over the meat, and serve.

Time.—Rather more than 2 hours.

Average cost, 8d. per lb.

用它来粘合混合物。在模具中抹黄油，放入肉，烘烤3/4小时；小心地从模具中倒出，周围浇上好的棕色肉汁。以这种方式烹制的羊头是一道经济又美味的菜肴。

时间。--3/4小时。平均成本，不含肉，6便士。

时令三月至十月。

焖小牛颈肉。

893. 配料--小牛颈肉的最佳部位(3至

4 lbs.)，培根，1汤匙切碎的欧芹，盐、胡椒和磨碎的肉豆蔻适量；1个洋葱，2根胡萝卜，少量芹菜(得不到时用芹菜籽),1/2杯雪利酒，黄油和面粉勾芡，柠檬汁，1片捣碎的肉豆蔻。

做法。--将培根准备好用于嵌油，裹上切碎的欧芹、盐、胡椒和磨碎的肉豆蔻；给小牛肉嵌上油，放入炖锅，加几片瘦培根或火腿、一个洋葱、胡萝卜和芹菜；加水不要完全没过它。用文火炖2小时，或炖至十分软烂；滤出汤汁；在炖锅中将少许面粉和黄油在火上搅拌至呈棕色；把小牛肉放入其中，上面朝下贴着锅底，让其停留至呈现漂亮的棕色。将其放入盘中；往炖锅里倒入所需分量的肉汁，煮沸，撇净浮沫，加入葡萄酒、捣碎的肉豆蔻皮和柠檬汁；煨3分钟，浇在肉上，即可上桌。

时间。--两个多小时。

平均成本，每磅8便士。

Sufficient for 5 or 6 persons.

Seasonable from March to October.

BIRTH OF CALVES.—The cow seldom produces more than a single calf; sometimes, twins, and, very rarely, three. A French newspaper, however,—the "Nouveau Bulletin des Sciences,"—gave a trustworthy but extraordinary account of a cow which produced nine calves in all, at three successive births, in three successive years. The first year, four cow calves; the second year, three calves, two of them females; the third year, two calves, both females. With the exception of two belonging to the first birth, all were suckled by the mother.

ROAST NECK OF VEAL.

894. INGREDIENTS.—Veal, melted butter, forcemeat balls.

Mode.—Have the veal cut from the best end of the neck; dredge it with flour, and put it down to a bright clear fire; keep it well basted; dish it, pour over it some melted butter, and garnish the dish with fried forcemeat balls; send to table with a cut lemon. The scrag may be boiled or stewed in various ways, with rice, onion-sauce, or parsley and butter.

Time.—About 2 hours. *Average cost,* 8d. per lb.

Sufficient.—4 or 5 lbs. for 5 or 6 persons.

Seasonable from March to October.

VEAL OLIVE PIE (Cold Meat Cookery).

895. INGREDIENTS.—A few thin slices of cold fillet of veal, a few thin slices of bacon, forcemeat No. 417, a cupful of gravy, 4

足量供5或6人食用。

时令三月至十月。

小牛的出生。--母牛很少产下超过一头小牛；有时产双胎，极少数产三胎。然而，一份法国报纸--《新科学公报》--曾刊载一则可信却非同寻常的报道：一头母牛在连续三年、连续三次生产中，共产下九头小牛。第一年，四头母犊；第二年，三头小牛，其中两头为母犊；第三年，两头小牛，均为母犊。除第一胎中的两头外，其余均由母牛哺乳。

烤小牛颈肉。

894. 配料--小牛肉、融化黄油、肉丸。

做法--将小牛肉从颈部最好的部位切下；撒上面粉，放在明亮清澈的火前；经常浇淋；装盘，浇上一些融化的黄油，用煎肉馅丸子装饰盘子；配一片切开的柠檬上桌。颈肉可以用米饭、洋葱酱或欧芹黄油以各种方式煮或炖。

时间--约2小时。平均成本，每lb.8d.份量--5或6人用4
或5 lbs.。时令为三月至十月。

小牛肉橄榄派(冷肉烹饪)。

895. 配料--几片薄冷小牛肉里脊片，几片薄培根片，第417号肉馅，一杯肉汁，4

tablespoonfuls of cream, puff-crust.

Mode.—Cut thin slices from a fillet of veal, place on them thin slices of bacon, and over them a layer of forcemeat, made by recipe No. 417, with an additional seasoning of shalot and cayenne; roll them tightly, and fill up a pie-dish with them; add the gravy and cream, cover with a puff-crust, and bake for 1 to 1-1/2 hour: should the pie be very large, allow 2 hours. The pieces of rolled veal should be about 3 inches in length, and about 3 inches round.

Time.—Moderate-sized pie, 1 to 1-1/2 hour.

Seasonable from March to October.

FRIED PATTIES (Cold Meat Cookery).

896. INGREDIENTS.—Cold roast veal, a few slices of cold ham, 1 egg boiled hard, pounded mace, pepper and salt to taste, gravy, cream, 1 teaspoonful of minced lemon-peel, good puff-paste.

Mode.—Mince a little cold veal and ham, allowing one-third ham to two-thirds veal; add an egg boiled hard and chopped, and a seasoning of pounded mace, salt, pepper, and lemon-peel; moisten with a little gravy and cream. Make a good puff-paste; roll rather thin, and cut it into round or square pieces; put the mince between two of them, pinch the edges to keep in the gravy, and fry a light brown. They may be also baked in patty-pans: in that case, they should be brushed over with the yolk of an egg before they are put in the oven. To make a variety, oysters may be substituted for the ham.

Time.—15 minutes to fry the patties.

几汤匙奶油，千层酥皮。

做法--从小牛肉里脊上切下薄片，在上面放薄培根片，再在上面铺一层按食谱第417号制作、额外加了青葱和卡宴辣椒调味的肉馅；紧紧卷起，装满一个馅饼盘；加入肉汁和奶油，盖上酥皮，烘烤1至1-1/2小时：如果馅饼很大，允许2小时。卷起的小牛肉块应长约3英寸，周长约3英寸。

时间。- 中等大小的馅饼，1 至 1-1/2 小时。

时令三月至十月。

炸肉饼(冷肉烹饪)

896. 配料--冷烤小牛肉，几片冷火腿，1个煮硬的鸡蛋，捣碎的肉豆蔻，胡椒和盐适量，肉汁，奶油，1茶匙切碎的柠檬皮，好的酥皮。

做法。--将少量冷小牛肉和火腿切碎，火腿占三分之一，小牛肉占三分之二；加入一枚煮硬后切碎的鸡蛋，以及由捣碎的肉豆蔻、盐、胡椒和柠檬皮调成的调味；用少量肉汁和奶油润湿。制作上好的酥皮；擀得相当薄，切成圆形或方形小块；将肉馅夹在两片之间，捏紧边缘以保住肉汁，煎至浅棕色。也可以用馅饼模烘制：若是这样，放入烤箱前应在表面刷上蛋黄。为求变化，可用牡蛎代替火腿。

时间。--煎肉饼需15分钟。

Seasonable from March to October.

VEAL PIE.

897. INGREDIENTS.—2 lbs. of veal cutlets, 1 or 2 slices of lean bacon or ham, pepper and salt to taste, 2 tablespoonfuls of minced savoury herbs, 2 blades of pounded mace, crust, 1 teacupful of gravy.

Mode.—Cut the cutlets into square pieces, and season them with pepper, salt, and pounded mace; put them in a pie-dish with the savoury herbs sprinkled over, and 1 or 2 slices of lean bacon or ham placed at the top: if possible, this should be previously cooked, as undressed bacon makes the veal red, and spoils its appearance. Pour in a little water, cover with crust, ornament it in any way that is approved; brush it over with the yolk of an egg, and bake in a well-heated oven for about 1-1/2 hour. Pour in a good gravy after baking, which is done by removing the top ornament, and replacing it after the gravy is added.

Time.—About 1-1/2 hour. *Average cost,* 2s. 6d.

Sufficient for 5 or 6 persons.

Seasonable from March to October.

A VERY VEAL DINNER.—At a dinner given by Lord Polkemmet, a Scotch nobleman and judge, his guests saw, when the covers were removed, that the fare consisted of veal broth, a roasted fillet of veal, veal cutlets, a veal pie, a calf's head, and calf's-foot jelly. The judge, observing the surprise of his guests, volunteered an explanation.—"Oh, ay, it's a' cauf; when we kill a beast, we just eat up ae side, and doun the tither."

时令三月至十月。

小牛肉派。

897. 配料--2 lbs.小牛肉排，1或2片瘦培根或火腿，胡椒和盐适量，2汤匙切碎的香草，2片捣碎的肉豆蔻，酥皮，1茶杯肉汁。

做法。--将肉排切成方形块，用胡椒、盐和捣碎的肉豆蔻调味；放入馅饼盘中，撒上香草，并在顶部放一两片瘦培根或火腿：如有可能，这应事先煮熟，因为未煮过的培根会使小牛肉变红，破坏其外观。倒入少量水，盖上酥皮，随意装饰；刷上蛋黄，在充分加热的烤箱中烘制约1-1/2小时。烘好后倒入上好的肉汁，做法是取下顶部装饰，加入肉汁后再放回。

时间。--约1-1/2小时。平均费用,2先令6便士。

足量供5或6人食用。

时令三月至十月。

一顿十足的小牛肉正餐--苏格兰贵族兼法官波尔凯梅特勋爵举行的一次正餐上，揭开盖子后，客人们看到饭菜包括小牛肉肉汤、烤小牛肉里脊、小牛肉排、小牛肉馅饼、小牛头和牛蹄果冻。法官见客人们惊讶，主动解释道--“哦，是啊，全是小牛；我们宰一头牲口，就吃一边，另一边也吃掉。”

VEAL AND HAM PIE.

898. INGREDIENTS.—2 lbs. of veal cutlets, 1/2 lb. of boiled ham, 2 tablespoonfuls of minced savoury herbs, 1/4 teaspoonful of grated nutmeg, 2 blades of pounded mace, pepper and salt to taste, a strip of lemon-peel finely minced, the yolks of 2 hard-boiled eggs, 1/2 pint of water, nearly 1/2 pint of good strong gravy, puff-crust.

Mode.—Cut the veal into nice square pieces, and put a layer of them at the bottom of a pie-dish; sprinkle over these a portion of the herbs, spices, seasoning, lemon-peel, and the yolks of the eggs cut in slices; cut the ham very thin, and put a layer of this in. Proceed in this manner until the dish is full, so arranging it that the ham comes at the top. Lay a puff-paste on the edge of the dish, and pour in about 1/2 pint of water; cover with crust, ornament it with leaves, brush it over with the yolk of an egg, and bake in a well-heated oven for 1 to 1-1/2 hour, or longer, should the pie be very large. When it is taken out of the oven, pour in at the top, through a funnel, nearly 1/2 pint of strong gravy: this should be made sufficiently good that, when cold, it may cut in a firm jelly. This pie may be very much enriched by adding a few mushrooms, oysters, or sweetbreads; but it will be found very good without any of the last-named additions.

Time.—1-1/2 hour, or longer, should the pie be very large. *Average cost,* 3s. *Sufficient* for 5 or 6 persons. *Seasonable* from March to October.

POTTED VEAL (for Breakfast).

899. INGREDIENTS.—To every lb. of veal allow 1/4 lb. of ham,

小牛肉火腿派。

898. 配料--2磅小牛肉片，1/2磅熟火腿，

2汤匙切碎的香草，1/4茶匙磨碎的肉豆蔻，2片捣碎的肉豆蔻，胡椒和盐适量，一条切得极细的柠檬皮，2个煮硬鸡蛋的蛋黄，1/2 pint水，近1/2 pint好的浓肉汁，酥皮。

做法。--将小牛肉切成漂亮的方形块，在馅饼盘底部铺一层；在上面撒一部分香草、香料、调味、柠檬皮和切成片的蛋黄；将火腿切得很薄，铺上一层。如此反复直至盘满，安排得当使火腿位于顶部。在盘边放上酥皮，倒入约1/2品脱水；盖上酥皮，用叶子装饰，刷上蛋黄，在充分加热的烤箱中烘制1至1-1/2小时，若馅饼很大则需更久。从烤箱取出后，通过漏斗从顶部倒入近1/2品脱浓肉汁：这肉汁应足够好，冷却后能切成坚实的果冻。此馅饼可加入少量蘑菇、牡蛎或甜面包大大增色；但即使不加最后提到的这些添加物，也会非常美味。

时间--1-1/2小时，如果馅饼很大则更长。平均成本,3s.份量供5或6人。时令为三月至十月。

罐装小牛肉(早餐用)。

899. 配料--每1 lb.小牛肉配1/4 lb.火腿，

cayenne and pounded mace to taste, 6 oz. of fresh butter; clarified butter.

Mode.—Mince the veal and ham together as finely as possible, and pound well in a mortar, with cayenne, pounded mace, and fresh butter in the above proportion. When reduced to a perfectly smooth paste, press it into potting-pots, and cover with clarified butter. If kept in a cool place, it will remain good some days.

Seasonable from March to October.

NAMES OF CALVES, &c.—During the time the young male calf is suckled by his mother, he is called a bull-or ox-calf; when turned a year old, he is called a stirk, stot, or yearling; on the completion of his second year, he is called a two-year-old bull or steer (and in some counties a twinter); then, a three-year-old steer; and at four, an ox or a bullock, which latter names are retained till death. It may be here remarked, that the term ox is used as a general or common appellation for neat cattle, in a specific sense, and irrespective of sex; as the British ox, the Indian ox. The female is termed cow, but while sucking the mother, a cow-calf; at the age of a year, she is called a yearling quey; in another year, a heifer, or twinter; then, a three-year-old quey or twinter; and, at four years old, a cow. Other names, to be regarded as provincialisms, may exist in different districts.

RAGOUT OF COLD VEAL (Cold Meat Cookery).

900. INGREDIENTS.—The remains of cold veal, 1 oz. of butter, 1/2 pint of gravy, thickening of butter and flour, pepper and salt to taste, 1 blade of pounded mace, 1 tablespoonful of mushroom ketchup, 1 tablespoonful of sherry, 1 dessertspoonful of lemon-

卡宴辣椒与捣碎的肉豆蔻按口味添加，6盎司新鲜黄油；澄清黄油。

做法--将小牛肉和火腿尽可能切细，与卡宴辣椒、捣碎的肉豆蔻和上述比例的新鲜黄油一起在研钵中充分捣碎。当它变成完全光滑的糊状时，压入罐中，盖上澄清黄油。放在阴凉处，可保持数日不变质。

时令三月至十月。

小牛的名称等。--在幼年公犊由母牛哺乳期间，称为公牛犊或阉牛犊；满一岁时，称为stirk、stot或yearling；满两岁时，称为两岁公牛或steer(有些郡称twinter)；然后是三岁steer；四岁时为ox或bullock，后两个名称保留至死。此处可指出，ox一词用作牛类的通称或普通称谓，在特定意义上不分性别；如British ox、Indian ox。雌性称为cow，但哺乳期间为cow-calf；一岁时称为yearling quey；再过一年为heifer或twinter；然后是三岁quey或twinter；四岁时为cow。其他名称可视为方言，可能存在于不同地区。

冷小牛肉炖菜(冷肉烹饪)。

900. 配料--冷小牛肉的剩余部分，1 oz.黄油，

1/2 pint肉汁，黄油和面粉勾芡，胡椒和盐适量，1片捣碎的肉豆蔻，1汤匙蘑菇番茄酱，1汤匙雪利酒，1甜点匙柠檬

juice, forcemeat balls.

Mode.—Any part of veal will make this dish. Cut the meat into nice-looking pieces, put them in a stewpan with 1 oz. of butter, and fry a light brown; add the gravy (hot water may be substituted for this), thicken with a little butter and flour, and stew gently about 1/4 hour; season with pepper, salt, and pounded mace; add the ketchup, sherry, and lemon-juice; give one boil, and serve. Garnish the dish with forcemeat balls and fried rashers of bacon.

Time.—Altogether 1/2 hour.

Average cost, exclusive of the cold meat, 6d.

Seasonable from March to October.

Note.—The above recipe may be varied, by adding vegetables, such as peas, cucumbers, lettuces, green onions cut in slices, a dozen or two of green gooseberries (not seedy), all of which should be fried a little with the meat, and then stewed in the gravy.

VEAL RISSOLES (Cold Meat Cookery).

901. INGREDIENTS.—A few slices of cold roast veal, a few slices of ham or bacon, 1 tablespoonful of minced parsley, 1 tablespoonful of minced savoury herbs, 1 blade of pounded mace, a very little grated nutmeg, cayenne and salt to taste, 2 eggs well beaten, bread crumbs.

Mode.—Mince the veal very finely with a little ham or bacon; add the parsley, herbs, spices, and seasoning; mix into a paste with an egg; form into balls or cones; brush these over with egg, sprinkle

汁，肉丸。

做法--小牛肉的任何部位都可做这道菜。将肉切成好看的小块，与1 oz.黄油一起放入炖锅，煎至浅棕色；加入肉汁(可用热水代替)，用少量黄油和面粉勾芡，轻轻炖约1/4小时；用胡椒、盐和捣碎的肉豆蔻调味；加入番茄酱、雪利酒和柠檬汁；煮沸一次，上桌。用肉馅丸子和煎培根片装饰盘子。

时间。--共计半小时。

平均成本，不含冷肉，6便士。

时令三月至十月。

注--上述食谱可以变化，加入蔬菜，如豌豆、黄瓜、生菜、切片青葱、一二十个青醋栗(无籽)，所有这些都应与肉一起略煎，然后在肉汁中炖。

小牛肉炸馅饼(冷肉烹饪)。

901. 配料--几片冷烤小牛肉，几片火腿或培根，1汤匙切碎的欧芹，1汤匙切碎的香草，1片捣碎的肉豆蔻，极少量磨碎的肉豆蔻，卡宴辣椒和盐适量，2个打散的鸡蛋，面包屑。

做法--将小牛肉与少量火腿或培根一起切得极细；加入欧芹、香草、香料和调味；用鸡蛋拌成糊；做成丸子或锥形；刷上鸡蛋，撒上

with bread crumbs, and fry a rich brown. Serve with brown gravy, and garnish the dish with fried parsley.

面包屑，煎至深棕色。配棕色肉汁上桌，用煎欧芹装饰盘子。

Time.—About 10 minutes to fry the rissoles.

时间。--煎肉饼约需10分钟。

Seasonable from March to October.

时令三月至十月。

VEAL ROLLS (Cold Meat Cookery).

小牛肉卷(冷肉烹饪)。

902. INGREDIENTS.—The remains of a cold fillet of veal, egg and bread crumbs, a few slices of fat bacon, forcemeat No. 417.

902. 配料--冷小牛肉里脊的剩余部分，鸡蛋和面包屑，几片肥培根，第417号肉馅。

Mode.—Cut a few slices from a cold fillet of veal 1/2 inch thick; rub them over with egg; lay a thin slice of fat bacon over each piece of veal; brush these with the egg, and over this spread the forcemeat thinly; roll up each piece tightly, egg and bread crumb them, and fry them a rich brown. Serve with mushroom sauce or brown gravy.

做法--从冷小牛肉里脊上切下几片1/2英寸厚的片；涂上鸡蛋；在每片小牛肉上放一片薄肥培根；刷上鸡蛋，在上面薄薄地铺上肉馅；将每片紧紧卷起，蘸鸡蛋和面包屑，煎至深棕色。配蘑菇酱或棕色肉汁上桌。

Time.—10 to 15 minutes to fry the rolls.

时间。--炸卷需10至15分钟。

Seasonable from March to October.

时令三月至十月。

SHOULDER OF VEAL, Stuffed and Stewed.

小牛肩肉，填馅炖煮。

903. INGREDIENTS.—A shoulder of veal, a few slices of ham or bacon, forcemeat No. 417, 3 carrots, 2 onions, salt and pepper to taste, a faggot of savoury herbs, 3 blades of pounded mace, water, thickening of butter and flour.

903. 配料--小牛肩肉一块，火腿或培根数片，第417号食谱的馅料，胡萝卜3根，洋葱2个，盐和胡椒适量，调味香草一束，捣碎的肉豆蔻3片，水，黄油和面粉制成的增稠剂。

Mode.—Bone the joint by carefully detaching the meat from the blade-bone on one side, and then on the other, being particular not to pierce the skin; then cut the bone from the knuckle, and take it out. Fill the cavity whence the bone was taken with a forcemeat made by recipe No. 417. Roll and bind the veal up

做法--小心地将肉从一侧的肩胛骨上剥离，然后再从另一侧剥离，注意不要刺破表皮；然后从关节处切下骨头并取出。用第417号食谱制作的馅料填充取出骨头后留下的空腔。将小牛肉卷起并捆扎好

tightly; put it into a stew-pan with the carrots, onions, seasoning, herbs, and mace; pour in just sufficient water to cover it, and let it stew *very gently* for about 5 hours. Before taking it up, try if it is properly done by thrusting a larding-needle in it: if it penetrates easily, it is sufficiently cooked. Strain and skim the gravy, thicken with butter and flour, give one boil, and pour it round the meat. A few young carrots may be boiled and placed round the dish as a garnish, and, when in season, green peas should always be served with this dish.

紧紧地；放入炖锅，加入胡萝卜、洋葱、调味、香草和肉豆蔻；倒入刚好没过它的水，让其非常轻柔地炖约5小时。取出前，用肥肉针插入试探是否煮好：若能轻易穿透，即已充分煮熟。将肉汁过滤并撇去浮油，用黄油和面粉勾芡，煮沸一次，浇在肉周围。可煮几根嫩胡萝卜摆在盘边作配菜，当令时，此菜应始终配青豌豆上桌。

Time.—5 hours. *Average cost*, 7d. per lb.

时间。- 5小时。平均成本，每磅7便士。

Sufficient for 8 or 9 persons. *Seasonable* from March to October.

足够 8至9人食用。时令三月至十月。

THE FATTENING OF CALVES.—The fattening of calves for the market is an important business in Lanarkshire or Clydesdale, and numbers of newly-dropped calves are regularly carried there from the farmers of the adjacent districts, in order to be prepared for the butcher. The mode of feeding them is very simple; milk is the chief article of their diet, and of this the calves require a sufficient supply from first to last. Added to this, they must be kept in a well-aired place, neither too hot nor too cold, and freely supplied with dry litter. It is usual to exclude the light,—at all events to a great degree, and to put within their reach a lump of chalk, which they are very fond of licking. Thus fed, calves, at the end of 8 or 9 weeks, often attain a very large size; viz., 18 to 20 stone, exclusive of the offal. Far heavier weights have occurred, and without any deterioration in the delicacy and richness of the flesh. This mode of feeding upon milk alone at first appears to be very expensive, but it is not so, when all things are taken into consideration; for at the age of 9 or 10 weeks a calf, originally purchased for 8

小牛的育肥。--为市场育肥小牛在拉纳克郡或克莱兹代尔是一项重要业务，邻近地区的农场主定期将大量刚产下的小牛运到那里，以备屠宰。喂养方法非常简单；牛奶是它们的主要食物，小牛自始至终需要充足的牛奶供应。除此之外，还必须把它们养在通风良好的地方，既不太热也不太冷，并充分供给干燥的垫草。通常要避光--至少在很大程度上避光--并在它们够得着的地方放一块白垩，它们非常喜欢舔食。如此喂养，小牛在8或9周结束时往往能达到很大的体型；即18至20石，不包括内脏。曾出现过更重的重量，而且肉的细嫩和肥美丝毫未减。这种最初只喂牛奶的喂养方式乍看似乎非常昂贵，但通盘考虑后并非如此；因为一头最初以8先令购得的小牛，在9或10周龄时几乎能卖到同样数目的英镑。

shillings, will realize nearly the same number of pounds. For 4, or even 6 weeks, the milk of one cow is sufficient,—indeed half that quantity is enough for the first fortnight; but after the 5th or 6th week it will consume the greater portion of the milk of two moderate cows; but then it requires neither oil-cake nor linseed, nor any other food. Usually, however, the calves are not kept beyond the age of 6 weeks, and will then sell for 5 or 6 pounds each: the milk of the cow is then ready for a successor. In this manner a relay of calves may be prepared for the markets from early spring to the end of summer, a plan more advantageous than that of overfeeding one to a useless degree of corpulency.

在4周甚至6周内，一头牛的奶就足够了--事实上最初两周半的量就够了；但过了第5或第6周，它就要消耗两头中等奶牛的大部分牛奶；不过那时它既不需要油饼，也不需要亚麻籽，或任何其他饲料。然而，通常小牛不会养过6周龄，那时每头可卖5或6英镑：然后牛的奶就可供下一头小牛食用。用这种方式，可以从早春到夏末为市场准备一批接一批的小牛，这比把一头小牛过度喂养到无用的肥胖程度更为有利。

VEAL SAUSAGES.

小牛肉香肠。

904. INGREDIENTS.—Equal quantities of fat bacon and lean veal; to every lb. of meat, allow 1 teaspoonful of minced sage, salt and pepper to taste.

904. 配料--肥培根和瘦小牛肉等量；每1 lb.肉配1茶匙切碎的鼠尾草，盐和胡椒适量。

Mode.—Chop the meat and bacon finely, and to every lb. allow the above proportion of very finely-minced sage; add a seasoning of pepper and salt, mix the whole well together, make it into flat cakes, and fry a nice brown.

方式。--将肉和培根切细，每 lb.按上述比例加入切得极细的鼠尾草；加入胡椒和盐调味，将全部充分拌匀，做成扁平的蛋糕状，煎至漂亮的棕色。

Seasonable from March to October.

时令三月至十月。

STEWED VEAL, with Peas, young Carrots, and new Potatoes.

豌豆、嫩胡萝卜和新土豆炖小牛肉。

905. INGREDIENTS.—3 or 4 lbs. of the loin or neck of veal, 15 young carrots, a few green onions, 1 pint of green peas, 12 new potatoes, a bunch of savoury herbs, pepper and salt to taste, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of tomato sauce, 2 tablespoonfuls of mushroom ketchup.

905. 配料--小牛腰肉或颈肉3或4 lbs.，嫩胡萝卜15根，青葱少许，青豌豆1 pint，新土豆12个，调味香草一束，胡椒和盐适量，柠檬汁1大匙，番茄酱汁2大匙，蘑菇番茄酱2大匙。

Mode.—Dredge the meat with flour, and roast or bake it for about 3/4 hour: it should acquire a nice brown colour. Put the meat into a stewpan with the carrots, onions, potatoes, herbs, pepper, and salt; pour over it sufficient boiling water to cover it, and stew gently for 2 hours. Take out the meat and herbs, put it in a deep dish, skim off all the fat from the gravy, and flavour it with lemon-juice, tomato sauce, and mushroom ketchup in the above proportion. Have ready a pint of green peas boiled; put these with the meat, pour over it the gravy, and serve. The dish may be garnished with a few forcemeat balls. The meat, when preferred, may be cut into chops, and floured and fried instead of being roasted; and any part of veal dressed in this way will be found extremely savoury and good.

做法。--在肉上撒面粉，烤或烘约3/4小时：应呈漂亮的棕色。将肉放入炖锅，加入胡萝卜、洋葱、土豆、香草、胡椒和盐；倒入足以淹没的沸水，文火炖2小时。取出肉和香草，放入深盘，撇去肉汁上的全部油脂，按上述比例用柠檬汁、番茄酱汁和蘑菇番茄酱调味。准备一品脱煮好的青豌豆；与肉一起放入，浇上肉汁，即可上桌。这道菜可用几个肉丸点缀。如喜欢，可将肉切成排骨状，撒上面粉煎制而非烤制；用这种方法烹制的任何小牛肉部位都会非常鲜美可口。

Time.—3 hours. *Average cost*, 9d. per lb.

时间。--3小时。平均成本，每磅9便士。

Sufficient for 6 or 7 persons.

足量供6或7人食用。

Seasonable, with peas, from June to August.

时令菜，配豌豆，六月至八月供应。

BAKED SWEETBREADS (an Entree).

烤甜面包(一道主菜)。

906. INGREDIENTS.—3 sweetbreads, egg and bread crumbs, oiled butter, 3 slices of toast, brown gravy.

906. 配料--甜面包3个，鸡蛋和面包屑，油拌黄油，烤面包片3片，棕色肉汁。

[Illustration: SWEETBREADS.]

[插图：甜面包]

Mode.—Choose large white sweetbreads; put them into warm water to draw out the blood, and to improve their colour; let them remain for rather more than 1 hour; then put them into boiling water, and allow them to simmer for about 10 minutes, which renders them firm. Take them up, drain them, brush over with egg, sprinkle with bread crumbs; dip them in egg again, and then into more bread crumbs. Drop on them a little oiled butter, and

做法--选用大的白色甜面包；放入温水中浸出血水并改善色泽；浸泡1小时略多；然后放入沸水中，微煮约10分钟，使其变硬实。取出沥干，刷上蛋液，撒上面包屑；再蘸蛋液，然后蘸更多面包屑。滴上少许油拌黄油，然后

put the sweetbreads into a moderately-heated oven, and let them bake for nearly 3/4 hour. Make 3 pieces of toast; place the sweetbreads on the toast, and pour round, but not over them, a good brown gravy.

将甜面包放入中等热度的烤箱中，烘烤近3/4小时。制作3片烤面包；将甜面包放在烤面包片上，在周围(而非上面)浇上好的棕色肉汁。

Time.—To soak 1 hour, to be boiled 10 minutes, baked 40 minutes.

时间。--浸泡1小时，煮10分钟，烘烤40分钟。

Average cost, 1s. to 5s. *Sufficient* for an entrée.

平均费用,1先令至5先令。足够供一道主菜之用。

Seasonable.—In full season from May to August.

时令。- 五月至八月为盛产期。

FRIED SWEETBREADS a la Maitre d'Hotel (an Entree).

炸甜面包，主厨风味(一道前菜)。

907. INGREDIENTS.—3 sweetbreads, egg and bread crumbs, 1/4 lb. of butter, salt and pepper to taste, rather more than 1/2 pint of Maître d'hôtel sauce No. 466.

907. 配料--甜面包3个，鸡蛋和面包屑，黄油1/4 lb.，盐和胡椒适量，第466号食谱的管家酱汁略多于1/2 pint。

Mode.—Soak the sweetbreads in warm water for an hour; then boil them for 10 minutes; cut them in slices, egg and bread crumb them, season with pepper and salt, and put them into a frying-pan, with the above proportion of butter. Keep turning them until done, which will be in about 10 minutes; dish them, and pour over them a Maître d'hôtel sauce, made by recipe No. 466. The dish may be garnished with slices of cut lemon.

做法--将甜面包在温水中浸泡一小时；然后煮10分钟；切成片，蘸蛋液和面包屑，用胡椒和盐调味，放入煎锅中，加入上述比例的黄油。不断翻动直至熟透，约需10分钟；装盘，浇上按第466号食谱制作的管家酱汁。盘中可用切好的柠檬片装饰。

Time.—To soak 1 hour, to be broiled 10 minutes, to be fried about 10 minutes.

时间--浸泡1小时，烤制10分钟，煎制约10分钟。

Average cost, 1s. to 5s., according to the season.

平均费用，根据季节，为1先令至5先令。

Sufficient for an entrée.

足量，可供一道主菜之用。

Seasonable.—In full season from May to August.

时令。- 五月至八月为盛产期。

Note.—The egg and bread crumb may be omitted, and the slices of

注。--可省略鸡蛋和面包屑，以及

sweetbread dredged with a little flour instead, and a good gravy may be substituted for the *maitre d'hôtel* sauce. This is a very simple method of dressing them.

将甜面包裹上少许面粉，用上好的肉汁代替*maitre d'hôtel*酱汁。这是一种非常简单的烹制方法。

STEWED SWEETBREADS (an Entree).

炖甜面包(一道主菜)。

908. INGREDIENTS.—3 sweetbreads, 1 pint of white stock No. 107, thickening of butter and flour, 6 tablespoonfuls of cream, 1 tablespoonful of lemon-juice, 1 blade of pounded mace, white pepper and salt to taste.

908. 配料--3个甜面包，1品脱白色高汤，编号107，用黄油和面粉勾芡，6汤匙奶油，1汤匙柠檬汁，1片捣碎的肉豆蔻，白胡椒和盐适量。

Mode.—Soak the sweetbreads in warm water for 1 hour, and boil them for 10 minutes; take them out, put them into cold water for a few minutes; lay them in a stewpan with the stock, and simmer them gently for rather more than 1/2 hour. Dish them; thicken the gravy with a little butter and flour; let it boil up, add the remaining ingredients, allow the sauce to get quite *hot*, but *not boil*, and pour it over the sweetbreads.

做法。--将甜面包在温水中浸泡1小时，煮10分钟；取出，放入冷水中浸几分钟；与高汤一同放入炖锅，文火慢炖略多于1/2小时。装盘；用少许黄油和面粉将肉汁勾芡；煮沸后加入其余配料，让酱汁变得足够热，但不要煮沸，然后浇在甜面包上。

Time.—To soak 1 hour, to be boiled 10 minutes, stewed rather more than 1/2 hour.

时间。--浸泡1小时，煮10分钟，炖略多于1/2小时。

Average cost, from 1s. to 5s., according to the season.

平均花费，从1先令到5先令不等，视季节而定。

Sufficient for an entrée.

足量，可供一道主菜之用。

Seasonable.—In full season from May to August.

时令。--五月至八月正值盛产季节。

Note.—A few mushrooms added to this dish, and stewed with the sweetbreads, will be found an improvement.

注。--在此菜中加入少许蘑菇，与甜面包一同炖煮，效果更佳。

SEASON AND CHOICE OF VEAL.—Veal, like all other meats, has its season of plenty. The best veal, and the largest supply, are to be had from March to the end of July. It comes principally from the western counties, and is generally of the Alderney breed. In

小牛肉的时令与挑选。--小牛肉与所有其他肉类一样，有其丰盛的时令。最佳的小牛肉以及最大的供应量，从三月到七月底均可获得。它主要来自西部各郡，一般为奥尔德尼品种。在

purchasing veal, its whiteness and fineness of grain should be considered, the colour being especially of the utmost consequence. Veal may be bought at all times of the year and of excellent quality, but is generally very dear, except in the months of plenty.

购买小牛肉时，应考虑其洁白度和肉质的细腻，颜色尤其至关重要。小牛肉一年四季均可买到，且品质优良，但除丰盛的月份外，一般价格非常昂贵。

STEWED TENDRONS DE VEAU (an Entree).

炖小牛筋(一道主菜)。

909. INGREDIENTS.—The gristles from 2 breasts of veal, stock No. 107, 1 faggot of savoury herbs, 2 blades of pounded mace, 4 cloves, 2 carrots, 2 onions, a strip of lemon-peel.

909. 配料。--2个小牛胸的软骨，107号高汤，1束香草，2片捣碎的肉豆蔻，4粒丁香，2根胡萝卜，2个洋葱，1条柠檬皮。

Mode.—The *tendrons* or gristles, which are found round the front of a breast of veal, are now very frequently served as an entrée, and when well dressed, make a nice and favourite dish. Detach the gristles from the bone, and cut them neatly out, so as not to spoil the joint for roasting or stewing. Put them into a stewpan, with sufficient stock, No. 107, to cover them; add the herbs, mace, cloves, carrots, onions, and lemon, and simmer these for nearly, or quite, 4 hours. They should be stewed until a fork will enter the meat easily. Take them up, drain them, strain the gravy, boil it down to a glaze, with which glaze the meat. Dish the *tendrons* in a circle, with croûtons fried of a nice colour placed between each; and put mushroom sauce, or a purée of green peas or tomatoes, in the middle.

做法。--小牛胸脯前部周围的筋腱或软骨，如今常作为一道正菜供应，若烹制得当，便是一道精美可口的菜肴。将软骨从骨上剔下，整齐地切出，以免损坏整块肉而影响烤或炖。将其放入炖锅，加入足量高汤(第107号)没过，加入香草、肉豆蔻、丁香、胡萝卜、洋葱和柠檬，煨近4小时或整4小时。应炖至叉子能轻易插入肉中。取出沥干，滤出肉汁，熬至收成亮汁，用此汁给肉上光。将筋腱环形摆盘，每块之间放上炸至色泽美观的面包丁；中间放蘑菇酱汁，或青豆泥、番茄泥。

Time.—4 hours. *Sufficient* for one entrée.

时间--4小时。足量供一道主菜。

Seasonable.—With peas, from June to August.

时令。--搭配豌豆，六月至八月。

COW-POX, OR VARIOLA.—It is to Dr. Jenner, of Berkeley, Gloucestershire, who died in 1823, that we owe the practice of vaccination, as a preservative from the attack of that destructive scourge of the human race, the small-pox. The experiments of this

牛痘，或称天花。--我们应感谢格洛斯特郡伯克利的詹纳医生(他于1823年去世)，是他开创了接种疫苗以预防天花这一毁灭性瘟疫侵袭人类的做法。这位

philosophic man were begun in 1797, and published the next year. He had observed that cows were subject to a certain infectious eruption of the teats, and that those persons who became affected by it, while milking the cattle, escaped the small-pox raging around them. This fact, known to farmers from time immemorial, led him to a course of experiments, the result of which all are acquainted with.

哲学家的实验始于1797年，次年发表。他观察到牛易患一种乳房部位的传染性疹子，而那些在挤奶时受到感染的人，则免于周围肆虐的天花。这一事实农夫们自古以来便知晓，引导他进行了一系列实验，其结果众所周知。

TENDRONS DE VEAU (an Entree).

小牛腱(一道主菜)。

910. INGREDIENTS.—The gristles from 2 breasts of veal, stock No. 107, 1 faggot of savoury herbs, 1 blade of pounded mace, 4 cloves, 2 carrots, 2 onions, a strip of lemon-peel, egg and bread crumbs, 2 tablespoonfuls of chopped mushrooms, salt and pepper to taste, 2 tablespoonfuls of sherry, the yolk of 1 egg, 3 tablespoonfuls of cream.

910. 配料。--2个小牛胸的软骨，107号高汤，1束香草，1片捣碎的肉豆蔻，4粒丁香，2根胡萝卜，2个洋葱，1条柠檬皮，鸡蛋和面包屑，2汤匙切碎的蘑菇，盐和胡椒适量，2汤匙雪利酒，1个蛋黄，3汤匙奶油。

Mode.—After removing the gristles from a breast of veal, stew them for 4 hours, as in the preceding recipe, with stock, herbs, mace, cloves, carrots, onions, and lemon-peel. When perfectly tender, lift them out and remove any bones or hard parts remaining. Put them between two dishes, with a weight on the top, and when cold, cut them into slices. Brush these over with egg, sprinkle with bread crumbs, and fry a pale brown. Take 1/2 pint of the gravy they were boiled in, add 2 tablespoonfuls of chopped mushrooms, a seasoning of salt and pepper, the sherry, and the yolk of an egg beaten with 3 tablespoonfuls of cream. Stir the sauce over the fire until it thickens; when it is on the *point of boiling*, dish the tendrons in a circle, and pour the sauce in the middle. Tendrons are dressed in a variety of ways,—with sauce à l'Espagnole, vegetables of all kinds: when they are served with a

做法。--将小牛胸脯的软骨取下后，按前一道食谱的方法，加高汤、香草、肉豆蔻、丁香、胡萝卜、洋葱和柠檬皮炖4小时。待其完全软嫩，取出并去除残留的骨头或硬块。将其夹在两个盘子之间，上面压重物，冷却后切成片。刷上蛋液，撒上面包屑，炸至浅棕色。取煮肉所用的肉汁1/2品脱，加入2汤匙切碎的蘑菇、盐和胡椒调味、雪利酒，以及1个蛋黄与3汤匙奶油打匀的混合液。将酱汁在火上搅拌至浓稠；当它即将沸腾时，将筋腱环形摆盘，把酱汁倒在中间。筋腱有多种做法--配西班牙酱汁、各式蔬菜：当配以

purée, they should always be glazed.

Time.—4-1/2 hours. *Average cost*.—Usually bought with breast of veal.

Sufficient for an entrée.

Seasonable from March to October.

TETE DE VEAU EN TORTUE (an Entree).

911. INGREDIENTS.—Half a calf's head, or the remains of a cold boiled one; rather more than 1 pint of good white stock, No. 107, 1 glass of sherry or Madeira, cayenne and salt to taste, about 12 mushroom-buttons (when obtainable), 6 hard-boiled eggs, 4 gherkins, 8 quenelles or forcemeat balls, No. 422 or 423, 12 crayfish, 12 croûtons.

Mode.—Half a calf's head is sufficient to make a good entrée, and if there are any remains of a cold one left from the preceding day, it will answer very well for this dish. After boiling the head until tender, remove the bones, and cut the meat into neat pieces; put the stock into a stewpan, add the wine, and a seasoning of salt and cayenne; fry the mushrooms in butter for 2 or 3 minutes, and add these to the gravy. Boil this quickly until somewhat reduced; then put in the yolks of the hard-boiled eggs *whole*, the whites cut in small pieces, and the gherkins chopped. Have ready a few veal quenelles, made by recipe No. 422 or 423; add these, with the slices of head, to the other ingredients, and let the whole get thoroughly hot, *without boiling*. Arrange the pieces of head as high in the centre of the dish as possible; pour over them the ragout, and garnish with the crayfish and croûtons placed alternately. A little of the gravy should also be served in a tureen.

做成泥的，应始终挂汁。

时间。--4-1/2小时。平均成本。--通常与小牛胸一同购买。

足量，可供一道主菜之用。

时令三月至十月。

甲鱼式小牛头(一道头盘)。

911. 配料。--半个小牛头，或煮过的冷小牛头剩余部分；略多于1品脱上好的白色高汤，107号，1杯雪利酒或马德拉酒，卡宴辣椒和盐适量，约12个蘑菇伞(如能获得),6个煮硬的鸡蛋，4条小黄瓜，8个肉丸或馅料丸，422或423号，12只小龙虾，12个面包丁。

做法。--半个小牛头足以做成一道上好的正菜，若前一日剩下冷的小牛头，也很适合做这道菜。将头煮至软嫩后，去骨，把肉切成整齐的块；将高汤倒入炖锅，加入葡萄酒，以及盐和卡宴辣椒调味；用黄油将蘑菇煎2至3分钟，加入肉汁中。快速煮沸至略微收浓；然后放入煮硬的蛋黄整只，蛋白切成小块，酸黄瓜切碎。备好少许按第422或423号食谱制作的小牛肉丸子；将这些连同小牛头片一起加入其他配料中，让全部彻底热透，但不要煮沸。将小牛头块尽可能高高地堆在盘中央；浇上烩菜，用小龙虾和面包丁交替摆放作装饰。还应将少许肉汁盛在汤碗中上桌。

Time.—About 1/2 hour to reduce the stock.

Sufficient for 6 or 7 persons.

Average cost, exclusive of the calf's head, 2s. 9d.

Seasonable from March to October.

A FRENCHMAN'S OPINION OF VEAL.—A great authority in his native Paris tells us, that veal, as a meat, is but little nourishing, is relaxing, and sufficiently difficult of digestion. Lending itself, as it does, he says, in all the flowery imagery of the French tongue and manner, "to so many metamorphoses, it may be called, without exaggeration, the chameleon of the kitchen. Who has not eaten calf's head *au naturel*, simply boiled with the skin on, its flavour heightened by sauce just a little sharp? It is a dish as wholesome as it is agreeable, and one that the most inexperienced cook may serve with success. Calf's feet *à la poulette*, *au gratin*, fried, &c.; *les cervelles*, served in the same manner, and under the same names; sweetbreads *en fricandeau*, *piqués en fin*,—all these offer most satisfactory entrées, which the art of the cook, more or less, varies for the gratification of his glory and the well-being of our appetites. We have not spoken, in the above catalogue, either of the liver, or of the *fraise*, or of the ears, which also share the honour of appearing at our tables. Where is the man not acquainted with calf's liver *à la bourgeoise*, the most frequent and convenient dish at unpretentious tables? The *fraise*, cooked in water, and eaten with vinegar, is a wholesome and agreeable dish, and contains a mucilage well adapted for delicate persons. Calf's ears have, in common with the feet and *cervelles*, the advantage of being able to be eaten either fried or *à la poulette*; and besides, can be made into a *farce*, with the addition of peas, onions, cheese,

时间。--约1/2小时以收浓汤汁。

足量供6或7人食用。

平均成本，不含小牛头，2先令9便士。

时令三月至十月。

一个法国人对小牛肉的看法。--他家乡巴黎的一位权威人士告诉我们，小牛肉作为一种肉，营养不多，性松弛，且颇难消化。他说，用法国语言和举止的全部华丽辞藻来说，它“能经历如此多的变形，毫不夸张地说，可称为厨房里的变色龙。谁没吃过原味小牛头，即带皮简单水煮，用略 sharp 的酱汁提味？这是一道既滋补又宜人的菜，即使最没经验的厨师也能成功做出。小牛蹄*à la poulette*、*au gratin*、油炸等；*les cervelles*，以同样方式、同样名称供应；甜面包*en fricandeau*、*piqués en fin*--所有这些都提供最令人满意的正菜，厨师技艺或多或少加以变化，以成全其荣耀并满足我们的胃口。我们在上述目录中，既未提及肝，也未提及*fraise*，也未提及耳朵，它们同样有幸出现在我们的餐桌上。谁不知道*à la bourgeoise*小牛肝，这是普通餐桌上最常见、最方便的菜肴？*fraise*用水煮熟，蘸醋食用，是一道滋补宜人的菜，含有适合体弱者的黏液质。小牛耳与蹄和cervelles一样，具有可油炸或*à la poulette*食用的优点；此外，还可做成*farce*，加入豌豆、洋葱、奶酪、

&c. Neither is it confined to the calf's tongue, or even the eyes, that these shall dispute alone the glory of awakening the taste of man; thus, the *fressure* (which, as is known, comprises the heart, the *mou*, and the *rate*), although not a very recherché dish, lends itself to all the caprices of an expert artist, and may, under various marvellous disguises, deceive, and please, and even awaken our appetite."—Verily, we might say, after this rhapsody of our neighbour, that his country's weal will not suffer in him as an able and eloquent exponent and admirer.

等。这些也并非仅限于小牛舌，甚至眼睛，独自争夺唤醒人类味觉的荣耀；因此，*fressure*(众所周知，包括心、*mou*和*rate*)，虽非一道十分考究的菜，却能顺应熟练艺术家的种种奇思妙想，以各种奇妙的伪装欺骗、取悦，甚至唤醒我们的食欲。”--诚然，在我们这位邻人的这番狂想之后，我们可以说，他作为一位能干而雄辩的阐释者和赞赏者，其国家的福祉不会因他而受损。

VEAL CARVING.

小牛肉切割。

BREAST OF VEAL.

小牛胸肉。

[Illustration: BREAST OF VEAL.]

[插图：小牛胸肉。]

912. The carving of a breast of veal is not dissimilar to that of a fore-quarter of lamb, when the shoulder has been taken off. The breast of veal consists of two parts,—the rib-bones and the gristly brisket. These two parts should first be separated by sharply passing the knife in the direction of the lines 1, 2; when they are entirely divided, the rib-bones should be carved in the direction of the lines 5 to 6; and the brisket can be helped by cutting pieces in the direction 3 to 4. The carver should ask the guests whether they have a preference for the brisket or ribs; and if there be a sweetbread served with the dish, as it often is with roast breast of veal, each person should receive a piece.

912. 小牛胸肉的切肉方法与羊前四分之一(肩部已卸下时)的切法颇为相似。小牛胸肉由两部分组成--肋骨和带软骨的胸脯。应首先沿1、2线方向利落地运刀，将这两部分分开；完全分开后，应沿5至6线方向切分肋骨；胸脯部分则可沿3至4线方向切块分派。切肉者应询问客人偏好胸脯还是肋骨；若随菜配有甜面包(烤小牛胸肉常如此)，则每位客人都应分得一块。

CALF'S HEAD.

牛头

[Illustration: CALF'S HEAD.]

[插图：小牛头。]

913. This is not altogether the most easy-looking dish to cut when it is put before a carver for the first time; there is not much real difficulty in the operation, however, when the head has been attentively examined, and, after the manner of a phrenologist, you get to know its bumps, good and bad. In the first place, inserting the knife quite down to the bone, cut slices in the direction of the line 1 to 2; with each of these should be helped a piece of what is called the throat sweetbread, cut in the direction of from 3 to 4. The eye, and the flesh round, are favourite morsels with many, and should be given to those at the table who are known to be the greatest connoisseurs. The jawbone being removed, there will then be found some nice lean; and the palate, which is reckoned by some a tit-bit, lies under the head. On a separate dish there is always served the tongue and brains, and each guest should be asked to take some of these.

913. 初次面对此菜的切肉者会觉得它并非最容易下刀的菜肴；然而，只要仔细观察过头部，像颅相学家那样摸清它各处的凸起--好的和坏的--操作起来其实并无多大困难。首先，将刀完全插入至骨，沿1至2线方向切片；每片应配上一块所谓喉部甜面包，沿3至4线方向切取。眼睛及其周围的肉是许多人钟爱的美味，应分给席上公认最懂行的食客。颌骨移除后，可找到一些上好的瘦肉；而上颚--被一些人视为珍馐--位于头部下方。另有一盘总会上桌的舌与脑，应请每位客人取用一些。

FILLET OF VEAL.

小牛肉里脊

[Illustration: FILLET OF VEAL.]

[插图：小牛肉里脊]

914. The carving of this joint is similar to that of a round of beef. Slices, not too thick, in the direction of the line 1 to 2 are cut; and the only point to be careful about is, that the veal be *evenly* carved. Between the flap and the meat the stuffing is inserted, and a small portion of this should be served to every guest. The persons whom the host wishes most to honour should be asked if they like the delicious brown outside slice, as this, by many, is exceedingly relished.

914. 此关节肉的切法与牛腿肉圆相似。沿1至2线方向切出不太厚的肉片；唯一需要注意的是，小牛肉要均匀地切。在垂肉和肉之间塞入馅料，每位客人都应分到一小部分。主人最想款待的人，应询问他们是否喜欢美味的棕色外层肉片，因为许多人极为喜爱这一部分。

KNUCKLE OF VEAL.

小牛膝

[Illustration: KNUCKLE OF VEAL.]

915. The engraving, showing the dotted line from 1 to 2, sufficiently indicates the direction which should be given to the knife in carving this dish. The best slices are those from the thickest part of the knuckle, that is, outside the line 1 to 2.

LOIN OF VEAL.

[Illustration: LOIN OF VEAL.]

916. As is the case with a loin of mutton, the careful jointing of a loin of veal is more than half the battle in carving it. If the butcher be negligent in this matter, he should be admonished; for there is nothing more annoying or irritating to an inexperienced carver than to be obliged to turn his knife in all directions to find the exact place where it should be inserted in order to divide the bones. When the jointing is properly performed, there is little difficulty in carrying the knife down in the direction of the line 1 to 2. To each guest should be given a piece of the kidney and kidney fat, which lie underneath, and are considered great delicacies.

[Illustration]

[Illustration]

CHAPTER XX.

GENERAL OBSERVATIONS ON BIRDS.

"Birds, the free tenants of land, air, and ocean,
Their forms all symmetry, their motions grace;

[插图：小牛膝骨]

915. 图中从1到2的虚线，充分指示了切此菜时刀应走的方向。最好的肉片来自关节最厚的部分，即1至2线之外。

小牛里脊

[插图：小牛里脊肉。]

916. 如同羊腰肉的情形，小牛腰肉切分得当与否，是切肉成败的大半关键。若肉贩在此事上疏忽，应当加以告诫；因为对没有经验的切肉者来说，最恼人、最令人恼火的莫过于不得不把刀转来转去，寻找下刀分骨的确切位置。若关节分割得当，沿1至2线方向运刀而下便无甚困难。每位客人应分得一块位于下方的腰子及腰子脂肪，二者被视为极大的美味。

[Illustration]

[Illustration]

第二十章

关于鸟类的总体观察

“鸟类，陆地、天空和海洋的自由居民，其形态皆匀
称，其动作皆优雅；

In plumage delicate and beautiful;
Thick without burthen, close as fishes' scales,
Or loose as full-blown poppies to the breeze."

The Pelican Island.

917. THE DIVISIONS OF BIRDS are founded principally on their habits of life, and the natural resemblance which their external parts, especially their bills, bear to each other. According to Mr. Vigors, there are five orders, each of which occupies its peculiar place on the surface of the globe; so that the air, the forest, the land, the marsh, and the water, has each its appropriate kind of inhabitants. These are respectively designated as BIRDS OF PREY, PERCHERS, WALKERS, WADERS, and SWIMMERS; and, in contemplating their variety, lightness, beauty, and wonderful adaptation to the regions they severally inhabit, and the functions they are destined to perform in the grand scheme of creation, our hearts are lifted with admiration at the exhaustless ingenuity, power, and wisdom of HIM who has, in producing them, so strikingly "manifested His handiwork." Not only these, however, but all classes of animals, have their peculiar ends to fulfil; and, in order that this may be effectually performed, they are constructed in such a manner as will enable them to carry out their conditions. Thus the quadrupeds, that are formed to tread the earth in common with man, are muscular and vigorous; and, whether they have passed into the servitude of man, or are permitted to range the forest or the field, they still retain, in a high degree, the energies with which they were originally endowed. Birds, on the contrary, are generally feeble, and, therefore, timid. Accordingly, wings have been given them to enable them to fly through the air, and thus elude the force which, by nature, they are unable to

羽毛精致而美丽；
厚实而不累赘，紧密如鱼鳞，或松散如盛开的罂粟
迎风。”

鹈鹕岛。

917. 鸟类的分类主要依据其生活习性，以及它们外部器官--尤其是喙--彼此之间的自然相似性。据维格斯先生(Mr.Vigors)所述，鸟类共有五个目，各占据地球表面特定的区域；因此，天空、森林、陆地、沼泽与水域各有其相应的居民。这五目分别称为猛禽、鸣禽、走禽、涉禽和游禽；在思索它们种类的繁多、轻盈、美丽，以及它们各自对所栖息区域和造物宏图中注定履行之职能的奇妙适应时，我们的心不禁对那位在创造它们时如此鲜明地“显明其手所造之工”者的无穷匠心、权能与智慧充满赞叹。然而，不仅这些，所有各类动物都有其特定的目的要达成；为使其得以有效实现，它们的构造方式使其能够履行自身的生存条件。因此，与人类共同行走于大地的四足兽，肌肉发达而强壮；无论它们已沦为人类的仆役，还是被允许漫游于森林或田野，它们仍在很大程度上保有最初被赋予的活力。相反，鸟类通常柔弱，因而胆怯。于是，它们被赋予翅膀，使其能飞翔于空中，从而避开它们天生无力抵抗的

resist. Notwithstanding the natural tendency of all bodies towards the centre of the earth, birds, when raised in the atmosphere, glide through it with the greatest ease, rapidity, and vigour. There, they are in their natural element, and can vary their course with the greatest promptitude—can mount or descend with the utmost facility, and can light on any spot with the most perfect exactness, and without the slightest injury to themselves.

抵抗。尽管所有物体都天然趋向地心，但鸟类在升入大气后，却能以极大的轻松、速度和力量在其中滑翔。在那里，它们处于天然的元素中，能以极大的敏捷改变路线--能极其轻易地上升或下降，能极其精确地落在任何地点，而自身毫发无损。

918. THE MECHANISM WHICH ENABLES BIRDS to wing their course through the air, is both singular and instructive. Their bodies are covered with feathers, which are much lighter than coverings of hair, with which quadrupeds are usually clothed. The feathers are so placed as to overlap each other, like the slates or the tiles on the roof of a house. They are also arranged from the fore-part backwards; by which the animals are enabled the more conveniently to cut their way through the air. Their bones are tubular or hollow, and extremely light compared with those of terrestrial animals. This greatly facilitates their rising from the earth, whilst their heads, being comparatively small, their bills shaped like a wedge, their bodies slender, sharp below, and round above,—all these present a union of conditions, favourable, in the last degree, to cutting their way through the aërial element to which they are considered as more peculiarly to belong. With all these conditions, however, birds could not fly without wings. These, therefore, are the instruments by which they have the power of rapid locomotion, and are constructed in such a manner as to be capable of great expansion when struck in a downward direction. If we except, in this action, the slight hollow which takes place on the under-side, they become almost two planes. In order that the downward action may be accomplished to the

918. 使鸟类得以展翅翱翔于空中的构造，既奇特又富有教益。它们的身体覆有羽毛，远比四足兽通常所披的毛皮为轻。羽毛的排列彼此交叠，如同屋顶上的石板或瓦片。它们还自前向后排列；这使这些动物能更便利地破空前行。它们的骨骼呈管状或中空，与陆生动物相比极为轻盈。这大大有助于它们从地面升起；而它们的头部相对较小，喙呈楔形，身体细长，下部尖锐，上部浑圆--所有这些条件结合在一起，极其有利于它们穿越那被认为尤其属于它们的空气元素。然而，具备所有这些条件，鸟类若无翅膀仍不能飞翔。因此，翅膀是它们得以快速移动的器官，其构造使其在向下拍击时能够大幅展开。在此动作中，除了下侧形成的轻微凹陷外，它们几乎成为两个平面。为使向下拍击的动作得以

necessary extent, the muscles which move the wings have been made exceedingly large; so large, indeed, that, in some instances, they have been estimated at not less than a sixth of the weight of the whole body. Therefore, when a bird is on the ground and intends to fly, it takes a leap, and immediately stretching its wings, strikes them out with great force. By this act these are brought into an oblique direction, being turned partly upwards and partly horizontally forwards. That part of the force which has the upward tendency is neutralized by the weight of the bird, whilst the horizontal force serves to carry it forward. The stroke being completed, it moves upon its wings, which, being contracted and having their edges turned upwards, obviate, in a great measure, the resistance of the air. When it is sufficiently elevated, it makes a second stroke downwards, and the impulse of the air again moves it forward. These successive strokes may be regarded as so many leaps taken in the air. When the bird desires to direct its course to the right or the left, it strikes strongly with the opposite wing, which impels it to the proper side. In the motions of the animal, too, the tail takes a prominent part, and acts like the rudder of a ship, except that, instead of sideways, it moves upwards and downwards. If the bird wishes to rise, it raises its tail; and if to fall, it depresses it; and, whilst in a horizontal position, it keeps it steady. There are few who have not observed a pigeon or a crow preserve, for some time, a horizontal flight without any apparent motion of the wings. This is accomplished by the bird having already acquired sufficient velocity, and its wings being parallel to the horizon, meeting with but small resistance from the atmosphere. If it begins to fall, it can easily steer itself upward by means of its tail, till the motion it had

必要的程度上，驱动翅膀的肌肉被造得极其巨大；事实上如此之大，以至于在某些实例中，它们被估计为不少于整个身体重量的六分之一。因此，当一只鸟在地面上并打算飞行时，它跳跃一下，随即伸展双翅，以巨大的力量向外击打。通过这一动作，翅膀被带入斜向，部分向上、部分水平向前转动。那股具有向上趋势的力量被鸟的重量所抵消，而水平的力量则用于将它向前推进。击打完成后，它依靠翅膀滑行，翅膀收缩、边缘向上翻转，在很大程度上避免了空气的阻力。当它升得足够高时，它向下作第二次击打，空气的推动再次将它向前推进。这些连续的击打可以被视为在空中所作的同样多的跳跃。当鸟想要将路线转向右方或左方时，它用相反的翅膀强力击打，这将它推向适当的一侧。在动物的运动中，尾部也起着突出的作用，像船的舵一样运作，只是它不像舵那样向两侧移动，而是向上和向下移动。如果鸟想要上升，它抬起尾巴；如果它想要下降，它压低尾巴；而当处于水平位置时，它保持尾巴稳定。很少有人没有观察到鸽子或乌鸦在一段时间内保持水平飞行而翅膀没有明显运动。这是通过鸟已经获得足够的速度、其翅膀与地平线平行、从大气中遇到很小的阻力来实现的。如果它开始下落，它可以轻易地借助尾巴向上调整方向，直到它所具有的运动

acquired is nearly spent, when it must be renewed by a few more strokes of the wings. On alighting, a bird expands its wings and tail fully against the air, as a ship, in tacking round, backs her sails, in order that they may meet with all the resistance possible.

919. IN THE CONSTRUCTION OF THE EYES of birds, there is a peculiarity necessary to their condition. As they pass a great portion of their lives among thickets and hedges, they are provided for the defence of their eyes from external injuries, as well as from the effects of the light, when flying in opposition to the rays of the sun, with a nictating or winking membrane, which can, at pleasure, be drawn over the whole eye like a curtain. This covering is neither opaque nor wholly pellucid, but is somewhat transparent; and it is by its means that the eagle is said to be able to gaze at the sun. "In birds," says a writer on this subject, "we find that the sight is much more piercing, extensive, and exact, than in the other orders of animals. The eye is much larger in proportion to the bulk of the head, than in any of these. This is a superiority conferred upon them not without a corresponding utility: it seems even indispensable to their safety and subsistence. Were this organ in birds dull, or in the least degree opaque, they would be in danger, from the rapidity of their motion, of striking against various objects in their flight. In this case their celerity, instead of being an advantage, would become an evil, and their flight be restrained by the danger resulting from it. Indeed we may consider the velocity with which an animal moves, as a sure indication of the perfection of its vision. Among the quadrupeds, the sloth has its sight greatly limited; whilst the hawk, as it hovers in the air, can espy a lark sitting on a clod, perhaps at twenty times the distance at which a man or a dog could perceive it."

所获得的力量几乎耗尽时，必须再扇几下翅膀来补充。降落时，鸟将翅膀和尾巴完全展开迎向空气，如同船只在掉头时逆帆，以便尽可能多地承受阻力。

919. 在鸟眼的构造中，有一种对其生存条件而言必要的特殊性。由于它们一生中很大一部分时间在灌木丛和树篱间度过，它们被赋予一层瞬膜或眨眼膜，用以保护眼睛免受外部伤害，以及免受在逆着太阳光线飞行时光线的影响；这层膜可以随意像帘幕一样拉过整个眼睛。这层覆盖物既非不透明，也非完全透明，而是有些透明；据说正是借助它，鹰能够凝视太阳。“在鸟类中，”一位论及此题的作者说，“我们发现视觉比其他各纲动物更为锐利、广阔和精确。眼睛相对于头部体积而言，比这些动物中的任何一种都大得多。这是一种并非没有相应效用的优越性：它似乎甚至是它们的安全和生存所不可或缺的。如果鸟类的这一器官迟钝，或哪怕有丝毫的不透明，它们就会因运动迅速而在飞行中撞上各种物体的危险。在这种情况下，它们的迅捷非但不是优势，反而会成为祸害，它们的飞行会因由此产生的危险而受到限制。事实上，我们可以把动物运动的速度视为其视觉完善程度的可靠标志。在四足兽中，树懒的视力极为有限；而鹰在空中盘旋时，能窥见一只云雀栖在土块上，其距离也许是人或狗能察觉到的二十倍。”

920. AMONGST THE MANY PECULIARITIES IN THE CONSTRUCTION OF BIRDS, not the least is the mode by which their respiration is accomplished. This is effected by means of air-vessels, which extend throughout the body, and adhere to the under-surface of the bones. These, by their motion, force the air through the true lungs, which are very small, and placed in the uppermost part of the chest, and closely braced down to the back and ribs. The lungs, which are never expanded by air, are destined to the sole purpose of oxidizing the blood. In the experiments made by Mr. John Hunter, to discover the use of this general diffusion of air through the bodies of birds, he found that it prevents their respiration from being stopped or interrupted by the rapidity of their motion through a resisting medium. It is well known that, in proportion to celerity of motion, the air becomes resistive; and were it possible for a man to move with the swiftness of a swallow, as he is not provided with an internal construction similar to that of birds, the resistance of the air would soon suffocate him.

920. 在鸟类的许多特殊构造中，并非最不重要的是它们完成呼吸的方式。这是通过遍布全身并附着于骨骼下表面的气管实现的。这些气管通过其运动，迫使空气通过真正的肺，肺很小，位于胸腔最上部，紧贴背部和肋骨。肺从不被空气扩张，其唯一用途是氧化血液。约翰·亨特先生为探究这种空气在鸟体内普遍扩散的用途所做的实验发现，它防止了鸟的呼吸因在阻力介质中迅速运动而停止或中断。众所周知，与运动速度成比例，空气会变得具有阻力；如果一个人能够以燕子的速度运动，由于他不具备类似鸟类的内部构造，空气的阻力很快就会使他窒息。

921. BIRDS ARE DISTRIBUTED OVER EVERY PART OF THE GLOBE, being found in the coldest as well as the hottest regions, although some species are restricted to particular countries, whilst others are widely dispersed. At certain seasons of the year, many of them change their abodes, and migrate to climates better adapted to their temperaments or modes of life, for a time, than those which they leave. Many of the birds of Britain, directed by an unerring instinct, take their departure from the island before the commencement of winter, and proceed to the more congenial warmth of Africa, to return with the next spring. The causes assigned by naturalists for this peculiarity are, either a deficiency

921. 鸟类分布于地球的每一个部分，在最寒冷的地区以及最炎热的地区都能找到，尽管有些物种局限于特定的国家，而另一些则广泛分布。在一年中的某些季节，它们中的许多会改变住所，迁徙到比它们离开的地方更适合其性情或生活方式的气候中，为期一段时间。不列颠的许多鸟类，在无误的本能指引下，在冬季开始之前离开该岛，前往非洲更宜人的温暖地带，并在下一个春天返回。博物学家为这一特殊性所指定的原因，要么是食物

of food, or the want of a secure asylum for the incubation and nourishment of their young. Their migrations are generally performed in large companies, and, in the day, they follow a leader, which is occasionally changed. During the night, many of the tribes send forth a continual cry, to keep themselves together; although one would think that the noise which must accompany their flight would be sufficient for that purpose. The flight of birds across the Mediterranean was noticed three thousand years ago, as we find it said in the book of Numbers, in the Scriptures, that "There went forth a wind from the Lord, and brought quails from the sea, and let them fall upon the camp, and a day's journey round about it, to the height of two cubits above the earth."

的缺乏，要么是缺乏安全的庇护所以供孵卵和哺育幼鸟。它们的迁徙通常以大群进行，在白天，它们跟随一个首领，首领偶尔会更换。在夜间，许多鸟群发出持续的叫声，以保持彼此聚集；尽管人们会认为伴随它们飞行的噪音足以达到这一目的。鸟类飞越地中海在三千年前就已被注意到，正如我们在《圣经·民数记》中所见："有风从耶和华那里刮起，把鹌鹑由海面刮来，飞散在营边和营的四围，约有一天的路程，离地面约有二肘。"

922. IF THE BEAUTY OF BIRDS were not a recommendation to their being universally admired, their general liveliness, gaiety, and song would endear them to mankind. It appears, however, from accurate observations founded upon experiment, that the notes peculiar to different kinds of birds are altogether acquired, and that they are not innate, any more than language is to man. The attempt of a nestling bird to sing has been compared to the endeavour of a child to talk. The first attempts do not seem to possess the slightest rudiments of the future song; but, as the bird grows older and becomes stronger, it is easily perceived to be aiming at acquiring the art of giving utterance to song. Whilst the scholar is thus endeavouring to form his notes, when he is once sure of a passage, he usually raises his tone, but drops it again when he finds himself unequal to the voluntary task he has undertaken. "Many well-authenticated facts," says an ingenious writer, "seem decisively to prove that birds have no innate notes, but that, like mankind, the language of those to whose care they

922. 倘若鸟类之美不足以令其广受赞赏，它们那普遍的活泼、欢快与歌唱也足以使人类喜爱它们。然而，根据建立在实验基础上的精确观察，不同种类鸟类所特有的鸣叫完全是后天习得的，并非天生，正如语言之于人类一样。雏鸟尝试歌唱，可被比作孩童努力说话。最初的尝试似乎丝毫不具备未来歌声的雏形；但随着鸟儿长大变强，便容易看出它在力求掌握发出歌声的技艺。当这学徒如此努力地练声时，一旦确信某一段落，通常便会提高音调，但发觉自己难以胜任所承担的自愿任务时，又会降下来。一位巧妙的作家说："许多确凿的事实似乎决定性地证明，鸟类没有天生的鸣叫，而是像人类一样，它们出生时所托付给的那些照料者的语言，将成为它们日后的语言。"然而，在野生状态下，它们为何如此坚定地只固守本物种的歌声，而周围又可听到那么多其他鸟类的鸣叫，这似乎有些难以解释。据说这是由于雏鸟只注意自己亲鸟的教导，一般不理睬其余所有的鸣叫。不过，听觉敏锐、关注过鸟类歌唱的人，常能辨别出一些鸟的鸣叫混杂了另一物种的鸣叫；但这种情况通常微不足道，至多只能视为地方方言的变异而已。

have been committed at their birth, will be their language in after-life." It would appear, however, somewhat unaccountable why, in a wild state, they adhere so steadily to the song of their own species only, when the notes of so many others are to be heard around them. This is said to arise from the attention paid by the nestling bird to the instructions of its own parent only, generally disregarding the notes of all the rest. Persons; however, who have an accurate ear, and who have given their attention to the songs of birds, can frequently distinguish some which have their notes mixed with those of another species; but this is in general so trifling, that it can hardly be considered as more than the mere varieties of provincial dialects.

923. IN REFERENCE TO THE FOOD OF BIRDS, we find that it varies, as it does in quadrupeds, according to the species. Some are altogether carnivorous; others, as so many of the web-footed tribes, subsist on fish; others, again, on insects and worms; and others on grain and fruit. The extraordinary powers of the gizzard of the granivorous tribes, in comminuting their food so as to prepare it for digestion, would, were they not supported by incontrovertible facts founded on experiment, appear to exceed all credibility. Tin tubes, full of grain, have been forced into the stomachs of turkeys, and in twenty-four hours have been found broken, compressed, and distorted into every shape. Twelve small lancets, very sharp both at the point and edges, have been fixed in a ball of lead, covered with a case of paper, and given to a turkey-cock, and left in its stomach for eight hours. After that time the stomach was opened, when nothing appeared except the naked ball. The twelve lancets were broken to pieces, whilst the stomach remained perfectly sound and entire. From these facts, it is

已托付给它们的照料者的语言，将成为它们日后的语言。”然而，在野生状态下，它们为何如此坚定地只固守本物种的歌声，而周围又可听到那么多其他鸟类的鸣叫，这似乎有些难以解释。据说这是由于雏鸟只注意自己亲鸟的教导，一般不理睬其余所有的鸣叫。不过，听觉敏锐、关注过鸟类歌唱的人，常能辨别出一些鸟的鸣叫混杂了另一物种的鸣叫；但这种情况通常微不足道，至多只能视为地方方言的变异而已。

923. 关于鸟类的食物，我们发现它如同四足兽一样因物种而异。有些完全食肉；另一些，如许多蹼足类，以鱼为食；还有一些以昆虫和蠕虫为食；再有一些则以谷物和果实为食。食谷类鸟的砂囊具有非凡的力量，能将食物粉碎以便消化，若非有建立在实验基础上的不可辩驳的事实为证，这似乎令人难以置信。装满谷物的锡管曾被强行送入火鸡的胃中，二十四小时后被发现已破碎、压扁、扭曲成各种形状。十二把尖端和刃口都极其锋利的小柳叶刀被固定在一个铅球上，外面包一层纸壳，喂给一只雄火鸡，在它胃中留置八小时。之后剖开胃，除了光裸的铅球外什么也没出现。十二把柳叶刀已碎成片，而胃却完好无损。根据这些事实，可以

concluded that the stones, so frequently found in the stomachs of the feathered tribes, are highly useful in assisting the gastric juices to grind down the grain and other hard substances which constitute their food. The stones, themselves, being also ground down and separated by the powerful action of the gizzard, are mixed with the food, and, no doubt, contribute very greatly to the health, as well as to the nourishment of the animals.

得出结论，在鸟类胃中如此频繁发现的石头，对于协助胃液研磨构成其食物的谷物和其他坚硬物质非常有用。石头本身也被强大的砂囊作用磨碎和分离，与食物混合，并且毫无疑问，对动物的健康以及营养都有极大的贡献。

924. ALL BIRDS BEING OVIPAROUS, the eggs which they produce after the process of incubation, or sitting for a certain length of time, are, in the various species, different both in figure and colour, as well as in point of number. They contain the elements of the future young, for the perfecting of which in the incubation a bubble of air is always placed at the large end, between the shell and the inside skin. It is supposed that from the heat communicated by the sitting bird to this confined air, its spring is increased beyond its natural tenor, and, at the same time, its parts are put into motion by the gentle rarefaction. By this means, pressure and motion are communicated to the parts of the egg, which, in some inscrutable way, gradually promote the formation and growth of the young, till the time comes for its escaping from the shell. To preserve an egg perfectly fresh, and even fit for incubation, for 5 or 6 months after it has been laid, Réaumur, the French naturalist, has shown that it is only necessary to stop up its pores with a slight coating of varnish or mutton-suet.

924. 所有鸟类皆为卵生，其经孵化过程或伏卧一定时长后所产之卵，在不同种类间，无论形状、颜色还是数量均各不相同。卵中含有未来幼雏的要素，为使幼雏在孵化中臻于完善，卵的大端处、壳与内膜之间总有一气泡。据推测，伏卧之鸟将热量传于此密闭之气，其弹力便超出自然强度，同时其各部分因温和的稀薄化而运动起来。由此，压力与运动传至卵的各部分，以某种不可索解的方式逐渐促进幼雏的形成与生长，直至其破壳而出的时刻到来。法国博物学家雷奥米尔曾指出，欲使卵在产出后五六个月内保持绝对新鲜、甚至适于孵化，只需以薄薄一层清漆或羊脂封住其气孔即可。

925. BIRDS HOWEVER, DO NOT LAY EGGS before they have some place to put them; accordingly, they construct nests for themselves with astonishing art. As builders, they exhibit a degree of architectural skill, niceness, and propriety, that would seem even to mock the imitative talents of man, however greatly these

925. 然而，鸟类在有了放置蛋的地方之后才会产蛋；因此，它们以惊人的技艺为自己筑巢。作为建筑师，它们展现出一定程度的建筑技巧、精细和得体，似乎甚至嘲弄了人类的模仿才能，无论这些

are marked by his own high intelligence and ingenuity.

"Each circumstance
Most artfully contrived to favour warmth.
Here read the reason of the vaulted roof;
How Providence compensates, ever kind,
The enormous disproportion that subsists
Between the mother and the numerous brood
Which her small bulk must quicken into life."

In building their nests, the male and female generally assist each other, and they contrive to make the outside of their tenement bear as great a resemblance as possible to the surrounding foliage or branches; so that it cannot very easily be discovered even by those who are in search of it. This art of nidification is one of the most wonderful contrivances which the wide field of Nature can show, and which, of itself, ought to be sufficient to compel mankind to the belief, that they and every other part of the creation, are constantly under the protecting power of a superintending Being, whose benign dispensations seem as exhaustless as they are unlimited.

[Illustration]

RECIPES.

CHAPTER XXI.

CHICKEN CUTLETS (an Entree).

926. INGREDIENTS.—2 chickens; seasoning to taste of salt, white pepper, and cayenne; 2 blades of pounded mace, egg and bread

其标志是自身的高智商与独创性。

每个情况
设计得极为巧妙以利于保暖。此处可读出拱形屋顶的缘由；仁慈的 Providence 如何补偿母体与她那小身躯必须孕育的众多雏鸟之间存在的巨大悬殊。

在筑巢时，雄鸟和雌鸟通常互相协助，它们设法使巢的外部尽可能与周围的枝叶相似，以至于即使是寻找巢的人也很难发现它。这种筑巢技艺是大自然广阔领域中最奇妙的发明之一，仅此一点就足以迫使人类相信，他们以及造物中的其他一切，都始终处于一位 supervising Being 的保护力量之下，其仁慈的安排似乎既无穷无尽又无边无际。

[Illustration]

食谱。

第二十一章

鸡肉片(一道小菜)。

926. 配料--2只鸡；盐、白胡椒和 cayenne 适量调味；2片捣碎的肉豆蔻，鸡蛋和面包

crumbs, clarified butter, 1 strip of lemon-rind, 2 carrots, 1 onion, 2 tablespoonfuls of mushroom ketchup, thickening of butter and flour, 1 egg.

Mode.—Remove the breast and leg bones of the chickens; cut the meat into neat pieces after having skinned it, and season the cutlets with pepper, salt, pounded mace, and cayenne. Put the bones, trimmings, &c., into a stewpan with 1 pint of water, adding carrots, onions, and lemon-peel in the above proportion; stew gently for 1-1/2 hour, and strain the gravy. Thicken it with butter and flour, add the ketchup and 1 egg well beaten; stir it over the fire, and bring it to the simmering-point, but do not allow it to boil. In the mean time, egg and bread-crumb the cutlets, and give them a few drops of clarified butter; fry them a delicate brown, occasionally turning them; arrange them pyramidically on the dish, and pour over them the sauce.

Time.—10 minutes to fry the cutlets. *Average cost*, 2*s*. each.

Sufficient for an entrée.

Seasonable from April to July.

FOWLS AS FOOD.—Brillat Savarin, pre-eminent in gastronomic taste, says that he believes the whole gallinaceous family was made to enrich our larders and furnish our tables; for, from the quail to the turkey, he avers their flesh is a light aliment, full of flavour, and fitted equally well for the invalid as for the man of robust health. The fine flavour, however, which Nature has given to all birds coming under the definition of poultry, man has not been satisfied with, and has used many means—such as keeping them in solitude and darkness, and forcing them to eat—to give

屑，澄清黄油，1条柠檬皮，2根胡萝卜，1个洋葱，2汤匙蘑菇 ketchup，黄油和面粉勾芡，1个鸡蛋。

模式。--将鸡的胸骨和腿骨剔除；把鸡肉去皮后切成整齐的块，用胡椒、盐、捣碎的肉豆蔻和卡宴辣椒粉给这些肉块调味。将骨头、边角料等放入炖锅，加入1品脱水，按上述比例加入胡萝卜、洋葱和柠檬皮；用文火炖1-1/2小时，滤出肉汁。用黄油和面粉将其勾芡，加入番茄酱和1个打散的鸡蛋；在火上搅拌，使其达到微沸状态，但不要让它沸腾。与此同时，给肉块裹上蛋液和面包屑，并淋上几滴澄清黄油；将其煎至浅棕色，不时翻动；将它们呈金字塔状摆放在盘中，浇上酱汁。

时间。--煎肉饼需10分钟。平均成本，每个2先令。

足量，可供一道主菜之用。

时令四月至七月。

家禽作为食物。--布里亚-萨瓦兰在美食品味方面出类拔萃，他说他相信整个鸡形目家族都是为了充实我们的食品储藏室和供应我们的餐桌而创造的；因为从鹌鹑到火鸡，他断言它们的肉是一种清淡的食物，充满风味，既适合病人也适合健康强壮的人。然而，大自然赋予所有属于家禽定义范围内的鸟类的美妙风味，人类并不满足，还使用了许多方法--例如将它们关在孤独和黑暗中，强迫它们进食--以赋予

them an unnatural state of fatness or fat. This fat, thus artificially produced, is doubtless delicious, and the taste and succulence of the boiled and roasted bird draw forth the praise of the guests around the table. Well-fattened and tender, a fowl is to the cook what the canvas is to the painter; for do we not see it served boiled, roasted, fried, fricasseed, hashed, hot, cold, whole, dismembered, boned, broiled, stuffed, on dishes, and in pies,—always handy and ever acceptable?

它们处于不自然的肥胖状态。这种如此人工产生的脂肪无疑美味，煮烤禽肉的滋味和多汁赢得餐桌周围宾客的赞誉。肥育良好且柔嫩的禽肉对厨师而言，犹如画布对画家；因为我们不正是看到它被煮、烤、炸、炖、烩、热食、冷食、整只、分割、去骨、炙烤、填馅，装盘上桌，做成馅饼--总是方便且始终受欢迎吗?

THE COMMON OR DOMESTIC FOWL.—From time immemorial, the common or domestic fowl has been domesticated in England, and is supposed to be originally the offspring of some wild species which abound in the forests of India. It is divided into a variety of breeds, but the most esteemed are, the Poland or Black, the Dorking, the Bantam, the Game Fowl, and the Malay or Chittagong. The common, or barn-door fowl, is one of the most delicate of the varieties; and at Dorking, in Surrey, the breed is brought to great perfection. Till they are four months old, the term chicken is applied to the young female; after that age they are called pullets, till they begin to lay, when they are called hens. The English counties most productive in poultry are Surrey, Sussex, Norfolk, Herts, Devon, and Somerset.

普通家禽或家鸡。--自古以来，普通家禽或家鸡就在英格兰被驯养，据推测最初是印度森林中大量存在的一种野生物种的后代。它分为多个品种，但最受推崇的是波兰鸡或黑鸡、多金鸡、矮脚鸡、斗鸡以及马来鸡或吉大港鸡。普通家禽或谷仓门鸡是这些品种中最娇嫩的一种；在萨里郡的多金，该品种被培育得极为完美。在四个月大之前，幼年雌鸡被称为小鸡；过了这个年龄，它们被称为小母鸡，直到开始产蛋，才被称为母鸡。家禽产量最高的英格兰郡是萨里、苏塞克斯、诺福克、赫特福德、德文和萨默塞特。

FRENCH CHICKEN CUTLETS (Cold Meat Cookery).

法式鸡排(冷肉烹饪)

927. INGREDIENTS.—The remains of cold roast or boiled fowl, fried bread, clarified butter, the yolk of 1 egg, bread crumbs, 1/2 teaspoonful of finely-minced lemon-peel; salt, cayenne, and mace to taste. For sauce,—1 oz. of butter, 2 minced shalots, a few slices of carrot, a small bunch of savoury herbs, including parsley, 1 blade of pounded mace, 6 peppercorns, 1/4 pint of gravy.

927. 配料--冷烤或煮禽肉的剩余，煎面包，澄清黄油，1个蛋黄，面包屑，1/2茶匙细切柠檬皮；盐、cayenne 和肉豆蔻适量。酱汁--1 oz.黄油，2个切碎的 shallot，几片胡萝卜，一小束香草(包括欧芹),1片捣碎的肉豆蔻，6粒胡椒，1/4 pint 肉汁。

Mode.—Cut the fowls into as many nice cutlets as possible; take a corresponding number of sippets about the same size, all cut one shape; fry them a pale brown, put them before the fire, then dip the cutlets into clarified butter mixed with the yolk of an egg, cover with bread crumbs seasoned in the above proportion, with lemon-peel, mace, salt, and cayenne; fry them for about 5 minutes, put each piece on one of the sippets, pile them high in the dish, and serve with the following sauce, which should be made ready for the cutlets. Put the butter into a stewpan, add the shalots, carrot, herbs, mace, and peppercorns; fry for 10 minutes or rather longer; pour in 1/2 pint of good gravy, made of the chicken bones, stew gently for 20 minutes, strain it, and serve.

做法。--将鸡切成尽可能多的整齐肉片；取相应数量的面包托，大小大致相同，全部切成同一形状；炸至浅棕色，放在火前，然后将肉片蘸上混有蛋黄的澄清黄油，裹上按上述比例用柠檬皮、肉豆蔻、盐和卡宴辣椒粉调味的麵包屑；煎约5分钟，将每片放在一个面包托上，在盘中高高堆起，配以下述酱汁食用，该酱汁应提前为肉片准备好。将黄油放入炖锅，加入红葱头、胡萝卜、香草、肉豆蔻和胡椒粒；煎10分钟或稍久；倒入1/2品脱用鸡骨制成的上好肉汁，小火炖20分钟，滤出后食用。

Time.—5 minutes to fry the cutlets; 35 minutes to make the gravy.

时间。--煎肉排需5分钟；制作肉汁需35分钟。

Average cost, exclusive of the chicken, 9d.

平均成本，不含鸡，9便士。

Seasonable from April to July.

时令四月至七月。

EGGS FOR HATCHING.—Eggs intended for hatching should be removed as soon as laid, and placed in bran in a dry, cool place. Choose those that are near of a size; and, as a rule, avoid those that are equally thick at both ends,—such, probably, contain a double yolk, and will come to no good. Eggs intended for hatching should never be stored longer than a month, as much less the better. Nine eggs may be placed under a Bantam hen, and as many as fifteen under a Dorking. The odd number is considered preferable, as more easily packed. It will be as well to mark the eggs you give the hen to sit on, so that you may know if she lays any more: if she does, you must remove them; for, if hatched at all, they would be too late for the brood. If during incubation an egg should be broken, remove it, and take out the remainder, and

孵化用蛋。--准备用于孵化的蛋应在产下后立即取出，放在干燥阴凉处的麸皮中。选择大小相近的蛋；通常应避免两端同样厚的蛋--这种蛋很可能含有双黄，不会有好结果。准备用于孵化的蛋储存时间绝不应超过一个月，越短越好。矮脚鸡母鸡下可放九个蛋，多金鸡母鸡下可多达十五个。奇数被认为更可取，因为更容易码放。最好给你让母鸡孵的蛋做上标记，这样就能知道她是否又下了蛋：如果她又下了，你必须把新下的蛋拿走；因为即使能孵出，对小鸡来说也太晚了。如果孵化期间有蛋破了，应将其取出，并把其余的蛋也拿出来，然后

cleanse them in luke-warm water, or it is probable the sticky nature of the contents of the broken egg will make the others cling to the hen's feathers; and they, too, may be fractured.

用温水清洗它们，否则破蛋内容物的黏性很可能使其他蛋粘在母鸡羽毛上；它们也可能被弄破。

HENS SITTING.—Some hens are very capricious as regards sitting; they will make a great fuss, and keep pining for the nest, and, when they are permitted to take to it, they will sit just long enough to addle the eggs, and then they're off again. The safest way to guard against such annoyance, is to supply the hen with some hard-boiled eggs; if she sits on them a reasonable time, and seems steadily inclined, like a good matron, you may then give her proper eggs, and let her set about the business in earnest.

母鸡孵蛋。--有些母鸡在孵蛋方面非常反复无常；它们会大吵大闹，一直渴望进窝，而当允许它们进窝时，它们只孵到足以使蛋变坏的时间，然后就又离开了。防止这种麻烦的最稳妥办法，是给母鸡一些煮硬的蛋；如果她在这些蛋上孵了合理的时间，并且看起来愿意稳定地孵下去，像一位尽职的主妇，那你就可以给她正常的蛋，让她认真开始这件事。

CHICKEN OR FOWL PATTIES.

鸡肉或家禽肉馅饼

928. INGREDIENTS.—The remains of cold roast chicken or fowl; to every 1/4 lb. of meat allow 2 oz. of ham, 3 tablespoonfuls of cream, 2 tablespoonfuls of veal gravy, 1/2 teaspoonful of minced lemon-peel; cayenne, salt, and pepper to taste; 1 tablespoonful of lemon-juice, 1 oz. of butter rolled in flour; puff paste.

928. 配料--冷烤鸡或禽肉的剩余；每1/4 lb.肉配2 oz.火腿，3汤匙奶油，2汤匙小牛肉肉汁，1/2茶匙切碎的柠檬皮；cayenne、盐和胡椒适量；1汤匙柠檬汁，1 oz.裹面粉的黄油；酥皮。

Mode.—Mince very small the white meat from a cold roast fowl, after removing all the skin; weigh it, and to every 1/4 lb. of meat allow the above proportion of minced ham. Put these into a stewpan with the remaining ingredients, stir over the fire for 10 minutes or 1/4 hour, taking care that the mixture does not burn. Roll out some puff paste about 1/4 inch in thickness; line the patty-pans with this, put upon each a small piece of bread, and cover with another layer of paste; brush over with the yolk of an egg, and bake in a brisk oven for about 1/4 hour. When done, cut a round piece out of the top, and, with a small spoon, take out the

做法。--将冷烤鸡的白肉去净所有皮后剁得极碎；称重，每1/4 lb.肉配以上述比例的碎火腿。将这些放入炖锅，加入其余配料，在火上搅拌10分钟或1/4小时，注意不要让混合物烧焦。将一些千层酥皮擀成约1/4英寸厚；用它铺在小馅饼模里，在每个模子里放一小块面包，再盖上一层酥皮；刷上蛋黄，在旺烤箱中烘烤约1/4小时。烤好后，在顶部切出一个圆片，用小勺取出

bread (be particular in not breaking the outside border of the crust), and fill the patties with the mixture.

面包(注意不要弄破酥皮的外缘)，将混合物填入小馅饼中。

Time.—1/4 hour to prepare the meat; not quite 1/4 hour to bake the crust.

时间--准备肉需1/4小时；烤酥皮不到1/4小时。

Seasonable at any time.

时令任何时候皆宜。

HATCHING.—Sometimes the chick within the shell is unable to break away from its prison; for the white of the egg will occasionally harden in the air to the consistence of joiners' clue, when the poor chick is in a terrible fix. An able writer says, "Assistance in hatching must not be rendered prematurely, and thence unnecessarily, but only in the case of the chick being plainly unable to release itself; then, indeed, an addition may probably be made to the brood, as great numbers are always lost in this way. The chick makes a circular fracture at the big end of the egg, and a section of about one-third of the length of the shell being separated, delivers the prisoner, provided there is no obstruction from adhesion of the body to the membrane which lines the shell. Between the body of the chick and the membrane of the shell there exists a viscous fluid, the white of the egg thickened with the intense heat of incubation, until it becomes a positive glue. When this happens, the feathers stick fast to the shell, and the chicks remain confined, and must perish, if not released."

出壳。--有时壳内的小鸡无法破壳而出；因为蛋清有时会在空气中硬化到木工胶的稠度，这时可怜的小鸡就陷入极大的困境。一位有能力的作者说：“帮助出壳不可过早，也不可因此而不必要地进行，只能在明显看出小鸡无法自行脱壳时才可帮助；那时确实可能为这一窝增加一只，因为大量小鸡总是这样损失掉。小鸡在蛋的大端造成一圈裂口，当壳长约三分之一的一段被分开后，就能使这囚徒脱出，前提是没有因身体粘附于衬在壳内的膜而受阻。在小鸡身体与壳膜之间存在一种黏稠液体，即因孵化强热而变稠的蛋清，直到它变成真正的胶。发生这种情况时，羽毛会牢牢粘在壳上，小鸡被困住，若不救出就必定死亡。”

The method of assistance to be rendered to chicks which have a difficulty in releasing themselves from the shell, is to take the egg in the hand, and dipping the finger or a piece of linen rag in warm water, to apply it to the fastened parts until they are loosened by the gluey substance becoming dissolved and separated from the

对难以自行破壳的雏鸡提供帮助的方法是，将蛋握在手中，把手指或一块亚麻布蘸上温水，敷在粘连的部位，直到黏性物质溶解并与蛋壳分离，使粘连处松开。

feathers. The chick, then, being returned to the nest, will extricate itself,—a mode generally to be observed, since, if violence were used, it would prove fatal. Nevertheless, breaking the shell may sometimes be necessary; and separating with the fingers, as gently as may be, the membrane from the feathers, which are still to be moistened as mentioned above, to facilitate the operation. The points of small scissors may be useful, and when there is much resistance, as also apparent pain to the bird, the process must be conducted in the gentlest manner, and the shell separated into a number of small pieces. The signs of a need of assistance are the egg being partly pecked and chipped, and the cluck discontinuing its efforts for five of six hours. Weakness from cold may disable the chicken from commencing the operation of pecking the shell, which must then be artificially performed with a circular fracture, such as is made by the bird itself.

羽毛。然后，把小鸡放回窝里，它会自己挣脱出来--通常应遵循这种办法，因为若使用暴力，反而会致命。不过，有时可能必须弄破蛋壳；并尽可能轻柔地用手指把膜与羽毛分开，同时仍要如上所述加以湿润，以便于操作。小剪刀的尖端可能有用；当阻力很大，并且鸟显然疼痛时，必须极其轻柔地进行，把壳分成许多小片。需要帮助的迹象是：蛋已被啄开并崩裂了一部分，而小鸡已有五六小时停止努力。因寒冷造成的虚弱可能使小鸡无法开始啄壳，这时必须人工制造一圈裂口，就像鸟自己造成的那样。

CHICKEN OR FOWL PIE.

鸡肉或家禽派。

929. INGREDIENTS.—2 small fowls or 1 large one, white pepper and salt to taste, 1/2 teaspoonful of grated nutmeg, 1/2 teaspoonful of pounded mace, forcemeat No. 417, a few slices of ham, 3 hard-boiled eggs, 1/2 pint of water, puff crust.

929. 配料--2只小禽或1只大禽，白胡椒和盐适量，1/2茶匙磨碎的肉豆蔻，1/2茶匙捣碎的肉豆蔻，第417号馅料，几片火腿，3个煮硬的鸡蛋，1/2 pint 水，酥皮。

Mode.—Skin and cut up the fowls into joints, and put the neck, leg, and backbones in a stewpan, with a little water, an onion, a bunch of savoury herbs, and a blade of mace; let these stew for about an hour, and, when done, strain off the liquor: this is for gravy. Put a layer of fowl at the bottom of a pie-dish, then a layer of ham, then one of forcemeat and hard-boiled eggs cut in rings; between the layers put a seasoning of pounded mace, nutmeg,

做法--去皮并将禽肉切成块，将颈、腿和脊骨放入炖锅，加少量水、一个洋葱、一束香草和一片肉豆蔻；炖约一小时，完成后滤出汤汁：此为肉汁。在馅饼盘底铺一层禽肉，再铺一层火腿，再铺一层馅料和切成环状的煮硬鸡蛋；层与层之间撒上捣碎的肉豆蔻、肉豆蔻

pepper, and salt. Proceed in this manner until the dish is full, and pour in about 1/2 pint of water; border the edge of the dish with puff crust, put on the cover, ornament the top, and glaze it by brushing over it the yolk of an egg. Bake from 1-1/4 to 1-1/2 hour, should the pie be very large, and, when done, pour in, at the top, the gravy made from the bones. If to be eaten cold, and wished particularly nice, the joints of the fowls should be boned, and placed in the dish with alternate layers of forcemeat; sausage-meat may also be substituted for the forcemeat, and is now very much used. When the chickens are boned, and mixed with sausage-meat, the pie will take about 2 hours to bake. It should be covered with a piece of paper when about half-done, to prevent the paste from being dried up or scorched.

胡椒和盐。照此方式操作，直到盘子装满，然后倒入约1/2品脱的水；在盘子边缘围上一圈千层酥皮，盖上盖子，装饰顶部，并用刷子刷上蛋黄使其上光。如果馅饼非常大，烘烤1-1/4至1-1/2小时，烤好后从顶部倒入用骨头熬制的肉汁。如果要冷食且希望格外精美，应将禽类的关节去骨，并与调味馅料交替分层放入盘中；香肠肉也可以替代调味馅料，现在非常常用。当鸡肉去骨并与香肠肉混合后，馅饼大约需要烘烤2小时。烤到约一半时，应盖上一张纸，以防面皮变干或烤焦。

Time.—For a pie with unboned meat, 1-1/4 to 1-1/2 hour; with boned meat and sausage or forcemeat, 1-1/2 to 2 hours.

时间--带骨肉的馅饼需1-1/4至1-1/2小时；去骨肉配香肠或馅料需1-1/2至2小时。

Average cost, with 2 fowls, 6s. 6d.

平均成本，加2只鸡，6先令6便士。

Sufficient for 6 or 7 persons.

足量供6或7人食用。

Seasonable at any time.

时令任何时候皆宜。

THE YOUNG CHICKS.—The chicks that are hatched first should be taken from underneath the hen, lest she might think her task at an end, and leave the remaining eggs to spoil. As soon as the young birds are taken from the mother, they must be placed in a basket lined with soft wool, flannel, or hay, and stood in the sunlight if it be summer time, or by the fire if the weather be cold. It is a common practice to cram young chicks with food as soon as they are born. This is quite unnecessary. They will, so long as they are kept warm, come to no harm if they take no food for twenty-

幼雏。--最先孵出的雏鸡应从母鸡身下取出，以免母鸡以为自己的任务已完成，而丢下剩余的蛋使其坏掉。幼雏一旦从母鸡身边取出，就必须放入铺有柔软羊毛、法兰绒或干草的篮子里，如果是夏天就放在阳光下，如果天气寒冷就放在火边。常见的做法是雏鸡一出生就塞食喂养。这完全没有必要。只要保持温暖，即使二十--小时内不进食也不会有害。

four hours following their birth. Should the whole of the brood not be hatched by that time, those that are born may be fed with bread soaked in milk, and the yolk of a hard-boiled egg.

出生后四小时内。若届时整窝尚未孵出，已出生的雏鸡可喂以浸牛奶的面包和煮硬鸡蛋的蛋黄。

POTTED CHICKEN OR FOWL (a Luncheon or Breakfast Dish).

罐装鸡或家禽(午餐或早餐菜肴)。

930. INGREDIENTS.—The remains of cold roast chicken; to every lb. of meat allow 1/4 lb. of fresh butter, salt and cayenne to taste, 1 teaspoonful of pounded mace, 1/4 small nutmeg.

930. 配料--冷烤鸡的剩余；每 lb.肉配1/4 lb.新鲜黄油，盐和 cayenne 适量，1茶匙捣碎的肉豆蔻，1/4个小肉豆蔻。

Mode.—Strip the meat from the bones of cold roast fowl; when it is freed from gristle and skin, weigh it, and, to every lb. of meat, allow the above proportion of butter, seasoning, and spices. Cut the meat into small pieces, pound it well with the fresh butter, sprinkle in the spices gradually, and keep pounding until reduced to a perfectly smooth paste. Put it into potting-pots for use, and cover it with clarified butter, about 1/4 inch in thickness, and, if to be kept for some time, tie over a bladder: 2 or 3 slices of ham, minced and pounded with the above ingredients, will be found an improvement. It should be kept in a dry place.

Mode。--将冷烤禽肉从骨头上剔下；去掉软骨和皮后称重，每1 lb.肉按上述比例配以黄油、调味料和香料。将肉切成小块，与新鲜黄油一起充分捣碎，逐渐撒入香料，持续捣至完全细腻的糊状。装入陶罐备用，表面覆盖约1/4英寸厚的澄清黄油，如果要保存一段时间，则在上面扎一层膀胱膜：将2或3片火腿切碎并与上述配料一起捣碎，效果更佳。应存放在干燥处。

Seasonable at any time.

时令任何时候皆宜。

FEEDING AND COOPING THE CHICKS.—When all the chicks are hatched, they should be placed along with the mother under a coop in a warm dry spot. If two hens happen to have their broods at the same time, their respective chicks should be carefully kept separate; as, if they get mixed, and so go under the wrong coop, the hens will probably maim and destroy those who have mistaken their dwelling. After being kept snug beneath the coop for a week (the coop should be placed under cover at nightfall), the chicks may be turned loose for an hour or so in the warmest

雏鸡的喂养与罩笼。--当所有雏鸡都孵出后，应将它们与母鸡一起放在温暖干燥处的罩笼下。如果两只母鸡恰好同时孵出雏鸡，应小心将各自的雏鸡分开；因为如果混在一起而进入错误的罩笼，母鸡很可能会伤害并杀死那些认错住所的雏鸡。在罩笼下保暖一周后(傍晚时应将罩笼移到有遮盖的地方)，可以在一天中最暖和的时候将雏鸡放出活动约一小时。

part of the day. They should be gradually weaned from the soaked bread and chopped egg, instead of which grits or boiled barley should be given; in 8 or 10 days their stomachs will be strong enough to receive bruised barley, and at the end of 3 weeks, if your chicks be healthy, they will be able to take care of themselves. It will be well, however, to keep your eye on them a week or so longer, as the elder chickens may drive them from their food. Great care should be taken that the very young chicks do not run about the wet ground or on damp grass, as this is the most prominent and fatal cause of disease. While under the coop with their mother, a shallow pan or plate of water should be supplied to the chicks, as in a deeper vessel they are liable to drench themselves and take cold, or possibly to get drowned.

它们应逐渐断掉浸泡面包和碎鸡蛋，改为喂以粗磨谷物或煮大麦；8到10天后，它们的胃将足够强壮以接受碾碎的大麦，3周后，如果雏鸡健康，它们就能自己照顾自己了。不过，最好再照看一周左右，因为较大的鸡可能会抢走它们的食物。应特别注意，非常幼小的雏鸡不要在湿地面或潮湿的草地上跑动，因为这是最突出且致命的致病原因。与母鸡一起在罩笼下时，应给雏鸡提供一个浅盘或浅碟的水，因为在较深的容器中它们容易弄湿自己而受凉，甚至可能被淹死。

CHICKEN OR FOWL SALAD.

鸡肉或家禽沙拉。

931. INGREDIENTS.—The remains of cold roast or boiled chicken, 2 lettuces, a little endive, 1 cucumber, a few slices of boiled beetroot, salad-dressing No. 506.

931. 配料--冷烤鸡或冷煮鸡的剩余部分，

2棵生菜，少量 endive,1根黄瓜，几片煮甜菜根，第506号沙拉酱。

Mode.—Trim neatly the remains of the chicken; wash, dry, and slice the lettuces, and place in the middle of a dish; put the pieces of fowl on the top, and pour the salad-dressing over them. Garnish the edge of the salad with hard-boiled eggs cut in rings, sliced cucumber, and boiled beetroot cut in slices. Instead of cutting the eggs in rings, the yolks may be rubbed through a hair sieve, and the whites chopped very finely, and arranged on the salad in small bunches, yellow and white alternately. This should not be made long before it is wanted for table.

做法。--将鸡的余肉修整干净；洗净、擦干生菜并切片，置于盘中央；把鸡肉块放在上面，浇上沙拉酱汁。用切成圆片的煮硬鸡蛋、黄瓜片和煮甜菜根片点缀沙拉边缘。也可不将鸡蛋切成圆片，而将蛋黄用马尾筛擦过，蛋白切得极细，分成小堆交替以黄色和白色排列在沙拉上。此菜不宜在上桌前过早制作。

Average cost, exclusive of the cold chicken, 8d.

平均成本，不含冷鸡，8便士。

Sufficient for 4 or 5 persons.

Seasonable at any time.

AGE AND FLAVOUR OF CHICKENS.—It has been the opinion of the medical faculty of all ages and all countries, that the flesh of the young chicken is the must delicate and easy to digest of all animal food. It is less alkalescent than the flesh of any other animal, and its entire freedom from any irritating quality renders it a fit dish for the ailing, or those whose stomachs are naturally weak. In no animal, however, does age work such a change, in regard to the quality of its flesh, as it does in domestic fowls. In their infancy, cocks and hens are equally tender and toothsome; but as time overtakes them it is the cock whose flesh toughens first. A year-old cock, indeed, is fit for little else than to be converted into soup, while a hen at the same age, although sufficiently substantial, is not callous to the insinuations of a carving-knife. As regards capons, however, the rule respecting age does not hold good. There is scarcely to be found a more delicious animal than a well-fed, well-dressed capon. Age does not dry up his juices; indeed, like wine, he seems but to mellow. At three years old, even, he is as tender as a chick, with the additional advantage of his proper chicken flavour being fully developed. The above remarks, however, concerning the capon, only apply to such as are *naturally* fed, and not crammed. The latter process may produce a handsome-looking bird, and it may weigh enough to satisfy the whim or avarice of its stuffer; but, when before the fire, it will reveal the cruel treatment to which it has been subjected, and will weep a drippingpan-ful of fat tears. You will never find heart enough to place such a grief-worn guest at the head of your table. It should be borne in mind as a rule, that

足量供4或5人食用。

时令任何时候皆宜。

鸡的年龄与风味。--历代各国的医学界人士都认为，幼鸡的肉是所有动物性食物中最细嫩、最易消化的。它的碱性比任何其他动物的肉都低，而且完全不含任何刺激性成分，因此适合病人或天生脾胃虚弱者食用。然而，在家禽中，年龄对其肉质的改变，没有哪种动物比家禽更显著。幼年时，公鸡与母鸡同样柔嫩可口；但随着时间推移，先变老韧的是公鸡。一岁的公鸡，实际上除了煮汤之外几乎别无他用；而同龄的母鸡虽然已相当厚实，却仍经得起切肉刀的试探。至于阉鸡，关于年龄的规律并不适用。几乎找不到比一只喂养得当、收拾干净的阉鸡更美味的禽类了。年龄不会使其汁液干涸；事实上，它像葡萄酒一样，似乎只会愈发醇熟。即便在三岁时，它仍像雏鸡一样柔嫩，而且还有其本来的鸡肉风味充分发展这一额外优点。不过，上述关于阉鸡的论述，仅适用于自然喂养而非填塞育肥的阉鸡。后一种做法可能养出外观漂亮的禽鸟，其重量也许足以满足填喂者的怪想或贪欲；但一旦放到炉火前，它就会暴露出所遭受的残酷对待，并会流下一滴盘之多的油脂泪水。你绝不会忍心把这样一位饱受折磨的宾客摆在餐桌的首位。应当记住这样一条规则：

small-boned and short-legged poultry are likely to excel the contrary sort in delicacy of colour, flavour, and fineness of flesh.

细骨短腿的禽类可能在色泽、风味和肉质细嫩方面优于相反类型。

HASHED DUCK (Cold Meat Cookery).

腌鸭(冷肉烹饪)

932. INGREDIENTS.—The remains of cold roast duck, rather more than 1 pint of weak stock or water, 1 onion, 1 oz. of butter, thickening of butter and flour, salt and cayenne to taste, 1/2 teaspoonful of minced lemon-peel, 1 dessertspoonful of lemon-juice, 1/2 glass of port wine.

932. 配料--冷烤鸭的剩余，略多于1 pint 的淡高汤或水，1个洋葱，1 oz.黄油，黄油和面粉勾芡，盐和 cayenne 适量，1/2茶匙切碎的柠檬皮，1甜点匙柠檬汁，1/2杯 port 葡萄酒。

Mode.—Cut the duck into nice joints, and put the trimmings into a stewpan; slice and fry the onion in a little butter; add these to the trimmings, pour in the above proportion of weak stock or water, and stew gently for 1 hour. Strain the liquor, thicken it with butter and flour, season with salt and cayenne, and add the remaining ingredients; boil it up and skim well; lay in the pieces of duck, and let them get thoroughly hot through by the side of the fire, but do not allow them to boil: they should soak in the gravy for about 1/2 hour. Garnish with sippets of toasted bread. The hash may be made richer by using a stronger and more highly-flavoured gravy; a little spice or pounded mace may also be added, when their flavour is liked.

做法。--将鸭切成整齐的块，把碎料放入炖锅；将洋葱切片，用少许黄油煎炒；将其加入碎料中，倒入上述比例的淡肉汤或水，文火炖1小时。滤出汤汁，用黄油和面粉勾芡，以盐和辣椒粉调味，加入其余配料；煮沸并撇净浮沫；放入鸭块，置于火旁使其彻底热透，但不可让其煮沸：应浸泡在肉汁中约1/2小时。用烤面包丁点缀。若使用更浓、风味更重的肉汁，则此烩菜可更为丰盛；若喜欢其风味，也可加入少许香料或研碎的肉豆蔻。

Time.—1-1/2 hour. *Average cost*, exclusive of the cold duck, 4d.

时间--1-1/2小时。平均成本，不含冷鸭，4d.

Seasonable from November to February; ducklings from May to August.

时令 11月至2月；小鸭5月至8月。

THE DUCK.—This bird belongs to the order of *Natatores*, or Swimmers; the most familiar tribes of which are ducks, swans, geese, auks, penguins, petrels, pelicans, guillemots, gulls, and terns. They mostly live in the water, feeding on fish, worms, and

鸭--此鸟属于*Natatores*目，即游禽；其中最熟悉的族群是鸭、天鹅、鹅、海雀、企鹅、海燕、鹈鹕、海鸠、鸥和燕鸥。它们大多生活在水里，以鱼、蠕虫和

aquatic plants. They are generally polygamous, and make their nests among reeds, or in moist places. The flesh of many of the species is eatable, but that of some is extremely rank and oily. The duck is a native of Britain, but is found on the margins of most of the European lakes. It is excessively greedy, and by no means a nice feeder. It requires a mixture of vegetable and animal food; but aquatic insects, corn, and vegetables, are its proper food. Its flesh, however, is savoury, being not so gross as that of the goose, and of easier digestion. In the green-pea season it is usually found on an English table; but, according to Ude, "November is its proper season, when it is plump and fat."

水生植物。它们通常为杂性花，在芦苇丛中或潮湿处筑巢。许多种类的肉可食，但有些种类的肉极为腥膻油腻。鸭原产于不列颠，但见于大多数欧洲湖泊的边缘。它极为贪食，绝非讲究的食客。它需要植物性与动物性食物的混合；但水生昆虫、谷物和蔬菜才是其适宜的食物。然而其肉味鲜美，不似鹅肉那般肥腻，且更易消化。在青豌豆时令，它通常出现在英国餐桌上；但据乌德所言，“十一月才是其合宜的时令，此时它丰满肥美。”

TO RAGOUT A DUCK WHOLE.

将整只鸭做成浓味炖菜。

933. INGREDIENTS.—1 large duck, pepper and salt to taste, good beef gravy, 2 onions sliced, 4 sage-leaves, a few leaves of lemon thyme, thickening of butter and flour.

933. 配料--1只大鸭，胡椒和盐适量，优质牛肉肉汁，2个切片洋葱，4片鼠尾草叶，几片柠檬百里香叶，黄油和面粉勾芡。

Mode.—After having emptied and singed the duck, season it inside with pepper and salt, and truss it. Roast it before a clear fire for about 20 minutes, and let it acquire a nice brown colour. Put it into a stewpan with sufficient well-seasoned beef gravy to cover it; slice and fry the onions, and add these, with the sage-leaves and lemon thyme, both of which should be finely minced, to the stock. Simmer gently until the duck is tender; strain, skim, and thicken the gravy with a little butter and flour; boil it up, pour over the duck, and serve. When in season, about, 1-1/2 pint of young green peas, boiled separately, and put in the ragoût, very much improve this dish.

做法。--将鸭掏空、燎毛后，在腔内撒盐和胡椒调味，并捆扎成形。在明火前烤约20分钟，使其呈漂亮的棕色。将其放入炖锅，加入足量调味良好的牛肉肉汁浸没。将洋葱切片煎炒，连同鼠尾草叶和柠檬百里香(两者均应切细)一起加入汤中。文火慢炖至鸭肉嫩熟；滤出汤汁，撇去浮沫，用少许黄油和面粉勾芡；煮沸后浇在鸭上，即可上桌。当令时，加入约1-1/2品脱单独煮熟的嫩青豌豆于烩菜中，可大大提升此菜的风味。

Time.—20 minutes to roast the duck; 20 minutes to stew it.

时间。- 烤鸭20分钟；炖鸭20分钟。

Average cost, from 2s. 3d. to 2s. 6d. each.

Sufficient for 4 or 5 persons.

Seasonable from November to February; ducklings from April to August.

[Illustration: BUENOS AYRES DUCKS.]

THE BUENOS AYRES DUCK.—The Buenos Ayres duck is of East-Indian birth, and is chiefly valuable as an ornament; for we suppose one would as soon think of picking a Chinese teal for luncheon, or a gold fish for breakfast, as to consign the handsome Buenos Ayres to the spit. The prevailing colour of this bird is black, with a metallic lustre, and a gleaming of blue steel about its breast and wings.

VARIETIES OF DUCKS.—Naturalists count nearly a hundred different species of ducks; and there is no doubt that the intending keeper of these harmless and profitable birds may easily take his choice from amongst twenty different sorts. There is, however, so little difference in the various members of the family, either as regards hardiness, laying, or hatching, that the most incompetent fancier or breeder may indulge his taste without danger of making a bad bargain. In connection with their value for table, light-coloured ducks are always of milder flavour than those that are dark-coloured, the white Aylesbury's being general favourites. Ducks reared exclusively on vegetable diet will have a whiter and more delicate flesh than those allowed to feed on animal offal; while the flesh of birds fattened on the latter food, will be firmer than that of those which have only partaken of food of a vegetable nature.

平均成本，每个从2先令3便士到2先令6便士。

足量供4或5人食用。

时令 11月至2月；小鸭4月至8月。

[插图：布宜诺斯艾利斯鸭]

布宜诺斯艾利斯鸭--布宜诺斯艾利斯鸭原产于东印度，主要作为观赏禽而有价值；因为我们想，人们宁可想到捉一只中国水鸭作午餐，或捞一条金鱼作早餐，也不会把漂亮的布宜诺斯艾利斯鸭送上烤叉。此鸟的主色为黑色，带金属光泽，胸部和翅膀周围闪烁蓝钢色。

鸭的品种。--博物学家统计出近一百种不同的鸭；毫无疑问，有意饲养这种无害而有利可图的禽类的人，很容易从二十个不同品种中作出选择。然而，这一家族的各成员之间，无论在耐寒性、产蛋还是孵化方面，差异都微乎其微，因此即使是最不称职的饲养者或育种者，也可以随自己的喜好挑选，而不必担心做亏本的买卖。就其在餐桌上的价值而言，浅色鸭的滋味总是比深色鸭更为温和，白色的艾尔斯伯里鸭(Aylesbury)是众人喜爱的品种。完全以植物性饲料饲养的鸭，其肉比允许以动物内脏为食的鸭更白、更细嫩；而以动物性饲料育肥的禽肉，则比仅食用植物性饲料的禽肉更为紧实。

ROAST DUCKS.

934. INGREDIENTS.—A couple of ducks; sage-and-onion stuffing No. 504; a little flour.

Choosing and Trussing.—Choose ducks with plump bellies, and with thick and yellowish feet. They should be trussed with the feet on, which should be scalded, and the skin peeled off, and then turned up close to the legs. Run a skewer through the middle of each leg, after having drawn them as close as possible to the body, to plump up the breast, passing the same quite through the body. Cut off the heads and necks, and the pinions at the first joint; bring these close to the sides, twist the feet round, and truss them at the back of the bird. After the duck is stuffed, both ends should be secured with string, so as to keep in the seasoning.

[Illustration: ROAST DUCK.]

Mode.—To insure ducks being tender, never dress them the same day they are killed; and if the weather permits, they should hang a day or two. Make a stuffing of sage and onion sufficient for one duck, and leave the other unseasoned, as the flavour is not liked by everybody. Put them down to a brisk clear fire, and keep them well basted the whole of the time they are cooking. A few minutes before serving, dredge them lightly with flour, to make them froth and look plump; and when the steam draws towards the fire, send them to table hot and quickly, with a good brown gravy poured *round*, but not *over* the ducks, and a little of the same in a tureen. When in season, green peas should invariably accompany this dish.

Time.—Full-grown ducks from 3/4 to 1 hour; ducklings from 25 to

烤鸭

934. 配料--一对鸭；第504号鼠尾草洋葱馅料；少量面粉。

挑选与捆扎。--挑选腹部丰满、脚厚且呈淡黄色的鸭。捆扎时应保留鸭脚，先将脚烫过，剥去皮，然后紧贴腿部向上翻折。将鸭脚尽可能拉近身体，以使胸部丰满，再用一根签子穿过每条腿的中部，并完全穿透身体。切下头和颈，以及第一关节处的翅尖；将它们紧贴身体两侧，把脚扭转，捆扎在禽背。鸭填好馅后，两端都应用细绳扎紧，以保住调味。

[插图：烤鸭。]

做法。--为确保鸭肉鲜嫩，切勿在宰杀当天烹制；若天气允许，应悬挂一两天。用鼠尾草和洋葱为一只鸭制作足量的馅料，另一只不加调味，因为并非人人都喜欢这种味道。将它们放在旺而明亮的火上，在烹制的全过程中不断浇淋油脂。上桌前几分钟，在鸭身上薄薄撒一层面粉，使其起泡、显得丰满；当蒸汽向火的方向飘去时，趁热迅速端上桌，将上好的棕色肉汁浇在四周，但不要浇在鸭身上，并在汤盅里放少许同样的肉汁。当令时节，这道菜应总是配以青豌豆。

时间。--成年鸭需3/4至1小时；小鸭需25至

35 minutes.

Average cost, from 2s. 3d. to 2s. 6d. each.

Sufficient.—A. couple of ducks for 6 or 7 persons.

Seasonable.—Ducklings from April to August; ducks from November to February.

Note.—Ducklings are trussed and roasted in the same manner, and served with the same sauces and accompaniments. When in season, serve apple sauce.

[Illustration: ROUEN DUCKS.]

THE ROUEN DUCK.—The Rouen, or Rhone duck, is a large and handsome variety, of French extraction. The plumage of the Rouen duck is somewhat sombre; its flesh is also much darker, and, though of higher flavour, not near so delicate as that of our own Aylesbury. It is with this latter breed that the Rouen duck is generally mated; and the result is said to be increase of size and strength. In Normandy and Brittany these ducks, as well as other sorts, greatly abound; and the "duck-liver *pâtés*" are there almost as popular as the *pâté de foie gras* of Strasburg. In order to bring the livers of the wretched duck to the fashionable and unnatural size, the same diabolical cruelty is resorted to as in the case of the Strasburg goose. The poor birds are *nailed* by the feet to a board placed close to a fire, and, in that position, plentifully supplied with food and water. In a few days, the carcase is reduced to a mere shadow, while the liver has grown monstrously. We would rather abstain from the acquaintance of a man who ate *pâté de foie gras*, knowing its component parts.

DUCK'S EGGS.—The ancient notion that ducks whose beaks have

35分钟。

平均成本，每个从2先令3便士到2先令6便士。

足量。--六七人食用需两只鸭。

当令--小鸭四月至八月；鸭十一月至二月。

注--小鸭以同样方式捆扎和烤制，配同样酱汁和配菜。当令时，配苹果酱。

[插图：鲁昂鸭。]

鲁昂鸭(Rouen Duck)。--鲁昂鸭，或称罗讷鸭，是一个体型大而美观的品种，源自法国。鲁昂鸭的羽毛略显暗淡；其肉色也深得多，虽然风味更浓，却远不如我们本地的艾尔斯伯里鸭细嫩。鲁昂鸭通常与后一品种交配；据说其结果是个体增大、体质增强。在诺曼底和布列塔尼，这种鸭以及其他品种大量繁衍；那里的“鸭肝酥饼”几乎与斯特拉斯堡的肥肝酥饼一样受欢迎。为了使这种可怜鸭子的肝脏达到时髦而不自然的尺寸，人们采用了与斯特拉斯堡鹅相同的恶魔般的残忍手段。这些可怜的禽鸟被钉住脚，固定在靠近火的一块板上，就在那个姿势下，被大量供给食物和水。几天之内，躯体便消瘦得只剩一个影子，而肝脏却长得异常巨大。我们宁愿不与一个明知肥肝酥饼由何物构成却仍要吃它的人结交。

鸭蛋。--古人认为，嘴部呈某种形状的鸭所产的蛋

a tendency to curve upwards, are better layers than those whose beaks do not thus point, is, we need hardly say, simply absurd: all ducks are good layers, if they are carefully fed and tended. Ducks generally lay at night, or early in the morning. While they are in perfect health, they will do this; and one of the surest signs of indisposition, among birds of this class, is irregularity in laying. The eggs laid will approach nearly the colour of the layer,—light-coloured ducks laying white eggs, and brown ducks greenish-blue eggs; dark-coloured birds laying the largest eggs. One time of day the notion was prevalent that a duck would hatch no other eggs than her own; and although this is not true, it will be, nevertheless, as well to match the duck's own eggs as closely as possible; for we have known instances wherein the duck has turned out of the nest and destroyed eggs differing from her own in size and colour.

向上弯曲的倾向，使它们比喙不如此朝上的鸭更适合作产蛋禽，这不用说，简直是荒谬：所有鸭都是良好的产蛋禽，只要精心饲养照料。鸭通常在夜间或清晨产蛋。只要它们完全健康，就会如此；而这类禽鸟不适的最可靠迹象之一，便是产蛋不规律。所产的蛋颜色接近产蛋禽的体色--浅色鸭产白蛋，褐色鸭产青绿色蛋；深色禽鸟产的蛋最大。曾有一个时期流行一种看法，认为鸭只孵自己的蛋，不孵别的蛋；尽管这不正确，但尽可能使蛋与鸭自己的蛋相配仍是妥当的；因为我们知道有些实例，鸭弃巢而出，毁掉了与自己蛋在大小和颜色上不同的蛋。

DUCKS.—The Mallard, or Wild Duck, from which is derived the domestic species, is prevalent throughout Europe, Asia, and America. The mallard's most remarkable characteristic is one which sets at defiance the speculations of the most profound ornithologist. The female bird is extremely plain, but the male's plumage is a splendour of greens and browns, and browns and blues. In the spring, however, the plumage of the male begins to fade, and in two months, every vestige of his finery has departed, and he is not to be distinguished from his soberly-garbed wife. Then the greens, and the blues, and the browns begin to bud out again, and by October he is once more a gorgeous drake. It is to be regretted that domestication has seriously deteriorated the moral character of the duck. In a wild state, he is a faithful husband, desiring but one wife, and devoting himself to her; but

鸭。--绿头鸭，即野鸭，是家鸭的祖先，遍布欧洲、亚洲和美洲。绿头鸭最显著的特征，是令最渊博的鸟类学家的推测都束手无策的一点。雌鸟极为朴素，但雄鸟的羽衣却是绿色与褐色、褐色与蓝色的华彩。然而到了春天，雄鸟的羽衣开始褪色，两个月内，它华丽的痕迹全部消失，与衣着朴素的妻子无从分辨。随后，绿色、蓝色和褐色又开始萌发，到十月它又成了一只华丽的公鸭。令人遗憾的是，驯化严重败坏了鸭的道德品质。在野生状态下，它是忠实的丈夫，只想要一个妻子，并全心全意对待她；但是

no sooner is he domesticated than he becomes polygamous, and makes nothing of owning ten or a dozen wives at a time. As regards the females, they are much more solicitous for the welfare of their progeny in a wild state than a tame. Should a tame duck's duckling get into mortal trouble, its mother will just signify her sorrow by an extra "quack," or so, and a flapping of her wings; but touch a wild duck's little one if you dare! she will buffet you with her broad wings, and dash boldly at your face with her stout beak. If you search for her nest amongst the long grass, she will try no end of manoeuvres to lure you from it, her favourite *ruse* being to pretend lameness, to delude you into the notion that you have only to pursue *her* vigorously, and her capture is certain; so you persevere for half a mile or so, and then she is up and away, leaving you to find your way back to the nest if you can. Among the ancients, opinion was at variance respecting the wholesomeness and digestibility of goose flesh, but concerning the excellence of the duck all parties were agreed; indeed, they not only assigned to duck-meat the palm for exquisite flavour and delicacy, they even attributed to it medicinal powers of the highest order. Not only the Roman medical writers of the time make mention of it, but likewise the philosophers of the period. Plutarch assures us that Cato preserved his whole household in health, in a season when plague and disease were rife, through dieting them on roast duck.

一旦被驯化，它就变成多妻的，同时拥有十来个妻子也满不在乎。至于雌鸭，野生状态下它们对后代的福祉远比家养的更为关切。倘若家鸭的雏鸭遭遇致命麻烦，它的母亲只是以多一两声“嘎”和拍打翅膀来表示悲伤；但你要是敢碰野鸭的小宝贝!它会用宽阔的翅膀扑打你，用粗壮的喙大胆地冲向你的脸。如果你在长草中寻找它的巢，它会施展无穷无尽的计谋把你引开，它最喜欢的计策是假装瘸腿，诱使你以为什么你只需奋力追赶它，就必定能捉住它；于是你坚持追了半英里左右，然后它起身飞走，留下你自己想办法找路回巢。在古代人中，关于鹅肉是否有益健康和易于消化，意见不一，但关于鸭的优良，各方都一致同意；事实上，他们不仅把鸭肉推崇为风味绝佳、细嫩之冠，甚至赋予它最高等级的药用功效。不仅当时的罗马医学作家提到它，当时的哲学家也同样如此。普鲁塔克向我们保证，加图在一个瘟疫和疾病肆虐的时令，通过让他们吃烤鸭，使全家保持了健康。

STEWED DUCK AND PEAS (Cold Meat Cookery).

烩鸭配豌豆(冷肉烹饪)

935. INGREDIENTS.—The remains of cold roast duck, 2 oz. of butter, 3 or 4 slices of lean ham or bacon, 1 tablespoonful of flour, 2 pints of thin gravy, 1, or a small bunch of green onions, 3 sprigs of parsley, 3 cloves, 1 pint of young green peas, cayenne and salt

935. 配料。--冷烤鸭的余料，2 oz.黄油，3 或 4 片瘦火腿或培根，1 汤匙面粉，2 pints 稀肉汁，1 个或一小把青葱，3 枝欧芹，3 粒丁香，1 pint 嫩青豌豆，卡宴辣椒粉和盐

to taste, 1 teaspoonful of pounded sugar.

Mode.—Put the butter into a stewpan; cut up the duck into joints, lay them in with the slices of lean ham or bacon; make it brown, then dredge in a tablespoonful of flour, and stir this well in before adding the gravy. Put in the onion, parsley, cloves, and gravy, and when it has simmered for 1/4 hour, add a pint of young green peas, and stew gently for about 1/2 hour. Season with cayenne, salt, and sugar; take out the duck, place it round the dish, and the peas in the middle.

Time.—3/4 hour.

Average cost, exclusive of the cold duck, 1s.

Seasonable from June to August.

DUCKS HATCHING.—Concerning incubation by ducks, a practised writer says, "The duck requires a secret and safe place, rather than any attendance, and will, at nature's call, cover her eggs and seek her food. On hatching, there is not often a necessity for taking away any of the brood; and, having hatched, let the mother retain her young ones upon the nest her own time. On her moving with her brood, let a coop be prepared upon the short grass, if the weather be fine, and under shelter, if otherwise."

COOPING AND FEEDING DUCKLINGS.—Brood ducks should be cooped at some distance from any other. A wide and flat dish of water, to be often renewed, should stand just outside the coop, and barley, or any other meal, be the first food of the ducklings. It will be needful, if it be wet weather, to clip their tails, lest these draggle, and so weaken the bird. The period of the duck's confinement to the coop will depend on the weather, and on the

酌量添加，一茶匙糖粉。

做法。--将黄油放入炖锅；把鸭子切成块，连同瘦火腿或培根片一起放入；将其煎至棕色，然后撒入一汤匙面粉，在加入肉汁之前充分搅拌。放入洋葱、欧芹、丁香和肉汁，煨 1/4 小时后，加入一 pint 嫩青豌豆，再文火炖约 1/2 小时。用卡宴辣椒粉、盐和糖调味；取出鸭子，摆在盘子周围，豌豆放在中间。

时间。- 3/4小时。

平均成本，不含冷鸭，1先令。

时令六月至八月。

鸭的孵化。--关于鸭的孵卵，一位有经验的作者说：“鸭需要的是一个隐秘而安全的地方，而非任何照料，它会顺应天性的召唤，盖好蛋去觅食。孵化时，通常没有必要拿走任何雏鸭；孵化之后，让母鸭按自己的时间把幼鸭留在巢中。当它带着雏鸭离开时，如果天气好，就在短草地上准备一个笼子，否则就放在有遮蔽处。”

雏鸭的圈养与喂养。--带雏的母鸭应圈养在与其他鸭有一定距离的地方。笼外应放一个宽而浅的水盘，并经常换水，大麦或其他谷粉应是雏鸭的第一种食物。如果是潮湿天气，需要剪短它们的尾羽，以免拖湿而削弱雏鸟。鸭子关在笼中的时间长短取决于天气和

strength of the ducklings. A fortnight is usually the extent of time necessary, and they may even be sometimes permitted to enjoy the luxury of a swim at the end of a week. They should not, however, be allowed to stay too long in the water at first; for they will then become ill, their feathers get rough, and looseness of the bowels ensue. In the latter case, let them be closely cooped for a few days, and bean-meal or oatmeal be mixed with their ordinary food.

雏鸭的体力。通常需要两周时间，有时甚至一周后就可以让它们享受游泳的乐趣。但起初不应让它们在水中停留太久，否则它们会生病，羽毛变得粗糙，并出现腹泻。若出现后者，应将它们严密圈养几天，并在日常食物中混入豆粉或燕麦粉。

[Illustration: AYLESBURY DUCKS.]

[插图：艾尔斯伯里鸭]

THE AYLESBURY DUCK.—The white Aylesbury duck is, and deservedly, a universal favourite. Its snowy plumage and comfortable comportment make it a credit to the poultry-yard, while its broad and deep breast, and its ample back, convey the assurance that your satisfaction will not cease at its death. In parts of Buckinghamshire, this member of the duck family is bred on an extensive scale; not on plains and commons, however, as might be naturally imagined, but in the abodes of the cottagers. Round the walls of the living-rooms, and of the bedroom even, are fixed rows of wooden boxes, lined with hay; and it is the business of the wife and children to nurse and comfort the feathered lodgers, to feed the little ducklings, and to take the old ones out for an airing. Sometimes the "stock" ducks are the cottager's own property, but it more frequently happens that they are intrusted to his care by a wholesale breeder, who pays him so much *per* score for all ducklings properly raised. To be perfect, the Aylesbury duck should be plump, pure white, with yellow feet, and a flesh-coloured beak.

艾尔斯伯里鸭(AYLESBURY DUCK)。--白色的艾尔斯伯里鸭理应受到普遍喜爱。它雪白的羽毛和安适的仪态，为家禽场增光；它宽阔而深厚的胸部与丰满的背部，使人确信你的满意不会因它的死亡而终止。在白金汉郡的部分地区，这一鸭科成员被大规模饲养；然而并非如人自然想象的那样养在平原和公地上，而是养在村舍居民的住所里。起居室乃至卧室的墙壁四周，固定着一排排衬有干草的木箱；妻子和孩子的职责就是照料和安抚这些长羽毛的寄宿者，喂养小鸭，并带老鸭出去透气。有时这些“种”鸭是村舍居民自己的财产，但更常见的情况是，它们由批发饲养者托付给他照管，此人按每二十只妥善养大的小鸭付给他若干每二十只的钱。完美的艾尔斯伯里鸭应当丰满、纯白，脚为黄色，喙为肉色。

STEWED DUCK AND PEAS (Cold Meat Cookery).

烩鸭配豌豆(冷肉烹饪)

936. INGREDIENTS.—The remains of cold roast duck, 1/2 pint of good gravy, cayenne and salt to taste, 1/2 teaspoonful of minced lemon-peel, 1 teaspoonful of pounded sugar, 2 oz, of butter rolled in flour, 1-1/2 pint of green peas.

936. 配料。--冷烤鸭的余料，1/2 pint 上等肉汁，卡宴辣椒粉和盐适量，1/2 茶匙切碎的柠檬皮，1 茶匙糖粉，2 oz.黄油(裹上面粉),1-1/2 pint 青豌豆。

Mode.—Cut up the duck into joints, lay it in the gravy, and add a seasoning of cayenne, salt, and minced lemon-peel; let tins gradually warm through, but not boil. Throw the peas into boiling water slightly salted, and boil them rapidly until tender. Drain them, stir in the pounded sugar, and the butter rolled in flour; shake them over the fire for two or three minutes, and serve in the centre of the dish, with the duck laid round.

做法。--将鸭子切成块，放入肉汁中，加入卡宴辣椒粉、盐和切碎的柠檬皮调味；让其逐渐热透，但不要煮沸。将豌豆放入略加盐的沸水中，快速煮至嫩熟。沥干后，拌入糖粉和裹上面粉的黄油；在火上颠翻两三分钟，盛在盘子中央，鸭子摆在周围。

Time.—15 minutes to boil the peas, when they are full grown.

时间。--豌豆充分长成后，煮15分钟。

Average cost, exclusive of the cold duck, 10d.

平均成本，不含冷鸭，10d。

Seasonable from June to August.

时令六月至八月。

FATTENING DUCKS.—Many duck-keepers give their birds nothing in the shape of food, letting them wander about and pick up a living for themselves; and they will seem to get fat even upon this precarious feeding. Unless, however, ducks are supplied with, besides chance food, a liberal feed of solid corn, or grain, morning and evening, their flesh will become flabby and insipid. The simple way to fatten ducks is to let them have as much, substantial food as they will eat, bruised oats and pea-meal being the standard fattening food for them. No cramming is required, as with the turkey and some other poultry: they will cram themselves to the very verge of suffocation. At the same time, plenty of exercise and clean water should be at their service.

肥育鸭。--许多养鸭人根本不喂给鸭群任何像样的食物，任其四处游荡、自行觅食；即便靠这种朝不保夕的觅食方式，鸭子似乎也能长肥。然而，除非除了偶然得到的食物之外，还在早晚给鸭子大量喂给结实的谷物或谷粒，否则它们的肉会变得松软无味。肥育鸭的简单办法是让它们尽量吃饱有营养的食物，燕麦碎和豌豆粉是肥育它们的标准饲料。不需要像填火鸡和其他一些家禽那样强行填喂：它们会把自己塞到几乎噎死的地步。同时，应让它们有充足的运动和清洁的水。

AMERICAN MODE OF CAPTURING DUCKS.—On the American

美国式捕鸭法--论美洲

rivers, the modes of capture are various. Sometimes half a dozen artificial birds are fastened to a little raft, and which is so weighted that the sham birds squat naturally on the water. This is quite sufficient to attract the notice of a passing flock, who descend to cultivate the acquaintance of the isolated few when the concealed hunter, with his fowling-piece, scatters a deadly leaden shower amongst them. In the winter, when the water is covered with rubble ice, the fowler of the Delaware paints his canoe entirely white, lies flat in the bottom of it, and floats with the broken ice; from which the aquatic inhabitants fail to distinguish it. So floats the canoe till he within it understands, by the quacking, and fluttering, and whirring of wings, that he is in the midst of a flock, when he is up in a moment with the murderous piece, and dying quacks and lamentations rend the still air.

[Illustration: BOW-BILL DUCKS.]

Bow-BILL DUCKS, &c.—Every one knows how awkward are the *Anatidae*, waddling along on their unelastic webbed toes, and their short legs, which, being placed considerably backward, make the fore part of the body preponderate. Some, however, are formed more adapted to terrestrial habits than others, and notably amongst these may be named *Dendronessa sponsa*, the summer duck of America. This beautiful bird rears her young in the holes of trees, generally overhanging the water. When strong enough, the young scramble to the mouth of the hole, launch into the air with their little wings and feet spread out, and drop into their favourite element. Whenever their birthplace is at some distance from the water, the mother carries them to it, one by one, in her bill, holding them so as not to injure their yet tender frame. On several occasions, however, when the hole was 30, 40, or more

河流，捕捉的方式多种多样。有时把半打假鸟固定在一只小筏子上，筏子配重得当，使假鸟自然地蹲伏在水面上。这足以引起路过鸭群的注意，它们降落下来，想与这几只孤零零的同类结识，这时隐蔽的猎人便用猎枪向它们撒下一阵致命的铅弹。冬季水面布满碎冰时，特拉华的猎禽人把他的独木舟整个漆成白色，平躺在船底，随碎冰漂流；水上的禽类分辨不出它来。独木舟就这样漂着，直到船里的人从嘎嘎的叫声、扑翅声和翅膀的呼呼声中明白自己已置身鸭群之中，他便一跃而起，端起那支杀人的枪，垂死的嘎嘎声和哀鸣声划破了寂静的空气。

[插图：琵嘴鸭。]

瘤鸭等--人人都知道鸭科动物有多么笨拙，它们靠没有弹性的蹼趾摇摇摆摆地行走，腿又短，而且位置相当靠后，使身体前部显得过重。不过，有些种类的身体构造比其他种类更适应陆地习性，其中最著名的可数美洲夏鸭(Dendronessa sponsa)。这种美丽的鸟在通常悬于水面的树洞中育雏。幼鸭长得足够强壮时，便爬到洞口，张开小翅膀和脚，纵身跃入空中，落进它们喜爱的水域。每当它们的出生地离水有一段距离时，母鸭便用嘴把它们一只一只衔到水里，衔的姿势不致伤到它们尚且柔弱的身体。然而，有好几次，当树洞离水面有30、40或更

yards from a piece of water, Audubon observed that the mother suffered the young to fall on the grass and dried leaves beneath the tree, and afterwards led them directly to the nearest edge of the next pool or creek. There are some curious varieties of the domestic duck, which only appear interesting from their singularity, for there does not seem to be anything of use or value in the unusual characteristics which distinguish them; thus, the bow-bill duck, as shown in the engraving, called by some writers the hook-bill, is remarkable for the peculiarly strange distortion of its beak, and the tuft on the top of its head. The penguin duck, again, waddles in an upright position, like the penguin, on account of the unnatural situation of its legs. These odd peculiarities add nothing of value to the various breeds, and may be set down as only the result of accidental malformation, transmitted from generation to generation.

母鸭任凭雏鸭落到树下的草地和枯叶上，然后直接把它们领到最近的池塘或小溪边。家鸭有一些奇怪的变种，它们之所以引人注意只是因为奇特，因为使它们与众不同的那些异常特征似乎没有任何用处或价值；例如图中所示的弯嘴鸭，有些作者称之为钩嘴鸭，以其喙的奇特畸形和头顶的羽冠而引人注目。又如企鹅鸭，由于腿的位置反常，像企鹅一样直立着摇摇摆摆地行走。这些古怪的特性并没有给这些品种增添任何价值，只能看作是偶然畸形一代代遗传下来的结果。

STEWED DUCK AND TURNIPS (Cold Meat Cookery).

烩鸭与芜菁(冷肉烹饪)。

937. INGREDIENTS.—The remains of cold roast duck, 1/2 pint of good gravy, 4 shalots, a few slices of carrot, a small bunch of savoury herbs, 1 blade of pounded mace, 1 lb. of turnips, weighed after being peeled, 2 oz. of butter, pepper and salt to taste.

937. 配料。--冷烤鸭的余料，1/2 pint 上等肉汁，4 个红葱头，几片胡萝卜，一小把香草，1 片捣碎的肉豆蔻，1 lb.芜菁(去皮后称重),2 oz.黄油，胡椒和盐适量。

Mode.—Cut up the duck into joints, fry the shalots, carrots, and herbs, and put them, with the duck, into the gravy; add the pounded mace, and stew gently for 20 minutes or 1/2 hour. Cut about 1 lb. of turnips, weighed after being peeled, into 1/2-inch squares, put the butter into a stewpan, and stew them till quite tender, which will be in about 1/2 hour, or rather more; season with pepper and salt, and serve in the centre of the dish, with the duck, &c. laid round.

做法。--将鸭子切成块，煎红葱头、胡萝卜和香草，连同鸭子一起放入肉汁中；加入捣碎的肉豆蔻，文火炖 20 分钟或 1/2 小时。将约 1 lb.去皮后称重的芜菁切成 1/2 英寸见方的小块，将黄油放入炖锅，炖至相当嫩熟，约需 1/2 小时或稍多；用胡椒和盐调味，盛在盘子中央，鸭子等摆在周围。

Time.—Rather more than 1/2 hour to stew the turnips.

Average cost, exclusive of the cold duck, 1s.

Seasonable from November to February.

THE WILD DUCK.—In many parts of England the wild duck is to be found, especially in those desolate fenny parts where water abounds. In Lincolnshire they are plentiful, and are annually taken in the decoys, which consist of ponds situate in the marshes, and surrounded with wood or reeds to prevent the birds which frequent them from, being disturbed. In these the birds sleep during the day; and as soon as evening sets in, the *decoy rises*, and the wild fowl feed during the night. Now is the time for the decoy ducks to entrap the others. From the ponds diverge, in different directions, certain canals, at the end of which funnel nets are placed; along these the *decoy ducks*, trained for the purpose, lead the others in search of food. After they have got a certain length, a decoy-man appears, and drives them further on, until they are finally taken in the nets. It is from these decoys, in Lincolnshire, that the London market is mostly supplied. The Chinese have a singular mode of catching these ducks. A person wades in the water up to the chin, and, having his head covered with an empty calabash, approaches the place where the ducks are. As the birds have no suspicion of the nature of the object which is concealed under the calabash, they suffer its approach, and allow it to move at will among their flock. The man, accordingly, walks about in the midst of his game, and, whenever he pleases, pulls them by the legs under the water, and fixes them to his belt, until he has secured as many as he requires, and then moves off as he went amongst them, without exciting the slightest suspicion of the trick

时间。--炖芜菁需半个多小时。

平均成本，不含冷鸭，1先令。

时令十一月至二月。

野鸭。--在英格兰的许多地方都能找到野鸭，尤其是在那些荒凉多沼泽、水源充足的地方。在林肯郡，野鸭数量众多，每年都会在诱捕池中被捕获。这些诱捕池由位于沼泽中的池塘构成，四周环绕着树木或芦苇，以防常来此处的鸟类受到惊扰。白天，野鸭在这些池塘中睡觉；一到傍晚，诱捕池便活跃起来，野禽在夜间觅食。此时正是诱捕鸭诱捕其他野鸭的时机。从池塘向不同方向延伸出若干条水渠，渠的尽头设有漏斗形网。经过专门训练的诱捕鸭沿着这些水渠引领其他野鸭前去觅食。当它们游到一定距离后，诱捕人便会出现，将它们继续往前赶，直到最终落入网中。伦敦市场上的野鸭主要来自林肯郡的这些诱捕池。中国人捕捉野鸭的方式十分奇特。一个人涉水至下巴深，头上罩着一个空葫芦，靠近野鸭所在之处。由于野鸭对这种藏在葫芦下的东西毫无疑心，便任由它靠近，允许它在鸭群中随意移动。于是，这个人便在猎物中间走动，随时抓住它们的腿将其拖入水下，系在自己的腰带上，直到捕获足够数量，然后像来时一样在鸭群中离去，丝毫不引起任何怀疑。

he has been playing them. This singular mode of duck-hunting is also practised on the Ganges, the earthen vessels of the Hindoos being used instead of calabashes. These vessels, being those in which the inhabitants boil their rice, are considered, after once being used, as defiled, and are accordingly thrown into the river. The duck-takers, finding them suitable for their purpose, put them on their heads; and as the ducks, from seeing them constantly floating down the stream, are familiar with their appearance, they regard them as objects from which no danger is to be expected.

他一直在用它们诱捕。这种奇特的猎鸭方式在恒河上也有实践，用的是印度人的陶罐而非葫芦。这些陶罐是居民用来煮饭的，一旦用过便被视为不洁，因此被扔进河里。捕鸭人发现它们适合自己的用途，便把陶罐顶在头上；鸭子因常见它们顺流漂下，对其外观十分熟悉，便视之为不会带来危险之物。

[Illustration: CALL-DUCKS.]

[插图：呼唤鸭]

DUCK-SNARES IN THE LINCOLNSHIRE FENS.—The following interesting account of how duck-snaring used to be managed in the Lincolnshire fens, was published some years ago, in a work entitled the "Feathered Tribes."—"In the lakes to which they resorted, their favourite haunts were observed, and in the most sequestered part of a haunt, a pipe or ditch was cut across the entrance, decreasing gradually in width from the entrance to the further end, which was not more than two feet wide. The ditch was of a circular form, but did not bend much for the first ten yards. The banks of the lake on each side of the ditch were kept clear of weeds and close herbage, in order that the ducks might get on them to sit and dress themselves. Along the ditch, poles were driven into the ground close to the edge on each side, and the tops were bent over across the ditch and tied together. The poles then bent forward at the entrance to the ditch, and formed an arch, the top of which was tea feet distant from the surface of the water; the arch was made to decrease in height as the ditch decreased in width, so that the remote end was not more than eighteen inches in height. The poles were placed about six feet

林肯郡沼泽地的捕鸭陷阱--以下关于昔日林肯郡沼泽地如何捕鸭的趣闻，数年前发表于一部题为《羽族》的著作中--“在他们常去的湖泊中，人们观察鸭子最喜爱的出没之处，并在其最僻静的入口处横切一条管道或沟渠，宽度从入口向远端逐渐收窄，尽头处不过两英尺宽。沟渠呈弧形，但最初十码内弯曲不大。沟渠两侧的湖岸清除杂草与密生牧草，以便鸭子能上岸栖息理羽。沿沟渠两岸紧贴边缘各打入一排木桩，桩顶横跨沟渠弯下并系在一起。木桩在沟渠入口处向前弯折，形成拱形，拱顶距水面十英尺；拱高随沟渠变窄而降低，故远端高度不超过十八英寸。木桩间距约六英尺，

from each other, and connected by poles laid lengthwise across the arch, and tied together. Over the whole was thrown a net, which was made fast to a reed fence at the entrance and nine or ten yards up the ditch, and afterwards strongly pegged to the ground. At the end of the ditch furthest from the entrance, was fixed what was called a tunnel-net, of about four yards in length, of a round form, and kept open by a number of hoops about eighteen inches in diameter, placed at a small distance from each other to keep it distended. Supposing the circular bend of the ditch to be to the right, when one stands with his back to the lake, then on the left-hand side, a number of reed fences were constructed, called shootings, for the purpose of screening the decoy-man from observation, and, in such a manner, that the fowl in the decoy would not be alarmed while he was driving those that were in the pipe. These shootings, which were ten in number, were about four yards in length and about six feet high. From the end of the last shooting a person could not see the lake, owing to the bend of the ditch; and there was then no further occasion for shelter. Were it not for these shootings, the fowl that remained about the mouth of the ditch would have been alarmed, if the person driving the fowl already under the net should have been exposed, and would have become so shy as entirely to forsake the place."

THE DECOY MAN, DOG, AND DUCKS.—"The first thing the decoy-man did, on approaching the ditch, was to take a piece of lighted peat or turf, and to hold it near his mouth, to prevent the birds from smelling him. He was attended by a dog trained to render him assistance. He walked very silently about halfway up the shootings, where a small piece of wood was thrust through the

彼此之间以纵向横跨拱顶的木杆相连并系牢。整体之上覆一张网，网在入口处及沟渠上游九到十码处固定于芦苇篱笆上，随后牢牢钉入地面。在沟渠距入口最远的一端，设有一种所谓隧道网，长约四码，呈圆形，由若干直径约十八英寸的圆环撑开，圆环间距不大，以保持网身张开。假设沟渠的弧形弯向右侧，当人背对湖泊站立时，则在左手一侧建起若干芦苇篱笆，称为掩体，用以遮蔽诱鸭人免被发现，其布置使诱鸭驱赶管道中的鸭子时，诱捕区内的水禽不致受惊。这些掩体共十道，各长约四码、高约六英尺。从最后一道掩体的尽头望去，因沟渠弯曲而看不见湖面；至此便无需再设遮蔽。若非这些掩体，当驱赶已入网的水禽之人暴露时，沟渠口附近的水禽便会受惊，变得极为胆怯而彻底弃离此地。”

诱捕人、狗和鸭。--“诱捕人走近沟渠时，第一件事就是拿一块点燃的泥炭或草皮，凑近嘴边，以防鸟闻到他的气味。他由一只受过训练协助他的狗陪同。他非常安静地走到约一半的射击处，那里有一小块木头穿过

reed fence, which made an aperture just large enough to enable him to see if there were any fowl within; if not, he walked to see if any were about the entrance to the ditch. If there were, he stopped, made a motion to his dog, and gave him a piece of cheese to eat, when the dog went directly to a hole through the reed fence, and the birds immediately flew off the back into the water. The dog returned along the bank between the reed fences, and came out to his master at another hole. The man then gave the dog something more to encourage him, and the dog repeated his rounds, till the birds were attracted by his motions, and followed him into the mouth of the ditch—an operation which was called 'working them.' The man now retreated further back, working the dog at different holes, until the ducks were sufficiently under the net. He then commanded his dog to lie down under the fence, and going himself forward to the end of the ditch next the lake, he took off his hat, and gave it a wave between the shootings. All the birds that were under the net could then see him, but none that were in the lake could. The former flew forward, and the man then ran to the next shooting, and waved his hat, and so on, driving them along until they came into the tunnel-net, into which they crept. When they were all in, the man gave the net a twist, so as to prevent them getting back. He then took the net off from the end of the ditch, and taking out, one by one, the ducks that were in it, dislocated their necks."

芦苇篱笆，其上开一个仅够他窥视内里是否有水禽的孔洞；若无，他便走去查看沟渠入口附近是否有水禽。若有，他便停下，向狗做个手势，给它一块奶酪吃，狗便径直走向芦苇篱笆上的一个洞，水禽立即从后方飞入水中。狗沿芦苇篱笆之间的岸上返回，从另一个洞出来回到主人身边。那人再给狗一些吃食以资鼓励，狗便重复巡行，直至水禽被它的动作吸引，跟随它进入沟渠口--这一操作称为“引鸭”。此时那人进一步后退，在不同洞口驱使狗，直到鸭子充分进入网下。随后他命令狗在篱笆下伏卧，自己则前行至沟渠靠近湖泊的一端，摘下帽子，在掩体之间挥动。网下的所有水禽此时都能看见他，而湖中的水禽则看不见。前者向前飞去，那人便跑向下一道掩体挥帽，如此一路驱赶，直到它们进入隧道网并钻入其中。待它们全部入网，那人将网一拧，防止其退回。然后他从沟渠末端解下网，把网中的鸭子逐一取出，扭断其脖颈。

BOILED FOWLS OR CHICKENS.

煮家禽或鸡

[Illustration: BOILED FOWL.]

[插图：煮禽肉]

938. INGREDIENTS.—A pair of fowls; water.

938. 配料--一对鸡；水。

Choosing and Trussing.—In choosing fowls for boiling, it should be borne in mind that those that are not black-legged are generally much whiter when dressed. Pick, draw, singe, wash, and truss them in the following manner, without the livers in the wings; and, in drawing, be careful not to break the gall-bladder:—Cut off the neck, leaving sufficient skin to skewer back. Cut the feet off to the first joint, tuck the stumps into a slit made on each side of the belly, twist the wings over the back of the fowl, and secure the top of the leg and the bottom of the wing together by running a skewer through them and the body. The other side must be done in the same manner. Should the fowl be very large and old, draw the sinews of the legs before tucking them in. Make a slit in the apron of the fowl, large enough to admit the parson's nose, and tie a string on the tops of the legs to keep them in their proper place.

挑选与捆扎。--挑选用于煮的家禽时，应记住：非黑脚的家禽经整治后通常白净得多。按以下方式拔毛、开膛、燎毛、清洗并捆扎，翅膀下不塞肝；开膛时小心不要弄破胆囊：--切下脖子，留足皮肤以便用签别回。将脚切至第一关节，把残端塞入腹侧两边各开的一道切口中，将翅膀扭转到禽背之上，用一根签子穿过腿的上端与翅的下端及禽身，将其固定在一起。另一侧同样处理。若家禽很大且老，塞入腿前先抽出腿筋。在家禽的腹皮上开一道口子，大小足以容纳尾脂腺，并在腿的上端系一根绳，使其保持在适当位置。

Mode.—When, they are firmly trussed, put them into a stewpan with plenty of hot water; bring it to boil, and carefully remove all the scum as it rises. *Simmer very gently* until the fowl is tender, and bear in mind that the slower it boils, the plumper and whiter will the fowl be. Many cooks wrap them in a floured cloth to preserve the colour, and to prevent the scum from clinging to them; in this case, a few slices of lemon should be placed on the breasts; over these a sheet of buttered paper, and then the cloth; cooking them in this manner renders the flesh very white. Boiled ham, bacon, boiled tongue, or pickled pork, are the usual accompaniments to boiled fowls, and they may be served with Béchamel, white sauce, parsley and butter, oyster, lemon, liver, celery, or mushroom sauce. A little should be poured over the fowls, after the skewers are removed, and the remainder sent in a tureen to table.

做法。--将禽鸟捆扎结实后，放入炖锅，加大量热水；煮沸，并仔细撇去浮起的浮沫。非常轻柔地微沸，直至禽肉软嫩，并记住：煮得越慢，禽鸟就越饱满、越白净。许多厨师用撒了面粉的布将其包裹，以保持色泽，并防止浮沫附着其上；若如此，应在胸脯上放几片柠檬；柠檬上覆一张涂了黄油的纸，再盖上布；这样烹制会使肉色非常白。煮火腿、培根、煮牛舌或腌猪肉，是煮禽鸟的常见配菜，也可配贝夏梅尔酱、白酱汁、欧芹黄油、牡蛎酱汁、柠檬酱汁、肝酱汁、芹菜酱汁或蘑菇酱汁上桌。抽出签子后，应在禽鸟上浇少许酱汁，其余盛在汤碗中送桌上。

Time.—Large fowl, 1 hour; moderate-sized one, 3/4 hour; chicken,

时间。--大型家禽，1小时；中等大小的，3/4小时；鸡，

from 20 minutes to 1/2 hour.

Average cost, in full season, 5s. the pair.

Sufficient for 7 or 8 persons.

Seasonable all the year, but scarce in early spring.

[Illustration: GAME-FOWLS.]

THE GAME FOWL.—Respecting the period at which this well-known member of the *Gallus* family became domesticated, history is silent. There is little doubt, however, that, like the dog, it has been attached to mankind ever since mankind were attached to civilization. Although the social position of this bird is, at the present time, highly respectable, it is nothing to what it was when Rome was mistress of the world. Writing at that period, Pliny says, respecting the domestic cock, "The gait of the cock is proud and commanding; he walks with head erect and elevated crest; alone, of all birds, he habitually looks up to the sky, raising, at the same time, his curved and scythe-formed tail, and inspiring terror in the lion himself, that most intrepid of animals.——They regulate the conduct of our magistrates, and open or close to them their own houses. They prescribe rest or movement to the Roman fasces: they command or prohibit battles. In a word, they lord it over the masters of the world." As well among the ancient Greeks as the Romans, was the cock regarded with respect, and even awe. The former people practised divinations by means of this bird. Supposing there to be a doubt in the camp as to the fittest day to fight a battle, the letter of every day in the week would be placed face downwards, and a grain of corn placed on each; then the sacred cock would be let loose, and, according to the letters he

20分钟至半小时。

平均成本，盛产季节，每对5先令。

足量供7至8人食用。

四季皆宜，但早春时稀缺。

[插图：猎禽。]

斗鸡。--关于这种众所周知的*Gallus*家族成员是何时被驯化的，历史并无记载。然而，几乎毫无疑问的是，如同狗一样，自人类进入文明状态以来，它就一直依附于人类。尽管这种鸟在当今的社会地位颇高，但与罗马称霸世界时相比，仍不可同日而语。普林尼在那一时期写道，关于家养公鸡："公鸡的步态骄傲而威严；它昂首高冠而行；在所有鸟类中，唯独它习惯仰望天空，同时扬起其弯曲如镰刀的尾羽，并使最勇猛的动物狮子本身也心生恐惧。--它们规范着我们官员的行为，为他们开闭自己的家门。它们为罗马的束棒规定休息或行动：它们命令或禁止战斗。一言以蔽之，它们统治着世界的主人。"无论在古希腊人还是罗马人中，公鸡都受到尊敬，甚至敬畏。前者曾借这种鸟施行占卜。假设军营中对最适合开战的日期存有疑问，就会把一周中每一天的字母面朝下放置，并在每个字母上放一粒谷物；然后放出神圣的公鸡，根据它啄食了哪些字母上的谷物，来决定开战的时间。

pecked his corn from, so would the battle-time be regulated. On one momentous occasion, however, a person inimical to priestly interest officiously examined the grain, and found that those lying on the letters not wanted were made of wax, and the birds, preferring the true grain, left these untouched. It is needless to add that, after this, divination through the medium of cocks and grain fell out of fashion. Whether or no the learned fowl above alluded to were of the "game" breed, is unknown; but that the birds were bred for the inhuman sport of fighting many hundred years before the Christian era, there can be no doubt. Themistocles, the Athenian king, who flourished more than two thousand years ago, took advantage of the sight of a pitched battle between two cocks to harangue his soldiers on courage. "Observe," said he, "with what intrepid valour they fight, inspired by no other motive than lore of victory; whereas you have to contend for your religion and your liberty, for your wives and children, and for the tombs of your ancestors." And to this day his courage has not degenerated. He still preserves his bold and elegant gait, his sparkling eye, while his wedge-shaped beak and cruel spurs are ever ready to support his defiant crow. It is no wonder that the breed is not plentiful—first, on account of the few eggs laid by the hen; and, secondly, from the incurable pugnacity of the chicks. Half fledged broods may be found blind as bats from fighting, and only waiting for the least glimmer of sight to be at it again. Without doubt, the flesh of game fowls is every way superior to that of every chicken of the family.

然而，在一个重大场合，一个敌视祭司利益的人多事地检查了谷物，发现那些放在不需要的字母上的谷物是用蜡做的，而公鸡更喜欢真正的谷物，便没有动这些蜡粒。无需补充的是，此后借公鸡和谷物进行的占卜便不再流行。上文提到的博学之鸟是否属于“斗鸡”品种，尚不得而知；但这种鸟在基督教纪元前数百年就为不人道的斗鸡竞技而饲养，则是毫无疑问的。两千多年前在世的雅典国王地米斯托克利曾利用两只公鸡相斗的景象，向士兵们宣讲勇气。“看哪，”他说，“它们以何等无畏的勇武相斗，激励它们的动机无非是爱好胜利；而你们却是为宗教和自由、为妻儿、为祖先的坟墓而战。”时至今日，它的勇气并未退化。它仍保持着大胆而优雅的步态、炯炯有神的眼睛，而其楔形喙和残酷的距随时准备支持它挑衅的啼鸣。难怪这一品种数量不多--首先是因为母鸡产蛋少；其次是因为雏鸡具有无法治愈的好斗性。半长羽毛的雏群可能因打斗而盲如蝙蝠，只等视力稍一恢复便又斗起来。毫无疑问，斗鸡肉在各方面都优于该家族中任何鸡的肉。

BROILED FOWL AND MUSHROOM SAUCE.

939. INGREDIENTS.—A large fowl, seasoning, to taste, of pepper

烤禽配蘑菇酱

939. 配料--一只大肥禽，调味料，按口味添加胡椒

and salt, 2 handfuls of button mushrooms, 1 slice of lean ham, 3/4 pint of thickened gravy, 1 teaspoonful of lemon-juice, 1/2 teaspoonful of pounded sugar.

Mode.—Cut the fowl into quarters, roast it until three-parts done, and keep it well basted whilst at the fire. Take the fowl up, broil it for a few minutes over a clear fire, and season it with pepper and salt. Have ready some mushroom sauce made in the following manner. Put the mushrooms into a stewpan with a small piece of butter, the ham, a seasoning of pepper and salt, and the gravy; simmer these gently for 1/2 hour, add the lemon-juice and sugar, dish the fowl, and pour the sauce round them.

Time.—To roast the fowl, 35 minutes; to broil it, 10 to 15 minutes.

Average cost, in full season, 2s. 6d.

Sufficient for 4 or 5 persons.

Seasonable.—In full season from May to January.

[Illustration: BLACK BANTAMS.]

THE BANTAM.—No one will dispute that for beauty, animation, plumage, and courage the Bantam is entitled to rank next to the game fowl. As its name undoubtedly implies, the bird is of Asiatic origin. The choicest sorts are the buff-coloured, and those that are entirely black. A year-old Bantam cock of pure breed will not weigh more than sixteen ounces. Despite its small size, however, it is marvellously bold, especially in defence of its progeny. A friend of the writer's, residing at Kensington, possessed a pair of thorough-bred Bantams, that were allowed the range of a yard where a fierce bull-terrier was kennelled. The hen had chicks; and, when about three weeks old, one of them strayed into the dog-

和盐，2 把纽扣蘑菇，1 片瘦火腿，3/4 pint 浓稠肉汁，1 茶匙柠檬汁，1/2 茶匙糖粉。

Mode。--将家禽切成四块，烤至三分熟，在火上烤时不断浇淋油脂。将家禽取出，在明火上炙烤几分钟，用胡椒和盐调味。备好以下列方法制作的蘑菇酱汁。将蘑菇放入炖锅，加入一小块黄油、火腿、胡椒和盐的调味以及肉汁；用文火慢炖1/2小时，加入柠檬汁和糖，将家禽装盘，并将酱汁浇在四周。

时间。--烤禽类需35分钟；炙烤需10至15分钟。

平均成本，盛产季节，2先令6便士。

足量供4或5人食用。

时令。- 五月至一月为盛产期。

[插图：黑斑矮脚鸡。]

矮脚鸡。--无人会争辩，就美丽、活泼、羽毛和勇气而言，矮脚鸡理应仅次于斗鸡。正如其名称无疑所暗示的，这种鸟源自亚洲。最上等的品种是浅黄褐色和全黑色的。一只纯种的一岁矮脚公鸡体重不超过十六盎司。然而，尽管体型小，它却异常大胆，尤其在保卫后代时。笔者的一位朋友住在肯辛顿，养有一对纯种矮脚鸡，被允许在一个院子里自由活动，而那里还拴着一只凶猛的牛头梗。母鸡孵有雏鸡；当雏鸡约三周大时，其中一只误入了狗的--

kennel. The grim beast within took no notice of the tiny fledgling; but, when the anxious mother ventured in to fetch out the truant, with a growl the dog woke, and nearly snapped her asunder in his great jaws. The cock bird saw the tragic fate of its partner; but, nothing daunted, flew at the dog with a fierce cry, and pecked savagely at its face. The odds, however, were too great; and, when the terrier had sufficiently recovered from the astonishment caused by the sudden and unexpected attack, he seized the audacious Bantam, and shook him to death; and, in five minutes, the devoted couple were entombed in *Pincher's* capacious maw.

狗窝。笼中的凶恶野兽对这只小小的雏鸟毫不在意；但当焦急的母亲冒险进去把贪玩的孩子领出来时，狗一声低吼醒了过来，巨大的上下颚差点把她咬成两半。雄鸟目睹了伴侣的悲惨命运；但它毫不畏惧，发出一声凶猛的啼叫扑向狗，狠狠地啄它的脸。然而双方力量悬殊太大；当梗犬从这突如其来、意想不到的攻击所造成的惊愕中充分恢复过来后，它抓住这只胆大妄为的班塔姆鸡，把它摇死了；五分钟后，这对忠贞的夫妻便被葬入了平彻宽大的嘴里。

BOILED FOWL AND RICE.

水煮鸡配米饭。

940. INGREDIENTS.—1 fowl, mutton broth, 2 onions, 2 small blades of pounded mace, pepper and salt to taste, 1/4 pint of rice, parsley and butter.

940. 配料。--1 只鸡，羊肉汤，2 个洋葱，2 小片捣碎的肉豆蔻，胡椒和盐适量，1/4 pint 大米，欧芹和黄油。

Mode.—Truss the fowl as for boiling, and put it into a stewpan with sufficient clear well-skimmed mutton broth to cover it; add the onion, mace, and a seasoning of pepper and salt; stew very gently for about 1 hour, should the fowl be large, and about 1/2 hour before it is ready put in the rice, which should be well washed and soaked. When the latter is tender, strain it from the liquor, and put it on a sieve reversed to dry before the fire, and, in the mean time, keep the fowl hot. Dish it, put the rice round as a border, pour a little parsley and butter over the fowl, and the remainder send to table in a tureen.

做法。--像煮鸡那样把鸡捆扎好，放入炖锅，加入足量撇净浮沫的清羊肉汤将其浸没；加入洋葱、肉豆蔻皮，以及胡椒和盐的调味；若鸡较大，用文火炖约1小时，在快好前约1/2小时放入大米，大米应充分洗净并浸泡。待米煮软后，将其从汤汁中滤出，放在倒扣的筛子上，在火前烘干，同时让鸡保持温热。将鸡装盘，把米饭围在四周作边饰，在鸡上浇少许欧芹黄油，其余盛入汤碗送上餐桌。

Time.—A large fowl, 1 hour.

时间。--大只家禽，1小时。

Average cost, in full season, 2*s*. 6d.

平均成本，盛产季节，2先令6便士。

Sufficient for 3 or 4 persons.

Seasonable all the year, but scarce in early spring.

[Illustration: DORKINGS.]

THE DORKING.—This bird takes its name from that of a town in Surrey, where the breed is to be found in greater numbers, and certainly in greater perfection, than elsewhere. It is generally believed that this particular branch of poultry was found in the town above mentioned as long ago as the Roman era. The Dorking's chief characteristic is that he has five claws on each foot; the extra claw, however, is never of sufficient length to encumber the foot, or to cause it to "drag" its nest, or scratch out the eggs. The colour of the true Dorking is pure white; long in the body, short in the legs, and a prolific layer. Thirty years ago, there was much controversy respecting the origin of the Dorking. The men of Sussex declared that the bird belonged to them, and brought birds indigenous to their weald, and possessing all the Dorking fine points and peculiarities, in proof of the declaration. Others inclined to the belief that the Poland bird was the father of the Dorking, and not without at least a show of reason, as the former bird much resembles the latter in shape; and, despite its sombre hue, it is well known that the Poland cock will occasionally beget thorough white stock from white English hens. The commotion has, however, long ago subsided, and Dorking still retains its fair reputation for fowl.

CURRIED FOWL.

941. INGREDIENTS.—1 fowl, 2 oz. of butter, 3 onions sliced, 1 pint of white veal gravy, 1 tablespoonful of curry-powder, 1

足够供三四人食用。

四季皆宜，但早春稀少。

[插图：多金鸡]

多金鸡--这种鸟得名于萨里郡的一个城镇，该品种在那里数量最多，品质也无疑最为优良。人们普遍认为，这一特定的家禽分支早在罗马时代就已出现于上述城镇。多金鸡的主要特征是每只脚上有五个爪；然而，多余的爪从不会长到妨碍行走的程度，也不会导致它“拖”窝或扒出鸡蛋。纯种多金鸡的毛色为纯白色；体长、腿短，产蛋量高。三十年前，关于多金鸡的起源曾有过激烈的争论。苏塞克斯人声称这种鸟属于他们，并拿出原产于他们韦尔德地区、具备多金鸡所有优良特征和独特之处的鸟作为证据。另一些人则倾向于认为波兰鸡是多金鸡的祖先，这至少不无道理，因为前者在体型上与后者颇为相似；而且，尽管波兰鸡毛色暗沉，但众所周知，波兰公鸡偶尔能与白色英国母鸡交配繁育出纯白色的后代。然而，这场争论早已平息，多金鸡作为优良家禽仍保持着良好的声誉。

咖喱鸡

941. 配料。--1只家禽，2 oz.黄油，3个切片洋葱，1 pint白色小牛肉肉汁，1汤匙咖喱粉，1

tablespoonful of flour, 1 apple, 4 tablespoonfuls of cream, 1 tablespoonful of lemon-juice.

Mode.—Put the butter into a stewpan, with the onions sliced, the fowl cut into small joints, and the apple peeled, cored, and minced. Fry of a pale brown, add the stock, and stew gently for 20 minutes; rub down the curry-powder and flour with a little of the gravy, quite smoothly, and stir this to the other ingredients; simmer for rather more than 1/2 hour, and just before serving, add the above proportion of hot cream and lemon-juice. Serve with boiled rice, which may either be heaped lightly on a dish by itself, or put round the curry as a border.

Time.—50 minutes.

Average cost, 3s. 3d.

Sufficient for 3 or 4 persons.

Seasonable in the winter.

Note.—This curry may be made of cold chicken, but undressed meat will be found far superior.

THE POLAND.—This bird, a native of Holland, is a great favourite with fowl-keepers, especially those who have on eye to profit rather than to amusement. Those varieties known as the "silver spangled" and the "gold spangled" are handsome enough to please the most fastidious; but the common black breed, with the bushy crown of white feathers, is but a plain bird. The chief value of the common Poland lies in the great number of eggs they produce; indeed, in many parts, they are as well known as "everlasting layers" as by their proper name. However, the experienced breeder would take good care to send the eggs of his everlasting

汤匙面粉，1个苹果，4汤匙奶油，1汤匙柠檬汁。

Mode。--将黄油放入炖锅中，加入切片洋葱、切成小块的鸡肉，以及去皮、去核并切碎的苹果。煎至浅棕色，加入高汤，文火炖20分钟；取少量肉汁将咖喱粉和面粉调成完全顺滑的糊状，搅拌加入其他配料中；煨半小时略多，在即将上桌前加入上述比例的熱奶油和柠檬汁。配以白饭食用，白饭可单独盛在盘中轻轻堆起，或围在咖喱周围作边饰。

时间。- 50分钟。

平均成本，3先令3便士。

足够供三四人食用。

时令冬季。

注。--这道咖喱可以用冷鸡肉制作，但未经烹调的肉要优越得多。

波兰鸡。--这种鸟原产于荷兰，深受养禽者喜爱，尤其是那些注重利润而非消遣的人。被称为“银斑”和“金斑”的品种足够漂亮，能满足最挑剔的人的审美；但普通的黑色品种，顶着浓密的白色羽冠，不过是一只普通的鸟。普通波兰鸡的主要价值在于其产蛋量极大；事实上，在许多地方，它们以“永续产蛋鸡”之名与正式名称一样广为人知。然而，有经验的饲养者会小心地将他的永续产蛋

layers to market, and not use them for home consumption, as, although they may be as large as those laid by other hens, the amount of nutriment contained in them is not nearly so great. Mr. Mowbray once kept an account of the number of eggs produced by this prolific bird, with the following result:—From the 25th of October to the 25th of the following September five hens laid 503 eggs; the average weight of each egg was one ounce five drachms, and the total weight of the whole, exclusive of the shells, 50-1/4 pounds. Taking the weight of the birds at the fair average of five pounds each, we thus see them producing within a year double their weight of egg alone; and, supposing every egg to contain a chick, and allowing the chick to, grow, in less than eighteen months from the laying of the first egg, *two thousand five hundred pounds* of chicken-meat would be the result. The Poland is easily fattened, and its flesh is generally considered juicier and of richer flavour than most others.

把蛋拿到市场出售，不要留作家庭食用，因为尽管它们可能和其他母鸡所产的蛋一样大，但其中所含的营养却远不及后者。莫布雷先生曾记录过这种多产家禽的产蛋数量，结果如下：从10月25日到次年9月25日，五只母鸡共下了503枚蛋；每枚蛋的平均重量为一盎司五打兰，全部蛋除去蛋壳后的总重量为50又1/4磅。若按每只鸡平均五磅的合理体重计算，我们由此可以看到，它们在一年之内产下的蛋的重量就达到了自身体重的两倍；而假如每枚蛋都含有一只雏鸡，并让雏鸡长大，那么在产下第一枚蛋之后不到十八个月的时间里，就会产出两千五百磅的鸡肉。波兰鸡容易育肥，其肉质通常被认为比大多数其他鸡更为多汁、风味更浓郁。

[Illustration: SPANGLED POLANDS.]

[插图：斑点波兰鸡。]

CURRIED FOWL OR CHICKEN (Cold Meat Cookery).

咖喱鸡(冷肉烹饪)。

942. INGREDIENTS.—The remains of cold roast fowls, 2 large onions, 1 apple, 2 oz. of butter, 1 dessertspoonful of curry-powder, 1 teaspoonful of flour, 1/2 pint of gravy, 1 tablespoonful of lemon-juice.

942. 配料。--冷烤家禽的剩余部分，2个大洋葱，1个苹果，2 oz.黄油，1甜点匙咖喱粉，1茶匙面粉，1/2 pint肉汁，1汤匙柠檬汁。

Mode.—Slice the onions, peel, core, and chop the apple, and cut the fowl into neat joints; fry these in the butter of a nice brown; then add the curry-powder, flour, and gravy, and stew for about 20 minutes. Put in the lemon-juice, and serve with boiled rice, either placed in a ridge round the dish or separately. Two or three shallots or a little garlic may be added, if approved.

做法。--将洋葱切片，苹果去皮、去核并切碎，把家禽切成整齐的块；用黄油将这些煎至漂亮的棕色；然后加入咖喱粉、面粉和肉汁，炖约20分钟。加入柠檬汁，配煮米饭上桌，可将米饭在盘边围成一圈或单独盛放。如喜欢，可加两三个青葱或少量大蒜。

Time.—Altogether 1/2 hour. *Av. cost*, exclusive of the cold fowl, 6d.

Seasonable in the winter.

[Illustration: COCHIN-CHINAS.]

THE COCHIN-CHINA.—About fifteen years ago, the arrival of this distinguished Asiatic created in England as great a sensation as might be expected from the landing of an invading host. The first pair that ever made their appearance here were natives of Shanghai, and were presented to the queen, who exhibited them at the Dublin poultry-show of 1818. Then began the "Cochin" *furor*. As soon as it was discovered, despite the most strenuous endeavours to keep the tremendous secret, that a certain dealer was possessed of a pair of these birds, straightway the avenues to that dealer's shop were blocked by broughams, and chariots, and hack cabs, until the shy poulterer had been tempted by a sufficiently high sum to part with his treasure. Bank-notes were exchanged for Cochin chicks, and Cochin eggs were in as great demand as though they had been laid by the fabled golden goose. The reign of the Cochin China was, however, of inconsiderable duration. The bird that, in 1847, would fetch thirty guineas, is now counted but ordinary chicken-meat, and its price is regulated according to its weight when ready for the spit. As for the precious buff eggs, against which, one time of day, guineas were weighed,—send for sixpenn'orth at the cheesemonger's, and you will get at least five; which is just as it should be. For elegance of shape or quality of flesh, the Cochin cannot for a moment stand comparison with our handsome dunghill; neither can the indescribable mixture of growling and braying, peculiar to the

时间。--总共1/2小时。平均费用，不包括冷家禽，

6天。

时令冬季。

[插图：科钦支那鸡。]

交趾鸡。--大约十五年前，这种来自亚洲的名贵鸡种的到来，在英国引起的轰动不亚于一支入侵军队的登陆。最早在此露面的第一对鸡原产于上海，被呈献给女王，女王在1818年的都柏林家禽展上展出了它们。于是，“交趾”狂热开始了。尽管人们竭尽全力保守这个天大的秘密，但一旦发现某个商贩拥有一对这种鸡，通往那商贩店铺的道路立刻被四轮马车、战车和出租马车堵得水泄不通，直到那位腼腆的家禽商被足够高的价钱打动，才肯割爱。钞票被用来交换交趾雏鸡，交趾鸡蛋的需求量之大，仿佛它们是传说中的金鹅所产。然而，交趾鸡的统治为期不长。1847年能卖到三十几尼的鸡，如今只被当作普通的鸡肉，其价格按待烤时的重量而定。至于那些珍贵的浅黄色鸡蛋--曾几何时人们用几尼来称量它们--如今到奶酪商那里花六便士买一份，你至少能得到五个；这才是应有的样子。就体型的优雅或肉质的优良而言，交趾鸡根本无法与我们漂亮的土鸡相提并论；它那难以形容的、特有的咕噜声和驴叫声混合在一起的

former, vie with the musical trumpeting of our own morning herald: yet our poultry-breeders have been immense gainers by the introduction of the ungainly celestial, inasmuch as *new blood* has been infused into the English chicken family. Of this incalculable advantage we may be sure; while, as to the Cochin's defects, they are certain to be lost in the process of "cross and cross" breeding.

前者，与我们自己的晨间使者的音乐般号声相媲美：然而我们的家禽饲养者因引进这种笨拙的天朝禽类而获益巨大，因为新血已被注入英国家鸡家族。我们可以确信这种不可估量的优势；至于科钦鸡的缺陷，它们必然会在“杂交再杂交”的育种过程中消失。

BOILED FOWLS A LA BECHAMEL.

白汁煮鸡

943. INGREDIENTS.—A pair of fowls, 1 pint of Béchamel, No, 367, a few bunches of boiled brocoli or cauliflower.

943. 配料--一对鸡，1品脱贝夏梅尔酱，编号，367，几束煮熟的西兰花或花椰菜。

Mode.—Truss and boil the fowls by recipe No. 938; make a pint of Béchamel sauce by recipe No. 367; pour some of this over the fowls, and the remainder send to table in a tureen. Garnish the dish with bunches of boiled cauliflowers or brocoli, and serve very hot. The sauce should be made sufficiently thick to adhere to the fowls; that for the tureen should be thinned by adding a spoonful or two of stock.

方式。--按食谱第938号将禽类捆扎并煮制；按食谱第367号制作一品脱贝夏梅尔酱汁；将其中一部分浇在禽类上，其余盛入汤碗送上餐桌。用成束的煮花椰菜或西兰花点缀餐盘，并趁热上桌。酱汁应做得足够浓稠，以便附着在禽类上；送入汤碗的那部分应加入一两勺原汤稀释。

Time.—From 1/2 to 1 hour, according to size.

时间。--根据大小，从1/2到1小时。

Average cost, in full season, 5s. a pair.

平均成本，盛产季节，每对5先令。

Sufficient for 6 or 7 persons.

足量供6或7人食用。

Seasonable all the year, but scarce in early spring.

四季皆宜，但早春稀少。

SPACE FOR FOWLS.—We are no advocates for converting the domestic fowl into a cage-bird. We have known amateur fowl-keepers—worthy souls, who would butter the very barley they gave their pets, if they thought they would the more enjoy it—

家禽的空间。--我们不赞成把家禽变成笼鸟。我们认识一些业余养禽者--可敬的人们，如果他们认为宠物会更喜欢，甚至会给它们的大麦抹上黄油--

coop up a male bird and three or four hens in an ordinary egg-chest placed on its side, and with the front closely barred with iron hooping! This system will not do. Every animal, from man himself to the guinea-pig, must have what is vulgarly, but truly, known as "elbow-room;" and it must be self-evident how emphatically this rule applies to winged animals. It may be urged, in the case of domestic fowls, that from constant disuse, and from clipping and plucking, and other sorts of maltreatment, their wings can hardly be regarded as instruments of flight; we maintain, however, that you may pluck a fowl's wing-joints as bare as a pumpkin, but you will not erase from his memory that he is a fowl, and that his proper sphere is the open air. If he likewise reflects that he is an ill-used fowl—a prison-bird—he will then come to the conclusion, that there is not the least use, under such circumstances, for his existence; and you must admit that the decision is only logical and natural.

把一只公鸟和三四只母鸡关在一个普通的横放的蛋箱里，前面用铁箍紧紧拦住!这种办法行不通。每一只动物，从人本身到豚鼠，都必须有俗称但名副其实的“活动余地”；这条规则对有翼动物何等适用，必定是不言自明的。有人可能会说，就家禽而言，由于长期不用、剪羽拔毛以及其他种种虐待，它们的翅膀几乎不能被视为飞行器官；然而我们坚持认为，你可以把一只鸡的翅关节拔得像南瓜一样光秃，但你无法从它的记忆中抹去它是一只鸡，以及它应有的天地是露天。如果它也想到自己是一只受虐待的鸡--一只囚鸟--它就会得出结论：在这种情况下，它的存在毫无用处；而你必须承认，这个判断只是合乎逻辑且自然的。

BOILED FOWL, with Oysters.

水煮鸡，配牡蛎。

(*Excellent.*)

(*Excellent.*)

944. INGREDIENTS.—1 young fowl, 3 dozen oysters, the yolks of 2 eggs, 1/4 pint of cream.

944. 配料--1只小母鸡，3打牡蛎，蛋黄
2个鸡蛋，1/4品脱奶油。

Mode.—Truss a young fowl as for boiling; fill the inside with oysters which have been bearded and washed in their own liquor; secure the ends of the fowl, put it into a jar, and plunge the jar into a saucepan of boiling water. Keep it boiling for 1-1/2 hour, or rather longer; then take the gravy that has flowed from the oysters and fowl, of which there will be a good quantity; stir in the cream and yolks of eggs, add a few oysters scalded in their liquor; let the sauce get quite *hot*, but do not allow it to *boil;* pour some of it

方式。--像煮那样把一只嫩鸡捆扎好；将已在自身汁液中去须洗净的牡蛎填入腹内；把鸡的两端扎紧，放入罐中，再将罐浸入一锅沸水里。保持煮沸1-1/2小时，或稍久一些；然后取从牡蛎和鸡流出的肉汁，量会不少；拌入奶油和蛋黄，加入几只在其汁液中烫过的牡蛎；让酱汁变得相当热，但不要让它煮沸；倒出一些

over the fowl, and the remainder send to table in a tureen. A blade of pounded mace added to the sauce, with the cream and eggs, will be found an improvement.

Time.—1-1/2 hour. Average cost, 4s. 6d.

Sufficient for 3 or 4 persons.

Seasonable from September to April.

THE FOWL-HOUSE.—In building a fowl-house, take care that it be, if possible, built against a wall or fence that faces the *south*, and thus insure its inmates against many cold winds, driving rains, and sleets they will otherwise suffer. Let the floor of the house slope half an inch to the foot from back to front, so as to insure drainage; let it also be close, hard, and perfectly smooth; so that it may be cleanly swept out. A capital plan is to mix a few bushels of chalk and dry earth, spread it over the floor, and pay a paviour's labourer a trifle to hammer it level with his rammer. The fowl-house should be seven feet high, and furnished with perches at least two feet apart. The perches must be level, and not one above the other, or unpleasant consequences may ensue to the undermost row. The perches should be ledged (not fixed—just dropped into sockets, that they may be easily taken out and cleaned) not lower than five feet from the ground, convenient slips of wood being driven into the wall, to render the ascent as easy as possible. The front of the fowl-house should be latticed, taking care that the interstices be not wide enough even to tempt a chick to crawl through. Nesting-boxes, containing soft hay, and fitted against the walls, so as to be easily reached by the perch-ladder, should be supplied. It will be as well to keep by you a few portable doors, so that you may hang one before the entrance to a

浇在家禽上，其余盛在汤碗中送上桌。在酱汁中加入一片捣碎的肉豆蔻，连同奶油和鸡蛋，会发现是一种改进。

时间。- 1-1/2小时。平均成本，4先令6便士。

足够供三四人食用。

时令从九月到四月。

鸡舍。--建造鸡舍时，注意尽可能让它靠着朝南的墙或围栏而建，从而保证舍内的鸡免受它们否则会遭受的许多寒风、斜雨和雨雪之苦。让舍内地面从后到前按每英尺半英寸倾斜，以确保排水；地面还应密实、坚硬且完全平滑，以便能清扫干净。一个好办法是混合几蒲式耳白垩和干土，铺在地面上，付一点小钱请铺路工的帮工用他的夯锤把它夯平。鸡舍应高七英尺，并配有至少相隔两英尺的栖木。栖木必须水平，不能一根高于另一根，否则最下面一排可能产生不愉快的后果。栖木应嵌在托架上(不要固定--只是放入槽中，以便容易取出清洁)，离地不低于五英尺，并在墙上钉入合适的木条，使上栖尽可能容易。鸡舍的正面应做成格栅，注意格隙不要宽到甚至引诱小鸡爬过去。应提供巢箱，内放柔软的干草，靠墙安装，以便通过栖木梯容易到达。最好备几扇活动门，以便你可以把一扇挂在

nesting-box, when the hen goes in to sit. This will prevent other hens from intruding, a habit to which some are much addicted.

FRICASSEED FOWL OR CHICKEN (an Entree).

945. INGREDIENTS.—2 small fowls or 1 large one, 3 oz. of butter, a bunch of parsley and green onions, 1 clove, 2 blades of mace, 1 shalot, 1 bay-leaf, salt and white pepper to taste, 1/4 pint of cream, the yolks of 3 eggs.

Mode.—Choose a couple of fat plump chickens, and, after drawing, singeing, and washing them, skin, and carve them into joints; blanch these in boiling water for 2 or 3 minutes; take them out, and immerse them in cold water to render them white. Put the trimmings, with the necks and legs, into a stewpan; add the parsley, onions, clove, mace, shalot, bay-leaf, and a seasoning of pepper and salt; pour to these the water that the chickens were blanched in, and simmer gently for rather more than 1 hour. Have ready another stewpan; put in the joints of fowl, with the above proportion of butter; dredge them with flour, let them get hot, but do not brown them much; then moisten the fricassee with the gravy made from the trimmings, &c., and stew very gently for 1/2 hour. Lift the fowl into another stewpan, skim the sauce, reduce it quickly over the fire, by letting it boil fast, and strain it over them. Add the cream, and a seasoning of pounded mace and cayenne; let it boil up, and when ready to serve, stir to it the well-beaten yolks of 3 eggs: these should not be put in till the last moment, and the sauce should be made *hot*, but must *not boil*, or it will instantly curdle. A few button-mushrooms stewed with the fowl are by many persons considered an improvement.

Time.—1 hour to make the gravy, 1/2 hour to simmer the fowl.

巢箱，当母鸡进去孵蛋时。这将防止其他母鸡闯入，有些母鸡非常沉溺于这种习惯。

烩鸡或鸡肉(一道主菜)。

945. 配料。--2只小家禽或1只大家禽，3 oz.黄油，一束欧芹和青葱，1粒丁香，2片肉豆蔻，1个青葱，1片月桂叶，盐和白胡椒适量，1/4 pint奶油，3个蛋黄。

方式。--选两只肥嫩的鸡，在去内脏、燎毛和洗净后，去皮并切成块；在沸水中焯2至3分钟；取出，浸入冷水中使其变白。将颈和腿等碎料放入炖锅；加入欧芹、洋葱、丁香、肉豆蔻、青葱、月桂叶，以及胡椒和盐的调味；将焯鸡的水倒入其中，小火煨1小时多一点。另备一只炖锅；放入鸡块，加入上述比例的黄油；撒上面粉，让其变热，但不要煎得太焦；然后用碎料等制成的肉汁润湿这锅烩鸡，非常轻柔地炖1/2小时。将鸡块移到另一只炖锅中，撇去酱汁的浮沫，让其在火上快速煮沸以迅速收浓，然后滤到鸡块上。加入奶油，以及捣碎的肉豆蔻和卡宴辣椒的调味；让其煮沸，在准备上桌时，拌入3个打匀的蛋黄：这些应在最后一刻才加入，酱汁应做得热，但不可煮沸，否则会立刻凝结。许多人认为，与鸡一起炖的几只纽扣蘑菇是一种改进。

时间。--制作肉汁需1小时，炖煮禽肉需半小时。

Average cost, 5s. the pair.

Sufficient.—1 large fowl for one entrée.

Seasonable at any time.

STOCKING THE FOWL-HOUSE.—Take care that the birds with which you stock your house are *young*. The surest indications of old age are fading of the comb and gills from brilliant red to a dingy brick-colour, general paleness of plumage, brittleness of the feathers, length and size of the claws, and the scales of the legs and feet assuming a ragged and *corny* appearance. Your cock and hens should be as near two years old as possible. Hens will lay at a year old, but the eggs are always insignificant in size, and the layers giddy and unsteady sitters. The hen-bird is in her prime for breeding at three years old, and will continue so, under favourable circumstances, for two years longer; after which she will decline. Crowing hens, and those that have large combs, are generally looked on with mistrust; but this is mere silliness and superstition—though it is possible that a spruce young cock would as much object to a spouse with such peculiar addictions, as a young fellow of our own species would to a damsel who whistled and who wore whiskers. Fowls with yellow legs should be avoided; they are generally of a tender constitution, loose-fleshed, and of indifferent flavour.

FRICASSEED FOWL (Cold Meat Cookery).

946. INGREDIENTS.—The remains of cold roast fowl, 1 strip of lemon-peel, 1 blade of pounded mace, 1 bunch of savoury herbs, 1 onion, popper and salt to taste, 1 pint of water, 1 teaspoonful of flour, 1/4 pint of cream, the yolks of 2 eggs.

平均成本，每对5先令。

充足。--一道主菜用1只大禽。

时令任何时候皆宜。

为鸡舍备禽。--注意你用来充实鸡舍的禽鸟要年轻。衰老最可靠的迹象是鸡冠和肉垂从鲜红色褪成暗淡的砖色，羽毛整体苍白，羽毛脆弱，爪长而大，腿脚的鳞片呈现参差不齐且粗糙的外观。你的公鸡和母鸡应尽可能接近两岁。母鸡一岁就会产蛋，但蛋的个头总是很小，而且产蛋的母鸡轻浮，孵蛋也不安稳。母鸡在三岁时繁殖力处于最佳状态，在有利条件下还能再持续两年；之后就会衰退。会啼叫的母鸡以及那些有大鸡冠的母鸡通常受到怀疑；但这纯属愚蠢和迷信--尽管一只整洁的年轻公鸡可能会像我们人类中的年轻小伙子对一位吹口哨、留络腮胡的姑娘那样，同样反对这样有特殊癖好的配偶。应避免腿呈黄色的鸡；它们通常体质娇弱、肉松且风味平平。

烩鸡块(冷肉烹饪)。

946. 配料。--冷烤家禽的剩余部分，1条柠檬皮，1片捣碎的肉豆蔻，1束香草，1个洋葱，胡椒和盐适量，1 pint水，1茶匙面粉，1/4 pint奶油，2个蛋黄。

Mode.—Carve the fowls into nice joints; make gravy of the trimmings and legs, by stewing them with the lemon-peel, mace, herbs, onion, seasoning, and water, until reduced to 1/2 pint; then strain, and put in the fowl. Warm it through, and thicken with a teaspoonful of flour; stir the yolks of the eggs into the cream; add these to the sauce, let it get thoroughly hot, but do not allow it to boil, or it will curdle.

做法。--将家禽切成整齐的块；用柠檬皮、肉豆蔻、香草、洋葱、调味和水炖煮边角料和腿，制成肉汁，直至浓缩至1/2 pint；然后过滤，放入家禽。加热透彻，用1茶匙面粉增稠；将蛋黄搅入奶油；将这些加入酱汁，让其彻底变热，但不要让它煮沸，否则会凝结。

Time.—1 hour to make the gravy, 1/4 hour to warm the fowl.

时间。--制作肉汁需1小时，加热禽肉需1/4小时。

Average cost, exclusive of the cold chicken, 8d.

平均成本，不包括冷鸡，8便士。

Seasonable at any time.

时令任何时候皆宜。

CHARACTERISTICS OF HEALTH AND POWER.—The chief characteristics of health in a fowl are brightness and dryness of eye and nostrils, the comb and wattles firm and ruddy, the feathers elastic and glossy. The most useful cock is generally the greatest tyrant, who struts among his hens despotically, with his head erect and his eyes ever watchful. There is likely to be handsomer and stronger chicks in a house where a bold, active—even savage—bird reigns, than where the lord of the hen-house is a weak, meek creature, who bears the abuse and peckings of his wives without a remonstrance. I much prefer dark-coloured cock-birds to those of light plumage. A cock, to be handsome, should be of middling size; his bill should be short, comb bright-red, wattles large, breast broad, and wings strong. His head should be rather small than otherwise, his legs short and sturdy, and his spurs well-formed; his feathers should be short and close, and the more frequently and heartily he crows, the better father he is likely to become. The common error of choosing hens *above* the ordinary stature of their respective varieties should be avoided, as the best

健康与活力的特征--家禽健康的要特征是眼睛和鼻孔明亮干燥，鸡冠和肉垂坚实红润，羽毛富有弹性且有光泽。最有用的公鸡通常是最专横的暴君，它在母鸡群中霸道地昂首阔步，头抬得高高的，眼睛时刻警惕。在一个由大胆、活跃--甚至凶猛--的鸟统治的鸡舍里，比在鸡舍之主是一个软弱温顺、默默承受妻子们欺凌啄咬而不敢抗议的可怜虫的鸡舍里，更可能孵出更漂亮更强壮的雏鸡。我更喜欢深色羽毛的公鸡，而不是浅色羽毛的。一只公鸡要漂亮，体型应适中；喙应短，鸡冠鲜红，肉垂大，胸宽，翅膀强壮。它的头应偏小而非偏大，腿短而结实，距发育良好；羽毛应短而紧贴，它啼叫得越频繁越响亮，就越可能成为好父亲。选择母鸡时常见的错误是选那些超过各自品种普通体型的母鸡，这应避免，因为最好的

breeding-hens are those of medium size.

FRIED FOWLS (Cold Meat Cookery).

I.

947. INGREDIENTS.—The remains of cold roast fowls, vinegar, salt and cayenne to taste, 3 or 4 minced shalots. For the batter,—1/2 lb. of flour, 1/2 pint of hot water, 2 oz. of butter, the whites of 2 eggs.

Mode.—Cut the fowl into nice joints; steep them for an hour in a little vinegar, with salt, cayenne, and minced shalots. Make the batter by mixing the flour and water smoothly together; melt in it the butter, and add the whites of egg beaten to a froth; take out the pieces of fowl, dip them in the batter, and fry, in boiling lard, a nice brown. Pile them high in the dish, and garnish with fried parsley or rolled bacon. When approved, a sauce or gravy may be served with them.

Time.—10 minutes to fry the fowl.

Average cost, exclusive of the cold fowl, 8d.

Seasonable at any time.

CHANTICLEER AND HIS COMPANIONS.—On bringing the male and female birds together for the first time, it will be necessary to watch the former closely, as it is a very common occurrence with him to conceive a sudden and violent dislike for one or more of his wives, and not allow the obnoxious ones to approach within some distance of the others; indeed, I know many cases where the capricious tyrant has set upon the innocent cause of his

繁殖母鸡为中等体型。

炸鸡(冷肉烹饪)

947. 配料。--冷烤家禽的剩余部分，醋，盐和卡宴辣椒适量，3或4个切碎的青葱。面糊用--1/2 lb.面粉，1/2 pint热水，2 oz.黄油，2个蛋清。

做法。--将家禽切成整齐的块；在少量醋中浸泡一小时，加盐、卡宴辣椒和切碎的青葱。将面粉和水调匀制成面糊；在其中融化黄油，加入打至起泡的蛋清；取出家禽块，蘸上面糊，在沸腾的猪油中炸至漂亮的棕色。将它们高高堆在盘中，用炸欧芹或卷培根装饰。如喜欢，可配酱汁或肉汁上桌。

时间。--炸禽肉需10分钟。

平均成本，不包括冷鸡，8便士。

时令任何时候皆宜。

雄鸡和他的伴侣们。--首次将雄鸟和雌鸟放在一起时，必须密切观察前者，因为他突然而强烈地厌恶一个或多个妻子是非常常见的情况，并且不允许那些讨厌的母鸡靠近其他母鸡一定距离；确实，我知道许多例子，这个任性的暴君攻击了他无辜的

resentment and killed her outright. In all such cases, the hen objected to should be removed and replaced by another. If the cock should, by any accident, get killed, considerable delicacy is required in introducing a new one. The hens may mope, and refuse to associate with their new husband, clustering in corners, and making odious comparisons between him and the departed; or the cock may have his own peculiar notions as to what a wife should be, and be by no means satisfied with those you have provided him. The plan is, to keep him by himself nearly the whole day, supplying him plentifully with exhilarating food, then to turn him loose among the hens, and to continue this practice, allowing him more of the society of his wives each day, until you suffer him to abide with them altogether.

怨恨并直接杀死了她。在所有这类情况下，被反对的母鸡应被移除并替换为另一只。如果公鸡因任何意外被杀，引入新公鸡时需要相当谨慎。母鸡可能会闷闷不乐，拒绝与新丈夫交往，聚集在角落里，对他和已故的公鸡进行令人反感的比较；或者公鸡可能对妻子应该是什么样有自己的独特想法，对你提供给他的那些绝不满意。办法是，几乎整天把他单独关着，大量供应提神的食物，然后把他放到母鸡群中，并继续这种做法，每天让他更多地与妻子们相处，直到你让他完全与它们同住。

II.

II.

948. INGREDIENTS.—The remains of cold roast fowl, vinegar, salt and cayenne to taste, 4 minced shalots, yolk of egg; to every teacupful of bread crumbs allow 1 blade of pounded mace, 5 teaspoonful of minced lemon-peel, 1 saltspoonful of salt, a few grains of cayenne.

948. 配料。--冷烤家禽的剩余部分，醋，盐和卡宴辣椒适量，4个切碎的青葱，蛋黄；每茶匙面包屑配1片捣碎的肉豆蔻，5茶匙切碎的柠檬皮，1盐匙盐，少许卡宴辣椒。

Mode.—Steep the pieces of fowl as in the preceding recipe, then dip them into the yolk of an egg or clarified butter; sprinkle over bread crumbs with which have been mixed salt, mace, cayenne, and lemon-peel in the above proportion. Fry a light brown, and serve with or without gravy, as may be preferred.

做法。--如前一个食谱那样浸泡家禽块，然后蘸上蛋黄或澄清黄油；撒上混合了上述比例盐、肉豆蔻、卡宴辣椒和柠檬皮的面包屑。炸至浅棕色，按喜好配或不配肉汁上桌。

Time.—10 minutes to fry the fowl.

时间。--炸禽肉需10分钟。

Average cost, exclusive of the cold fowl, 6d.

平均成本，不包括冷鸡，6便士。

Seasonable at any time.

VARIOUS MODES OF FATTENING FOWLS.—It would, I think, be a difficult matter to find, among the entire fraternity of fowl-keepers, a dozen whose mode of fattening "stock" is the same. Some say that the grand f secret is to give them abundance of saccharine food; others say nothing beats heavy corn steeped in milk; while another breeder, celebrated in his day, and the recipient of a gold medal from a learned society, says, "The best method is as follows:-The chickens are to be taken from the hen the night after they are hatched, and fed with eggs hard-boiled, chopped, and mixed with crumbs of bread, as larks and other small birds are fed, for the first fortnight; after which give them oatmeal and treacle mixed so as to crumble, of which the chickens are very fond, and thrive so fast that, at the end of two months, they will be as large as full-grown fowls." Others there are who insist that nothing beats oleaginous diet, and cram their birds with ground oats and suet. But, whatever the course of diet favoured, on one point they seem agreed; and that is, that, while fattening, the fowls *should be kept in the dark*. Supposing the reader to be a dealer—a breeder of gross chicken meat for the market (against which supposition the chances are 10,000 to 1), and beset with as few scruples as generally trouble the huckster, the advice is valuable. "Laugh and grow fat" is a good maxim enough; but "Sleep and grow fat" is, as is well known to folks of porcine attributes, a better. The poor birds, immured in their dark dungeons, ignorant that there is life and sunshine abroad, tuck their heads under their wings and make a long night of it; while their digestive organs, having no harder work than to pile up fat, have an easy time enough. But, unless we are mistaken, he who

时令任何时候皆宜。

各种肥育家禽的方法--我认为，在全体家禽饲养者中，要找出十二个肥育“存栏”方法相同的人，恐怕是件难事。有人说，诀窍就是给它们大量含糖食物；另有人说，没有什么比用牛奶浸泡的重实谷物更好的了；而另一位在当时颇有名气、曾获某学会金奖的饲养者则说：“最好的方法如下：小鸡孵出后的当晚就从母鸡身边取走，头两周喂以煮硬后切碎并拌有面包屑的鸡蛋，就像喂云雀和其他小鸟那样；此后给它们燕麦片与糖蜜混合成碎粒状的食物，小鸡非常爱吃，长得极快，两个月后就能长到成年鸡那么大。”还有人坚持认为，没有什么比油质饲料更好，于是用磨碎的燕麦和板油填喂。但无论偏好哪种饲喂方式，他们在一点上似乎是一致的；那就是，肥育期间家禽应养在暗处。假设读者是个贩子--为市场饲养粗肉鸡的饲养者(这一假设成立的可能性是一万比一)，而且顾忌之少一如通常的鸡贩，那么这个建议是有价值的。“笑一笑，长得胖”固然是句好格言；但“睡一睡，长得胖”更好，这是猪性之人所熟知的。那些可怜的家禽被关在黑暗的土牢里，不知道外面还有生命和阳光，把头缩在翅膀下，把白天当成长夜；而它们的消化器官，除了堆积脂肪之外没有更辛苦的工作，日子过得够轻松。但是，除非我们弄错了，那个

breeds poultry for his own eating, bargains for a more substantial reward than the questionable pleasure of burying his carving-knife in chicken grease. Tender, delicate, and nutritious flesh is the great aim; and these qualities, I can affirm without fear of contradiction, were never attained by a dungeon-fatted chicken: perpetual gloom and darkness is as incompatible with chicken life as it is with human. If you wish to be convinced of the absurdity of endeavouring to thwart nature's laws, plant a tuft of grass, or a cabbage-plant, in the darkest corner of your coal-cellar. The plant or the tuft may increase in length and breadth, but its colour will be as wan and pale, almost, as would be your own face under the circumstances.

为自己食用而养家禽的人，所谋求的是比把切肉刀埋进鸡脂肪里那种可疑乐趣更实在的回报。柔嫩、细腻、有营养的肉才是主要目标；而这些品质，我可以毫无惧于反驳地断言，从来不是靠地牢式育肥的鸡所能达到的：perpetual gloom and darkness is as incompatible with chicken life as it is with human.如果你想确信试图违背自然法则是荒谬的，就在你煤窖最黑暗的角落里种一丛草或一棵卷心菜。那植物或草丛可能会在长度和宽度上增长，但它的颜色会几乎和你在这种情况下自己的脸一样苍白暗淡。

POULET A LA MARENGO.

马伦戈炖鸡。

949. INGREDIENTS.—1 large fowl, 4 tablespoonfuls of salad oil, 1 tablespoonful of flour, 1 pint of stock No. 105, or water, about 20 mushroom-buttons, salt and pepper to taste, 1 teaspoonful of powdered sugar, a very small piece of garlic.

949. 配料。--1只大家禽，4汤匙沙拉油，1汤匙面粉，1 pint第105号原汤或水，约20个蘑菇伞，盐和胡椒适量，1茶匙糖粉，极小一块大蒜。

Mode.—Cut the fowl into 8 or 10 pieces; put them with the oil into a stewpan, and brown them over a moderate fire; dredge in the above proportion of flour; when that is browned, pour in the stock or water; let it simmer very slowly for rather more than 1/2 hour, and skim off the fat as it rises to the top; add the mushrooms; season with salt, pepper, garlic, and sugar; take out the fowl, which arrange pyramidically on the dish, with the inferior joints at the bottom. Reduce the sauce by boiling it quickly over the fire, keeping it stirred until sufficiently thick to adhere to the back of a spoon; pour over the fowl, and serve.

做法。--将家禽切成8或10块；与油一同放入炖锅中，在中火上煎至呈褐色；按上述比例撒入面粉；待面粉呈褐色后，倒入高汤或水；用极小的火慢炖半小时多一点，并撇去浮到表面的油脂；加入蘑菇；用盐、胡椒、大蒜和糖调味；取出家禽，将其在盘中堆成金字塔形，较次的关节部位放在底部。将酱汁在火上快速煮沸收浓，同时不断搅拌，直至浓稠到能附着在勺背上；浇在家禽上，即可上桌。

Time.—Altogether 50 minutes. *Average cost*, 3s. 6d.

Sufficient for 3 or 4 persons.

Seasonable at any time.

A FOWL À LA MARENGO.—The following is the origin of the well-known dish Poulet à la Marengo:—On the evening of the battle the first consul was very hungry after the agitation of the day, and a fowl was ordered with all expedition. The fowl was procured, but there was no butter at hand, and unluckily none could be found in the neighbourhood. There was oil in abundance, however; and the cook having poured a certain quantity into his skillet, put in the fowl, with a clove of garlic and other seasoning, with a little white wine, the best the country afforded; he then garnished it with mushrooms, and served it up hot. This dish proved the second conquest of the day, as the first consul found it most agreeable to his palate, and expressed his satisfaction. Ever since, a fowl à la Marengo is a favourite dish with all lovers of good cheer.

MINCED FOWL A LA BECHAMEL.

950. INGREDIENTS.—The remains of cold roast fowl, 6 tablespoonfuls of Béchamel sauce No. 367, 6 tablespoonfuls of white stock No. 107, the white of 1 egg, bread crumbs, clarified butter.

Mode.—Take the remains of roast fowls, mince the white meat very small, and put it into a stewpan with the Béchamel and stock; stir it well over the fire, and just let it boil up. Pour the mince into a dish, beat up the white of egg, spread it over, and strew on it a

时间。--总共50分钟。平均费用,3先令6便士。

足够供三四人食用。

时令任何时候皆宜。

马伦戈炖鸡。--以下是这道名菜“马伦戈炖鸡”(Poulet à la Marengo)的由来：战斗当晚，第一执政在一天的激荡之后饥肠辘辘，便命人火速备一只鸡。鸡弄到了，但手边没有黄油，不幸的是附近也找不到。然而油却有的是；厨师往煎锅里倒了一定量的油，放入鸡，加一瓣大蒜和其他调味，再添一点当地所能提供的最好的白葡萄酒；随后用蘑菇作配菜，趁热端上。这道菜成了当天的第二次征服，因为第一执政觉得它极为合口，并表示满意。自此以后，马伦戈炖鸡便成了所有爱好美食之人的心头好。

白汁 minced 鸡肉

950. 配料。--冷烤家禽的剩余部分，6汤匙第367号贝夏梅尔酱汁，6汤匙第107号白色原汤，1个蛋清，面包屑，澄清黄油。

做法。--取烤家禽的剩余部分，将白肉切得很碎，放入炖锅，加入贝夏梅尔酱汁和原汤；在火上充分搅拌，刚煮沸即可。将肉末倒入盘中，打散蛋清，涂抹在上面，撒上

few grated bread crumbs; pour a very little clarified butter on the whole, and brown either before the fire or with a salamander. This should be served in a silver dish, if at hand.

Time.—2 or 3 minutes to simmer in the sauce.

Seasonable at any time.

THE BEST WAY TO FATTEN FOWLS.—The barn-door fowl is in itself a complete refutation of the cramming and dungeon policy of feeding practised by some. This fowl, which has the common run of the farm-yard, living on dairy-scraps and offal from the stable, begins to grow fat at threshing-time. He has his fill of the finest corn; he has his fill of fresh air and natural exercise, and at last he comes smoking to the table,—a dish for the gods. In the matter of unnaturally stuffing and confining fowls, Mowbray is exactly of our opinion. He says: "The London chicken-butchers, as they are termed, are said to be, of all others, the most expeditious and dexterous feeders, putting up a coop of fowls, and making them thoroughly fat within the space of a fortnight, using much grease, and that perhaps not of the most delicate kind, in the food. In this way I have no boasts to make, having always found it necessary to allow a considerable number of weeks for the purpose of making fowls fat in coops. In the common way this business is often badly managed, fowls being huddled together in a small coop, tearing each other to pieces, instead of enjoying that repose which alone can insure, the wished-for object—irregularly fed and cleaned, until they become so stenched and poisoned in their own excrement, that their flesh actually smells and tastes when smoking upon the table." Sussex produces the fattest and largest poultry of any county in England, and the fatting process

少量磨碎的面包屑；在整体上倒极少量澄清黄油，在火前或用烤铁板烤至棕色。如有条件，应盛在银盘中上桌。

时间。--在酱汁中炖煮2至3分钟。

时令任何时候皆宜。

把鸡养肥的最佳方法。--散养在谷仓门口的鸡，本身就是对某些人惯用的填塞和幽禁式饲养法的彻底反驳。这种鸡享有农家院落的寻常生活，以奶制品间的碎料和马厩的下脚料为食，一到打谷时节便开始长肥。它尽情享用最上等的谷物，尽情呼吸新鲜空气、自由活动，最后热气腾腾地端上餐桌--一道配得上神仙的佳肴。在违背自然地填塞和关养鸡这件事上，莫布雷与我们的看法完全一致。他说：“所谓的伦敦鸡屠户，据说是所有人中最迅速、最灵巧的饲养者，把一笼鸡关起来，在两周之内就把它们养得肥透，在饲料中用了大量油脂，而且那油脂也许并非最精细的一类。在这方面我没有什么可夸耀的，因为我总是发现，要把鸡在笼中养肥，必须留出相当多的周数。按寻常做法，这件事往往管理得很糟，鸡被胡乱挤在一个小笼里，互相啄得皮开肉绽，享受不到唯有它才能保证如愿以偿的安宁--喂食和清扫都不规律，直到它们在自己的粪便里熏得发臭、中了毒，以致端上桌热气腾腾时，肉竟然带着臭味和异味。”萨塞克斯郡出产的禽肉是英格兰各郡中最肥最大的，而育肥过程

there most common is to give them a gruel made of pot-liquor and bruised oats, with which are mixed hog's grease, sugar, and milk. The fowls are kept very warm, and crammed morning and night. They are put into the coop, and kept there two or three days before the cramming begins, and then it is continued for a fortnight, and the birds are sent to market.

最常用的方法是用肉汤和捣碎的燕麦做成稀粥，掺入猪油、糖和牛奶。鸡要养得很暖和，早晚填喂。填喂开始前先把它们放进鸡笼里关两三天，然后持续填喂两周，之后就把鸡送到市场上去。

RAGOUT OF FOWL.

家禽炖菜。

951. INGREDIENTS.—The remains of cold roast fowls, 3 shalots, 2 blades of mace, a faggot of savoury herbs, 2 or three slices of lean ham, 1 pint of stock or water, pepper and salt to taste, 1 onion, 1 dessertspoonful of flour, 1 tablespoonful of lemon-juice, 1/2 teaspoonful of pounded sugar, 1 oz. of butter.

951. 配料--冷烤鸡的余料，3个青葱，2片肉豆蔻，一束香草，2或3片瘦火腿，1品脱原汤或水，胡椒和盐适量，1个洋葱，1甜点匙面粉，1汤匙柠檬汁，1/2茶匙糖粉，1盎司黄油。

Mode.—Cut the fowls up into neat pieces, the same as for a fricassee; put the trimmings into a stewpan with the shalots, mace, herbs, ham, onion, and stock (water may be substituted for this). Boil it slowly for 1 hour, strain the liquor, and put a small piece of butter into a stewpan; when melted, dredge in sufficient flour to dry up the butter, and stir it over the fire. Put in the strained liquor, boil for a few minutes, and strain it again over the pieces of fowl. Squeeze in the lemon-juice, add the sugar and a seasoning of pepper and salt, make it hot, but do not allow it to boil; lay the fowl neatly on the dish, and garnish with croûtons.

模式。--将家禽切成整齐的块，与做法式炖鸡时相同；将碎料放入炖锅，加入红葱头、肉豆蔻皮、香草、火腿、洋葱和原汤(可用水代替)。用小火煮1小时，滤出汤汁，将一小块黄油放入炖锅；待其融化后，撒入足量面粉吸干黄油，在火上搅拌。倒入滤过的汤汁，煮几分钟，再次滤过后浇在家禽块上。挤入柠檬汁，加入糖以及胡椒和盐的调味，加热但不要让其煮沸；将家禽整齐地摆放在盘中，用烤面包丁装饰。

Time.—Altogether 1-1/2 hour. *Average cost*, exclusive of the cold fowl, 9d.

时间。--共计1-1/2小时。平均费用，不含冷家禽，9便士。

Seasonable at any time.

时令任何时候皆宜。

THE BEST FOWLS TO FATTEN, &c.—The chicks most likely to

最适合催肥的禽类，等等。--最有可能

fatten well are those first hatched in the brood, and those with the shortest legs. Long-legged fowls, as a rule, are by far the most difficult to fatten. The most delicate sort are those which are put up to fatten as soon as the hen forsakes them; for, as says an old writer, "then they will be in fine condition, and full of flesh, which flesh is afterwards expended in the exercise of foraging for food, and in the increase of stature; and it may be a work of some weeks to recover it,—especially with young cocks." But whether you take them in hand as chicks, or not till they are older, the three prime rules to be observed are, sound and various food, warmth, and cleanliness. There is nothing that a fatting fowl grows so fastidious about as his water. If water any way foul be offered him, he will not drink it, but sulk with his food, and pine, and you all the while wondering the reason why. Keep them separate, allowing to each bird as much space as you can spare. Spread the ground with sharp sandy gravel; take care that they are not disturbed. In addition to their regular diet of good corn, make them a cake of ground oats or beans, brown sugar, milk, and mutton suet. Let the cake lie till it is stale, then crumble it, and give each bird a gill-measureful morning and evening. No entire grain should be given to fowls during the time they are fattening; indeed, the secret of success lies in supplying them with the most nutritious food without stint, and in such a form that their digestive mills shall find no difficulty in grinding it.

[Illustration: ROAST FOWL.]

ROAST FOWLS.

952. INGREDIENTS.—A pair of fowls; a little flour.

最容易养肥的是同一窝中最早孵出的以及腿最短的。长腿的家禽通常是最难养肥的。最娇嫩的是那些母鸡一弃养就拿来育肥的；因为正如一位古代作家所说：“那时它们状态良好，肉满膘肥，而这些肉随后会消耗在觅食的活动中和体格的增长上；要恢复过来可能需要数周时间--尤其是小公鸡。”但无论你是从小鸡开始育肥，还是等它们长大些再开始，都要遵守三条首要规则：充足多样的食物、温暖和清洁。育肥的家禽对水最为挑剔。如果给它任何方式弄脏的水，它就不喝，而是赌气不吃食，日渐消瘦，而你一直纳闷原因何在。将它们分开饲养，每只禽给予你所能匀出的最大空间。地面铺上尖锐的砂砾；注意不要惊扰它们。除了优质谷物的日常饲料外，给它们做一种由燕麦粉或豆粉、红糖、牛奶和羊脂制成的饼。让饼放至变陈，然后弄碎，每只禽早晚各给一吉尔量杯的量。家禽育肥期间不应喂给整粒谷物；事实上，成功的秘诀在于毫不吝惜地供给最有营养的食物，并采用使其消化器官研磨起来毫不费力的形式。

[插图：烤禽。]

烤禽。

952. 配料--一对鸡；少许面粉。

Mode.—Fowls to be tender should be killed a couple of days before they are dressed; when the feathers come out easily, then let them be picked and cooked. In drawing them, be careful not to break the gall-bag, as, wherever it touches, it would impart a very bitter taste; the liver and gizzard should also be preserved. Truss them in the following manner:—After having carefully picked them, cut off the head, and skewer the skin of the neck down over the back. Cut off the claws; dip the legs in boiling water, and scrape them; turn the pinions under, run a skewer through them and the middle of the legs, which should be passed through the body to the pinion and leg on the other side, one skewer securing the limbs on both sides. The liver and gizzard should be placed in the wings, the liver on one side and the gizzard on the other. Tie the legs together by passing a trussing-needle, threaded with twine, through the backbone, and secure it on the other side. If trussed like a capon, the legs are placed more apart. When firmly trussed, singe them all over; put them down to a bright clear fire, paper the breasts with a sheet of buttered paper, and keep the fowls well basted. Roast them for 3/4 hour, more or less, according to the size, and 10 minutes before serving, remove the paper, dredge the fowls with a little fine flour, put a piece of butter into the basting-ladle, and as it melts, baste the fowls with it; when nicely frothed and of a rich colour, serve with good brown gravy, a little of which should be poured over the fowls, and a tureen of well-made bread sauce, No. 371. Mushroom, oyster, or egg sauce are very suitable accompaniments to roast fowl.—Chicken is roasted in the same manner.

模式。--家禽要肉质嫩，应在烹调前两天宰杀；当羽毛容易拔下时，再拔毛烹制。开膛时，小心不要弄破胆囊，因为它接触到的地方都会带来极苦的味道；肝脏和胗也应保留。按以下方式捆扎：仔细拔毛后，切下头，将颈部的皮用签子别到背部下方。切下爪子；将腿浸入沸水，刮净；将翅尖翻到下面，用一根签子穿过翅尖和腿的中部，签子应穿过身体到达另一侧的翅尖和腿，一根签子固定两侧的肢体。肝脏和胗应放在翅膀下，肝脏在一侧，胗在另一侧。用穿有细绳的捆扎针穿过脊骨将两腿系在一起，并在另一侧固定。若像阉鸡那样捆扎，两腿分得更开。捆扎牢固后，将全身燎毛；放在明亮清澈的火前，用一张涂了黄油的纸盖住胸部，并不断给家禽浇淋油脂。烤3/4小时左右，视大小而定，上桌前10分钟取下纸，在家禽上撒少许细面粉，将一块黄油放入浇淋勺中，待其融化时浇淋家禽；当起泡良好、色泽金黄时，配上好的棕色肉汁上桌，应将少许肉汁浇在家禽上，另配一盅制作精良的面包酱汁，第371号。蘑菇酱汁、牡蛎酱汁或鸡蛋酱汁都非常适合作为烤家禽的配菜。--鸡的烤法相同。

Time.—A very large fowl, quite 1 hour, medium-sized one 3/4 hour, chicken 1/2 hour, or rather longer.

时间--很大的鸡整整1小时，中等大小的3/4小时，小鸡1/2小时，或稍长一些。

Average cost, in full season, 5s. a pair; when scarce, 7s. 6d. the pair.

Sufficient for 6 or 7 persons.

Seasonable all the year, but scarce in early spring.

THE DISEASES OF FOWLS, AND HOW TO CURE THEM.—The diseases to which *Gallus domesticus* is chiefly liable, are roup, pip, scouring, and chip. The first-mentioned is the most common of all, and results from cold. The ordinary symptoms,—swollen eyes, running at the nostrils, and the purple colour of the wattles. Part birds so affected from the healthy ones, as, when the disease is at its height it is as contagious as glanders among horses. Wash out the nostrils with warm water, give daily a peppercorn inclosed in dough; bathe the eyes and nostrils with warm milk and water. If the head is much swollen, bathe with warm brandy and water. When the bird is getting well, put half a spoonful of sulphur in his drinking-water. Some fanciers prescribe for this disease half a spoonful of table salt, dissolved in half a gill of water, in which rue has been steeped; others, pills composed of ground rice and fresh butter: but the remedy first mentioned will be found far the best. As there is a doubt respecting the wholesomeness of the eggs laid by roupy hens, it will be as well to throw them away. The pip is a white horny skin growing on the tip of the bird's tongue. It should be removed with the point of a penknife, and the place rubbed with salt.

FOWL AND RICE CROQUETTES (an Entree).

953. INGREDIENTS.—1/4 lb. of rice, 1 quart of stock or broth, 3 oz. of butter, minced fowl, egg, and bread crumbs.

平均费用，盛产季节每对5先令；稀缺时每对7先令6便士。

足量供6或7人食用。

全年皆宜，但早春时稀缺。

家禽的疾病及其治疗方法。--家鸡主要易患的疾病有黏膜炎、舌疔、腹泻和chip。第一种最为常见，由受寒引起。常见症状--眼睛肿胀、鼻孔流液、肉垂呈紫色。将患病禽与健康禽隔离，因为疾病发展到高峰时，其传染性如同马匹的鼻疽。用温水冲洗鼻孔，每天给一粒包在面团中的胡椒；用温牛奶和水洗眼和鼻孔。若头部肿胀严重，用温白兰地和水的混合液洗。当禽好转时，在其饮水中放半勺硫磺。有些养禽爱好者为此病开的方子是半勺食盐溶于半吉尔浸泡过芸香的水中；另一些人则用米粉和新鲜黄油制成的药丸：但第一种方法效果最好。由于患黏膜炎的母鸡所产的蛋是否无害尚存疑问，最好将其丢弃。舌疔是禽舌舌尖上长出的一层白色角质膜。应用小刀尖将其去除，并在该处擦盐。

家禽米饭炸丸子(一道主菜)。

953. 配料--1/4磅米，1夸脱原汤或肉汤，3盎司黄油，切碎的鸡肉、鸡蛋和面包屑。

Mode.—Put the rice into the above proportion of cold stock or broth, and let it boil very gently for 1/2 hour; then add the butter, and simmer it till quite dry and soft When cold, make it into balls, hollow out the inside, and fill with minced fowl made by recipe No. 956. The mince should be rather thick. Cover over with rice, dip the balls into egg, sprinkle them with bread crumbs, and fry a nice brown. Dish them, and garnish with fried parsley. Oysters, white sauce, or a little cream, may be stirred into the rice before it cools.

模式。--将米放入上述比例的冷原汤或肉汤中，用极小火煮1/2小时；然后加入黄油，煨至完全干爽柔软。冷却后做成球状，挖空内部，填入按第956号食谱制作的碎家禽肉。馅料应较稠厚。用米覆盖，将球蘸上蛋液，撒上面包屑，炸至漂亮的棕色。装盘，用炸欧芹装饰。在米冷却前，可将牡蛎、白酱汁或少许奶油拌入米中。

Time.—1/2 hour to boil the rice, 10 minutes to fry the croquettes.

时间。- 煮饭需1/2小时，炸可乐饼需10分钟。

Average cost, exclusive of the fowl, 8d.

平均成本，不包括家禽，8便士。

Seasonable at any time.

时令任何时候皆宜。

CHIP.—If the birds are allowed to puddle about on wet soil, or to be much out in the rain, they will get "chip." Young chicks are especially liable to this complaint. They will sit shivering in out-of-the-way corners, perpetually uttering a dolorous "chip, chip;" seemingly frozen with cold, though, on handling them, they are found to be in high fever. A wholesale breeder would take no pains to attempt the cure of fowls so afflicted; but they who keep chickens for the pleasure, and not for the profit they yield, will be inclined to recover them if possible. Give them none but warm food, half a peppercorn rolled in a morsel of dough every night, and a little nitre in their water. Above all, keep them warm; a corner in the kitchen fender, for a day or two, will do more to effect a cure than the run of a druggist's warehouse.

气哽--如果让鸡在潮湿的土壤上乱刨，或长时间淋雨，它们就会得“气哽”。雏鸡尤其易患此病。它们会蜷缩在偏僻的角落里发抖，不停地发出凄惨的“唧、唧”声；看上去像是冻僵了，但一摸却发现它们正发着高烧。大规模养殖者不会费心去治疗这样患病的家禽；但那些养鸡是为了消遣而非图利的人，则会倾向于尽可能治愈它们。只给它们温热的食物，每晚将半粒胡椒裹在一小块面团里喂下，并在饮水中加少许硝石。最重要的是保持温暖；在厨房炉围的角落里待上一两天，比跑一趟药铺的仓库更能见效。

CROQUETTES OF FOWL (an Entree).

家禽炸肉饼(一道主菜)。

954. INGREDIENTS.—3 or 4 shalots, 1 oz. of butter, 1 teaspoonful

954. 配料--3或4个红葱头，1盎司黄油，1茶匙

of flour, white sauce; pepper, salt, and pounded mace to taste; 1/2 teaspoonful of pounded sugar, the remains of cold roast fowls, the yolks of 2 eggs, egg, and bread crumbs.

面粉，白酱汁；胡椒、盐和肉豆蔻粉适量；1/2茶匙糖粉，冷烤鸡的余料，2个蛋黄，鸡蛋和面包屑。

Mode.—Mince the fowl, carefully removing all skin and bone, and fry the shalots in the butter; add the minced fowl, dredge in the flour, put in the pepper, salt, mace, pounded sugar, and sufficient white sauce to moisten it; stir to it the yolks of 2 well-beaten eggs, and set it by to cool. Then make the mixture up into balls, egg and bread-crumb them, and fry a nice brown. They may be served on a border of mashed potatoes, with gravy or sauce in the centre.

做法--把鸡肉切碎，仔细去掉所有皮和骨，用黄油煎青葱；加入切碎的鸡肉，撒入面粉，放入胡椒、盐、肉豆蔻、糖粉和足量白酱汁使其湿润；拌入2个打散的蛋黄，放置冷却。然后把混合物做成丸子，裹上鸡蛋和面包屑，炸至漂亮的棕色。可盛在土豆泥围成的边圈上，中央放肉汁或酱汁。

Time.—10 minutes to fry the balls.

时间。- 炸丸子需10分钟。

Seasonable at any time.

时令任何时候皆宜。

THE TURN.—What is termed "turrling" with song-birds, is known, as regard fowls, as the "turn." Its origin is the same in both cases,—over-feeing and want of exercise. Without a moment's warning, a fowl so afflicted will totter and fall from its perch, and unless assistance be at hand, speedily give up the ghost. The veins of the palate should be opened, and a few drops of mixture composed of six parts of sweet nitre and one of ammonia, poured down its throat. I have seen ignorant keepers plunge a bird, stricken with the "turn," into cold water; but I never saw it taken out again alive; and for a good reason: the sudden chill has the effect of driving the blood to the head,—of aggravating the disease indeed, instead of relieving it.

眩晕症--鸣禽中所说的“turrling”，在家禽中则称为“turn”(眩晕症)。两者的起因相同--喂食过量且缺乏运动。患病家禽会毫无预兆地摇晃着从栖木上跌落，若无人施救，很快就会一命呜呼。应切开上颚的血管，并灌下几滴由六份甜硝石和一份氨水配成的混合液。我曾见过无知的饲养者将患眩晕症的鸡浸入冷水中；但我从未见过它们活着出来；原因很简单：突然的寒冷会使血液涌向头部--实际上加重了病情，而非缓解。

HASHED FOWL—an Entree (Cold Meat Cookery).

五香肉臊鸡--一道主菜(冷肉烹饪)。

955. INGREDIENTS.—The remains of cold roast fowl, 1 pint of water, 1 onion, 2 or three small carrots, 1 blade of pounded mace,

955. 配料--冷烤禽的剩余部分，1 pint水，1个洋葱，2或3根小胡萝卜，1片捣碎的肉豆蔻，

pepper and salt to taste, 1 small bunch of savoury herbs, thickening of butter and flour, 1-1/2 tablespoonful of mushroom ketchup.

胡椒和盐适量，1小束香草，黄油和面粉勾芡，1-1/2汤匙蘑菇番茄酱。

Mode.—Cut off the best joints from the fowl, and the remainder make into gravy, by adding to the bones and trimmings a pint of water, an onion sliced and fried of a nice brown, the carrots, mace, seasoning, and herbs. Let these stew gently for 1-1/2 hour, strain the liquor, and thicken with a little flour and butter. Lay in the fowl, thoroughly warm it through, add the ketchup, and garnish with sippets of toasted bread.

做法。--切下家禽最好的关节部位，其余部分用来做肉汁，在骨头和碎料中加入1品脱水、1个切成片并煎至漂亮棕色的洋葱、胡萝卜、肉豆蔻、调味和香草。将这些用文火炖1-1/2小时，滤出汤汁，用少许面粉和黄油勾芡。放入家禽，彻底加热，加入番茄酱，用烤面包块装饰。

Time.—Altogether 1-3/4 hour.

时间。--总计1-3/4小时。

Average cost, exclusive of the cold fowl, 4d.

平均成本，不含冷鸡，4便士。

Seasonable at any time.

时令任何时候皆宜。

SKIN-DISEASE IN FOWLS.—Skin-disease is, nine times out of ten, caused by the feathers being swarmed by parasites. Poor feeding will induce this, even if cleanliness be observed; uncleanliness, however liberal the bill of fare, will be taken as an invitation by the little biting pests, and heartily responded to. Mix half a teaspoonful of hydro-oxalic acid with twelve teaspoonfuls of water,—apply to the itching parts with an old shaving-brush.

鸡的皮肤病--皮肤病十有八九是羽毛被寄生虫侵扰所致。即使保持清洁，劣质饲料也会引发此病；而不清洁，无论菜单多么丰盛，都会被那些咬人的小害虫视为邀请，并欣然应之。将半茶匙氢草酸与十二茶匙水混合，用旧剃须刷涂于瘙痒处。

OBSTRUCTION OF THE CROP.—Obstruction of the crop is occasioned by weakness or greediness. You may know when a bird is so afflicted by his crop being distended almost to bursting. Mowbray tells of a hen of his in this predicament; when the crop was opened, a quantity of new beans were discovered in a state of vegetation. The crop should be slit from the *bottom* to the *top* with a sharp pair of scissors, the contents taken out, and the slit sewed

嗉囊阻塞--嗉囊阻塞由虚弱或贪食引起。当鸟的嗉囊几乎胀到要爆裂时，你就能知道它患了此病。莫布雷讲到过他的一只母鸡处于这种困境；嗉囊切开后，发现大量新豆处于发芽状态。应用锋利的剪刀从底部到顶部剪开嗉囊，取出内容物，将切口缝合

up again with line white thread.

用白色线再次向上缝。

MINCED FOWL—an Entree (Cold Meat Cookery).

肉末家禽--一道主菜(冷肉烹饪)

956. INGREDIENTS.—The remains of cold roast fowl, 2 hard-boiled eggs, salt, cayenne, and pounded mace, 1 onion, 1 faggot of savoury herbs, 6 tablespoonfuls of cream, 1 oz. of butter, two teaspoonfuls of flour, 1/2 teaspoonful of finely-minced lemon-peel, 1 tablespoonful of lemon-juice.

956. 配料--冷烤鸡的余料，2个煮硬的鸡蛋，盐、辣椒粉和肉豆蔻粉，1个洋葱，1束香草，6汤匙奶油，1盎司黄油，2茶匙面粉，1/2茶匙切细的柠檬皮，1汤匙柠檬汁。

Mode.—Cut out from the fowl all the white meat, and mince it finely without any skin or bone; put the bones, skin, and trimmings into a stewpan with an onion, a bunch of savoury herbs, a blade of mace, and nearly a pint of water; let this stew for an hour, then strain the liquor. Chop the eggs small; mix them with the fowl; add salt, cayenne, and pounded mace, put in the gravy and remaining ingredients; let the whole just boil, and serve with sippets of toasted bread.

做法。--将家禽的所有白肉切下，去净皮和骨，细细剁碎；把骨头、皮和碎料放入炖锅，加入一个洋葱、一束香草、一片肉豆蔻衣以及近一品脱的水；炖一小时，然后滤出汤汁。将鸡蛋切碎；与家禽肉拌匀；加入盐、辣椒粉和研碎的肉豆蔻衣，倒入肉汁和其余配料；将全部材料略煮沸，配烤面包丁上桌。

Time.—Rather more than 1 hour.

时间。--略多于1小时。

Average cost, exclusive of the fowl, 8d.

平均成本，不包括家禽，8便士。

Seasonable at any time.

时令任何时候皆宜。

Note.—Another way to make this is to mince the fowl, and warm it in white sauce or Béchamel. When dressed like this, 3 or 4 poached eggs may be placed on the top: oysters, or chopped mushrooms, or balls of oyster forcemeat, may be laid round the dish.

注--另一种做法是把鸡肉切碎，在白酱汁或贝夏美酱中加热。这样做好后，可在上面放3或4个水波蛋：牡蛎、切碎的蘑菇或牡蛎肉馅丸子可摆在盘子周围。

THE MOULTING SEASON.—During the moulting season beginning properly at the end of September, the fowls will require a little extra attention. Keep them dry and warm, and feed them

换羽季节--换羽季节正式始于九月底，此时鸡需要多加照料。保持它们干燥温暖，并喂它们

liberally on warm and satisfying food. If in any fowl the moult should seem protracted, examine it for broken feather-stumps still beaded in the skin: if you find any, extract them carefully with a pair of tweezers. If a fowl is hearty and strong, six weeks will see him out of his trouble; if he is weakly, or should take cold during the time, he will not thoroughly recover in less than three months. It is seldom or ever that hens will lay during the moult; while the cock, during the same period, will give so little of his consideration to the frivolities of love, that you may as well, nay, much better, keep him by himself till he perfectly recovers. A moulting chicken makes but a sorry dish.

大量喂以温热且能饱腹的食物。如果某只鸡的换羽期似乎拖得过长，检查它是否有断羽残根仍嵌在皮肤中：若发现，用镊子小心拔出。如果鸡体格健壮，六周即可摆脱困扰；若体弱，或在换羽期间受了寒，则至少三个月才能完全康复。母鸡在换羽期间很少甚至从不产蛋；而公鸡在同一时期对爱情的琐事毫不在意，你最好--不，是远胜于此--让它独处直到完全康复。正在换羽的鸡做成的菜肴实在不怎么样。

HASHED FOWL, Indian Fashion (an Entree).

印度式烤鸡(一道主菜)。

957.—INGREDIENTS.—The remains of cold roast fowl, 3 or 4 sliced onions, 1 apple, 2 oz. of butter, pounded mace, pepper and salt to taste, 1 tablespoonful of curry-powder, 2 tablespoonfuls of vinegar, 1 tablespoonful of flour, 1 teaspoonful of pounded sugar, 1 pint of gravy.

957.--配料--冷烤鸡的余料，3或4个切片洋葱，1个苹果，2盎司黄油，肉豆蔻粉、胡椒和盐适量，1汤匙咖喱粉，2汤匙醋，1汤匙面粉，1茶匙糖粉，1品脱肉汁。

Mode.—Cut the onions into slices, mince the apple, and fry these in the butter; add pounded mace, pepper, salt, curry-powder, vinegar, flour, and sugar in the above proportions; when the onion is brown, put it the gravy, which should be previously made from the bones and trimmings of the fowls, and stew for 3/4 hour; add the fowl cut into nice-sized joints, let it warm through, and when quite tender, serve. The dish should be garnished with au edging of boiled rice.

做法--把洋葱切成片，苹果切碎，用黄油煎；按上述比例加入肉豆蔻粉、胡椒、盐、咖喱粉、醋、面粉和糖；洋葱变棕后，放入肉汁(肉汁应事先用鸡的骨头和边角料制成)，炖3/4小时；加入切成大小合适块状的鸡肉，热透，待完全酥烂后上桌。这道菜应用煮米饭围边装饰。

Time.—1 hour. Average cost, exclusive of the fowl, 8d.

时间。- 1小时。平均成本，不包括家禽，8便士。

Seasonable at any time.

时令任何时候皆宜。

THE SCOUR OR DYSENTERY.—The scour, or dysentery, or diarrhoea, is induced variously. A sudden alteration in diet will cause it, as will a superabundance of green food. The best remedy is a piece of toasted biscuit sopped in ale. If the disease has too tight a hold on the bird to be quelled by this, give six drops of syrup of white poppies and six drops of castor-oil, mixed with a little oatmeal or ground rice. Restrict the bird's diet, for a few days, to dry food,—crushed beans or oats, stale bread-crumbs, &c.

腹泻或痢疾--腹泻、痢疾或下痢的诱因多种多样。饮食的突然改变会引起此病，过量喂食青饲料也会。最好的疗法是一块烤饼干浸在麦芽酒中。如果病情严重到此法无法控制，则给六滴白罂粟糖浆和六滴蓖麻油，混以少许燕麦粉或米粉。几天内将鸡的饮食限制为干食--碎豆或燕麦、陈面包屑等。

FOWL SCOLLOPS (Cold Meat Cookery).

家禽扇贝(冷肉烹饪)。

958. INGREDIENTS.—The remains of cold roast or boiled fowl, 1/2 pint of Béchamel, No. 367, or white sauce, No. 537 or 539.

958. 配料--冷烤鸡或冷煮鸡的剩余部分，
1/2品脱贝夏梅尔酱，编号367，或白酱，编号537或539。

Mode.—Strip off the skin from the fowl; cut the meat into thin slices, and warm them in about 1/2 pint, or rather more, of Béchamel, or white sauce. When quite hot, serve, and garnish the dish with rolled ham or bacon toasted.

做法--剥去鸡皮；把肉切成薄片，在约1/2品脱或稍多的贝夏美酱或白酱汁中加热。热透后上桌，用卷火腿或烤培根装饰盘子。

Time.—1 minute to simmer the slices of fowl.

时间。--煨煮鸡片需1分钟。

Seasonable at any time.

时令任何时候皆宜。

[Illustration: THE FEATHER LEGGED BANTAM.]

[插图：羽腿矮脚鸡。]

THE FEATHER LEGGED BANTAM.—Since the introduction of the Bantam into Europe, it has ramified into many varieties, none of which are destitute of elegance, and some, indeed, remarkable for their beauty. All are, or ought to be, of small size, but lively and vigorous, exhibiting in their movements both grace and stateliness. The variety shown in the engraving is remarkable for the *tarsi*, or beams of the legs, being plumed to the toes, with stiff, long feathers, which brush the ground. Owing, possibly, to the little care taken to preserve this variety from admixture, it is now

羽腿矮脚鸡--自矮脚鸡传入欧洲以来，已繁衍出许多品种，无一不优雅，有些更以美丽著称。所有品种都是--或应该是--体型小巧，但活泼强健，举止既优雅又端庄。图中所示品种以跗跖，即腿骨，直至脚趾都长满坚硬的长羽毛，拖拂地面而著称。或许是由于人们很少注意防止该品种混杂，它现在

not frequently seen. Another variety is often red, with a black breast and single dentated comb. The *tarsi* are smooth, and of a dusky blue. When this sort of Bantam is pure, it yields in courage and spirit to none, and is, in fact, a game-fowl in miniature, being as beautiful and graceful as it is spirited. A pure white Bantam, possessing all the qualifications just named, is also bred in the royal aviary at Windsor.

不常见。另一品种常为红色，黑色胸脯，单齿状鸡冠。跗跖光滑，呈暗蓝色。这种矮脚鸡纯种时，勇气和精气不输任何鸡，实际上就是 miniature 的斗鸡，既美丽优雅又精神抖擞。温莎皇家禽舍也饲养一种纯白矮脚鸡，具备上述所有品质。

AN INDIAN DISH OF FOWL (an Entree).

一道印度风味家禽菜(一道主菜)。

959. INGREDIENTS.—The remains of cold roast fowl, 3 or 4 sliced onions, 1 tablespoonful of curry-powder, salt to taste.

959. 配料--冷烤鸡的余料，3或4个切片洋葱，1汤匙咖喱粉，盐适量。

Mode.—Divide the fowl into joints; slice and fry the onions in a little butter, taking care not to burn them; sprinkle over the fowl a little curry-powder and salt; fry these nicely, pile them high in the centre of the dish, cover with the onion, and serve with a cut lemon on a plate. Care must be taken that the onions are not greasy: they should be quite dry, but not burnt.

做法--把鸡分成块；洋葱切片，用少许黄油煎，注意不要烧焦；在鸡上撒少许咖喱粉和盐；煎至色佳，高高堆在盘子中央，盖上洋葱，配一碟切开的柠檬上桌。注意洋葱不要油腻：应完全干爽，但不要烧焦。

Time.—5 minutes to fry the onions, 10 minutes to fry the fowl.

时间。--煎洋葱5分钟，煎禽肉10分钟。

Average cost, exclusive of the fowl, 4d.

平均成本，不包括家禽，4便士。

Seasonable during the winter month.

时令于冬季月份。

[Illustration: SPECKLED HAMBURGS.]

[插图：斑点汉堡鸡]

THE SPECKLED HAMBURG.—Of the speckled, or spangled Hamburg which is a favourite breed with many persons, there are two varieties,—the golden-speckled and the silver-speckled. The general colour of the former is golden, or orange-yellow, each feather having a glossy dark brown or black tip, particularly remarkable on the hackles of the cock and the wing-coverts, and

斑点汉堡鸡--斑点或闪点汉堡鸡是许多人喜爱的品种，有两个变种--金斑和银斑。前者的总体颜色为金色或橙黄色，每根羽毛都有光泽的深棕色或黑色羽尖，在公鸡的颈羽和翼覆羽上尤为明显，并且

also on the darker feathers of the breast. The female is yellow, or orange-brown, the feathers in like manner being margined with black. The silver-speckled variety is distinguished by the ground-colour of the plumage being of a silver-white, with perhaps a tinge of straw-yellow, every leather being margined with a semi-lunar mark of glossy black. Both of these varieties are extremely beautiful, the hens laying freely. First-rate birds command a high price.

在胸部的深色羽毛上也是如此。雌鸡为黄色或橙棕色，羽毛同样有黑色边缘。银斑变种的特征是羽毛底色为银白色，或许带一点稻草黄色，每根羽毛都有光泽黑色的半月形边缘。这两个变种都极其美丽，母鸡产蛋多。一流的鸡能卖高价。

FOWL SAUTE WITH PEAS (an Entree).

豌豆炒家禽肉(一道主菜)。

960. INGREDIENTS.—The remains of cold roast fowl, 2 oz. of butter, pepper, salt, and pounded mace to taste, 1 dessertspoonful of flour, 1/2 pint of weak stock, 1 pint of green peas, 1 teaspoonful of pounded sugar.

960. 配料--冷烤鸡的余料，2盎司黄油，胡椒、盐和肉豆蔻粉适量，1甜点匙面粉，1/2品脱淡原汤，1品脱青豌豆，1茶匙糖粉。

Mode.—Cut the fowl into nice pieces; put the butter into a stew-pan; sautez or fry the fowl a nice brown colour, previously sprinkling it with pepper, salt, and pounded mace. Dredge in the flour, shake the ingredients well round, then add the stock and peas, and stew till the latter are tender, which will be in about 20 minutes; put in the pounded sugar, and serve, placing the chicken round, and the peas in the middle of the dish. When liked, mushrooms may be substituted for the peas.

做法。--将家禽切成整齐的块；把黄油放入炖锅；先用胡椒、盐和捣碎的肉豆蔻撒在禽肉上，再煎至漂亮的棕色。撒入面粉，将配料充分颠匀，然后加入高汤和豌豆，炖至豌豆软嫩，约需20分钟；加入捣碎的糖，即可上桌，将鸡肉摆在周围，豌豆放在盘子中央。若喜欢，可用蘑菇代替豌豆。

Time.—Altogether 40 minutes.

时间。--总计40分钟。

Average cost, exclusive of the fowl, 7d.

平均成本，不含禽类，7便士。

Seasonable from June to August.

时令六月至八月。

BOUDIN A LA REINE (an Entree).

布丹阿雷纳(一道头盘)。

(M. Ude's Recipe.)

(M.乌德食谱。)

961. INGREDIENTS.—The remains of cold roast fowls, 1 pint of Béchamel No. 367, salt and cayenne to taste, egg and bread crumbs.

961. 配料--冷烤鸡的余料，1品脱第367号贝夏美酱，盐和辣椒粉适量，鸡蛋和面包屑。

Mode.—Take the breasts and nice white meat from the fowls; cut it into small dice of an equal size, and throw them into some good Béchamel, made by recipe No. 367; season with salt and cayenne, and put the mixture into a dish to cool. When this preparation is quite cold, cut it into 2 equal parts, which should be made into *boudins* of a long shape, the size of the dish they are intended to be served on; roll them in flour, egg and bread-crumb them, and be careful that the ends are well covered with the crumbs, otherwise they would break in the frying-pan; fry them a nice colour, put them before the fire to drain the greasy moisture from them, and serve with the remainder of the Béchamel poured round: this should be thinned with a little stock.

方式。--取鸡的胸脯肉和上好的白肉，切成大小均匀的小丁，投入按第367号食谱制成的上等贝夏梅尔酱中；用盐和辣椒粉调味，将混合物盛入盘中冷却。待此料完全冷却后，分成相等的两份，做成细长的布丹，其大小与盛菜之盘相称；滚上面粉，裹上蛋液和面包屑，注意两端要裹满面包屑，否则煎时会散开；煎至色泽悦目，置于火前沥去油汁，上桌时把剩余的贝夏梅尔酱浇在四周：此酱应用少许高汤调稀。

Time.—10 minutes to fry the boudins.

时间。- 炸布丹需10分钟。

Average cost, exclusive of the fowl, 1s. 3d.

平均成本，不含禽类，1先令3便士。

Sufficient for 1 entrée.

足量供1道主菜用。

[Illustration: SEBRIGHT BANTAMS.]

[插图：塞布赖特矮脚鸡。]

SIR JOHN SEBRIGHT'S BANTAMS.—Above all Bantams is placed, the celebrated and beautiful breed called Sir John Sebright's Silver Bantams. This breed, which Sir John brought to perfection after years of careful trials, is very small, with un-feathered legs, and a rose comb and short hackles. The plumage is gold or silver, spangled, every feather being of a golden orange, or of a silver white, with a glossy jet-black margin; the cocks have the tail folded like that of a hen, with the sickle feathers shortened

约翰·塞布赖特爵士的矮脚鸡。--在所有矮脚鸡之上，首推著名而美丽的品种，名为约翰·塞布赖特爵士银矮脚鸡。此品种经约翰爵士多年精心试验而臻于完美，体型很小，腿无羽毛，具玫瑰冠和短颈羽。羽色为金色或银色，带斑点，每根羽毛呈金橙色或银白色，边缘为有光泽的乌黑色；雄鸡的尾羽如母鸡般收拢，镰羽缩短

straight, or nearly so, and broader than usual. The term *hen-cocks* is, in consequence, often applied to them; but although the sickle feathers are thus modified, no bird possesses higher courage, or a more gallant carriage. The attitude of the cock is, indeed, singularly proud; and he is often seen to bear himself so haughtily, that his head, thrown back as if in disdain, nearly touches the two upper feathers—sickles they can scarcely be called—of his tail. Half-bred birds of this kind are not uncommon, but birds of the pure breed are not to be obtained without trouble and expense; indeed, some time ago, it was almost impossible to procure either a fowl or an egg. "The finest," says the writer whom we have consulted as to this breed, "we have ever seen, were in Sir John's poultry-yard, adjacent to Turnham-Green Common, in the byroad leading to Acton."

而直，或近乎直，且较寻常更宽。因此，母鸡公一词常被用于它们；然而尽管镰羽如此变异，没有哪种鸟比它更有勇气，或更具雄赳赳的姿态。雄鸡的姿态确实格外骄傲；常可见它神气十足，头向后仰，仿佛不屑一顾，几乎触到尾部上方两根羽毛--几乎不能称之为镰羽。此类的半血鸟并不罕见，但纯种鸟非经周折与花费不能获得；事实上，不久前几乎不可能弄到一只鸡或一枚蛋。“我们所见过的最好的，”我们就此品种所咨询的作家说，“是在约翰爵士的家禽场里，毗邻特纳姆格林公地，在通往阿克顿的支路上。”

FOWL A LA MAYONNAISE.

962. INGREDIENTS.—A cold roast fowl, Mayonnaise sauce No. 468, 4 or 5 young lettuces, 4 hard-boiled eggs, a few water-cresses, endive.

Mode.—Cut the fowl into neat joints, lay them in a deep dish, piling them high in the centre, sauce the fowl with Mayonnaise made by recipe No. 468, and garnish the dish with young lettuces cut in halves, water-cresses, endive, and hard-boiled eggs: these may be sliced in rings, or laid on the dish whole, cutting off at the bottom a piece of the white, to make the egg stand. All kinds of cold meat and solid fish may be dressed à la Mayonnaise, and make excellent luncheon or supper dishes. The sauce should not be poured over the fowls until the moment of serving. Should a

蛋黄酱鸡肉。

962. 配料--一只冷烤鸡，蛋黄酱酱汁编号。

468,4或5棵嫩生菜，4个煮硬的鸡蛋，少许水田芥，苦苣。

做法。--将家禽切成整齐的块，放入深盘，在中央高高堆起，用按第468号食谱制作的蛋黄酱浇在禽肉上，并以切成两半的嫩生菜、水田芥、菊苣和煮硬的鸡蛋装饰盘边：鸡蛋可切成圆片，或整只摆在盘中，在底部切去一块蛋白，使鸡蛋立稳。各种冷肉和坚实的鱼均可做成蛋黄酱风味，是极佳的午餐或晚餐菜肴。酱汁应在临上桌时才浇在禽肉上。若

very large Mayonnaise be required, use 2 fowls instead of 1, with an equal proportion of the remaining ingredients.

Average cost, with one fowl, 3s. 6d.

Sufficient for a moderate-sized dish.

Seasonable from April to September.

[Illustration: BLACK SPANISH.]

BLACK SPANISH.—The real Spanish fowl is recognized by its uniformly black colour burnished with tints of green; its peculiar white face, and the large development of its comb and wattle. The hens are excellent layers, and their eggs are of a very large size. They are, however, bad nurses; consequently, their eggs should be laid in the nest of other varieties to be hatched. "In purchasing Spanish," says an authority, "blue legs, the entire absence of white or coloured feathers in the plumage, and a large, white face, with a very large high comb, which should be erect in the cock, though pendent in the hens, should be insisted on." The flesh of this fowl is esteemed; but, from the smallness of its body when compared with that of the Dorking, it is not placed on an equality with it for the table. Otherwise, however, they are profitable birds, and their handsome carriage, and striking contrast of colour in the comb, face, and plumage, are a high recommendation to them as kept fowls. For a town fowl, they are perhaps better adapted than any other variety.

FOWL PILLAU, based on M. Soyer's Recipe (an Indian Dish).

963. INGREDIENTS.—1 lb. of rice, 2 oz. of butter, a fowl, 2 quarts of stock or good broth, 40 cardamum-seeds, 1/2 oz. of coriander-seed, 1/4 oz. of cloves, 1/4 oz. of allspice, 1/4 oz. of mace, 1/4

如果需要很大的蛋黄酱，用2只鸡代替1只，其余配料按同等比例增加。

平均成本，一只家禽，3先令6便士。

足量，适合中等大小的餐盘。

时令四月至九月。

[插图：黑色西班牙鸡。]

黑西班牙鸡。--真正的西班牙鸡以其通体黑色、泛着绿色光泽而著称；其独特的白色面部，以及鸡冠和肉垂的发达程度，都是其特征。母鸡是极佳的产蛋鸡，所产的蛋个头非常大。然而，它们是不称职的母鸡；因此，它们的蛋应放在其他品种的巢中孵化。“在购买西班牙鸡时，”一位权威人士说，“应坚持选择蓝色腿、羽毛中完全没有白色或有色羽毛、面部大而白、鸡冠大而高--公鸡的鸡冠应直立，母鸡的则下垂。”这种鸡的肉备受推崇；但由于其体型比多金鸡小，因此在餐桌上不能与多金鸡相提并论。不过，除此之外，它们是有利可图的禽类，其俊美的体态，以及鸡冠、面部和羽毛颜色的鲜明对比，是饲养它们的一大推荐理由。作为城市家禽，它们或许比其他任何品种都更适宜。

家禽肉饭，依据索耶先生的食谱(一道印度菜)。

963. 配料--1磅米，2盎司黄油，1只鸡，2夸脱原汤或好肉汤，40粒小豆蔻籽，1/2盎司芫荽籽，1/4盎司丁香，1/4盎司多香果，1/4盎司肉豆蔻，1/4

oz. of cinnamon, 1/2 oz. of peppercorns, 4 onions, 6 thin slices of bacon, 2 hard-boiled eggs.

盎司肉桂，1/2盎司胡椒粒，4个洋葱，6片薄培根，2个煮硬的鸡蛋。

Mode.—Well wash 1 lb. of the best Patna rice, put it into a frying-pan with the butter, which keep moving over a slow fire until the rice is lightly browned. Truss the fowl as for boiling, put it into a stewpan with the stock or broth; pound the spices and seeds thoroughly in a mortar, tie them in a piece of muslin, and put them in with the fowl. Let it boil slowly until it is nearly done; then add the rice, which should stew until quite tender and almost dry; cut the onions into slices, sprinkle them with flour, and fry, without breaking them, of a nice brown colour. Have ready the slices of bacon curled and grilled, and the eggs boiled hard. Lay the fowl in the form of a pyramid upon a dish, smother with the rice, garnish with the bacon, fried onions, and the hard-boiled eggs cut into quarters, and serve very hot. Before taking the rice out, remove the spices.

做法。--将1 lb.上等帕特纳米洗净，放入煎锅，加入黄油，用慢火不断翻动，直至米粒微微呈棕色。将鸡捆扎好，如同煮鸡一般，放入炖锅，加入原汤或肉汤；将香料和种子在研钵中彻底捣碎，用一块细布包好，与鸡一同放入。让其慢慢煮至将近熟透；然后加入米，用文火炖至十分软烂、几乎收干；将洋葱切成片，撒上面粉，煎至漂亮的棕色，注意不要弄碎。准备好卷曲并烤过的培根片，以及煮硬的鸡蛋。将鸡以金字塔形摆放在盘中，浇上米饭，用培根、煎洋葱和切成四块的煮硬鸡蛋作点缀，趁热上桌。在取出米饭之前，先去掉香料。

Time.—1/2 hour to stew the fowl without the rice; 1/2 hour with it.

时间。-不加米炖禽肉需1/2小时；加米需1/2小时
它。

Average cost, 4s. 3d. *Sufficient* for 4 or 5 persons.

平均费用，4先令3便士。足够4至5人食用。

Seasonable at any time.

时令任何时候皆宜。

[Illustration: SULTANS.]

[插图：苏丹们。]

THE SERAI TA-OOK, OR FOWLS OF THE SULTAN.—This fowl is the size of our English Polands, and is the latest species introduced to England. They have a white and flowing plumage, a full-sized, compact Poland tuft on the head, are muffed, have a full flowing tail, short legs well feathered, and five toes upon each foot. Their comb consists merely of two little points, and their

苏丹鸡舍，或称苏丹的鸡。--这种鸡的体型与我们英格兰的波兰鸡相当，是最近引入英格兰的品种。它们有白色而飘逸的羽毛，头上有一个大小适中、紧凑的波兰鸡冠羽，有颊羽，尾巴丰满飘逸，腿短且羽毛覆盖良好，每只脚有五个脚趾。它们的鸡冠仅由两个小尖点构成，而它们的

wattles are very small: their colour is that of a pure white. In January, 1854, they arrived in this country from Constantinople; and they take their name from *sarai*, the Turkish word for sultan's palace, and *ta-ook*, the Turkish for fowl. They are thus called the "fowls of the sultan," a name which has the twofold advantage of being the nearest to be found to that by which they have been known in their own country, and of designating the country whence they come. Their habits are described as being generally brisk and happy-tempered, but not so easily kept in as Cochin-Chinas. They are excellent layers; but they are non-sitters and small eaters: their eggs are large and white. Brahmas or Cochins will clear the crop of a grass-run long before they will, and, with scattered food, they soon satisfy themselves and walk away.

肉垂非常小：其颜色为纯白色。1854年1月，它们从君士坦丁堡来到这个国家；它们的名字取自*sarai*，土耳其语意为苏丹的宫殿，以及*ta-ook*，土耳其语意为家禽。因此它们被称为“苏丹的家禽”，这个名字有双重好处：既最接近它们在本国已知的称呼，又标明了它们来自的国家。据说它们的习性通常活泼而性情愉快，但不像交趾支那鸡那样容易圈养。它们是优秀的产蛋鸡；但不孵蛋且食量小：它们的蛋大而白。布拉马鸡或交趾鸡在草地放养中会比它们更快清空嗉囊，而且面对散落的食物，它们很快吃饱便走开。

POULET AUX CRESSONS.

水芹炖鸡

964. INGREDIENTS.—A fowl, a large bunch of water-cresses, 3 tablespoonfuls of vinegar, 1/4 pint of gravy.

964. 配料。--一只家禽，一大把水田芥，3汤匙醋，1/4品脱肉汁。

Mode.—Truss and roast a fowl by recipe No. 952, taking care that it is nicely frothed and brown. Wash and dry the water-cresses, pick them nicely, and arrange them in a flat layer on a dish. Sprinkle over a little salt and the above proportion of vinegar; place over these the fowl, and pour over it the gravy. A little gravy should be served in a tureen. When not liked, the vinegar may be omitted.

做法。--按食谱第952号捆扎并烤制一只家禽，注意使其表面起泡并呈棕色。洗净并擦干水田芥，仔细拣选，将其平铺在盘中。撒上少许盐和上述比例的醋；将家禽放在上面，浇上肉汁。另备一盅肉汁上桌。如不喜欢，可省略醋。

Time.—From 1/2 to 1 hour, according to size.

时间。--视大小而定，从1/2到1小时。

Average cost, in full season, 2s. 6d. each.

平均成本，盛产季节，每个2先令6便士。

Sufficient for 3 or 4 persons.

足够供三四人食用。

Seasonable at any time.

ROAST FOWL, Stuffed.

965. INGREDIENTS.—A large fowl, forcemeat No. 417, a little flour.

Mode.—Select a large plump fowl, fill the breast with forcemeat, made by recipe No. 417, truss it firmly, the same as for a plain roast fowl, dredge it with flour, and put it down to a bright fire. Roast it for nearly or quite an hour, should it be very large; remove the skewers, and serve with a good brown gravy and a tureen of bread sauce.

Time.—Large fowl, nearly or quite 1 hour.

Average cost, in full season, 2*s*. 6d. each.

Sufficient for 4 or 5 persons.

Seasonable all the year, but scarce in early spring.

Note.—Sausage-meat stuffing may be substituted for the above: this is now a very general mode of serving fowl.

[Illustration: PENCILLED HAMBURG.]

PENCILLED HAMBURG.—This variety of the Hamburg fowl is of two colours, golden and silver, and is very minutely marked. The hens of both should have the body clearly pencilled across with several bars of black, and the hackle in both, sexes should be perfectly free from dark marks. The cocks do not exhibit the pencillings, but are white or brown in the golden or silver birds respectively. Their form is compact, and their attitudes graceful and sprightly. The hens do not sit, but lay extremely well; hence

时令任何时候皆宜。

烤禽，填馅。

965. 配料--一只大禽，第417号馅料，少许面粉。

做法。--选一只肥大饱满的家禽，用食谱第417号制作的馅料填入胸部，像普通烤家禽一样牢牢捆扎，撒上面粉，置于旺火前。如家禽很大，烤近一小时或整一小时；取下烤签，配优质棕色肉汁和一盅面包酱上桌。

时间。--大型家禽，近1小时或整1小时。

平均成本，盛产季节，每个2先令6便士。

足量供4或5人食用。

四季皆宜，但早春稀少。

注。--可用香肠肉馅代替上述馅料：这是如今非常普遍的烹制家禽的方法。

[插图：铅笔绘汉堡]

铅笔纹汉堡鸡。--这种汉堡鸡有两个颜色品种，金色和银色，斑纹非常细密。两个品种的母鸡身体都应清晰地布满数道黑色横纹，雌雄两性的颈羽都应完全没有深色斑纹。公鸡不显现铅笔纹，金色品种为白色，银色品种为褐色。其体型紧凑，姿态优雅活泼。母鸡不孵蛋，但产蛋极佳；因此

one of their common names, that of Dutch every-day layers. They are also known in different parts of the country, as Chitteprats, Creoles, or Corals, Bolton bays and grays, and, in some parts of Yorkshire, by the wrong name of Corsican fowls. They are imported in large numbers from Holland, but those bred in this country are greatly superior in size.

其俗名之一，即荷兰日产蛋鸡。它们在乡间各地也被称为奇特普拉特鸡、克里奥尔鸡或珊瑚鸡、博尔顿湾鸡和灰鸡，在约克郡某些地方则被误称为科西嘉鸡。它们大量从荷兰进口，但本国饲养的体型远为优越。

GIBLET PIE.

内脏馅饼

966. INGREDIENTS.—A set of duck or goose giblets, 1 lb. of rump-steak, 1 onion, 1/2 teaspoonful of whole black pepper, a bunch of savoury herbs, plain crust.

966. 配料。--一副鸭或鹅内脏，1磅臀肉牛排，1个洋葱，1/2茶匙整粒黑胡椒，一束香草，普通面皮。

Mode.—Clean, and put the giblets into a stewpan with an onion, whole pepper, and a bunch of savoury herbs; add rather more than a pint of water, and simmer gently for about 1-1/2 hour. Take them out, let them cool, and cut them into pieces; line the bottom of a pie-dish with a few pieces of rump-steak; add a layer of giblets and a few more pieces of steak; season with pepper and salt, and pour in the gravy (which should be strained), that the giblets were stewed in; cover with a plain crust, and bake for rather more than 1-1/2 hour in a brisk oven. Cover a piece of paper over the pie, to prevent the crust taking too much colour.

做法。--清洗干净，将鸡杂放入炖锅，加一个洋葱、整粒胡椒和一束香草；加入略多于一品脱的水，小火慢炖约1-1/2小时。取出放凉，切成块；在馅饼盘底部铺几块臀肉牛排；加一层鸡杂和几块牛排；用胡椒和盐调味，倒入炖鸡杂的肉汁(应过滤)；盖上普通面皮，在旺烤箱中烤略多于1-1/2小时。在馅饼上盖一张纸，防止面皮上色过深。

Time.—1-1/2 hour to stew the giblets, about 1 hour to bake the pie.

时间。- 炖煮鸡杂需1-1/2小时，烤制馅饼约需1小时。

Average cost, exclusive of the giblets, 1s. 4d.

平均成本，不含内脏，1先令4便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

THE BRENT GOOSE.—This is the smallest and most numerous species of the geese which visit the British islands. It makes its

黑雁。--这是造访不列颠群岛的雁类中最小且数量最多的一种。它

appearance in winter, and ranges over the whole of the coasts and estuaries frequented by other migrant geese. Mr. Selby states that a very large body of these birds annually resort to the extensive sandy and muddy flats which lie between the mainland and Holy Island, on the Northumbrian coast, and which are covered by every flow of the tide. This part of the coast appears to have been a favourite resort of these birds from time immemorial, where they have always received the name of Ware geese, no doubt from their continually feeding on marine vegetables. Their flesh is very agreeable.

冬季出现，活动范围遍及其他候鸟常去的所有海岸和河口。塞尔比先生指出，每年有大量这种鸟聚集到诺森伯兰海岸大陆与霍利岛之间广阔的沙泥滩上，这些滩涂每次涨潮都被淹没。这一带海岸自古以来似乎就是这些鸟喜爱的栖息地，它们在这里一直被称为韦尔鹅，无疑是因为它们不断以海洋植物为食。其肉非常美味。

HASHED GOOSE.

哈希鹅。

967. INGREDIENTS.—The remains of cold roast goose, 2 onions, 2 oz. of butter, 1 pint of boiling water, 1 dessertspoonful of flour, pepper and salt to taste, 1 tablespoonful of port wine, 2 tablespoonfuls of mushroom ketchup.

967. 配料。--冷烤鹅的剩余部分，2个洋葱，2盎司黄油，1品脱沸水，1甜点匙面粉，适量胡椒和盐，1汤匙波特酒，2汤匙蘑菇酱。

Mode.—Cut up the goose into pieces of the size required; the inferior joints, trimmings, &c., put into a stewpan to make the gravy; slice and fry the onions in the butter of a very pale brown; add these to the trimmings, and pour over about a pint of boiling water; stew these gently for 3/4 hour, then skim and strain the liquor. Thicken it with flour, and flavour with port wine and ketchup, in the above proportion; add a seasoning of pepper and salt, and put in the pieces of goose; let these get thoroughly hot through, but do not allow them to boil, and serve with sippets of toasted bread.

做法。--将鹅切成所需大小的块；将较差的关节部位、碎料等放入炖锅制作肉汁；将洋葱切片，用黄油煎至极浅的褐色；将其加入碎料中，倒入约一品脱沸水；小火炖3/4小时，然后撇去浮沫并过滤汤汁。用面粉勾芡，按上述比例用波特酒和番茄酱调味；加入胡椒和盐调味，放入鹅块；让其彻底热透，但不要煮沸，配烤面包丁上桌。

Time.—Altogether, rather more than 1 hour.

时间。--总共略多于1小时。

Average cost, exclusive of the cold goose, 4d.

平均成本，不含冷鹅，4便士。

Seasonable from September to March.

THE WILD GOOSE.—This bird is sometimes called the "Gray-lag" and is the original of the domestic goose. It is, according to Pennant, the only species which the Britons could take young, and familiarize. "The Gray-lag," says Mr. Gould, "is known to Persia, and we believe it is generally dispersed over Asia Minor." It is the bird that saved the Capitol by its vigilance, and by the Romans was cherished accordingly.

ROAST GOOSE.

968. INGREDIENTS.—Goose, 4 large onions, 10 sage-leaves, 1/4 lb. of bread crumbs, 1-1/2 oz. of butter, salt and pepper to taste, 1 egg.

Choosing and Trussing.—Select a goose with a clean white skin, plump breast, and yellow feet: if these latter are red, the bird is old. Should the weather permit, let it hang for a few days: by so doing, the flavour will be very much improved. Pluck, singe, draw, and carefully wash and wipe the goose; cut off the neck close to the back, leaving the skin long enough to turn over; cut off the feet at the first joint, and separate the pinions at the first joint. Beat the breast-bone flat with a rolling-pin, put a skewer through the under part of each wing, and having drawn up the legs closely, put a skewer into the middle of each, and pass the same quite through the body. Insert another skewer into the small of the leg, bring it close down to the side bone, run it through, and do the same to the other side. Now cut off the end of the vent, and make a hole in the skin sufficiently large for the passage of the rump, in order to keep in the seasoning.

时令九月至三月。

野鹅。--这种鸟有时被称为“灰雁”，是家鹅的祖先。据彭南特所述，这是不列颠人唯一能捕获幼鸟并加以驯化的物种。古尔德先生说：“灰雁见于波斯，我们相信它广泛分布于小亚细亚。”正是这种鸟以其警觉拯救了卡比托利欧山，因此受到罗马人的珍视。

烤鹅。

968. 配料。--鹅，4个大洋葱，10片鼠尾草叶，1/4磅面包屑，1-1/2盎司黄油，适量盐和胡椒，1个鸡蛋。

挑选与捆扎。--挑选一只皮白净、胸脯丰满、脚呈黄色的鹅：若脚为红色，则此鹅已老。若天气允许，可将其悬挂数日：如此风味会大为改善。拔毛、燎毛、开膛，仔细洗净并擦干鹅身；在贴近背部处割下脖子，留下足够长的皮以便翻转；在第一关节处切下脚，并在第一关节处分离翅尖。用擀面杖将胸骨压平，在每只翅膀的下部穿入一根签子，将双腿紧紧拉拢后，在每条腿的中部各穿入一根签子，并将同一根签子完全穿透鹅身。再插入一根签子于腿弯处，将其紧贴侧骨向下拉，穿透而过，另一侧亦如此。现在切去肛门末端，在皮上开一个足够大的孔以便臀部穿出，从而将调味封在其中。

[Illustration: ROAST GOOSE.]

Mode.—Make a sage-and-onion stuffing of the above ingredients, by recipe No. 504; put it into the body of the goose, and secure it firmly at both ends, by passing the rump through the hole made in the skin, and the other end by tying the skin of the neck to the back; by this means the seasoning will not escape. Put it down to a brisk fire, keep it well basted, and roast from 1-1/2 to 2 hours, according to the size. Remove the skewers, and serve with a tureen of good gravy, and one of well-made apple-sauce. Should a very highly-flavoured seasoning be preferred, the onions should not be parboiled, but minced raw: of the two methods, the mild seasoning is far superior. A ragoût, or pie, should be made of the giblets, or they may be stewed down to make gravy. Be careful to serve the goose before the breast falls, or its appearance will be spoiled by coming flattened to table. As this is rather a troublesome joint to carve, a *large* quantity of gravy should not be poured round the goose, but sent in a tureen.

Time.—A large goose, 1-3/4 hour; a moderate-sized one, 1-1/4 to 1-1/2 hour.

Seasonable from September to March; but in perfection from Michaelmas to Christmas.

Average cost, 5s. 6d. each. *Sufficient* for 8 or 9 persons.

Note.—A teaspoonful of made mustard, a saltspoonful of salt, a few grains of cayenne, mixed with a glass of port wine, are sometimes poured into the goose by a slit made in the apron. This sauce is, by many persons, considered an improvement.

[Illustration: EMDEN GOOSE.]

[插图：烤鹅。]

方法。--按食谱第504号，用上述配料制作鼠尾草洋葱馅，将其填入鹅腹，并将两端牢牢固定：一端将臀部从皮上开的孔中穿过，另一端将颈部的皮系在背上；这样调味便不会漏出。将其置于旺火前，不断浇淋油脂，视大小烤1-1/2至2小时。取下烤签，配上一盅上好的肉汁和一盅制作精良的苹果酱一同上桌。若偏好味道极浓的调味，洋葱不应预煮，而应生切碎；两种方法中，温和的调味远为优越。鹅杂应做成浓味炖菜或馅饼，也可炖煮以制肉汁。务必在鹅胸塌陷之前上桌，否则上桌时扁平走样，外观尽毁。由于此关节部位切割颇为麻烦，鹅的周围不应浇大量肉汁，而应盛在盅中送上。

时间。--大鹅，1-3/4小时；中等大小的鹅，1-1/4至1-1/2小时。

时令从九月至三月；但以米迦勒节至圣诞节期间最为肥美。

平均成本，每个5先令6便士。足够8或9人食用。

注。--一茶匙调制芥末、一盐匙盐、几粒卡宴辣椒，与一杯波特酒混合，有时通过腹部开口处的一小道切口灌入鹅腹。许多人认为这种酱汁能提升风味。

[插图：埃姆登鹅。]

THE GOOSE.—This bird is pretty generally distributed over the face of the globe, being met with in North America, Lapland, Iceland, Arabia, and Persia. Its varieties are numerous; but in England there is only one species, which is supposed to be a native breed. The best geese are found on the borders of Suffolk, and in Norfolk and Berkshire; but the largest flocks are reared in the fens of Lincolnshire and Cambridge. They thrive best where they have an easy access to water, and large herds of them are sent every year to London, to be fattened by the metropolitan poulterers. "A Michaelmas goose," says Dr. Kitchener, "is as famous in the mouths of the million as the minced-pie at Christmas; yet for those who eat with delicacy, it is, at that time, too full-grown. The true period when the goose is in the highest perfection is when it has just acquired its full growth, and not begun to harden; if the March goose is insipid, the Michaelmas goose is rank. The fine time is between both; from the second week in June to the first in September." It is said that the Michaelmas goose is indebted to Queen Elizabeth for its origin on the table at that season. Her majesty happened to dine on one at the table of an English baronet, when she received the news of the discomfiture of the Spanish Armada. In commemoration of this event, she commanded the goose to make its appearance at table on every Michaelmas. We here give an engraving of the Emden goose.

TO DRESS A GREEN GOOSE.

969. INGREDIENTS.—Goose, 3 oz. of butter, pepper and salt to taste.

鹅。--此鸟遍布全球，在北美、拉普兰、冰岛、阿拉伯和波斯均可见到。其变种繁多；但在英格兰只有一个品种，据信为本土品种。最好的鹅见于萨福克郡边境，以及诺福克郡和伯克郡；但最大的鹅群饲养于林肯郡和剑桥郡的沼泽地带。它们在易于接近水源之处生长最佳，每年有大批鹅被送往伦敦，由首都的家禽商育肥。“米迦勒节鹅，”基奇纳博士说，“在众人嘴里与圣诞节的碎肉馅饼一样有名；然而对于饮食精细之人，此时它已长得过大了。鹅达到最高完美的真正时期，是它刚长足而未开始变硬之时；若三月的鹅淡而无味，米迦勒节的鹅则气味浓烈。最佳时节在两者之间；从六月的第二周到九月的第一周。”据说米迦勒节食鹅之风，应归功于伊丽莎白女王在该时节将其引入餐桌。女王陛下偶然在英国一位从男爵的餐桌上用餐时，恰逢接到西班牙无敌舰队溃败的消息。为纪念此事件，她下令每逢米迦勒节鹅都应出现在餐桌上。我们在此附上埃姆登鹅的版画。

青鹅的烹制

969. 配料--鹅，3 oz.黄油，胡椒和盐适量。

Mode.—Geese are called green till they are about four months old, and should not be stuffed. After it has been singed and trussed, the same as in the preceding recipe, put into the body a seasoning of pepper and salt, and the butter to moisten it inside. Roast before a clear fire for about 3/4 hour, froth and brown it nicely, and serve with a brown gravy, and, when liked, gooseberry-sauce. This dish should be garnished with water-cresses.

做法。--鹅在约四个月大之前称为嫩鹅，不应填馅。燎毛并捆扎后，如前述食谱一样，在腹腔内放入胡椒和盐调味，并放入黄油以润湿内部。在明火前烤约3/4小时，使其起泡并呈漂亮的棕色，配棕色肉汁上桌，如喜欢可配醋栗酱。此菜应以水田芥装饰。

Time.—About 3/4 hour. *Average cost*, 4s. 6d. each.

时间。--约3/4小时。平均成本，每个4先令6便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable in June, July, and August.

时令六月、七月和八月。

[Illustration: TOULOUSE GOOSE.]

[插图：图卢兹鹅。]

THE EGYPTIAN GOOSE.—Especial attention has been directed to this bird by Herodotus, who says it was held sacred by the ancient Egyptians, which has been partially confirmed by modern travellers. Mr. Salt remarks, "Horus Apollo says the old geese stay with their young in the most imminent danger, at the risk of their own lives, which I have myself frequently witnessed. Vielpanser is the goose of the Nile, and wherever this goose is represented on the walls of the temples in colours, the resemblance may be clearly traced." The goose is also said to have been a bird under the care of Isis. It has been placed by Mr. Gould amongst the birds of Europe; not from the number of half-reclaimed individuals which are annually shot in Britain, but from the circumstance of its occasionally visiting the southern parts of the continent from its native country, Africa. The Toulouse goose, of which we give an engraving, is a well-known bird.

埃及鹅。--希罗多德曾特别提及此鸟，称其被古埃及人视为神圣，现代旅行家已部分证实此说。索尔特先生评论道："霍鲁斯·阿波罗说，老鹅在极其危急的险境中仍与幼鹅相守，冒着自身生命的危险，我本人曾多次目睹。维勒潘瑟是尼罗河之鹅，凡此鹅以彩色绘于神庙墙壁之处，其相似之处皆可清晰辨认。"据说此鹅亦为伊西斯所照管之鸟。古尔德先生将其列入欧洲鸟类；并非因每年在不列颠被射杀的半驯化个体数量，而是因其偶从其原产地非洲造访欧洲大陆南部。我们附上版画的是图卢兹鹅，乃一种众所周知的鸟。

ROAST GUINEA-FOWL, Larded.

烤珍珠鸡，涂猪油。

970. INGREDIENTS.—A Guinea-fowl, lardoons, flour, and salt.

Mode.—When this bird is larded, it should be trussed the same as a pheasant; if plainly roasted, truss it like a turkey. After larding and trussing it, put it down to roast at a brisk fire; keep it well basted, and a short time before serving, dredge it with a little flour, and let it froth nicely. Serve with a little gravy in the dish, and a tureen of the same, and one of well-made bread-sauce.

Time.—Guinea-fowl, larded, 1-1/4 hour; plainly roasted, about 1 hour.

Sufficient for 6 persons.

Seasonable in winter.

Note.—The breast, if larded, should be covered with a piece of paper, and removed about 10 minutes before serving.

[Illustration: GUINEA-FOWLS.]

THE GUINEA-FOWL.—The bird takes its name from Guinea, in Africa, where it is found—wild, and in great abundance. It is gregarious in its habits, associating in flocks of two or three hundred, delighting in marshy grounds, and at night perching upon trees, or on high situations. Its size is about the same as that of a common hen, but it stands higher on its legs. Though domesticated, it retains much of its wild nature, and is apt to wander. The hens lay abundantly, and the eggs are excellent. In their flesh, however, they are not so white as the common fowl, but more inclined to the colour of the pheasant, for which it frequently makes a good substitute at table. The flesh is both savoury and easy of digestion, and is in season when game is out of season.

970. 配料--一只珍珠鸡、肥肉条、面粉和盐。

做法。--这种鸟如要涂油，应像雉鸡一样捆扎；如清烤，则像火鸡一样捆扎。涂油并捆扎后，置于旺火前烤制；经常浇淋，上桌前不久撒少许面粉，使其表面起泡。盘中放少许肉汁，另备一盅同样的肉汁和一盅制作精良的面包酱上桌。

时间。--珍珠鸡，涂油，1-1/4小时；清烤，约1小时。

足量供6人食用。

时令冬季。

注。--如涂油，胸部应盖上一张纸，上桌前约10分钟取下。

[插图：珍珠鸡。]

珍珠鸡。--此鸟得名于非洲的几内亚，在那里野生且数量极多。它习性群居，结成二三百只的群体，喜沼泽地带，夜间栖于树上或高处。其体型与普通母鸡相仿，但腿站得更高。虽已驯化，仍保留许多野生本性，易于游荡。母鸡产蛋丰盛，蛋质极佳。然而其肉不如普通家禽洁白，更偏向雉鸡之色，故常作为餐桌上雉鸡的良好替代。其肉鲜美且易于消化，在野味下市之时正当令。

LARK PIE (an Entree).

971. INGREDIENTS.—A few thin slices of beef, the same of bacon, 9 larks, flour; for stuffing, 1 teacupful of bread crumbs, 1/2 teaspoonful of minced lemon-peel, 1 teaspoonful of minced parsley, 1 egg, salt and pepper to taste, 1 teaspoonful of chopped shalot, 1/2 pint of weak stock or water, puff-paste.

Mode.—Make a stuffing of bread crumbs, minced lemon-peel, parsley, and the yolk of an egg, all of which should be well mixed together; roll the larks in flour, and stuff them. Line the bottom of a pie-dish with a few slices of beef and bacon; over these place the larks, and season with salt, pepper, minced parsley, and chopped shalot, in the above proportion. Pour in the stock or water, cover with crust, and bake for an hour in a moderate oven. During the time the pie is baking, shake it 2 or 3 times, to assist in thickening the gravy, and serve very hot.

Time.—1 hour. *Average cost*, 1s. 6d. a dozen.

Sufficient for 5 or 6 persons.

Seasonable.—In full season in November.

ROAST LARKS.

972. INGREDIENTS.—Larks, egg and bread crumbs, fresh butter.

Mode.—These birds are by many persons esteemed a great delicacy, and may be either roasted or broiled. Pick, gut, and clean them; when they are trussed, brush them over with the yolk of an egg; sprinkle with bread crumbs, and roast them before a quick fire; baste them continually with fresh butter, and keep

云雀派(一道主菜)。

971. 配料--几片薄牛肉片，同样切薄的培根片，

9只云雀，面粉；馅料用1茶杯面包屑，1/2茶匙切碎的柠檬皮，1茶匙切碎的欧芹，1个鸡蛋，适量盐和胡椒，1茶匙切碎的青葱，1/2品脱淡高汤或水，酥皮。

做法。--用面包屑、切碎的柠檬皮、欧芹和蛋黄做成馅料，所有这些都应充分混合在一起；将云雀滚上面粉，并填入馅料。用几片牛肉和培根铺在馅饼盘底部；将云雀放在上面，并按上述比例用盐、胡椒、切碎的欧芹和切碎的葱头调味。倒入高汤或水，盖上酥皮，在中等温度的炉中烘一小时。在馅饼烘烤期间，摇动它两三次，以助肉汁变稠，并趁热上桌。

时间--1小时。平均成本，每打1先令6便士。

足量供5或6人食用。

时令。--十一月正值盛产季节。

烤云雀

972. 配料--云雀、鸡蛋和面包屑、新鲜黄油。

做法。--许多人视这种鸟为美味珍馐，可烤可炙。去毛、去内脏并洗净；捆扎后，刷上蛋黄；撒上面包屑，在旺火前烤制；不断浇淋新鲜黄油，并持续

sprinkling with the bread crumbs until the birds are well covered. Dish them on bread crumbs fried in clarified butter, and garnish the dish with slices of lemon. Broiled larks are also very excellent: they should be cooked over a clear fire, and would take about 10 minutes or 1/4 hour.

撒面包屑，直至鸟身完全覆盖。将其盛放在用澄清黄油煎过的面包屑上，以柠檬片装饰盘中。炙云雀也非常美味：应在明火上烹制，约需10分钟或1/4小时。

Time.—1/4 hour to roast; 10 minutes to broil.

时间。- 烤制需 1/4 小时；炙烤需 10 分钟。

Seasonable.—In full season in November.

时令。--十一月正值盛产季节。

Note.—Larks may also be plainly roasted, without covering them with egg and bread crumbs; they should be dished on fried crumbs.

注。--云雀也可清烤，不裹蛋黄和面包屑；应盛放在煎面包屑上。

BROILED PIGEONS.

烤乳鸽。

973. INGREDIENTS.—Pigeons, 3 oz. of butter, pepper and salt to taste.

973. 配料--鸽子，3 oz.黄油，胡椒和盐适量。

Mode.—Take care that the pigeons are quite fresh, and carefully pluck, draw, and wash them; split the backs, rub the birds over with butter, season them with pepper and salt, and broil them over a moderate fire for 1/4 hour or 20 minutes. Serve very hot, with either mushroom-sauce or a good gravy. Pigeons may also be plainly boiled, and served with parsley and butter; they should be trussed like boiled fowls, and take from 1/4 hour to 20 minutes to boil.

做法。--注意鸽子必须十分新鲜，仔细去毛、去内脏并洗净；将背部剖开，用黄油涂抹鸟身，以胡椒和盐调味，在中等火上炙1/4小时或20分钟。趁热上桌，配蘑菇酱或优质肉汁。鸽子也可清煮，配欧芹黄油上桌；应像煮家禽一样捆扎，煮1/4小时至20分钟。

Time.—To broil a pigeon, from 1/4 hour to 20 minutes; to boil one, the same time.

时间。--炙鸽子，1/4小时至20分钟；煮鸽子，时间相同。

Average cost, from 6d. to 9d. each.

平均成本，每个6便士至9便士。

Seasonable from April to September, but in the greatest perfection

时令四月至九月，但最盛

from midsummer to Michaelmas.

从仲夏到米迦勒节。

THE POUTER PIGEON.—This is a very favourite pigeon, and, without doubt, the most curious of his species. He is a tail strong bird, as he had need be to carry about his great inflated crop, frequently as large and as round as a middling-sized turnip. A perfect pouter, seen on a windy day, is certainly a ludicrous sight: his feathered legs have the appearance of white trousers; his tapering tail looks like a swallow-tailed coat; his head is entirely concealed by his immense windy protuberance; and, altogether, he reminds you of a little "swell" of a past century, staggering under a bale of linen. The most common pouters are the blues, buffs, and whites, or an intermixture of all these various colours. The pouter is not a prolific breeder, is a bad nurse, and more likely to degenerate, if not repeatedly crossed and re-crossed with Irish stock, than any other pigeon: nevertheless, it is a useful bird to keep if you are founding a new colony, as it is much attached to its home, and little apt to stray; consequently it is calculated to induce more restless birds to fettle down and make themselves comfortable. If you wish to breed pouters, you cannot do worse than intrust them with the care of their own eggs.

球胸鸽。--这是一种非常受喜爱的鸽子，而且毫无疑问是其种类中最奇特的。它是一种体格强壮的鸟，因为它需要承载其巨大的膨胀嗉囊，这嗉囊常常大而圆，如同一个中等大小的芜菁。一只完美的球胸鸽在有风的日子里出现，确实是一幅滑稽的景象：它长着羽毛的腿看起来像白色长裤；它逐渐变细的尾巴看起来像燕尾外套；它的头完全被其巨大的鼓胀物遮住；总而言之，它让你想起上个世纪的一个小“时髦人物”，正摇摇晃晃地背着一大包亚麻布。最常见的球胸鸽是蓝色、浅黄褐色和白色，或这些各种颜色的混合。球胸鸽不是多产的繁殖者，是不好的保姆，而且如果不反复与爱尔兰血统杂交再杂交，比任何其他鸽子都更容易退化：然而，如果你正在建立一个新的鸽群，它是一种有用的鸟，因为它非常依恋自己的家，很少走失；因此，它被用来诱导更不安分的鸽子安定下来并使自己舒适。如果你想繁殖球胸鸽，你最好让它们自己照料自己的蛋。

ROAST PIGEONS.

烤鸽子。

974. INGREDIENTS.—Pigeons, 3 oz. of butter, pepper and salt to taste.

974. 配料--鸽子，3 oz.黄油，胡椒和盐适量。

Trussing.—Pigeons, to be good, should be eaten fresh (if kept a little, the flavour goes off), and they should be drawn as soon as killed. Cut off the heads and necks, truss the wings over the backs, and cut off the toes at the first joint: previous to trussing, they

捆扎。--鸽子要好吃，应新鲜食用(若存放稍久，风味便会流失)，宰杀后应尽快去内脏。切下头和颈，将翅膀捆扎在背上，在第一关节处切去脚趾：捆扎之前，它们

should be carefully cleaned, as no bird requires so much washing.

[Illustration: ROAST PIGEON.]

Mode.—Wipe the birds very dry, season them inside with pepper and salt, and put about 3/4 oz. of butter into the body of each: this makes them moist. Put them down to a bright fire, and baste them well the whole of the time they are cooking (they will be done enough in from 20 to 30 minutes); garnish with fried parsley, and serve with a tureen of parsley and butter. Bread-sauce and gravy, the same as for roast fowl, are exceedingly nice accompaniments to roast pigeons, as also egg-sauce.

Time.—From 20 minutes to 1/2 hour. *Average cost*, 6d. to 9d. each.

Seasonable from April to September; but in the greatest perfection from Midsummer to Michaelmas.

THE PIGEON—The pigeon tribe forms a connecting ling between the passerine birds and poultry. They are widely distributed over the world, some of the species being found even in the arctic regions. Their chief food is grain, and they drink much; not at intervals, like other birds, but by a continuous draught, like quadrupeds. The wild pigeon, or stockdove, is the parent whence all the varieties of the domestic pigeon are derived. In the wild state it is still found in many parts of this island, making its nest in the holes of rocks, in the hollows of trees, or in old towers, but never, like the ringdove, on branches. The blue house-pigeon is the variety principally reared for the table in this country, and is produced from our farmyards in great numbers. When young, and still fed by their parents, they are most preferable for the table, and are called *squabs*; under six months they are denominated

应仔细清洗，因为没有哪种禽类需要如此多的洗涤。

[插图：烤鸽子。]

做法。--将鸟擦得非常干，用胡椒和盐在内部调味，并在每只鸟的体内放入约3/4 oz.的黄油：这使它们湿润。将它们放在旺火前，在烹饪的整个过程中不断浇淋油脂(20至30分钟内即可做好)；用炸欧芹装饰，并配上一碗欧芹黄油。面包酱汁和肉汁，与烤禽所用相同，是烤鸽子的极好配菜，蛋酱汁亦然。

时间。--20分钟至1/2小时。平均成本，每只6便士至9便士。

时令从四月至九月；但以仲夏至米迦勒节期间最为肥美。

鸽子--鸽类构成了雀形目鸟类与家禽之间的一个连接环节。它们广泛分布于世界各地，有些种类甚至见于北极地区。它们的主要食物是谷物，而且饮水很多；不像其他鸟类那样间隔饮水，而是像四足动物一样连续饮下。野鸽，或称欧鸽，是所有家鸽变种的祖先。在野生状态下，它仍见于本岛的许多地方，在岩石的洞中、树洞中或旧塔中筑巢，但从不象斑鸠那样在树枝上筑巢。蓝家鸽是我国主要饲养供食用的变种，由我们的农家院落大量产出。当它们年幼、仍由父母喂养时，最适合上桌，被称为乳鸽；六个月以下者被称为

squeakers, and at six months they begin to breed. Their flesh is accounted savoury, delicate, and stimulating, and the dark-coloured birds are considered to have the highest flavour, whilst the light are esteemed to have the more delicate flesh.

雏鸽，六个月时开始繁殖。其肉被认为鲜美、细嫩且刺激食欲，深色羽毛的鸽子被认为风味最佳，而浅色羽毛的鸽子则被认为肉质更为细嫩。

THE PIGEON-HOUSE, OR DOVECOT.—The first thing to be done towards keeping pigeons is to provide a commodious place for their reception; and the next is, to provide the pigeons themselves. The situation or size of the dovecot will necessarily depend on convenience; but there is one point which must invariably be observed, and that is, that every pair of pigeons has two holes or rooms to nest in. This is indispensable, as, without it, there will be no security, but the constant prospect of confusion, breaking of eggs, and the destruction of young. The proper place for the pigeon-house is the poultry-yard; but it does very well near dwellings, stables, brewhouses, bakehouses, or such offices. Some persons keep pigeons in rooms, and have them making their nests on the floor. The object is to escape the danger of the young falling out; but in such cases, there is a great risk of rats or other vermin getting at the pigeons.

鸽舍，或鸽房。--养鸽首先要做的是为它们提供一个宽敞的接纳场所；其次才是提供鸽子本身。鸽舍的位置或大小必然取决于便利；但有一点必须始终遵守，那就是每一对鸽子都有两个洞或房间可供筑巢。这是必不可少的，因为如果没有这一点，就没有安全保障，而只会不断出现混乱、蛋被打破和幼鸽被毁的情况。鸽舍的适当位置是家禽院；但靠近住宅、马厩、酿酒坊、面包坊或此类附属用房也很合适。有些人把鸽子养在房间里，让它们在地板上筑巢。目的是避免幼鸽掉出的危险；但在这种情况下，老鼠或其他害兽接近鸽子的风险很大。

ASPECT OF THE PIGEON-HOUSE.—The front of the pigeon-house should have a southwest aspect, and, if a room be selected for the purpose, it is usual to break a hole in the roof of the building for the passage of the pigeons, but which can be closed at convenience. A platform ought to be laid at the entrance for the pigeons to perch upon, with some kind of defence against strange cats, which will frequently depopulate a whole dovecot. Yet, although cats are dangerous neighbours for the birds, they are necessary to defend them from the approach of rats and mice, which will not only suck the eggs, but destroy the birds. The

鸽舍的朝向--鸽舍的正面应朝西南，如果为此选择一个房间，通常会在建筑物的屋顶上开一个洞供鸽子通行，但可以随意关闭。入口处应铺设一个平台供鸽子栖息，并设置某种防御措施来抵御陌生的猫，猫经常会使整个鸽舍的鸽子灭绝。然而，尽管猫对鸟类来说是危险的邻居，但它们对于防御老鼠和家鼠的接近是必要的，因为老鼠不仅会吸食鸽蛋，还会杀死鸽子。

platform should be painted white, and renewed as the paint wears off, white being a favourite colour with pigeons, and also most conspicuous as a mark to enable them to find their house. The boxes ought also to be similarly painted, and renewed when necessary, for which purpose lime and water will do very well.

平台应漆成白色，油漆脱落时应重新涂刷，因为白色是鸽子喜爱的颜色，也最为醒目，便于它们找到鸽舍。鸽箱也应同样涂漆，必要时重新涂刷，为此石灰水即可。

THE NECESSITY OF CLEANLINESS.—As cleanliness in human habitations is of the first importance, so is it in the pigeon-house. There the want of it will soon render the place a nuisance not to be approached, and the birds, both young and old, will be so covered with vermin and filth, that they will neither enjoy health nor comforts, whilst early mortality amongst them will be almost certain. In some cases, the pigeon-house is cleaned daily; but it should always be done, at any rate, once a week, and the floor covered with sifted gravel, frequently renewed. Pigeons being exceedingly fond of water, and having a prescience of the coming of rain, they may be seen upon the house-tops waiting upon it until late in the evening, and then spreading their wings to receive the luxury of the refreshing shower. When they are confined in a room, therefore, they should be allowed a wide pan of water, to be often renewed. This serves them for a bath, which cools, refreshes, and assists them to keep their bodies clear of vermin.

清洁的必要性--正如人类住所的清洁至关重要一样，鸽舍中的清洁也是如此。在那里，缺乏清洁很快会使这个地方变得令人厌恶、无法靠近，鸽子无论老少都会布满寄生虫和污秽，既不能享有健康也不能享有舒适，同时早期死亡几乎不可避免。在某些情况下，鸽舍每天清洁；但无论如何应始终每周至少清洁一次，地板应铺上筛过的砾石，并经常更换。鸽子极其喜欢水，并且能预知雨水的到来，可以看到它们在屋顶上等待到傍晚，然后展开翅膀接受清爽阵雨的恩赐。因此，当它们被关在房间里时，应给予一大盆水，并经常更换。这可供它们沐浴，能降温、提神，并帮助它们保持身体清洁、远离寄生虫。

BREEDING PIGEONS.—In breeding pigeons, it is necessary to match a cock and hen, and shut them up together, or place them near to each other, and in the course of a day or two there is little doubt of their mating. Various rules have been laid down for the purpose of assisting to distinguish the cock from the hen pigeon; but the masculine forwardness and action of the cock is generally so remarkable, that he is easily ascertained. The pigeon being monogamous, the male attaches and confines himself to one

鸽子的繁殖--在繁殖鸽子时，有必要将一只雄鸽和一只雌鸽配对并关在一起，或将它们放在彼此附近，一两天内它们几乎无疑会交配。人们制定了各种规则来帮助区分雄鸽和雌鸽；但雄鸽的雄性主动性和动作通常非常显著，很容易辨认。鸽子是一夫一妻制的，雄性会依附并专属于一只

female, and the attachment is reciprocal, and the fidelity of the dove to its mate is proverbial. At the age of six months, young pigeons are termed squeakers, and then begin to breed, when properly managed. Their courtship, and the well-known tone of voice in the cock, just then acquired and commencing, are indications of their approaching union. Nestlings, while fed by cock and hen, are termed squabs, and are, at that age, sold and used for the table. The dove-house pigeon is said to breed monthly, when well supplied with food. At all events, it may be depended on, that pigeons of almost any healthy and well-established variety will breed eight or nine times in the year; whence it may readily be conceived how vast are the numbers that may be raised.

雌性，这种依附是相互的，鸽子对配偶的忠诚是众所周知的。在六个月大时，幼鸽被称为乳鸽，如果管理得当，此时开始繁殖。它们的求偶行为，以及雄鸽此时刚获得并开始发出的那种众所周知的声调，是它们即将结合的迹象。在由雄鸽和雌鸽喂养期间的雏鸽被称为乳鸽，在那个年龄被出售并用于餐桌。据说鸽舍鸽在食物充足时每月繁殖。无论如何，可以肯定的是，几乎任何健康且建立良好的品种的鸽子每年都会繁殖八九次；由此可以很容易地想象可以饲养的数量是多么巨大。

[Illustration: CARRIER PIGEONS.]

[插图：信鸽]

THE CARRIER PIGEON.—Without doubt the carrier is entitled to rank first in the pigeon family, with the exception, perhaps, of the blue-rock pigeons. No domestic fowl can be traced to so remote an antiquity. When Greece was in its glory, carrier pigeons were used to convey to distant parts the names of the victors at the Olympian games. During the holy war, when Acre was besieged by King Richard, Saladin habitually corresponded with the besieged by means of carrier pigeons. A shaft from an English crossbow, however, happened to bring one of those feathered messengers to the ground, and the stratagem was discovered, the design of the Saracens revealed, and so turned against the designers, that Acre was in the hands of the Christians before the wily Saladin dreamt of such a thing.

信鸽--毫无疑问，信鸽在鸽类中应排名第一，也许蓝岩鸽除外。没有哪种家禽可以追溯到如此遥远的古代。当希腊处于鼎盛时期，信鸽被用来将奥林匹亚运动会上获胜者的名字传送到远方。在圣战期间，当阿卡被理查国王围困时，萨拉丁惯常通过信鸽与被围困者通信。然而，一支英国弩箭恰好将其中一只羽毛信使击落，计谋被发现，撒拉逊人的计划暴露，并反过来对付设计者，以至于在狡猾的萨拉丁做梦也没想到之前，阿卡就已落入基督徒手中。

PIGEON PIE (Epsom Grand-Stand Recipe).

鸽子派(埃普索姆大看台食谱)。

975. INGREDIENTS.—1-1/2 lb. of rump-steak, 2 or 3 pigeons, 3 slices of ham, pepper and salt to taste, 2 oz. of butter, 4 eggs, puff crust.

Mode.—Cut the steak into pieces about 3 inches square, and with it line the bottom of a pie-dish, seasoning it well with pepper and salt. Clean the pigeons, rub them with pepper and salt inside and out, and put into the body of each rather more than 1/2 oz. of butter; lay them on the steak, and a piece of ham on each pigeon. Add the yolks of 4 eggs, and half fill the dish with stock; place a border of puff paste round the edge of the dish, put on the cover, and ornament it in any way that may be preferred. Clean three of the feet, and place them in a hole made in the crust at the top: this shows what kind of pie it is. Glaze the crust,—that is to say, brush it over with the yolk of an egg,—and bake it in a well-heated oven for about 1-1/4 hour. When liked, a seasoning of pounded mace may be added.

Time.—1-1/4 hour, or rather less. *Average cost*, 5s. 3d.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

[Illustration: TUMBLER PIGEONS.]

TUMBLER PIGEONS.—The smaller the size of this variety, the greater its value. The head should be round and smooth, the neck thin, and the tail similar to that of the turbit. Highly-bred birds of this variety will attain an elevation in their flight beyond that of any other pigeons; and it is in seeing these little birds wing themselves so far into the skies that the fanciers take such delight. For four or five hours tumblers have been known to keep on the wing; and it is when they are almost lost to the power of human

975. 配料。--1-1/2 lb.牛臀肉、2或3只鸽子、3片火腿、适量胡椒和盐、2 oz.黄油、4个鸡蛋、酥皮。

模式。--将牛排切成约3英寸见方的块，用它铺在馅饼盘底部，用胡椒和盐充分调味。将鸽子清理干净，内外抹上胡椒和盐，每只鸽腹内放入略多于1/2 oz.的黄油；将它们放在牛排上，每只鸽子上放一片火腿。加入4个蛋黄，用高汤将盘填至半满；在盘边围上一圈千层酥皮，盖上盖子，按喜好加以装饰。清理三只鸽爪，将它们放入顶部酥皮上挖出的孔中：这能表明这是什么馅饼。给酥皮上光--即刷上一层蛋黄--放入充分预热的烤箱中烘烤约1-1/4小时。如喜欢，可加入捣碎的肉豆蔻皮作为调味。

时间。--1小时15分钟，或稍短一些。平均成本，5先令3便士。

足够供5或6人食用。时令任何时候皆宜。

[插图：翻飞鸽]

翻飞鸽。--此品种体型越小，价值越高。头部应圆而光滑，颈部细，尾部与浮羽鸽相似。高度繁育的此品种鸽子在飞行中所能达到的高度超过任何其他鸽子；正是看到这些小鸟振翅飞入如此高远的天空，养鸽爱好者们才如此欣喜。已知翻飞鸽能持续飞行四五个小时；正是在它们几乎超出人类

vision that they exhibit those pantomimic feats which give them their name, and which are marked by a tumbling over-and-over process, which suggests the idea of their having suddenly become giddy, been deprived of their self-control, or overtaken by some calamity. This acrobatic propensity in these pigeons has been ascribed by some to the absence of a proper power in the tail; but is nothing more than a natural habit, for which no adequate reason can be assigned. Of this variety, the Almond Tumbler is the most beautiful; and the greater the variation of the colour in the flight and tail, the greater their value.

[Illustration: RUNT PIGEONS.]

THE RUNT PIGEON.—This is generally esteemed among the largest of the pigeon varieties, and being possessed of proportionate strength, with a strong propensity to exercise it, they keep the dovecot in a state of almost continual commotion by domineering over the weaker inmates. They breed tolerably well, however, and are valuable for the table. There is both the Leghorn and the Spanish Runt, variously plumaged; but when red, white, or black mottled, are most highly esteemed. One of the great advantages connected with the Runt is, that he is not likely to fly away from home. Being heavy birds, they find it difficult, when well fed, to mount even to a low housetop. Again, they require no loft, or special dwelling-place, but, if properly tended, will be perfectly satisfied, and thrive as well, in a rabbit-hutch as any where. Their flavour is very good; and it is not an uncommon thing for a squeaker Runt to exceed a pound and a quarter in weight.

[Illustration: NUN PIGEONS.]

视力的范围时，它们才表演出那些赋予它们名称的哑剧般的绝技，其特点是翻来覆去地翻滚，让人以为它们突然头晕目眩、失去了自制力，或遭遇了某种灾难。这些鸽子的杂技倾向被一些人归因于尾部缺乏适当的力量；但这不过是一种自然习性，无法给出充分的理由。此品种中，杏仁翻飞鸽最为美丽；翼羽和尾羽颜色变化越大，价值越高。

[插图：侏儒鸽。]

伦特鸽。--此品种通常被视为鸽子品种中最大者之一，且具有与之相称的力量，又有强烈的施展力量的倾向，它们以欺压较弱的同伴而使鸽舍几乎持续处于骚动之中。不过它们繁殖尚可，且肉用价值高。有来航伦特鸽和西班牙伦特鸽，羽色各异；以红色、白色或黑色斑驳者为最受推崇。伦特鸽的一大优点是它不太可能飞离家园。作为沉重的鸟，它们吃饱后连低矮的屋顶都难以飞上。再者，它们不需要鸽楼或特殊住所，若照料得当，在兔笼中也会完全满足，并同样茁壮成长。其风味甚佳；一只乳鸽伦特鸽重量超过一磅四分之一并不罕见。

[插图：修女鸽]

THE NUN PIGEON.—The Tumbler bears a strong resemblance to this variety, which is characterized by a tuft of feathers rising from the back of the head, and which, on the whole, is an extremely pretty little bird. According to the colour of the head, it is called the red, black, or yellow-headed Nun. To be a perfect bird, it should have a small head and beak; and the larger the tuft at the back of his head, the handsomer the bird is esteemed, and proportionately valuable in the eyes of pigeon-fanciers.

修女鸽。--翻飞鸽与此品种极为相似，其特征是后脑有一簇竖起的羽毛，总体而言是一种极其漂亮的小鸟。根据头部颜色，被称为红头、黑头或黄头修女鸽。要成为完美的鸟，应具有小而短的喙；后脑的羽簇越大，鸟越被认为漂亮，在养鸽爱好者眼中价值也相应越高。

[Illustration: TRUMPETER PIGEONS.]

[插图：吹号鸽。]

THE TRUMPETER PIGEON.—From the circumstance of this bird imitating the sound of a trumpet, instead of cooing, like other pigeons, it has received its designation. It is of the middle size, having its legs and feet covered with feathers, and its plumage generally of a mottled black-and-white. It has a tuft springing from the root of its beak, and the larger this topknot is, the higher the estimation in which the breed is held. In their powers of trumpeting some are more expert than others; and whether this has any effect in influencing their own estimate of themselves, we cannot say; but they are rather select in the choice of their company. If two of them are put in a pigeon-house with other doves, it will be found that they confine their association almost entirely to each other. As much as two guineas have been paid for a well-trained docile bird of this kind.

喇叭鸽--由于这种鸟模仿喇叭的声音，而不像其他鸽子那样咕咕叫，因此得名。它体型中等，腿和脚上覆有羽毛，羽毛通常呈黑白斑驳色。它的喙根部长有一簇羽冠，这顶羽冠越大，该品种所受的评价就越高。在吹喇叭的能力上，有些比另一些更为娴熟；这是否会影响它们对自身的评价，我们无从得知；但它们在择伴上颇为挑剔。如果把两只喇叭鸽和其他鸽子一起放进鸽舍，就会发现它们几乎只与彼此交往。一只训练有素、温顺的此类鸟曾售价高达两几尼。

[Illustration: WOOD-PIGEON.]

[插图：林鸽。]

THE WOOD, OR WILD PIGEON.—Buffon enumerates upwards of thirty varieties of the pigeon, which he derives from one root,—viz. the stockdove, or common wild pigeon. All the varieties of colour and form which we witness, he attributes to human

林鸽，即野鸽。--布丰列举了三十多种鸽子，他认为它们都源自一个根，即斑鸠，或普通野鸽。我们所见到的一切颜色和形态的变种，他都归因于人类

contrivance and fancy. Nevertheless, there exist essentially specific differences in these birds, which would appear to be attributable rather to the nature of the region, soil, and climate to which they are indigenous, than to the art and ingenuity of man. The stockdove, in its wild state, is still found in some parts of Britain, forming its nest in the holes of rocks, old towers, and in the hollows of trees; it never, however, like the ringdove, nestles in the branches. Multitudes of wild pigeons still visit our shores in the winter, coming from their more northerly retreats, making their appearance about November, and retiring again in the spring. When forests of beechwood covered large tracts of the ground of this country, these birds used to haunt them in myriads, frequently covering a mile of ground in extent when they went out in the morning to feed.

设计和奇思。然而，这些鸟之间存在着本质上的具体差异，这些差异似乎更应归因于它们原产地区的自然条件、土壤和气候，而非人类的技艺与巧思。岩鸽在野生状态下仍见于不列颠部分地区，在岩洞、古塔和树洞中筑巢；然而它从不像斑鸠那样在树枝间筑巢。成群的野鸽仍在冬季造访我们的海岸，从更北方的栖息地而来，约在十一月出现，春季再度离去。当山毛榉林覆盖这个国家大片土地时，这些鸟曾成千上万地出没其中，早晨外出觅食时常常覆盖方圆一英里的范围。

STEWED PIGEONS.

炖鸽子。

976. INGREDIENTS.—6 pigeons, a few slices of bacon, 3 oz. of butter, 2 tablespoonfuls of minced parsley, sufficient stock No. 104 to cover the pigeons, thickening of butter and flour, 1 tablespoonful of mushroom ketchup, 1 tablespoonful of port wine.

976. 配料。--6只鸽子、几片培根、3 oz.黄油、2大匙切碎的欧芹、足量第104号高汤以淹没鸽子、黄油和面粉调成的增稠料、1大匙蘑菇番茄酱、1大匙波特酒。

Mode.—Empty and clean the pigeons thoroughly, mince the livers, add to these the parsley and butter, and put it into the insides of the birds. Truss them with the legs inward, and put them into a stewpan, with a few slices of bacon placed under and over them; add the stock, and stew gently for rather more than 1/2 hour. Dish the pigeons, strain the gravy, thicken it with butter and flour, add the ketchup and port wine, give one boil, pour over the pigeons, and serve.

Mode。--将鸽子彻底掏空洗净，把肝剁碎，加入欧芹和黄油，塞入鸽子腹内。将鸽腿向内捆扎好，放入炖锅，上下各铺几片培根；加入高汤，文火炖半小时略多。将鸽子装盘，滤出肉汁，用黄油和面粉勾芡，加入番茄酱和波特酒，煮沸一次，浇在鸽子上即可上桌。

Time.—Rather more than 1/2 hour. *Average cost*, 6d. to 9d. each.

Sufficient for 4 or 5 persons.

Seasonable from April to September.

[Illustration: FANTAIL PIGEONS.]

THE FANTAIL PIGEON.—This curious variety is inferior in point of size to most of the other varieties, and is characterized by having a short, slender bill, pendent wings, and naked legs and feet. It has the power of erecting its tail in the manner of a turkey-cock; during which action, especially when paying court to it's mate, it trembles or shakes, like the peacock when moving about with his train expanded and in full display. This power of erecting and spreading the tail is not confined to the male bird alone: the female possesses the same power to an equal extent, and otherwise resembles the male in every respect. It is not very prolific, and seldom succeeds so well in the aviary or pigeon-house as most of the other kinds.

[Illustration: JACOBIN PIGEONS.]

THE JACOBIN PIGEON.—This variety, having the power to transmit to posterity a form precisely similar, with all its peculiar characters undiminished, is, among pigeon-fanciers, designated as of a pure or permanent race. It is distinguished by a remarkable ruff or frill of raised feathers, which, commencing behind the head and proceeding down the neck and breast, forms a kind of hood, not unlike that worn by a monk. From this circumstance, it has obtained its Gallic name of *nonnain capuchin*. In size it is one of the smallest of the domestic pigeons, and its form is light and elegant. It is a very productive species, and, having its flight

时间。--略多于1/2小时。平均费用，每个6d.至9d.。

足量供4或5人食用。

时令四月至九月。

[插图：扇尾鸽。]

扇尾鸽--这一奇特的品种在体型上小于大多数其他品种，其特征是喙短而细、翅膀下垂、腿和脚裸露。它能像雄火鸡那样竖起尾巴；在做这个动作时，尤其是向配偶求爱时，它会颤抖或摇晃，就像孔雀展开尾羽充分展示时走动那样。竖起并展开尾巴的能力并非雄鸟独有：雌鸟也具有同等的能力，并且在其他各方面都与雄鸟相似。它繁殖力不强，在鸟舍或鸽舍中的成活情况很少能像大多数其他品种那样好。

[插图：雅各宾鸽。]

雅各宾鸽--这一品种能够将完全相似的形态遗传给后代，且所有独特特征毫不减损，因此在鸽子爱好者中被认定为纯种或稳定品系。它的显著特征是有一圈隆起的羽毛形成的明显皱领或颈饰，从脑后开始，沿颈部和胸部向下延伸，形成一种类似修士所戴兜帽的形状。由此，它获得了法语名称*nonnain capuchin*。在体型上，它是家鸽中最小的品种之一，体态轻盈优雅。它繁殖力很强，并且具有飞行

considerably impeded by the size and form of its hooded frill, keeps much at home, and is well adapted for the aviary or other buildings where pigeons are confined.

因其兜状皱领的大小和形状而行动大受妨碍，多留在巢内，很适合养在鸟舍或其他关养鸽子的场所。

[Illustration: TURBIT PIGEONS.]

[插图：TURBIT PIGEONS。]

THE TURBIT PIGEON.—This variety bears a strong resemblance to the Jacobin, having a kind of frill in the fore part of its neck, occasioned by the breast-feathers lying contrariwise and standing straight out. The species is classed in accordance with the colour of the shoulders, similarly as the Nuns are by the colour of their heads. Their characteristics of excellence are a full frill, short bill, and small round head. In Germany it is called the ruffle pigeon, in allusion to the feathers on its breast; and it has rarely any feathers on its feet. There is a peculiarity connected with this bird, which somewhat lowers it in the estimation of fanciers: it seldom rears more than one at a time, which, therefore, marks it as a bird rather for amusement than profit.

球胸鸽--这一品种与雅各宾鸽极为相似，其颈前部有一种皱领，是因胸部羽毛逆向生长并直竖而起形成的。该品种按肩部颜色分类，正如修女鸽按头部颜色分类一样。其优良特征是皱领丰满、喙短、头小而圆。在德国，它被称为皱领鸽，指的就是其胸部的羽毛；它的脚上极少有羽毛。这种鸟有一个特点，使它在爱好者心目中的评价略有降低：它一次很少育成一只以上的雏鸟，因此这表明它更是一种供消遣而非图利的鸟。

[Illustration: BARB PIGEONS.]

[插图：倒钩鸽]

THE BARB PIGEON.—The name of this variety is a contraction of Barbary, from which country it originally comes. It is both prolific and has excellent qualities as a nurse. The kind most esteemed is that of one uniform colour, that of blue-black being preferable to any other. Speckled or mottled Barbs are esteemed the most common of all pigeons. It is not unlike the Carrier pigeon, and, at a small distance, might easily be mistaken for the latter. It has a short beak and a small wattle. A spongy, pinky skin round the eyes is its chief characteristic, however, and this increases in size till the bird is three or four years old. This peculiarity is hardly distinguishable in very young birds.

巴巴鸽--这一品种的名称是巴巴里(Barbary)的缩略，它原产于该国。它既多产，又具有极佳的哺育品质。最受推崇的是通体一色的那种，其中蓝黑色优于其他任何颜色。带斑点或杂色的巴巴鸽被认为是所有鸽子中最普通的。它与信鸽(Carrier pigeon)不无相似之处，稍隔一段距离便很容易被误认作后者。它喙短，肉瘤小。然而，其首要特征乃是眼周一圈海绵状的粉色皮肤，这圈皮肤会随年龄增长而增大，直至鸟长到三四岁。这一特征在极幼小的鸟身上几乎难以辨认。

[Illustration: BLUE ROCK-PIGEON.]

THE ROCK PIGEON.—This variety, in its wild state, is found upon the rocky parts of the west of Scotland, and the bold shores of the Western Isles, more abundant than in any other parts of the British islands. As the shores of the mainland are exposed to the muds of the Atlantic, and the comparatively small islands are surrounded by that ocean, the low grounds exposed to the west are seldom covered with snow for any length of time, and thus the birds easily find a supply of food. The numbers which there congregate are often very great, and the din of their united cry is sometimes very loud and even alarming. The love of home and the certainty of returning to it is very conspicuous in the rock-pigeon or *biset*, as it is called by the French. Flocks from different parts of the coasts often meet on the feeding-grounds; but when the time of returning to rest comes round, each one keeps to its own party.

[插图：蓝岩鸽。]

岩鸽--这一品种在野生状态下见于苏格兰西部的岩石地带以及西部群岛的崎岖海岸，其数量比不列颠群岛其他任何地方都更为丰富。由于大陆海岸暴露于大西洋的泥泞之中，而相对较小的岛屿又被那片大洋环绕，朝西的低地很少长时间被雪覆盖，因此这些鸟很容易找到食物供应。那里聚集的数量往往非常庞大，它们齐鸣的喧闹声有时非常响亮，甚至令人惊骇。对家的热爱以及必定归巢的习性，在岩鸽--法语称之为*biset*--身上非常显著。来自海岸不同地方的鸽群常在觅食地相遇；但当归巢休息的时候到来，每一只都守着自己的群体。

[Illustration: OWL PIGEONS.]

THE OWL PIGEON.—This pigeon does not seem to be so well known as it formerly was, if we may judge from the fact that few modern writers mention it. Like the Turbit pigeon, the Owl has a remarkable tuft of feathers on the breast, it having been compared by some to the frill of a shirt, and by others to a full-blown white rose. In size, it is not quite so large a pigeon as the Jacobin. It is said to be preferred in France, above other varieties, as a bird to rear and kill for the table. In England it is very far from being common; indeed, we have applied to several keepers of pigeons, who have fancied themselves acquainted with all the varieties of this bird, and they have been able to tell us nothing of it. Mr.

[插图：猫头鹰鸽。]

枭鸽--从现代鲜有作者提及它这一点来判断，这种鸽子似乎不如从前那样为人熟知了。与浮羽鸽一样，枭鸽胸前有一簇引人注目的羽毛，有人将其比作衬衫的褶边，有人则比作一朵盛开的白玫瑰。在体型上，它不如毛领鸽那么大。据说在法国，它作为供饲养和宰杀上桌的鸟，比其他品种更受青睐。在英格兰，它远非寻常之物；事实上，我们曾向几位自以为熟悉此鸟所有品种的养鸽人请教，他们却对此一无所知。某先生。

Harrison Weir, our artist, however, has made his portrait from the life.

BOILED RABBIT.

[Illustration: BOILED RABBIT.]

977. INGREDIENTS.—Rabbit; water.

Mode.—For boiling, choose rabbits with smooth and sharp claws, as that denotes they are young: should these be blunt and rugged, the ears dry and tough, the animal is old. After emptying and skinning it, wash it well in cold water, and let it soak for about 1/4 hour in warm water, to draw out the blood. Bring the head round to the side, and fasten it there by means of a skewer run through that and the body. Put the rabbit into sufficient hot water to cover it, let it boil very gently until tender, which will be in from 1/2 to 3/4 hour, according to its size and age. Dish it, and smother it either with onion, mushroom, or liver sauce, or parsley-and-butter; the former is, however, generally preferred to any of the last-named sauces. When liver-sauce is preferred, the liver should be boiled for a few minutes, and minced very finely, or rubbed through a sieve before it is added to the sauce.

Time.—A very young rabbit, 1/2 hour; a large one, 3/4 hour; an old one, 1 hour or longer.

Average cost, from 1s. to 1s. 6d. each.

Sufficient for 4 persons.

Seasonable from September to February.

THE RABBIT.—Though this animal is an inhabitant of most

不过，我们的画师哈里森·韦尔(Harrison Weir)却是根据实物写生绘制了它的肖像。

水煮兔肉。

[插图：煮兔肉]

977. 配料--兔肉；水。

做法--煮用时，挑选爪子光滑而尖利的兔子，因为这表明它们年幼：倘若爪子钝而粗糙，耳朵干而韧，这动物便老了。掏空内脏并剥皮后，用冷水洗净，再在温水中浸泡约1/4小时，以浸出血水。将头弯向体侧，用一根扦子穿过头和身体将其固定在那里。把兔子放入足以没过它的热水中，用文火慢慢煮至软嫩，视其大小和年龄，约需1/2至3/4小时。装盘，浇上洋葱酱汁、蘑菇酱汁或肝酱汁，或欧芹黄油酱汁将其覆盖；然而，前者通常比最后提到的任何一种酱汁都更受偏爱。若偏好肝酱汁，肝应煮几分钟，切得极细，或在加入酱汁前用筛子擦成泥。

时间。--很小的兔子，1/2小时；大兔子，3/4小时；老兔子，1小时或更久。

平均成本，每个1先令至1先令6便士。

足量供4人食用。

时令九月至二月。

兔肉。--尽管这种动物是大多数

temperate climates, it does not reach so far north as the hare. The wild rabbit is a native of Great Britain, and is found in large numbers in the sandy districts of Norfolk and Cambridgeshire. Its flesh is, by some, considered to have a higher flavour than that of the tame rabbit, although it is neither so white nor so delicate. The animal, however, becomes larger and fatter in the tame than in the wild state; but it is not desirable to have it so fat as it can be made.

在温带气候下，它分布北界不及野兔。野兔原产于大不列颠，在诺福克和剑桥郡的沙质地区大量发现。有人认为其肉味比家兔更浓，尽管颜色不如家兔白，肉质也不如家兔细嫩。然而，家养状态下这种动物比野生状态下更大更肥；但也不宜让它肥到所能达到的程度。

CURRIED RABBIT.

咖喱兔肉。

978. INGREDIENTS.—1 rabbit, 2 oz. of butter, 3 onions, 1 pint of stock No. 104, 1 tablespoonful of curry powder, 1 tablespoonful of flour, 1 teaspoonful of mushroom powder, the juice of 1/2 lemon, 1/2 lb. of rice.

978. 配料。--1只兔子、2 oz.黄油、3个洋葱、1 pint 第104号高汤、1大匙咖喱粉、1大匙面粉、1小匙蘑菇粉、1/2个柠檬的汁、1/2 lb.米饭。

Mode.—Empty, skin, and wash the rabbit thoroughly, and cut it neatly into joints. Put it into a stewpan with the butter and sliced onions, and let them acquire a nice brown colour, but do not allow them to blacken. Pour in the stock, which should be boiling; mix the curry powder and flour smoothly with a little water, add it to the stock, with the mushroom powder, and simmer gently for rather more than 1/2 hour; squeeze in the lemon-juice, and serve in the centre of a dish, with an edging of boiled rice all round. Where economy is studied, water may be substituted for the stock; in this case, the meat and onions must be very nicely browned. A little sour apple and rasped cocoa-nut stewed with the curry will be found a great improvement.

做法--掏空内脏、剥皮并彻底洗净兔子，将其整齐地切成块。与黄油和洋葱片一同放入炖锅，让它们呈现漂亮的棕色，但不要让其发黑。倒入高汤，高汤应是煮开的；将咖喱粉和面粉用少许水调匀，连同蘑菇粉一起加入高汤，用文火慢炖略多于1/2小时；挤入柠檬汁，盛在盘子中央，四周用煮好的米饭围边。若讲究节俭，可用水代替高汤；在这种情况下，肉和洋葱必须煸得恰到好处。将少许酸苹果和擦碎的椰肉与咖喱一同炖煮，会发现大有改进。

Time.—Altogether 3/4 hour.

时间。--共计3/4小时。

Average cost, from 1s. to 1s. 6d. each.

平均成本，每个1先令至1先令6便士。

Sufficient for 4 persons.

Seasonable in winter.

[Illustration: WILD RABBITS.]

THE COMMON OR WILD RABBIT.—Warrens, or inclosures, are frequently made in favourable localities, and some of them are so large as to comprise 2,000 acres. The common wild rabbit is of a grey colour, and is esteemed the best for the purposes of food. Its skin is valuable as an article of commerce, being used for the making of hats. Another variety of the rabbit, however, called the "silver-grey," has been lately introduced to this country, and is still more valuable. Its colour is a black ground, thickly interspersed with grey hairs; and its powers as a destroyer and consumer of vegetable food are well known to be enormous, especially by those who have gardens in the vicinity of a rabbit-warren.

FRIED RABBIT.

979. INGREDIENTS.—1 rabbit, flour, dripping, 1 oz. of butter, 1 teaspoonful of minced shalot, 2 tablespoonfuls of mushroom ketchup.

Mode.—Cut the rabbit into neat joints, and flour them well; make the dripping boiling in a fryingpan, put in the rabbit, and fry it a nice brown. Have ready a very hot dish, put in the butter, shalot, and ketchup; arrange the rabbit pyramidically on this, and serve as quickly as possible.

Time.—10 minutes. *Average cost*, from 1s. to 1s. 6d. each.

Sufficient for 4 or 5 persons.

足量供4人食用。

时令冬季。

[插图：野兔。]

普通兔或野兔--在适宜的地点常建有兔场或圈地，其中一些大至2,000英亩。普通野兔为灰色，被视为最宜食用。其皮作为商品颇有价值，用于制帽。然而，兔的另一品种“银灰兔”近来引入本国，价值更高。其毛色为黑色底毛，间杂浓密灰毛；其破坏和消耗植物性食物的能力众所周知极为巨大，尤以兔场附近有花园者体会最深。

炸兔肉。

979. 配料。--1只兔子、面粉、滴油、1 oz.黄油、1小匙切碎的青葱、2大匙蘑菇番茄酱。

做法。--将兔子切成整齐的块，均匀裹上面粉；在煎锅中将滴油烧沸，放入兔子，煎至漂亮的棕色。备好一只很热的盘子，放入黄油、青葱和番茄酱；将兔子呈金字塔状摆在其上，尽快上桌。

时间。--10分钟。平均成本，每个1先令至1先令6便士。

足量供4或5人食用。

Seasonable from September to February.

Note.—The rabbit may be brushed over with egg, and sprinkled with bread crumbs, and fried as above. When cooked in this manner, make a gravy in the pan by recipe No. 866, and pour it round, but not over, the pieces of rabbit.

VARIETIES IN RABBITS.—Almost everybody knows that a rabbit is a furry animal, that lives on plants, and burrows in the ground; that it has its varieties as well as other animals, and that it is frequently an especial favourite with boys. Among its varieties, the short-legged, with width and substance of loin, is the most hardy, and fattens the most expeditiously. It has, besides, the soundest liver, rabbits generally being subject to defects of that part. It is also the smallest variety. There is a very large species of the hare-colour, having much bone, length and depth of carcase, large and long ears, with full eyes, resembling those of the hare: it might readily be taken for a hybrid or mule, but for the objection to its breeding. Its flesh is high-coloured, substantial, and more savoury than that of the common rabbit; and, cooked like the hare, it makes a good dish. The large white, and yellow and white species, have whiter and more delicate flesh, and, cooked in the same way, will rival the turkey. Rabbits are divided into four kinds, distinguished as warreners, parkers, hedgehogs, and sweethearts. The warrener, as his name implies, is a member of a subterranean community, and is less effeminate than his kindred who dwell *upon* the earth and have "the world at their will," and his fur is the most esteemed. After him, comes the parker, whose favourite resort is a gentleman's pleasure-ground, where he usually breeds in great numbers, and from which he frequently drives away the hares. The hedgehog is a sort of vagabond rabbit,

时令九月至二月。

注。--可将兔子刷上蛋液，撒上面包屑，按上述方法煎制。如此烹制时，可按第866号食谱在锅中制作肉汁，浇在兔块周围，但不要浇在兔块上。

兔的品种。--几乎人人都知道，兔是一种毛茸茸的动物，以植物为食，在地下打洞；它和其他动物一样有多个品种，而且常常是男孩们特别喜爱的动物。在其各品种中，腿短、腰部宽厚丰满的品种最为耐寒，也最易育肥。此外，它的肝脏最为健全，而兔类通常易患该部位的缺陷。它也是体型最小的品种。还有一种体型很大的野兔色品种，骨骼粗大，胴体长而深，耳朵大而长，眼睛饱满，类似野兔的眼睛：若不是因其繁殖方面的缺陷，很容易被误认为是杂交种或骡种。其肉色深、质地坚实，比普通兔肉更为鲜美；若像野兔那样烹制，可做成一道好菜。大型白色品种以及黄色与白色相间的品种，肉质更白更细嫩，以同样方法烹制，可与火鸡媲美。兔分为四类，分别称为兔场兔、园兔、刺猬兔和情人兔。兔场兔，顾名思义，是地下群落的一员，不似那些在地面上生活、"随心所欲"的同类那般娇弱，其毛皮最受珍视。其次是园兔，它最爱光顾绅士的游乐场地，通常在那里大量繁殖，并常把野兔赶走。刺猬兔是一种流浪兔，

that, tinker like, roams about the country, and would have a much better coat on his back if he was more settled in his habits, and remained more at home. The sweetheart is a tame rabbit, with its fur so sleek, soft, and silky, that it is also used to some extent in the important branch of hat-making.

它像补锅匠一样在全国四处游荡，倘若习性更为安定、更常留在家里，背上的毛本会好得多。其配偶是家兔，皮毛如此光滑、柔软、如丝，以至于也在制帽这一重要行业中有所应用。

RABBIT A LA MINUTE.

即时兔肉

980. INGREDIENTS.—1 rabbit, 1/4 lb. of butter, salt and pepper to taste, 2 blades of pounded mace, 3 dried mushrooms, 2 tablespoonfuls of minced parsley, 2 teaspoonfuls of flour, 2 glasses of sherry, 1 pint of water.

980. 配料。--1只兔子、1/4 lb.黄油、适量盐和胡椒、2片捣碎的肉豆蔻、3个干蘑菇、2大匙切碎的欧芹、2小匙面粉、2杯雪利酒、1 pint 水。

Mode.—Empty, skin, and wash the rabbit thoroughly, and cut it into joints. Put the butter into a stewpan with the pieces of rabbit; add salt, pepper, and pounded mace, and let it cook until three parts done; then put in the remaining ingredients, and boil for about 10 minutes: it will then be ready to serve. Fowls or hare may be dressed in the same manner.

做法。--将兔子掏空、剥皮、彻底洗净，切成块。将黄油和兔块放入炖锅；加入盐、胡椒和捣碎的肉豆蔻，煮至三分熟；然后放入其余配料，煮约10分钟：即可上桌。鸡或野兔也可用同样方法烹制。

Time.—Altogether, 35 minutes. *Average cost*, from 1s. to 1s. 6d. each.

时间。--总共35分钟。平均费用，每只1s.至1s.6d.。

Sufficient for 4 or 5 persons.

足量供4或5人食用。

Seasonable from September to February.

时令九月至二月。

RABBIT PIE.

兔肉馅饼。

981. INGREDIENTS.—1 rabbit, a few slices of ham, salt and white pepper to taste, 2 blades of pounded mace, 1/2 teaspoonful of grated nutmeg, a few forcemeat balls, 3 hard-boiled eggs, 1/2 pint

981. 配料。--1只兔子、几片火腿、适量盐和白胡椒、2片捣碎的肉豆蔻、1/2小匙磨碎的肉豆蔻、几个调味肉丸、3个煮硬的鸡蛋、1/2 pint

of gravy, puff crust.

Mode.—Cut up the rabbit (which should be young), remove the breastbone, and bone the legs. Put the rabbit, slices of ham, forcemeat balls, and hard eggs, by turns, in layers, and season each layer with pepper, salt, pounded mace, and grated nutmeg. Pour in about 1/2 pint of water, cover with crust, and bake in a well-heated oven for about 1-1/2 hour. Should the crust acquire too much colour, place a piece of paper over it to prevent its burning. When done, pour in at the top, by means of the hole in the middle of the crust, a little good gravy, which may be made of the breast- and leg-bones of the rabbit and 2 or 3 shank-bones, flavoured with onion, herbs, and spices.

Time.—1-1/2 hour. *Average cost*, from 1s. to 1s. 6d. each.

Sufficient for 5 or 6 persons.

Seasonable from September to February.

Note.—The liver of the rabbit may be boiled, minced, and mixed with the forcemeat balls, when the flavour is liked.

FECUNDITY OF THE RABBIT.—The fruitfulness of this animal has been the subject of wonder to all naturalists. It breeds seven times in the year, and generally begets seven or eight young ones at a time. If we suppose this to happen regularly for a period of four years, the progeny that would spring from a single pair would amount to more than a million. As the rabbit, however, has many enemies, it can never be permitted to increase in numbers to such an extent as to prove injurious to mankind; for it not only furnishes man with an article of food, but is, by carnivorous animals of every description, mercilessly sacrificed.

肉汁，酥皮。

Mode。--将兔肉(应选用幼兔)切块，去除胸骨，并将腿骨剔去。将兔肉、火腿片、肉馅丸子和硬煮蛋依次分层放入，每层用胡椒、盐、捣碎的肉豆蔻皮和磨碎的肉豆蔻调味。倒入约1/2品脱的水，盖上酥皮，在充分加热的烤箱中烘烤约1-1/2小时。如果酥皮上色过深，在上面盖一张纸以防烤焦。烤好后，通过酥皮中央的孔洞从顶部倒入少量优质肉汁，肉汁可用兔子的胸骨和腿骨以及2至3根胫骨熬制，并加入洋葱、香草和香料调味。

时间。--1-1/2小时。平均成本，每个1先令至1先令6便士。

足量供5或6人食用。

时令九月至二月。

注。--如喜欢其风味，可将兔肝煮熟、切碎，拌入调味肉丸中。

兔的繁殖力--这种动物的多产令所有博物学家惊叹。它一年繁殖七次，通常每次产七至八只幼兔。若假定此情形持续四年，则一对兔所繁衍的后代将超过一百万。然而，由于兔有许多天敌，绝不允许其数量增至对人类有害的程度；因为它不仅为人类提供食物，而且被各种食肉动物无情捕杀。

Notwithstanding this, however, in the time of the Roman power, they once infested the Balearic islands to such an extent, that the inhabitants were obliged to implore the assistance of a military force from Augustus to exterminate them.

然而尽管如此，在罗马势力时代，它们曾一度在巴利阿里群岛泛滥到如此程度，以致居民不得不向奥古斯都恳求派军队来消灭它们。

RAGOUT OF RABBIT OR HARE.

兔肉或野兔肉炖菜。

982. INGREDIENTS.—1 rabbit, 3 teaspoonfuls of flour, 3 sliced onions, 2 oz. of butter, a few thin slices of bacon, pepper and salt to taste, 2 slices of lemon, 1 bay-leaf, 1 glass of port wine.

982. 配料。--1只兔子、3小匙面粉、3个切片洋葱、2 oz.黄油、几片薄培根、适量胡椒和盐、2片柠檬、1片月桂叶、1杯波特酒。

Mode.—Slice the onions, and put them into a stewpan with the flour and butter; place the pan near the fire, stir well as the butter melts, till the onions become a rich brown colour, and add, by degrees, a little water or gravy till the mixture is of the consistency of cream. Cut some thin slices of bacon; lay in these with the rabbit, cut into neat joints; add a seasoning of pepper and salt, the lemon and bay-leaf, and let the whole simmer until tender. Pour in the port wine, give one boil, and serve.

Mode。--将洋葱切片，与面粉和黄油一同放入炖锅中；把锅置于火旁，待黄油融化时充分搅拌，直至洋葱变成浓郁的褐色，并逐渐加入少量水或肉汁，直至混合物呈奶油般的稠度。切几片薄培根；将培根与切成整齐块的兔肉一同放入；加入胡椒和盐的调味、柠檬和月桂叶，让整锅用文火慢炖至软嫩。倒入波特酒，煮沸一次，即可上桌。

Time.—About 1/2 hour to simmer the rabbit.

时间。--炖兔肉约需1/2小时。

Average cost, from 1s. to 1s. 6d. each. *Sufficient* for 4 or 5 persons.

平均费用，每只1s.至1s.6d.。足够4或5人食用。

Seasonable from September to February.

时令九月至二月。

THE RABBIT-HOUSE.—Rabbit-keeping is generally practised by a few individuals in almost every town, and by a few in almost every part of the country. Forty years ago, there were in the metropolis one or two considerable feeders, who, according to report, kept from 1,600 to 2,000 breeding does. These large establishments, however, have ceased to exist, and London receives the supply of tame as well as wild rabbits chiefly from the

兔舍。--几乎每个城镇都有少数人养兔，几乎全国各地也有少数人养兔。四十年前，首都有一两个规模可观的饲养者，据报告养有1,600至2,000只繁殖母兔。然而这些大型养殖场已不复存在，伦敦的家兔和野兔供应主要来自

country. Where they are kept, however, the rabbit-house should be placed upon a dry foundation, and be well ventilated. Exposure to rain, whether externally or internally, is fatal to rabbits, which, like sheep, are liable to the rot, springing from the same causes. Thorough ventilation and good air are indispensable where many rabbits are kept, or they will neither prosper nor remain healthy for any length of time. A thorough draught or passage for the air is, therefore, absolutely necessary, and should be so contrived as to be checked in cold or wet weather by the closing or shutting of opposite doors or windows.

然而，无论将它们养在何处，兔舍都应建在干燥的地基上，并保持良好通风。无论是外部还是内部淋雨，对兔子都是致命的，它们和羊一样，容易因同样的原因患上腐蹄病。饲养大量兔子时，彻底通风和良好空气不可或缺，否则它们既不会兴旺，也无法长期保持健康。因此，空气的彻底流通或通道绝对必要，并且应设计成在寒冷或潮湿天气时通过关闭对侧的门或窗来加以调节。

ROAST OR BAKED RABBIT.

烤兔或烘兔。

983. INGREDIENTS.—1 rabbit, forcemeat No. 417, buttered paper, sausage-meat.

983. 配料--1只兔子，第417号馅料，涂油纸，香肠肉。

[Illustration: ROAST RABBIT.]

[插图：烤兔肉]

Mode.—Empty, skin, and thoroughly wash the rabbit; wipe it dry, line the inside with sausage-meat and forcemeat made by recipe No. 417, and to which has been added the minced liver. Sew the stuffing inside, skewer back the head between the shoulders, cut off the fore-joints of the shoulders and legs, bring: them close to the body, and secure them by means of a skewer. Wrap the rabbit in buttered paper, and put it down to a bright clear fire; keep it well basted, and a few minutes before it is done remove the paper, flour and froth it, and let it acquire a nice brown colour. Take out the skewers, and serve with brown gravy and red-currant jelly. To bake the rabbit, proceed in the same manner as above; in a good oven, it will take about the same time as roasting.

模式。--将兔子掏空、剥皮并彻底洗净；擦干，内腔填入香肠肉馅和按第417号食谱制作的-forcemeat，并加入切碎的肝脏。将馅料缝入内部，将头别到两肩之间，切下肩部和腿的前关节，将它们紧贴身体，用签子固定。用涂了黄油的纸将兔子包好，放在明亮清澈的火前；不断浇淋，烤好前几分钟去掉纸，撒上面粉并起泡，使其呈现漂亮的棕色。取出签子，配棕色肉汁和红醋栗果冻上桌。要烤制兔子，按上述相同方法操作；在良好的烤箱中，所需时间与烤制大致相同。

Time.—A young rabbit, 35 minutes; a large one, about 3/4 hour.

时间。--小兔，35分钟；大兔，约3/4小时。

Average cost, from 1s. to 1s. 6d. each. *Sufficient* for 4 persons.

Seasonable from September to February.

THE HUTCH.—Hutches are generally placed one above another to the height required by the number of rabbits and the extent of the room. Where a large stock is kept, to make the most of room, the hutches may be placed in rows, with a sufficient interval between for feeding and cleaning, instead of being, in the usual way, joined to the wall. It is preferable to rest the hutches upon stands, about a foot above the ground, for the convenience of cleaning under them. Each of the hutches intended for breeding should have two rooms,—a feeding and a bed-room. Those are single for the use of the weaned rabbits, or for the bucks, which are always kept separate. The floors should be planed smooth, that wet may run off, and a common hoe, with a short handle, and a short broom, are most convenient implements for cleaning these houses.

STEWED RABBIT.

984. INGREDIENTS.—1 rabbit, 2 large onions, 6 cloves, 1 small teaspoonful of chopped lemon-peel, a few forcemeat balls, thickening of butter and flour, 1 large tablespoonful of mushroom ketchup.

Mode.—Cut the rabbit into small joints; put them into a stewpan, add the onions sliced, the cloves, and minced lemon-peel. Pour in sufficient water to cover the meat, and, when the rabbit is nearly done, drop in a few forcemeat balls, to which has been added the liver, finely chopped. Thicken the gravy with flour and butter, put in the ketchup, give one boil, and serve.

平均费用，每只1s.至1s.6d.。足够4人食用。

时令九月至二月。

兔笼。--兔笼通常根据兔子数量和房间大小所需的高度，一个叠一个地放置。饲养大量兔子时，为充分利用空间，兔笼可成排摆放，之间留出足够间隔以便喂食和清洁，而不是像通常那样靠墙放置。最好将兔笼放在离地约一英尺的架子上，以便清理笼下。每个用于繁殖的兔笼应有两个隔间--一个喂食室和一个卧室。断奶兔或公兔使用单间，公兔始终单独饲养。笼底应刨平，以便水能流走；一把短柄普通锄头和一把短扫帚是清洁这些兔笼最方便的工具。

炖兔肉。

984. 配料。--1只兔子、2个大洋葱、6粒丁香、1小匙切碎的柠檬皮、几个调味肉丸、黄油和面粉调成的增稠料、1大匙蘑菇番茄酱。

做法。--将兔子切成小块；放入炖锅，加入切片洋葱、丁香和切碎的柠檬皮。倒入足量水淹没肉，待兔子将近熟时，放入几个调味肉丸，其中已加入切碎的肝脏。用面粉和黄油将肉汁增稠，加入番茄酱，煮沸一次，即可上桌。

Time.—Rather more than 1/2 hour. *Average cost*, 1s. to 1s. 6d each.

Sufficient for 4 or 5 persons.

Seasonable from September to February.

[Illustration: LOP-EARED RABBIT.]

FANCY RABBITS.—The graceful fall of the ears is the first thing that is looked to by the fancier; next, the dewlap, if the animal is in its prime; then the colours and marked points, and, lastly, the shape and general appearance. The ears of a fine rabbit should extend not less than seven inches, measured from tip to tip in a line across the skull; but even should they exceed this length, they are admitted with reluctance into a fancy stock, unless they have a uniform and graceful droop. The dewlap, which is a fold of skin under the neck and throat, is only seen in fancy rabbits, after they have attained their full growth: it commences immediately under the jaw, and adds greatly to the beauty of their appearance. It goes down the throat and between the fore legs, and is so broad that it projects beyond the chin.

The difference between the fancy and common rabbit in the back, independent of the ears, is sufficient to strike the common observer. Fancy rabbits fetch a very high price; so much as five and ten guineas, and even more, is sometimes given for a first-rate doe. If young ones are first procured from a good family, the foundation of an excellent stock can be procured for a much smaller sum. Sometimes the ears, instead of drooping down, slope backwards: a rabbit with this characteristic is scarcely admitted into a fancy lot, and is not considered worth more than the

时间。--略多于1/2小时。平均费用，每个1先令至1先令6便士。

足量供4或5人食用。

时令九月至二月。

[插图：垂耳兔。]

观赏兔--耳下垂的优雅姿态是饲养者首先关注的；其次是颈垂，若兔正值壮年；然后是毛色与斑纹，最后是体型与整体外观。优质兔的耳朵从颅骨一侧量到另一侧，耳尖到耳尖不应少于七英寸；但即便超过此长度，除非下垂得均匀优雅，否则也难以被纳入观赏种群。颈垂是颈部和喉下的一褶皮肤，仅在观赏兔发育完全后才可见：它从下颌正下方开始，大大增添其外观之美。它沿喉部向下延伸至前腿之间，宽得超出下巴。

观赏兔与普通兔在背部上的差异，且不论耳朵，已足以令普通观察者注目。观赏兔售价极高；一只一流母兔有时可售五至十基尼，甚至更多。若最初从良种家族购得幼兔，则以少得多的花费便可奠定优良种群的基础。有时耳朵非但不下垂，反而向后倾斜：具此特征的兔几乎不被纳入观赏种群，且被认为价值不超过

common variety. The next position is when one ear lops outwards, and the other stands erect: rabbits of this kind possess but little value, however fine the shape and beautiful the colour, although they sometimes breed as good specimens as finer ones.

普通品种。其次一种情形是一只耳朵向外垂、另一只耳朵直立：这类兔子无论体形多好、毛色多美，价值都很低，尽管它们有时也能繁殖出与优良品种一样好的个体。

The forward or horn-lop is one degree nearer perfection than the half-lop: the ears, in this case, slope forward and down over the forehead. Rabbits with this peculiarity are often perfect in other respects, with the exception of the droop of the ears, and often become the parents of perfect young ones: does of this kind often have the power of lifting an ear erect. In the ear-lop, the ears spread out in an horizontal position, like the wings of a bird in flight, or the arms of a man swimming. A great many excellent does have this characteristic, and some of the best-bred bucks in the fancy are entirely so. Sometimes a rabbit drops one ear completely, but raises the other so neatly horizontally as to constitute an ear-lop: this is superior to all others, except the perfect fall, which is so rarely to be met with, that those which are merely ear-lopped are considered as valuable rabbits, if well bred and with other good qualities.

前垂或角垂比半垂更接近完美一级：此情形下耳朵向前下方倾斜覆于额上。具此特征的兔往往在其他方面完美无缺，唯耳下垂不足，且常成为完美幼兔的父母：此类母兔常有将一耳竖起的能力。耳垂型中，耳朵呈水平展开，如飞行中鸟的双翼，或游泳者张开的手臂。许多优秀母兔具此特征，观赏界一些血统最佳的雄兔亦完全如此。有时兔一耳完全下垂，另一耳却整齐地水平抬起，构成耳垂型：此优于其他一切，唯完美下垂除外，而完美下垂极为罕见，故仅属耳垂型者，若血统良好且兼具其他优良品质，便被视为珍贵之兔。

"The real lop has ears that hang down by the side of the cheek, slanting somewhat outward in their descent, with the open part of the ear inward, and sometimes either backwards or forwards instead of perpendicular: when the animals stand in an easy position, the tips of the ears touch the ground. The hollows of the ears, in a fancy rabbit of a first-rate kind, should be turned so completely backwards that only the outer part of them should remain in front: they should match exactly in their descent, and should slant outwards as little as possible."

“真正的垂耳兔耳朵垂在脸颊两侧，下垂时略向外斜，耳口朝内，有时向前或向后而非垂直：当兔子处于放松姿势时，耳尖触地。在一只一流的观赏兔身上，耳窝应完全朝后，以致只有耳朵外侧部分留在前面：两耳下垂应完全对称，并尽可能少地向外斜。”

The same authority asserts that perfect lops are so rare, that a breeder possessing twenty of the handsomest and most perfect does would consider himself lucky if, in the course of a year, he managed to raise twelve full-lopped rabbits out of them all. As regards variety and purity of colour an experienced breeder says: —

"The fur of fancy rabbits may be blue, or rather lead-colour, and white, or black and white, or tawny and white, that is, tortoiseshell-coloured. But it is not of so much importance what colours the coat of a rabbit displays, as it is that those colours shall be arranged in a particular manner, forming imaginary figures or fancied resemblances to certain objects. Hence the peculiarities of their markings have been denoted by distinctive designations. What is termed 'the blue butterfly smut' was, for some time, considered the most valuable of fancy rabbits. It is thus named on account of having bluish or lead-coloured spots on either side of the nose, having some resemblance to the spread wings of a butterfly, what may be termed the groundwork of the rabbit's face being white. A black and white rabbit may also have the face marked in a similar manner, constituting a 'black butterfly smut.'

"But A good fancy rabbit must likewise have other marks, without which it cannot be considered a perfect model of its kind. There should be a black or blue patch on its back, called the saddle; the tail must be of the same colour with the back and snout; while the legs should be all white; and there ought to be dark stripes on both sides of the body in front, passing backwards to meet the saddle, and uniting on the top of the shoulders at the part called the withers in a horse. These stripes form what is termed the

同一权威人士断言，完美的垂耳兔极为罕见，以致一位拥有二十只最漂亮、最完美的母兔的饲养者，若能在一年之内从所有这些母兔中养出十二只全垂耳的兔子，便会认为自己运气很好。至于毛色的多样与纯正，一位经验丰富的饲养者说：

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“观赏兔的毛色可为蓝色，或更确切说铅色，与白色，或黑与白，或黄褐与白，即龟甲色。但兔毛呈现何种颜色，不如这些颜色须以特定方式排列那般重要，从而构成想象中的图案或对某些物体的想象性相似。因此其斑纹的独特性便以专门名称标示。所谓‘蓝蝴蝶斑’曾一度被视为观赏兔中最珍贵者。此名因其鼻两侧有淡蓝或铅色斑点，略似展开的蝶翼，而兔脸底色为白色。黑白兔亦可有类似的面部斑纹，构成‘黑蝴蝶斑’。”

“但一只优良的观赏兔同样必须具有其他标记，没有这些标记，就不能被视为其种类的完美典范。其背上应有一块黑色或蓝色的斑块，称为鞍部；尾巴的颜色必须与背部和口鼻部相同；而腿部则应全为白色；身体前部两侧应有深色条纹，向后延伸与鞍部相接，并在肩部上方、即马身上称为鬐甲的部位汇合。这些条纹构成了所谓的

'chain' having somewhat the appearance of a chain or collar hanging round the neck."

"链纹”，其外观略似一条链子或项圈挂在颈上。”

"Among thorough-bred fancy rabbits, perhaps not one in a hundred will have all these markings clearly and exactly displayed on the coat; but the more nearly the figures on the coat of a rabbit approach to the pattern described, the greater will be its value, so far, at least, as relates to colour. The beauty and consequent worth of a fancy rabbit, however, depends a good deal on its shape, or what is styled its carriage. A rabbit is said to have a good carriage when its back is finely arched, rising full two inches above the top of its head, which must be held so low as for the muzzle and the points of the ears to reach almost to the ground."

“在纯种观赏兔中，或许一百只里也没有一只会在毛皮上清晰而准确地展现出所有这些斑纹；但兔毛皮上的图案越接近所描述的样式，其价值就越大，至少就颜色而言是如此。然而，一只观赏兔的美观及由此而来的价值，在很大程度上取决于其体形，即所谓的姿态。当兔子的背部优美地拱起，高出头顶足足两英寸以上，而头部必须低垂到口鼻部和耳尖几乎触及地面时，便说它具有良好的姿态。”

STEWED RABBIT, Larded.

焖兔肉，嵌猪油。

985. INGREDIENTS.—1 rabbit, a few strips of bacon, rather more than 1 pint of good broth or stock, a bunch of savoury herbs, salt and pepper to taste, thickening of butter and flour, 1 glass of sherry.

985. 配料。- 兔子1只，培根薄片数条，上等肉汤或高汤1品脱略多，芳香香草1束，盐和胡椒适量，黄油与面粉调成的增稠料，雪利酒1杯。

Mode.—Well wash the rabbit, cut it into quarters, lard them with Blips of bacon, and fry them; then put them into a stewpan with the broth, herbs, and a seasoning of pepper and salt; simmer gently until the rabbit is tender, then strain the gravy, thicken it with butter and flour, add the sherry, give one boil, pour it over the rabbit, and serve. Garnish with slices of cut lemon.

做法。- 将兔子洗净，切成四块，用培根薄片穿插，煎炸；然后放入炖锅，加入肉汤、香草以及胡椒和盐的调味；用文火慢炖至兔肉酥嫩，然后滤出肉汁，用黄油和面粉增稠，加入雪利酒，煮沸一次，浇在兔肉上，即可上桌。以切好的柠檬片装饰。

Time.—Rather more than 1/2 hour.

时间。--略多于1/2小时。

Average cost, 1s. to 1s. 6d. each.

平均成本，每个1先令至1先令6便士。

Sufficient for 4 or 5 persons.

足量供4或5人食用。

Seasonable from September to February.

[Illustration: THE HARE-RABBIT.]

THE HARE-RABBIT.—There has been lately introduced to French tables an animal called the "Hare-rabbit," partaking of the nature, characteristics, and qualifications of both the hare and the rabbit. It is highly spoken of, both as regards flesh and flavour; and it is said to be the only hybrid which is able to perpetuate its race. We hope that some enterprising individual will soon secure for English, tables what would seem to be a really valuable addition to our other game and poultry dishes; although it will be rather difficult to exactly assign its proper position, as within or without the meaning of "game," as by law established. Only a few specimens have been seen in England at present, but there is no reason to doubt that our rabbit-fanciers will prove equal to the occasion, and cope successfully with our neighbours across the Channel in introducing a new animal serviceable in the kitchen.

[Illustration: ANGORA RABBIT.]

THE ANGORA RABBIT.—This is one of the handsomest of all rabbits. It takes its name from being an inhabitant of Angora, a city and district of Asia Minor. Like the well-known Angora goat and cat, both of which are valuable on account of the fineness of their wool and fur, this rabbit is prized for its long, waved, silky fur, which, as an article of commerce is highly esteemed. We are not aware whether it is eaten by the inhabitants, and but few specimens have been introduced into England, where, doubtless, the beauty of its coat would materially suffer from the more humid and less genial character of the climate. To the rabbits of the ancient and mountainous district of Angora the words of the

时令九月至二月。

[插图：野兔]

兔形野兔--近来有一种名为“兔形野兔”的动物被引入法国餐桌，它兼具野兔与家兔的本性、特征和品质。无论是就其肉质还是风味而言，都备受推崇；据说它是唯一能够繁衍后代的杂交种。我们希望某位有进取心的人士能很快为英国餐桌获取这一看来确实是我们其他野味和家禽菜肴中有价值的增添之物；尽管要确切判定其应归于依法确立的“野味”含义之内还是之外，将颇为困难。目前在英国仅见过少数几只标本，但毫无疑问，我们的养兔爱好者将能应对这一时机，并在引入一种可供厨房使用的新动物方面，成功地与海峡对岸的邻国一较高下。

[插图：安哥拉兔。]

安哥拉兔--这是所有兔子中最漂亮的一种。它因产于小亚细亚的城市和地区安哥拉而得名。如同著名的安哥拉山羊和安哥拉猫一样--两者都因其羊毛和皮毛的纤细而珍贵--这种兔子因其长而呈波浪状的丝滑皮毛而备受珍视，作为一种商品，这种皮毛极受推崇。我们不知道当地居民是否食用它，而且引入英国的标本极少，无疑，其皮毛的美观会因英国更为潮湿、不那么宜人的气候而大受影响。对于古老而多山的安哥拉地区的兔子们，

wise man would seem most to apply, "The conies are but feeble folk, yet make they their houses in the rocks."

[Illustration: HIMALAYA RABBITS.]

THE HIMALAYA RABBIT.—Amidst the mighty Himalaya mountains, whose peaks are the highest on the globe, the pretty rabbit here portrayed is found; and his colour seems to be like the snow, which, above the altitude of from 13,000 to 16,000 feet, perpetually crowns the summits of these monarchs of the world. It is, at present, a very rare animal in England, but will, doubtless, be more extensively known in the course of a few years. From the earth-tunnelling powers of this little animal, Martial declares that mankind learned the art of fortification, mining, and covered roads.

BOILED TURKEY.

986. INGREDIENTS.—Turkey; forcemeat No. 417.

Choosing and Trussing.—Hen turkeys are preferable for boiling, on account of their whiteness and tenderness, and one of moderate size should be selected, as a large one is not suitable for this mode of cooking. They should not be dressed until they have been killed 3 or 4 days, as they will neither look white, nor will they be tender. Pluck the bird, carefully draw, and singe it with a piece of white paper, wash it inside and out, and wipe it thoroughly dry with a cloth. Cut off the head and neck, draw the strings or sinews of the thighs, and cut off the legs at the first joint; draw the legs into the body, fill the breast with forcemeat made by recipe No. 417; run a skewer through the wing and the middle joint of the leg, quite into the leg and wing on the opposite side; break the

智者似乎最适用于此：“沙番本是软弱之民，却能在磐石中造房。”

[插图：喜马拉雅兔。]

喜马拉雅兔--在巍峨的喜马拉雅山脉之中，其山峰为全球最高，这里描绘的美丽兔子便栖息于此；它的毛色似乎如同白雪一般，在海拔一万三千至一万六千英尺以上，终年覆盖着这些世界之王的峰顶。目前，它在英格兰是一种非常罕见的动物，但无疑在几年之内会被更广泛地了解。马提雅尔宣称，人类正是从这种小动物挖掘地下隧道的本领中，学会了筑城、采矿和修筑掩蔽道路的技艺。

煮火鸡

986. 配料--火鸡；馅料第417号。

选择与捆扎。--母火鸡因其洁白和柔嫩而更适合煮，应选择中等大小的一只，因为大只的不适合这种烹饪方式。它们应在宰杀后3至4天才进行整理，否则既不会显得洁白，也不会柔嫩。将禽鸟拔毛，小心取出内脏，用一张白纸燎去细毛，内外洗净，用布彻底擦干。切下头和颈，抽去大腿的筋腱，在第一关节处切下腿；将腿拉入体内，用食谱第417号制作的馅料填入胸部；将一根签子穿过翅膀和腿的中间关节，直穿入对侧的腿和翅膀；折断

breastbone, and make the bird look as round and as compact as possible.

[Illustration: BOILED TURKEY.]

Mode.—Put the turkey into sufficient *hot* water to cover it; let it come to a boil, then carefully remove all the scum: if this is attended to, there is no occasion to boil the bird in a floured cloth; but it should be well covered with the water. Let it simmer very gently for about 1-1/2 hour to 1-3/4 hour, according to the size, and serve with either white, celery, oyster, or mushroom sauce, or parsley-and-butter, a little of which should be poured over the turkey. Boiled ham, bacon, tongue, or pickled pork, should always accompany this dish; and when oyster sauce is served, the turkey should be stuffed with oyster forcemeat.

Time.—A small turkey, 1-1/2 hour; a large one, 1-3/4 hour.

Average cost, 5s. 6d. to 7s. 6d. each, but more expensive at Christmas, on account of the great demand.

Sufficient for 7 or 8 persons.

Seasonable from December to February.

THE TURKEY.—The turkey, for which fine bird we are indebted to America, is certainly one of the most glorious presents made by the New World to the Old. Some, indeed, assert that this bird was known to the ancients, and that it was served at the wedding-feast of Charlemagne. This opinion, however, has been controverted by first-rate authorities, who declare that the French name of the bird, *dindon*, proves its origin; that the form of the bird is altogether foreign, and that it is found in America alone in a wild state. There is but little doubt, from the information which has

胸骨，并使禽体看起来尽可能圆润紧实。

[插图：煮火鸡。]

做法。--将火鸡放入足量的热水中，使其浸没；让其煮沸，然后小心撇去所有浮沫：若注意到这一点，就不必用撒粉的布包着煮；但应让水充分浸没禽鸟。根据大小，让其非常轻微地煨约1-1/2小时至1-3/4小时，配以白色酱汁、芹菜酱汁、牡蛎酱汁或蘑菇酱汁，或欧芹黄油酱汁，并应将少许酱汁浇在火鸡上。煮火腿、培根、舌或腌猪肉应始终与此菜同食；若配牡蛎酱汁，火鸡应填入牡蛎馅料。

时间。--小火鸡，1-1/2小时；大火鸡，1-3/4小时。

平均费用，每只5先令6便士至7先令6便士，但圣诞节期间因需求量大而更为昂贵。

足量供7至8人食用。

时令十二月至二月。

火鸡。--我们得此佳禽实赖美洲，它无疑是新世界赠予旧世界的最辉煌的礼物之一。的确，有人断言此鸟古人已知，并曾出现在查理曼的婚宴上。然而，这一观点已被一流权威所驳斥，他们宣称此鸟的法文名称*dindon*即证明其起源；此鸟的形态全然是外来的，且仅在美洲发现其野生状态。根据费尽周折所获得的信息，几乎毫无疑问，

been gained at considerable trouble, that it appeared, generally, in Europe about the end of the 17th century; that it was first imported into France by Jesuits, who had been sent out missionaries to the West; and that from France it spread over Europe. To this day, in many localities in France, a turkey is called a Jesuit. On the farms of N. America, where turkeys are very common, they are raised either from eggs which have been found, or from young ones caught in the woods: they thus preserve almost entirely their original plumage. The turkey only became gradually acclimated, both on the continent and in England: in the middle of the 18th century, scarcely 10 out of 20 young turkeys lived; now, generally speaking, 15 out of the same number arrive at maturity.

它大约在17世纪末普遍出现于欧洲；它最初由被派往西方传教的耶稣会士传入法国；并从法国传播到整个欧洲。至今，在法国的许多地方，火鸡仍被称为耶稣会士。在北美洲的农场，火鸡非常普遍，它们或是从发现的蛋孵化，或是从林中捕获的幼鸟养大：因此它们几乎完全保留了原有的羽毛。火鸡在大陆和英格兰都只是逐渐适应了气候：在18世纪中叶，20只小火鸡中几乎没有10只能存活；如今，一般而言，同样数目中有15只能长到成熟。

CROQUETTES OF TURKEY (Cold Meat Cookery).

火鸡炸肉饼(冷肉烹饪)。

987. INGREDIENTS.—The remains of cold turkey; to every 1/2 lb. of meat allow 2 oz. of ham or bacon, 2 shalots, 1 oz. of butter, 1 tablespoonful of flour, the yolks of 2 eggs, egg and bread crumbs.

987. 配料。- 冷火鸡的剩余部分；每1/2磅肉配火腿或培根2盎司，青葱2根，黄油1盎司，面粉1汤匙，蛋黄2个，蛋液和面包屑。

Mode.—The smaller pieces, that will not do for a fricassée or hash, answer very well for this dish. Mince the meat finely with ham or bacon in the above proportion; make a gravy of the bones and trimmings, well seasoning it; mince the shalots, put them into a stewpan with the butter, add the flour; mix well, then put in the mince, and about 1/2 pint of the gravy made from the bones. (The proportion of the butter must be increased or diminished according to the quantity of mince.) When just boiled, add the yolks of 2 eggs; put the mixture out to cool, and then shape it in a wineglass. Cover the croquettes with egg and bread crumbs, and fry them a delicate brown. Put small pieces of parsley-stems for

做法。--不适合做炖菜或肉末菜的较小块肉，非常适合做这道菜。将肉与火腿或培根按上述比例细细剁碎；用骨头和边角料制成肉汁，充分调味；将红葱头剁碎，与黄油一起放入炖锅，加入面粉；拌匀，然后放入肉末，以及约1/2品脱用骨头制成的肉汁。(黄油的用量必须根据肉末的多少增减。)刚煮沸时，加入2个蛋黄；将混合物取出冷却，然后做成酒杯状。将炸肉饼裹上蛋液和面包屑，炸至浅棕色。将欧芹茎的小段放在

stalks, and serve with, rolled bacon cut very thin.

Time.—8 minutes to fry the croquettes.

Seasonable from December to February.

THE WILD TURKEY.—In its wild state, the turkey is gregarious, going together in extensive flocks, numbering as many as five hundred. These frequent the great swamps of America, where they roost; but, at sunrise, leave these situations to repair to the dry woods, in search of berries and acorns. They perch on the boughs of trees, and, by rising from branch to branch, attain the height they desire. They usually mount to the highest tops, apparently from an instinctive conception that the loftier they are the further they are out of danger. They fly awkwardly, but run with great swiftness, and, about the month of March become so fat as not to be able to take a flight beyond three or four hundred yards, and are then, also, easily run down by a horseman. Now, however, it rarely happens that wild turkeys are seen in the inhabited parts of America. It is only in the distant and more unfrequented parts that they are found in great numbers.

FRICASSEED TURKEY (Cold Meat Cookery).

988. INGREDIENTS.—The remains of cold roast or boiled turkey; a strip of lemon-peel, a bunch of savoury herbs, 1 onion, pepper and salt to taste, 1 pint of water, 4 tablespoonfuls of cream, the yolk of an egg.

Mode.—Cut some nice slices from the remains of a cold turkey, and put the bones and trimmings into a stewpan, with the lemon-peel, herbs, onion, pepper, salt, add the water; stew for an hour, strain the gravy, and lay in the pieces of turkey. When warm

将茎部装盘，配以切得极薄的卷培根一同上桌。

时间。--炸可乐饼需8分钟。

时令十二月至二月。

野火鸡--在野生状态下，火鸡是群居的，结成大群，数量多达五百只。它们常出没于美洲的大沼泽地，在那里栖息；但日出时便离开这些地方，前往干燥的树林寻找浆果和橡子。它们栖于树枝上，从一根树枝跳到另一根树枝，达到它们想要的高度。它们通常攀至最高的树梢，显然是出于一种本能的想法：位置越高，离危险越远。它们飞行笨拙，但奔跑极为迅速，约在三月间肥得只能飞三四百码远，那时也容易被骑马者追上。然而如今在美洲有人居住的地区已很少见到野火鸡。只有在遥远而人迹罕至的地方才能大量发现它们。

火鸡烩肉(冷肉烹饪)。

988. 配料。- 冷烤火鸡或冷煮火鸡的剩余部分；柠檬皮1条，芳香香草1束，洋葱1个，胡椒和盐适量，水1品脱，奶油4汤匙，蛋黄1个。

做法。- 从冷火鸡的剩余部分切下一些上好的肉片，将骨头和碎料放入炖锅，加入柠檬皮、香草、洋葱、胡椒、盐，加水；炖一小时，滤出肉汁，放入火鸡肉片。待其热透

through, add the cream and the yolk of an egg; stir it well round, and, when getting thick, take out the pieces, lay them on a hot dish, and pour the sauce over. Garnish the fricassée with sippets of toasted bread. Celery or cucumbers, cut into small pieces, may be put into the sauce; if the former, it must be boiled first.

后，加入奶油和蛋黄；充分搅拌，待其变稠时，取出肉片，放在热盘中，将酱汁浇上。以烤面包丁装饰这盘烩菜。可将芹菜或黄瓜切成小块放入酱汁中；若用芹菜，须先煮过。

Time.—1 hour to make the gravy.

时间。--制作肉汁需1小时。

Average cost, exclusive of the cold turkey, 4d.

平均成本，不含冷火鸡，4便士。

Seasonable from December to February.

时令十二月至二月。

THE TURKEY.—This is one of the gallinaceous birds, the principal genera of which are Pheasants, Turkeys, Peacocks, Bustards, Pintatoes, and Grouse. They live mostly on the ground, scraping the earth with their feet, and feeding on seeds and grains, which, previous to digestion, are macerated in their crops. They usually associate in families, consisting of one male and several females. Turkeys are particularly fond of the seeds of nettles, whilst the seeds of the foxglove will poison them. The common turkey is a native of North America, and, in the reign of Henry VIII., was introduced into England. According to Tusser's "Five Hundred Points of Good Husbandry," it began about the year 1585 to form a dish at our rural Christmas feasts:—

火鸡--这是鸡形目鸟类之一，其主要属为雉、火鸡、孔雀、鸨、松鸡和雷鸟。它们大多生活在地上，用脚刨土，以种子和谷物为食，这些食物在消化前先在它们的嗉囊中浸软。它们通常以家族为单位群居，由一只雄性和数只雌性组成。火鸡特别喜欢荨麻的种子，而毛地黄的种子会使它们中毒。普通火鸡原产于北美，在亨利八世统治时期传入英格兰。根据图瑟的《优良耕作五百要点》，约在1585年它开始成为我们乡村圣诞宴席上的一道菜：--

> "Beefe, mutton, and pork, shred pies of the best,
> Pig, veal, goose, and capon, and turkey well drest;
> Cheese, apples, and nuts, jolly carols to hear,
> As then in the country is counted good cheer."

> “牛肉、羊肉和猪肉，切碎的上好馅饼，猪、小牛肉、鹅和阉鸡，以及精心烹制的火鸡；奶酪、苹果和坚果，欢快的颂歌入耳，正如当时乡间所视为的美味佳肴。”

The turkey is one of the most difficult birds to rear, and its flesh is much esteemed.

火鸡是最难饲养的家禽之一，其肉备受推崇。

THE DISPOSITION OF THE TURKEY.—Among themselves, turkeys

火鸡的处理。--火鸡之间，

are extremely furious, whilst amongst other animals they are usually both weak and cowardly. The domestic cock frequently makes them keep at a distance, whilst they will rarely attack him but in a united body, when the cock is rather crushed by their weight than defeated by their prowess. The disposition of the female is in general much more gentle than that of the male. When leading forth her young to collect their food, though so large and apparently so powerful a bird, she gives them very slight protection from the attacks of any rapacious animal which may appear against them. She rather warns them of their danger than offers to defend them; yet she is extremely affectionate to her young.

极其凶猛，而在其他动物面前它们通常既软弱又怯懦。家鸡常常使它们保持距离，而它们很少攻击家鸡，除非结成群，此时家鸡与其说是被它们的勇猛击败，不如说是被它们的重量压垮。雌性的性情一般比雄性温和得多。当她带领幼雏觅食时，尽管是如此巨大而看似强大的鸟，她对任何可能袭击幼雏的猛禽却几乎不提供保护。她只是警告幼雏有危险，而不出面保护它们；然而她对幼雏极为慈爱。

HASHED TURKEY.

哈希火鸡。

989. INGREDIENTS.—The remains of cold roast turkey, 1 onion, pepper and salt to taste, rather more than 1 pint of water, 1 carrot, 1 turnip, 1 blade of mace, a bunch of savoury herbs, 1 tablespoonful of mushroom ketchup, 1 tablespoonful of port wine, thickening of butter and flour.

989. 配料。- 冷烤火鸡的剩余部分，洋葱1个，胡椒和盐适量，水1品脱略多，胡萝卜1根，芜菁1个，肉豆蔻衣1片，芳香香草1束，蘑菇番茄酱1汤匙，波特酒1汤匙，黄油与面粉调成的增稠料。

Mode.—Cut the turkey into neat joints; the best pieces reserve for the hash, the inferior joints and trimmings put into a stewpan with an onion cut in slices, pepper and salt, a carrot, turnip, mace, herbs, and water in the above proportion; simmer these for an hour, then strain the gravy, thicken it with butter and flour, flavour with ketchup and port wine, and lay in the pieces of turkey to warm through; if there is any stuffing left, put that in also, as it so much improves the flavour of the gravy. When it boils, serve, and garnish the dish with sippets of toasted bread.

做法。--将火鸡切成整齐的块；最好的部分留作烩肉，较差的部分和碎料放入炖锅，加入切片洋葱、胡椒和盐、一根胡萝卜、芜菁、肉豆蔻、香草，并按上述比例加水；将这些煨一小时，然后滤出肉汁，用黄油和面粉勾芡，用番茄酱和波特酒调味，放入火鸡块加热透；如果还剩有填料，也一并放入，因为它能大大改善肉汁的风味。煮沸后即可上桌，并用烤面包丁装饰菜肴。

Time.—1 hour to make the gravy.

Seasonable from December to February.

HUNTING TURKEYS.—Formerly, in Canada, hunting turkeys was one of the principal diversions of the natives of that country. When they discovered the retreat of the birds, which was generally near a field of nettles, or where grain of any kind was plentiful, they would send a well-trained dog into the midst of the flock. The turkeys no sooner perceived their enemy than they would run off at full speed, and with such swiftness that they would leave the dog far behind. He, however, would follow in their wake, and as they could not, for a great length of time, continue at their speed, they were at last forced to seek shelter in the trees. There they would sit, spent with fatigue, till the hunters would approach, and, with long poles, knock them down one after the other.

ROAST TURKEY.

990. INGREDIENTS.—Turkey; forcemeat No. 417.

Choosing and Trussing.—Choose cock turkeys by their short spurs and black legs, in which case they are young; if the spurs are long, and the legs pale and rough, they are old. If the bird has been long killed, the eyes will appear sunk and the feet very dry; but, if fresh, the contrary will be the case. Middling-sized fleshy turkeys are by many persons considered superior to those of an immense growth, as they are, generally speaking, much more tender. They should never be dressed the same day they are killed; but, in cold weather, should hang at least 8 days; if the weather is mild, 4 or 5 days will be found sufficient. Carefully pluck the bird, singe it

时间。--制作肉汁需1小时。

时令十二月至二月。

猎捕火鸡--从前在加拿大，猎捕火鸡是当地原住民的主要消遣之一。当他们发现鸟群的栖息地时--通常靠近荨麻田或任何谷物丰盛之处--他们会派一只训练有素的狗进入鸟群中间。火鸡一发现敌人便全速逃跑，速度之快把狗远远甩在后面。然而狗会紧随其后，而它们无法长时间保持这种速度，最终被迫躲进树中。它们筋疲力尽地停在那里，直到猎人们走近，用长竿把它们一只接一只地打下来。

烤火鸡。

990. 配料--火鸡；馅料第417号。

挑选与捆扎。--挑选雄火鸡时，要看其距短、腿黑，这样的火鸡是年轻的；如果距长，腿色浅且粗糙，那就是老的。如果禽鸟宰杀已久，眼睛会显得凹陷，脚非常干燥；但如果是新鲜的，情况则相反。中等大小、肉厚的火鸡被许多人认为优于体型巨大的火鸡，因为一般来说，它们要嫩得多。它们绝不应在宰杀当天就烹制；在寒冷的天气里，应至少挂8天；如果天气温和，4到5天就足够了。仔细拔去羽毛，用白纸燎去细毛

with white paper, and wipe it thoroughly with a cloth; draw it, preserve the liver and gizzard, and be particular not to break the gall-bag, as no washing will remove the bitter taste it imparts where it once touches. Wash it *inside* well, and wipe it thoroughly dry with a cloth; the *outside* merely requires nicely wiping, as we have just stated. Cut off the neck close to the back, but leave enough of the crop-skin to turn over; break the leg-bone close below the knee, draw out the strings from the thighs, and flatten the breastbone to make it look plump. Have ready a forcemeat made by recipe No. 417; fill the breast with this, and, if a trussing-needle is used, sew the neck over to the back; if a needle is not at hand, a skewer will answer the purpose. Run a skewer through the pinion and thigh into the body to the pinion and thigh on the other side, and press the legs as much as possible between the breast and the side bones, and put the liver under one pinion and the gizzard under the other. Pass a string across the back of the bird, catch it over the points of the skewer, tie it in the centre of the back, and be particular that the turkey is very firmly trussed. This may be more easily accomplished with a needle and twine than with skewers.

[Illustration: ROAST TURKEY.]

Mode.—Fasten a sheet of buttered paper on to the breast of the bird, put it down to a bright fire, at some little distance *at first* (afterwards draw it nearer), and keep it well basted the whole of the time it is cooking. About 1/4 hour before serving, remove the paper, dredge the turkey lightly with flour, and put a piece of butter into the basting-ladle; as the butter melts, baste the bird with it. When of a nice brown and well frothed, serve with a tureen of good brown gravy and one of bread sauce. Fried

，并用布彻底擦拭；将其开膛，保留肝脏和胗，特别注意不要弄破胆囊，因为一旦胆汁触及之处，无论怎样清洗都无法去除其带来的苦味。将内部洗净，并用布彻底擦干；外部只需如前所述仔细擦拭即可。贴近背部切下脖子，但保留足够的嗉囊皮以便翻转过来；在膝盖下方不远处折断腿骨，从大腿中抽出筋腱，并将胸骨压平使其看起来饱满。准备好按第417号食谱制作的馅料；用它填满胸部，如果使用捆扎针，就将脖子缝到背部；如果手边没有针，用扦子也可以达到目的。将一根扦子穿过翅尖和大腿刺入身体，再从另一侧的翅尖和大腿穿出，尽可能将腿压在胸部和侧骨之间，将肝脏放在一侧翅尖下，胗放在另一侧翅尖下。将一根绳子横过禽鸟的背部，勾住扦子的尖端，在背部中央系紧，特别注意火鸡要捆扎得非常牢固。用针和线比用扦子更容易做到这一点。

[插图：烤火鸡。]

做法。--将一张涂了黄油的纸固定在禽鸟的胸部，放在明亮的火前，起初保持一定距离(之后再拉近)，在烹制的整个过程中不断浇淋汤汁。上桌前约1/4小时，取下纸张，在火鸡上轻轻撒上面粉，在浇淋勺中放一块黄油；待黄油融化后，用它浇淋禽鸟。当火鸡呈漂亮的棕色并起泡良好时，配上满满一碗优质棕色肉汁和一碗面包酱汁上桌。油炸

sausages are a favourite addition to roast turkey; they make a pretty garnish, besides adding very much to the flavour. When these are not at hand, a few forcemeat balls should be placed round the dish as a garnish. Turkey may also be stuffed with sausage-meat, and a chestnut forcemeat with the same sauce is, by many persons, much esteemed as an accompaniment to this favourite dish.—See coloured plate, A1.

香肠是烤火鸡受人喜爱的搭配；它们既能做成漂亮的装饰，又能大大增添风味。若手边没有香肠，应在盘边放几个调味肉丸作为装饰。火鸡也可填入香肠肉馅；许多人非常推崇用栗子调味肉馅配以同样的酱汁，作为这道备受喜爱的菜肴的佐配。--见彩色图版A1。

Time.—Small turkey, 1-1/2 hour; moderate-sized one, about 10 lbs., 2 hours; large turkey, 2-1/2 hours, or longer.

时间。- 小火鸡，1-1/2小时；中等大小的火鸡，约10磅，2小时；大火鸡，2-1/2小时或更长。

Average cost, from 10s. to 12s., but expensive at Christmas, on account of the great demand.

平均费用，从10先令到12先令，但圣诞节期间因需求量大而昂贵。

Sufficient.—A moderate-sized turkey for 7 or 8 persons.

充足。--供7至8人食用之中等大小火鸡一只。

Seasonable from December to February.

时令十二月至二月。

ENGLISH TURKEYS.—These are reared in great numbers in Suffolk, Norfolk, and several other counties, whence they were wont to be driven to the London market in flocks of several hundreds; the improvements in our modes of travelling now, however, enable them to be brought by railway. Their drivers used to manage them with great facility, by means of a bit of red rag tied to the end of a long stick, which, from the antipathy these birds have to that colour, effectually answered the purpose of a scourge. There are three varieties of the turkey in this country,—the black, the white, and the speckled, or copper-coloured. The black approaches nearest to the original stock, and is esteemed the best. Its flesh is white and tender, delicate, nourishing, and of excellent flavour; it greatly deteriorates with age, however, and is then good for little but stewing.

英国火鸡。--这些火鸡在萨福克、诺福克及其他几个郡大量饲养，过去常被成群驱赶数百只到伦敦市场；然而，如今交通方式的改进使它们可以通过铁路运送。驱赶者过去用系在长棍末端的一小块红布来管理它们，非常得心应手，因为这种鸟对那种颜色有反感，这有效地起到了鞭子的作用。这个国家有三种火鸡--黑色、白色和斑点色或铜色。黑色最接近原始品种，被认为是最好的。其肉色白而嫩，细腻、滋补，风味极佳；然而，随着年龄增长会大大退化，那时除了炖之外几乎别无他用。

ROAST TURKEY POULTS.

991. INGREDIENTS.—Turkey poult; butter.

Choosing and Trussing.—Choose a plump bird, and truss it in the following manner:—After it has been carefully plucked, drawn, and singed, skin the neck, and fasten the head under the wing; turn the legs at the first joint, and bring the feet close to the thighs, as a woodcock should be trussed, *and do not stuff it*.

Mode.—Put it down to a bright fire, keep it well basted, and at first place a piece of paper on the breast to prevent its taking too much colour. About 10 minutes before serving, dredge it lightly with flour, and baste well; when nicely frothed, send it to table immediately, with a little gravy in the dish, and some in a tureen. If at hand, a few water-cresses may be placed round the turkey as a garnish, or it may be larded.

Time.—About 1 hour. *Average cost*, 7s. to 8s. each.

Sufficient for 6 or 7 persons.

Seasonable.—In full season from June to October.

THE FUTURE OF THE TURKEY.—Human ingenuity subjects almost every material to the purposes of ornament or use and the feathers of turkeys have been found adapted for more ends than one. The American Indians convert then into an elegant clothing, and, by twisting the inner ribs into a strong double string, with hemp or the inner bark of the mulberry tree, work it like matting. This fabric has a very rich and glossy appearance and is as fine as silk shag. The natives of Louisiana used to make fans of the tail; and four of that appendage joined together was formerly

烤小火鸡

991. 配料--小火鸡；黄油。

挑选与捆扎。- 挑选一只肥美的禽鸟，按以下方式捆扎：- 仔细拔毛、开膛、燎毛之后，剥去颈部的皮，将头固定在翅下；在第一关节处将腿弯折，使脚紧贴大腿，如同捆扎丘鹬那样，且不要填馅。

做法。- 将其置于旺火前，不断浇淋油脂，起初在胸部盖一张纸，以防上色过深。上桌前约10分钟，轻轻撒上一层面粉，并充分浇淋；待其表面起泡美观时，立即端上桌，盘中放少许肉汁，另备一些盛于汤碗中。若手边有水田芥，可在火鸡周围放几枝作为装饰，也可在其上覆以猪油片。

时间。--约1小时。平均成本，每个7先令至8先令。

足量供6或7人食用。

时令。- 六月至十月为盛产期。

火鸡的未来。--人类的智慧使几乎每一种材料都服务于装饰或实用的目的，火鸡的羽毛被发现不止一种用途。美洲印第安人将其制成优雅的衣物，并将内侧羽轴拧成结实的双股线，与大麻或桑树的内皮一起，像编席一样编织。这种织物外观非常华丽而有光泽，细如丝绸长绒。路易斯安那的土著过去用尾羽制作扇子；四根尾羽合在一起以前是

constructed into a parasol by the French.

TO BONE A TURKEY OR FOWL WITHOUT OPENING IT.

(*Miss Acton's Recipe.*)

992. After the fowl has been drawn and singed, wipe it inside and out with a clean cloth, but do not wash it. Take off the head, cut through the skin all round the first joint of the legs, and pull them from the fowl, to draw out the large tendons. Raise the flesh first from the lower part of the backbone, and a little also from the end of the breastbone, if necessary; work the knife gradually to the socket of the thigh; with the point of the knife detach the joint from it, take the end of the bone firmly in the fingers, and cut the flesh clean from it down to the next joint, round which pass the point of the knife carefully, and when the skin is loosened from it in every part, cut round the next bone, keeping; the edge of the knife close to it, until the whole of the leg is done. Remove the bones of the other leg in the same manner; then detach the flesh from the back—and breast-bone sufficiently to enable you to reach the upper joints of the wings; proceed with these as with the legs, but be especially careful not to pierce the skin of the second joint: it is usual to leave the pinions unboned, in order to give more easily its natural form to the fowl when it is dressed. The merrythought and neck-bones may now easily be cut away, the back-and side-bones taken out without being divided, and the breastbone separated carefully from the flesh (which, as the work progresses, must be turned back from the bones upon the fowl, until it is completely inside out). After the one remaining bone is removed, draw the wings and legs back to their proper form, and

被法国人制作成阳伞。

不剖开火鸡或家禽去骨法

(阿克顿小姐的食谱。)

992. 家禽去毛并燎净后，用干净布内外擦拭，但不要水洗。切下头，沿两腿第一关节周围切开皮肤，将腿从禽身上扯下，以抽出粗筋。先从脊骨下部剔起肉，必要时也从胸骨末端稍剔一些；持刀逐步剔向大腿骨窝；用刀尖将关节从骨窝中分离，用手指牢牢捏住骨端，将肉从骨上干净地切下直至下一关节，小心用刀尖绕过该关节，待各处皮肤都已从骨上松开，再绕下一根骨切开，刀锋紧贴骨面，直至整条腿剔完。以同样方法去除另一条腿的骨；然后从背骨和胸骨上剔离足够的肉，以便够到翅膀的上关节；照处理腿的方法处理翅膀，但尤须小心不要刺破第二关节的皮：通常翅尖不去骨，以便装盘时更容易使家禽恢复自然形态。此时叉骨和颈骨可轻易切去，背骨和侧骨可整块取出而不必分割，胸骨小心与肉分离(随着操作进行，须将肉从骨上翻回禽身，直至完全里外翻转)。剩下的一根骨去除后，将翅膀和腿拉回原位，并

turn the fowl right side outwards.

993. A turkey is boned exactly in the same manner; but as it requires a very large proportion of forcemeat to fill it entirely, the logs and wings are sometimes drawn into the body, to diminish the expense of this. If very securely trussed, and sewn, the bird may be either boiled, or stewed in rich gravy, as well as roasted, after being boned and forced; but it must be most gently cooled, or it may burst.

ANOTHER MODE OF BONING A TURKEY OR FOWL. (*Miss Acton's Recipe*.)

994. Cut through the skin down the centre of the back, and raise the flesh carefully on either side with the point of a sharp knife, until the sockets of the wings and thighs are reached. Till a little practice has been gained, it will perhaps be bettor to bone these joints before proceeding further; but after they are once detached from it, the whole of the body may easily be separated from the flesh and taken out entire: only the neck-bones and merrythought will then remain to be removed. The bird thus prepared may either be restored to its original form, by filling the legs and wings with forcemeat, and the body with the livers of two or three fowls, mixed with alternate layers of parboiled tongue freed from the rind, fine sausage-meat, or veal forcemeat, or thin slices of the nicest bacon, or aught else of good flavour, which will give a marbled appearance to the fowl when it is carved; and then be sewn up and trussed as usual; or the legs and wings may be drawn inside the body, and the bird being first flattened on a table, may be covered with sausage-meat, and the various other ingredients we have named, so placed that it shall be of equal thickness in

将禽类翻至正面朝外。

993. 火鸡的剔骨方法完全相同；但由于需要很大比例的馅料才能将其完全填满，有时会将腿肉和翅膀拉入体腔，以减少馅料的用量。如果捆扎和缝合得非常牢固，这种禽类在剔骨并填馅后，既可以煮，也可以用浓郁的肉汁炖，还可以烤；但必须极其轻柔地冷却，否则可能会破裂。

火鸡或家禽去骨的另一种方法。(阿克顿小姐的食谱。)

994. 沿背部中央切开皮肤，用利刀尖小心地将两侧的肉挑起，直至到达翅膀和腿的骨窝处。在稍有练习之前，或许最好先将这些关节去骨再继续操作；但一旦它们与躯体分离，整个躯体便可轻易地从肉中分离并完整取出：届时只需去除颈骨和许愿骨。如此处理好的禽体可以恢复原形，方法是用肉馅填充腿和翅膀，用两三只鸡的肝脏填充躯体，其间交替铺上去了皮的半煮牛舌、上等香肠肉或小牛肉馅，或最上等的培根薄片，或其他任何风味良好的配料，使禽肉在切分时呈现大理石花纹；然后照常缝合并捆扎；或者可将腿和翅膀拉入体内，先将禽体在桌上压平，再覆以香肠肉及我们所称的各种其他配料，放置得使其各部分厚度均匀。

every part; then tightly rolled, bound firmly together with a fillet of broad tape, wrapped in a thin pudding-cloth, closely tied at both ends, and dressed as follows:—Put it into a braising-pan, stewpan, or thick iron saucepan, bright in the inside, and fitted as nearly as may be to its size; add all the chicken-bones, a bunch of sweet herbs, two carrots, two bay-leaves, a large blade of mace, twenty-four white peppercorns, and any trimmings or bones of undressed veal which may be at hand; cover the whole with good veal broth, add salt, if needed, and stew it very softly, from an hour and a quarter to an hour and a half; let it cool in the liquor in which it was stewed; and after it is lifted out, boil down the gravy to a jelly and strain it; let it become cold, clear off the fat, and serve it cut into large dice or roughed, and laid round the fowl, which is to be served cold. If restored to its form, instead of being rolled, it must be stewed gently for an hour, and may then be sent to table hot, covered with mushroom, or any other good sauce that may be preferred; or it may be left until the following day, and served garnished with the jelly, which should be firm, and very clear and well-flavoured: the liquor in which a calf's foot has been boiled down, added to the broth, will give it the necessary degree of consistence.

然后紧紧卷起，用宽扁带牢牢捆扎，裹上一块薄布丁布，两端扎紧，按如下方法烹制：将其放入焖锅、炖锅或内部光亮的厚铁锅中，锅的大小尽可能与禽体相称；加入所有鸡骨、一束香草、两根胡萝卜、两片月桂叶、一大片肉豆蔻衣、二十四粒白胡椒，以及手边任何未烹制的小牛肉边角料或骨头；用优质小牛肉汤浸没全部，必要时加盐，以极小的火炖一小时一刻钟至一小时半；让其在炖煮的汤汁中冷却；取出后，将肉汁熬煮浓缩至果冻状并过滤；待其冷却，撇去油脂，切成大骰子块或粗块，摆放在禽体周围，冷食上桌。若恢复原形而非卷制，则须轻炖一小时，然后可趁热上桌，覆以蘑菇酱或任何其他合意的优质酱汁；或留至次日，配以果冻装饰上桌，果冻应坚实、清澈且风味浓郁：将牛犊蹄熬煮浓缩的汤汁加入肉汤中，可使其达到必要的稠度。

TO BONE FOWLS FOR FRICASSEES, CURRIES, & PIES.

将家禽去骨，用于炖鸡、咖喱和馅饼。

995. First carve them entirely into joints, then remove the bones, beginning with the legs and wings, at the head of the largest bone; hold this with the fingers, and work the knife as directed in the recipe above. The remainder of the birds is too easily done to require any instructions.

995. 首先将它们完全切成关节块，然后去骨，从腿和翅膀开始，在最大骨头的头部下刀；用手指按住这块骨头，按照上述食谱中的指示操作刀具。禽类其余部分很容易处理，无需额外说明。

TO DRESS WHEATEARS.

烹制麦穗鸟。

996. INGREDIENTS.—Wheatears; fresh butter.

Mode.—After the birds are picked, gutted, and cleaned, truss them like larks, put them down to a quick fire, and baste them well with fresh butter. When done, which will be in about 20 minutes, dish them on fried bread crumbs, and garnish the dish with slices of lemon.

Time.—20 minutes.

Seasonable from July to October.

THE WHEATEAR.—The wheatear is an annual visitor of England: it arrives about the middle of March and leaves in September. The females come about a fortnight before the males, and continue to arrive till the middle of May. They are in season from July to October, and are taken in large numbers on the South Downs, in the neighbourhood of Eastbourne, Brighton, and other parts of Sussex. They are taken by means of snares and nets, and numbers of them are eaten on the spot by the inhabitants. The larger ones are sent to London and potted, where they are by many as much esteemed as the ortolans of the continent. Mr. Pennant assigns as the reason of their abounding on the downs about Eastbourne, the existence of a species of fly which forms their favourite food, and which feeds on the wild thyme on the adjacent hills.

[Illustration: THE GUINEA-PIG.]

997. THE GUINEA-PIG.—This common hutch-companion of the rabbit, although originally a native of Brazil, propagates freely in England and other European countries. Were it not that they suffer cruelly from cats, and numerous other enemies, and that it is the habit of the males to devour their own offspring, their

996. 配料--麦穗鸟；新鲜黄油。

做法。--将禽鸟拔毛、去内脏并清洗干净后，像捆扎云雀一样捆扎好，置于旺火上，用新鲜黄油充分浇淋。烤熟后(约需20分钟)，盛在炸面包屑上，用柠檬片装饰盘中。

时间。--20分钟。

时令七月至十月。

麦穗鸟--麦穗鸟是英格兰的年度访客：约在三月中旬到来，九月离去。雌鸟比雄鸟早约两周到达，并持续到来至五月中旬。其当令期为七月至十月，在南唐斯、伊斯特本、布莱顿附近及苏塞克斯其他地区被大量捕获。它们通过陷阱和网捕获，许多被当地居民就地食用。较大的被送往伦敦并装罐腌制，在那里被许多人视为与欧洲大陆的圃鹀同样珍贵。彭南特先生将伊斯特本附近丘陵上麦穗鸟繁多的原因归结为一种蝇类的存在，这种蝇是其最喜爱的食物，并以邻近山丘上的野百里香为食。

[插图：豚鼠。]

997. 豚鼠。--这种与兔子同为笼中常见伴侣的动物，虽然原产于巴西，但在英格兰和其他欧洲国家繁殖顺利。若不是它们遭受猫和众多其他敌人的残酷侵害，且雄性有吞食自己后代的习性，它们的

numbers would soon become overwhelming. Rats, however, it is said, carefully avoid them; and for this reason they are frequently bred by rabbit-fanciers, by way of protection for their young stock against those troublesome vermin. The lower tier of a rabbit-hutch is esteemed excellent quarters by the guinea-pig: here, as he runs loose, he will devour the waste food of his more admired companion. Home naturalists assert that the guinea-pig will breed at two months old, the litter varying from four to twelve at a time. It is varied in colour,—white, fawn, and black, and a mixture of the three colours, forming a tortoiseshell, which is the more generally admired hue. Occasionally, the white ones have red eyes, like those of the ferret and the white rabbit. Their flesh, although eatable, is decidedly unfit for food; they have been tasted, however, we presume by some enthusiast eager to advance the cause of science, or by some eccentric epicure in search of a new pleasure for his palate. Unless it has been that they deter rats from intruding within the rabbit-hutch, they are as useless as they are harmless. The usual ornament of an animal's hind quarters is denied them; and were it not for this fact, and also for their difference in colour, the Shaksperean locution, "a rat without a tail," would designate them very properly.

数量很快就会变得铺天盖地。然而据说老鼠会小心避开它们；因此兔子爱好者常饲养豚鼠，以保护其幼兔免受这些麻烦的害兽侵扰。兔笼的底层被豚鼠视为极佳的住所：在这里，它可以自由跑动，吞食其更受青睐的同伴的剩余食物。本土博物学家断言，豚鼠两个月大即可繁殖，每胎四至十二只不等。其毛色多样--白色、浅黄褐色和黑色，以及三色混合形成的玳瑁色，后者是更受普遍赞赏的色调。偶尔，白色的豚鼠有红色的眼睛，如同雪貂和白兔的眼睛。其肉虽可食用，但绝对不适合作为食物；然而我们推测，曾有一些急于推进科学事业的热心者，或一些寻求新口腹之乐的古怪美食家品尝过它们。除非它们能阻止老鼠侵入兔笼，否则它们既无害也无用。动物后躯通常的装饰物它们是没有的；若非这一事实以及它们颜色的差异，莎士比亚式的说法“没有尾巴的老鼠”倒非常适合用来称呼它们。

[Illustration: THE CYGNET.]

[插图：小天鹅]

998. THE CYGNET.—The Cygnet, or the young Swan, was formerly much esteemed; but it has "fallen from its high estate," and is now rarely seen upon the table. We are not sure that it is not still fattened in Norwich for the corporation of that place. Persons who have property on the river there, take the young birds, and send them to some one who is employed by the

998. 小天鹅--小天鹅，即幼天鹅，从前备受推崇；但它已"从高位跌落"，如今很少出现在餐桌上。我们不能确定它是否仍在诺里奇为该地的市政机构育肥。在那里河上有产业的人，会捉住幼鸟，送到受雇于

corporation, to be fed; and for this trouble he is paid, or was wont to be paid, about half a guinea a bird. It is as the future bird of elegance and grace that the young swan is mostly admired; when it has become old enough to grace the waters, then it is that all admire her, when she with

"Archèd neck,
Between her white wings mantling,
proudly rows
Her state with oary feet."

POULTRY CARVING.

ROAST DUCK.

[Illustration: ROAST DUCK.]

999. No dishes require so much knowledge and skill in their carving as do game and poultry; for it is necessary to be well acquainted with the anatomy of the bird and animal in order to place the knife at exactly the proper point. A tough fowl and an old goose are sad triers of a carver's powers and temper, and, indeed, sometimes of the good humour of those in the neighbourhood of the carver; for a sudden tilt of the dish may eventuate in the placing a quantity of the gravy in the lap of the right or left-hand supporter of the host. We will endeavour to assist those who are unacquainted with the "gentle art of carving," and also those who are but slightly acquainted with it, by simply describing the rules to follow, and referring to the distinctly-marked Illustrations of each dish, which will further help to bring

市政机构的某个人那里去喂养；为此项劳作，他获得报酬，或过去惯常获得约每只鸟半基尼的报酬。幼天鹅主要作为未来优雅与优美的禽鸟而受到赞赏；当它长到足以点缀水面的年龄时，

然后

所有人都钦佩她，当她与

拱形的脖颈，

她洁白的双翼披覆着，骄傲地排列

她的身姿伴着桨足。

家禽切割。

烤鸭

[插图：烤鸭。]

999. 没有哪道菜肴在切分时比野味和家禽更需要知识和技巧；因为必须熟知禽鸟和动物的解剖结构，才能将刀放在恰如其分的位置。一只老韧的禽和一只老鹅是对切肉者能力和脾气的严峻考验，事实上，有时也是对切肉者邻座者好心情的考验；因为盘子突然一歪，可能导致大量肉汁洒落在主人左右两侧支持者的膝上。我们将努力帮助那些不熟悉“切肉这门优雅艺术”的人，以及那些仅略知一二的人，方法是简单描述应遵循的规则，并参照每道菜清晰标注的插图，这将进一步帮助带来

light to the minds of the uninitiated. If the bird be a young duckling, it may be carved like a fowl, viz., by first taking off the leg and the wing on either side, as described at No. 1000; but in cases where the duckling is very small, it will be as well not to separate the leg from the wing, as they will not then form too large a portion for a single serving. After the legs and wings are disposed of, the remainder of the duck will be also carved in the same manner as a fowl; and not much difficulty will be experienced, as ducklings are tender, and the joints are easily broken by a little gentle forcing, or penetrated by the knife. In cases where the duck is a large bird, the better plan to pursue is then to carve it like a goose, that is, by cutting pieces from the breast in the direction indicated by the lines marked from 1 to 2, commencing to carve the slices close to the wing, and then proceeding upwards from that to the breastbone. If more should be wanted than can be obtained from both sides of the breast, then the legs and wings must be attacked, in the same way as is described in connection with carving a fowl. It may be here remarked, that as the legs of a duck are placed far more backward than those of a fowl, their position causing the waddling motion of the bird, the thigh-bones will be found considerably nearer towards the backbone than in a chicken: this is the only difference worth mentioning. The carver should ask each guest if a portion of stuffing would be agreeable; and in order to get at this, a cut should be made below the breast, as shown by the line from 3 to 4, at the part called the "apron," and the spoon inserted. (As described in the recipe, it is an excellent plan, when a couple of ducks are served, to have one with, and the other without stuffing.) As to the prime parts of a duck, it has been said that "the

启发初学者。如果这只鸟是一只小鸭，可以像家禽一样切肉，即按照第1000号所述，先取下两侧的腿和翅膀；但在鸭子非常小的情况下，最好不要将腿与翅膀分开，这样它们就不会成为单份太大的部分。处理完腿和翅膀后，鸭子的其余部分也以与家禽相同的方式切肉；不会遇到太多困难，因为小鸭很嫩，关节很容易通过轻轻用力折断或被刀穿透。如果鸭子是一只大鸟，更好的做法是像鹅一样切肉，即按照从1到2标记的线条方向从胸部切下肉片，从靠近翅膀处开始切肉，然后从那里向上朝胸骨推进。如果需要比从胸部两侧能获得的更多，那么必须处理腿和翅膀，方式与切肉家禽所述相同。这里可以指出，由于鸭子的腿比家禽的腿位置更靠后，这种位置导致鸟的摇摆运动，所以大腿骨会比鸡更靠近脊骨：这是唯一值得提及的差异。切肉者应询问每位客人是否愿意来一份填料；为了取到填料，应在胸部下方切开，如从3到4的线条所示，在称为“围裙”的部位，并插入勺子。（如食谱所述，当供应两只鸭子时，一只带填料，另一只不带填料，是一个极好的方案。）至于鸭子的精华部分，有人说“

wing of a flier and the leg of a swimmer" are severally the best portions. Some persons are fond of the feet of the duck; and, in trussing, these should never be taken off. The leg, wing, and neckbone are here shown; so that it will be easy to see the shape they should be when cut off.

[Illustration: LEG, WING, AND NECKBONE OF DUCK.]

BOILED FOWL.

[Illustration: BOILED FOWL.]

[Illustration: LEG, WING, AND NECKBONE OF FOWL.]

1000. This will not be found a very difficult member of the poultry family to carve, unless, as may happen, a very old farmyard occupant, useless for egg-laying purposes, has, by some unlucky mischance, been introduced info the kitchen as a "fine young chicken." Skill, however, and the application of a small amount of strength, combined with a fine keeping of the temper, will even get over that difficulty. Fixing the fork firmly in the breast, let the knife be sharply passed along the line shown from 1 to 2; then cut downwards from that line to fig. 3; and the wing, it will be found, can be easily withdrawn. The shape of the wing should be like the accompanying engraving. Let the fork be placed inside the leg, which should be gently forced away from the body of the fowl; and the joint, being thus discovered, the carver can readily cut through it, and the leg can be served. When the leg is displaced, it should be of the same shape as that shown in the annexed woodcut. The legs and wings on either side having been taken off, the carver should draw his knife through the flesh in the direction of the line 4 to 5: by this means the knife can be slipped

飞禽的翅膀和游禽的腿"分别是最佳部位。有些人喜欢鸭掌；在捆扎时，绝不应将其切除。此处展示了腿、翅膀和颈骨；因此很容易看出切下时应有的形状。

[插图：鸭的腿、翅和颈骨。]

煮鸡

[插图：煮禽肉]

[插图：家禽的腿、翅膀和颈骨。]

1000. 这不会被认为是家禽类中很难切肉的成员，除非碰巧一只非常老的农家院禽，已无产蛋之用，因某种不幸的差错被当作“肥嫩小鸡”送进厨房。然而，技巧、少许力气，加上好脾气，也能克服这一困难。将叉牢牢固定在胸部，让刀沿1至2所示线迅速切过；然后从该线向下切至图3；会发现翅可轻易取下。翅的形状应如附图。将叉放在腿内侧，轻轻将腿从禽身推开；这样找到关节后，切肉者便可轻易切开，腿即可上桌。腿取下后，形状应如附图木刻所示。两侧腿和翅取下后，切肉者应沿4至5线方向用刀切过肉：这样刀便可滑入

underneath the merrythought, which, being lifted up and pressed backward, will immediately come off. The collar—or neck-bones are the next to consider: these lie on each side of the merrythought, close under the upper part of the wings; and, in order to free these from the fowl, they must also be raised by the knife at their broad end, and turned from the body towards the breastbone, until the shorter piece of the bone, as shown in the cut, breaks off. There will now be left only the breast, with the ribs. The breast can be, without difficulty, disengaged from the ribs by cutting through the latter, which will offer little impediment. The side-bones are now to be taken off; and to do this, the lower end of the back should be turned from the carver, who should press the point of the knife through the top of the backbone, near the centre, bringing it down towards the end of the back completely through the bone. If the knife is now turned in the opposite direction, the joint will be easily separated from the vertebra. The backbone being now uppermost, the fork should be pressed firmly down on it, whilst at the same time the knife should be employed in raising up the lower small end of the fowl towards the fork, and thus the back will be dislocated about its middle. The wings, breast, and merrythought are esteemed the prime parts of a fowl, and are usually served to the ladies of the company, to whom legs, except as a matter of paramount necessity, should not be given. Byron gave it as one reason why he did not like dining with ladies, that they always had the wings of the fowls, which he himself preferred. We heard a gentleman who, when he might have had a wing, declare his partiality for a leg, saying that he had been obliged to eat legs for so long a time, that he had at last come to like them better than the other more prized

快乐骨下方，将其提起并向后压，便会立即脱落。颈骨--或称颈骨--是接下来要考虑的：它们位于快乐骨两侧，紧靠翅上部下方；为将其从禽上取下，也须用刀在其宽端抬起，并从禽身向胸骨方向转，直到如图所示较短的那段骨断开。现在只剩胸部及肋骨。胸部可轻易从肋骨上分离，切开肋骨即可，阻力不大。现在取下侧骨；为此，应将背的下端转向切肉者对面，切肉者应将刀尖刺入背骨顶部近中央处，向下朝背端完全切穿骨头。若此时将刀转向相反方向，关节便易与椎骨分离。背骨现在朝上，应将叉牢牢压在其上，同时用刀将禽的下小端朝叉抬起，这样背便会在中部脱臼。翅、胸和快乐骨被视为禽的精华部分，通常奉给席上女士；除非万不得已，不应给她们腿。拜伦曾举一理由说明他为何不喜欢与女士共餐：她们总是吃鸡翅，而他自己更爱吃翅。我们听说一位先生，本可得到翅，却宣称偏爱腿，说他被迫吃腿太久，终于比更受珍视的

parts. If the fowl is, capon-like, very large, slices maybe carved from its breast in the same manner as from a turkey's.

ROAST FOWL.

[Illustration: ROAST FOWL.]

1001. Generally speaking, it is not necessary so completely to cut up a fowl as we have described in the preceding paragraphs, unless, indeed, a large family party is assembled, and there are a number of "little mouths" to be filled, or some other such circumstances prevail. A roast fowl is carved in the same manner as a boiled fowl, No. 1000; viz., by cutting along the line from. 1 to 2, and then round the leg between it and the wing. The markings and detached pieces, as shown in the engravings under the heading of "Boiled Fowl," supersede the necessity of our lengthily again describing the operation. It may be added, that the liver, being considered a delicacy, should be divided, and one half served with each wing. In the case of a fowl being shifted, it will be proper to give each guest a portion, unless it be not agreeable to some one of the party.

ROAST GOOSE.

[Illustration: ROAST GOOSE.]

[Illustration: LEG, WING, AND NECK-BONE OF GOOSE.]

1002. It would not be fair to say that this dish bodes a great deal of happiness to an inexperienced carver, especially if there is a large party to serve, and the slices off the breast should not suffice to satisfy the desires and cravings of many wholesome appetites,

部位。如果禽体像阉鸡一样非常大，可以像切火鸡胸肉一样从其胸部切片。

烤禽。

[插图：烤禽。]

1001. 一般来说，不必像前几段所述那样把禽完全切开，除非确有一大家人聚在一起，有许多“小嘴”要填，或其他类似情况。烤禽的切肉法与第1000号煮禽相同；即沿1至2线切开，然后在腿与翅之间绕腿切开。“煮禽”标题下版画所示的标线和分离部分，使我们无需再冗长描述操作。可补充说，肝被视为美味，应分开，每翅配半份。若禽被传递，应给每位客人一份，除非席上有人不喜欢。

烤鹅。

[插图：烤鹅。]

[插图：鹅的腿、翅和颈骨。]

1002. 说这道菜对没有经验的切肉者预示着极大的幸福，是不公平的，尤其是如果有许多客人要招待，而胸部的切片不足以满足众多健康食欲的渴望和需求，

produced, may be, by the various sports in vogue at Michaelmas and Christmas. The beginning of the task, however, is not in any way difficult. Evenly-cut slices, not too thick or too thin, should be carved from the breast in the direction of the line from 2 to 3; after the first slice has been cut, a hole should be made with the knife in the part called the apron, passing it round the line, as indicated by the figures 1, 1, 1: here the stuffing is located, and some of this should be served on each plate, unless it is discovered that it is not agreeable to the taste of some one guest. If the carver manages cleverly, he will be able to cut a very large number of fine slices off the breast, and the more so if he commences close down by the wing, and carves upwards towards the ridge of the breastbone. As many slices as can be taken from the breast being carved, the wings should be cut off; and the same process as described in carving boiled fowl, is made use of in this instance, only more dexterity and greater force will most probably be required: the shape of the leg, when disengaged from the body of the goose, should be like that shown in the accompanying engraving. It will be necessary, perhaps, in taking off the leg, to turn the goose on its side, and then, pressing down the small end of the leg, the knife should be passed under it from the top quite down to the joint; the leg being now turned back by the fork, the knife must cut through the joint, loosening the thigh-bone from its socket. The merrythought, which in a goose is not so large as might be expected, is disengaged in the same way as that of a fowl —by passing the knife under it, and pressing it backwards towards the neck. The neck-bones, of which we give a cut, are freed by the same process as are those of a fowl; and the same may be said of all the other parts of this bird. The breast of a goose is the part

可能是由米迦勒节和圣诞节流行的各种运动产生的。然而，这项任务的开始一点也不困难。应从胸部沿从2到3的线条方向切出均匀的薄片，不要太厚或太薄；切下第一片后，应使用刀在称为围裙的部位开一个洞，绕着线条转动，如数字1、1、1所示：这里就是填料所在之处，除非发现某位客人不喜欢，否则应在每个盘子上盛一些。如果切肉者操作巧妙，他将能够从胸部切下非常多上好的薄片，如果他靠近翅膀下方开始并向上朝胸骨脊切肉，则更是如此。切完胸部能取下的尽可能多的薄片后，应切下翅膀；此处采用与切肉煮家禽所述相同的过程，只是很可能需要更灵巧和更大的力气：腿从鹅身上分离后，其形状应如随附版画所示。取下腿时，也许有必要将鹅侧转，然后压下腿的小端，刀应从上方穿过其下方一直切到关节；现在用叉子将腿转回，刀必须切穿关节，使大腿骨从其臼窝中松开。许愿骨在鹅身上并不像预期的那样大，其分离方式与家禽相同——将刀穿过其下方，并朝颈部向后压。颈骨，我们给出了图示，通过与此类家禽相同的过程分离；这只鸟的所有其他部分也是如此。鹅的胸部是部分

most esteemed; all parts, however, are good, and full of juicy flavour.

最受推崇；然而，各部分皆佳，且饱含多汁风味。

PIGEON.

鸽子。

[Illustration: PIGEON.]

[插图：鸽子。]

1003. A very straightforward plan is adopted in carving a pigeon: the knife is carried sharply in the direction of the line as shown from 1 to 2, entirely through the bird, cutting it into two precisely equal and similar parts. If it is necessary to make three pieces of it, a small wing should be cut off with the leg on either side, thus serving two guests; and, by this means, there will be sufficient meat left on the breast to send to the third guest.

1003. 切鸽子采用一种非常直接的方法：刀沿着图中所示从1到2的线路方向迅速切下，完全穿透禽体，将其切成两个完全相等且相似的部分。如果需要将其分成三份，则应在两侧各切下一只小翅膀连同腿，这样可招待两位客人；如此一来，胸部会留下足够的肉送给第三位客人。

RABBITS.

兔子。

[Illustration: BOILED RABBIT.]

[插图：煮兔肉]

1004. In carving a boiled rabbit, let the knife be drawn on each side of the backbone, the whole length of the rabbit, as shown by the dotted line 3 to 4: thus the rabbit will be in three parts. Now let the back be divided into two equal parts in the direction of the line from 1 to 2; then let the leg be taken off, as shown by the line 5 to 6, and the shoulder, as shown by the line 7 to 8. This, in our opinion, is the best plan to carve a rabbit, although there are other modes which are preferred by some.

1004. 切煮兔肉时，应沿脊骨两侧下刀，贯穿整只兔子的长度，如虚线3至4所示：如此兔肉便分为三部分。然后将背部沿1至2线方向分成两等份；接着取下腿部，如5至6线所示，再取下肩部，如7至8线所示。我们认为这是切兔肉的最佳方案，尽管另有一些切法为某些人所偏好。

[Illustration: ROAST RABBIT.]

[插图：烤兔肉]

A roast rabbit is rather differently trussed from one that is meant to be boiled; but the carving is nearly similar, as will be seen by

烤兔的捆扎方式与准备煮的兔略有不同；但切肉方法几乎相似，从

the cut. The back should be divided into as many pieces as it will give, and the legs and shoulders can then be disengaged in the same manner as those of the boiled animal.

ROAST TURKEY.

[Illustration: ROAST TURKEY.]

1005. A noble dish is a turkey, roast or boiled. A Christmas dinner, with the middle classes of this empire, would scarcely be a Christmas dinner without its turkey; and we can hardly imagine an object of greater envy than is presented by a respected portly pater-familias carving, at the season devoted to good cheer and genial charity, his own fat turkey, and carving it well. The only art consists, as in the carving of a goose, in getting from the breast as many fine slices as possible; and all must have remarked the very great difference in the large number of people whom a good carver will find slices for, and the comparatively few that a bad carver will succeed in serving. As we have stated in both the carving of a duck and goose, the carver should commence cutting slices close to the wing from, 2 to 3, and then proceed upwards towards the ridge of the breastbone: this is not the usual plan, but, in practice, will be found the best. The breast is the only part which is looked on as fine in a turkey, the legs being very seldom cut off and eaten at table: they are usually removed to the kitchen, where they are taken off, as here marked, to appear only in a form which seems to have a special attraction at a bachelor's supper-table,—we mean devilled: served in this way, they are especially liked and relished.

A boiled turkey is carved in the same manner as when roasted.

图中可以看出。背部应尽可能多地分成若干块，然后腿和肩可以像煮兔那样卸下。

烤火鸡。

[插图：烤火鸡。]

1005. 火鸡无论烤或煮，都是上等佳肴。对于本帝国的中产阶级而言，圣诞正餐若没有火鸡，简直不成其为圣诞正餐；我们几乎想象不出还有什么比这更令人艳羡的场景：在这个专属于美食与慷慨慈善的时令，一位受人尊敬的、体态丰满的家长亲自切自己那只肥美的火鸡，而且切得一手好刀法。唯一的技巧，正如切鹅肉一样，在于从胸部尽可能切出更多精美的薄片；所有人都必定注意到，一位好刀手能切出供许多人享用的肉片，而一位拙劣的刀手所能分到的份数相比之下寥寥无几，二者差距极大。正如我们在切鸭肉和鹅肉时所述，切肉者应从靠近翅膀处2至3的位置开始下刀，然后向上朝胸骨脊推进：这并非通常的切法，但实践表明这是最佳方案。胸部是火鸡身上唯一被视为精美的部位，腿部极少在餐桌上切下食用：它们通常被送到厨房，在那里按此处标记的方式取下，只以某种似乎在单身汉晚餐桌上具有特殊吸引力的形式出现--我们指的是辣烤：以这种方式上桌，它们尤其受人喜爱和赏识。

煮火鸡的切法与烤火鸡相同。

[Illustration]

CHAPTER XXII.

GENERAL OBSERVATIONS ON GAME.

1006. THE COMMON LAW OF ENGLAND has a maxim, that goods, in which no person can claim any property, belong, by his or her prerogative, to the king or queen. Accordingly, those animals, those *ferae naturae*, which come under the denomination of game, are, in our laws, styled his or her majesty's, and may therefore, as a matter of course, be granted by the sovereign to another; in consequence of which another may prescribe to possess the same within a certain precinct or lordship. From this circumstance arose the right of lords of manors or others to the game within their respective liberties; and to protect these species of animals, the game laws were originated, and still remain in force. There are innumerable acts of parliament inflicting penalties on persons who may illegally kill game, and some of them are very severe; but they cannot be said to answer their end, nor can it be expected that they ever will, whilst there are so many persons of great wealth who have not otherwise the means of procuring game, except by purchase, and who will have it. These must necessarily encourage poaching, which, to a very large extent, must continue to render all game laws nugatory as to their intended effects upon the rustic population.

1007. THE OBJECT OF THESE LAWS, however, is not wholly confined to the restraining of the illegal sportsman. Even qualified or privileged persons must not kill game at all seasons. During the day, the hours allowed for sporting are from one hour before

[Illustration]

第二十二章。

关于野味的总体观察

1006. 英格兰普通法有一条格言：凡无人能主张任何财产权的物品，依国王或女王之特权，归其所有。据此，那些被称为猎物的野生动物，在我们的法律中被称为国王或女王陛下之物，因此当然可由君主授予他人；consequently，他人可规定在某一辖区或领地内拥有同样的权利。由此产生了庄园领主或其他人在各自特权范围内对猎物的权利；为保护这些动物种类，狩猎法应运而生，至今仍然有效。有无数议会法案对非法猎杀猎物者处以罚金，其中一些非常严厉；但不能说它们达到了目的，也不能指望它们永远能达到目的，因为有许多富有之人除了购买之外别无他法获取猎物，而他们又非要得到不可。这些人必然助长偷猎，而偷猎在很大程度上必然使所有狩猎法对乡村人口所预期的效果归于无效。

1007. 然而，这些法律的目的并不完全限于约束非法狩猎者。即使是合格或有特权的人也不得在所有时令猎取野味。白天允许狩猎的时间是从

sunrise till one hour after sunset; whilst the time of killing certain species is also restricted to certain seasons. For example, the season for bustard-shooting is from December 1 to March 1; for grouse, or red grouse, from August 12 to December 10; heath-fowl, or black-game, from August 20 to December 20; partridges from September 1 to February 12; pheasants from October 1 to February 1; widgeons, wild ducks, wild geese, wild fowls, at any time but in June, July, August, and September. Hares may be killed at any time of the year, under certain restrictions defined by an act of parliament of the 10th of George III.

从日出到日落後一小时；某些物种的捕杀时间亦受特定时令限制。例如，鸨鸟的狩猎时令为12月1日至3月1日；松鸡或红松鸡为8月12日至12月10日；黑琴鸡或黑猎禽为8月20日至12月20日；山鹑为9月1日至2月12日；雉鸡为10月1日至2月1日；赤颈鸭、野鸭、野鹅、野禽除六月、七月、八月和九月外任何时间皆可。野兔在乔治三世第十年议会法案规定的某些限制下，一年中任何时间皆可捕杀。

1008. THE EXERCISE OR DIVERSION OF PURSUING FOUR-FOOTED BEASTS OF GAME is called hunting, which, to this day, is followed in the field and the forest, with gun and greyhound. Birds, on the contrary, are not hunted, but shot in the air, or taken with nets and other devices, which is called fowling; or they are pursued and taken by birds of prey, which is called hawking, a species of sport now fallen almost entirely into desuetude in England, although, in some parts, showing signs of being revived.

1008. 追獵四足獵物的運動或消遣稱為狩獵，至今仍在田野和森林中以槍和靈緹進行。相反，鳥類不被狩獵，而是在空中射擊，或用網及其他裝置捕捉，這稱為捕鳥；或者被猛禽追逐捕獲，這稱為鷹獵，這種運動在英格蘭如今幾乎完全廢棄，儘管在某些地方顯示出復興的跡象。

1009. IN PURSUING FOUR-FOOTED BEASTS, such as deer, boars, and hares, properly termed hunting, mankind were, from the earliest ages, engaged. It was the rudest and the most obvious manner of acquiring human support before the agricultural arts had in any degree advanced. It is an employment, however, requiring both art and contrivance, as well as a certain fearlessness of character, combined with the power of considerable physical endurance. Without these, success could not be very great; but, at best, the occupation is usually accompanied with rude and turbulent habits; and, when combined with these, it constitutes what is termed the savage state of man. As culture

1009. 在追逐鹿、野猪和野兔等四足野兽--即通常所称的狩猎--方面，人类自最古老的年代起便已从事。在农业技艺尚未有任何发展之前，这是获取人类食物最粗陋、最显而易见的方式。然而，这是一项既需要技艺与巧思、又需要某种无畏性格并结合相当体力耐力的职业。没有这些，成就便不会很大；但即便如此，这一行当通常伴随着粗野而躁动的习性；而当与这些习性相结合时，便构成了所谓的人类野蛮状态。至于文化

advances, and as the soil proportionably becomes devoted to the plough or to the sustenance of the tamer or more domesticated animals, the range of the huntsman is proportionably limited; so that when a country has attained to a high state of cultivation, hunting becomes little else than an amusement of the opulent. In the case of fur-bearing animals, however, it is somewhat different; for these continue to supply the wants of civilization with one of its most valuable materials of commerce.

推进，随着土地相应地专门用于耕作或饲养更温顺或更家养的动物，猎人的活动范围也相应受到限制；因此，当一个国家达到高度开化状态时，狩猎几乎只不过是有钱人的娱乐。然而，对于毛皮动物而言，情况有所不同；因为它们继续以文明最宝贵的商业材料之一满足其需求。

1010. THE THEMES WHICH FORM THE MINSTRELSY OF THE EARLIEST AGES, either relate to the spoils of the chase or the dangers of the battle-field. Even the sacred writings introduce us to Nimrod, the first mighty hunter before the Lord, and tell us that Ishmael, in the solitudes of Arabia, became a skilful bow-man; and that David, when yet young, was not afraid to join in combat with the lion or the bear. The Greek mythology teems with hunting exploits. Hercules overthrows the Nemaean lion, the Erymanthean boar, and the hydra of Lerna; Diana descends to the earth, and pursues the stag; whilst Aesculapius, Nestor, Theseus, Ulysses, and Achilles are all followers of the chase. Aristotle, sage as he was, advises young men to apply themselves early to it; and Plato finds in it something divine. Horace exalts it as a preparative exercise for the path of glory, and several of the heroes of Homer are its ardent votaries. The Romans followed the hunting customs of the Greeks, and the ancient Britons were hunters before Julius Caesar invaded their shores.

1010. 构成最古老时代吟游诗歌的主题，要么与狩猎的猎物有关，要么与战场的危险有关。甚至神圣的经卷也把我们引向宁录，即第一位在主面前英勇的猎户，并告诉我们以实玛利在阿拉伯的荒野中成为了一名娴熟的弓箭手；而大卫在年少时便不惧与狮子或熊搏斗。希腊神话中充满了狩猎的功业。赫拉克勒斯制服了涅墨亚的狮子、厄律曼托斯的野猪和勒拿的九头蛇；狄安娜降临大地，追逐雄鹿；而阿斯克勒庇俄斯、涅斯托尔、忒修斯、尤利西斯和阿喀琉斯都是狩猎的追随者。亚里士多德虽为智者，却建议年轻人及早从事狩猎；柏拉图则在其中发现了某种神圣之处。贺拉斯将其推崇为通往荣耀之路的预备锻炼，而荷马笔下的数位英雄都是其热忱的崇拜者。罗马人沿袭了希腊人的狩猎习俗，而在尤利乌斯·凯撒入侵其海岸之前，古代不列颠人本就是猎手。

1011. ALTHOUGH THE ANCIENT BRITONS FOLLOWED HUNTING, however, they did not confine themselves solely to its pursuit. They bred cattle and tilled the ground, and, to some extent, indicated the rudimentary state of a pastoral and

1011. 然而，尽管古代不列颠人从事狩猎，他们并未仅仅局限于这一追求。他们饲养牲畜、耕种土地，并在某种程度上体现了田园和

agricultural life; but, in every social change, the sports of the field maintained their place. After the expulsion of the Danes, and during the brief restoration of the Saxon monarchy, these were still followed: even Edward the Confessor, who would join in no other secular amusements, took the greatest delight, says William of Malmesbury, "to follow a pack of swift hounds in pursuit of game, and to cheer them with his voice."

1012. NOR WAS EDWARD the only English sovereign who delighted in the pleasures of the chase. William the Norman, and his two sons who succeeded him, were passionately fond of the sport, and greatly circumscribed the liberties of their subjects in reference to the killing of game. The privilege of hunting in the royal forests was confined to the king and his favourites; and in order that these umbrageous retreats might be made more extensive, whole villages were depopulated, places of worship levelled with the ground, and every means adopted that might give a sufficient amplitude of space, in accordance with the royal pleasure, for the beasts of the chase. King John was likewise especially attached to the sports of the field; whilst Edward III. was so enamoured of the exercise, that even during his absence at the wars in France, he took with him sixty couples of stag-hounds and as many hare-hounds, and every day amused himself either with hunting or hawking. Great in wisdom as the Scotch Solomon, James I., conceited himself to be, he was much addicted to the amusements of hunting, hawking, and shooting. Yea, it is oven asserted that his precious time was divided between hunting, the bottle, and his standish: to the first he gave his fair weather, to the second his dull, and to the third his cloudy. From his days down to the present, the sports of the field have continued to hold their

农业生活的萌芽状态；但在每一次社会变革中，田间运动都保持了其地位。在丹麦人被驱逐后，以及在撒克逊君主制短暂恢复期间，这些活动仍然延续：即使是忏悔者爱德华，他不参与任何其他世俗娱乐，据马姆斯伯里的威廉说，他最大的乐趣是"跟随一群迅捷的猎犬追逐猎物，并用声音为它们加油。"

1012. 爱德华也并非唯一喜爱狩猎之乐的英国君主。诺曼人威廉及其继位的两个儿子都酷爱此项运动，并大大限制了臣民猎取猎物的自由。在皇家森林中狩猎的特权仅限于国王及其宠臣；而为了使这些绿荫幽深的退隐之地更为广阔，整座整座的村庄被清空人口，礼拜场所被夷为平地，一切可能提供足够广阔空间、以符合王室心意供猎物栖息的手段都被采用。约翰王同样特别钟爱野外运动；而爱德华三世对此项活动如此痴迷，以至于即使在他远征法国期间，也带上了六十对猎鹿犬和同样多的猎兔犬，每日不是以狩猎为乐便是以放鹰为乐。尽管詹姆斯一世自诩为智慧堪比苏格兰所罗门的明君，他却极为沉迷于狩猎、放鹰和射击的娱乐。是的，甚至有人断言，他的宝贵时间被分配于狩猎、酒杯和书桌之间：晴天用于第一项，沉闷之时用于第二项，阴云之日用于第三项。自他那个时代至今，野外运动一直保持着其

high reputation, not only for the promotion of health, but for helping to form that manliness of character which enters so largely into the composition of the sons of the British soil. That it largely helps to do this there can be no doubt. The late duke of Grafton, when hunting, was, on one occasion, thrown into a ditch. A young curate, engaged in the same chase, cried out, "Lie still, my lord!" leapt over him, and pursued his sport. Such an apparent want of feeling might be expected to have been resented by the duke; but not so. On his being helped up by his attendant, he said, "That man shall have the first good living that falls to my disposal: had he stopped to have given me his sympathy, I never would have given him anything." Such was the manly sentiment of the duke, who delighted in the exemplification of a spirit similarly ardent as his own in the sport, and above the baseness of an assumed sorrow.

声誉卓著，不仅因其促进健康，更因其有助于塑造那种刚毅品格--这种品格在很大程度上构成了不列颠土壤之子的气质。它在这方面大有裨益，这一点毋庸置疑。已故的格拉夫顿公爵有一次狩猎时被抛入沟中。一位同样参与追逐的年轻助理牧师喊道：“别动，大人!”随即从他身上跃过，继续追猎。这种表面上的冷漠或许会令公爵恼怒；但事实并非如此。当随从将他扶起时，他说：“那个人将获得我手中第一个空缺的优厚圣职；倘若他停下来对我表示同情，我绝不会给他任何东西。”这便是公爵的刚毅情怀，他乐于见到在狩猎中展现出与他本人同样炽热的精神，而鄙夷那种故作悲伤的卑劣。

1013. THAT HUNTING HAS IN MANY INSTANCES BEEN CARRIED TO AN EXCESS is well known, and the match given by the Prince Esterhazy, regent of Hungary, on the signing of the treaty of peace with France, is not the least extraordinary upon record. On that occasion, there were killed 160 deer, 100 wild boars, 300 hares, and 80 foxes: this was the achievement of one day. Enormous, however, as this slaughter may appear, it is greatly inferior to that made by the contemporary king of Naples on a hunting expedition. That sovereign had a larger extent of ground at his command, and a longer period for the exercise of his talents; consequently, his sport, if it can so be called, was proportionably greater. It was pursued during his journey to Vienna, in Austria, Bohemia, and Moravia; when he killed 5 bears, 1,820 boars, 1,950 deer, 1,145 does, 1,625 roebucks, 11,121

1013. 狩猎在许多情况下已被推向过度，这是众所周知的，而匈牙利摄政埃斯特哈齐亲王在与法国签订和约时所举行的狩猎，堪称有记载以来最不寻常的一次。在那次狩猎中，共猎杀了一百六十只鹿、一百头野猪、三百只野兔和八十只狐狸：这是一天的成果。然而，尽管这场屠杀看起来如此巨大，却远不及同时代那不勒斯国王在一次狩猎远征中所猎杀的数量。那位君主拥有更广阔的土地可供支配，也有更长的时间来施展他的才能；因此，他的狩猎--如果可以这样称呼的话--相应地更为可观。这次狩猎是在他前往奥地利维也纳的旅途中，在奥地利、波希米亚和摩拉维亚进行的；其间他猎杀了五头熊、一千八百二十头野猪、一千九百五十只鹿、一千一百四十五只母鹿、一千六百二十五只狍子、一万一千一百二十一

rabbits, 13 wolves, 17 badgers, 16,354 hares, and 354 foxes. In birds, during the same expedition, he killed 15,350 pheasants and 12,335 partridges. Such an amount of destruction can hardly be called sport; it resembles more the indiscriminate slaughter of a battle-field, where the scientific engines of civilized warfare are brought to bear upon defenceless savages.

兔子、13只狼、17只獾、16,354只野兔和354只狐狸。在鸟类方面，同一次远征中，他猎杀了15,350只雉鸡和12,335只鹧鸪。如此数量的杀戮很难称之为运动；它更像战场上的无差别屠杀，在那里，文明战争的科学器械被用来对付手无寸铁的野蛮人。

1014. DEER AND HARES may be esteemed as the only four-footed animals now hunted in Britain for the table; and even those are not followed with the same ardour as they were wont to be. Still, there is no country in the world where the sport of hunting on horseback is carried to such an extent as in Great Britain, and where the pleasures of the chase are so well understood, and conducted on such purely scientific principles. The Fox, of all "the beasts of the field," is now considered to afford the best sport. For this, it is infinitely superior to the stag; for the real sportsman can only enjoy that chase when the deer is sought for and found like other game which are pursued with hounds. In the case of finding an outlying fallow-deer, which is unharboured, in this manner, great sport is frequently obtained; but this is now rarely to be met with in Britain. In reference to hare-hunting, it is much followed in many parts of this and the sister island; but, by the true foxhunter, it is considered as a sport only fit to be pursued by women and old men. Although it is less dangerous and exciting than the fox-chase, however, it has great charms for those who do not care for the hard riding which the other requires.

1014. 鹿和野兔可被视为如今在不列颠仅为食用而猎取的唯一四足动物；即便如此，追猎它们的热情也已不如往昔。然而，世界上没有任何国家像大不列颠这样将骑马狩猎运动开展到如此程度，也没有任何地方对狩猎之乐理解得如此透彻、遵循如此纯粹科学的原则。在“田野间的一切走兽”中，狐狸如今被认为能提供最佳的狩猎乐趣。就此而言，它远胜于雄鹿；因为真正的猎手只有在像追猎其他用猎犬追逐的猎物那样去寻找并发现鹿时，才能享受那种追逐。若以这种方式发现一头离群的、未被逐出的黇鹿，往往能获得极大的乐趣；但这在不列颠如今已难得一遇。至于猎兔，在本岛及姊妹岛许多地方颇为盛行；但真正的猎狐者认为，这只适合妇女和老人从事。然而，尽管它不如猎狐危险和刺激，对于那些不愿承受猎狐所需剧烈骑行的人来说，仍具有极大的魅力。

1015. THE ART OF TAKING OR KILLING BIRDS is called "fowling," and is either practised as an amusement by persons of rank or property, or for a livelihood by persons who use nets and other apparatus. When practised as an amusement, it principally

1015. 捕鸟或杀鸟的技艺被称为“fowling”，要么被地位或财产显赫的人作为消遣而实践，要么被使用网和其他器具的人作为生计而实践。当作为消遣实践时，它主要

consists of killing them with a light firearm called a "fowling-piece," and the sport is secured to those who pursue it by the game laws. The other means by which birds are taken, consist in imitating their voices, or leading them, by other artifices, into situations where they become entrapped by nets, birdlime, or otherwise. For taking large numbers of birds, the pipe or call is the most common means employed; and this is done during the months of September and October. We will here briefly give a description of the *modus operandi* pursued in this sport. A thin wood is usually the spot chosen, and, under a tree at a little distance from the others, a cabin is erected, and there are only such branches left on the tree as are necessary for the placing of the birdlime, and which are covered with it. Around the cabin are placed avenues with twisted perches, also covered with birdlime. Having thus prepared all that is necessary, the birdcatcher places himself in the cabin, and, at sunrise and sunset, imitates the cry of a small bird calling the others to its assistance. Supposing that the cry of the owl is imitated, immediately different kinds of birds will flock together at the cry of their common enemy, when, at every instant, they will be seen falling to the ground, their wings being of no use to them, from their having come in contact with the birdlime. The cries of those which are thus situated now attract others, and thus are large numbers taken in a short space of time. If owls were themselves desired to be taken, it is only during the night that this can be done, by counterfeiting the squeak of the mouse. Larks, other birds, and water-fowl, are sometimes taken by nets; but to describe fully the manner in which this is done, would here occupy too much space.

1016. FEATHERED GAME HAVE FROM TIME IMMEMORIAL

在于用一种称为“鸟枪”的轻型火器射杀它们，而狩猎法保障了从事此项运动者的权利。捕获鸟类的其他手段包括模仿它们的叫声，或用其他伎俩将它们引入被网、粘鸟胶或其他方式困住的地方。若要大量捕获鸟类，最常用的手段是哨笛或诱叫；这在九月和十月间进行。我们在此简要描述此项狩猎中所采用的操作方法。通常选择一片稀疏的树林，在一棵与其他树木稍有距离的树下搭建一间小屋，树上只保留放置粘鸟胶所必需的枝条，并在其上涂满粘鸟胶。小屋周围布置若干条小径，设有扭曲的栖木，同样涂上粘鸟胶。一切准备就绪后，捕鸟人便置身小屋之中，在日出和日落时分模仿小鸟呼唤同伴前来相助的叫声。假设模仿的是猫头鹰的叫声，各种鸟类便会立刻聚集到它们共同敌人的叫声处，随即不断可见它们坠落地面，翅膀因触到粘鸟胶而失去作用。那些已陷入困境的鸟的叫声又会引来其他鸟，如此在短时间内便可捕获大量鸟类。若要捕获猫头鹰本身，则只能在夜间通过模仿老鼠的吱吱声来进行。云雀、其他鸟类以及水禽有时也用网捕获；但要充分描述其方法，此处篇幅过于有限。

1016. 羽毛猎物自古以来就有

given gratification to the palate of man. With the exception of birds of prey, and some other species, Moses permitted his people to eat them; and the Egyptians made offerings to their priests of their most delicate birds. The ancient Greeks commenced their repasts with little roasted birds; and feathered game, amongst the Romans, was served as the second course. Indeed, several of the ancient *gourmands* of the "imperial city" were so fond of game, that they brought themselves to ruin by eating flamingoes and pheasants. "Some modern nations, the French among others," says Monsieur Soyer, "formerly ate the heron, crane, crow, stork, swan, cormorant, and bittern. The first three especially were highly esteemed; and Laillevant, cook of Charles VII., teaches us how to prepare these meagre, tough birds. Belon says, that in spite of its revolting taste when unaccustomed to it, the bittern is, however, among the delicious treats of the French. This writer also asserts, that a falcon or a vulture, either roasted or boiled, is excellent eating; and that if one of these birds happened to kill itself in flying after game, the falconer instantly cooked it. Lebaut calls the heron a royal viand."

满足了人类的口腹之欲。除了猛禽及其他某些种类外，摩西允许他的子民食用鸟类；埃及人将他们最精美的鸟类献给祭司。古希腊人以烤小鸟开始宴席；在罗马人中，羽禽野味作为第二道菜上桌。事实上，“帝国之城”的几位古代美食家如此酷爱野味，以至于因食用火烈鸟和雉鸡而倾家荡产。索耶先生说：“一些现代民族，其中包括法国人，从前食用苍鹭、鹤、乌鸦、鹳、天鹅、鸬鹚和麻鳽。前三种尤受推崇；查理七世的厨师莱利旺教我们如何烹制这些瘦而韧的鸟类。贝隆说，尽管麻鳽在不习惯其味道时令人反感，然而它仍是法国人的美味佳肴之一。这位作者还断言，隼或秃鹫，无论烤或煮，都是极佳的食材；倘若其中一只在追逐猎物时碰巧撞死，猎鹰人便会立刻将其烹制。勒博将苍鹭称为王室佳肴。”

1017. THE HERON WAS HUNTED BY THE HAWK, and the sport of hawking is usually placed at the head of those amusements that can only be practised in the country. This precedency it probably obtained from its being a pastime to generally followed by the nobility, not in Great Britain only, but likewise on the continent. In former times, persons of high rank rarely appeared in public without their dogs and their hawks: the latter they carried with them when they journeyed from one country to another, and sometimes even took them to battle with them, and would not part with them when taken prisoners, even to obtain their own

1017. 苍鹭为鹰所猎，而放鹰狩猎这项运动通常被列为只能在乡间进行的娱乐之首。它之所以获得这种优先地位，大概是因为不仅在大不列颠，而且在欧洲大陆，贵族们都普遍从事这项消遣。从前，地位显赫的人很少不带狗和鹰出现在公众场合：他们从一国旅行到另一国时随身携带后者，有时甚至带它们上战场，被俘时也不肯交出它们，甚至为了保全自己的

liberty. Such birds were esteemed as the ensigns of nobility, and no action was reckoned more dishonourable in a man of rank than that of giving up his hawk. We have already alluded to the hunting propensities of our own Edward III., and we may also allude to his being equally addicted to hawking. According to Froissart, when this sovereign invaded France, he took with him thirty falconers on horseback, who had charge of his hawks, and every day, as his royal fancy inclined him, he either hunted, or went to the river for the purpose of hawking. In the great and powerful, the pursuit of game as a sport is allowable, but in those who have to earn their bread by the sweat of their brow, it is to be condemned. In Burton's "Anatomy of Melancholy" we find a humorous story, told by Poggius, the Florentine, who reprobates this folly in such persons. It is this. A physician of Milan, that cured madmen, had a pit of water in his house, in which he kept his patients, some up to the knees, some to the girdle, some to the chin, *pro modo insaniae*, as they were more or less affected. One of them by chance, that was well recovered, stood in the door, and seeing a gallant pass by with a hawk on his fist, well mounted, with his spaniels after him, would needs know to what use all this preparation served. He made answer, To kill certain fowl. The patient demanded again, what his fowl might be worth which he killed in a year? He replied, Five or ten crowns; and when he urged him further, what his dogs, horse, and hawks stood him in, he told him four hundred crowns. With that the patient bade him begone, as he loved his life and welfare; "for if our master come and find thee here, he will put thee in the pit, amongst the madmen, up to the chin." Thus reproving the madness of such men as will spend themselves in those vain sports, to the neglect

自由也不愿舍弃。这类鸟被视为贵族的标志，对一个有身份的人来说，再没有比交出他的鹰更不光彩的行为了。我们已经提到过我们的爱德华三世对狩猎的癖好，我们也可以提到他同样热衷于放鹰狩猎。据傅华萨记载，这位君主入侵法国时，带了三名骑马的驯鹰人，负责照管他的鹰，每天随他王室的兴致所向，他或者去打猎，或者到河边去放鹰狩猎。对于伟大而有权势的人来说，把追逐猎物当作一项运动是可以允许的，但对于那些必须汗流满面才得糊口的人来说，则应受到谴责。在伯顿的《忧郁的解剖》中，我们读到佛罗伦萨人波焦讲述的一个诙谐故事，他谴责这类人身上的这种愚蠢行为。故事是这样的。米兰有一位医治疯人的医生，他家里有一个水池，他把病人关在里面，有的水没到膝盖，有的没到腰，有的没到下巴，*pro modo insaniae*，视其病情轻重而定。其中一个碰巧已经痊愈的病人站在门口，看见一位翩翩公子骑马经过，拳上架着鹰，装备精良，身后跟着他的猎犬，便想知道这一切准备是作什么用的。那人回答说，是用来捕杀某些鸟的。病人又问，他一年所捕杀的鸟能值多少钱?他回答说，五克朗或十克朗；当病人进一步追问他的狗、马和鹰花了他多少钱时，他告诉他是四百克朗。于是病人叫他走开，若他爱惜自己的性命和福祉的话；“因为要是我们的主人来发现你在这里，他会把你放进池子里，和那些疯子一起，水没到下巴。”以此谴责那些把精力耗费在这些无聊运动上、以致 neglect

of their business and necessary affairs.

1018. AS THE INEVITABLE RESULT OF SOCIAL PROGRESS is, at least to limit, if not entirely to suppress, such sports as we have here been treating of, much of the romance of country life has passed away. This is more especially the case with falconry, which had its origin about the middle of the fourth century, although, lately, some attempts have been rather successfully made to institute a revival of the "gentle art" of hawking. Julius Firmicus, who lived about that time, is, so far as we can find, the first Latin author who speaks of falconers, and the art of teaching one species of birds to fly after and catch others. The occupation of these functionaries has now, however, all but ceased. New and nobler efforts characterize the aims of mankind in the development of their civilization, and the sports of the field have, to a large extent, been superseded by other exercises, it may be less healthful and invigorating, but certainly more elegant, intellectual, and humanizing.

[Illustration]

RECIPES.

CHAPTER XXIII.

ROAST BLACK-COCK.

1019. INGREDIENTS.—Black-cock, butter, toast.

[Illustration: ROAST BLACK-COCK.]

Mode.—Let these birds hang for a few days, or they will be tough

他们的业务和必要事务。

1018. 社会进步的必然结果，至少是限制、如果不是完全压制我们在此所论述的这类运动，乡间生活的许多浪漫色彩已经消逝。放鹰狩猎尤其如此，它起源于大约四世纪中叶，尽管近来有人尝试复兴放鹰狩猎这门“文雅技艺”，并取得了相当的成功。据我们所知，生活在那个时代的尤利乌斯·菲尔米库斯是第一位谈到驯鹰人以及教一种鸟飞翔追逐并捕捉其他鸟的技艺的拉丁作家。然而，这些从业者的职业如今几乎已经绝迹。人类在文明发展中的目标以新的、更高尚的努力为特征，野外运动在很大程度上已被其他锻炼所取代，这些锻炼也许不那么有益健康、令人振奋，但无疑更为优雅、更富智性、更能陶冶人性。

[Illustration]

食谱。

第二十三章。

烤黑琴鸡。

1019. 配料--黑琴鸡、黄油、吐司。[插图：烤黑琴鸡。]

做法。--将这些禽鸟悬挂数日，否则肉质会老韧。

and tasteless, if not well kept. Pluck and draw them, and wipe the insides and outsides with a damp cloth, as washing spoils the flavour. Cut off the heads, and truss them, the same as a roast fowl, cutting off the toes, and scalding and peeling the feet. Trussing them with the head on, as shown in the engraving, is still practised by many cooks, but the former method is now considered the best. Put them down to a brisk fire, well baste them with butter, and serve with a piece of toast under, and a good gravy and bread sauce. After trussing, some cooks cover the breast with vine-leaves and slices of bacon, and then roast them. They should be served in the same manner and with the same accompaniments as with the plainly-roasted birds.

若不妥善保存，则无味。拔毛并取出内脏，用湿布擦拭内外，因为水洗会破坏风味。切下头，像烤禽一样捆扎，切去脚趾，烫洗并剥去脚上的皮。像版画中所示那样带头捆扎，仍为许多厨师所采用，但现在认为前一种方法最好。将它们放在旺火上，用黄油充分浇淋，上桌时下面垫一块烤面包片，配以优质的肉汁和面包酱汁。捆扎之后，有些厨师用葡萄叶和培根片覆盖胸部，然后烤制。它们应以上述同样的方式、配以同样的佐料上桌，与简单烤制的禽类相同。

Time.—45 to 50 minutes.

时间。- 45至50分钟。

Average cost, from 5s. to 6s. the brace; but seldom bought.

平均成本，每对从5先令到6先令；但很少购买。

Sufficient,—2 or 3 for a dish.

足量，--每盘2或3个。

Seasonable from the middle of August to the end of December.

时令从八月中旬到十二月底。

[Illustration: THE BLACK-COCK.]

[插图：黑琴鸡。]

THE BLACK-COCK, HEATH-COCK, MOOR-FOWL, OR HEATH-POULT.—This bird sometimes weighs as much as four pounds, and the hen about two. It is at present confined to the more northern parts of Britain, culture and extending population having united in driving it into more desolate regions, except, perhaps, in a few of the more wild and less-frequented portions of England. It may still be found in the New Forest, in Hampshire, Dartmoor, and Sedgmoor, in Devonshire, and among the hills of Somersetshire, contiguous to the latter. It may also be found in Staffordshire, in North Wales, and again in the north of England;

黑琴鸡、石楠鸡、红松鸡或石楠幼禽。--这种鸟有时重达四磅，雌鸟约两磅。目前它仅限于不列颠较北部的地区，耕作和不断扩展的人口共同将它驱入更为荒凉的地区，或许英格兰少数更为荒野、人迹罕至的地方除外。在汉普郡的新森林、德文郡的达特穆尔和塞奇穆尔，以及与后者毗邻的萨默塞特郡的山丘间，仍可找到它。在斯塔福德郡、北威尔士以及英格兰北部也可找到；

but nowhere so plentiful as in some parts of the Highlands of Scotland. The males are hardly distinguishable from the females until they are about half-grown, when the black feathers begin to appear, first about the sides and breast. Their food consists of the tops of birch and heath, except when the mountain berries are ripe, at which period they eagerly and even voraciously pick the bilberries and cranberries from the bushes. Large numbers of these birds are found in Norway, almost rivalling the turkey in point of size. Some of them have begun to be imported into London, where they are vended in the shops; but the flavour of their flesh is not equal to that of the Scotch bird.

但在苏格兰高地的某些地方，它们却最为丰富。雄鸟与雌鸟几乎难以区分，直到它们长到约半大时，黑色的羽毛才开始出现，最初是在身体两侧和胸部。它们的食物由桦树和石南的嫩梢组成，除非山上的浆果成熟了，那时它们会急切甚至贪婪地从灌木上啄食越橘和蔓越莓。在挪威可以发现大量的这种鸟，其体型几乎可与火鸡匹敌。其中一些已经开始被进口到伦敦，在商店里出售；但它们肉的风味不及苏格兰的鸟。

HASHED WILD DUCK.

野鸭肉丝

1020. INGREDIENTS.—The remains of cold roast wild duck, 1 pint of good brown gravy, 2 tablespoonfuls of bread crumbs, 1 glass of claret, salt, cayenne, and mixed spices to taste; 1 tablespoonful of lemon or Seville orange-juice.

1020. 配料--冷烤野鸭的剩余部分，1品脱优质棕色肉汁，2汤匙面包屑，1杯波尔多红葡萄酒，盐、卡宴辣椒粉和混合香料适量；1汤匙柠檬汁或塞维利亚橙汁。

Mode.—Cut the remains of the duck into neat joints, put them into a stewpan, with all the above ingredients; let them get gradually hot by the side of the fire, and occasionally stir the contents; when on the point of boiling, serve, and garnish the dish with sippets of toasted bread.

做法--将鸭子的剩余部分切成整齐的块，放入炖锅中，加入上述所有配料；让它们在火边逐渐变热，不时搅拌内容物；即将煮沸时，上桌，并用烤面包片装饰菜肴。

Time.—About 1/4 hour.

时间。--约1/4小时。

Seasonable from November to February.

时令十一月至二月。

RAGOUT OF WILD DUCK.

野鸭炖菜

1021. INGREDIENTS.—2 wild ducks, 4 shalots, 1 pint of stock No.

1021. 配料--2只野鸭，4个红葱头，1品脱高汤编号

105, 1 glass of port wine, 1 oz. of butter, a little flour, the juice of 1/2 lemon, cayenne and salt to taste.

Mode.—Ducks that have been dressed and left from the preceding day will answer for this dish. Cut them into joints, reserve the legs, wings, and breasts until wanted; put the trimmings into a stewpan with the shalots and stock, and let them simmer for about 1/2 hour, and strain the gravy. Put the butter into a stewpan; when melted, dredge in a little flour, and pour in the gravy made from the bones; give it one boil, and strain it again; add the wine, lemon-juice, and cayenne; lay in the pieces of duck, and let the whole gradually warm through, but do not allow it to boil, or the duck will be hard. The gravy should not be too thick, and should be very highly seasoned. The squeeze of a Seville orange is a great improvement to this dish.

Time.—About 1/2 hour to make the gravy; 1/4 hour for the duck gradually to warm through.

Seasonable from November to February.

ROAST WILD DUCK.

1022. INGREDIENTS.—Wild duck, flour, butter.

[Illustration: ROAST WILD DUCK.]

Mode.—Carefully pluck and draw them; Cut off the heads close to the necks, leaving sufficient skin to turn over, and do not cut off the feet; some twist each leg at the knuckle, and rest the claws on each side of the breast; others truss them as shown in our Illustration. Roast the birds before a quick fire, and, when they are first put down, let them remain for 5 minutes without basting

105,1杯波特酒，1盎司黄油，少许面粉，.....的汁
1/2个柠檬，辣椒粉和盐适量。

Mode。--前一天已宰杀处理好的鸭子即可用于此菜。将鸭切成块，保留腿、翅和胸肉备用；将边角料与红葱头和原汤放入炖锅，煨约1/2小时，滤出肉汁。将黄油放入炖锅，融化后撒入少许面粉，倒入用鸭骨熬成的肉汁；煮沸一次，再次过滤；加入葡萄酒、柠檬汁和辣椒粉；放入鸭块，让整锅逐渐热透，但不可让其煮沸，否则鸭肉会变硬。肉汁不应太稠，且应调味极重。挤入一个塞维利亚橙子的汁对此菜大有裨益。

时间--制作肉汁约需1/2小时；鸭子逐渐热透需1/4小时。

时令十一月至二月。

烤野鸭

1022. 配料--野鸭、面粉、黄油。

[插图：烤野鸭。]

做法--小心拔毛并取出内脏；将头紧贴颈部切下，留足够的皮翻转过来，不要切掉脚；有些人将每条腿在关节处扭一下，让爪子搁在胸部两侧；另一些人则如我们的插图所示捆扎。在旺火前烤鸟，刚放下时让它们保持5分钟不浇油

(this will keep the gravy in); afterwards baste plentifully with butter, and a few minutes before serving dredge them lightly with flour; baste well, and send them to table nicely frothed, and full of gravy. If overdone, the birds will lose their flavour. Serve with a good gravy in the dish, or orange gravy, No. 488; and send to table with them a cut lemon. To take off the fishy taste which wild fowl sometimes have, baste them for a few minutes with hot water to which have been added an onion and a little salt; then take away the pan, and baste with butter.—See coloured plate, G1.

(这样可以保住肉汁)；之后大量浇淋黄油，上桌前几分钟轻轻撒上面粉；充分浇淋，将它们 nicely frothed、饱含肉汁地送上餐桌。如果烹制过度，鸟就会失去风味。上桌时在盘中配上好的肉汁，或第488号橙汁肉汁；并随它们一起送上切开的柠檬。为了去除野禽有时带有的鱼腥味，用加入了洋葱和少许盐的热水浇淋它们几分钟；然后移开锅，用黄油浇淋。--见彩色图版G1。

Time.—When liked underdressed, 20 to 25 minutes; well done, 25 to 35 minutes.

时间--若喜欢半生，20至25分钟；全熟，25至35分钟。

Average cost, 4s. to 5s. the couple.

平均成本，每对4先令至5先令。

Sufficient,—2 for a dish.

足量,--一盘菜用2份。

Seasonable from November to February.

时令十一月至二月。

[Illustration: THE WILD DUCK.]

[插图：野鸭。]

THE WILD DUCK.—The male of the wild dock is called a mallard; and the young ones are called flappers. The time to try to find a brood of these is about the month of July, among the rushes of the deepest and most retired parts of some brook or stream, where, if the old bird is sprung, it may be taken as a certainty that its brood is not far off. When once found, flappers are easily killed, as they attain their full growth before their wings are fledged. Consequently, the sport is more like hunting water-rats than shooting birds. When the flappers take wing, they assume the name of wild ducks, and about the month of August repair to the corn-fields, where they remain until they are disturbed by the

野鸭。--野生公鸭的雄性被称为绿头鸭；幼鸟被称为flappers。试图找到一窝这种幼鸭的时间大约在七月，在某个小溪或河流最深、最僻静处的灯心草丛中，在那里，如果惊起老鸟，就可以确定它的幼雏就在不远处。一旦找到，flappers很容易被杀死，因为它们在翅膀长成之前就已达到完全体型。因此，这种运动更像是捕猎水鼠而非射鸟。当flappers展翅飞翔时，它们就获得了野鸭之名，大约在八月前往玉米田，在那里待到被

harvest-people. They then frequent the rivers pretty early in the evening, and give excellent sport to those who have patience to wait for them. In order to know a wild duck, it is necessary only to look at the claws, which should be black.

收割的人们。然后它们在傍晚相当早的时候就常去河边，给那些有耐心等待它们的人提供极好的运动。为了辨认野鸭，只需看爪子，爪子应该是黑色的。

HASHED GAME (Cold Meat Cookery).

肉末野味(冷肉烹饪)。

1023. INGREDIENTS.—The remains of cold game, 1 onion stuck with 3 cloves, a few whole peppers, a strip of lemon-peel, salt to taste, thickening of butter and flour, 1 glass of port wine, 1 tablespoonful of lemon-juice, 1 tablespoonful of ketchup, 1 pint of water or weak stock.

1023. 配料--冷野味的剩余部分，1个插着3颗丁香的洋葱，几颗整胡椒，一条柠檬皮，盐适量，黄油和面粉的增稠剂，1杯波特酒，1汤匙柠檬汁，1汤匙番茄酱，1品脱水或淡肉汤。

Mode.—Cut the remains of cold game into joints, reserve the best pieces, and the inferior ones and trimmings put into a stewpan with the onion, pepper, lemon-peel, salt, and water or weak stock; stew these for about an hour, and strain the gravy; thicken it with butter and flour; add the wine, lemon-juice, and ketchup; lay in the pieces of game, and let them gradually warm through by the side of the fire; do not allow it to boil, or the game will be hard. When on the point of simmering, serve, and garnish the dish with sippets of toasted bread.

做法。--将剩余的冷野味切成块，保留最好的几块，将较差的几块和边角料与洋葱、胡椒、柠檬皮、盐以及水或淡原汤一起放入炖锅；将这些炖约一小时，滤出肉汁；用黄油和面粉使其变稠；加入葡萄酒、柠檬汁和番茄酱；放入野味块，在火边让它们逐渐热透；不要让它煮沸，否则野味会变硬。在即将微沸时，即可上桌，并在盘中用烤面包丁作点缀。

Time.—Altogether 1-1/4 hour.

时间。--共计1-1/4小时。

Seasonable from August to March.

时令八月至三月。

Note.—Any kind of game may be hashed by the above recipe, and the flavour may be varied by adding flavoured vinegars, curvy powder, &c.; but we cannot recommend these latter ingredients, as a dish of game should really have a gamy taste; and if too many sauces, essences, &c., are added to the gravy, they quite overpower and destroy the flavour the dish should possess.

注--任何种类的野味都可以用上述食谱做成烩野味，风味可以通过添加调味醋、咖喱粉等来变化；但我们不推荐后几种配料，因为一盘野味确实应该有野味的风味；如果在肉汁中加入太多酱汁、香精等，它们会完全压倒并破坏这道菜应有的风味。

GROUSE PIE.

1024. INGREDIENTS.—Grouse; cayenne, salt, and pepper to taste; 1 lb. of rump-steak, 1/2 pint of well-seasoned broth, puff paste.

Mode.—Line the bottom of a pie-dish with the rump-steak cut into neat pieces, and, should the grouse be large, cut them into joints; but, if small, they may be laid in the pie whole; season highly with salt, cayenne, and black pepper; pour in the broth, and cover with a puff paste; brush the crust over with the yolk of an egg, and bake from 3/4 to 1 hour. If the grouse is cut into joints, the backbones and trimmings will make the gravy, by stewing them with an onion, a little sherry, a bunch of herbs, and a blade of mace: this should be poured in after the pie is baked.

Time.—3/4 to 1 hour.

Average cost, exclusive of the grouse, which are seldom bought, 1s. 9d.

Seasonable from the 12th of August to the beginning of December.

ROAST GROUSE.

[Illustration: ROAST GROUSE.]

1025. INGREDIENTS.—Grouse, butter, a thick slice of toasted bread.

Mode.—Let the birds hang as long as possible; pluck and draw them; wipe, but do not wash them, inside and out, and truss them without the head, the same as for a roast fowl. Many persons still continue to truss them with the head under the wing, but the

松鸡派。

1024. 配料--松鸡；卡宴辣椒粉、盐和胡椒适量；1磅牛臀排，1/2品脱调味好的肉汤，千层酥皮。

模式。--在馅饼盘底部铺上切成整齐小块的臀肉牛排，如果松鸡较大，就切成关节块；如果较小，可以整只放入馅饼中；用盐、卡宴辣椒和黑胡椒大量调味；倒入肉汤，盖上酥皮；在酥皮上刷蛋黄液，烘烤3/4至1小时。如果松鸡切成关节块，脊骨和边角料可与一个洋葱、少许雪利酒、一束香草和一片肉豆蔻衣一起炖煮制成肉汁：馅饼烤好后倒入。

时间。- 3/4 至 1 小时。

平均成本，不包括很少购买的松鸡，为1先令。
9d.

时令从8月12日至12月初。

烤松鸡。

[插图：烤松鸡。]

1025. 配料--松鸡、黄油、一片厚烤面包。

做法--让鸟尽可能久地悬挂；拔毛并取出内脏；内外擦拭，但不要清洗，像烤鸡一样不带头捆扎。许多人仍然继续将头放在翅膀下捆扎，但

former is now considered the most approved method. Put them down to a sharp clear fire; keep them well basted the whole of the time they are cooking, and serve them on a buttered toast, soaked in the dripping-pan, with a little melted butter poured over them, or with bread-sauce and gravy.—See coloured plate, L1.

Time.—1/2 hour; if liked very thoroughly done, 35 minutes.

Average cost, 2s. to 2s. 6d. the brace; but seldom bought.

Sufficient,—2 for a dish.

Seasonable from the 12th of August to the beginning of December.

[Illustration: RED GROUSE.]

GROUSE.—These birds are divided into wood grouse, black grouse, red grouse, and white grouse. The wood grouse is further distinguished as the cock of the wood, or capercalzie, and is as large as the turkey, being about two feet nine inches in length, and weighing from twelve to fifteen pounds. The female is considerably less than the male, and, in the colour of her feathers, differs widely from the other. This beautiful species is found principally in lofty, mountainous regions, and is very rare in Great Britain; but in the pine forests of Russia, Sweden, and other northern countries, it is very common. In these it has its habitat, feeding on the cones of the trees, and the fruits of various kinds of plants, especially the berry of the jumper. Black grouse is also distinguished as black-game, or the black-cock. It is not larger than the common hen, and weighs only about four pounds. The female is about one-third less than the male, and also differs considerably from him in point of colour. Like the former, they are found chiefly in high situations, and are common in Russia,

前者现在被认为是最受认可的方法。将它们放在明亮旺火前；在整个烹饪过程中不断好好浇油，并将它们放在浸过烤盘滴油的黄油吐司上上桌，上面浇一点融化的黄油，或者配面包酱和肉汁。--见彩色图版L1。

时间。--1/2小时；若喜欢做得非常熟透，则35分钟。

平均价格，每对2先令至2先令6便士；但很少购买。

足量,--一盘菜用2份。

时令从8月12日至12月初。

[插图：红松鸡。]

松鸡。--这些鸟分为林松鸡、黑松鸡、红松鸡和白松鸡。林松鸡又被称为林公鸡或capercalzie，体型与火鸡相当，长约二英尺九英寸，重十二至十五磅。雌鸟比雄鸟小得多，羽毛颜色也与雄鸟大不相同。这种美丽的物种主要见于高峻的山区，在大不列颠非常罕见；但在俄罗斯、瑞典和其他北方国家的松林中却非常常见。它们在这些地方栖息，以松果和各种植物的果实为食，尤其是杜松果。黑松鸡又被称为黑猎禽或黑公鸡。它不比普通母鸡大，仅重约四磅。雌鸟比雄鸟小约三分之一，在颜色上也与雄鸟有相当大的差异。与前一种一样，它们主要见于高地处，在俄罗斯、

Siberia, and other northern countries. They are also found in the northern parts of Great Britain, feeding in winter on the various berries and fruits belonging to mountainous countries, and, in summer, frequently descending to the lower lands, to feed upon corn. The red grouse, gorcock, or moor-cock, weighs about nineteen ounces, and the female somewhat less. In the wild heathy tracts of the northern counties of England it is plentiful, also in Wales and the Highlands of Scotland. Mr. Pennant considered it peculiar to Britain, those found in the mountainous parts of Spain, France, and Italy, being only varieties of the same bird. White grouse, white game, or ptarmigan, is nearly the same size as the red grouse, and is found in lofty situations, where it supports itself in the severest weather. It is to be met with in most of the northern countries of Europe, and appears even in Greenland. In the Hebrides, Orkneys, and the Highlands of Scotland, it is also found; and sometimes, though rarely, among the fells of Northumberland and Cumberland. In winter they fly in flocks, and are so little familiar with the sight of man, that they are easily shot, and even snared. They feed on the wild produce of the hills, which sometimes imparts to their flesh a bitter but not unpalatable taste. According to Buffon, it is dark-coloured, and somewhat flavoured like the hare.

西伯利亚和其他北方国家很常见。它们也见于大不列颠北部地区，冬季以山地国家的各种浆果和果实为食，夏季则常下到低地，以谷物为食。红松鸡、gorcock或沼地公鸡重约十九盎司，雌鸟略轻。在英格兰北部各郡的野生石楠荒地上数量丰富，在威尔士和苏格兰高地也是如此。彭南特先生认为它是不列颠特有的，在西班牙、法国和意大利山区发现的只是同一鸟类的变种。白松鸡、白猎禽或ptarmigan，体型与红松鸡几乎相同，见于高峻地带，在最严酷的天气中也能生存。欧洲大多数北方国家都能见到它，甚至在格陵兰也有出现。在赫布里底群岛、奥克尼群岛和苏格兰高地也能找到；有时，虽然罕见，也见于诺森伯兰和坎伯兰的荒原。冬季它们成群飞行，对人类的身影如此不熟悉，以至于很容易被射杀，甚至被网捕。它们以山上的野生植物为食，这有时使它们的肉带有一种苦涩但并非不可口的风味。据布丰说，它颜色深，风味有些像野兔。

GROUSE SALAD.

(*Soyer's Recipe.*)

1026. INGREDIENTS.—8 eggs, butter, fresh salad, 1 or 2 grouse; for the sauce, 1 teaspoonful of minced shalot, 1 teaspoonful of pounded sugar, the yolk of 1 egg, 1 teaspoonful of minced parsley,

松鸡沙拉。

(索耶的食谱。)

1026. 配料--8个鸡蛋，黄油，新鲜沙拉，1或2只松鸡；用于酱汁：1茶匙切碎的青葱，1茶匙糖粉，1个蛋黄，1茶匙切碎的欧芹，

1/4 oz. of salt, 4 tablespoonfuls of oil, 2 tablespoonfuls of Chili vinegar, 1 gill of cream.

Mode.—Boil the eggs hard, shell them, throw them into cold water cut a thin slice off the bottom to facilitate the proper placing of them in the dish, cut each one into four lengthwise, and make a very thin flat border of butter, about one inch from the edge of the dish the salad is to be served on; fix the pieces of egg upright close to each other, the yolk outside, or the yolk and white alternately; lay in the centre a fresh salad of whatever is in season, and, having previously roasted the grouse rather underdone, cut it into eight or ten pieces, and prepare the sauce as follows:—Put the shalots into a basin, with the sugar, the yolk of an egg, the parsley, and salt, and mix in by degrees the oil and vinegar; when these ingredients are well mixed, put the sauce on ice or in a cool place. When ready to serve, whip the cream rather thick, which lightly mix with it; then lay the inferior parts of the grouse on the salad, sauce over so as to cover each piece, then lay over the salad and the remainder of the grouse, pour the rest of the sauce over, and serve. The eggs may be ornamented with a little dot of radishes or beetroot on the point. Anchovy and gherkin, cut into small diamonds, may be placed between, or cut gherkins in slices, and a border of them laid round. Tarragon or chervil-leaves are also a pretty addition. The remains of cold black-game, pheasant, or partridge may be used in the above manner, and will make a very delicate dish.

Average cost, 2s. 6d.

Seasonable from the 12th of August to the beginning of December.

[Illustration: THE CAPERCALZIE.]

1/4盎司盐，4汤匙油，2汤匙辣椒醋，1及耳奶油。

模式。--将鸡蛋煮硬，去壳，投入冷水中，在底部切去薄薄一片以便于在盘中摆放，每个鸡蛋纵向切成四块，在盛沙拉的盘子边缘约一英寸处，用黄油做一道非常薄的扁平边；将蛋块竖立紧挨着固定，蛋黄朝外，或蛋黄与蛋白交替；在中央铺上任何当令食材制成的新鲜沙拉，将松鸡事先烤至偏生，切成八到十块，并按以下方法准备酱汁：将红葱头放入盆中，加入糖、蛋黄、欧芹和盐，逐渐拌入油和醋；这些配料充分混合后，将酱汁放在冰上或阴凉处。上桌时，将奶油打至较浓稠，轻轻拌入；然后将松鸡的较差部位放在沙拉上，浇上酱汁以覆盖每一块，再放上沙拉和剩余的松鸡，浇上剩余的酱汁，即可上桌。鸡蛋上可用萝卜或甜菜根的小点装饰。鲽鱼和腌黄瓜切成小菱形，可放在中间，或将腌黄瓜切片，围成一圈。龙蒿或细叶芹叶也是很好的点缀。冷黑猎禽、雉鸡或鹧鸪的剩余部分也可按上述方法使用，能做成一道非常精致的菜肴。

平均费用,2先令6便士。

时令从8月12日至12月初。

[插图：松鸡]

THE CAPERCALZIE.—This bird was to be met with formerly both in Ireland and Scotland, but is now extinct. The male lives separate from the females, except in the breeding season. Its manners and habits are very like those of black grouse, except that it seems to be wholly confined to forests of pine, on the tender shoots of which it feeds. It is by no means uncommon in the woods of Norway, whence we received it. It is also found abundant in Russia, Siberia, Italy, and in some portions of the Alps. It was, in 1760, last seen in Scotland, in the woods of Strathglass. Recent attempts have been made to re-introduce it into that country, but without success; principally owing, as we should imagine, to the want of sufficient food suitable for its sustenance.

GROUSE.—Under this general term are included several species of game birds, called black, red, woodland, and white grouse. The black is larger than the red (see No. 1025), and is not so common, and therefore held in higher estimation. The red, however, is a bird of exquisite flavour, and is a native of the mountainous districts of Scotland and the north of England. It feeds on the tops of the heath and the berries that grow amongst them: its colour is a rich chestnut, striped with black. The woodland, or cock of the wood, is the largest among the bird tribes which pass under the denomination of game. It is smaller than the turkey, and was originally common in our mountains; but it is now to be found only in the mountains of Scotland, though it still abounds in the north of Europe, Germany, and in the Alps. It is esteemed as delicious eating, and its plumage is extremely beautiful. The white grouse, or ptarmigan, is not a plentiful bird in Britain; but it is still found in the islands, and weighs about half a pound. The London

CAPERCALZIE。--这种鸟以前在爱尔兰和苏格兰都能见到，但现已灭绝。雄鸟与雌鸟分开生活，繁殖季节除外。其习性和习惯与黑松鸡非常相似，只是它似乎完全局限于松林，以松树的嫩芽为食。它在挪威的森林中并不罕见，我们就是从那里得到的。它在俄罗斯、西伯利亚、意大利以及阿尔卑斯山的部分地区也很丰富。1760年，它最后一次在苏格兰的斯特拉斯格拉斯森林中被见到。最近有人尝试将其重新引入该国，但没有成功；主要原因，据我们推测，是缺乏足够的适合其维持生存的食物。

松鸡。--这个总称之下包括几种猎禽，称为黑松鸡、红松鸡、林地松鸡和白松鸡。黑松鸡比红松鸡大(见第1025号)，不那么常见，因此评价更高。然而，红松鸡是一种风味极佳的鸟，原产于苏格兰和英格兰北部的山区。它以石南的嫩梢和生长其中的浆果为食：其羽色为浓郁的栗色，带有黑色条纹。林地松鸡，或称松林雄鸡，是归入猎禽名下的鸟类中最大的一种。它比火鸡小，最初在我们这里的山区很常见；但现在只能在苏格兰的山区找到，尽管它在欧洲北部、德国和阿尔卑斯山仍然很多。它被视为美味佳肴，羽毛极其美丽。白松鸡，或称雷鸟，在英国并不算多，但在岛屿上仍能找到，重约半磅。伦敦

market is supplied by Norway and Scotland; those from the former country being esteemed the best. When young, it is held in high estimation, being considered as little different from common grouse.

ROAST HARE.

1027. INGREDIENTS.—Hare, forcemeat No. 417, a little milk, butter.

Choosing and Trussing.—Choose a young hare; which may be known by its smooth and sharp claws, and by the cleft in the lip not being much spread. To be eaten in perfection, it must hang for some time; and, if properly taken care of, it may be kept for several days. It is better to hang without being paunched; but should it be previously emptied, wipe the inside every day, and sprinkle over it a little pepper and ginger, to prevent the musty taste which long keeping in the damp occasions, and which also affects the stuffing. After it is skinned, wash it well, and soak for an hour in warm water to draw out the blood; if old, let it lie in vinegar for a short time, but wash it well afterwards in several waters. Make a forcemeat by recipe No. 417, wipe the hare dry, fill the belly with it, and sew it up. Bring the hind and fore legs close to the body towards the head, run a skewer through each, fix the head between the shoulders by means of another skewer, and be careful to leave the ears on. Pat a string round the body from skewer to skewer, and tie it above the back.

[Illustration: ROAST HARE.]

Mode.—The hare should be kept at a distance from the fire when it is first laid down, or the outside will become dry and hard

市场由挪威和苏格兰供应；前者所产者被视为最佳。幼年时备受推崇，被认为与普通松鸡相差无几。

烤野兔

1027. 配料--野兔，第417号馅料，少许牛奶，黄油。

挑选与捆扎。--挑选一只幼兔；可从其光滑而尖锐的爪子以及唇裂不甚张开辨认。若要尽善尽美地食用，须悬挂一段时间；若处理得当，可保存数日。最好不剖腹而悬挂；但若已事先掏空内脏，则每日擦拭内腔，并撒上少许胡椒和姜，以防因久置于潮湿处而产生霉味，此味亦会影响馅料。剥皮后洗净，在温水中浸泡一小时以浸出血水；若兔已老，可在醋中略浸片刻，但 afterward 须用多道清水洗净。按第417号食谱制作一份馅料，将兔擦干，把馅料填入腹中，缝好。将后腿与前腿向头部方向紧贴身体，各穿入一根签子，再用另一根签子将头固定在两肩之间，注意保留耳朵。用细绳从一根签子绕至另一根签子缠住兔身，并在背部上方系紧。

[插图：烤野兔。]

做法。--野兔初次上火时，应使其与火保持距离，否则外表会变得干硬。

before the inside is done. Baste it well with milk for a short time, and afterwards with butter; and particular attention must be paid to the basting, so as to preserve the meat on the back juicy and nutritive. When it is almost roasted enough, flour the hare, and baste well with butter. When nicely frothed, dish it, remove the skewers, and send it to table with a little gravy in the dish, and a tureen of the same. Red-currant jelly must also not be forgotten, as this is an indispensable accompaniment to roast hare. For economy, good beef dripping may be substituted for the milk and butter to baste with; but the basting, as we have before stated, must be continued without intermission. If the liver is good, it maybe parboiled, minced, and mixed with the stuffing; but it should not be used unless quite fresh.—See coloured plate, E1.

而内部尚未熟透。先用牛奶浇淋片刻，再用黄油浇淋；须特别注意浇淋，以使背部的肉保持多汁且富有营养。当几乎烤熟时，在兔身上撒面粉，并用黄油充分浇淋。当表面起泡恰到好处时，装盘，抽出签子，连同盘中少许肉汁及一盅同样的肉汁一同上桌。红醋栗果冻亦不可忘记，因为这是烤兔不可或缺的佐餐之物。为节省起见，可用优质牛油滴代替牛奶和黄油来浇淋；但如前所述，浇淋必须不间断地持续进行。若肝脏良好，可先煮至半熟，切碎后拌入馅料；但除非十分新鲜，否则不应使用。--见彩色图版E1。

Time.—A middling-sized hare, 1-1/4 hour; a large hare, 1-1/2 to 2 hours.

时间。--中等大小的野兔，1-1/4小时；大野兔，1-1/2至2小时。

Average cost, from 4s. to 6s.

平均成本，从4先令到6先令。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable from September to the end of February.

时令从九月到二月底。

THE HARE.—This little animal is found generally distributed over Europe, and, indeed, in most parts of the northern world. Its extreme timidity is the endowment which Providence has bestowed upon it as a means of defence; it is therefore attentive to every sound, and is supplied with ears both long and tubular, with which it can hear with great acuteness. Its eyes, also, are so constructed, and placed so prominent in its head, that it can see both before and behind it. It lives entirely upon vegetables, but its flesh is considered dry, notwithstanding that it is deemed, in

野兔。--这种小动物普遍分布于欧洲，实际上也分布于北方世界的大部分地区。其极度的胆怯是天意赋予它的自卫手段；因此它对一切声响都十分警觉，并生有又长又呈管状的耳朵，能极为敏锐地听见声音。它的眼睛构造亦如此，且突出于头部，使其能看见身前和身后。它完全以植物为食，但其肉被认为偏干，尽管在

many respects, superior to that of the rabbit, being more savoury, and of a much higher flavour. Its general time of feeding is the evening; but during the day, if not disturbed, it adheres closely to its *form*.

[Illustration: THE HARE.]

POTTED HARE (a Luncheon or Breakfast Dish).

1028. INGREDIENTS.—1 hare, a few slices of bacon, a large bunch of savoury herbs, 4 cloves, 1/2 teaspoonful of whole allspice, 2 carrots, 2 onions, salt and pepper to taste, 1 pint of water, 2 glasses of sherry.

Mode.—Skin, empty, and wash the hare; cut it down the middle, and put it into a stewpan, with a few slices of bacon under and over it; add the remaining ingredients, and stew very gently until the hare is tender, and the flesh will separate easily from the bones. When done enough, take it up, remove the bones, and pound the meat, *with the bacon*, in a mortar, until reduced to a perfectly smooth paste. Should it not be sufficiently seasoned, add a little cayenne, salt, and pounded mace, but be careful that these are well mixed with the other ingredients. Press the meat into potting-pots, pour over clarified butter, and keep in a dry place. The liquor that the hare was stewed in, should be saved for hashes, soups, &c. &c.

Time.—About 21/2 hours to stew the hare.

Seasonable from September to the end of February.

BROILED HARE (a Supper or Luncheon Dish).

1029. INGREDIENTS.—The leg and shoulders of a roast hare,

在许多方面优于兔肉，更为鲜美，风味也远胜。它通常在傍晚进食；但白天若不被打扰，便紧守其栖伏处。

[插图：野兔。]

罐焖野兔(午餐或早餐菜)

1028. 配料。--野兔1只，培根数片，一大把香草，丁香4粒，整粒多香果1/2茶匙，胡萝卜2根，洋葱2个，盐和胡椒适量，水1品脱，雪利酒2杯。

做法。--将野兔剥皮、掏空内脏并洗净；从中间剖开，放入炖锅，上下各铺几片培根；加入其余配料，极文火慢炖，直至兔肉软嫩、肉易脱骨。炖足后取出，去骨，将肉连同培根在研钵中捣至完全细腻的糊状。若调味不足，可加少许卡宴辣椒、盐和捣碎的肉豆蔻，但须注意使其与其他配料充分混合。将肉压入陶罐，浇上澄清黄油，置于干燥处保存。炖兔所用的汤汁应留作烩肉、汤等之用。

时间。--炖野兔约需 2 小时 30 分钟。

时令从九月到二月底。

烤野兔(晚餐或午餐菜肴)

1029. 配料--烤野兔的腿和肩部，

cayenne and salt to taste, a little butter.

Mode.—Cut the legs and shoulders of a roast hare, season them highly with salt and cayenne, and broil them over a very clear fire for 5 minutes. Dish them on a hot dish, rub over them a little cold butter, and send to table very quickly.

Time.—5 minutes.

Seasonable from September to the end of February.

HASHED HARE.

1030. INGREDIENTS.—The remains of cold roast hare, 1 blade of pounded mace, 2 or 3 allspice, pepper and salt to taste, 1 onion, a bunch of savoury herbs, 3 tablespoonfuls of port wine, thickening of butter and flour, 2 tablespoonfuls of mushroom ketchup.

Mode.—Cut the cold hare into neat slices, and put the head, bones, and trimmings into a stewpan, with 3/4 pint of water; add the mace, allspice, seasoning, onion, and herbs, and stew for nearly an hour, and strain the gravy; thicken it with butter and flour, add the wine and ketchup, and lay in the pieces of hare, with any stuffing that may be left. Let the whole gradually heat by the side of the fire, and, when it has simmered for about 5 minutes, serve, and garnish the dish with sippets of toasted bread. Send red-currant jelly to table with it.

Time.—Rather more than 1 hour.

Average cost, exclusive of the cold hare, 6d.

Seasonable from September to the end of February.

按口味加入卡宴辣椒和盐，少许黄油。

做法。--将烤野兔的腿和肩切下，撒上大量盐和卡宴辣椒粉调味，在极旺的明火上烤5分钟。盛入热盘，抹上少许冷黄油，迅速上桌。

时间。- 5分钟。

时令从九月到二月底。

哈希兔肉

1030. 配料。--冷烤野兔的余肉，捣碎的肉豆蔻1片，多香果2或3粒，胡椒和盐适量，洋葱1个，一把香草，波特酒3汤匙，黄油面粉糊，蘑菇番茄酱2汤匙。

做法。--将冷兔肉切成整齐的片，把头、骨和边角料放入炖锅，加3/4品脱水；加入肉豆蔻、多香果、调味、洋葱和香草，炖近一小时，滤出肉汁；用黄油和面粉勾芡，加入葡萄酒和番茄酱，放入兔肉片以及可能剩下的馅料。将全部置于火旁逐渐加热，待微沸约5分钟后即可上桌，并以烤面包丁点缀盘中。随菜奉上红醋栗果冻。

时间。--略多于1小时。

平均成本，不含冷野兔，6便士。

时令从九月到二月底。

JUGGED HARE.

(*Very Good.*)

1031. INGREDIENTS.—1 hare, 1-1/2 lb. of gravy beef, 1/2 lb. of butter, 1 onion, 1 lemon, 6 cloves; pepper, cayenne, and salt to taste; 1/2 pint of port wine.

Mode.—Skin, paunch, and wash the hare, cut it into pieces, dredge them with flour, and fry in boiling butter. Have ready 1-1/2 pint of gravy, made from the above proportion of beef, and thickened with a little flour. Put this into a jar; add the pieces of fried hare, an onion stuck with six cloves, a lemon peeled and cut in half, and a good seasoning of pepper, cayenne, and salt; cover the jar down tightly, put it up to the neck into a stewpan of boiling water, and let it stew until the hare is quite tender, taking care to keep the water boiling. When nearly done, pour in the wine, and add a few forcemeat balls, made by recipe No. 417: these must be fried or baked in the oven for a few minutes before they are put to the gravy. Serve with red-currant jelly.

Time,—3-1/2 to 4 hours. If the hare is very old, allow 4-1/2 hours.

Average cost, 7s.

Sufficient for 7 or 8 persons.

Seasonable from September to the end of February.

II.

(*A Quicker and more Economical Way.*)

1032. INGREDIENTS.—1 hare, a bunch of sweet herbs, 2 onions,

炖野兔

(很好。)

1031. 配料。--野兔1只，肉汁牛肉1-1/2磅，黄油1/2磅，洋葱1个，柠檬1个，丁香6粒；胡椒、卡宴辣椒粉和盐适量；波特酒1/2品脱。

做法。--将野兔剥皮、去内脏并洗净，切成块，撒上面粉，用滚沸的黄油煎。备好1-1/2品脱肉汁，用上述比例的牛肉制成，并以少许面粉增稠。将此倒入罐中；加入煎好的野兔块、一颗插着六粒丁香洋葱、一个去皮切成两半的柠檬，以及足量的胡椒、辣椒粉和盐调味；将罐口密封盖紧，把罐子放入盛有沸水的炖锅中，水位至罐颈，炖至野兔完全软烂，注意保持水沸腾。将近炖好时，倒入葡萄酒，并加入几个按第417号食谱制作的肉馅丸子：这些丸子须先煎或在烤箱中烘几分钟，然后再放入肉汁中。配红醋栗果冻上桌。

时间，3.5至4小时。如果野兔非常老，则允许4.5小时。

平均成本,7先令。

足量供7至8人食用。

时令从九月到二月底。

二
。

(更快捷更经济的方法。)

1032. 配料--1只野兔，一束香草，2个洋葱，

each stuck with 3 cloves, 6 whole allspice, 1/2 teaspoonful of black pepper, a strip of lemon-peel, thickening of butter and flour, 2 tablespoonfuls of mushroom ketchup, 1/4 pint of port wine.

Mode.—Wash the hare nicely, cut it up into joints (not too large), and flour and brown them as in the preceding recipe; then put them into a stewpan with the herbs, onions, cloves, allspice, pepper, and lemon-peel; cover with hot water, and when it boils, carefully remove all the scum, and let it simmer gently till tender, which will be in about 1-3/4 hour, or longer, should the hare be very old. Take out the pieces of hare, thicken the gravy with flour and butter, add the ketchup and port wine, let it boil for about 10 minutes, strain it through a sieve over the hare, and serve. A few fried forcemeat balls should be added at the moment of serving, or instead of frying them, they may be stewed in the gravy, about 10 minutes before the hare is wanted for table. Do not omit to serve red-currant jelly with it.

Time.—Altogether 2 hours. *Average cost*, 5s. 6d.

Sufficient for 7 or 8 persons.

Seasonable from September to the end of February.

Note.—Should there be any left, rewarm it the next day by putting the hare, &c. into a covered jar, and placing this jar in a saucepan of boiling water: this method prevents a great deal of waste.

ROAST LANDRAIL, OR CORN-CRAKE.

1033. INGREDIENTS.—3 or 4 birds, butter, fried bread crumbs.

[Illustration: LANDRAILS.]

各插丁香3粒，整粒多香果6粒，黑胡椒1/2茶匙，柠檬皮一条，黄油面粉糊，蘑菇番茄酱2汤匙，波特酒1/4品脱。

做法。--将野兔仔细洗净，切成块(不要太大)，照前一条食谱的方法撒上面粉并煎至棕色；然后将其放入炖锅，加入香草、洋葱、丁香、多香果、胡椒和柠檬皮；倒入热水没过，煮沸时仔细撇去所有浮沫，然后小火慢炖至软烂，约需1-3/4小时，若野兔很老则需更长时间。取出野兔块，用面粉和黄油将肉汁增稠，加入番茄酱和波特酒，煮约10分钟，用筛子过滤后浇在野兔上，即可上桌。上桌时应加入几个煎好的肉馅丸子，或者不煎，而是在需要上桌前约10分钟时将其放入肉汁中炖煮。不要忘记配红醋栗果冻上桌。

时间。--共计2小时。平均费用,5先令6便士。

足量供7至8人食用。

时令从九月到二月底。

注。--若有剩余，次日将野兔等放入带盖的罐中，再将罐置于盛沸水的炖锅中加热：此法可避免大量浪费。

烤秧鸡，或长脚秧鸡。

1033. 配料。--鸟3或4只，黄油，煎面包屑。[插图：秧鸡。]

Mode.—Pluck and draw the birds, wipe them inside and out with damp cloths, and truss them in the following manner:—Bring the head round under the wing, and the thighs close to the sides; pass a skewer through them and the body, and keep the legs straight. Roast them before a clear fire, keep them well basted, and serve on fried bread crumbs, with a tureen of brown gravy. When liked, bread-sauce may also be sent to table with them.

做法。--将鸟拔毛去内脏，用湿布内外擦拭，按以下方式捆扎：将头绕至翅下，大腿紧贴两侧；用签子穿过腿和身体，使腿保持伸直。在明火前烤制，不断浇淋油脂，盛于煎面包屑上，配一盅棕色肉汁。若喜欢，也可配面包酱上桌。

Time.—12 to 20 minutes. *Average cost,*—Seldom bought.

时间：12至20分钟。平均费用：很少购买。

Sufficient.—Allow—1 for a dish.

充足。--一道菜用1条。

Seasonable from August 12th to the middle of September.

时令自8月12日至9月中旬。

[Illustration: THE LANDRAIL.]

[插图：秧鸡。]

THE LANDRAIL, OR CORN-CRAKE.—This bird is migratory in its habits, yet from its formation, it seems ill adapted for long aërial passages, its wings being short, and placed so forward out of the centre of gravity, that it flies in an extremely heavy and embarrassed manner, and with its legs hanging down. When it alights, it can hardly be sprung a second time, as it runs very fast, and seems to depend for its safety more on the swiftness of its feet than the celerity of its wings. It makes its appearance in England about the same time as the quail, that is, in the months of April and May, and frequents the same places. Its singular cry is first heard when the grass becomes long enough to shelter it, and it continues to be heard until the grass is cut. The bird, however, is seldom seen, for it constantly skulks among the thickest portions of the herbage, and runs so nimbly through it, doubling and winding in every direction, that it is difficult to get near it. It leaves this island before the winter, and repairs to other countries

秧鸡，或称玉米秧鸡。--这种鸟有迁徙的习性，但从其体形来看，似乎不适于长距离的空中飞行，它的翅膀短，且位置靠前，偏离重心，因此飞行时极为笨重吃力，双腿下垂。落地后几乎无法再次惊飞，因为它跑得极快，似乎更多依靠双脚的迅捷而非翅膀的轻快来保安全。它在英格兰出现的时间与鹌鹑大致相同，即四月和五月，且常出没于相同的地方。它那奇特的叫声在草长到足以遮蔽它时首次可闻，一直持续到草被割去。然而这种鸟很少被人看见，因为它总是潜伏在最茂密的草丛中，在其中飞快穿行，四处迂回曲折，很难靠近。它在冬季之前离开本岛，迁往其他国家

in search of its food, which principally consists of slugs, large numbers of which it destroys. It is very common in Ireland, and, whilst migrating to this country, is seen in great numbers in the island of Anglesea. On its first arrival in England, it is so lean as scarcely to weigh above five or six ounces; before its departure, however, it has been known to exceed eight ounces, and is then most delicious eating.

TO DRESS A LEVERET.

1034. INGREDIENTS.—2 leverets, butter, flour.

Mode.—Leverets should be trussed in the same manner as a hare, but they do not require stuffing. Roast them before a clear fire, and keep them well basted all the time they are cooking. A few minutes before serving, dredge them lightly with flour, and froth them nicely. Serve with plain gravy in the dish, and send to table red-currant jelly with them.

Time.—1/2 to 3/4 hour. *Average cost*, in full season, 4s. each.

Sufficient for 5 or 6 persons.

Seasonable from May to August, but cheapest in July and August.

BROILED PARTRIDGE (a Luncheon, Breakfast, or Supper Dish).

1035. INGREDIENTS.—3 partridges, salt and cayenne to taste, a small piece of butter, brown gravy or mushroom sauce.

Mode.—Pluck, draw, and cut the partridges in half, and wipe the inside thoroughly with a damp cloth. Season them with salt and cayenne, broil them over a very clear fire, and dish them on a hot dish; rub a small piece of butter over each half, and send them to

觅食，其主要食物为蛞蝓，能消灭大量蛞蝓。它在爱尔兰非常常见，在迁徙至本国途中，于安格尔西岛可见大量。初到英格兰时极为瘦小，体重几乎不足五六盎司；然而在离去之前，已知可超过八盎司，此时最为美味。

如何烹制小野兔。

1034. 配料--2只小野兔，黄油，面粉。

做法。--小野兔应如野兔般捆扎，但无需填料。在明火前烤制，烤制全程不断浇淋油脂。上桌前几分钟，薄薄撒上面粉，使其表面起泡。盘中配清肉汁，并随红醋栗果冻上桌。

时间。--1/2至3/4小时。平均费用，盛产季节每只4先令。

足量供5或6人食用。

时令五月至八月，但七八月最便宜。

烤鹧鸪(午餐、早餐或晚餐菜肴)。

1035. 配料。--山鹑3只，盐和卡宴辣椒粉适量，黄油一小块，棕色肉汁或蘑菇酱汁。

做法。--将山鹑拔毛、去内脏，切成两半，用湿布将内部彻底擦拭。以盐和卡宴辣椒粉调味，在极旺的明火上烤制，盛入热盘；每半块抹上一小块黄油，迅速上桌。

table with brown gravy or mushroom sauce.

Time.—About 1/4 hour. *Average cost*, 1s. 6d. to 2s. a brace.

Sufficient for 3 or 4 persons.

Seasonable from the 1st of September to the beginning of February.

PARTRIDGE PIE.

1036. INGREDIENTS.—3 partridges, pepper and salt to taste, 1 teaspoonful of minced parsley (when obtainable, a few mushrooms), 3/4 lb. of veal cutlet, a slice of ham, 1/2 pint of stock, puff paste.

Mode.—Line a pie-dish with a veal cutlet; over that place a slice of ham and a seasoning of pepper and salt. Pluck, draw, and wipe the partridges; cut off the legs at the first joint, and season them inside with pepper, salt, minced parsley, and a small piece of butter; place them in the dish, and pour over the stock; line the edges of the dish with puff paste, cover with the same, brush it over with the yolk of an egg, and bake for 3/4 to 1 hour.

Time.—3/4 to 1 hour. *Average cost*, 1s. 6d. to 2s. a brace.

Sufficient for 4 or 5 persons.

Seasonable from the 1st of September to the beginning of February.

Note.—Should the partridges be very large, split them in half; they will then lie in the dish more compactly. When at hand, a few mushrooms should always be added.

配棕色肉汁或蘑菇酱上桌。

时间。--约1/4小时。平均费用，一对1先令6便士至2先令。足够3或4人食用。

时令从9月1日至2月初。

鹧鸪派

1036. 配料。--山鹑3只，胡椒和盐适量，切碎的欧芹1茶匙(若可得，加数朵蘑菇)，小牛肉排3/4磅，火腿一片，高汤1/2品脱，千层酥皮。

做法。--用一张小牛肉排铺在馅饼盘底；其上放一片火腿，撒胡椒和盐调味。将山鹑拔毛、去内脏并擦拭；在第一关节处切下腿，内部以胡椒、盐、碎欧芹和一小块黄油调味；放入盘中，浇上高汤；盘边围上千层酥皮，盖上同样酥皮，刷上蛋黄，烘烤3/4至1小时。

时间。--3/4至1小时。平均费用，一对1先令6便士至2先令。

足量供4或5人食用。

时令从9月1日至2月初。

注。--若山鹑很大，可对半剖开；这样在盘中摆放更紧凑。手边若有蘑菇，应始终加数朵。

POTTED PARTRIDGE.

1037. INGREDIENTS.—Partridges; seasoning to taste of mace, allspice white pepper, and salt; butter, coarse paste.

Mode.—Pluck and draw the birds, and wipe them inside with a damp cloth. Pound well some mace, allspice, white pepper, and salt; mix together, and rub every part of the partridges with this. Pack the birds as closely as possible in a baking-pan, with plenty of butter over them, and cover with a coarse flour and water crust. Tie a paper over this, and bake for rather more than 1-1/2 hour; let the birds get cold, then cut them into pieces for keeping, pack them closely into a large potting-pot, and cover with clarified butter. This should be kept in a cool dry place. The butter used for potted things will answer for basting, or for paste for meat pies.—See coloured plate, D1.

Time.—1-1/2 hour.

Seasonable from the 1st of September to the beginning of February.

SALMI DE PERDRIX, or HASHED PARTRIDGES.

1038. INGREDIENTS.—3 young partridges, 3 shalots, a slice of lean ham, 1 carrot, 3 or 4 mushrooms, a bunch of savoury herbs, 2 cloves, 6 whole peppers, 3/4 pint of stock, 1 glass of sherry or Madeira, a small lump of sugar.

Mode.—After the partridges are plucked and drawn, roast them rather underdone, and cover them with paper, as they should not be browned; cut them into joints, take off the skin from the wings, legs, and breasts; put these into a stewpan, cover them up, and set

罐焖鹧鸪

1037. 配料。--山鹑；以肉豆蔻、多香果、白胡椒和盐调味；黄油，粗面皮。

做法。--将鸟拔毛、去内脏，用湿布擦拭内腔。将肉豆蔻衣、多香果、白胡椒和盐捣碎混合，用此混合物揉擦鹧鸪的每一部位。将鸟尽可能紧密地排放在烤盘中，上面放大量黄油，再覆以粗面粉加水制成的面皮。在面皮上盖一张纸，烘烤1-1/2小时多一点；待鸟冷却后，切成块以便保存，紧密地装入一个大陶罐中，覆以澄清黄油。此应存放于阴凉干燥处。用于罐藏食物的黄油可用于浇淋，或用作肉馅饼的面皮。--见彩色图版D1。

时间。- 1-1/2小时。

时令从9月1日至2月初。

萨勒米鹧鸪，即鹧鸪肉丁

1038. 配料。--幼山鹑3只，青葱3根，瘦火腿一片，胡萝卜1根，蘑菇3或4朵，一把香草，丁香2粒，整粒胡椒6粒，高汤3/4品脱，雪利酒或马德拉酒1杯，糖一小块。

做法。--山鹑拔毛去内脏后，烤至略生，盖上纸，因其不应烤至焦黄；切成块，去掉翅、腿和胸部的皮；放入炖锅，盖好，置

by until the gravy is ready. Cut a slice of ham into small pieces, and put them, with the carrots sliced, the shalots, mushrooms, herbs, cloves, and pepper, into a stewpan; fry them lightly in a little butter, pour in the stock, add the bones and trimming from the partridges, and simmer for 1/4 hour. Strain the gravy, let it cool, and skim off every particle of fat; put it to the legs, wings, and breasts, add a glass of sherry or Madeira and a small lump of sugar, let all gradually warm through by the side of the fire, and when on the point of boiling, serve, and garnish the dish with croûtons. The remains of roast partridge answer very well dressed in this way, although not so good as when the birds are in the first instance only half-roasted. This recipe is equally suitable for pheasants, moor-game, &c.; but care must be taken always to skin the joints.

待肉汁备好。将一片火腿切成小块，与切片胡萝卜、红葱、蘑菇、香草、丁香和胡椒一起放入炖锅；用少许黄油将其轻轻煎一下，倒入高汤，加入鹧鸪的骨头和碎料，炖1/4小时。将肉汁过滤，冷却，撇去每一丝脂肪；将其浇在腿、翅和胸肉上，加入一杯雪利酒或马德拉酒和一小块糖，在火边慢慢全部温热，将沸未沸时上桌，并以烤面包丁点缀盘中。烤鹧鸪的剩余部分这样烹制也颇佳，尽管不如初次只烤至半熟时那么好。此食谱同样适用于雉鸡、松鸡等；但务必始终将关节处的皮去掉。

Time.—Altogether 1 hour.

时间。- 共计1小时。

Sufficient.—2 or 3 partridges for an entrée.

足量。--供一道正菜用，2或3只山鹑。

Seasonable from the 1st of September to the beginning of February.

时令从9月1日至2月初。

ROAST PARTRIDGE.

烤山鹑。

1039. INGREDIENTS.—Partridge; butter.

1039. 配料--鹧鸪；黄油。

Choosing and Trussing.—Choose young birds, with dark-coloured bills and yellowish legs, and let them hang a few days, or there will be no flavour to the flesh, nor will it be tender. The time they should be kept, entirely depends on the taste of those for whom they are intended, as what some persons would consider delicious, would be to others disgusting and offensive. They may be trussed

挑选与捆扎。--挑选幼鸟，喙色深、腿微黄，悬挂数日，否则肉无风味，也不嫩。悬挂时间完全取决于食用者的口味，因为有些人认为美味者，另一些人则觉得恶心难耐。可捆扎

with or without the head, the latter mode being now considered the most fashionable. Pluck, draw, and wipe the partridge carefully inside and out; cut off the head, leaving sufficient skin on the neck to skewer back; bring the legs close to the breast, between it and the side-bones, and pass a skewer through the pinions and the thick part of the thighs. When the head is left on, it should be brought round and fixed on to the point of the skewer.

带头或不带头，后者现被视为最时髦。将山鹑仔细拔毛、去内脏，内外擦拭；切下头，颈部留足皮以便用签子别回；将腿紧贴胸部，置于胸与侧骨之间，用签子穿过翅端和大腿厚处。若保留头，应将其绕回并固定在签尖上。

[Illustration: ROAST PARTRIDGE.]

[插图：烤鹧鸪。]

Mode.—When the bird is firmly and plumply trussed, roast it before a nice bright fire; keep it well basted, and a few minutes before serving, flour and froth it well. Dish it, and serve with gravy and bread sauce, and send to table hot and quickly. A little of the gravy should be poured over the bird.—See coloured plate, D1.

做法。--鸟捆扎得紧实饱满后，在明亮的旺火前烤制；不断浇淋油脂，上桌前几分钟撒面粉并使其起泡。盛盘，配肉汁和面包酱，趁热迅速上桌。应将少许肉汁浇在鸟上。--见彩色图版D1。

Time.—25 to 35 minutes. *Average cost*, is 1s. 6d. to 2s. a brace.

时间。--25至35分钟。平均费用，一对1先令6便士至2先令。

Sufficient,—2 for a dish.

足量,--一盘菜用2份。

Seasonable from the 1st of September to the beginning of February.

时令从9月1日至2月初。

[Illustration: PARTRIDGES.]

[插图：鹧鸪。]

THE PARTRIDGE.—This bird is to be found in nearly all the temperate countries of Europe, but is most abundant in the Ukraine, although it is unable to bear the extremes of climate, whether hot or cold. It was formerly very common in France, and is considered a table luxury in England. The instinct of this bird is frequently exemplified in a remarkable manner, for the preservation of its young. "I have seen it often," says a very

山鹑。--此鸟几乎见于欧洲所有温带国家，但在乌克兰最为丰富，尽管它无法忍受冷热的极端气候。它以前在法国非常常见，在英格兰被视为餐桌上的珍馐。此鸟保护幼雏的本能常以非凡的方式体现。“我常见到，”一位非常

celebrated writer, and an accurate observer of nature, "and once in particular, I saw an extraordinary instance of an old bird's solicitude to save its brood. As I was hunting with a young pointer, the dog ran on a brood of very small partridges; the old bird cried, fluttered, and ran tumbling along just before the dog's nose, till she had drawn him to a considerable distance, when she took wing, and flew still further off, but not out of the field; on this the dog returned to me, near the place where the young ones lay concealed in the grass, which the old bird no sooner perceived than she flew back to us, settled just before the dog's nose again, and by rolling and tumbling about, drew off his attention from her young, and thus preserved her brood a second time. I have also seen, when a kite has been hovering over a covey of young partridges, the old birds fly up at the bird of prey, screaming and fighting with all their might to preserve their brood." Partridges should be chosen young; if old, they are valueless. The young ones are generally known by their yellow legs and dark-coloured bills.

著名作家，也是一位敏锐的自然观察者，“有一次我特别看到一只老鸟为拯救其雏鸟而焦虑的非凡实例。当我带着一只年轻的指示犬打猎时，狗冲向一窝非常小的鹧鸪；老鸟叫喊着、扑腾着，翻滚着跑在狗的鼻子前面，直到把狗引到相当远的地方，然后她展翅飞得更远，但没有飞出田野；于是狗回到我身边，靠近幼鸟藏在草丛中的地方，老鸟一看到这情景，就飞回我们身边，又落在狗的鼻子前面，通过翻滚扑腾，把狗的注意力从她的幼鸟身上引开，从而第二次保全了她的雏鸟。我还见过，当一只鸢在一群小鹧鸪上空盘旋时，老鸟们飞向猛禽，尖叫着并竭尽全力搏斗以保护它们的雏鸟。”鹧鸪应选年轻的；如果是老的，则毫无价值。幼鸟通常以其黄色的腿和深色的喙来辨认。

PHEASANT CUTLETS.

1040. INGREDIENTS.—2 or 3 pheasants, egg and bread crumbs, cayenne and salt to taste, brown gravy.

Mode.—Procure 3 young pheasants that have been hung a few days; pluck, draw, and wipe them inside; cut them into joints; remove the bones from the best of these; and the backbones, trimmings, &c., put into a stewpan, with a little stock, herbs, vegetables, seasoning, &c., to make the gravy. Flatten and trim the cutlets of a good shape, egg and bread crumb them, broil them over a clear fire, pile them high in the dish, and pour under them

雉鸡排

1040. 配料--2或3只野鸡，鸡蛋和面包屑，适量辣椒粉和盐，棕色肉汁。

做法--取3只悬挂了几天的幼野鸡；拔毛、去内脏并擦拭内部；切成块；从最好的块上去除骨头；将脊骨、边角料等放入炖锅，加少量高汤、香草、蔬菜、调味等制成肉汁。将肉片压平并修整成好看的形状，裹上鸡蛋和面包屑，在明火上烤制，高高堆在盘中，在下面浇上

the gravy made from the bones, which should be strained, flavoured, and thickened. One of the small bones should be stuck on the point of each cutlet.

Time.—10 minutes. *Average cost*, 2s. 6d. to 3s. each.

Sufficient for 2 entrées.

Seasonable from the 1st of October to the beginning of February.

ROAST PHEASANT.

1041. INGREDIENTS.—Pheasant, flour, butter.

Choosing and Trussing.—Old pheasants may be known by the length and sharpness of their spurs; in young ones they are short and blunt. The cock bird is generally reckoned the best, except when the hen is with egg. They should hang some time before they are dressed, as, if they are cooked fresh, the flesh will be exceedingly dry and tasteless. After the bird is plucked and drawn, wipe the inside with a damp cloth, and truss it in the same manner as partridge, No. 1039. If the head is left on, as shown in the engraving, bring it round under the wing, and fix it on to the point of the skewer.

[Illustration: ROAST PHEASANT.]

Mode.—Roast it before a brisk fire, keep it well basted, and flour and froth it nicely. Serve with brown gravy, a little of which should be poured round the bird, and a tureen of bread sauce. 2 or 3 of the pheasant's best tail-feathers are sometimes stuck in the tail as an ornament; but the fashion is not much to be commended.—See coloured plate, F1.

用骨头制成的肉汁，肉汁应过滤、调味并勾芡。每块肉片的尖端应插上一根小骨头。

时间--10分钟。平均费用，每只2先令6便士至3先令。足够2份头盘。

时令从10月1日至2月初。

烤野鸡

1041. 配料--野鸡、面粉、黄油。

挑选与捆扎。--老雉鸡可通过其距的长度和尖锐程度来辨认；在幼雉鸡身上，距短而钝。雄鸟通常被认为是最好的，除非雌鸟带蛋。它们应在烹制前悬挂一段时间，因为如果新鲜烹制，肉质会极其干燥无味。鸟去毛并取出内脏后，用湿布擦拭内部，并按照第1039号鹧鸪的同样方式捆扎。如果头部保留，如版画所示，将其绕到翅膀下，并固定在签子的尖端上。

[插图：烤野鸡。]

做法--在旺火前烤制，经常浇淋油脂，撒上面粉并使其起泡呈好看的颜色。配棕色肉汁上桌，将少量肉汁浇在禽身周围，另配一盅面包酱汁。有时将野鸡最好的2或3根尾羽插在尾部作为装饰；但这种做法不太值得推荐。--见彩色图版F1。

Time.—1/2 to 1 hour, according to the size.

Average cost, 2s. 6d. to 3s. each. *Sufficient*,—1 for a dish.

Seasonable from the 1st of October to the beginning of February.

[Illustration: THE PHEASANT.]

THE PHEASANT.—This beautiful bird is said to have been discovered by the Argonauts on the banks of the Phasis, near Mount Ararat, in their expedition to Colchis. It is common, however, in almost all the southern parts of the European continent, and has been long naturalized in the warmest and most woody counties of England. It is very common in France; indeed, so common as to be esteemed a nuisance by the farmers. Although it has been domesticated, this is not easily accomplished, nor is its flesh so palatable then as it is in the wild state. Mr. Ude says—"It is not often that pheasants are met with possessing that exquisite taste which is acquired only by long keeping, as the damp of this climate prevents their being kept as long as they are in other countries. The hens, in general, are the most delicate. The cocks show their age by their spurs. They are only fit to be eaten when the blood begins to run from the bill, which is commonly six days or a week after they have been killed. The flesh is white, tender, and has a good flavour, if you keep it long enough; if not, it is not much different from that of a common fowl or hen."

BRILLAT SAVARIN'S RECIPE FOR ROAST PHEASANT, a la Sainte Alliance.

1042. When the pheasant is in good condition to be cooked (*see* No. 1041), it should be plucked, and not before. The bird should then be stuffed in the following manner:—Take two snipes, and

时间。--根据大小，1/2至1小时。

平均费用，每只2先令6便士至3先令。足够--1只可做一道菜。

时令从10月1日至2月初。

[插图：雉鸡。]

雉鸡。--据说这种美丽的鸟是阿尔戈英雄们在前往科尔基斯的远征中，在阿拉拉特山附近的法西斯河畔发现的。然而，它在欧洲大陆几乎所有南部地区都很常见，并且长期以来已在英格兰最温暖、林木最茂密的郡县归化。它在法国非常常见；确实如此常见，以至于被农民视为一种祸害。虽然它已被驯化，但这并不容易实现，而且那时它的肉也不如野生状态下那么美味。乌德先生说--“雉鸡很少能具有那种只有长时间保存才能获得的精美味道，因为这里气候的潮湿使它们无法像在其他国家那样长时间保存。雌鸟通常是最精美的。雄鸟通过其距显示年龄。它们只有在血液开始从喙中流出时才适合食用，这通常是在它们被杀后六天或一周。肉质白色、柔嫩，如果保存足够长时间，味道很好；如果不是，则与普通家禽或母鸡的肉没有太大区别。”

布里亚-萨瓦兰的烤野鸡食谱，圣联盟式。

1042.当野鸡处于适合烹饪的良好状态时(见第1041号)，才应拔毛，不可提前。然后按以下方式填入馅料：--取两只鹬，并

draw them, putting the bodies on one plate, and the livers, &c., on another. Take off the flesh, and mince it finely with a little beef, lard, a few truffles, pepper and salt to taste, and stuff the pheasant carefully with this. Cut a slice of bread, larger considerably than the bird, and cover it with the liver, &c., and a few truffles: an anchovy and a little fresh butter added to these will do no harm. Put the bread, &c., into the dripping-pan, and, when the bird is roasted, place it on the preparation, and surround it with Florida oranges.

将它们取出内脏，把鸟身放在一个盘子上，把肝脏等放在另一个盘子上。取下肉，与少许牛肉、猪油、几片松露、胡椒和盐一起细细切碎调味，并用此小心地填充雉鸡。切一片比鸟大得多的面包，用肝脏等和几片松露覆盖：在这些上加入一条鲽鱼和少许新鲜黄油也无妨。将面包等放入滴油盘，当鸟烤好后，将其放在准备好的底料上，并用佛罗里达橙子围边。

Do not be uneasy, Savarin adds, about your dinner; for a pheasant served in this way is fit for beings better than men. The pheasant itself is a very good bird; and, imbibing the dressing and the flavour of the truffle and snipe, it becomes thrice better.

萨瓦兰补充道，不必为你的正餐担心；因为这样烹制的野鸡适合比人更高贵的生灵享用。野鸡本身就是一种很好的禽类；吸收了填料以及松露和鹬的风味后，它变得三倍美味。

BROILED PHEASANT (a Breakfast or Luncheon Dish).

烤野鸡(早餐或午餐菜肴)

1043. INGREDIENTS.—1 pheasant, a little lard, egg and bread crumbs, salt and cayenne to taste.

1043. 配料--1只野鸡，少量猪油，鸡蛋和面包屑，适量盐和辣椒粉。

Mode.—Cut the legs off at the first joint, and the remainder of the bird into neat pieces; put them into a fryingpan with a little lard, and when browned on both sides, and about half done, take them out and drain them; brush the pieces over with egg, and sprinkle with bread crumbs with which has been mixed a good seasoning of cayenne and salt. Broil them over a moderate fire for about 10 minutes, or rather longer, and serve with mushroom-sauce, sauce piquante, or brown gravy, in which a few game-bones and trimmings have been stewed.

做法。--在第一关节处切下腿，将鸟的其余部分切成整齐的块；将它们放入煎锅，加少许猪油，当两面煎至棕色且约半熟时，取出沥干；在块上刷蛋液，撒上混合了适量卡宴辣椒和盐调味的面包屑。在中等火上烤约10分钟，或稍长一些，配蘑菇酱汁、辣酱汁或棕色肉汁食用，其中炖有一些野味骨头和边角料。

Time.—Altogether 1/2 hour. *Sufficient* for 4 or 5 persons.

时间--总共1/2小时。足够4或5人食用。

Seasonable from the 1st of October to the beginning of February.

时令从10月1日至2月初。

THE HEIGHT OF EXCELLENCE IN A PHEASANT.—Things edible have their degrees of excellence under various circumstances: thus, asparagus, capers, peas, and partridges are best when young. Perfection in others is only reached when they attain maturity: let us say, for example, melons and nearly all fruits (we must except, perhaps, the medlar), with the majority of those animals whose flesh we eat. But others, again, are not good until decomposition is about to set in; and here we may mention particularly the snipe and the pheasant. If the latter bird be eaten so soon as three days after it has been killed, it then has no peculiarity of flavour; a pullet would be more relished, and a quail would surpass it in aroma. Kept, however, a proper length of time,—and this can be ascertained by a slight smell and change of colour,—then it becomes a highly, flavoured dish, occupying, so to speak, the middle distance between chicken and venison. It is difficult to define any exact time to "hang" a pheasant; but any one possessed of the instincts of gastronomical science, can at once detect the right moment when a pheasant should be taken down, in the same way as a good cook knows whether a bird should be removed from the spit, or have a turn or two more.

雉鸡之卓越境界--可食之物在不同情形下各有其卓越程度：例如，芦笋、刺山柑、豌豆和鹧鸪在幼嫩时最佳。其他一些则只有达到成熟时才臻完美：让我们举例来说，甜瓜和几乎所有水果(也许我们必须把欧楂除外)，以及大多数我们食其肉的动物。但另有一些，直到即将开始腐败时才好吃；这里我们可以特别提到鹬和雉鸡。如果后者在被杀死后三天就被吃掉，那它就没有什么独特的风味；一只小母鸡会更受欢迎，一只鹌鹑在香气上也会胜过它。然而，若保持适当长的时间--这可以通过轻微的气味和颜色的变化来判断--那么它就成了一道风味浓郁的菜肴，可以说，处于鸡肉和鹿肉之间的中间位置。很难为雉鸡“悬挂”规定任何确切的时间；但任何具备美食科学本能的人，都能立刻察觉雉鸡该被取下的正确时刻，就像一位好厨师知道一只鸟该不该从烤叉上取下，还是再转上一两圈一样。

TO DRESS PLOVERS.

1044. INGREDIENTS.—3 plovers, butter, flour, toasted bread.

Choosing and Trussing.—Choose those that feel hard at the vent, as that shows their fatness. There are three sorts,—the grey, green, and bastard plover, or lapwing. They will keep good for some time, but if very stale, the feet will be very dry. Plovers are scarcely fit for anything but roasting; they are, however,

烹制鸻鸟。

1044. 配料--3只鸻(plover)，黄油，面粉，烤面包。

挑选与捆扎。--挑选那些在肛门处摸起来坚硬的，因为这表明它们肥美。共有三种--灰鸻、绿鸻和杂种鸻，即凤头麦鸡。它们可以保存一段时间，但若很不新鲜，脚会非常干燥。鸻几乎只适合烤制；不过，它们有时也

sometimes stewed, or made into a ragoût, but this mode of cooking is not to be recommended.

被炖煮或做成浓味炖菜，但这种烹饪方式不值得推荐。

Mode.—Pluck off the feathers, wipe the outside of the birds with a damp cloth, and do not draw them; truss with the head under the wing, put them down to a clear fire, and lay slices of moistened toast in the dripping-pan, to catch the trail. Keep them *well basted*, dredge them lightly with flour a few minutes before they are done, and let them be nicely frothed. Dish them on the toasts, over which the *trail* should be equally spread. Pour round the toast a little good gravy, and send some to table in a tureen.

做法。--拔去羽毛，用湿布擦拭鸟的外面，不要开膛取出内脏；将头别在翅膀下捆扎好，放在明火上，在滴油盘中铺上浸湿的烤面包片，以承接滴落的汁液。不断充分浇淋，在烤好前几分钟轻轻撒上面粉，让它们起一层漂亮的泡沫。将它们盛在烤面包片上，滴落的汁液应均匀地铺在面包片上。在烤面包片周围浇上少许上好的肉汁，并盛一些在汤碗里送到桌上。

Time.—10 minutes to 1/4 hour.

时间。- 10分钟至1/4小时。

Average cost, 1s. 6d. the brace, if plentiful.

平均成本，每对1先令6便士，如果数量充足的话。

Sufficient for 2 persons.

足量供2人食用。

Seasonable.—In perfection from the beginning of September to the end of January.

时令。--九月上旬至一月下旬最为肥美。

THE PLOVER.—There are two species of this bird, the grey and the green, the former being larger than the other, and somewhat less than the woodcock. It has generally been classed with those birds which chiefly live in the water; but it would seem only to seek its food there, for many of the species breed upon the loftiest mountains. Immense flights of these birds are to be seen in the Hebrides, and other parts of Scotland; and, in the winter, large numbers are sent to the London market, which is sometimes so much glutted with them that they are sold very cheap. Previous to dressing, they are kept till they have a game flavour; and although their flesh is a favourite with many, it is not universally relished. The green is preferred to the grey, but both are inferior to the

鸻--这种鸟有两个种类，灰鸻和绿鸻，前者比后者大，略小于丘鹬。它通常被归入主要生活在水中之鸟一类；但它似乎只是在那里觅食，因为许多这类鸟在最高的山上繁殖。在赫布里底群岛和苏格兰其他地区，可以看到这种鸟成群结队地飞翔；到了冬天，大量鸻被送到伦敦市场，市场有时充斥到它们卖得很便宜。在烹制之前，它们要被保存到具有野味风味；尽管它们的肉为许多人所喜爱，却并非人人都爱吃。绿鸻比灰鸻更受青睐，但两者都逊于

woodcock. Their eggs are esteemed as a great delicacy. Birds of this kind are migratory. They arrive in England in April, live with us all the spring and summer, and at the beginning of autumn prepare to take leave by getting together in flocks. It is supposed that they then retire to Spain, and frequent the sheep-walks with which that country abounds.

[Illustration: THE PLOVER.]

TO DRESS THE PTARMIGAN.

1045. INGREDIENTS.—2 or 3 birds; butter, flour, fried bread crumbs.

Mode.—The ptarmigan, or white grouse, when young and tender, are exceedingly fine eating, and should be kept as long as possible, to be good. Pluck, draw, and truss them in the same manner as grouse, No. 1025, and roast them before a brisk fire. Flour and froth them nicely, and serve on buttered toast, with a tureen of brown gravy. Bread sauce, when liked, may be sent to table with them, and fried bread crumbs substituted for the toasted bread.

Time.—About 1/2 hour. *Sufficient,*—2 for a dish.

Seasonable from the beginning of February to the end of April.

THE PTARMIGAN, OR WHITE GROUSE.—This bird is nearly the same size as red grouse, and is fond of lofty situations, where it braves the severest weather, and is found in most parts of Europe, as well as in Greenland. At Hudson's Bay they appear in such multitudes that so many as sixty or seventy are frequently taken at once in a net. As they are as tame as chickens, this is done without

丘鹬。它们的蛋被视为极大的美味。这类鸟是候鸟。它们于四月抵达英格兰，与我们共度整个春夏，并在初秋聚集成群，准备离去。据推测，它们随后迁往西班牙，常出没于该国遍布的牧羊草地。

[插图：普洛弗]

烹制雷鸟。

1045. 配料--2或3只禽鸟；黄油、面粉、油炸面包屑。

做法。--雷鸟，即白色松鸡，年幼鲜嫩时极为美味，应尽可能长时间保存方为上品。按第1025号松鸡的方法拔毛、开膛并捆扎，在旺火前烤制。撒上面粉并使其表面起泡，盛在涂了黄油的面包片上，配一盅棕色肉汁上桌。若喜欢，可配面包酱上桌，并以油炸面包屑代替烤面包片。

时间。--约半小时。分量，--一碟用两个。

时令从二月初到四月底。

雷鸟，即白色松鸡。--这种鸟体型与红色松鸡几乎相同，喜居高处，无畏最严酷的天气，见于欧洲大部分地区以及格陵兰。在哈德逊湾，它们数量极多，常常一次用网就能捕到六七十只。由于它们像小鸡一样温顺，捕捉时无需

difficulty. Buffon says that the Ptarmigan avoids the solar heat, and prefers the frosts of the summits of the mountains; for, as the snow melts on the sides of the mountains, it ascends till it gains the top, where it makes a hole, and burrows in the snow. In winter, it flies in flocks, and feeds on the wild vegetation of the hills, which imparts to its flesh a bitter, but not altogether an unpalatable taste. It is dark-coloured, and has something of the flavour of the hare, and is greatly relished, and much sought after by some sportsmen.

[Illustration: THE PTARMIGAN.]

TO DRESS QUAILS.

1046. INGREDIENTS.—Quails, butter, toast.

Mode.—These birds keep good several days, and should be roasted without drawing. Truss them in the same manner as woodcocks, No. 1062; roast them before a clear fire, keep them well basted, and serve on toast.

Time.—About 20 minutes. *Average cost*.—Seldom bought.

Sufficient 2 for a dish.

Seasonable from October to December.

[Illustration: THE QUAIL.]

THE QUAIL.—Quails are almost universally diffused over Europe, Asia, and Africa. Being birds of passage, they are seen in immense flocks, traversing the Mediterranean Sea from Europe to Africa, in the autumn, and returning again in the spring, frequently alighting in their passage on many of the islands of the

困难。布丰说，雷鸟避开太阳的热量，偏爱山顶的严寒；因为当山腰的雪融化时，它就向上移动，直到到达山顶，在那里打一个洞，钻到雪里。冬天，它成群飞行，以山上的野生植物为食，这使其肉带有一种苦味，但并非完全不可口。它颜色深，带有几分野兔的风味，极受珍视，为一些猎人所大力追寻。

[插图：雷鸟]

鹌鹑的烹制

1046. 配料--鹌鹑、黄油、吐司。

做法。--这类鸟可保存数日，烤制时不必开膛。按第1062号丘鹬的方法捆扎；在明火前烤制，不断浇淋油脂，盛在烤面包片上上桌。

时间。--约20分钟。平均成本。--很少购买。

足够 2 用于一道菜。

时令十月至十二月。

[插图：鹌鹑]

鹌鹑。--鹌鹑几乎遍布欧洲、亚洲和非洲。作为候鸟，它们成群结队，数量庞大，秋季穿越地中海从欧洲飞往非洲，春季又返回，途中常在许多岛屿上

Archipelago, which, with their vast numbers, they almost completely cover. On the western coasts of the kingdom of Naples, they have appeared in such prodigious numbers, that, within the compass of four or five miles, as many as a hundred thousand have been taken in a day. "From these circumstances," says a writer on natural history, "it appears highly probable that the quails which supplied the Israelites with food during their journey through the wilderness, were sent thither, on their passage to the north, by a wind from the south-west, sweeping over Egypt and Ethiopia towards the shores of the Red Sea." In England they are not very numerous, although they breed in it; and many of them are said to remain throughout the year, changing their quarters from the interior parts of the country for the seacoast.

TO DRESS SNIPES.

1047. INGREDIENTS.—Snipes, butter, flour, toast.

Mode.—These, like woodcocks, should be dressed without being drawn. Pluck, and wipe them outside, and truss them with the head under the wing, having previously skinned that and the neck. Twist the legs at the first joint, press the feet upon the thighs, and pass a skewer through these and the body. Place four on a skewer, tie them on to the jack or spit, and roast before a clear fire for about 1/4 hour. Put some pieces of buttered toast into the dripping-pan to catch the trails; flour and froth the birds nicely, dish the pieces of toast with the snipes on them, and pour round, but not over them, a little good brown gravy. They should be sent to table very hot and expeditiously, or they will not be worth eating.—See coloured plate M1.

群岛，它们以庞大的数量几乎完全覆盖了那里。在那不勒斯王国的西海岸，它们出现得数量如此惊人，以致在四五英里的范围内，一天之内就捕获了多达十万只。“从这些情况来看，”一位博物学作家说，“极有可能，在以色列人穿越荒野的旅途中供给他们食物的鹌鹑，是在向北迁徙的途中，被一阵从西南吹来、扫过埃及和埃塞俄比亚、吹向红海海岸的风送到那里的。”在英格兰，它们虽然在那里繁殖，但数量并不很多；据说其中许多终年留在那里，从内陆地区转移到海岸一带。

烹制鹬

1047. 配料--鹬、黄油、面粉、吐司。

做法。--这类鸟与丘鹬一样，应整只烹制，不必开膛。拔去羽毛，将外面擦拭干净，把头和颈部的皮剥去，然后将头置于翅下捆扎定型。在第一关节处扭断腿，将脚压在腿上，用一根签子穿过脚和身体。四只穿在一根签子上，系在烤肉叉上，在明火前烤约1/4小时。在接油盘中放几片涂了黄油的面包片以承接内脏。给鸟撒上面粉并使其表面起泡，将面包片与鹬一同装盘，在周围(而非上面)浇上少许上好的棕色肉汁。应趁极热时迅速上桌，否则便不值得一吃。--见彩色图版M1。

[Illustration: ROAST SNIPE.]

Time.—About 1/4 hour. *Average cost*, 1s. 6d. to 2s. the brace.

Sufficient,—4 for a dish.

Seasonable from November to February.

Note.—Ortolans are trussed and dressed in the same manner.

[Illustration: THE SNIPE.]

THE SNIPE.—This is a migratory bird, and is generally distributed over Europe. It is found in most parts of England, in the high as well as the low lands, depending much on the weather. In very wet seasons it resorts to the hills, but at other times frequents marshes, where it can penetrate the earth with its bill, hunting for worms, which form its principal food. In the Hebrides and the Orkneys snipes are plentiful, and they are fattest in frosty weather. In the breeding season the snipe changes its note entirely from that which it has in the winter. The male will keep on wing for an hour together, mounting like a lark, and uttering a shrill piping noise; then, with a bleating sound, not unlike that made by an old goat, it will descend with great velocity, especially if the female be sitting in her nest, from which it will not wander far.

ROAST TEAL.

1048. INGREDIENTS.—Teal, butter, a little flour.

Mode.—Choose fat plump birds, after the frost has set in, as they are generally better flavoured; truss them in the same manner as wild duck, No. 1022; roast them before a brisk fire, and keep them well basted. Serve with brown or orange gravy, water-cresses, and

[插图：烤鹬。]

时间。--约1/4小时。平均费用，每对1先令6便士至2先令。

充足,--一盘菜用4个。

时令十一月至二月。

注。--圃鹀的捆扎和整理方式与此相同。

[插图：鹬]

鹬。--这是一种候鸟，广泛分布于欧洲。在英格兰大部分地区都有发现，无论高地还是低地，其分布很大程度上取决于天气。在非常潮湿的季节，它前往山地，但在其他时候则出没于沼泽，在那里它可以用喙插入泥土，寻找蠕虫，蠕虫是其主要的食物。在赫布里底群岛和奥克尼群岛，鹬很丰富，在霜冻天气最为肥美。在繁殖季节，鹬的鸣声与冬季完全不同。雄鸟会连续飞行一个小时，像云雀一样高飞，发出尖锐的笛声；然后发出一种类似老山羊的咩咩声，以极快的速度下降，尤其是当雌鸟正坐在巢中时，它不会远离巢穴。

烤水鸭

1048. 配料--水鸭、黄油、少许面粉。

做法。--霜降之后挑选肥硕饱满的鸟，此时它们通常风味更佳；按第1022号野鸭的方法捆扎；在旺火前烤制，不断浇淋油脂。配棕色肉汁或橙汁肉汁、水田芥和

a cut lemon. The remains of teal make excellent hash.

Time.—From 9 to 15 minutes.

Average cost, 1s. each; but seldom bought.

Sufficient,—2 for a dish.

Seasonable from October to February.

ROAST HAUNCH OF VENISON.

1049. INGREDIENTS.—Venison, coarse flour-and-water paste, a little flour.

Mode.—Choose a haunch with clear, bright, and thick fat, and the cleft of the hoof smooth and close; the greater quantity of fat there is, the better quality will the meat be. As many people object to venison when it has too much *haut goût*, ascertain how long it has been kept, by running a sharp skewer into the meat close to the bone; when this is withdrawn, its sweetness can be judged of. With care and attention, it will keep good a fortnight, unless the weather is very mild. Keep it perfectly dry by wiping it with clean cloths till not the least damp remains, and sprinkle over powdered ginger or pepper, as a preventative against the fly. When required for use, wash it in warm water, and *dry* it *well* with a cloth; butter a sheet of white paper, put it over the fat, lay a coarse paste, about 1/2 inch in thickness, over this, and then a sheet or two of strong paper. Tie the whole firmly on to the haunch with twine, and put the joint down to a strong close fire; baste the venison immediately, to prevent the paper and string from burning, and continue this operation, without intermission, the whole of the time it is cooking. About 20 minutes before it is

半个柠檬。水鸭的余肉做成哈希肉末极佳。

时间。--9至15分钟。

平均成本，每个1先令；但很少购买。

足量,--一盘菜用2份。

时令十月至二月。

烤鹿腿。

1049. 配料--鹿肉、粗面粉加水调制的面团、少许面粉。

做法。--选择脂肪清亮、明亮且厚实的腿肉，蹄的裂口光滑紧密；脂肪越多，肉质越好。由于许多人嫌鹿肉*haut goût*(野味味)过重，可用一根尖签插入肉中靠近骨头处，以确定其存放了多久；抽出签子后，便可判断其气味是否正常。若细心照料，鹿肉可保鲜两周，除非天气非常温和。用干净的布擦拭，使其完全干燥，不留下丝毫湿气，并撒上姜粉或胡椒粉，以防苍蝇。需要食用时，用温水洗净，用布擦干；在一张白纸上涂黄油，盖在脂肪上，再在上面铺一层约1/2英寸厚的粗面团，然后铺一两层结实的纸。用细绳将全部牢牢绑在腿肉上，将肉放在旺盛的密闭火前；立即浇淋鹿肉，以防纸和绳子烧焦，并在整个烤制过程中不间断地继续这一操作。在烤好前约20分钟

done, carefully remove the paste and paper, dredge the joint with flour, and baste well with *butter* until it is nicely frothed, and of a nice pale-brown colour; garnish the knuckle-bone with a frill of white paper, and serve with a good, strong, but unflavoured gravy, in a tureen, and currant jelly; or melt the jelly with a little port wine, and serve that also in a tureen. As the principal object in roasting venison is to preserve the fat, the above is the best mode of doing so where expense is not objected to; but, in ordinary cases, the paste may be dispensed with, and a double paper placed over the roast instead: it will not require so long cooking without the paste. Do not omit to send very hot plates to table, as the venison fat so soon freezes: to be thoroughly enjoyed by epicures, it should be eaten on hot-water plates. The neck and shoulder may be roasted in the same manner.

小心地去掉面团和纸，给肉撒上面粉，用黄油充分浇淋，直到表面起泡美观，呈漂亮的浅棕色；在胫骨上装饰一个白纸褶边，配上好的、浓的但不加调味的肉汁，盛在汤碗中，以及醋栗果冻；或者将果冻与少许波特酒一同融化，也盛在汤碗中上桌。由于烤鹿肉的主要目的是保持脂肪，在不计较费用的情况下，上述方法是最佳做法；但在一般情况下，可以省去面团，改在烤肉上盖双层纸：不用面团则烤制时间不必那么长。不要忘记送上极热的盘子，因为鹿肉脂肪很快就会凝固：要让美食家充分享受，应在热水盘上食用。颈部和肩部也可以用同样的方法烤制。

[Illustration: ROAST HAUNCH OF VENISON.]

[插图：烤鹿腿。]

Time.—A large haunch of buck venison, with the paste, 4 to 5 hours; haunch of doe venison, 3-1/4 to 3-3/4 hours. Allow less time without the paste.

时间。--带面皮的大块雄鹿肉，4至5小时；雌鹿腿肉，3又1/4至3又3/4小时。不带面皮则时间酌减。

Average cost, 1s. 4d. to 1s. 6d. per lb.

平均成本，每磅1先令4便士至1先令6便士。

Sufficient for 18 persons.

足量供18人食用。

Seasonable.—Buck venison in greatest perfection from June to Michaelmas; doe venison from November to the end of January.

时令。--雄鹿肉六月至米迦勒节最为肥美；雌鹿肉十一月至一月末。

THE DEER.—This active tribe of animals principally inhabit wild and woody regions. In their contentions, both with each other and the rest of the brute creation, these animals not only use their horns, but strike very furiously with their fore feet. Some of the species are employed as beasts of draught, whilst the flesh of the

鹿。--这一活泼的动物族群主要栖息于荒野和林地。在相互争斗以及与其他兽类争斗时，这些动物不仅用角，还会用前蹄猛烈踢击。其中有些种类被用作役畜，而其肉则

whole is wholesome, and that of some of the kinds, under the name of "venison," is considered very delicious. Persons fond of hunting have invented peculiar terms by which the objects of their pursuit are characterized: thus the stag is called, the first year, a *calf*, or *hind-calf*; the second, a *knobber*; the third, a *brock*; the fourth, a *staggard*; the fifth, a *stag*; and the sixth, a *hart*. The female is, the first year, called a *calf*; the second, a *hearse*; and the third, a *hind*. In Britain, the stag has become scarcer than it formerly was; but, in the Highlands of Scotland, herds of four or five hundred may still be seen, ranging over the vast mountains of the north; and some of the stags of a great size. In former times, the great feudal chieftains used to hunt with all the pomp of eastern sovereigns, assembling some thousands of their clans, who drove the deer into the toils, or to such stations as were occupied by their chiefs. As this sport, however, was occasionally used as a means for collecting their vassals together for the purpose of concocting rebellion, an act was passed prohibitory of such assemblages. In the "Waverley" of Sir Walter Scott, a deer-hunting scene of this kind is admirably described.

整体是有益健康的，其中某些种类以“鹿肉”之名被视为非常美味。爱好狩猎的人发明了特殊的术语来称呼他们的猎物：因此，雄鹿第一年称为*calf*(幼鹿)或*hind-calf*；第二年称为*knobber*；第三年称为*brock*；第四年称为*staggard*；第五年称为*stag*；第六年称为*hart*。雌鹿第一年称为*calf*；第二年称为*hearse*；第三年称为*hind*。在英国，雄鹿比从前稀少了；但在苏格兰高地，仍可看到四五百头的鹿群，漫游在北方广袤的山间；其中有些雄鹿体型巨大。从前，大封建领主们常常以东方君主般的排场狩猎，召集数千名族人，将鹿驱赶入网，或赶到首领们所占据的位置。然而，由于这种狩猎偶尔被用作召集家臣以图谋叛乱的手段，因此通过了一项禁止此类集会的法令。在沃尔特·司各特爵士的《威弗利》中，对这种猎鹿场面有绝妙的描写。

VENISON.—This is the name given to the flesh of some kinds of deer, and is esteemed as very delicious. Different species of deer are found in warm as well as cold climates, and are in several instances invaluable to man. This is especially the case with the Laplander, whose reindeer constitutes a large proportion of his wealth. There—

鹿肉。--这是某些种类鹿的肉的名称，被视为极为美味。不同种类的鹿见于温暖和寒冷的气候中，在若干情况下对人类极为宝贵。拉普兰人尤其如此，其驯鹿构成其财富的一大部分。那里--

"The reindeer unharness'd in freedom can play,
And safely o'er Odin's steep precipice stray,
Whilst the wolf to the forest recesses may fly,
And howl to the moon as she glides through the sky."

“卸下挽具的驯鹿自由嬉戏，安然漫步于奥丁的陡峭悬崖之上，而狼则可逃往森林深处，

对着划过夜空的月亮嚎叫。

In that country it is the substitute for the horse, the cow, the goat, and the sheep. From its milk is produced cheese; from its skin, clothing; from its tendons, bowstrings and thread; from its horns, glue; from its bones, spoons; and its flesh furnishes food. In England we have the stag, an animal of great beauty, and much admired. He is a native of many parts of Europe, and is supposed to have been originally introduced into this country from France. About a century back he was to be found wild in some of the rough and mountainous parts of Wales, as well as in the forests of Exmoor, in Devonshire, and the woods on the banks of the Tamar. In the middle ages the deer formed food for the not over abstemious monks, as represented by Friar Tuck's larder, in the admirable fiction of "Ivanhoe;" and at a later period it was a deer-stealing adventure that drove the "ingenious" William Shakspeare to London, to become a common player, and the greatest dramatist that ever lived.

在那个国家，它是马、牛、山羊和绵羊的替代品。它的奶可以制成奶酪；它的皮可以制成衣服；它的筋可以制成弓弦和线；它的角可以制成胶；它的骨头可以制成勺子；它的肉则提供食物。在英国，我们有雄鹿，这是一种非常美丽、备受赞赏的动物。它原产于欧洲许多地方，据推测最初是从法国引入这个国家的。大约一个世纪以前，在威尔士一些崎岖多山的地区，以及德文郡的埃克斯穆尔森林和塔马河畔的树林中，还能发现野生的雄鹿。在中世纪，鹿肉是那些并非过于节制的修士们的食物，正如在《艾凡赫》这部出色的虚构作品中所描绘的塔克修士的食品储藏室那样；而在更晚的时期，正是一次偷鹿的冒险驱使“天才的”威廉·莎士比亚前往伦敦，成为一名普通演员，并成为有史以来最伟大的剧作家。

HASHED VENISON.

哈希鹿肉。

1050. INGREDIENTS.—The remains of roast venison, its own or mutton gravy, thickening of butter and flour.

1050.配料。--烤鹿肉的剩余部分，其自身的肉汁或羊肉汁，黄油面粉糊。

Mode.—Cut the meat from the bones in neat slices, and, if there is sufficient of its own gravy left, put the meat into this, as it is preferable to any other. Should there not be enough, put the bones and trimmings into a stewpan, with about a pint of mutton gravy; let them stew gently for an hour, and strain the gravy. Put a little flour and butter into the stewpan, keep stirring until brown, then add the strained gravy, and give it a boil up; skim and strain again, and, when a little cool, put in the slices of

模式。--将肉从骨头上切成整齐的薄片，如果有足够的自身肉汁剩下，就把肉放入其中，因为这比任何其他肉汁都好。如果不够，就把骨头和碎肉放入炖锅中，加入约一品脱羊肉肉汁；让它们用文火炖一个小时，然后过滤肉汁。在炖锅中放入少许面粉和黄油，不断搅拌至棕色，然后加入过滤后的肉汁，煮沸一次；撇去浮沫并再次过滤，待稍凉后，放入肉片

venison. Place the stewpan by the side of the fire, and, when on the point of simmering, serve: do not allow it to boil, or the meat will be hard. Send red-currant jelly to table with it.

Time.—Altogether, 1-1/2 hour.

Seasonable.—Buck venison, from June to Michaelmas; doe venison, from November to the end of January.

Note.—A small quantity of Harvey's sauce, ketchup, or port wine, may be added to enrich the gravy: these ingredients must, however, be used very sparingly, or they will overpower the flavour of the venison.

[Illustration: FALLOW-DEER (BUCK). FALLOW-DEER (DOE).]

THE FALLOW-DEER.—This is the domestic or park deer; and no two animals can make a nearer approach to each other than the stag and it, and yet no two animals keep more distinct, or avoid each other with a more inveterate animosity. They never herd or intermix together, and consequently never give rise to an intermediate race; it is even rare, unless they have been transported thither, to find fellow-deer in a country where stags are numerous. He is very easily tamed, and feeds upon many things which the stag refuses: he also browzes closer than the stag, and preserves his venison better. The doe produces one fawn, sometimes two, but rarely three. In short, they resemble the stag in all his natural habits, and the greatest difference between them is the duration of their lives: the stag, it is said, lives to the age of thirty-five or forty years, and the fallow-deer does not live more than twenty. As they are smaller than the stag, it is probable that their growth is sooner completed.

鹿肉。将炖锅置于火旁，待即将微沸时上桌：不要让它煮沸，否则肉会变硬。配红醋栗果冻上桌。

时间。- 总共1-1/2小时。

时令。--雄鹿肉，六月至米迦勒节；雌鹿肉，十一月至一月末。

注。--可加入少量哈维酱、番茄酱或波特酒以使肉汁更浓郁：但这些配料必须非常少量使用，否则会压过鹿肉的风味。

[插图：黇鹿(雄鹿)。黇鹿(雌鹿)。]

黇鹿。--这是家养或园中饲养的鹿；没有两种动物能比雄鹿和它更接近，然而也没有两种动物能保持更明显的区别，或以更根深蒂固的敌意互相回避。它们从不合群或混在一起，因此也从不产生中间品种；甚至在雄鹿众多的国家，除非被运到那里，否则很少能找到黇鹿。它非常容易驯服，吃许多雄鹿拒绝的食物：它也比雄鹿啃食得更贴近地面，并且更好地保存其鹿肉。母鹿产下一只幼鹿，有时两只，但很少三只。简而言之，它们在所有自然习性上都与雄鹿相似，它们之间最大的区别在于寿命：据说雄鹿能活到三十五或四十岁，而黇鹿活不过二十岁。由于它们比雄鹿小，它们的生长可能更早完成。

STEWED VENISON.

1051. INGREDIENTS.—A shoulder of venison, a few slices of mutton fat, 2 glasses of port wine, pepper and allspice to taste, 1-1/2 pint of weak stock or gravy, 1/2 teaspoonful of whole pepper, 1/2 teaspoonful of whole allspice.

Mode.—Hang the venison till tender; take out the bone, flatten the meat with a rolling-pin, and place over it a few slices of mutton fat, which have been previously soaked for 2 or 3 hours in port wine; sprinkle these with a little fine allspice and pepper, roll the meat up, and bind and tie it securely. Put it into a stewpan with the bone and the above proportion of weak stock or gravy, whole allspice, black pepper, and port wine; cover the lid down closely, and simmer, very gently, from 3-1/2 to 4 hours. When quite tender, take off the tape, and dish the meat; strain the gravy over it, and send it to table with red-currant jelly. Unless the joint is very fat, the above is the best mode of cooking it.

Time.—3-1/2 to 4 hours.

Average cost, 1s. 4d. to 1s. 6d. per lb.

Sufficient for 10 or 12 persons.

Seasonable.—Buck venison, from June to Michaelmas; doe venison, from November to the end of January.

[Illustration: THE ROEBUCK.]

THE ROEBUCK.—This is the *Certuscapreolus*, or common roe, and is of a reddish-brown colour. It is an inhabitant of Asia, as well as of Europe. It has great grace in its movements, and stands about two feet seven inches high, and has a length of about three feet

炖鹿肉

1051.配料。--一块鹿肩肉，几片羊肉脂肪，2杯波特酒，胡椒和牙买加胡椒适量，1又1/2品脱淡肉汤或肉汁，1/2茶匙整粒胡椒，1/2茶匙整粒牙买加胡椒。

模式。--将鹿肉挂起至变嫩；取出骨头，用擀面杖将肉压平，在上面放几片羊脂，这些羊脂已事先在波特酒中浸泡2或3小时；在上面撒少许细多香果粉和胡椒，将肉卷起，牢牢捆扎并系紧。将其放入炖锅中，加入骨头和上述比例的淡肉汤或肉汁、整粒多香果、黑胡椒和波特酒；将盖子盖紧，用文火非常缓慢地炖3-1/2至4小时。当肉完全变嫩时，取下带子，将肉装盘；将肉汁过滤后浇在上面，并配上红醋栗果冻一起上桌。除非这块肉非常肥，否则上述方法是最佳的烹饪方式。

时间。- 3-1/2 至 4 小时。

平均成本，每磅1先令4便士至1先令6便士。

足量供10或12人食用。

时令。--雄鹿肉，六月至米迦勒节；雌鹿肉，十一月至一月末。

[插图：獐鹿]

狍。--这是*Certuscapreolus*，即普通狍，呈红棕色。它栖息于亚洲以及欧洲。其动作极为优雅，站立时高约二英尺七英寸，身长约三英尺

nine. The extent of its horns is from six to eight inches.

[Illustration: THE STAG. THE HIND.]

THE STAG.—The stag, or hart, is the male of the red deer, and the hind is the female. He is much larger than the fallow-deer, and his age is indicated by his horns, which are round instead of being palmated, like those of the fallow-deer. During the first year he has no horns, but a horny excrescence, which is short and rough, and covered with a thin hairy skin. The next year, the horns are single and straight; and in the third they have two antlers, three the fourth, four the fifth, and five the sixth year; although this number is not always certain, for sometimes they are more, and often less. After the sixth year, the antlers do not always increase; and, although in number they may amount to six or seven on each side, yet the animal's age is then estimated rather by the size of the antlers and the thickness of the branch which sustains them, than by their variety. Large as these horns seem, however, they are shed every year, and their place supplied by new ones. This usually takes place in the spring. When the old horns have fallen off, the new ones do not make their appearance immediately; but the bones of the skull ore seen covered with a transparent periosteum, or skin, which enwraps the bones of all animals. After a short time, however, the skin begins to swell, and to form a sort of tumour. From this, by-and-by, rising from the head, shoot forth the antlers from each side; and, in a short time, in proportion as the animal is in condition, the entire horns are completed. The solidity of the extremities, however, is not perfect until the horns have arrived at their full growth. Old stags usually shed their horns first, which generally happens towards the latter end of February or the beginning of March. Such as are between five and

九.其角的长度从六英寸到八英寸。

[插图：雄鹿。雌鹿。]

雄鹿。--雄鹿，或称公鹿，是红鹿的雄性，而雌鹿是雌性。它比黇鹿大得多，其年龄由鹿角显示，鹿角是圆形的，而不是像黇鹿那样呈掌状。在第一年，它没有角，只有一个角质的突起，短而粗糙，覆盖着一层薄薄的毛皮。第二年，角是单一直立的；第三年有两个角枝，第四年三个，第五年四个，第六年五个；尽管这个数目并不总是确定的，因为有时更多，而常常更少。第六年之后，角枝并不总是增加；而且，尽管每边的数目可能达到六或七个，但动物的年龄此时更多是根据角枝的大小和支撑它们的枝干的粗细来估计，而不是根据它们的数量。然而，尽管这些角看起来很大，它们每年都会脱落，并由新的角取代。这通常发生在春天。当旧角脱落后，新角不会立即出现；但可以看到头骨上覆盖着一层透明的骨膜，即包裹所有动物骨骼的皮肤。然而，不久之后，皮肤开始肿胀，形成一种肿瘤。由此，不久之后，从头部两侧长出角枝；并且，在短时间内，随着动物身体状况的改善，整个角就完成了。然而，直到角达到完全生长，其末端的坚固性才完美。老雄鹿通常最先脱落鹿角，这通常发生在二月底或三月初。那些在五到

six years old shed them about the middle or latter end of March; those still younger in the month of April; and the youngest of all not till the middle or latter end of May. These rules, though generally true, are subject to variations; for a severe winter will retard the shedding of the horns.—The HIND has no horns, and is less fitted for being hunted than the male. She takes the greatest care of her young, and secretes them in the most obscure thickets, lest they become a prey to their numerous enemies. All the rapacious family of the cat kind, with the wolf, the dog, the eagle, and the falcon, are continually endeavouring to find her retreat, whilst the stag himself is the foe of his own offspring. When she has young, therefore, it would seem that the courage of the male is transferred to the female, for she defends them with the most resolute bravery. If pursued by the hunter, she will fly before the hounds for half the day, and then return to her young, whose life she has thus preserved at the hazard of her own.

六岁的鹿在三月中旬或下旬脱角；那些更年幼的则在四月脱角；而最年幼的则要到五月中旬或下旬才脱角。这些规律虽然大体正确，但也会有变化；因为严冬会推迟鹿角的脱落。--雌鹿没有角，也不如雄鹿那样适合被猎捕。她极其细心地照料幼鹿，将它们藏匿在最隐蔽的灌木丛中，以免它们成为众多敌人的猎物。猫科中所有凶猛的家族，连同狼、狗、鹰和隼，都不断设法寻找她的藏身之处，而雄鹿本身也是自己后代的敌人。因此，当她有幼鹿时，雄鹿的勇气似乎转移到了雌鹿身上，因为她以最坚决的勇敢来保护它们。如果被猎人追赶，她会在猎犬前逃跑半天，然后回到她的幼鹿身边，她就这样冒着自身危险保全了它们的生命。

[Illustration: ELAND (BULL). ELAND (COW).]

[插图：大羚羊(公牛)。大羚羊(母牛)。]

THE NEW VENISON.—The deer population of our splendid English parks was, until a few years since, limited to two species, the fallow and the red. But as the fallow-deer itself was an acclimated animal, of comparatively recent introduction, it came to be a question why might not the proprietor of any deer-park in England have the luxury of at least half a dozen species of deer and antelopes, to adorn the hills, dales, ferny brakes, and rich pastures of his domain? The temperate regions of the whole world might be made to yield specimens of the noble ruminant, valuable either for their individual beauty, or for their availability to gastronomic purposes.

新鹿肉。--直到几年前，我们壮丽的英国公园中的鹿群仅限于两种，即黇鹿和红鹿。但由于黇鹿本身是一种驯化动物，引入时间相对较近，于是产生了一个问题：为什么英国任何鹿苑的主人都不能享有至少半打鹿和羚羊品种的奢华，以装点其领地内的山丘、谷地、蕨丛和丰美牧场呢?全世界的温带地区都可以提供这种高贵反刍动物的标本，它们或因个体之美、或因可供美食之用而有价值。

During the last four or live years a few spirited English noblemen have made the experiment of breeding foreign deer in their parks, and have obtained such a decided success, that it may be hoped their example will induce others to follow in a course which will eventually give to England's rural scenery a new element of beauty, and to English tables a fresh viand of the choicest character.

在过去四五年间，几位有魄力的英国贵族在他们的园苑中尝试饲养外国鹿，并取得了如此显著的成功，以致可以期望他们的榜样将促使他人效仿，这一做法最终将为英格兰的乡村景色增添新的美丽元素，并为英国人的餐桌增添一种上等的新肉食。

A practical solution of this interesting question was made by Viscount Hill, at Hawkestone Park, Salop, in January, 1809. On that occasion a magnificent eland, an acclimated scion of the species whose native home is the South African wilderness, was killed for the table. The noble beast was thus described:—"He weighed 1,176 lbs. as he dropped; huge as a short-horn, but with bone not half the size; active as a deer, stately in all his paces, perfect in form, bright in colour, with a vast dewlap, and strong sculptured horn. This eland in his lifetime strode majestic on the hill-side, where he dwelt with his mates and their progeny, all English-born, like himself." Three pairs of the same species of deer were left to roam at large on the picturesque elopes throughout the day, and to return to their home at pleasure. "Here, during winter, they are assisted with roots and hay, but in summer they have nothing but the pasture of the park; so that, in point of expense, they cost no more than cattle of the best description." Travellers and sportsmen say that the male eland is unapproached in the quality of his flesh by any ruminant in South Africa; that it grows to an enormous size, and lays on fat with as great facility as a true short-horn; while in texture and flavour it is infinitely superior. The lean is remarkably fine, the fat firm and delicate. It was tried in every fashion,—braised brisket, roasted ribs, broiled

1809年1月，希尔子爵在萨洛普郡霍克斯通公园对这个问题作出了实际解答。当时，一头壮丽的伊兰羚羊--该物种原产于南非荒野，此为已驯化的一支--被宰杀供餐桌之用。这头高贵的野兽被如此描述：“宰杀时重1,176磅；体型大如短角牛，但骨骼不到其一半；行动如鹿般敏捷，各种步态都庄重，体形完美，毛色鲜亮，有巨大的喉垂和强健而有雕纹的角。这头伊兰羚羊生前在山坡上威严地阔步，与它的配偶和后代--都像它一样生于英国--同住。”三对同种鹿被放养在风景如画的区域内，整日自由漫游，并随意返回它们的家。“这里，冬季它们得到根菜和干草的辅助，但夏季它们只有公园的牧草；因此，就费用而言，它们并不比最好的牛花费更多。”旅行者和猎人说，雄性伊兰羚羊的肉在南非任何反刍动物中都无法比拟；它长到巨大的体型，并且像真正的短角牛一样容易长膘；而在质地和风味上则远为优越。瘦肉异常细嫩，脂肪坚实而细腻。人们尝试了各种做法--炖牛胸、烤肋排、炙

steaks, filet sauté, boiled aitchbone, &c.,—and in all, gave evidence of the fact, that a new meat of surpassing value had been added to the products of the English park.

When we hear such a gratifying account of the eland, it is pleasing to record that Lord Hastings has a herd of the Canadian wapiti, a herd of Indian nylghaus, and another of the small Indian hog-deer; that the Earl of Ducie has been successful in breeding the magnificent Persian deer. The eland was first acclimated in England by the late Earl of Derby, between the years 1835-1851, at his menagerie at Knowsley. On his death, in 1851, he bequeathed to the Zoological Society his breed of elands, consisting of two males and three females. Here the animals have been treated with the greatest success, and from the year 1853 to the present time, the females have regularly reproduced, without the loss of a single calf.

ROAST WIDGEON.

1052. INGREDIENTS.—Widgeons, a little flour, butter.

Mode.—These are trussed in the same manner as wild duck, No. 1022, but must not be kept so long before they are dressed. Put them down to a brisk fire; flour, and baste them continually with butter, and, when browned and nicely frothed, send them to table hot and quickly. Serve with brown gravy, or orange gravy, No. 488, and a cut lemon.

Time.—1/4 hour; if liked well done, 20 minutes.

Average cost, 1s. each; but seldom bought.

Sufficient,—2 for a dish.

鹿排、嫩煎里脊、煮臀骨肉等--在所有这些菜式中都证明了这一事实：一种价值极高的新肉食已加入到英国园苑的物产之中。

当我们听到关于伊兰羚羊如此令人满意的描述时，令人高兴的是还要记载：黑斯廷斯勋爵有一群加拿大马鹿、一群印度蓝牛羚，以及另一群小型印度豚鹿；杜西伯爵成功繁殖了壮丽的波斯鹿。伊兰羚羊最早由已故的德比伯爵于1835至1851年间在其诺斯利动物园中于英格兰驯化。1851年他去世时，将其繁殖的伊兰羚羊--两雄三雌--遗赠给动物学会。在这里，这些动物得到了极为成功的照料，从1853年至今，雌性定期繁殖，没有损失一头幼崽。

烤野鸭。

1052. 配料--野鸭，少许面粉，黄油。

做法。--按第1022号野鸭的方法捆扎，但不可在烹制前保存过久。置于旺火前；撒面粉，不断浇淋黄油，待其呈棕色并起泡美观后，迅速趁热上桌。配棕色肉汁或第488号橙汁肉汁，以及切开的柠檬。

时间。- 1/4小时；若喜欢熟透，20分钟。

平均成本，每个1先令；但很少购买。

足量,--一盘菜用2份。

Seasonable from October to February.

[Illustration: ROAST WOODCOCK.]

ROAST WOODCOCK.

1053. INGREDIENTS.—Woodcocks; butter, flour, toast.

Mode.—Woodcocks should not be drawn, as the trails are, by epicures, considered a great delicacy. Pluck, and wipe them well outside; truss them with the legs close to the body, and the feet pressing upon the thighs; skin the neck and head, and bring the beak round under the wing. Place some slices of toast in the dripping-pan to catch the trails, allowing a piece of toast for each bird. Roast before a clear fire from 15 to 25 minutes; keep them well basted, and flour and froth them nicely. When done, dish the pieces of toast with the birds upon them, and pour round a very little gravy; send some more to table in a tureen. These are most delicious birds when well cooked, but they should not be kept too long: when the feathers drop, or easily come out, they are fit for table.—See coloured plate, I 1.

Time.—-When liked underdone, 15 to 20 minutes; if liked well done, allow an extra 5 minutes.

Average cost.—Seldom bought.

Sufficient,—2 for a dish.

Seasonable from November to February.

[Illustration: THE WOODCOCK.]

THE WOODCOCK.—This bird being migratory in its habits, has, consequently, no settled habitation; it cannot be considered as the

时令十月至二月。

[插图：烤丘鹬。]

烤丘鹬

1053. 配料--丘鹬；黄油、面粉、吐司。

模式。--山鹬不应被取出内脏，因为美食家认为其内脏是一种极大的美味。拔去羽毛，并将外部擦拭干净；将腿捆扎紧贴身体，脚压在腿上；剥去颈部和头部的皮，并将喙弯到翅膀下方。在滴油盘中放几片吐司以接住内脏，每只鸟配一片吐司。在明火前烤15至25分钟；保持充分浇淋，并撒上面粉使其起泡。烤好后，将吐司片与鸟一起装盘，并在周围倒入少量肉汁；再送一些到餐桌上，放在汤碗中。这些鸟如果烹饪得当，是最美味的，但不应保存太久：当羽毛脱落或容易拔出时，就可以上桌了。--见彩色图版，I 1。

时间。--若喜欢半生不熟，15至20分钟；若喜欢熟透，则额外增加5分钟。

平均费用。--很少购买。

足量,--一盘菜用2份。

时令十一月至二月。

[插图：丘鹬。]

丘鹬。--此鸟有迁徙习性，因而没有固定居所；不能将其视为

property of any one, and is, therefore, not game by law. It breeds in high northern latitudes, and the time of its appearance and disappearance in Sweden coincides exactly with that of its arrival in and return from Great Britain. On the coast of Suffolk its vernal and autumnal visits have been accurately observed. In the first week of October it makes its appearance in small numbers, but in November and December it appears in larger numbers, and always after sunset, and most gregariously. In the same manner as woodcocks take their leave of us, they quit France, Germany, and Italy, making the northern and colder climates their summer rendezvous. They visit Burgundy in the latter part of October, but continue there only a few weeks, the country being hard, and unable to supply them with such sustenance as they require. In the winter, they are found as far south as Smyrna and Aleppo, and, during the same season, in Barbary, where the Africans name them "the ass of the partridge." It has been asserted that they have been seen as far south as Egypt, which is the most remote region to which they can be traced on that side of the eastern world; on the other side, they are common in Japan. Those which resort to the countries of the Levant are supposed to come from the mountains of Armenia, or the deserts of Tartary or Siberia. The flesh of the woodcock is held in high estimation; hence the bird is eagerly sought after by the sportsman.

GAME CARVING.

BLACKCOCK.

[Illustration: BLACKCOCK.]

任何人的财产，因此法律上不属于猎物。它在北方高纬度地区繁殖，其在瑞典出现和消失的时间与它到达和返回大不列颠的时间完全一致。在萨福克海岸，其春季和秋季的访问已被准确观察。在十月的第一周，它以少量出现，但在十一月和十二月，它以较大的数量出现，总是在日落之后，并且最群居。就像山鹬离开我们一样，它们离开法国、德国和意大利，将北方和更寒冷的气候作为它们的夏季聚集地。它们在十月下旬访问勃艮第，但只在那里停留几周，因为该国土地坚硬，无法提供它们所需的食物。在冬天，它们被发现远至士麦那和阿勒颇，在同一季节，在巴巴里，非洲人称它们为“鹧鸪的驴”。据称它们曾被看到远至埃及，这是它们在东半球那一侧可追踪到的最远地区；在另一侧，它们在日本很常见。那些前往黎凡特国家的人被认为来自亚美尼亚山脉，或鞑靼或西伯利亚的沙漠。山鹬的肉备受推崇；因此这种鸟被猎人热切追寻。

野味切割。

黑琴鸡。

[插图：黑琴鸡。]

1054. Skilful carving of game undoubtedly adds to the pleasure of the guests at a dinner-table; for game seems pre-eminently to be composed of such delicate limbs and tender flesh that an inapt practitioner appears to more disadvantage when mauling these pretty and favourite dishes, than larger and more robust *pièces de résistance*. As described at recipe No. 1019, this bird is variously served with or without the head on; and although we do not personally object to the appearance of the head as shown in the woodcut, yet it seems to be more in vogue to serve it without. The carving is not difficult, but should be elegantly and deftly done. Slices from the breast, cut in the direction of the dotted line from 2 to 1, should be taken off, the merrythought displaced and the leg and wing removed by running the knife along from 3 to 4, and following the directions given under the head of boiled fowl, No. 1000, reserving the thigh, which is considered a great delicacy, for the most honoured guests, some of whom may also esteem the brains of this bird.

WILD DUCK.

[Illustration: WILD DUCK.]

1055. As game is almost universally served as a dainty, and not as a dish to stand the assaults of an altogether fresh appetite, these dishes are not usually cut up entirely, but only those parts are served of each, which are considered the best-flavoured and the primest. Of wild-fowl, the breast alone is considered by epicures worth eating, and slices are cut from this, in the direction indicated by the lines, from 1 to 2; if necessary, the leg and wing can be taken off by passing the knife from 3 to 4, and by generally

1054.熟练地切肉无疑会增加餐桌上客人的乐趣；因为野味似乎主要由如此精致的肢体和柔软的肉组成，以至于一个不熟练的实践者在撕扯这些漂亮和受欢迎的菜肴时，比更大更结实的主菜显得更不利。如食谱第1019号所述，这种鸟有多种上菜方式，带头或不带头；虽然我们个人不反对木刻中显示的头部外观，但似乎更流行不带头。切肉并不困难，但应优雅而灵巧地进行。应从胸部切片，沿虚线从2到1的方向切下，将许愿骨移开，并通过从3到4沿刀切下腿和翅膀，遵循煮鸡第1000号标题下给出的指示，保留大腿，这被认为是极大的美味，留给最尊贵的客人，其中一些人可能也欣赏这种鸟的脑。

野鸭。

[插图：野鸭。]

1055.由于野味几乎普遍作为美味佳肴供应，而不是作为一道能承受完全新鲜食欲攻击的菜肴，这些菜肴通常不会全部切碎，而是只供应每一道菜中被认为味道最好和最优质的部分。对于野禽，美食家认为只有胸部值得吃，并从该处沿线条指示的方向从1到2切片；如有必要，可以通过从3到4切下腿和翅膀，并一般地

following the directions described for carving boiled fowl, No. 1000.

ROAST HARE.

[Illustration: ROAST HARE.]

1056. The "Grand Carver" of olden times, a functionary of no ordinary dignity, was pleased when he had a hare to manipulate, for his skill and grace had an opportunity of display. *Diners à la Russe* may possibly, erewhile, save modern gentlemen the necessity of learning the art which was in auld lang syne one of the necessary accomplishments of the youthful squire; but, until side-tables become universal, or till we see the office of "grand carver" once more instituted, it will be well for all to learn how to assist at the carving of this dish, which, if not the most elegant in appearance, is a very general favourite. The hare, having its head to the left, as shown in the woodcut, should be first served by cutting slices from each side of the backbone, in the direction of the lines from 3 to 4. After these prime parts are disposed of, the leg should next be disengaged by cutting round the line indicated by the figures 5 to 6. The shoulders will then be taken off by passing the knife round from 7 to 8. The back of the hare should now be divided by cutting quite through its spine, as shown by the line 1 to 2, taking care to feel with the point of the knife for a joint where the back may be readily penetrated. It is the usual plan not to serve any bone in helping hare; and thus the flesh should be sliced from the legs and placed alone on the plate. In large establishments, and where men-cooks are kept, it is often the case that the backbone of the hare, especially in old animals, is

按照第1000号煮鸡的切分指示操作。

烤野兔

[插图：烤野兔。]

1056.旧时代的“大切肉师”，一个具有非凡尊严的官员，当他有一只野兔需要处理时很高兴，因为他的技巧和优雅有机会展示。俄式餐可能有一天会让现代绅士不必学习这门艺术，这在很久以前是年轻乡绅的必要技能之一；但是，直到边桌变得普遍，或者直到我们看到“大切肉师”的职位再次设立，所有人都最好学会如何协助切这道菜，这道菜虽然外观不是最优雅的，但非常普遍受欢迎。野兔头朝左，如木刻所示，应首先从脊骨两侧沿从3到4的线条方向切片。这些主要部分处理后，接下来应通过沿数字5到6指示的线切割来分离腿。然后通过从7到8绕刀切下肩膀。现在应将野兔的背部通过完全切穿其脊椎来分开，如线1到2所示，注意用刀尖感觉关节，以便背部容易穿透。通常的计划是在帮助野兔时不供应任何骨头；因此，肉应从腿上切片并单独放在盘子上。在大型机构中，以及有男厨师的地方，通常野兔的脊骨，尤其是在老动物中，是

taken out, and then the process of carving is, of course, considerably facilitated. A great point to be remembered in connection with carving hare is, that plenty of gravy should accompany each helping; otherwise this dish, which is naturally dry, will lose half its flavour, and so become a failure. Stuffing is also served with it; and the ears, which should be nicely crisp, and the brains of the hare, are esteemed as delicacies by many connoisseurs.

取出后，切肉的过程自然大为便利。关于切野兔肉，须牢记的重要一点是：每一份都应配有充足的肉汁；否则这道本身干涩的菜肴将失去一半风味，从而归于失败。填料也随同上桌；兔耳应酥脆可口，兔脑则被许多行家视为珍馐。

PARTRIDGES.

山鹑。

[Illustration: ROAST PARTRIDGES.]

[插图：烤鹧鸪。]

1057. There are several ways of carving this most familiar game bird. The more usual and summary mode is to carry the knife sharply along the top of the breastbone of the bird, and cut it quite through, thus dividing it into two precisely equal and similar parts, in the same manner as carving a pigeon, No. 1003. Another plan is to cut it into three pieces; viz., by severing a small wing and leg on either side from the body, by following the line 1 to 2 in the upper woodcut; thus making 2 helpings, when the breast will remain for a third plate. The most elegant manner is that of thrusting back the body from the legs, and then cutting through the breast in the direction shown by the line 1 to 2: this plan will give 4 or more small helpings. A little bread-sauce should be served to each guest.

1057. 切这种最常见的猎禽有几种方法。较为常见且简便的方法是，将刀沿着禽的胸骨顶部利落地划过，一直切透，从而将其分成完全相等且相似的两半，方法与切鸽子相同，见第1003号。另一种方法是将它切成三块；即按照上图中所标1至2的线路，将两侧各一只小翅膀和腿从躯体上割下；这样可分出2份，而胸部则留作第三盘。最优雅的方式是将躯体从腿部向后推开，然后按照1至2线路所示的方向切开胸部：这种方法可分出4份或更多小份。每位客人都应配以少许面包酱汁。

GROUSE.

松鸡。

[Illustration]

[Illustration]

1058. GROUSE may be carved in the way first described in carving partridge. The backbone of the grouse is highly esteemed by many, and this part of many game birds is considered the finest flavoured.

PHEASANT.

[Illustration: ROAST PHEASANT.]

1059. Fixing the fork in the breast, let the carver cut slices from it in the direction of the lines from 2 to 1: these are the prime pieces. If there be more guests to satisfy than these slices will serve, then let the legs and wings be disengaged in the same manner as described in carving boiled fowl, No. 1000, the point where the wing joins the neckbone being carefully found. The merrythought will come off in the same way as that of a fowl. The most valued parts are the same as those which are most considered in a fowl.

SNIPE.

[Illustration: SNIPE.]

1060. One of these small but delicious birds may be given, whole, to a gentleman; but, in helping a lady, it will be better to cut them quite through the centre, from 1 to 2, completely dividing them into equal and like portions, and put only one half on the plate.

HAUNCH OF VENISON.

[Illustration: HAUNCH OF VENISON.]

1058. 松鸡可按前述切山鹑的方法切肉。松鸡的脊骨深受许多人推崇，许多野味的这一部位被认为风味最佳。

雉鸡。

[插图：烤野鸡。]

1059. 将叉子固定在胸部，切肉者按照从2到1的线路方向切下薄片：这些是上等部分。如果客人多于这些薄片所能供应，则按照切煮鸡(第1000号)所述的方法将腿和翅膀卸下，须仔细找到翅膀与颈骨连接处。许愿骨将按照切鸡的同样方法取下。最受珍视的部分与鸡身上最受重视的部分相同。

鹬。

[插图：鹬]

1060. 这种小巧而美味的鸟可整只奉给男士；但为女士分餐时，最好从1至2处沿中心完全切开，将其分成均等相同的两份，只将一半放入盘中。

鹿腿肉。

[插图：鹿腿肉]

1061. Here is a grand dish for a knight of the carving-knife to exercise his skill upon, and, what will be pleasant for many to know, there is but little difficulty in the performance. An incision being made completely down to the bone, in the direction of the line 1 to 2, the gravy will then be able easily to flow; when slices, not too thick, should be cut along the haunch, as indicated by the line 4 to 3; that end of the joint marked 3 having been turned towards the carver, so that he may have a more complete command over the joint. Although some epicures affect to believe that some parts of the haunch are superior to others, yet we doubt if there is any difference between the slices cut above and below the line. It should be borne in mind to serve each guest with a portion of fat; and the most expeditious carver will be the best carver, as, like mutton, venison soon begins to chill, when it loses much of its charm.

1061. 这是一道供切肉高手施展技艺的盛大菜肴，而且许多人会乐于知道，操作起来几乎没有困难。按照1至2线路的方向，完全切至骨头，肉汁便能轻易流出；然后沿着腿肉按照4至3线路所示切下不太厚的薄片；应将关节上标有3的那一端转向切肉者，以便他能更完全地掌控整个关节。尽管有些美食家声称相信腿肉的某些部分优于其他部分，但我们怀疑线路上下切出的薄片之间是否有任何差别。应记住给每位客人配一份肥肉；最迅速的切肉者将是最好的切肉者，因为像羊肉一样，鹿肉很快开始变凉，那时便失去许多魅力。

WOODCOCK.

丘鹬。

[Illustration: WOODCOCK.]

[插图：丘鹬。]

1062. This bird, like a partridge, may be carved by cutting it exactly into two like portions, or made into three helpings, as described in carving partridge (No. 1057). The backbone is considered the tit-bit of a woodcock, and by many the thigh is also thought a great delicacy. This bird is served in the manner advised by Brillat Savarin, in connection with the pheasant, viz., on toast which has received its drippings whilst roasting; and a piece of this toast should invariably accompany each plate.

1062. 这种鸟像山鹑一样，可以通过将其恰好切成两个相同的部分来切，或按照切山鹑(第1057号)所述分成三份。脊骨被认为是丘鹬的精华，许多人还认为大腿也是极大的美味。这种鸟按照布里亚-萨瓦兰所建议的方式与雉鸡一同上桌，即放在烤制时承接了滴油的吐司上；每盘都应配一块这样的吐司。

LANDRAIL.

长脚秧鸡。

1063. LANDRAIL, being trussed like Snipe, with the exception of its being drawn, may be carved in the same manner.—See No. 1060.

PTARMIGAN.

1064. PTARMIGAN, being of much the same size, and trussed in the same manner, as the red-bird, may be carved in the manner described in Partridge and Grouse carving, Nos. 1057 and 1058.

QUAILS.

1065. QUAILS, being trussed and served like Woodcock, may be similarly carved.—See No. 1062.

PLOVERS.

1066. PLOVERS may be carved like Quails or Woodcock, being trussed and served in the same way as those birds.—See No. 1055.

TEAL.

1067. TEAL, being of the same character as Widgeon and Wild Duck, may be treated, in carving, in the same style.

WIDGEON.

1068. WIDGEON may be carved in the same way as described in regard to Wild Duck, at No. 1055.

[Illustration]

1063. 秧鸡，除需取出内脏外，与鹬一样捆扎，可按同样方式切肉。--见第1060条。

雷鸟。

1064. 雷鸟，大小与红鸟大致相同，捆扎方式亦相同，可按山鹑与松鸡切肉(第1057及1058条)所述方式切肉。

鹌鹑。

1065. 鹌鹑，捆扎与上桌方式与丘鹬相同，可按同样方式切肉。--见第1062条。

鸻。

1066. 鸻可按鹌鹑或丘鹬的方式切肉，其捆扎与上桌方式与这些鸟相同。--见第1055条。

水鸭。

1067. 水鸭，性质与赤颈鸭及野鸭相同，切肉时可依同样方式处理。

赤颈鸭。

1068. 赤颈鸭可按第1055条所述野鸭的方式切肉。

[Illustration]

[Illustration]

CHAPTER XXIV.

GENERAL OBSERVATIONS ON VEGETABLES.

"Strange there should be found
Who, self-imprison'd in their proud saloons,
Renounce the odours of the open field
For the unscented fictions of the loom;
Who, satisfied with only pencilled scenes,
Prefer to the performance of a God,
Th' inferior wonders of an artist's hand!
Lovely, indeed, the mimic works of art,
But Nature's works far lovelier."—COWPER.

1069. "THE ANIMAL AND VEGETABLE KINGDOMS," says Hogg, in his Natural History of the Vegetable Kingdom, "may be aptly compared to the primary colours of the prismatic spectrum, which are so gradually and intimately blended, that we fail to discover where the one terminates and where the other begins. If we had to deal with yellow and blue only, the eye would easily distinguish the one from the other; but when the two are blended, and form green, we cannot tell where the blue ends and the yellow begins. And so it is in the animal and vegetable kingdoms. If our powers of observation were limited to the highest orders of animals and plants, if there were only mammals, birds, reptiles, fishes, and insects in the one, and trees, shrubs, and herbs in the other, we should then be able with facility to define the bounds of the two kingdoms; but as we descend the scale of each, and arrive at the lowest forms of animals and plants, we there meet with bodies of

[Illustration]

第二十四章

关于蔬菜的一般观察。

奇怪的是竟然有人发现

他们自我囚禁于骄傲的沙龙之中，舍弃旷野的芬芳，换取织机无香的虚构；他们满足于描画之景，宁取艺术家之手 inferior 的奇迹，而不取上帝的作为!艺术的摹拟之作固然可爱，但自然之作远为可爱。”--柯珀。

1069. 霍格在其《植物界自然史》中说：“动物界和植物界可以恰当地比作棱镜光谱的原色，这些原色如此逐渐而紧密地融合，以至于我们无法发现一个在哪里终止、另一个在哪里开始。如果我们只需处理黄色和蓝色，眼睛便容易将二者区分；但当二者混合形成绿色时，我们便无法分辨蓝色在哪里结束、黄色在哪里开始。动物界和植物界也是如此。如果我们的观察能力仅限于动物和植物的最高等级，如果一方只有哺乳动物、鸟类、爬行动物、鱼类和昆虫，另一方只有乔木、灌木和草本植物，那么我们便能轻易界定两个界的界限；但当我们沿着各自的阶梯向下，到达动物和植物的最低形态时，我们便在那里遇到一些物体，

the simplest structure, sometimes a mere cell, whose organization, modes of development and reproduction, are so anomalous, and partake so much of the character of both, that we cannot distinguish whether they are plants or whether they are animals."

1070. WHILST IT IS DIFFICULT TO DETERMINE where the animal begins and the vegetable ends, it is as difficult to account for many of the singularities by which numbers of plants are characterized. This, however, can hardly be regarded as a matter of surprise, when we recollect that, so far as it is at present known, the vegetable kingdom is composed of upwards of 92,000 species of plants. Of this amazing number the lichens and the mosses are of the simplest and hardiest kinds. These, indeed, may be considered as the very creators of the soil: they thrive in the coldest and most sterile regions, many of them commencing the operations of nature in the growth of vegetables on the barest rocks, and receiving no other nourishment than such as may be supplied to them by the simple elements of air and rain. When they have exhausted their period in such situations as have been assigned them, they pass into a state of decay, and become changed into a very fine mould, which, in the active spontaneity of nature, immediately begins to produce other species, which in their turn become food for various mosses, and also rot. This process of growth and decay, being, from time to time, continued, by-and-by forms a soil sufficient for the maintenance of larger plants, which also die and decay, and so increase the soil, until it becomes deep enough to sustain an oak, or even the weight of a tropical forest. To create soil amongst rocks, however, must not be considered as the only end of the lichen; different kinds of it minister to the elegant arts, in the form of beautiful dyes; thus the

最简单的结构，有时仅是一个细胞，其组织、发育与繁殖方式如此异常，且兼具两者之特性，以致我们无法分辨它们是植物还是动物。”

1070. 虽然很难确定动物始于何处、植物终于何处，但要解释众多植物所具有的许多奇特之处，也同样困难。然而，当我们想到据目前所知，植物界由九万二千种以上的植物组成时，这实在难以被视为令人惊讶之事。在这惊人的数目中，地衣和苔藓是最简单、最顽强的种类。实际上，这些可以视为土壤的真正创造者：它们在最寒冷、最贫瘠的地区繁茂生长，其中许多在最光秃的岩石上开始自然界生长植物的过程，除了空气和雨水这些简单元素所能供给的养分之外，得不到任何其他滋养。当它们在所被指定的环境中走完自己的历程后，便进入腐烂状态，变成一种非常细小的腐殖土，而由于自然界活跃的自发性，这种腐殖土立即开始产生其他种类，这些种类又依次成为各种苔藓的食物，并且也会腐烂。这种生长与腐烂的过程不时持续进行，渐渐形成足以维持较大植物生长的土壤，这些较大植物也会死亡腐烂，从而增加土壤，直到土壤深得足以支撑一棵橡树，甚至承受一片热带森林的重量。然而，在岩石间创造土壤绝不能被视为地衣的唯一目的；不同种类的地衣还以美丽染料的形式服务于优雅的技艺；因此这

lichen rocella is used to communicate to silk and wool, various shades of purple and crimson, which greatly enhance the value of these materials. This species is chiefly imported from the Canary Islands, and, when scarce, as an article of commerce has brought as much as £1000 per ton.

罗切拉地衣用于赋予丝绸与羊毛各种深浅的紫色与深红色，大大提升这些材料的价值。此物种主要从加那利群岛输入，稀缺时作为商品曾高达每吨1000英镑。

1071. IN THE VICINITY OF LICHENS, THE MUSCI, OR MOSSES, are generally to be found. Indeed, wherever vegetation can be sustained, there they are, affording protection to the roots and seeds of more delicate vegetables, and, by their spongy texture, retaining a moisture which preserves other plants from the withering drought of summer. But even in winter we find them enlivening, by their verdure, the cold bosom of Nature. We see them abounding in our pastures and our woods, attaching themselves to the living, and still more abundantly to the dead, trunks and branches of trees. In marshy places they also abound, and become the medium of their conversion into fruitful fields. This is exemplified by the manner in which peat-mosses are formed: on the surface of these we find them in a state of great life and vigour; immediately below we discover them, more or less, in a state of decomposition; and, still deeper, we find their stems and branches consolidated into a light brown peat. Thus are extensive tracts formed, ultimately to be brought into a state of cultivation, and rendered subservient to the wants of man.

1071. 在地衣附近，通常可以找到藓类，即苔藓。事实上，凡是能够维持植被的地方，那里就有它们，为更娇嫩的植物的根和种子提供保护，并以其海绵状的质地保持水分，使其他植物免遭夏日干旱的枯萎。然而，即使在冬天，我们也发现它们以其青翠使大自然寒冷的胸怀充满生机。我们看到它们在我们的牧场和树林中大量生长，附着在活的树干和树枝上，更大量地附着在枯死的树干和树枝上。在沼泽地带它们也大量生长，并成为将这些地方转变为肥沃田野的媒介。泥炭藓形成的方式即可说明这一点：在这些泥炭藓的表面，我们发现它们处于极具生命力和活力的状态；紧接其下，我们发现它们或多或少处于分解状态；再往深处，我们发现它们的茎和枝 consolidated 成浅棕色泥炭。就这样形成了大片的地带，最终将被开垦为耕地，为人类的需要服务。

1072. WHEN NATURE HAS FOUND A SOIL, her next care is to perfect the growth of her seeds, and then to disperse them. Whilst the seed remains confined in its capsule, it cannot answer its purpose; hence, when it is sufficiently ripe, the pericardium opens, and lets it out. What must strike every observer with surprise is, how nuts and shells, which we can hardly crack with our teeth, or

1072.当自然找到土壤后，她接下来的要务是使种子完善生长，然后将其散布。种子在蒴果内受困时无法达成其目的；因此，当它充分成熟时，果皮裂开，将其释放。令每位观察者惊讶的是，我们几乎无法用牙齿咬开的坚果与硬壳，或

even with a hammer, will divide of themselves, and make way for the little tender sprout which proceeds from the kernel. There are instances, it is said, such as in the Touch-me-not (*impatiens*), and the Cuckoo-flower (*cardamine*), in which the seed-vessels, by an elastic jerk at the moment of their explosion, cast the seeds to a distance. We are all aware, however, that many seeds—those of the most composite flowers, as of the thistle and dandelion—are endowed with, what have not been inappropriately called, wings. These consist of a beautiful silk-looking down, by which they are enabled to float in the air, and to be transported, sometimes, to considerable distances from the parent plant that produced them. The swelling of this downy tuft within the seed-vessel is the means by which the seed is enabled to overcome the resistance of its coats, and to force for itself a passage by which it escapes from its little prison-house.

即使是用锤子，也会自行裂开，为从果仁中长出的小嫩芽让路。据说有这样的例子，例如在凤仙花(*impatiens*)和碎米荠(*cardamine*)中，种荚在爆裂的瞬间以弹性的猛力将种子抛到远处。然而，我们都知道，许多种子--那些最复杂的花的种子，如蓟和蒲公英的种子--被赋予了恰如其分的所谓翅膀。这些翅膀由美丽的丝状绒毛组成，使种子能够漂浮在空气中，有时被运送到离产生它们的母株相当远的地方。种荚内这簇绒毛的膨胀，是种子得以克服其外壳阻力并为自己强行开出一条通道、从而逃出它那小监狱的手段。

[Illustration: BEETON'S Book of HOUSEHOLD MANAGEMENT EDITED BY MRS. ISABELLA BEETON]

[插图：比顿夫人伊莎贝拉·比顿主编的比顿《家政管理全书》]

[Illustration: "THE FREE, FAIR HOMES OF ENGLAND."]

[插图：“英格兰自由美好的家园。”]

1073. BIRDS, AS WELL AS QUADRUPEDS, are likewise the means of dispersing the seeds of plants, and placing them in situations where they ultimately grow. Amongst the latter is the squirrel, which is an extensive planter of oaks; nay, it may be regarded as having, in some measure, been one of the creators of the British navy. We have read of a gentleman who was walking one day in some woods belonging to the Duke of Beaufort, near Troy House, in Monmouthshire, when his attention was arrested by a squirrel, sitting very composedly upon the ground. He stopped to observe its motions, when, in a short time, the little animal suddenly

1073. 鸟类以及四足动物，同样是散布植物种子并将它们置于最终生长之处的手段。在后者之中有松鼠，它是广泛的橡树种植者；不，在某种程度上可以把它视为英国海军的创造者之一。我们读到过一位先生，有一天在蒙茅斯郡特洛伊府附近博福特公爵的树林中散步，这时他的注意力被一只非常镇定地坐在地上的松鼠吸引住了。他停下来观察它的动作，不久，这只小动物突然

quitted its position, and darted to the top of the tree beneath which it had been sitting. In an instant it returned with an acorn in its mouth, and with its paws began to burrow in the earth. After digging a small hole, it therein deposited an acorn, which it hastily covered, and then darted up the tree again. In a moment it was down with another, which it buried in the same manner; and so continued its labour, gathering and burying, as long as the gentleman had patience to watch it. This industry in the squirrel is an instinct which directs it to lay up a store of provision for the winter; and as it is probable that its memory is not sufficiently retentive to enable it to recollect all the spots in which it deposits its acorns, it no doubt makes some slips in the course of the season, and loses some of them. These few spring up, and are, in time, destined to supply the place of the parent tree. Thus may the sons of Britain, in some degree, consider themselves to be indebted to the industry and defective memory of this little animal for the production of some of those "wooden walls" which have, for centuries, been the national pride, and which have so long "braved the battle and the breeze" on the broad bosom of the great deep, in every quarter of the civilized globe. As with the squirrel, so with jays and pies, which plant among the grass and moss, horse-beans, and probably forget where they have secreted them. Mr. White, the naturalist, says, that both horse-beans and peas sprang up in his field-walks in the autumn; and he attributes the sowing of them to birds. Bees, he also observes, are much the best setters of cucumbers. If they do not happen to take kindly to the frames, the best way is to tempt them by a little honey put on the male and female bloom. When they are once induced to haunt the frames, they set all the fruit, and will hover with impatience

离开它所在的位置，蹿到它刚才坐着的那棵树顶上。转眼间它嘴里衔着一颗橡子回来了，并用爪子开始在地上挖洞。挖了一个小洞后，它把一颗橡子放进去，匆匆盖上，然后又蹿上树去。一会儿它又衔着另一颗下来，用同样的方式埋好；就这样继续劳作，采集和埋藏，只要那位先生有耐心观看。松鼠的这种勤劳是一种本能，指引它为冬天储存一批食物；而由于它的记忆力很可能不足以使它记住所有埋藏橡子的地点，它在整个季节中无疑会有所疏漏，丢失一些橡子。这少数橡子发芽生长，最终注定要取代母树。因此，英国的儿子们在一定程度上可以将那些“木墙”的产生归功于这只小动物的勤劳和记忆力缺陷，这些“木墙”几个世纪以来一直是民族的骄傲，并且如此长久地在文明世界各个角落的广阔深海怀抱中“迎着战斗和微风”。松鼠如此，松鸦和喜鹊也如此，它们在草丛和苔藓中种植马蚕豆，并且很可能忘记了自己把它们藏在哪里。博物学家怀特先生说，马蚕豆和豌豆都在他秋天的田野小径上生长出来；他把播种它们归功于鸟类。他还指出，蜜蜂是黄瓜最好的授粉者。如果它们碰巧不喜欢那些框架，最好的办法是用一点蜂蜜涂在雄花和雌花上引诱它们。一旦它们被诱使常来框架，它们就会使所有果实坐果，并会不耐烦地盘旋

round the lights in a morning till the glasses are opened.

1074. Some of the acorns planted by the squirrel of Monmouthshire may be now in a fair way to become, at the end of some centuries, venerable trees; for not the least remarkable quality of oaks is the strong principle of life with which they are endued. In Major Rooke's "Sketch of the forest of Sherwood" we find it stated that, on some timber cut down in Berkland and Bilhaugh, letters were found stamped in the bodies of the trees, denoting the king's reign in which they were marked. The bark appears to have been cut off, and then the letters to have been cut in, and the next year's wood to have grown over them without adhering to where the bark had been cut out. The ciphers were found to be of James I., William and Mary, and one of King John. One of the ciphers of James was about one foot within the tree, and one foot from the centre. It was cut down in 1786. The tree must have been two feet in diameter, or two yards in circumference, when the mark was cut. A tree of this size is generally estimated at 120 years' growth; which number being subtracted from the middle year of the reign of James, would carry the year back to 1492, which would be about the period of its being planted. The tree with the cipher of William and Mary displayed its mark about nine inches within the tree, and three feet three inches from the centre. This tree was felled in 1786. The cipher of John was eighteen inches within the tree, and rather more than a foot from the centre. The middle year of the reign of that monarch was 1207. By subtracting from this 120, the number of years requisite for a tree's growth to arrive at the diameter of two feet, the date of its being planted would seem to have been 1085, or about twenty years after the Conquest.

早晨绕着灯转，直到打开玻璃罩。

1074. 蒙茅斯郡的松鼠所埋下的一些橡子，如今或许正朝着在若干世纪之后成为参天古树的方向顺利生长；因为橡树最显著的特性之一，便是它们被赋予的顽强生命力。在鲁克少校的《舍伍德森林素描》中，我们看到有这样的记载：在伯克兰和比尔霍砍伐的一些木材上，发现树干内部印有字母，标明它们被标记时所处的国王在位时期。树皮似乎先被剥去，然后刻上字母，次年长出的木质便覆盖其上，却不粘附于树皮被割去之处。发现的字母组合分别属于詹姆斯一世、威廉与玛丽，以及约翰王。詹姆斯的一个字母组合位于树内约一英尺处，距中心一英尺。该树于1786年被砍伐。刻标记时，这棵树想必已有两英尺直径，即两码周长。这样大小的树一般估计生长了120年；将此数从詹姆斯在位的中期年份中减去，便可将年份回溯至1492年，这大约就是它被栽种的时期。带有威廉与玛丽字母组合的那棵树，其标记位于树内约九英寸处，距中心三英尺三英寸。此树于1786年被伐倒。约翰的字母组合位于树内十八英寸处，距中心略多于一英尺。那位君主在位的中期年份是1207年。从此数中减去树木生长至两英尺直径所需的120年，其栽种日期似乎应为1085年，即大约在诺曼征服之后二十年。

[Illustration: CELLULAR DEVELOPMENT.]

1075. Considering the great endurance of these trees, we are necessarily led to inquire into the means by which they are enabled to arrive at such strength and maturity; and whether it may be considered as a humiliation we will not determine, but, with all the ingenious mechanical contrivances of man, we are still unable to define the limits of the animal and vegetable kingdoms. "Plants have been described by naturalists, who would determine the limits of the two kingdoms, as organized living bodies, without volition or locomotion, destitute of a mouth or intestinal cavity, which, when detached from their place of growth, die, and, in decay, ferment, but do not putrefy, and which, on being subjected to analysis, furnish an excess of carbon and no nitrogen. The powers of chemistry, and of the microscope, however, instead of confirming these views, tend more and more to show that a still closer affinity exists between plants and animals; for it is now ascertained that nitrogen, which was believed to be present only in animals, enters largely into the composition of plants also. When the microscope is brought to aid our powers of observation, we find that there are organized bodies belonging to the vegetable kingdom which possess very evident powers of locomotion, and which change about in so very remarkable a manner, that no other cause than that of volition can be assigned to it." Thus it would seem that, in this particular at least, some vegetables bear a very close resemblance to animal life; and when we consider the manner in which they are supplied with nourishment, and perform the functions of their existence, the resemblance would seem still closer. If, for example, we take a thin transverse slice of the stem of any plant, or a slice cut across

[插图：细胞发育。]

1075. 考虑到这些树木极强的耐久力，我们必然要探究它们得以达到如此强度和成熟度的途径；这是否可被视为一种屈辱，我们不予断定，但尽管人类有种种精巧的机械发明，我们仍然无法界定动物界与植物界的界限。“那些想要确定两界界限的博物学家将植物描述为有组织的活体，没有意志或位移能力，没有口或肠腔，一旦脱离其生长之处便会死亡，腐烂时发酵而不腐败，经分析则提供过量的碳而不含氮。然而，化学和显微镜的力量非但没有证实这些观点，反而越来越表明植物与动物之间存在着更为密切的亲缘关系；因为现已查明，曾被相信仅存在于动物体内的氮，也大量存在于植物的组成之中。当借助显微镜来辅助我们的观察能力时，我们发现有些属于植物界的有组织体具有非常明显的位移能力，并且以如此奇特的方式四处移动，以至于除了意志之外无法归因于其他原因。”因此看来，至少在这一方面，某些植物与动物生命极为相似；而当我们考虑它们获取养分和履行其生存功能的方式时，这种相似性似乎更为密切。例如，如果我们取任何植物茎干的薄横切片，或横切

its stem, and immerse it in a little pure water, and place it under a microscope, we will find that it consists principally of cells, more or less regular, and resembling those of a honeycomb or a network of cobweb. The size of these varies in different plants, as it does in different parts of the same plant, and they are sometimes so minute as to require a million to cover a square inch of surface. This singular structure, besides containing water and air, is the repository or storehouse of various secretions. Through it, the sap, when produced, is diffused sideways through the plant, and by it numerous changes are effected in the juices which fill its cells. The forms of the cells are various; they are also subject to various transformations. Sometimes a number of cylindrical cells are laid end to end, and, by the absorption of the transverse partitions, form a continuous tube, as in the sap-vessels of plants, or in muscular and nervous fibre; and when cells are thus woven together, they are called cellular tissue, which, in the human body, forms a fine net-like membrane, enveloping or connecting most of its structures. In pulpy fruits, the cells may be easily separated one from the other; and within the cells are smaller cells, commonly known as pulp. Among the cell-contents of some plants are beautiful crystals, called *raphides*. The term is derived from [Greek: rhaphis] a *needle*, on account of the resemblance of the crystal to a needle. They are composed of the phosphate and oxalate of lime; but there is great difference of opinion as to their use in the economy of the plant, and one of the French philosophers endeavoured to prove that crystals are the possible transition of the inorganic to organic matter. The differences, however, between the highest form of crystal and the lowest form of organic life known, viz., a simple reproductive cell, are so

其茎干所得的切片，浸入少量纯净水中，置于显微镜下，我们会发现它主要由或多或少规则的细胞组成，类似蜂巢或蛛网的结构。这些细胞的大小在不同植物中各异，在同一植物的不同部位也各不相同，有时小到需要一百万个才能覆盖一平方英寸的表面。这种奇特的结构除了容纳水和空气外，还是各种分泌物的储藏所或仓库。汁液产生后通过它向植物侧面扩散，并通过它在充满细胞的汁液中产生无数变化。细胞的形式多种多样；它们也经历各种转化。有时若干圆柱形细胞首尾相接，通过吸收横向隔膜而形成连续的管道，如植物的汁液管，或肌肉和神经纤维中那样；当细胞如此交织在一起时，便称为细胞组织，在人体中形成一种细网状的膜，包裹或连接其大部分结构。在多汁的果实中，细胞彼此容易分离；细胞之内还有更小的细胞，通常称为果肉。在某些植物的细胞内容物中，有美丽的晶体，称为针晶。该词源于[希腊语：rhaphis]，意为针，因晶体形似针而得名。它们由磷酸钙和草酸钙组成；但关于它们在植物经济中的用途，意见分歧很大，一位法国哲学家曾试图证明晶体是无机物向有机物可能的过渡形态。然而，已知最高形式的晶体与最低形式的有机生命即简单的生殖细胞之间的差异，是如此

manifold and striking, that the attempt to make crystals the bridge over which inorganic matter passes into organic, is almost totally regarded as futile. In a layer of an onion, a fig, a section of garden rhubarb, in some species of aloe, in the bark of many trees, and in portions of the cuticle of the medicinal squill, bundles of these needle-shaped crystals are to be found. Some of them are as large as 1-40th of an inch, others are as small as the 1-1000th. They are found in all parts of the plant,—in the stem, bark, leaves, stipules, petals, fruit, roots, and even in the pollen, with some few exceptions, and they are always situated in the interior of cells. Some plants, as many of the *cactus* tribe, are made up almost entirely of these needle-crystals; in some instances, every cell of the cuticle contains a stellate mass of crystals; in others, the whole interior is full of them, rendering the plant so exceedingly brittle, that the least touch will occasion a fracture; so much so, that some specimens of *Cactus senilis*, said to be a thousand years old, which were sent a few years since to Kew, from South America, were obliged to be packed in cotton, with all the care of the most delicate jewellery, to preserve them during transport.

[Illustration: SILICEOUS CUTICLE FROM UNDER-SIDE OF LEAF OF DEUTZIA
SCABRA.]

[Illustration: SILICEOUS CUTICLE OF GRASS.]

1076. Besides the cellular tissue, there is what is called a vascular system, which consists of another set of small vessels. If, for example, we, early in the spring, cut a branch transversely, we will perceive the sap oozing out from numerous points over the whole of the divided surface, except on that part occupied by the

多种多样且引人注目，以至于试图让晶体成为无机物过渡到有机物的桥梁的努力，几乎完全被视为徒劳。在洋葱的一层、无花果、园大黄的切片、某些种类的芦荟、许多树木的树皮以及药用海葱表皮的部分中，都能找到成束的这种针状晶体。其中一些大至1-40英寸，另一些则小至1-1000英寸。除少数例外，它们存在于植物的所有部分--茎、树皮、叶、托叶、花瓣、果实、根，甚至花粉中，并且总是位于细胞内部。有些植物，如许多仙人掌族，几乎完全由这些针状晶体构成；在某些情况下，表皮的每个细胞都含有一个星状晶体团；在另一些情况下，整个内部都充满了它们，使植物变得极其脆弱，最轻微的触碰都会导致断裂；以至于一些据说有千年历史的仙人掌标本，几年前从南美洲送到邱园时，不得不像对待最精致的珠宝一样小心地用棉花包裹，以便在运输过程中保存它们。

[插图：溲疏叶片下表面的硅质角质层]

痂。]

[插图：禾本科植物的硅质表皮。]

1076. 除细胞组织外，还有一种被称为维管系统的结构，它由另一组细小导管组成。例如，如果在早春时节横向切断一根枝条，我们会看到汁液从整个切面上的众多点渗出，除了被占据的那部分之外。

pith and the bark; and if a twig, on which the leaves are already unfolded, be cut from the tree, and placed with its cut end in a watery solution of Brazil-wood, the colouring matter will be found to ascend into the leaves and to the top of the twig. In both these cases, a close examination with a powerful microscope, will discover the sap perspiring from the divided portion of the stem, and the colouring matter rising through real tubes to the top of the twig: these are the sap or conducting vessels of the plant. If, however, we examine a transverse section of the vine, or of any other tree, at a later period of the season, we find that the wood is apparently dry, whilst the bark, particularly that part next the wood, is swelled with fluid. This is contained in vessels of a different kind from those in which the sap rises. They are found in the *bark* only in trees, and may be called returning vessels, from their carrying the sap downwards after its preparation in the leaf. It is believed that the passage of the sap in plants is conducted in a manner precisely similar to that of the blood in man, from the regular contraction and expansion of the vessels; but, on account of their extreme minuteness, it is almost an impossibility to be certain upon this point. Numerous observations made with the microscope show that their diameter seldom exceeds a 290th part of a line, or a 3,000th part of an inch. Leuwenhoeck reckoned 20,000 vessels in a morsel of oak about one nineteenth of an inch square.

髓与树皮；若从树上切下一根叶子已经展开的细枝，并将其切口端置于巴西木的水溶液中，便会发现染色物质上升进入叶片并到达细枝顶端。在这两种情况下，用高倍显微镜仔细检查，都会发现汁液从茎的切面渗出，染色物质通过真正的导管上升至细枝顶端：这些就是植物的汁液导管或输导导管。然而，若在时令较晚时检查葡萄藤或任何其他树木的横切面，我们会发现木质部表面上是干燥的，而树皮，尤其是紧邻木质部的那部分，却因液体而膨胀。这种液体容纳在与汁液上升所在的导管不同类型的导管中。它们仅在树木中见于树皮内，可称为回流导管，因为它们在叶片中制备完成后将汁液向下输送。据信，植物中汁液的通行方式与人体中血液的通行方式完全相似，都是通过导管的规律性收缩与扩张来实现的；但由于它们极其微小，在这一点上几乎不可能确定。用显微镜进行的大量观察表明，其直径很少超过一罗盘线(line)的二百九十分之一，或一英寸的三千分之一。列文虎克曾估算，一块约十九分之一英寸见方的橡木中含有两万根导管。

1077. In the vascular system of a plant, we at once see the great analogy which it bears to the veins and arteries in the human system; but neither it, nor the cellular tissue combined, is all that is required to perfect the production of a vegetable. There is, besides, a tracheal system, which is composed of very minute

1077. 在植物的维管系统中，我们立刻能看到它与人体系统中的静脉和动脉之间存在的巨大相似性；但无论是它，还是与细胞组织相结合，都不足以完成一种蔬菜的完美生成。此外，还有一种气管系统，它由非常微小的

elastic spiral tubes, designed for the purpose of conveying air both to and from the plant. There are also fibres, which consist of collections of these cells and vessels closely united together. These form the root and the stem. If we attempt to cut them transversely, we meet with difficulty, because we have to force our way across the tubes, and break them; but if we slit the wood lengthwise, the vessels are separated without breaking. The layers of wood, which appear in the stem or branch of a tree cut transversely, consist of different zones of fibres, each the produce of one year's growth, and separated by a coat of cellular tissue, without which they could not be well distinguished. Besides all these, there is the cuticle, which extends over every part of the plant, and covers the bark with three distinct coats. The *liber*, or inner bark, is said to be formed of hollow tubes, which convey the sap downwards to increase the solid diameter of the tree.

弹性螺旋管，其设计目的是将空气输送至植物并从中排出。此外还有纤维，它们由这些细胞和导管紧密联合而成的集合体构成。这些纤维构成根和茎。如果我们试图横向切开它们，就会遇到困难，因为我们必须强行穿过导管并将其折断；但如果我们纵向剖开木材，导管便会分离而不致断裂。在横切的树干或树枝中显现的木材层，由不同区域的纤维组成，每一区域都是一年生长的产物，并由一层细胞组织隔开，若无此层便难以清楚分辨。除所有这些之外，还有表皮，它覆盖植物的每一部分，并以三层不同的外皮覆盖树皮。韧皮部，即内树皮，据说由中空导管构成，这些导管将汁液向下输送，以增加树木的实心直径。

1078. THE ROOT AND THE STEM NOW DEMAND A SLIGHT NOTICE. The former is designed, not only to support the plant by fixing it in the soil, but also to fulfil the functions of a channel for the conveyance of nourishment: it is therefore furnished with pores, or spongioles, as they are called, from their resemblance to a sponge, to suck up whatever comes within its reach. It is found in a variety of forms, and hence its adaptation to a great diversity of soils and circumstances. We have heard of a willow-tree being dug up and its head planted where its roots were, and these suffered to spread out in the air like naked branches. In course of time, the roots became branches, and the branches roots, or rather, roots rose from the branches beneath the ground, and branches shot from the roots above. Some roots last one year, others two, and others, like the shrubs and trees which they

1078. 根与茎现在需要稍加注意。前者的设计不仅是通过将植物固定在土壤中来支撑它，而且还履行输送养分的通道功能：因此它配备有孔，或称海绵孔，因其形似海绵而得名，用以吸收其触及范围内的一切。它呈现出多种形态，因而适应于极其多样的土壤和环境。我们听说有一棵柳树被挖出，其树冠被栽种在原来根部所在之处，而根部则被任其在空气中伸展，如同裸露的枝条。随着时间推移，根变成了枝，枝变成了根，或者更确切地说，根从地下枝条中长出，枝条从地上根部抽出。有些根只存活一年，有些存活两年，还有些则像它们所支撑的灌木和树木一样

produce, have an indefinite period of existence; but they all consist of a collection of fibres, composed of vascular and cellular tissue, without tracheae, or breathing-vessels. The stem is the grand distributor of the nourishment taken up by the roots, to the several parts of the plant. The seat of its vitality is said to be in the point or spot called the neck, which separates the stem from the root. If the root of a young plant be cut off, it will shoot out afresh; if even the stem be taken away, it will be renewed; but if this part be injured, the plant will assuredly die.

产生的灌木和树木一样，具有无限期的存在；但它们都由纤维的集合体构成，由维管组织和细胞组织组成，没有气管或呼吸管。茎是将根部吸收的养分分配至植物各部分的宏大分配者。其生命力的所在据说是称为颈部的点或部位，它将茎与根分隔开来。若将幼株的根切去，它会重新萌发；即使茎被除去，也会重新长出；但若此部位受损，植物必死无疑。

1079. IN ACCORDANCE WITH THE PLAN OF THIS WORK, special notices of culinary vegetables will accompany the various recipes in which they are spoken of; but here we cannot resist the opportunity of declaring it as our conviction, that he or she who introduces a useful or an ornamental plant into our island, ought justly to be considered, to a large extent, a benefactor to the country. No one can calculate the benefits which may spring from this very vegetable, after its qualities have become thoroughly known. If viewed in no other light, it is pleasing to consider it as bestowing upon us a share of the blessings of other climates, and enabling us to participate in the luxury which a more genial sun has produced.

1079. 依照本著作的规划，关于食用蔬菜的特别说明将随提及它们的各类食谱一并出现；但在此我们不禁要声明我们的信念：凡将一种有用或观赏性植物引入我们这座岛屿的人，理应被视为在很大程度上造福于国家的人。无人能够估量这种蔬菜在其品质被彻底了解之后可能带来的益处。即便不从其他角度看待，仅仅想到它把其他气候的福泽分赐予我们，使我们得以分享更温暖阳光所孕育的奢华，便已令人欣喜。

RECIPES.

食谱。

CHAPTER XXV.

第二十五章

BOILED ARTICHOKES.

煮洋蓟。

1080. INGREDIENTS.—To each 1/2 gallon of water, allow 1

1080. 配料--每1/2加仑水，配1

heaped tablespoonful of salt, a piece of soda the size of a shilling; artichokes.

[Illustration: ARTICHOKES.]

Mode.—Wash the artichokes well in several waters; see that no insects remain about them, and trim away the leaves at the bottom. Cut off the stems and put them into *boiling* water, to which have been added salt and soda in the above proportion. Keep the saucepan uncovered, and let them boil quickly until tender; ascertain when they are done by thrusting a fork in them, or by trying if the leaves can be easily removed. Take them out, let them drain for a minute or two, and serve in a napkin, or with a little white sauce poured over. A tureen of melted butter should accompany them. This vegetable, unlike any other, is considered better for being gathered two or three days; but they must be well soaked and washed previous to dressing.

Time.—20 to 25 minutes, after the water boils.

Sufficient,—a dish of 5 or 6 for 4 persons.

Seasonable from July to the beginning of September.

[Illustration: CARDOON ARTICHOKE.]

THE COMPOSITAE, OR COMPOSITE FLOWERS.—This family is so extensive, as to contain nearly a twelfth part of the whole of the vegetable kingdom. It embraces about 9,000 species, distributed over almost every country; and new discoveries are constantly being made and added to the number. Towards the poles their numbers diminish, and slightly, also, towards the equator; but they abound in the tropical and sub-tropical islands, and in the tracts of continent not far from the sea-shore. Among esculent

一满汤匙盐，一块先令大小的苏打；洋蓟。

[插图：洋蓟。]

做法。--将朝鲜蓟在多次换水中洗净；查看有无昆虫残留其上，并修去底部的叶片。切去茎部，放入煮水中，水中已按上述比例加入盐和苏打。保持锅不加盖，让其快速煮至软嫩；可用叉子插入或用试剥叶片是否容易脱落来判断是否煮熟。取出，沥水一两分钟，用餐巾包裹上桌，或浇上少许白酱汁。应配上一盅融化的黄油。这种蔬菜与其他蔬菜不同，一般认为采摘后放置两三天更好；但在烹制前必须充分浸泡和清洗。

时间。--水开后20至25分钟。

足量，--一道供四人食用的五至六份菜肴。

时令从七月到九月初。

[插图：刺菜蓟]

菊科，或复合花。--这一科如此广泛，以至于包含了整个植物界近十二分之一。它涵盖约9,000个物种，分布于几乎每个国家；新的发现不断被做出并添加到数量中。towards the poles their numbers diminish, and slightly, also, towards the equator; but they abound in the tropical and sub-tropical islands, and in the tracts of continent not far from the sea-shore.在可食用的

vegetables, the Lettuce, Salsify, Scorzonera, Cardoon, and Artichoke belong to the family.

蔬菜中，莴苣、婆罗门参、黑婆罗门参、刺菜蓟和洋蓟都属于这一科。

FRIED ARTICHOKES.

炸洋蓟。

(Entremets, or Small Dish, to be served with the Second Course.)

(小菜，或小碟，随第二道菜上桌。)

1081. INGREDIENTS.—5 or 6 artichokes, salt and water: for the batter,—1/4 lb. of flour, a little salt, the yolk of 1 egg, milk.

1081. 配料。--5或6个洋蓟，盐和水：用于面糊--1/4 lb.面粉，少许盐，1个蛋黄，牛奶。

Mode.—Trim and boil the artichokes by recipe No. 1080, and rub them over with lemon-juice, to keep them white. When they are quite tender, take them up, remove the chokes, and divide the bottoms; dip each piece into batter, fry them in hot lard or dripping, and garnish the dish with crisped parsley. Serve with plain melted butter.

做法。--按照食谱第1080号修剪并煮洋蓟，用柠檬汁擦拭以保持其洁白。当它们完全嫩熟时，取出，去除花心，分开底部；将每一块蘸上面糊，在热猪油或滴油中煎炸，并用脆欧芹装饰盘子。配以清融黄油食用。

Time.—20 minutes to boil the artichokes, 5 to 7 minutes to fry them.

时间。--煮洋蓟需20分钟，炸制需5至7分钟。

Sufficient,—5 or 6 for 4 or 5 persons.

足量，四五人用五六块。

Seasonable from July to the beginning of September.

时令从七月到九月初。

A FRENCH MODE OF COOKING ARTICHOKES.

法式烹饪洋蓟的方法。

1082. INGREDIENTS.—5 or 6 artichokes; to each 1/2 gallon of water allow 1 heaped tablespoonful of salt, 1/2 teaspoonful of pepper, 1 bunch of savoury herbs, 2 oz. of butter.

1082. 配料。--5或6个洋蓟；每1/2 gallon水允许1满汤匙盐，1/2茶匙胡椒，1束香草，2 oz.黄油。

Mode.—Cut the ends of the leaves, as also the stems; put the artichokes into boiling water, with the above proportion of salt, pepper, herbs, and butter; let them boil quickly until tender, keeping the lid of the saucepan off, and when the leaves come out

做法。--切去叶子的末端以及茎；将洋蓟放入沸水中，加入上述比例的盐、胡椒、香草和黄油；让它们快速煮沸至嫩熟，保持锅盖打开，当叶子容易

easily, they are cooked enough. To keep them a beautiful green, put a large piece of cinder into a muslin bag, and let it boil with them. Serve with plain melted butter.

Time.—20 to 25 minutes.

Sufficient,—5 or 6 sufficient for 4 or 5 persons.

Seasonable from July to the beginning of September.

ARTICHOKES A L'ITALIENNE.

1083. INGREDIENTS.—4 or 6 artichokes, salt and butter, about 1/2 pint of good gravy.

Mode.—Trim and cut the artichokes into quarters, and boil them until tender in water mixed with a little salt and butter. When done, drain them well, and lay them all round the dish, with the leaves outside. Have ready some good gravy, highly flavoured with mushrooms; reduce it until quite thick, and pour it round the artichokes, and serve.

Time.—20 to 25 minutes to boil the artichokes.

Sufficient for one side-dish.

Seasonable from July to the beginning of September.

CONSTITUENT PROPERTIES OF THE ARTICHOKE.—According to the analysis of Braconnet, the constituent elements of an artichoke are,—starch 30, albumen 10, uncrystallizable sugar 148, gum 12, fixed oil 1, woody fibre 12, inorganic matter 27, and water 770.

BOILED JERUSALEM ARTICHOKES.

脱落时，它们就煮够了。为了保持它们美丽的绿色，将一大块煤渣放入细布袋中，与它们一起煮。配以清融黄油食用。

时间。--20至25分钟。

足量,--5或6个足够4或5人食用。

时令从七月到九月初。

意式洋蓟

1083. 配料。--4或6个洋蓟，盐和黄油，约1/2 pint上好肉汁。

做法。--修剪洋蓟并切成四份，在加有少许盐和黄油的水中煮至嫩熟。煮好后，充分沥干，将它们摆放在盘子周围，叶子朝外。准备好一些上好的肉汁，用蘑菇高度调味；收汁至浓稠，浇在洋蓟周围，即可食用。

时间。-- 煮洋蓟需20至25分钟。

足量供一份配菜之用。

时令从七月到九月初。

洋蓟的组成特性。--根据布拉科内的分析，洋蓟的组成元素为--淀粉30，蛋白10，不可结晶糖148，树胶12，固定油1，木质纤维12，无机物27，水770。

水煮菊芋

1084. INGREDIENTS.—To each 1 gallon of water allow 1 heaped tablespoonful of salt; artichokes.

Mode.—Wash, peel, and shape the artichokes in a round or oval form, and put them into a saucepan with sufficient cold water to cover them, salted in the above proportion. Let them boil gently until tender; take them up, drain them, and serve them in a napkin, or plain, whichever mode is preferred; send to table with them a tureen of melted butter or cream sauce, a little of which may be poured over the artichokes when they are *not* served in a napkin.

[Illustration: JERUSALEM ARTICHOKES.]

Time.—About 20 minutes after the water boils.

Average cost, 2d. per lb.

Sufficient,—10 for a dish for 6 persons.

Seasonable from September to June.

USES OF THE JERUSALEM ARTICHOKE.—This being a tuberous-rooted plant, with leafy stems from four to six feet high, it is alleged that its tops will afford as much fodder per acre as a crop of oats, or more, and its roots half as many tubers as an ordinary crop of potatoes. The tubers, being abundant in the market-gardens, are to be had at little more than the price of potatoes. The fibres of the stems may be separated by maceration, and manufactured into cordage or cloth; and this is said to be done in some parts of the north and west of France, as about Hagenau, where this plant, on the poor sandy soils, is an object of field culture.

1084. 配料。--每1 gallon水允许1满汤匙盐；洋蓟。

做法。--洗净、去皮，将洋蓟塑成圆形或椭圆形，放入锅中，加入足以覆盖它们的冷水，按上述比例加盐。让它们小火煮至嫩熟；取出，沥干，用餐巾包裹或直接装盘， whichever mode is preferred； 随同上桌一盅融黄油或奶油酱汁，当洋蓟不用餐巾包裹食用时，可浇少许在其上。

[插图：耶路撒冷洋蓟。]

时间。--水沸腾后约20分钟。

平均成本，每磅2便士。

足量,--供六人份的一道菜用10个。

时令从九月到六月。

菊芋的用途。--这是一种块根植物，带叶的茎高四至六英尺，据称其顶部每英亩可提供的饲料与一茬燕麦相当或更多，其根部可产出的块茎为普通马铃薯收成的一半。块茎在菜园市场中供应充足，价格仅略高于马铃薯。茎的纤维可经浸渍分离，制成绳索或布料；据说在法国北部和西部的某些地方，如哈格瑙附近，即有人这样做，那里这种植物在贫瘠的沙质土壤上是一种大田作物。

MASHED JERUSALEM ARTICHOKES.

1085. INGREDIENTS.—To each 1 gallon of water allow 1 oz. of salt; 15 or 16 artichokes, 1 oz. butter, pepper and salt to taste.

Mode.—Boil the artichokes as in the preceding recipe until tender; drain and press the water from them, and beat them up with a fork. When thoroughly mashed and free from lumps, put them into a saucepan with the butter and a seasoning of white pepper and salt; keep stirring over the fire until the artichokes are quite hot, and serve.

Time.—About 20 minutes. *Average cost*, 2d. per lb.

Sufficient for 6 or 7 persons.

Seasonable from September to June.

JERUSALEM ARTICHOKES WITH WHITE SAUCE.

(Entremets, or to be served with the Second Course as a Side-dish.)

1086. INGREDIENTS.—12 to 15 artichokes, 12 to 15 Brussels sprouts, 1/2 pint of white sauce, No. 538.

Mode.—Peel and cut the artichokes in the shape of a pear; cut a piece off the bottom of each, that they may stand upright in the dish, and boil them in salt and water until tender. Have ready 1/2 pint of white sauce, made by recipe No. 538; dish the artichokes, pour over them the sauce, and place between each a fine Brussels sprout: these should be boiled separately, and not with the artichokes.

耶路撒冷洋蓟泥。

1085. 配料。--每1 gallon水允许1 oz.盐；15或16个洋蓟，1 oz.黄油，胡椒和盐适量。

做法。--按前一个食谱煮洋蓟至嫩熟；沥干并压去水分，用叉子捣碎。当完全捣成泥且无结块时，放入锅中加入黄油和白胡椒及盐的调味；在火上不断搅拌直到洋蓟完全热透，即可食用。

时间。--约20分钟。平均成本，每磅2便士。

足量供6或7人食用。

时令从九月到六月。

白汁耶路撒冷洋蓟

(小菜，或作为第二道菜的配菜上桌。)

1086. 配料。--12至15个洋蓟，12至15个布鲁塞尔芽菜，1/2 pint白酱汁，第538号。

做法。--去皮并将洋蓟切成梨形；切去每个的底部，使它们能在盘中直立，在盐水中煮至嫩熟。准备好1/2 pint白酱汁，按食谱第538号制作；将洋蓟装盘，浇上酱汁，并在每个之间放一个优质布鲁塞尔芽菜：这些应单独煮，不与洋蓟一起煮。

Time.—About 20 minutes. *Average cost*, 2d. per lb.

Sufficient for 6 or 7 persons.

Seasonable from September to June.

THE JERUSALEM ARTICHOKE.—This plant is well known, being, for its tubers, cultivated not only as a garden vegetable, but also as an agricultural crop. By many it is much esteemed as an esculent, when cooked in various ways; and the domesticated animals eat both the fresh foliage, and the tubers with great relish. By some, they are not only considered nourishing, but even fattening.

BOILED ASPARAGUS.

1087. INGREDIENTS.—To each 1/2 gallon of water allow 1 heaped tablespoonful of salt; asparagus.

[Illustration: ASPARAGUS ON TOAST. ASPARAGUS TONGS.]

Mode.—Asparagus should be dressed as soon as possible after it is cut, although it may be kept for a day or two by putting the stalks into cold water; yet, to be good, like every other vegetable, it cannot be cooked too fresh. Scrape the white part of the stems, *beginning* from the *head*, and throw them into cold water; then tie them into bundles of about 20 each, keeping the heads all one way, and cut the stalks evenly, that they may all be the same length; put them into *boiling* water, with salt in the above proportion; keep them boiling quickly until tender, with the saucepan uncovered. When the asparagus is done, dish it upon toast, which should be dipped in the water it was cooked in, and leave the white ends outwards each war, with the points meeting

时间。--约20分钟。平均成本，每磅2便士。

足量供6或7人食用。

时令从九月到六月。

菊芋。--这种植物广为人知，因其块茎不仅作为园艺蔬菜栽培，也作为农业作物种植。许多人将其以各种方式烹饪后视为美味可口的食物；家养动物也非常喜欢食用其新鲜叶片和块茎。有些人不仅认为它们有营养，甚至认为能增肥。

煮芦笋。

1087. 配料。--每1/2 gallon水允许1满汤匙盐；芦笋。

[插图：吐司上的芦笋。芦笋夹。]

做法。--芦笋采摘后应尽快烹制，虽然将茎放入冷水中可保存一两天；然而，要品质优良，如同其他一切蔬菜一样，越新鲜烹制越好。刮去茎的白色部分，*beginning*自*head*起，投入冷水中；然后扎成每束约20根的捆，使头部朝向一致，并将茎切齐，使其长度相同；放入煮水中，按上述比例加盐；保持快速煮沸至软嫩，锅不加盖。芦笋煮熟后，盛在烤面包片上，面包片应蘸过煮它的水，白色末端朝外，尖端相向。

in the middle. Serve with a tureen of melted butter.

Time.—15 to 18 minutes after the water boils.

Average cost, in full season, 2s. 6d. the 100 heads.

Sufficient.—Allow about 50 heads for 4 or 5 persons.

Seasonable.—May be had, forced, from January but cheapest in May, June, and July.

[Illustration: ASPARAGUS.]

ASPARAGUS.—This plant belongs to the variously-featured family of the order *Liliaceae*, which, in the temperate regions of both hemispheres, are most abundant, and, between the tropics, gigantic in size and arborescent in form. Asparagus is a native of Great Britain, and is found on various parts of the seacoast, and in the fens of Lincolnshire. At Kynarve Cove, in Cornwall, there is an island called "Asparagus Island," from the abundance in which it is there found. The uses to which the young shoots are applied, and the manure in which they are cultivated in order to bring them to the highest state of excellence, have been a study with many kitchen-gardeners.

ASPARAGUS PEAS.

(Entremets, or to be served as a Side-dish with the Second Course.)

1088. INGREDIENTS.—100 heads of asparagus, 2 oz. of butter, a small bunch of parsley, 2 or 3 green onions, flour, 1 lump of sugar, the yolks of 2 eggs, 4 tablespoonfuls of cream, salt.

Mode.—Carefully scrape the asparagus, cut it into pieces of an

放在中间。配一盅融化的黄油上桌。

时间。- 水沸腾后15至18分钟。

平均成本，盛产季节，每100头2先令6便士。

足量。--4人或5人约需50头。

时令。--可从一月起通过催熟获得，但五月、六月和七月最便宜。

[插图：芦笋。]

芦笋。--这种植物属于百合科中形态多样的家族，该科在两半球的温带地区最为繁盛，而在热带则体型巨大、呈乔木状。芦笋原产于大不列颠，见于海岸各地以及林肯郡的沼泽地带。在康沃尔的基纳夫湾，有一座岛因盛产芦笋而被称为“芦笋岛”。嫩芽的用途，以及为使其达到最佳品质而采用的栽培施肥方法，一直是许多菜园园丁研究的课题。

芦笋豌豆。

(小菜，或作为第二道菜的配菜上桌。)

1088. 配料。--100根芦笋，2 oz.黄油，一小束欧芹，2或3根青葱，面粉，1块糖，2个蛋黄，4汤匙奶油，盐。

做法。--仔细刮净芦笋，切成若干段，每段

equal size, avoiding that which is in the least hard or tough, and throw them into cold water. Then boil the asparagus in salt and water until three-parts done; take it out, drain, and place it on a cloth to dry the moisture away from it. Put it into a stewpan with the butter, parsley, and onions, and shake over a brisk fire for 10 minutes. Dredge in a little flour, add the sugar, and moisten with boiling water. When boiled a short time and reduced, take out the parsley and onions, thicken with the yolks of 2 eggs beaten with the cream; add a seasoning of salt, and, when the whole is on the point of simmering, serve. Make the sauce sufficiently thick to adhere to the vegetable.

大小均匀，避免任何稍微硬或韧的部分，将它们投入冷水中。然后将芦笋在盐水中煮至三分熟；取出，沥干，放在布上吸干水分。将其放入炖锅中，加入黄油、欧芹和洋葱，在旺火上颠翻10分钟。撒入少许面粉，加入糖，用沸水润湿。煮片刻收汁后，取出欧芹和洋葱，用2个蛋黄与奶油打匀后勾芡；加入盐调味，待整锅即将微沸时即可上桌。将酱汁做得足够浓稠，使其能附着在蔬菜上。

Time.—Altogether, 1/2 hour. *Average cost*, 1s. 6d. a pint.

时间。--总共1/2小时。平均成本，每pint 1s.6d.。

Seasonable in May, June, and July.

时令五月、六月和七月。

MEDICINAL USES OF ASPARAGUS.—This plant not only acts as a wholesome and nutritious vegetable, but also as a diuretic, aperient, and deobstruent. The chemical analysis of its juice discovers its composition to be a peculiar crystallizable principle, called asparagin, albumen, mannite, malic acid, and some salts. Thours says, the cellular tissue contains a substance similar to sage. The berries are capable of undergoing vinous fermentation, and affording alcohol by distillation. In their unripe state they possess the same properties as the roots, and probably in a much higher degree.

芦笋的药用价值。--这种植物不仅是一种有益健康的营养蔬菜，还具有利尿、轻泻和通阻的功效。对其汁液的化学分析发现，其成分为一种独特的可结晶成分，称为天冬酰胺、白蛋白、甘露醇、苹果酸以及一些盐类。Thours说，其细胞组织中含有一种类似鼠尾草的物质。浆果能够进行酒精发酵，并通过蒸馏产生酒精。在其未成熟状态下，它们具有与根相同的特性，且可能程度更高。

ASPARAGUS PUDDING.

芦笋布丁。

(A delicious Dish, to be served with the Second Course.)

(一道美味的菜肴，随第二道菜上桌。)

1089. INGREDIENTS.—1/2 pint of asparagus peas, 4 eggs, 2

1089. 配料--1/2品脱芦笋豌豆，4个鸡蛋，2

tablespoonfuls of flour, 1 tablespoonful of *very finely* minced ham, 1 oz. of butter, pepper and salt to taste, milk.

Mode.—Cut up the nice green tender parts of asparagus, about the size of peas; put them into a basin with the eggs, which should be well beaten, and the flour, ham, butter, pepper, and salt. Mix all these ingredients well together, and moisten with sufficient milk to make the pudding of the consistency of thick batter; put it into a pint buttered mould, tie it down tightly with a floured cloth, place it in *boiling water*, and let it boil for 2 hours; turn it out of the mould on to a hot dish, and pour plain melted butter *round*, but not over, the pudding. Green peas pudding may be made in exactly the same manner, substituting peas for the asparagus.

Time.—2 hours. *Average cost*, 1s. 6d. per pint.

Seasonable in May, June, and July.

BOILED FRENCH BEANS.

1090. INGREDIENTS.—To each 1/2 gallon of water allow 1 heaped tablespoonful of salt, a very small piece of soda.

[Illustration: Scarlet Runner.]

Mode.—This vegetable should always be eaten young, as, when allowed to grow too long, it tastes stringy and tough when cooked. Cut off the heads and tails, and a thin strip on each side of the beans, to remove the strings. Then divide each bean into 4 or 6 pieces, according to size, cutting them lengthways in a slanting direction, and, as they are cut, put them into cold water, with a small quantity of salt dissolved in it. Have ready a saucepan of boiling water, with salt and soda in the above

汤匙面粉，1汤匙非常细切碎的火腿，1 oz.黄油，胡椒和盐适量，牛奶。

做法。--将芦笋鲜嫩的绿色部分切成豌豆大小；将它们放入盆中，加入打散的鸡蛋、面粉、火腿、黄油、胡椒和盐。将所有配料充分混合，加入足量牛奶润湿，使布丁达到浓稠面糊的稠度；将其放入一品脱涂了黄油的模具中，用撒了面粉的布紧紧扎住，放入沸水中，煮2小时；将布丁从模具中倒扣到热盘上，将纯化黄油浇在布丁周围，但不要浇在布丁上面。青豆布丁可用完全相同的方法制作，以青豆代替芦笋即可。

时间--2小时。平均成本，每品脱1先令6便士。

时令五月、六月和七月。

煮法国豆。

1090. 配料。--每1/2 gallon水允许1满汤匙盐，一小块苏打。

[插图：红花菜豆。]

做法。--这种蔬菜应始终趁嫩食用，因为若任其生长过久，烹煮后口感会带丝且坚韧。切去头尾，并沿豆荚两侧各切去一细条，以去除筋丝。然后根据大小将每根豆荚切成4至6段，沿斜向纵切，切好后即放入溶有少量盐的冷水中。备好一锅沸水，加入上述比例的盐和碱

proportion; put in the beans, keep them boiling quickly, with the lid uncovered, and be careful that they do not get smoked. When tender, which may be ascertained by their sinking to the bottom of the saucepan, take them up, throw them into a colander; and when drained, dish and serve with plain melted butter. When very young, beans are sometimes served whole: when they are thus dressed, their colour and flavour are much better preserved; but the more general way of dressing them is to cut them into thin strips.

比例；放入豆荚，保持快速沸腾，不盖锅盖，并注意不要让它们被烟熏到。待其变软(可通过豆荚沉入锅底来判断)，捞出，倒入滤盆中；沥干后装盘，配纯化黄油上桌。豆荚非常嫩时，有时整根上桌：这样烹制时，其色泽和风味能更好地保留；但更常见的做法是将其切成细条。

Time.—Very young beans, 10 to 12 minutes; moderate size, 15 to 20 minutes, after the water boils.

时间。--非常嫩的豆子，10至12分钟；中等大小，水沸后15至20分钟。

Average cost, in full season, 1s. 4d. a peck; but, when forced, very expensive.

平均成本，盛季时每peck 1s.4d.；但催熟时非常昂贵。

Sufficient.—Allow 1/2 peck for 6 or 7 persons.

足量。--供六至七人，备半配克。

Seasonable from the middle of July to the end of September; but may be had, forced, from February to the beginning of June.

时令从七月中旬到九月底；但可从二月到六月初通过催熟获得。

FRENCH MODE OF COOKING FRENCH BEANS.

法式四季豆烹饪法

1091. INGREDIENTS.—A quart of French beans, 3 oz. of fresh butter, pepper and salt to taste, the juice of 1/2 lemon.

1091. 配料。--一quart法国豆，3 oz.新鲜黄油，胡椒和盐适量，1/2个柠檬的汁。

Mode.—Cut and boil the beans by the preceding recipe, and when tender, put them into a stewpan, and shake over the fire, to dry away the moisture from the beans. When quite dry and hot, add the butter, pepper, salt, and lemon-juice; keep moving the stewpan, without using a spoon, as that would break the beans; and when the butter is melted, and all is thoroughly hot, serve. If the butter should not mix well, add a tablespoonful of gravy, and

做法。--按上一条食谱将豆子切好并煮制，待其变软后放入炖锅，在火上颠动，使豆子表面的水分蒸发。待豆子完全干燥且热透后，加入黄油、胡椒、盐和柠檬汁；不断晃动炖锅，不要用勺子，因为那会把豆子弄碎；待黄油融化、所有食材彻底热透后即可上桌。如果黄油未能很好地融合，可加入一汤匙肉汁，并

serve very quickly.

Time.—About 1/4 hour to boil the beans; 10 minutes to shake them over the fire.

Average cost, in full season, about 1s. 4d. a peck.

Sufficient for 4 or 5 persons.

Seasonable from the middle of July to the end of September.

BOILED BROAD OR WINDSOR BEANS.

1092. INGREDIENTS.—To each 1/2 gallon of water, allow 1 heaped tablespoonful of salt; beans.

[Illustration: BROAD BEAN.]

Mode.—This is a favourite vegetable with many persons, but to be nice, should be young and freshly gathered. After shelling the beans, put them into *boiling* water, salted in the above proportion, and let them boil rapidly until tender. Drain them well in a colander; dish, and serve with them separately a tureen of parsley and butter. Boiled bacon should always accompany this vegetable, but the beans should be cooked separately. It is usually served with the beans laid round, and the parsley and butter in a tureen. Beans also make an excellent garnish to a ham, and when used for this purpose, if very old, should have their skins removed.

Time.—Very young beans, 15 minutes; when of a moderate size, 20 to 25 minutes, or longer.

Average cost, unshelled, 6d. per peck.

Sufficient.—Allow one peck for 6 or 7 persons.

尽快上菜。

时间。--煮豆约需1/4小时；在火上颠动10分钟。

平均费用，盛产时令约每配克1先令4便士。足够4至5人
食用。

时令七月中旬至九月底。

煮蚕豆或温莎豆。

1092. 配料。--每1/2加仑水，配1满汤匙盐；豆子。

[插图：蚕豆。]

模式。--这是一种许多人喜爱的蔬菜，但要好吃，应选用鲜嫩且新采摘的。剥去豆荚后，将豆放入加盐比例同上之煮水中，让其迅速煮至软嫩。用漏勺充分沥干；装盘，另配一盅欧芹黄油一同上桌。煮培根应始终与此蔬菜搭配，但豆应单独烹制。通常上桌时豆围边摆放，欧芹黄油盛于盅中。豆也可作火腿的极佳配菜，用于此目的时，若豆过老，应去皮。

时间。--极嫩的豆子15分钟；中等大小的豆子20至25分钟，或更久。

平均成本，带壳，每配克6便士。

足量。--供六至七人食用，取一配克。

Seasonable in July and August.

NUTRITIVE PROPERTIES OF THE BEAN.—The produce of beans in meal is, like that of peas, more in proportion to the grain than in any of the cereal grasses. A bushel of beans is supposed to yield fourteen pounds more of flour than a bushel of oats; and a bushel of peas eighteen pounds more, or, according to some, twenty pounds. A thousand parts of bean flour were found by Sir II. Davy to yield 570 parts of nutritive matter, of which 426 were mucilage or starch, 103 gluten, and 41 extract, or matter rendered insoluble during the process.

BROAD BEANS A LA POULETTE.

1093. INGREDIENTS.—2 pints of broad beans, 1/2 pint of stock or broth, a small bunch of savoury herbs, including parsley, a small lump of sugar, the yolk of 1 egg, 1/4 pint of cream, pepper and salt to taste.

Mode.—Procure some young and freshly-gathered beans, and shell sufficient to make 2 pints; boil them, as in the preceding recipe, until nearly done; then drain them and put them into a stewpan, with the stock, finely-minced herbs, and sugar. Stew the beans until perfectly tender, and the liquor has dried away a little; then beat up the yolk of an egg with the cream, add this to the beans, let the whole get thoroughly hot, and when on the point of simmering, serve. Should the beans be very large, the skin should be removed previously to boiling them.

Time.—10 minutes to boil the beans, 15 minutes to stew them in the stock.

时令七月与八月。

豆类的营养特性。--豆类磨成的粉，其产量与豌豆一样，相对于谷粒的比例高于任何谷类禾草。一蒲式耳豆子据信比一蒲式耳燕麦多出十四磅面粉；一蒲式耳豌豆则多出十八磅，或据某些人说多出二十磅。戴维爵士发现，一千份豆粉可产生五百七十份营养物质，其中四百二十六份为黏液质或淀粉，一百零三份为麸质，四十一份为浸出物，即在加工过程中变为不溶性的物质。

普罗旺斯风味蚕豆

1093. 配料。--2品脱蚕豆，1/2品脱原汤或肉汤，一小束香草(包括欧芹)，一小块糖，1个蛋黄，1/4品脱奶油，胡椒和盐适量。

模式。--取一些鲜嫩且新采摘的豆，剥出足够装满2品脱的量；按前一条食谱的方法煮至将熟；然后沥干，放入炖锅，加入高汤、切碎的香草和糖。炖至豆完全软嫩、汤汁略收干；然后将蛋黄与奶油打匀，加入豆中，让整体彻底热透，在即将微沸时上桌。若豆很大，煮前应去皮。

时间。--煮豆10分钟，在原汤中炖15分钟。

Average cost, unshelled, 6d. per peck.

Seasonable in July and August.

ORIGIN AND VARIETIES OF THE BEAN.—This valuable plant is said to be a native of Egypt, but, like other plants which have been domesticated, its origin is uncertain. It has been cultivated in Europe and Asia from time immemorial, and has been long known in Britain. Its varieties may be included under two general heads, —the white, or garden beans, and the grey, or field beans, of the former, sown in the fields, the mazagan and long-pod are almost the only sorts; of the latter, those known as the horse-bean, the small or ticks, and the prolific of Heligoland, are the principal sorts. New varieties are procured in the same manner as in other plants.

BOILED BEETROOT.

1094. INGREDIENTS,—Beetroot; boiling water.

Mode.—When large, young, and juicy, this vegetable makes a very excellent addition to winter salads, and may easily be converted into an economical and quickly-made pickle. (*See* No. 369.) Beetroot is more frequently served cold than hot: when the latter mode is preferred, melted butter should be sent to table with it. It may also be stewed with button onions, or boiled and served with roasted onions. Wash the beets thoroughly; but do not prick or break the skin before they are cooked, or they would lose their beautiful colour in boiling. Put them into boiling water, and let them boil until tender, keeping them well covered. If to be served hot, remove the peel quickly, cut the beetroot into thick slices, and send to table melted butter. For salads, pickle, &c., let the

平均成本，带壳，每配克6便士。

时令七月与八月。

豆的起源与品种。--这种有价值的植物据说原产于埃及，但与其他已被驯化的植物一样，其起源并不确定。它自远古以来就在欧洲和亚洲栽培，在英国也早已为人所知。其品种可归入两大类别--白色或园豆，以及灰色或田豆。前者播种于田间的，几乎只有马扎甘豆和长荚豆两种；后者则以马豆、小豆或蜱豆，以及黑尔戈兰丰产豆为主要品种。新变种的获得方式与其他植物相同。

煮甜菜根。

1094. 配料--甜菜根；沸水。

做法。--当这种蔬菜个大、鲜嫩且多汁时，是冬季沙拉极佳的添加物，且很容易制成经济实惠、制作快捷的腌菜。(见第369号。)甜菜根凉食比热食更为常见：若偏好后者，应随之上桌融化黄油。也可与珍珠洋葱一同炖煮，或煮后配烤洋葱食用。将甜菜彻底洗净；但在烹煮前不要刺破或弄破表皮，否则煮时会失去其美丽的颜色。将其放入沸水中，煮至软嫩，并保持盖严。若要热食，迅速去皮，将甜菜根切成厚片，并送上融化黄油。用于沙拉、腌菜等时，让

root cool, then peel, and cut it into slices.

Time.—Small beetroot, 1-1/2 to 2 hours; large, 2-1/2 to 3 hours.

Average cost, in full season, 2d. each.

Seasonable.—May be had at any time.

[Illustration: BEETROOT.]

BEETROOT.—The geographical distribution of the order Saltworts (*Salxolaceae*), to which beetroot belongs, is most common in extra-tropical and temperate regions, where they are common weeds, frequenting waste places, among rubbish, and on marshes by the seashore. In the tropics they are rare. They are characterized by the large quantities of mucilage, sugar, starch, and alkaline salts which are found in them. Many of them are used as potherbs, and some are emetic and vermifuge in their medicinal properties. The *root* of *garden* or red beet is exceedingly wholesome and nutritious, and Dr. Lyon Playfair has recommended that a good brown bread may be made by rasping down this root with an equal quantity of flour. He says that the average quality of flour contains about 12 per cent. of azotized principles adapted for the formation of flesh, and the average quality of beet contains about 2 per cent. of the same materials.

BOILED BROCOLI.

1095. INGREDIENTS.—To each 1/2 gallon of water allow 1 heaped tablespoonful of salt; brocoli.

[Illustration: BOILED BROCOLI.]

Mode.—Strip off the dead outside leaves, and the inside ones cut

将根部冷却，然后去皮，切成片。

时间。- 小甜菜根，1-1/2至2小时；大甜菜根，2-1/2至3小时。

平均成本，盛产季节，每个2便士。

时令。--随时可得。

[插图：甜菜根。]

甜菜根--甜菜根所属的藜科(Salxolaceae)在热带以外地区和温带最为常见，在那里它们是常见的杂草，出没于荒地、垃圾堆中以及海边的沼泽地。在热带地区则很罕见。其特征是含有大量的黏液、糖、淀粉和碱性盐类。其中许多被用作蔬菜，有些在药用性质上具有催吐和驱虫的作用。园栽甜菜或红甜菜的根极为有益健康且富有营养，莱昂·普莱费尔博士曾建议，可将此根擦碎后与等量面粉混合，制成优质的黑面包。他说，面粉的平均品质约含百分之十二适于形成肌肉的含氮成分，而甜菜的平均品质约含百分之二的同类物质。

煮西兰花。

1095. 配料。--每1/2加仑水加1满汤匙盐；西兰花。

[插图：煮西兰花。]

做法。--剥去外层枯叶，内层叶子切去

off level with the flower; cut off the stalk close at the bottom, and put the brocoli into cold salt and water, with the heads downwards. When they have remained in this for about 3/4 hour, and they are *perfectly* free from insects, put them into a saucepan of *boiling* water, salted in the above proportion, and keep them boiling quickly over a brisk fire, with the saucepan uncovered. Take them up with a slice the moment they are done; drain them well, and serve with a tureen of melted butter, a *little* of which should be poured over the brocoli. If left in the water after it is done, it will break, its colour will be spoiled, and its crispness gone.

与花齐平切去；在底部贴近处切掉茎，将西兰花头朝下放入冷盐水中。浸泡约3/4小时后，待其完全没有虫子，放入一锅按上述比例加盐的沸水中，不加锅盖，在旺火上保持快速沸腾。一熟即用漏勺捞出；沥干水分，配一盅融化黄油上桌，并应将少许融化黄油浇在西兰花上。若煮熟后留在水中，它会碎裂，颜色会被破坏，脆嫩感也会消失。

Time.—Small brocoli, 10 to 15 minutes; large one, 20 to 25 minutes.

时间。--小西兰花，10至15分钟；大西兰花，20至25分钟。

Average cost, 2d. each.

平均成本，每个2便士。

Sufficient,—2 for 4 or 5 persons.

充足,--4人或5人份为2。

Seasonable from October to March; plentiful in February and March.

时令十月至三月；二月和三月丰盛。

[Illustration: BROCOLI.]

[插图：西兰花。]

THE KOHL-RABI, OR TURNIP-CABBAGE.—This variety presents a singular development, inasmuch as the stem swells out like a large turnip on the surface of the ground, the leaves shooting from it all round, and the top being surmounted by a cluster of leaves issuing from it. Although not generally grown as a garden vegetable, if used when young and tender, it is wholesome, nutritious, and very palatable.

茎蓝，或称芜菁甘蓝。--这一品种呈现出奇特的发育形态，因为其茎在地面上膨大如一个大芜菁，叶片从四周生出，顶部则由一簇从其生出的叶子覆盖。虽然通常不作为园蔬栽培，但若在幼嫩时食用，则有益健康、富有营养且非常可口。

BOILED BRUSSELS SPROUTS.

水煮球芽甘蓝。

1096. INGREDIENTS.—To each 1/2 gallon of water allow 1 heaped tablespoonful of salt; a *very small* piece of soda.

Mode.—Clean the sprouts from insects, nicely wash them, and pick off any dead or discoloured leaves from the outsides; put them into a saucepan of *boiling* water, with salt and soda in the above proportion; keep the pan uncovered, and let them boil quickly over a brisk fire until tender; drain, dish, and serve with a tureen of melted butter, or with a maître d'hôtel sauce poured over them. Another mode of serving is, when they are dished, to stir in about 1-1/2 oz. of butter and a seasoning of pepper and salt. They must, however, be sent to table very quickly, as, being so very small, this vegetable soon cools. Where the cook is very expeditious, this vegetable, when cooked, may be arranged on the dish in the form of a pineapple, and, so served, has a very pretty appearance.

Time.—From 9 to 12 minutes after the water boils.

Average cost, 1s. 4d. per peck.

Sufficient.—Allow between 40 and 50 for 5 or 6 persons.

Seasonable from November to March.

SAVOYS AND BRUSSELS SPROUTS.—When the Green Kale, or Borecole, has been advanced a step further in the path of improvement, it assumes the headed or hearting character, with blistered leaves; it is then known by the name of Savoys and Brussels Sprouts. Another of its headed forms, but with smooth glaucous leaves, is the cultivated Cabbage of our gardens (the *Borecole oleracea capitula* of science); and all its varieties of green, red, dwarf, tall, early, late, round, conical, flat, and all the forms

1096. 配料。--每1/2加仑水加1满汤匙盐；一小块极少量苏打。

做法。--将抱子甘蓝清除虫子，仔细洗净，摘去外面任何枯死或变色的叶子；放入一锅按上述比例加盐和苏打的沸水中；锅不加盖，在旺火上快速煮至软嫩；沥干，装盘，配一盅融化黄油上桌，或浇上主厨酱汁。另一种上菜方式是，装盘后拌入约1-1/2 oz.黄油以及胡椒和盐的调味。然而，必须非常迅速地送上桌，因为这种蔬菜非常小，很快就会变凉。若厨师动作非常迅速，这种蔬菜煮熟后可摆成菠萝的形状装盘，如此上桌，外观非常漂亮。

时间。--水沸腾后9至12分钟。

平均成本，每配克1先令4便士。

足量。--五六人份，备四十至五十只。

时令十一月至三月。

萨伏依甘蓝与布鲁塞尔芽甘蓝。--当绿甘蓝，或称羽衣甘蓝，在改良的道路上更进一步时，便呈现出结球或包心的特征，叶片起泡；此时它便以萨伏依甘蓝(Savoys)和布鲁塞尔芽甘蓝(Brussels Sprouts)之名而为人所知。其另一种结球形态，但叶片光滑且呈灰绿色，便是我们园中栽培的甘蓝(科学上称为*Borecole oleracea capitula*)；其所有变种--绿的、红的、矮生的、高生的、早熟的、晚熟的、圆形的、圆锥形的、扁平的，以及所有形态

into which it is possible to put it.

TO BOIL YOUNG GREENS OR SPROUTS.

1097. INGREDIENTS.—To each 1/2 gallon of water allow 1 heaped tablespoonful of salt; a *very small* piece of soda.

[Illustration: BRUSSELS SPROUTS.]

Mode.—Pick away all the dead leaves, and wash the greens well in cold water; drain them in a colander, and put them into fast-boiling water, with salt and soda in the above proportion. Keep them boiling quickly, with the lid uncovered, until tender; and the moment they are done, take them up, or their colour will be spoiled; when well drained, serve. The great art in cooking greens properly, and to have them a good colour, is to put them into *plenty* of *fast-boiling* water, to let them boil very quickly, and to take them up the moment they become tender.

Time.—Brocoli sprouts, 10 to 12 minutes; young greens, 10 to 12 minutes; sprouts, 12 minutes, after the water boils.

Seasonable.—Sprouts of various kinds may be had all the year.

GREEN KALE, OR BORECOLE.—When Colewort, or Wild Cabbage, is brought into a state of cultivation, its character becomes greatly improved, although it still retains the loose open leaves, and in this form it is called Green Kale, or Borecole. The scientific name is *Borecole oleracea acephala*, and of it there are many varieties, both as regards the form and colour of the leaves, as well as the height which the plants attain. We may observe, that among them, are included the Thousand-headed, and the Cow or Tree Cabbage.

可以放入其中的。

煮嫩叶菜或球芽甘蓝。

1097. 配料。--每1/2加仑水加1满汤匙盐；一小块极少量苏打。

[插图：布鲁塞尔芽菜。]

做法。--摘去所有枯叶，用冷水将菜叶洗净；在滤水篮中沥干，放入加有上述比例盐和碱的滚沸水中。保持快速沸腾，不盖锅盖，直至变软；一旦煮熟立即捞出，否则颜色会变坏；沥干后即可上桌。烹煮菜叶得当并使其色泽良好的关键技艺，是将它们放入大量的滚沸水中，让其快速沸腾，并在变软的瞬间捞出。

时间。--西兰花嫩芽，10至12分钟；嫩青菜，10至12分钟；嫩芽，水沸后12分钟。

时令。各种嫩芽全年皆可获取。

绿甘蓝，或称羽衣甘蓝。--当菜心或野甘蓝被引入栽培状态时，其性状大为改善，尽管仍保留着松散张开的叶片，在这种形态下它被称为绿甘蓝，或称羽衣甘蓝。其学名为*Borecole oleracea acephala*，其下有许多变种，无论叶片的形态和颜色，还是植株所达到的高度，均各有不同。我们可以注意到，其中包括千头甘蓝，以及牛甘蓝或称树甘蓝。

BOILED CABBAGE.

1098. INGREDIENTS.—To each 1/2 gallon of water allow 1 heaped tablespoonful of salt; a *very small* piece of soda. *Mode*.—Pick off all the dead outside leaves, cut off as much of the stalk as possible, and cut the cabbages across twice, at the stalk end; if they should be very large, quarter them. Wash them well in cold water, place them in a colander, and drain; then put them into *plenty* of *fast-boiling* water, to which have been added salt and soda in the above proportions. Stir them down once or twice in the water, keep the pan uncovered, and let them boil quickly until tender. The instant they are done, take them up into a colander, place a plate over them, let them thoroughly drain, dish, and serve.

Time.—Large cabbages, or savoys, 1/3 to 3/4 hour, young summer cabbage, 10 to 12 minutes, after the water boils.

Average cost, 2d. each in full season.

Sufficient,—2 large ones for 4 or 5 persons.

Seasonable.—Cabbages and sprouts of various kinds at any time.

THE CABBAGE TRIBE: THEIR ORIGIN.—Of all the tribes of the *Cruciferae* this is by far the most important. Its scientific name is *Brassiceae*, and it contains a collection of plants which, both in themselves and their products, occupy a prominent position in agriculture, commerce, and domestic economy. On the cliffs of Dover, and in many places on the coasts of Dorsetshire, Cornwall, and Yorkshire, there grows a wild plant, with variously-indented, much-waved, and loose spreading leaves, of a sea-green colour, and large yellow flowers. In spring, the leaves of this plant are

煮卷心菜。

1098. 配料。--每1/2加仑水用1满汤匙盐；极少量碱。做法。--摘去所有外层枯叶，尽可能切去菜梗，在梗端将甘蓝横切两次；若甘蓝很大，则切成四块。用冷水洗净，放入滤水篮中沥干；然后放入大量的滚沸水中，水中已按上述比例加入盐和碱。在水中搅动一两次，不盖锅盖，让其快速沸腾至变软。一熟即捞出放入滤水篮，上面盖一个盘子，让其彻底沥干，装盘上桌。

时间。--大卷心菜或皱叶甘蓝，1/3至3/4小时；嫩夏卷心菜，水沸后10至12分钟。

平均成本，旺季每个2便士。

足量,--供四至五人食用的大份两块。

时令。各种卷心菜和球芽甘蓝随时都有。

甘蓝类：其起源。--在十字花科的所有族类中，这是迄今为止最重要的一族。其学名为*Brassiceae*，包含一批植物，这些植物本身及其产品在农业、商业和家庭经济中都占有突出地位。在多佛的悬崖上，以及在多塞特郡、康沃尔郡和约克郡沿海的许多地方，生长着一种野生植物，叶片有各种缺刻、多波状且松散展开，呈海绿色，开大朵黄花。春季，这种植物的叶片

collected by the inhabitants, who, after boiling them in two waters, to remove the saltness, use them as a vegetable along with their meat. This is the *Brassica oleracea* of science, the Wild Cabbage, or Colewort, from which have originated all the varieties of Cabbage, Cauliflower, Greens, and Brocoli.

由居民采集，他们先将其用两道水煮以去除咸味，然后作为蔬菜与肉同食。这就是科学上的甘蓝，即野卷心菜或菜心，所有卷心菜、花椰菜、青菜和西兰花的品种皆源于此。

STEWED RED CABBAGE.

焖紫甘蓝。

1099. INGREDIENTS.—1 red cabbage, a small slice of ham, 1/2 oz. of fresh butter, 1 pint of weak stock or broth, 1 gill of vinegar, salt and pepper to taste, 1 tablespoonful of pounded sugar.

1099. 配料。--1棵红卷心菜，一小片火腿，1/2盎司新鲜黄油，1品脱淡肉汤或肉汤，1及耳醋，盐和胡椒适量，1汤匙糖粉。

Mode.—Cut the cabbage into very thin slices, put it into a stewpan, with the ham cut in dice, the butter, 1/2 pint of stock, and the vinegar; cover the pan closely, and let it stew for 1 hour. When it is very tender, add the remainder of the stock, a seasoning of salt and pepper, and the pounded sugar; mix all well together, stir over the fire until nearly all the liquor is dried away, and serve. Fried sausages are usually sent to table with this dish: they should be laid round and on the cabbage, as a garnish.

做法。--将卷心菜切成极薄的片，放入炖锅中，加入切成骰子块的火腿、黄油、1/2 pint高汤和醋；将锅盖严，炖1小时。待其十分软烂时，加入剩余的高汤、盐和胡椒调味以及捣碎的糖；将所有材料充分拌匀，在火上搅拌至汤汁几乎收干，即可上桌。此菜通常配炸香肠一同上桌：香肠应围摆在卷心菜四周并置于其上，作为点缀。

Time.—Rather more than 1 hour. *Average cost,* 4d. each.

时间--略多于1小时。平均成本，每个4d.。

Sufficient for 4 persons.

足量供4人食用。

Seasonable from September to January.

时令九月至一月。

THE WILD CABBAGE, OR COLEWORT.—This plant, as it is found on the sea-cliffs of England, presents us with the origin of the cabbage tribe in its simplest and normal form. In this state it is the true Collet, or Colewort, although the name is now applied to any young cabbage which has a loose and open heart.

野卷心菜，或称菜心。--这种植物，正如在英国海崖上所发现的那样，以其最简单和正常的形式向我们展示了卷心菜族的起源。在这种状态下，它是真正的菜心，尽管该名称现在被用于任何心叶松散开放的嫩卷心菜。

BOILED CARROTS.

1100. INGREDIENTS.—To each 1/2 gallon of water, allow 1 heaped tablespoonful of salt; carrots.

Mode.—Cut off the green tops, wash and scrape the carrots, and should there be any black specks, remove them. If very large, cut them in halves, divide them lengthwise into four pieces, and put them into boiling water, salted in the above proportion; let them boil until tender, which may be ascertained by thrusting a fork into them: dish, and serve very hot. This vegetable is an indispensable accompaniment to boiled beef. When thus served, it is usually boiled with the beef; a few carrots are placed round the dish as a garnish, and the remainder sent to table in a vegetable-dish. Young carrots do not require nearly so much boiling, nor should they be divided: these make a nice addition to stewed veal, &c.

Time.—Large carrots, 1-3/4 to 2-1/4 hours; young ones, about 1/2 hour.

Average cost, 6d. to 8d, per bunch of 18.

Sufficient,—4 large carrots for 5 or 6 persons.

Seasonable.—Young carrots from April to June, old ones at any time.

[Illustration: CARROTS.]

ORIGIN OF THE CARROT.—In its wild state, this vegetable is found plentifully in Britain, both in cultivated lands and by waysides, and is known by the name of birds-nest, from its umbels of fruit becoming incurved from a hollow cup, like a birds-nest. In

煮胡萝卜

1100. 配料。--每1/2加仑水加1满汤匙盐；胡萝卜。

做法。--切去胡萝卜的绿色顶端，洗净并刮去外皮，如有黑斑应去除。若胡萝卜很大，将其切成两半，再纵向切成四块，放入按上述比例加盐的沸水中；煮至软烂，可用叉子插入以确认：装盘，趁热上桌。此蔬菜是煮牛肉不可或缺的配菜。如此上桌时，通常与牛肉同煮；将几根胡萝卜摆在盘边作为点缀，其余盛于蔬菜盘中上桌。嫩胡萝卜所需煮的时间要短得多，也不应切开：它们是炖小牛肉的绝佳搭配，

等等。

时间。--大胡萝卜，1-3/4至2-1/4小时；嫩胡萝卜，约1/2小时。

平均成本，每束18根6便士至8便士。足够量,--4根大胡萝卜供5或6人食用。

时令。--嫩胡萝卜四月至六月，老胡萝卜随时。

[插图：胡萝卜。]

胡萝卜的起源。--在野生状态下，这种蔬菜在英国大量发现，既见于耕地也见于路旁，因其果伞从空杯状向内弯曲如鸟巢，故被称为鸟巢。在

this state its root is whitish, slender, and hard, with an acrid, disagreeable taste, and a strong aromatic smell, and was formerly used as an aperient. When cultivated, it is reddish, thick, fleshy, with a pleasant odour, and a peculiar, sweet, mucilaginous taste. The carrot is said by naturalists not to contain much nourishing matter, and, generally speaking, is somewhat difficult of digestion.

这种状态下，其根呈白色、细长而坚硬，带有辛辣、令人不快的味道和强烈的芳香气味，以前曾用作轻泻剂。栽培后则呈淡红色、粗壮、肉质，具有宜人的气味和独特的甜味黏液质口感。博物学家称胡萝卜不含多少滋养物质，且一般来说 somewhat 难以消化。

TO DRESS CARROTS IN THE GERMAN WAY.

德式胡萝卜

1101. INGREDIENTS.—8 large carrots, 3 oz. of butter, salt to taste, a very little grated nutmeg, 1 tablespoonful of finely-minced parsley, 1 dessertspoonful of minced onion, rather more than 1 pint of weak stock or broth, 1 tablespoonful of flour.

1101. 配料。--8根大胡萝卜，3盎司黄油，盐适量，极少量磨碎的肉豆蔻，1汤匙细切欧芹，1甜点匙切碎的洋葱，略多于1品脱的淡肉汤或肉汤，1汤匙面粉。

Mode.—Wash and scrape the carrots, and cut them into rings of about 1/4 inch in thickness. Put the butter into a stewpan; when it is melted, lay in the carrots, with salt, nutmeg, parsley, and onion in the above proportions. Toss the stewpan over the fire for a few minutes, and when the carrots are well saturated with the butter, pour in the stock, and simmer gently until they are nearly tender. Then put into another stewpan a small piece of butter; dredge in about a tablespoonful of flour; stir this over the fire, and when of a nice brown colour, add the liquor that the carrots have been boiling in; let this just boil up, pour it over the carrots in the other stewpan, and let them finish simmering until quite tender. Serve very hot.

做法。--将胡萝卜洗净刮皮，切成约1/4 inch厚的圆片。将黄油放入炖锅中；融化后放入胡萝卜，并按上述比例加入盐、肉豆蔻、欧芹和洋葱。将炖锅在火上颠翻几分钟，待胡萝卜充分吸收黄油后，倒入高汤，小火慢炖至将近软烂。然后在另一只炖锅中放入一小块黄油；撒入约一汤匙面粉；在火上搅拌，待呈漂亮的棕色时，加入煮胡萝卜的汤汁；让其刚煮沸，即浇在其他炖锅中的胡萝卜上，再继续小火炖至完全软烂。趁热上桌。

This vegetable, dressed as above, is a favourite accompaniment of roast pork, sausages, &c. &c.

这种蔬菜按上述方法烹制，是烤猪肉、香肠等的常备配菜。

Time.—About 3/4 hour. Average cost, 6d. to 8d. per bunch of 18.

时间。--约3/4小时。平均成本，每束18根6便士至8便士。

Sufficient for 6 or 7 persons.

足量供6或7人食用。

Seasonable.—Young carrots from April to June, old ones at any time.

时令。--嫩胡萝卜四月至六月，老胡萝卜随时。

CONSTITUENTS OF THE CARROT.—These are crystallizable and uncrystallizable sugar, a little starch, extractive, gluten, albumen, volatile oil, vegetable jelly, or pectin, saline matter, malic acid, and a peculiar crystallizable ruby-red neuter principle, without odour or taste, called carotin. This vegetable jelly, or pectin, so named from its singular property of gelatinizing, is considered by some as another form of gum or mucilage, combined with vegetable acid. It exists more or less in all vegetables, and is especially abundant in those roots and fruits from which jellies are prepared.

胡萝卜的成分。--这些成分包括可结晶糖和不可结晶糖、少量淀粉、提取物、麸质、蛋白、挥发油、植物果冻即果胶、盐类物质、苹果酸，以及一种无臭无味、可结晶的红色中性物质，名为胡萝卜素。这种植物果冻即果胶，因其独特的胶凝特性而得名，有人将其视为树胶或黏液质的另一种形式，与植物酸相结合。它或多或少存在于所有蔬菜中，在用于制作果冻的根茎和果实中尤为丰富。

STEWED CARROTS.

炖胡萝卜。

1102. INGREDIENTS.—7 or 8 large carrots, 1 teacupful of broth, pepper and salt to taste, 1/2 teacupful of cream, thickening of butter and flour.

1102. 配料。--7或8根大胡萝卜，1茶杯肉汤，胡椒和盐适量，1/2茶杯奶油，黄油和面粉勾芡。

Mode.—Scrape the carrots nicely; half-boil, and slice them into a stewpan; add the broth, pepper and salt, and cream; simmer till tender, and be careful the carrots are not broken. A few minutes before serving, mix a little flour with about 1 oz. of butter; thicken the gravy with this; let it just boil up, and serve.

做法。--将胡萝卜刮净；煮至半熟，切片放入炖锅；加入肉汤、胡椒、盐和奶油；炖至软烂，注意不要弄碎胡萝卜。上桌前几分钟，将少许面粉与约1盎司黄油混合；用此勾芡肉汁；煮沸即可上桌。

Time.—About 3/4 hour to parboil the carrots, about 20 minutes to cook them after they are sliced.

时间。--胡萝卜煮至半熟约3/4小时，切片后烹制约20分钟。

Average cost, 6d. to 8d. per bunch of 18.

平均成本，每束18根，6便士至8便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable.—Young carrots from April to June, old ones at any time.

时令。--嫩胡萝卜四月至六月，老胡萝卜随时。

NUTRITIVE PROPERTIES OF THE CARROT.—Sir H. Davy ascertained the nutritive matter of the carrot to amount to ninety-eight parts in one thousand; of which ninety-five are sugar and three are starch. It is used in winter and spring in the dairy to give colour and flavour to butter; and it is excellent in stews, haricots, soups, and, when boiled whole, with salt beef. In the distillery, owing to the great proportion of sugar in its composition, it yields more spirit than the potato. The usual quantity is twelve gallons per ton.

胡萝卜的营养特性。--H.戴维爵士测定胡萝卜的营养物质含量为千分之九十八；其中九十五份为糖，三份为淀粉。冬春两季，奶制品间用它为黄油增色添味；它用于炖菜、菜豆、汤中极佳，整根与咸牛肉同煮亦佳。在酿酒厂中，由于其成分中糖的比例很高，它所产的酒精多于马铃薯。通常产量为每吨十二加仑。

SLICED CARROTS.

胡萝卜切片。

(Entremets, or to be served with the Second Course, as a Side-dish.)

(小菜，或作为第二道菜的配菜上桌。)

1103. INGREDIENTS.—5 or 6 large carrots, a large lump of sugar, 1 pint of weak stock, 3 oz. of fresh butter, salt to taste.

1103. 配料。--5或6根大胡萝卜，一大块糖，1品脱淡肉汤，3盎司新鲜黄油，盐适量。

Mode.—Scrape and wash the carrots, cut them into slices of an equal size, and boil them in salt and water, until half done; drain them well, put them into a stewpan with the sugar and stock, and let them boil over a brisk fire. When reduced to a glaze, add the fresh butter and a seasoning of salt; shake the stewpan about well, and when the butter is well mixed with the carrots, serve. There should be no sauce in the dish when it comes to table, but it should all adhere to the carrots.

做法。--将胡萝卜刮皮洗净，切成大小均匀的片，放入盐水中煮至半熟；沥干水分，放入炖锅，加入糖和原汤，用旺火煮沸。收汁至挂上一层光泽时，加入新鲜黄油和盐调味；充分晃动炖锅，待黄油与胡萝卜完全融合后即可上桌。上桌时盘中不应有酱汁，而应全部附着在胡萝卜上。

Time.—Altogether, 3/4 hour.

时间。--总共3/4小时。

Average cost, 6d. to 8d. per bunch of 18.

Sufficient for 1 dish.

Seasonable.—Young carrots from April to June, old ones at any time.

THE SEED OF THE CARROT.—In order to save the seed of carrots, the plan is, to select annually the most perfect and best-shaped roots in the taking-up season, and either preserve them in sand in a cellar till spring, or plant them immediately in an open airy part of the garden, protecting them with litter during severe frost, or earthing them over, and uncovering them in March following. The seed is in no danger from being injured by any other plant. In August it is fit to gather, and is best preserved on the stalks till wanted.

BOILED CAULIFLOWERS.

[Illustration: BOILED CAULIFLOWER.]

[Illustration: CAULIFLOWER.]

1104. INGREDIENTS.—To each 1/2 gallon of water allow 1 heaped tablespoonful of salt.

Mode.—Choose cauliflowers that are close and white; trim off the decayed outside leaves, and cut the stalk off flat at the bottom. Open the flower a little in places to remove the insects, which generally are found about the stalk, and let the cauliflowers lie in salt and water for an hour previous to dressing them, with their heads downwards: this will effectually draw out all the vermin. Then put them into fast-boiling water, with the addition of salt in

平均成本，每束18根，6便士至8便士。

足量供1道菜之用。

时令。--嫩胡萝卜四月至六月，老胡萝卜随时。

胡萝卜的种子。--为留取胡萝卜种子，方法是每年在收获季节挑选最完美、形状最佳的根，或将其保存在地窖的沙中至春季，或立即栽种在园中开阔通风处，严寒霜冻时用草席覆盖保护，或培土覆盖，次年三月再揭开。种子不会因任何其他植物而受损。八月即可采收，最好留在茎秆上保存至需要时。

煮花椰菜。

[插图：煮花椰菜。]

[插图：花椰菜。]

1104. 配料。--每1/2加仑水加1满汤匙盐。

做法。--选择紧密洁白的花椰菜；摘除腐烂的外叶，将茎在底部平切。在几处稍微掰开花球以去除通常藏在茎部附近的虫子，让花椰菜头朝下在盐水中浸泡一小时后再烹制：这能有效逼出所有虫子。然后将它们放入快速沸腾的水中，按

the above proportion, and let them boil briskly over a good fire, keeping the saucepan uncovered. The water should be well skimmed; and, when the cauliflowers are tender, take them up with a slice; let them drain, and, if large enough, place them upright in the dish. Serve with plain melted butter, a little of which may be poured over the flower.

上述比例加盐，在旺火上 briskly 煮沸，保持锅不加盖。水应撇净浮沫；花椰菜软嫩后，用铲子捞出；沥干，若足够大，则竖立放入盘中。配以清融黄油，可浇少许在花球上。

Time.—Small cauliflower, 12 to 15 minutes, large one, 20 to 25 minutes, after the water boils.

时间。--小花椰菜，水沸后12至15分钟；大花椰菜，20至25分钟。

Average cost, for large cauliflowers, 6d. each.

平均成本，大花椰菜，每个6便士。

Sufficient.—Allow 1 large cauliflower for 3 persons.

足够。--三人份需准备1大颗花椰菜。

Seasonable from the beginning of June to the end of September.

时令从六月初到九月底。

CAULIFLOWERS A LA SAUCE BLANCHE.

白汁花椰菜

(Entremets, or Side-dish, to be served with the Second Course.)

(小菜，或称配菜，随第二道菜上桌。)

1105. INGREDIENTS.—3 cauliflowers, 1/2 pint of sauce blanche, or French melted butter, No. 378; 3 oz. of butter; salt and water.

1105. 配料。--3棵花椰菜，1/2品脱白酱汁或法式融黄油，第378号；3盎司黄油；盐和水。

Mode.—Cleanse the cauliflowers as in the preceding recipe, and cut the stalks off flat at the bottom; boil them until tender in salt and water, to which the above proportion of butter has been added, and be careful to take them up the moment they are done, or they will break, and the appearance of the dish will be spoiled. Drain them well, and dish them in the shape of a large cauliflower. Have ready 1/2 pint of sauce, made by recipe No. 378, pour it over the flowers, and serve hot and quickly.

做法。--按前一条食谱将花椰菜洗净，将茎部底部平切；放入加了上述比例黄油的盐水中煮至软嫩，务必在刚熟时立即捞出，否则会散碎，破坏菜肴外观。充分沥干，按大花椰菜的形状装盘。备好1/2品脱按第378号食谱制作的酱汁，浇在花球上，趁热迅速上桌。

Time.—Small cauliflowers, 12 to 15 minutes, large ones, 20 to 25 minutes, after the water boils.

时间。--小花椰菜，水沸后12至15分钟；大花椰菜，20至25分钟。

Average cost,—large cauliflowers, in full season, 6d. each.

Sufficient,—1 large cauliflower for 3 or 4 persons.

Seasonable from the beginning of June to the end of September.

CAULIFLOWER AND BROCOLI.—These are only forms of the wild Cabbage in its cultivated state. They are both well known; but we may observe, that the purple and white Brocoli are only varieties of the Cauliflower.

CAULIFLOWERS WITH PARMESAN CHEESE.

(Entremets, or Side-dish, to be served with the Second Course.)

1106. INGREDIENTS.—2 or 3 cauliflowers, rather more than 1/2 pint of white sauce No. 378, 2 tablespoonfuls of grated Parmesan cheese, 2 oz. of fresh butter, 3 tablespoonfuls of bread crumbs.

Mode.—Cleanse and boil the cauliflowers by recipe No. 1104, and drain them and dish them with the flowers standing upright. Have ready the above proportion of white sauce; pour sufficient of it over the cauliflowers just to cover the top; sprinkle over this some rasped Parmesan cheese and bread crumbs, and drop on these the butter, which should be melted, but not oiled. Brown with a salamander, or before the fire, and pour round, but not over, the flowers the remainder of the sauce, with which should be mixed a small quantity of grated Parmesan cheese.

Time.—Altogether, 1/2 hour. *Average cost*, for large cauliflowers, 6d. each.

Sufficient,—3 small cauliflowers for 1 dish.

Seasonable from the beginning of June to the end of September.

平均成本,--盛季大花椰菜每棵6便士。足够量,--1棵大花椰菜供3或4人食用。

时令六月上旬至九月下旬。花椰菜与西兰花。--这些只是野卷心菜栽培状态下的形态。两者皆广为人知；但我们可以指出，紫西兰花和白西兰花只是花椰菜的变种。

帕玛森奶酪花椰菜。

(小菜，或称配菜，随第二道菜上桌。)

1106. 配料。--2或3棵花椰菜，略多于1/2品脱白酱汁第378号，2汤匙磨碎的帕尔马干酪，2盎司新鲜黄油，3汤匙面包屑。

做法。--按第1104号食谱将花椰菜洗净煮熟，沥干后花球朝上装盘。备好上述比例的白酱汁；将足量酱汁浇在花椰菜上，刚好覆盖顶部；撒上一些擦碎的帕尔马干酪和面包屑，再淋上黄油，黄油应已融化但未至油状。用烤炉或炉火前烘至表面金黄，将剩余的酱汁--其中应拌入少量擦碎的帕尔马干酪--浇在花球周围，但不要浇在花球上。

时间。- 总共1/2小时。平均成本，大花椰菜每颗6d。

足量,--一道菜用3小颗花椰菜。

时令从六月初到九月底。

CELERY.

[Illustration: CELERY IN GLASS.]

1107. With a good heart, and nicely blanched, this vegetable is generally eaten raw, and is usually served with the cheese. Let the roots be washed free from dirt, all the decayed and outside leaves being cut off, preserving as much of the stalk as possible, and all specks or blemishes being carefully removed. Should the celery be large, divide it lengthwise into quarters, and place it, root downwards, in a celery-glass, which should be rather more than half filled with water. The top leaves may be curled, by shredding them in narrow strips with the point of a clean skewer, at a distance of about 4 inches from the top.

Average cost, 2d. per head.

Sufficient.—Allow 2 heads for 4 or 5 persons.

Seasonable from October to April.

Note.—This vegetable is exceedingly useful for flavouring soups, sauces, &c., and makes a very nice addition to winter salad.

STEWED CELERY A LA CREME.

1108. INGREDIENTS.—6 heads of celery; to each 1/2 gallon of water allow 1 heaped tablespoonful of salt, 1 blade of pounded mace, 1/3 pint of cream.

Mode.—Wash the celery thoroughly; trim, and boil it in salt and water until tender. Put the cream and pounded mace into a stewpan; shake it over the fire until the cream thickens, dish the

芹菜。

[插图：玻璃杯中的芹菜。]

1107. 此蔬菜心部饱满、焯水得当，通常生食，一般与干酪一同上桌。将根上的泥土洗净，切去所有腐烂的叶和外层叶，尽量保留茎部，仔细去除所有斑点或瑕疵。若芹菜较大，纵向切成四份，根部朝下放入芹菜杯中，杯中应注入过半的水。顶部叶片可卷曲，用干净签子的尖端在距顶部约4英寸处将其划成细条。

平均成本，每人2便士。

足量。--4人或5人份用2个头。

时令十月至四月。

注。- 这种蔬菜极适合为汤、酱汁等调味，也是冬季沙拉的绝佳添加。

奶油炖芹菜

1108. 配料。- 6棵芹菜；每1/2加仑水配1满汤匙盐、1片捣碎的肉豆蔻、1/3品脱奶油。

做法。- 将芹菜彻底洗净；修整后放入盐水中煮至软嫩。将奶油和捣碎的肉豆蔻放入炖锅；在火上摇动至奶油变稠，将

celery, pour over the sauce, and serve.

芹菜，浇上酱汁，即可上桌。

Time.—Large heads of celery, 25 minutes; small ones, 15 to 20 minutes.

时间。- 大棵芹菜25分钟；小棵15至20分钟。

Average cost. 2d. per head.

平均成本。每人2便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable from October to April.

时令十月至四月。

ALEXANDERS.—This plant is the *Smyrnium olustratum* of science, and is used in this country in the same way in which celery is. It is a native of Great Britain, and is found in its wild state near the seacoast. It received its name from the Italian "herba Alexandrina," and is supposed to have been originally brought from Alexandria; but, be this as it may, its cultivation is now almost entirely abandoned.

亚历山大芹。- 这种植物在科学上称为*Smyrnium olustratum*，在本国的用法与芹菜相同。它原产于大不列颠，野生状态见于海岸附近。其名源自意大利语“herba Alexandrina”，据推测最初从亚历山大港传入；但无论如何，如今其栽培已几乎完全废弃。

STEWED CELERY (with White Sauce).

炖芹菜(配白汁)。

I.

1109. INGREDIENTS.—6 heads of celery, 1 oz. of butter; to each 1/2 gallon of water allow 1 heaped tablespoonful of salt, 1/2 pint of white sauce, No. 537 or 538.

1109. 配料。- 6棵芹菜，1 oz.黄油；每1/2加仑水配1满汤匙盐、1/2品脱白酱汁，第537或538号食谱。

Mode.—Have ready sufficient boiling water just to cover the celery, with salt and butter in the above proportion. Wash the celery well; cut off the decayed outside leaves, trim away the green tops, and shape the root into a point; put it into the boiling water; let it boil rapidly until tender; then take it out, drain well, place it upon a dish, and pour over about 1/2 pint of white sauce, made by either of the recipes No. 537 or 538. It may also be

做法。- 备好足量沸水，刚好没过芹菜，按上述比例加入盐和黄油。将芹菜洗净；去掉腐烂的外叶，修去绿色顶端，将根部削成尖形；放入沸水中；快速煮至软嫩；然后取出，充分沥干，置于盘中，浇上约1/2品脱白酱汁，按第537或538号食谱之一制作。也可

plainly boiled as above, placed on toast, and melted butter poured over, the same as asparagus is dished.

Time.—Large heads of celery, 25 minutes, small ones, 15 to 20 minutes, after the water boils.

Average cost, 2d. per head.

Sufficient for 5 or 6 persons.

Seasonable from October to April.

ORIGIN OF CELERY.—In the marshes and ditches of this country there is to be found a very common plant, known by the name of Smallage. This is the wild form of celery; but, by being subjected to cultivation, it loses its acrid nature, and becomes mild and sweet. In its natural state, it has a peculiar rank, coarse taste and smell, and its root was reckoned by the ancients as one of the "five greater aperient roots." There is a variety of this in which the root becomes turnip-shaped and large. It is called *Celeriae*, and is extensively used by the Germans, and preferred by them to celery. In a raw state, this plant does not suit weak stomachs; cooked, it is less difficult of digestion, although a large quantity should not he taken.

[Illustration: CELERY.].

II.

1110. INGREDIENTS.—6 heads of celery, 1/2 pint of white stock or weak broth, 4 tablespoonfuls of cream, thickening of butter and flour, 1 blade of pounded mace, a *very little* grated nutmeg; pepper and salt to taste.

像上面那样简单水煮，放在吐司上，淋上融化的黄油，与芦笋的装盘方式相同。

时间。- 大棵芹菜头，25分钟；小棵的，水沸后15至20分钟。

平均成本，每人2便士。

足量供5或6人食用。

时令十月至四月。

芹菜的起源。--在这个国家的沼泽和沟渠中，可以找到一种非常常见的植物，名为小芹菜。这是芹菜的野生形态；但经过栽培，它便失去了辛辣的性质，变得温和而甘甜。在自然状态下，它具有一种特殊的腥臭、粗糙的味道和气味，其根被古人列为“五大通便根”之一。此物有一种变种，其根变得像芜菁一样大。它被称为*Celeriae*，被德国人广泛使用，并为他们所偏爱，胜过芹菜。生食时，这种植物不适合胃弱者；煮熟后，它较易消化，尽管不应大量食用。

[插图：芹菜。]

二。

1110. 配料。- 6棵芹菜头，1/2品脱白色高汤或淡肉汤，4汤匙奶油，黄油和面粉勾芡，1片捣碎的肉豆蔻，极少量磨碎的肉豆蔻皮；胡椒和盐适量。

Mode.—Wash the celery, strip off the outer leaves, and cut it into lengths of about 4 inches. Put these into a saucepan, with the broth, and stew till tender, which will be in from 20 to 25 minutes; then add the remaining ingredients, simmer altogether for 4 or 5 minutes, pour into a dish, and serve. It may be garnished with sippets of toasted bread.

做法。- 洗净芹菜，剥去外层叶片，切成约4英寸长的段。放入炖锅，加入肉汤，炖至软嫩，约需20至25分钟；然后加入其余配料，一起微沸4至5分钟，倒入盘中，上桌。可用烤面包丁点缀。

Time.—Altogether, 1/2 hour. *Average cost*, 2d. per head.

时间。--总计1/2小时。平均成本，每人2d.。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable from October to April.

时令十月至四月。

Note.—By cutting the celery into smaller pieces, by stewing it a little longer, and, when done, by pressing it through a sieve, the above stew may be converted into a puree of celery.

注。- 将芹菜切得更小，炖的时间稍长一些，炖好后用筛子压滤，上述炖菜即可变成芹菜泥。

TO DRESS CUCUMBERS.

黄瓜的调制。

1111. INGREDIENTS.—3 tablespoonfuls of salad-oil, 4 tablespoonfuls of vinegar, salt and pepper to taste; cucumber.

1111. 配料。- 3汤匙沙拉油，4汤匙醋，盐和胡椒适量；黄瓜。

Mode.—Pare the cucumber, cut it equally into *very thin* slices, and *commence* cutting from the *thick end*; if commenced at the stalk, the cucumber will most likely have an exceedingly bitter taste, far from agreeable. Put the slices into a dish, sprinkle over salt and pepper, and pour over oil and vinegar in the above proportion; turn the cucumber about, and it is ready to serve. This is a favourite accompaniment to boiled salmon, is a nice addition to all descriptions of salads, and makes a pretty garnish to lobster salad.

做法。--将黄瓜去皮，从粗端开始切成均匀的极薄片；如果从蒂端开始切，黄瓜很可能会有一种极其苦涩的味道，非常令人不适。将黄瓜片放入盘中，撒上盐和胡椒，按上述比例浇上油和醋；将黄瓜翻拌一下，即可上桌。这是水煮鲑鱼的一道受欢迎配菜，是所有种类沙拉的绝佳添加，也是龙虾沙拉的精美装饰。

[Illustration: SLICED CUCUMBERS.]

[插图：黄瓜片。]

[Illustration: CUCUMBER.]

Average cost, when scarce, 1s. to 2s. 6d.; when cheapest, may be had for 4d. each.

Seasonable.—Forced from the beginning of March to the end of June; in full season in July, August, and September.

GEOGRAPHICAL DISTRIBUTION OF THE CUCUMBERS.—This family is not known in the frigid zone, is somewhat rare in the temperate, but in the tropical and warmer regions throughout the world they are abundant. They are most plentiful in the continent of Hindostan; but in America are not near so plentiful. Many of the kinds supply useful articles of consumption for food, and others are actively medicinal in their virtues. Generally speaking, delicate stomachs should avoid this plant, for it is cold and indigestible.

CUCUMBERS A LA POULETTE.

1112. INGREDIENTS.—2 or 3 cucumbers, salt and vinegar, 2 oz. of butter, flour, 1/2 pint of broth, 1 teaspoonful of minced parsley, a lump of sugar, the yolks of 2 eggs, salt and pepper to taste.

Mode.—Pare and cut the cucumbers into slices of an equal thickness, and let them remain in a pickle of salt and vinegar for 1/2 hour; then drain them in a cloth, and put them into a stewpan with the butter. Fry them over a brisk fire, but do not brown them, and then dredge over them a little flour; add the broth, skim off all the fat, which will rise to the surface, and boil gently until the gravy is somewhat reduced; but the cucumber should not

[插图：黄瓜。]

平均价格，稀缺时1先令至2先令6便士；最便宜时每个4便士即可买到。

时令。- 催熟的从三月初到六月底；盛产期为七月、八月和九月。

黄瓜的地理分布。--此科在寒带不为人知，在温带较为罕见，但在世界各地的热带和较温暖地区则十分丰富。它们在印度斯坦大陆最为丰盛；但在美洲则远没有那么丰富。其中许多种类可提供有用的食用消费品，另一些则具有积极的药用功效。一般来说，胃弱者应避免食用这种植物，因为它性寒且不易消化。

普莱特风味黄瓜

1112. 配料。- 2或3根黄瓜，盐和醋，2盎司黄油，面粉，1/2品脱肉汤，1茶匙切碎的欧芹，一块糖，2个蛋黄，盐和胡椒适量。

模式。--将黄瓜削皮，切成厚薄均匀的片，放入盐和醋的腌汁中浸1/2小时；然后用布沥干，与黄油一同放入炖锅。用旺火煎，但不要煎至焦黄，随后在黄瓜上撒少许面粉；加入肉汤，撇去浮到表面的全部油脂，用小火煮至肉汁略微收浓；但黄瓜不应

be broken. Stir in the yolks of the eggs, add the parsley, sugar, and a seasoning of pepper and salt; bring the whole to the point of boiling, and serve.

Time.—Altogether, 1 hour.

Average cost, when cheapest, 4d. each.

Sufficient for 5 or 6 persons.

Seasonable in July, August, and September; but may be had, forced, from the beginning of March.

FRIED CUCUMBERS.

1113. INGREDIENTS.—2 or 3 cucumbers, pepper and salt to taste, flour, oil or butter.

Mode.—Pare the cucumbers and cut them into slices of an equal thickness, commencing to slice from the thick, and not the stalk end of the cucumber. Wipe the slices dry with a cloth, dredge them with flour, and put them into a pan of boiling oil or butter; Keep turning them about until brown; lift them out of the pan, let them drain, and serve, piled lightly in a dish. These will be found a great improvement to rump-steak: they should be placed on a dish with the steak on the top.

Time.—5 minutes. *Average cost*, when cheapest, 4d. each.

Sufficient for 4 or 5 persons.

Seasonable.—Forced from the beginning of March to the end of June; in full season in July and August.

PROPERTIES AND USES OF THE CUCURBITS.—The common

破碎。拌入蛋黄，加入欧芹、糖，以及胡椒和盐调味；将全部煮至即将沸腾，上桌。

时间。--总计1小时。

平均成本，最便宜时每个4便士。

足量供5或6人食用。

时令为七月、八月和九月；但催熟的从三月初即可获得。

炸黄瓜。

1113. 配料。- 2或3根黄瓜，胡椒和盐适量，面粉，油或黄油。

做法。- 将黄瓜削皮，切成厚度均匀的片，从黄瓜粗的一端而非蒂端开始切。用布将黄瓜片擦干，撒上面粉，放入盛有沸腾油或黄油的锅中；不断翻动至呈棕色；从锅中取出，沥干，松散地堆叠在盘中上桌。这些配牛排极佳：应放在盘中，牛排置于其上。

时间。- 5分钟。平均成本，最便宜时每个4d。

足量供4或5人食用。

时令。- 催熟的从三月初到六月底；盛产期为七月和八月。

葫芦科植物的特性与用途--普通

cucumber is the C. sativus of science, and although the whole of the family have a similar action in the animal economy, yet there are some which present us with great anomalies. The roots of those which are perennial contain, besides fecula, which is their base, a resinous, acrid, and bitter principle. The fruits of this family, however, have in general a sugary taste, and are more or less dissolving and perfumed, as we find in the melons, gourds, cucumbers, vegetable-marrows, and squashes. But these are slightly laxative if partaken of largely. In tropical countries, this order furnishes the inhabitants with a large portion of their food, which, even in the most arid deserts and most barren islands, is of the finest quality. In China, Cashmere, and Persia, they are cultivated on the lakes on the floating collections of weeds common in these localities. In India they are everywhere abundant, either in a cultivated or wild state, and the seeds of all the family are sweet and mucilaginous.

黄瓜是科学上的C.sativus，尽管整个科在动物生理中具有类似的作用，但其中有一些呈现出极大的异常。多年生种类的根，除了作为其基质的淀粉外，还含有一种树脂状的、辛辣的、苦味的原则。然而，此科的果实一般具有甜味，并或多或少具有溶解性和香气，正如我们在甜瓜、葫芦、黄瓜、蔬菜瓠和南瓜中所见。但若大量食用，这些会略有轻泻作用。在热带国家，此目为居民提供了大部分食物，即使在最干旱的沙漠和最贫瘠的岛屿上，其品质也是上乘的。在中国、克什米尔和波斯，它们在这些地方常见的漂浮杂草堆上于湖泊中栽培。在印度，它们到处都很丰富，无论是栽培的还是野生的，而且整个科的种子都是甜而黏滑的。

STEWED CUCUMBERS.

炖黄瓜。

1114. INGREDIENTS.—3 large cucumbers, flour, butter, rather more than 1/2 pint of good brown gravy.

1114. 配料。- 3根大黄瓜，面粉，黄油，略多于1/2品脱的优质棕色肉汁。

Mode.—Cut the cucumbers lengthwise the size of the dish they are intended to be served in; empty them of the seeds, and put them into boiling water with a little salt, and let them simmer for 5 minutes; then take them out, place them in another stewpan, with the gravy, and let them boil over a brisk fire until the cucumbers are tender. Should these be bitter, add a lump of sugar; carefully dish them, skim the sauce, pour over the cucumbers, and serve.

做法。- 将黄瓜纵切，长度与盛菜盘相当；挖去瓜籽，放入加少许盐的沸水中，微沸5分钟；然后取出，放入另一炖锅，加入肉汁，在旺火上煮至黄瓜软嫩。若黄瓜发苦，加一块糖；小心装盘，撇去酱汁上的浮沫，浇在黄瓜上，上桌。

Time.—Altogether, 20 minutes.

时间。--总共20分钟。

Average cost, when cheapest, 1d. each.

Sufficient for 3 or 4 persons.

Seasonable in June, July, and August; but may be had, forced, from the beginning of March.

THE CHATE.—This cucumber is a native of Egypt and Arabia, and produces a fruit of almost the same substance as that of the Melon. In Egypt it is esteemed by the upper class natives, as well as by Europeans, as the most pleasant fruit they have.

STEWED CUCUMBERS WITH ONIONS.

1115. INGREDIENTS.—6 cucumbers, 3 moderate-sized onions, not quite 1 pint of white stock, cayenne and salt to taste, the yolks of 2 eggs, a very little grated nutmeg.

Mode.—Pare and slice the cucumbers, take out the seeds, and cut the onions into thin slices; put these both into a stewpan, with the stock, and let them boil for 1/4 hour or longer, should the cucumbers be very large. Beat up the yolks of 2 eggs; stir these into the sauce; add the cayenne, salt, and grated nutmeg; bring it to the point of boiling, and serve. Do not allow the sauce to boil, or it will curdle. This is a favourite dish with lamb or mutton chops, rump-steaks, &c.

Time.—Altogether, 20 minutes.

Average cost, when cheapest, 4d. each.

Sufficient for 6 or 7 persons.

Seasonable in July, August, and September; but may be had, forced, from the beginning of March.

平均成本，最便宜时每个1便士。

足够供三四人食用。

时令为六月、七月和八月；但催熟的从三月初即可获得。

夏特瓜。- 这种黄瓜原产于埃及和阿拉伯，所结果实与甜瓜的质地几乎相同。在埃及，上层阶级的本地人以及欧洲人都视其为最可口的水果。

洋葱炖黄瓜。

1115. 配料。- 6根黄瓜，3个中等大小的洋葱，不到1品脱的白色高汤，卡宴辣椒和盐适量，2个蛋黄，极少量磨碎的肉豆蔻皮。

做法。- 将黄瓜削皮切片，去籽，洋葱切成薄片；两者一起放入炖锅，加入高汤，煮1/4小时，若黄瓜很大则煮更久。打散2个蛋黄；拌入酱汁；加入卡宴辣椒、盐和磨碎的肉豆蔻皮；煮至即将沸腾，上桌。不要让酱汁沸腾，否则会凝结。这是配羊排或羊肉排、牛排等的受欢迎菜肴。

时间。--总共20分钟。

平均成本，最便宜时每个4便士。

足量供6或7人食用。

时令为七月、八月和九月；但催熟的从三月初即可获得。

THE MELON.—This is another species of the cucumber, and is highly esteemed for its rich and delicious fruit. It was introduced to this country from Jamaica, in 1570; since which period it has continued to be cultivated. It was formerly called the Musk Melon.

甜瓜。- 这是黄瓜的另一品种，因其甘美可口的水果而备受推崇。它于1570年从牙买加引入本国；此后一直有人栽培。以前称为麝香甜瓜。

ENDIVE.

菊苣。

[Illustration: ENDIVE.]

[插图：菊苣。]

1116. This vegetable, so beautiful in appearance, makes an excellent addition to winter salad, when lettuces and other salad herbs are not obtainable. It is usually placed in the centre of the dish, and looks remarkably pretty with slices of beetroot, hard-boiled eggs, and curled celery placed round it, so that the colours contrast nicely. In preparing it, carefully wash and cleanse it free from insects, which are generally found near the heart; remove any decayed or dead leaves, and dry it thoroughly by shaking in a cloth. This vegetable may also be served hot, stewed in cream, brown gravy, or butter; but when dressed thus, the sauce it is stewed in should not be very highly seasoned, as that would destroy and overpower the flavour of the vegetable.

1116. 这种蔬菜外观如此美丽，在无法获得莴苣和其他沙拉香草时，是冬季沙拉的绝佳添加。它通常被放置在盘子的中央，周围摆上甜菜根片、硬煮蛋和卷曲的芹菜，看起来格外漂亮，色彩对比恰到好处。在准备时，仔细清洗，清除通常靠近菜心的昆虫；去除任何腐烂或枯死的叶子，并用布抖动彻底擦干。这种蔬菜也可以热食，用奶油、棕色肉汁或黄油炖制；但如此烹制时，炖制所用的酱汁不应调味过重，因为那会破坏并压倒蔬菜的风味。

Average cost, 1d. per head.

平均成本，每人1便士。

Sufficient,—1 head for a salad for 4 persons.

足量，--供4人份沙拉用的1颗。

Seasonable from November to March.

时令十一月至三月。

ENDIVE.—This is the *C. endivium* of science, and is much used as a salad. It belongs to the family of the *Compositae*, with Chicory, common Goats-beard, and others of the same genus. Withering states, that before the stems of the common Goats-beard shoot up the roots, boiled like asparagus, have the same flavour, and are

菊苣。- 这是科学上的*C.endivium*，常作沙拉食用。它属于菊科，与菊苣、普通婆罗门参及同属其他植物同类。威瑟林指出，普通婆罗门参的茎抽芽之前，其根像芦笋一样煮食，风味相同，且

nearly as nutritious. We are also informed by Villars that the children in Dauphiné universally eat the stems and leaves of the young plant before the flowers appear, with great avidity. The fresh juice of these tender herbs is said to be the best solvent of bile.

营养价值几乎相当。维拉尔还告诉我们，多菲内的儿童普遍在花出现之前就贪婪地食用这种幼株的茎和叶。据说这些嫩草的新鲜汁液是溶解胆汁的最佳溶剂。

STEWED ENDIVE.

炖菊苣

1117. INGREDIENTS.—6 heads of endive, salt and water, 1 pint of broth, thickening of butter and flour, 1 tablespoonful of lemon-juice, a small lump of sugar.

1117. 配料。- 6棵菊苣，盐和水，1品脱肉汤，黄油和面粉勾芡，1汤匙柠檬汁，一小块糖。

Mode.—Wash and free the endive thoroughly from insects, remove the green part of the leaves, and put it into boiling water, slightly salted. Let it remain for 10 minutes; then take it out, drain it till there is no water remaining, and chop it very fine. Put it into a stewpan with the broth; add a little salt and a lump of sugar, and boil until the endive is perfectly tender. When done, which may be ascertained by squeezing a piece between the thumb and finger, add a thickening of butter and flour and the lemon-juice: let the sauce boil up, and serve.

模式。- 将菊苣洗净，彻底清除昆虫，去掉叶子的绿色部分，放入微加盐的沸水中。煮10分钟；然后取出，沥干至不再有水，切得很细。放入炖锅中，加入肉汤；加少许盐和一块糖，煮至菊苣完全软嫩。煮好后(可用拇指和手指捏一块来确认)，加入黄油和面粉调成的增稠剂以及柠檬汁：让酱汁煮沸，即可上桌。

Time.—10 minutes to boil, 5 minutes to simmer in the broth.

时间。- 煮10分钟，在汤中煨5分钟。

Average cost, 1d. per head.

平均成本，每人1便士。

Sufficient for 3 or 4 persons.

足够供三四人食用。

Seasonable from November to March.

时令十一月至三月。

ENDIVE A LA FRANCAISE.

法式菊苣

1118. INGREDIENTS.—6 heads of endive, 1 pint of broth, 3 oz. of

1118. 配料--6棵菊苣，1品脱肉汤，3盎司

fresh butter; salt, pepper, and grated nutmeg to taste.

新鲜黄油；盐、胡椒和磨碎的肉豆蔻适量。

Mode.—Wash and boil the endive as in the preceding recipe; chop it rather fine, and put into a stewpan with the broth; boil over a brisk fire until the sauce is all reduced; then put in the butter, pepper, salt, and grated nutmeg (the latter must be very sparingly used); mix all well together, bring it to the boiling point, and serve very hot.

做法。- 按前一条食谱的方法洗净并煮菊苣；切得较细，放入炖锅加肉汤；在旺火上煮至酱汁全部收浓；然后加入黄油、胡椒、盐和磨碎的肉豆蔻皮(后者必须极少量使用)；全部拌匀，煮至沸点，趁热上桌。

Time,—10 minutes to boil, 5 minutes to simmer in the broth.

时间,--煮沸10分钟，在汤中煨5分钟。

Average cost, 1d. per head.

平均成本，每人1便士。

Sufficient for 3 or 4 persons.

足够供三四人食用。

Seasonable from November to March.

时令十一月至三月。

TO BOIL HARICOTS BLANCS, or WHITE HARICOT BEANS.

煮白扁豆，即白扁豆。

1119. INGREDIENTS.—1 quart of white haricot beans, 2 quarts of soft water, 1 oz. of butter, 1 heaped tablespoonful of salt.

1119. 配料。- 1夸脱白扁豆，2夸脱软水，1盎司黄油，1满汤匙盐。

Mode.—Put the beans into cold water, and let them soak from 2 to 4 hours, according to their age; then put them into cold water, salted in the above proportion, bring them to boil, and let them simmer very slowly until tender; pour the water away from them, let them stand by the side of the fire, with the lid of the saucepan partially off, to allow the beans to dry; then add 1 oz. of butter and a seasoning of pepper and salt. Shake the beans about for a minute or two, and serve: do not stir them with a spoon, for fear of breaking them to pieces.

模式。- 将豆子放入冷水中，根据其老嫩浸泡2至4小时；然后放入按上述比例加盐的冷水中，煮沸，并用极小的火慢慢煨至软嫩；倒去水，将锅放在火旁，锅盖半开，让豆子晾干；然后加入1 oz.黄油以及胡椒和盐的调味。将豆子摇晃一两分钟，即可上桌：不要用勺子搅拌，以免把它们弄碎。

Time.—After the water boils, from 2 to 2-1/2 hours.

时间。--水沸腾后，煮2至2.5小时。

Average cost, 4d. per quart.

平均成本，每 quart 4便士。

Sufficient for 4 or 5 persons.

Seasonable in winter, when other vegetables are scarce.

Note.—Haricots blancs, when new and fresh, should be put into boiling water, and do not require any soaking previous to dressing.

HARICOTS AND LENTILS.—Although these vegetables are not much used in this country, yet in France, and other Catholic countries, from their peculiar constituent properties, they form an excellent substitute for animal food during Lent and *maigre* days. At the time of the prevalence of the Roman religion in this country, they were probably much more generally used than at present. As reformations are often carried beyond necessity, possibly lentils may have fallen into disuse, as an article of diet amongst Protestants, for fear the use of them might be considered a sign of popery.

HARICOTS BLANCS A LA MAITRE D'HOTEL.

1120. INGREDIENTS.—1 quart of white haricot beans, 1/4 lb. of fresh butter, 1 tablespoonful of minced parsley, pepper and salt to taste, the juice of 1/2 lemon.

[Illustration: HARICOT BEANS.]

Mode.—Should the beans be very dry, soak them for an hour or two in cold water, and boil them until perfectly tender, as in the preceding recipe. If the water should boil away, replenish it with a little more cold, which makes the skin of the beans tender. Let them be very thoroughly done; drain them well; then add to them the butter, minced parsley, and a seasoning of pepper and salt.

足量供4或5人食用。

时令冬季，当其他蔬菜稀少时。

注。- 白扁豆若新鲜，应放入沸水中，烹制前无需浸泡。

菜豆和小扁豆。- 虽然这些蔬菜在这个国家不常使用，但在法国和其他天主教国家，由于其特殊的成分特性，它们在四旬斋和*maigre*日期间是动物性食物的极好替代品。在这个国家罗马宗教盛行的时期，它们的使用可能比现在普遍得多。由于改革往往超出必要，小扁豆可能作为新教徒的饮食项目而被弃用，因为担心使用它们会被视为天主教的标志。

白豆配总管黄油

1120. 配料。- 1夸脱白扁豆，1/4磅新鲜黄油，1汤匙切碎的欧芹，胡椒和盐适量，1/2个柠檬的汁。

[插图：菜豆。]

做法。- 若豆子很干，在冷水中浸泡一两小时，然后按前一条食谱的方法煮至完全软嫩。若水煮干，再加少许冷水，这会使豆皮变嫩。务必煮透；充分沥干；然后加入黄油、切碎的欧芹，以及胡椒和盐调味。

Keep moving the stewpan over the fire without using a spoon, as this would break the beans; and, when the various ingredients are well mixed with them, squeeze in the lemon-juice, and serve very hot.

不用勺子，不断在火上翻动炖锅，因为用勺子会把豆子弄碎；待各种配料与豆子充分混合后，挤入柠檬汁，趁热上桌。

Time.—From 2 to 2-1/2 hours to boil the beans.

时间。--煮豆需2至2.5小时。

Average cost, 4d. per quart.

平均成本，每 quart 4便士。

Sufficient for 4 or 5 persons.

足量供4或5人食用。

Seasonable in winter.

时令冬季。

HARICOT BEANS.—This is the *haricot blanc* of the French, and is a native of India. It ripens readily, in dry summers, in most parts of Britain, but its culture has hitherto been confined to gardens in England; but in Germany and Switzerland it is grown in fields. It is usually harvested by pulling up the plants, which, being dried, are stacked and thrashed. The haulm is both of little bulk and little use, but the seed is used in making the esteemed French dish called haricot, with which it were well if the working classes of this country were acquainted. There is, perhaps, no other vegetable dish so cheap and easily cooked, and, at the same time, so agreeable and nourishing. The beans are boiled, and then mixed with a little fat or salt butter, and a little milk or water and flour. From 3,840 parts of kidney-bean Einholff obtained 1,805 parts of matter analogous to starch, 351 of vegeto-animal matter, and 799 parts of mucilage.

菜豆。- 这是法国人的*haricot blanc*，原产于印度。在干燥的夏季，它在不列颠大部分地区容易成熟，但其种植迄今仅限于英格兰的园圃；而在德国和瑞士则在田间种植。通常通过拔起植株来收获，植株干燥后堆垛并脱粒。茎叶既体积小又用处不大，但种子用于制作备受推崇的法国菜肴，称为菜豆炖肉，如果这个国家的劳动阶级了解它就好了。也许没有其他蔬菜菜肴如此便宜、易于烹饪，同时又如此可口和滋养。豆子煮熟，然后与少许脂肪或盐黄油，以及少许牛奶或水和面粉混合。从3,840份菜豆中，艾因霍夫获得了1,805份类似淀粉的物质，351份植物动物性物质，以及799份粘液。

HARICOT BEANS AND MINCED ONIONS.

四季豆配洋葱末。

1121. INGREDIENTS.—1 quart of white haricot beans, 4 middling-sized onions, 1/4 pint of good brown gravy, pepper and

1121. 配料--1 quart 白扁豆，4 个中等大小的洋葱，1/4 pint 上好的棕色肉汁，胡椒和

salt to taste, a little flour.

Mode.—Peel and mince the onions not too finely, and fry them in butter of a light brown colour; dredge over them a little flour, and add the gravy and a seasoning of pepper and salt. Have ready a pint of haricot beans well boiled and drained; put them with the onions and gravy, mix all well together, and serve very hot.

Time.—From 2 to 2-1/2 hours to boil the beans; 5 minutes to fry the onions.

Average cost, 4d. per quart.

Sufficient for 4 or 5 persons.

Seasonable in winter.

HORSERADISH.

1122. This root, scraped, is always served with hot roast beef, and is used for garnishing many kinds of boiled fish. Let the horseradish remain in cold water for an hour; wash it well, and with a sharp knife scrape it into very thin shreds, commencing from the thick end of the root. Arrange some of it lightly in a small glass dish, and the remainder use for garnishing the joint: it should be placed in tufts round the border of the dish, with 1 or 2 bunches on the meat.

Average cost, 2d. per stick.

Seasonable from October to June.

[Illustration: HORSERADISH.]

THE HORSERADISH.—This belongs to the tribe *Alyssidae*, and is

盐适量，少许面粉。

做法。--将洋葱去皮，切碎但不要太细，用黄油煎至浅棕色；在上面撒少许面粉，加入肉汁以及胡椒和盐调味。备好一品脱煮透并沥干的扁豆；将其与洋葱和肉汁一同放入，全部拌匀，趁热上桌。

时间--煮豆子需 2 至 2-1/2 小时；煎洋葱需 5 分钟。

平均成本，每 quart 4便士。

足量供4或5人食用。

时令冬季。

辣根。

1122. 这种根茎刮碎后总是与热烤牛肉一同上桌，也用于点缀多种煮鱼。将辣根留在冷水中浸泡一小时；洗净，用锋利的刀从根茎粗端开始刮成极细的丝。取一部分松松地摆在小玻璃碟中，其余用于点缀肉块：应成簇地摆在碟子边缘周围，并在肉上放 1 至 2 束。

平均成本，每根2便士。

时令十月至六月。

[插图：辣根。]

辣根--属于*Alyssidae*族，并且是

highly stimulant and exciting to the stomach. It has been recommended in chronic rheumatism, palsy, dropsical complaints, and in cases of enfeebled digestion. Its principal use, however, is as a condiment to promote appetite and excite the digestive organs. The horseradish contains sulphur to the extent of thirty per cent, in the number of its elements; and it is to the presence of this quality that the metal vessels in which the radish is sometimes distilled, are turned into a black colour. It is one of the most powerful excitants and antiscorbutics we have, and forms the basis of several medical preparations, in the form of wines, tinctures, and syrups.

对胃有高度刺激和兴奋作用。它曾被推荐用于慢性风湿病、瘫痪、水肿性疾病以及消化功能衰弱的情况。然而，它的主要用途是作为调味品来促进食欲和激发消化器官。辣根含有百分之三十的硫，在其元素数量中；正是由于这种特性的存在，有时用于蒸馏辣根的金属容器会变成黑色。它是我们拥有的最强大的兴奋剂和抗坏血病剂之一，并以酒、酊剂和糖浆的形式构成几种药物制剂的基础。

LETTUCES.

生菜。

1123. These form one of the principal ingredients to summer salads; should be nicely blanched, and be eaten young. They are seldom served in any other way, but may be stewed and sent to table in a good brown gravy flavoured with lemon-juice. In preparing them for a salad, carefully wash them free from dirt, pick off all the decayed and outer leaves, and dry them thoroughly by shaking them in a cloth. Cut off the stalks, and either halve or cut the lettuces into small pieces. The manner of cutting them up entirely depends on the salad for which they are intended. In France the lettuces are sometimes merely wiped with a cloth and not washed, the cooks there declaring that the act of washing them injuriously affects the pleasant crispness of the plant: in this case scrupulous attention must be paid to each leaf, and the grit thoroughly wiped away.

1123. 这些是夏季沙拉的主要配料之一；应好好焯水，并在幼嫩时食用。它们很少以其他方式上桌，但可以用浓郁棕色肉汁加柠檬汁调味后炖煮上桌。在准备用于沙拉时，要仔细洗净泥土，摘掉所有腐烂的叶子和外层叶子，然后在布中摇晃使其彻底干燥。切掉茎，将生菜对半切开或切成小块。切法完全取决于它们要用于哪种沙拉。在法国，有时厨师只用布擦拭生菜而不清洗，那里的厨师宣称清洗会损害植物令人愉悦的脆嫩口感：在这种情况下，必须一丝不苟地处理每片叶子，彻底擦去沙砾。

Average cost, when cheapest, 1d. each.

平均成本，最便宜时每个1便士。

Sufficient.—Allow 2 lettuces for 4 or 5 persons.

Seasonable from March to the end of August, but may be had all the year.

[Illustration: LETTUCE.]

THE LETTUCE.—All the varieties of the garden lettuce have originated from the *Lactuca sativa* of science, which has never yet been found in a wild state. Hence it may be concluded that it is merely another form of some species, changed through the effects of cultivation. In its young state, the lettuce forms a well-known and wholesome salad, containing a bland pellucid juice, with little taste or smell, and having a cooling and soothing influence on the system. This arises from the large quantities of water and mucilage it contains, and not from any narcotic principle which it is supposed to possess. During the period of flowering, it abounds in a peculiar milky juice, which flows from the stem when wounded, and which has been found to be possessed of decided medicinal properties.

BAKED MUSHROOMS.

(A Breakfast, Luncheon, or Supper Dish.)

1124. INGREDIENTS.—16 to 20 mushroom-flaps, butter, pepper to taste.

Mode.—For this mode of cooking, the mushroom flaps are better than the buttons, and should not be too large. Cut off a portion of the stalk, peel the top, and wipe the mushrooms carefully with a piece of flannel and a little fine salt. Put them into a tin baking-dish, with a very small piece of butter placed on each mushroom;

足量。--四五人份用两棵生菜。

时令从三月到八月底，但全年均可获得。

[插图：莴苣。]

生菜。--所有园艺生菜品种都源自科学上的*Lactuca sativa*，而后者从未在野生状态下被发现。因此可以推断，它只是某个物种因栽培影响而改变的另一种形态。在幼嫩状态下，生菜构成一种众所周知且有益健康的沙拉，含有温和透明的汁液，味道和气味都很淡，对机体有清凉舒缓的作用。这源于它含有大量水分和黏液，而非人们以为它具有的任何麻醉性成分。在开花期间，它富含一种特殊的乳白色汁液，茎被割破时便会流出，且已被发现具有明确的药用特性。

烤蘑菇

(早餐、午餐或晚餐菜肴。)

1124. 配料--16至20片蘑菇伞盖、黄油、按口味添加的胡椒。

做法--用这种烹饪方式，蘑菇片比蘑菇钮更好，且不应太大。切去一部分菌柄，剥去顶部，用一块法兰绒和少许细盐仔细擦拭蘑菇。将其放入锡制烤碟中，每只蘑菇上放一小块黄油；

sprinkle over a little pepper, and let them bake for about 20 minutes, or longer should the mushrooms be very large. Have ready a *very hot* dish, pile the mushrooms high in the centre, pour the gravy round, and send them to table quickly, with very *hot* plates.

Time.—20 minutes; large mushrooms, 1/2 hour.

Average cost, 1d. each for large mushroom-flaps.

Sufficient for 5 or 6 persons.

Seasonable.—Meadow mushrooms in September and October; cultivated mushrooms may be had at any time.

FUNGI.—These are common parasitical plants, originating in the production of copious filamentous threads, called the mycelium, or spawn. Rounded tubers appear on the mycelium; some of these enlarge rapidly, burst an outer covering, which is left at the base, and protrude a thick stalk, bearing at its summit a rounded body, which in a short time expands into the pileus or cap. The gills, which occupy its lower surface, consist of parallel plates, bearing naked sporules over their whole surface. Some of the cells, which are visible by the microscope, produce four small cells at their free summit, apparently by germination and constriction. These are the sporules, and this is the development of the Agarics.

BROILED MUSHROOMS.

(A Breakfast, Luncheon, or Supper Dish.)

1125. INGREDIENTS.—Mushroom-flaps, pepper and salt to taste, butter, lemon-juice.

撒上少许胡椒，烘约 20 分钟，若蘑菇很大则时间更长。备好一只滚烫的碟子，将蘑菇高高堆在中央，把肉汁浇在周围，配上滚烫的盘子迅速上桌。

时间。- 20分钟；大蘑菇，1/2小时。

平均成本，大蘑菇伞盖每个1便士。

足量供5或6人食用。

时令--野蘑菇在九月和十月；栽培蘑菇随时可得。

真菌。--这些是常见的寄生植物，起源于大量被称为菌丝体或菌种的丝状线程的产生。菌丝体上出现圆形块茎；其中一些迅速增大，撑破外被，外被留在基部，并伸出一根粗壮的菌柄，其顶端有一个圆形体，短时间内便展开成菌盖。占据其下表面的菌褶由平行片组成，整个表面布满裸露的孢子。显微镜下可见的一些细胞在其游离顶端产生四个小细胞，显然是通过萌发和缢缩形成的。这些就是孢子，而这就是伞菌的发育过程。

烤蘑菇。

(早餐、午餐或晚餐菜肴。)

1125. 配料--蘑菇片，胡椒和盐适量，黄油，柠檬汁。

[Illustration: BROILED MUSHROOMS.]

Mode.—Cleanse the mushrooms by wiping them with a piece of flannel and a little salt; cut off a portion of the stalk, and peel the tops: broil them over a clear fire, turning them once, and arrange them on a very hot dish. Put a small piece of butter on each mushroom, season with pepper and salt, and squeeze over them a few drops of lemon-juice. Place the dish before the fire, and when the butter is melted, serve very hot and quickly. Moderate-sized flaps are better suited to this mode of cooking than the buttons: the latter are better in stews.

Time.—10 minutes for medium-sized mushrooms.

Average cost, 1d. each for large mushrooms.

Sufficient.—Allow 3 or 4 mushrooms to each person.

Seasonable.—Meadow mushrooms in September and October; cultivated mushrooms may be had at any time.

[Illustration: MUSHROOMS.]

VARIETIES OF THE MUSHROOM.—The common mushroom found in our pastures is the *Agaricus campestris* of science, and another edible British species is *A. Georgii;* but *A. primulus* is affirmed to be the most delicious mushroom. The morel is *Morchella esculenta*, and *Tuber cibarium* is the common truffle. There is in New Zealand a long fungus, which grows from the head of a caterpillar, and which forms a horn, as it were, and is called *Sphaeria Robertsii*.

TO PRESERVE MUSHROOMS.

[插图：烤蘑菇。]

做法。--用一块法兰绒和少许盐擦拭蘑菇以清洁它们；切掉一部分菌柄，并剥去顶部：在明火上烤，翻一次面，然后将它们摆在一个非常热的盘子上。在每个蘑菇上放一小块黄油，用胡椒和盐调味，并在上面挤几滴柠檬汁。将盘子放在火前，待黄油融化后，趁非常热时迅速上桌。中等大小的菌盖比菌钮更适合这种烹饪方式：后者更适合炖煮。

时间。- 中等大小的蘑菇需10分钟。

平均成本，大蘑菇每个1便士。

足量。--每人配给3或4个蘑菇。

时令--野蘑菇在九月和十月；栽培蘑菇随时可得。

[插图：蘑菇。]

蘑菇的品种。--我们牧场中常见的蘑菇是科学上的*Agaricus campestris*，另一种英国可食用品种是*A.Georgii*;但据断言*A.primulus*是最美味的蘑菇。羊肚菌是*Morchella esculenta*，而*Tuber cibarium*是常见的块菌。新西兰有一种长形真菌，从毛虫头部生长出来，形成一个角状物，被称为*Sphaeria Robertsii*。

保存蘑菇

1126. INGREDIENTS.—To each quart of mushrooms, allow 3 oz. of butter, pepper and salt to taste, the juice of 1 lemon, clarified butter.

Mode.—Peel the mushrooms, put them into cold water, with a little lemon-juice; take them out and *dry* them very carefully in a cloth. Put the butter into a stewpan capable of holding the mushrooms; when it is melted, add the mushrooms, lemon-juice, and a seasoning of pepper and salt; draw them down over a slow fire, and let them remain until their liquor is boiled away, and they have become quite dry, but be careful in not allowing them to stick to the bottom of the stewpan. When done, put them into pots, and pour over the top clarified butter. If wanted for immediate use, they will keep good a few days without being covered over. To re-warm them, put the mushrooms into a stewpan, strain the butter from them, and they will be ready for use.

Average cost, 1d. each.

Seasonable.—Meadow mushrooms in September and October; cultivated mushrooms may be had at any time.

LOCALITIES OF THE MUSHROOM.—Mushrooms are to be met with in pastures, woods, and marshes, but are very capricious and uncertain in their places of growth, multitudes being obtained in one season where few or none were to be found in the preceding. They sometimes grow solitary, but more frequently they are gregarious, and rise in a regular circular form. Many species are employed by man as food; but, generally speaking, they are difficult of digestion, and by no means very nourishing. Many of them are also of suspicious qualities. Little reliance can be placed

1126. 配料--每 quart 蘑菇配 3 oz.黄油，胡椒和盐适量，1 个柠檬的汁，澄清黄油。

Mode。- 将蘑菇去皮，放入冷水中，加少许柠檬汁；取出后用布非常仔细地擦干。将黄油放入能盛下蘑菇的炖锅中；黄油融化后，加入蘑菇、柠檬汁以及胡椒和盐的调味；用慢火收汁，让它们一直煮到汁水熬干、变得相当干为止，但要注意不要让它们粘在炖锅底部。做好后，将它们装入罐中，在顶部浇上澄清黄油。如需立即食用，即使不加覆盖，也能保鲜数日。若要重新加热，将蘑菇放入炖锅中，滤去黄油，即可食用。

平均成本，每个1便士。

时令--野蘑菇在九月和十月；栽培蘑菇随时可得。

蘑菇的产地。--蘑菇可见于牧场、树林和沼泽，但其生长地点非常反复无常、难以确定，有时一个时令能采到大量，而前一年却几乎或完全找不到。它们有时单生，但更常见的是群生，并呈规则的圆形长出。许多种类被人们用作食物；但一般来说，它们难以消化，也绝非很有营养。其中许多还具有可疑的性质。不能过分依赖

either on their taste, smell, or colour, as much depends on the situation in which they vegetate; and even the same plant, it is affirmed, may be innocent when young, but become noxious when advanced in age.

STEWED MUSHROOMS.

1127. INGREDIENTS.—1 pint mushroom-buttons, 3 oz. of fresh butter, white pepper and salt to taste, lemon-juice, 1 teaspoonful of flour, cream or milk, 1 teaspoonful of grated nutmeg.

Mode.—Cut off the ends of the stalks, and pare neatly a pint of mushroom-buttons; put them into a basin of water, with a little lemon-juice, as they are done. When all are prepared, take them from the water with the hands, to avoid the sediment, and put them into a stewpan with the fresh butter, white pepper, salt, and the juice of 1/2 lemon; cover the pan closely, and let the mushrooms stew gently from 20 to 25 minutes; then thicken the butter with the above proportion of flour, add gradually sufficient cream, or cream and milk, to make the sauce of a proper consistency, and put in the grated nutmeg. If the mushrooms are not perfectly tender, stew them for 5 minutes longer, remove every particle of butter which may be floating on the top, and serve.

Time.—1/2 hour. *Average cost*, from 9d. to 2s. per pint.

Sufficient for 5 or 6 persons.

Seasonable.—Meadow mushrooms in September and October.

TO PROCURE MUSHROOMS.—In order to obtain mushrooms at all seasons, several methods of propagation have been had

无论是味道、气味还是颜色，很大程度上取决于它们生长的环境；甚至据说同一种植物在幼嫩时可能无害，但长大后就会变得有毒。

炖蘑菇

1127. 配料--1 pint 小蘑菇，3 oz.新鲜黄油，白胡椒和盐适量，柠檬汁，1 茶匙面粉，奶油或牛奶，1 茶匙磨碎的肉豆蔻。

做法。--切去菌柄的末端，将一品脱蘑菇钮仔细修整干净；随修整随放入一盆水中，加少许柠檬汁。全部处理完毕后，用手将它们从水中取出，以免带出沉淀物，放入炖锅，加入新鲜黄油、白胡椒、盐和1/2个柠檬的汁；将锅盖严，让蘑菇用文火炖20至25分钟；然后用上述比例的面粉将黄油勾芡，逐渐加入足量的奶油，或奶油与牛奶，使酱汁达到适当的稠度，再加入磨碎的肉豆蔻。如果蘑菇还不够软嫩，再炖5分钟，撇去表面漂浮的所有黄油颗粒，即可上桌。

时间。--1/2小时。平均成本，每品脱9便士至2先令。

足量供5或6人食用。

时令。--九月和十月有野蘑菇。

如何获得蘑菇--为了在所有时令都能获得蘑菇，人们采用了多种繁殖方法

recourse to. It is said that, in some parts of Italy, a species of stone is used for this purpose, which is described as being of two different kinds; the one is found in the chalk hills near Naples, and has a white, porous, stalactical appearance; the other is a hardened turf from some volcanic mountains near Florence. These stones are kept in cellars, and occasionally moistened with water which has been used in the washing of mushrooms, and are thus supplied with their minute seeds. In this country, gardeners provide themselves with what is called *spawn*, either from the old manure of cucumber-beds, or purchase it from those whose business it is to propagate it. When thus procured, it is usually made up for sale in quadrils, consisting of numerous white fibrous roots, having a strong smell of mushrooms. This is planted in rows, in a dry situation, and carefully attended to for five or six weeks, when the bed begins to produce, and continues to do so for several months.

求助。据说在意大利的一些地方，有一种石头被用于此目的，据描述有两种；一种产于那不勒斯附近的石灰岩丘陵，呈白色、多孔、钟乳状的形态；另一种是佛罗伦萨附近某座火山上的硬化草皮。这些石头被存放在地窖中，不时用洗过蘑菇的水润湿，就这样为它们提供了微小的种子。在这个国家，园丁们自备所谓的菌种，或取自黄瓜床的旧肥料，或向以培育菌种为业的人购买。这样取得的菌种，通常被做成方块出售，由许多白色纤维状根组成，带有强烈的蘑菇气味。将其成行种植在干燥的地方，并精心照料五六个星期，之后菌床便开始出产，并持续出产数月。

STEWED MUSHROOMS IN GRAVY.

1128. INGREDIENTS.—1 pint of mushroom-buttons, 1 pint of brown gravy No. 436, 1/4 teaspoonful of grated nutmeg, cayenne and salt to taste.

Mode.—Make a pint of brown gravy by recipe 436; cut nearly all the stalks away from the mushrooms and peel the tops; put them into a stewpan, with the gravy, and simmer them gently from 20 minutes to 1/2 hour. Add the nutmeg and a seasoning of cayenne and salt, and serve very hot.

Time.—20 minutes to 1/2 hour.

Average cost, 9d. to 2s. per pint.

肉汁烩蘑菇。

1128. 配料--1 pint 小蘑菇，1 pint 第436号棕色肉汁，1/4 茶匙磨碎的肉豆蔻，卡宴辣椒和盐适量。

做法--按食谱436制作1 pint棕色肉汁；将蘑菇的梗几乎全部切掉，并将顶部去皮；将它们与肉汁一起放入炖锅中，用文火慢炖20分钟至1/2小时。加入肉豆蔻以及卡宴辣椒和盐的调味，趁热上桌。

时间。--20分钟至半小时。

平均成本，每品脱9便士至2先令。

Sufficient for 5 or 6 persons.

Seasonable.—Meadow mushrooms in September and October.

ANALYSIS OF FUNGI.—The fungi have been examined chemically with much care, both by MM. Bracannot and Vauquelin, who designate the insoluble spongy matter by the name of fungin, and the soluble portion is found to contain the bolotic and the fungic acids.

BAKED SPANISH ONIONS.

1129. INGREDIENTS.—4 or 5 Spanish onions, salt, and water.

Mode.—Put the onions, with their skins on, into a saucepan of boiling water slightly salted, and let them boil quickly for an hour. Then take them out, wipe them thoroughly, wrap each one in a piece of paper separately, and bake them in a moderate oven for 2 hours, or longer, should the onions be very large. They may be served in their skins, and eaten with a piece of cold butter and a seasoning of pepper and salt; or they may be peeled, and a good brown gravy poured over them.

Time.—1 hour to boil, 2 hours to bake.

Average cost, medium-sized, 2d. each.

Sufficient for 5 or 6 persons.

Seasonable from September to January.

[Illustration: ONION.]

THE GENUS ALLIUM.—The Onion, like the Leek, Garlic, and Shalot, belongs to the genus *Allium*, which is a numerous species

足量供5或6人食用。

时令。--九月和十月有野蘑菇。

真菌分析--布拉卡诺先生和沃克兰先生都对真菌进行了非常仔细的化学检验，他们将不溶性海绵状物质命名为真菌素，并发现可溶部分含有牛肝菌酸和真菌酸。

烤西班牙洋葱。

1129. 配料--4或5个西班牙洋葱、盐和水。

做法--将洋葱连皮放入加有少许盐的沸水锅中，快速煮一小时。然后取出，彻底擦干，每个单独用一张纸包好，放入中等温度的烤箱烤2小时，如果洋葱很大则烤更长时间。可以连皮上桌，配一块冷黄油以及胡椒和盐的调味食用；也可以剥皮，浇上好的棕色肉汁。

时间。- 煮1小时，烘烤2小时。

平均成本，中等大小，每个2便士。

足量供5或6人食用。

时令九月至一月。

[插图：洋葱。]

葱属--洋葱与韭葱、大蒜和分葱一样，属于葱属，这是一个种类繁多的属

of vegetable; and every one of them possesses, more or less, a volatile and acrid penetrating principle, pricking the thin transparent membrane of the eyelids; and all are very similar in their properties. In the whole of them the bulb is the most active part, and any one of them may supply the place of the other; for they are all irritant, excitant, and vesicant. With many, the onion is a very great favourite, and is considered an extremely nutritive vegetable. The Spanish kind is frequently taken for supper, it being simply boiled, and then seasoned with salt, pepper, and butter. Some dredge on a little flour, but many prefer it without this.

的蔬菜；它们每一种都或多或少含有一种挥发性的辛辣刺激成分，会刺痛眼睑那层薄而透明的膜；而且它们的性质都非常相似。在它们全体中，鳞茎是最活跃的部分，其中任何一种都可以替代另一种；因为它们都具有刺激性、兴奋性和起疱性。对许多人来说，洋葱是非常受喜爱的，被视为一种极有营养的蔬菜。西班牙品种常被用作晚餐，只需简单水煮，然后用盐、胡椒和黄油调味。有些人会撒上一点面粉，但许多人更喜欢不加面粉。

BURNT ONIONS FOR GRAVIES.

用于肉汁的焦洋葱。

1130. INGREDIENTS.—1/2 lb. of onions, 1/3 pint of water, 1/2 lb. of moist sugar, 1/3 pint of vinegar.

1130. 配料--1/2 lb.洋葱，1/3 pint 水，1/2 lb.湿糖，1/3 pint 醋。

Mode.—Peel and chop the onions fine, and put them into a stewpan (not tinned), with the water; let them boil for 5 minutes, then add the sugar, and simmer gently until the mixture becomes nearly black and throws out bubbles of smoke. Have ready the above proportion of boiling vinegar, strain the liquor gradually to it, and keep stirring with a wooden spoon until it is well incorporated. When cold, bottle for use.

做法--将洋葱去皮切碎，与水和洋葱一起放入炖锅(不要用镀锡锅)；煮5分钟，然后加入糖，用文火慢炖，直到混合物几乎变黑并冒出烟泡。准备好上述比例的沸醋，将煮好的液体逐渐滤入醋中，用木勺不断搅拌，直到充分混合。冷却后装瓶备用。

Time.—Altogether, 1 hour.

时间。--总计1小时。

PROPERTIES OF THE ONION.—The onion is possessed of a white, acrid, volatile oil, holding sulphur in solution, albumen, a good deal of uncrystallizable sugar and mucilage; phosphoric acid, both free and combined with lime; acetic acid, citrate of lime, and lignine. Of all the species of allium, the onion has the volatile

洋葱的特性--洋葱含有一种白色、辛辣、挥发性的油，其中溶有硫、蛋白、大量不可结晶的糖和黏液；磷酸，既有游离态也有与石灰结合的；醋酸、柠檬酸钙和木质素。在葱属的所有种类中，洋葱具有挥发性

principle in the greatest degree; and hence it is impossible to separate the scales of the root without the eyes being affected. The juice is sensibly acid, and is capable of being, by fermentation, converted into vinegar, and, mixed with water or the dregs of beer, yields, by distillation, an alcoholic liquor. Although used as a common esculent, onions are not suited to all stomachs; there are some who cannot eat them either fried or roasted, whilst others prefer them boiled, which is the best way of using them, as, by the process they then undergo, they are deprived of their essential oil. The pulp of roasted onions, with oil, forms an excellent anodyne and emollient poultice to suppurating tumours.

原理在很大程度上；因此，不可能分离根部的鳞片而不影响芽眼。汁液有明显的酸味，能够通过发酵转化为醋，与水或啤酒渣混合后，通过蒸馏可得到一种酒精饮料。虽然洋葱被用作常见的食用蔬菜，但并非适合所有人的胃；有些人既不能吃炸的也不能吃烤的，而另一些人则更喜欢煮的，这是使用它们的最佳方式，因为经过煮的过程，它们失去了 essential oil。烤洋葱的果肉与油混合，可制成极好的镇痛和软化敷剂，用于化脓性肿瘤。

STEWED SPANISH ONIONS.

炖西班牙洋葱。

1131—INGREDIENTS.—5 or 6 Spanish onions, 1 pint of good broth or gravy.

1131-配料--5或6个西班牙洋葱，1品脱上好的肉汤或肉汁。

Mode.—Peel the onions, taking care not to cut away too much of the tops or tails, or they would then fall to pieces; put them into a stewpan capable of holding them at the bottom without piling them one on the top of another; add the broth or gravy, and simmer *very gently* until the onions are perfectly tender. Dish them, pour the gravy round, and serve. Instead of using broth, Spanish onions may be stewed with a large piece of butter: they must be done very gradually over a slow fire or hot-plate, and will produce plenty of gravy.

做法。- 将洋葱剥皮，注意不要切掉太多的顶部或尾部，否则它们会散开；将它们放入一个能容纳它们底部的炖锅中，不要将它们一个叠一个地堆放；加入肉汤或肉汁，非常轻柔地炖至洋葱完全嫩滑。将它们装盘，浇上肉汁，即可上桌。不用肉汤，西班牙洋葱可以用一大块黄油炖制：必须在慢火或热板上非常逐渐地完成，并且会产生大量肉汁。

Time.—To stew in gravy, 2 hours, or longer if very large.

时间。--用肉汁炖煮，需2小时；若体积很大，则需更长时间。

Average cost.—medium-sized, 2d. each.

平均成本。--中等大小，每个2便士。

Sufficient for 6 or 7 persons.

足量供6或7人食用。

Seasonable from September to January.

Note.—Stewed Spanish onions are a favourite accompaniment to roast shoulder of mutton.

ORIGIN OF THE ONION.—This vegetable is thought to have originally come from India, through Egypt, where it became an object of worship. Thence it was transmitted to Greece, thence to Italy, and ultimately it was distributed throughout Europe, in almost every part of which it has, from time immemorial, been cultivated. In warm climates it is found to be less acrid and much sweeter than in colder latitudes; and in Spain it is not at all unusual to see a peasant munching an onion, as an Englishman would an apple. Spanish onions, which are imported to this country during the winter months, are, when properly roasted, perfectly sweet, and equal to many preserves.

BOILED PARSNIPS.

1132. INGREDIENTS.—Parsnips; to each gallon of water allow 1 heaped tablespoonful of salt.

Mode.—Wash the parsnips, scrape them thoroughly, and, with the point of the knife, remove any black specks about them, and, should they be very large, cut the thick part into quarters. Put them into a saucepan of boiling water salted in the above proportion, boil them rapidly until tender, which may be ascertained by thrusting a fork in them; take them up, drain them, and serve in a vegetable-dish. This vegetable is usually served with salt fish, boiled pork, or boiled beef: when sent to table with the latter, a few should be placed alternately with carrots round the dish, as a garnish.

时令九月至一月。

注--炖西班牙洋葱是烤羊肩肉的受欢迎配菜。

洋葱的起源。--这种蔬菜被认为最初来自印度，经由埃及，在那里成为崇拜的对象。从那里传到希腊，再到意大利，最终分布到整个欧洲，几乎在每个地方都从远古时代起就被种植。在温暖的气候中，它被发现比在较冷的纬度更不辛辣且更甜；在西班牙，看到农民咀嚼洋葱，就像英国人吃苹果一样，一点也不罕见。西班牙洋葱在冬季月份进口到该国，正确烤制后，完全甜美，堪比许多蜜饯。

煮欧防风

1132. 配料--欧防风；每 gallon 水配 1 满汤匙盐。

做法。- 清洗欧防风，彻底刮皮，用刀尖去除任何黑斑，如果它们非常大，将厚部分切成四块。将它们放入按上述比例加盐的沸水锅中，快速煮至嫩熟，可通过插入叉子来确认；取出，沥干，盛在蔬菜盘中。这种蔬菜通常与咸鱼、煮猪肉或煮牛肉一起食用：当与后者一起上桌时，应在盘子周围交替放置几根与胡萝卜，作为装饰。

Time.—Large parsnips, 1 to 1-1/2 hour; small ones, 1/2 to 1 hour.

Average cost, 1d. each.

Sufficient.—Allow 1 for each person.

Seasonable from October to May.

[Illustration: THE PARSNIP.]

THE PARSNIP.—This vegetable is found wild in meadows all over Europe, and, in England, is met with very frequently on dry banks in a chalky soil. In its wild state, the root is white, mucilaginous, aromatic, and sweet, with some degree of acrimony: when old, it has been known to cause vertigo. Willis relates that a whole family fell into delirium from having eaten of its roots, and cattle never touch it in its wild state. In domestic economy the parsnip is much used, and is found to be a highly nutritious vegetable. In times of scarcity, an excellent bread has been made from the roots, and they also furnish an excellent wine, resembling the malmsey of Madeira and the Canaries: a spirit is also obtained from them in as great quantities as from carrots. The composition of the parsnip-root has been found to be 79.4 of water, 0.9 starch and fibre, 6.1 gum, 5.5 sugar, and 2.1 of albumen.

BOILED GREEN PEAS.

1133. INGREDIENTS.—Green peas; to each 1/2 gallon of water allow 1 *small* teaspoonful of moist sugar, 1 heaped tablespoonful of salt.

Mode.—This delicious vegetable, to be eaten in perfection, should be young, and not *gathered* or *shelled* long before it is dressed.

时间。--大防风根，1至1-1/2小时；小的，1/2至1小时。

平均成本，每个1便士。

充足。--每人配1份。

时令十月至五月。

[插图：欧防风。]

欧防风。--这种蔬菜在欧洲各地的草地中野生，在英格兰，经常在钙质土壤的干燥河岸上遇到。在野生状态下，根是白色的、粘液的、芳香的、甜的，带有一些辛辣味：老了以后，已知会引起眩晕。威利斯叙述说，一家人因吃了它的根而陷入谵妄，牛在野生状态下从不碰它。在家庭经济中，欧防风被大量使用，并被发现是一种高度营养的蔬菜。在饥荒时期，用根制作了极好的面包，它们还提供一种极好的葡萄酒，类似于马德拉和加那利群岛的马尔姆齐：从中还可以获得与胡萝卜一样大量的烈酒。欧防风根的成分被发现为79.4水，0.9淀粉和纤维，6.1树胶，5.5糖，和2.1蛋白。

煮青豌豆。

1133. 配料--青豌豆；每 1/2 gallon 水配 1 小茶匙湿糖，1 满汤匙盐。

做法--这种美味的蔬菜要吃到最佳风味，应该是嫩的，并且不要在烹制前很久才采摘或剥壳。

Shell the peas, wash them well in cold water, and drain them; then put them into a saucepan with plenty of *fast-boiling* water, to which salt and *moist sugar* have been added in the above proportion; let them boil quickly over a brisk fire, with the lid of the saucepan uncovered, and be careful that the smoke does not draw in. When tender, pour them into a colander; put them into a hot vegetable-dish, and quite in the centre of the peas place a piece of butter, the size of a walnut. Many cooks boil a small bunch of mint *with* the *peas*, or garnish them with it, by boiling a few sprigs in a saucepan by themselves. Should the peas be very old, and difficult to boil a good colour, a very tiny piece of soda may be thrown in the water previous to putting them in; but this must be very sparingly used, as it causes the peas, when boiled, to have a smashed and broken appearance. With young peas, there is not the slightest occasion to use it.

剥去豌豆壳，用冷水洗净并沥干；然后将它们放入炖锅中，加入大量快速沸腾的水，水中已按上述比例加入盐和湿糖；让它们在旺火上快速煮，锅盖不盖，注意不要让烟熏入。煮至嫩熟后，倒入滤盆；将它们放入热的蔬菜盘中，并在豌豆正中央放一块核桃大小的黄油。许多厨师会与豌豆一起煮一小束薄荷，或用薄荷作装饰，将几枝薄荷单独放在炖锅中煮。如果豌豆很老，难以煮出好颜色，可在放入豌豆之前往水中投入一小块极小的苏打；但必须非常节制地使用，因为苏打会使煮好的豌豆外观破碎散烂。对于嫩豌豆，完全没有必要使用苏打。

Time.—Young peas, 10 to 15 minutes; the large sorts, such as marrowfats, &c., 18 to 24 minutes; old peas, 1/2 hour.

时间--嫩豌豆，10至15分钟；大品种，如 marrowfats 等，18至24分钟；老豌豆，1/2小时。

Average cost, when cheapest, 6d. per peck; when first in season, 1s. to 1s. 6d. per peck.

平均成本，最便宜时每 peck 6d.；刚当令时每 peck 1s.至 1s.6d.。

Sufficient.—Allow 1 peck of unshelled peas for 4 or 5 persons.

足量。--四五人份需带荚豌豆1配克。

Seasonable from June to the end of August.

时令六月至八月底。

ORIGIN OF THE PEA.—All the varieties of garden peas which are cultivated have originated from the *Pisum sativum*, a native of the south of Europe; and field peas are varieties of *Pisum arvense*. The Everlasting Pea is *Lathyrus latifolius*, an old favourite in flower-gardens. It is said to yield an abundance of honey to bees, which are remarkably fond of it. In this country the pea has been grown

豌豆的起源--所有栽培的园豌豆品种都起源于*Pisum sativum*，原产于南欧；田豌豆是*Pisum arvense*的变种。宿根香豌豆是*Lathyrus latifolius*，是花坛中由来已久的宠儿。据说它能给蜜蜂提供大量花蜜，蜜蜂特别喜欢它。在这个国家，豌豆种植

from time immemorial; but its culture seems to have diminished since the more general introduction of herbage, plants, and roots.

GREEN PEAS A LA FRANCAISE.

1134. INGREDIENTS.—2 quarts of green peas, 3 oz. of fresh butter, a bunch of parsley, 6 green onions, flour, a small lump of sugar, 1/2 teaspoonful of salt, a teaspoonful of flour.

Mode.—Shell sufficient fresh-gathered peas to fill 2 quarts; put them into cold water, with the above proportion of butter, and stir them about until they are well covered with the butter; drain them in a colander, and put them in a stewpan, with the parsley and onions; dredge over them a little flour, stir the peas well, and moisten them with boiling water; boil them quickly over a large fire for 20 minutes, or until there is no liquor remaining. Dip a small lump of sugar into some water, that it may soon melt; put it with the peas, to which add 1/2 teaspoonful of salt. Take a piece of butter the size of a walnut, work it together with a teaspoonful of flour; and add this to the peas, which should be boiling when it is put in. Keep shaking the stewpan, and, when the peas are nicely thickened, dress them high in the dish, and serve.

Time.—Altogether, 3/4 hour. *Average cost*, 6d. per peck.

Sufficient for 4 or 5 persons.

Seasonable from June to the end of August.

VARIETIES OF THE PEA.—The varieties of the Pea are numerous; but they may be divided into two classes—those grown for the ripened seed, and those grown for gathering in a green state. The culture of the latter is chiefly confined to the neighbourhoods of

自古以来就有；但自从牧草、植物和根菜更普遍引入以来，其栽培似乎减少了。

法式青豌豆

1134. 配料--2 quarts 青豌豆，3 oz.新鲜黄油，一束欧芹，6 根青葱，面粉，一小块糖，1/2 茶匙盐，一茶匙面粉。

做法。- 剥出足够装满2夸脱的新鲜采摘豌豆；将它们放入冷水中，加入上述比例的黄油，搅拌至豌豆均匀裹上黄油；在滤盆中沥干，放入炖锅中，加入欧芹和洋葱；在豌豆上撒少许面粉，充分搅拌，用沸水润湿；在大火上快速煮20分钟，或煮至不再有汤汁残留。将一小块糖蘸水，使其很快融化；与豌豆一起放入，并加入1/2茶匙盐。取一块核桃大小的黄油，与一茶匙面粉揉合；加入豌豆中，加入时豌豆应正在沸腾。不断摇动炖锅，待豌豆浓稠适宜时，在盘中高高堆起，即可上桌。

时间--总共 3/4 小时。平均成本，每 peck 6d.。

足量供4或5人食用。

时令六月至八月底。

豌豆的品种--豌豆的品种很多；但可以分为两类--为收获成熟种子而种植的，以及为采摘青嫩状态而种植的。后者的栽培主要限于

large towns, and may be considered as in part rather to belong to the operations of the gardener than to those of the agriculturist. The grey varieties are the early grey, the late grey, and the purple grey; to which some add the Marlborough grey and the horn grey. The white varieties grown in fields are the pearl, early Charlton, golden hotspur, the common white, or Suffolk, and other Suffolk varieties.

大城镇附近，可以认为部分属于园丁的工作而非农学家的工作。灰色品种有早灰、晚灰和紫灰；有些人还加上马尔伯勒灰和角灰。田间种植的白色品种有珍珠、早查尔顿、金热刺、普通白或萨福克，以及其他萨福克品种。

STEWED GREEN PEAS.

炖青豌豆。

1135. INGREDIENTS.—1 quart of peas, 1 Lettuce, 1 onion, 2 oz. of butter, pepper and salt to taste, 1 egg, 1/2 teaspoonful of powdered sugar.

1135. 配料--1 quart 豌豆，1 棵生菜，1 个洋葱，2 oz.黄油，胡椒和盐适量，1 个鸡蛋，1/2 茶匙糖粉。

Mode.—Shell the peas, and cut the onion and lettuce into slices; put these into a stewpan, with the butter, pepper, and salt, but with no more water than that which hangs round the lettuce from washing. Stew the whole very gently for rather more than 1 hour; then stir to it a well-beaten egg, and about 1/2 teaspoonful of powdered sugar. When the peas, &c., are nicely thickened, serve but, after the egg is added, do not allow them to boil.

做法--将豌豆剥壳，洋葱和生菜切片；将它们与黄油、胡椒和盐一起放入炖锅，但不要加比洗生菜后附着的水更多的水。将全部用文火慢炖1小时多一点；然后拌入一个打散的鸡蛋和约1/2茶匙糖粉。当豌豆等 nicely 变稠后即可上桌，但加入鸡蛋后不要再让其煮沸。

Time.—1-1/4 hour. *Average cost*, 6d. per peck.

时间--1又1/4小时。平均成本，每配克6便士。

Sufficient for 3 or 4 persons.

足够供三四人食用。

Seasonable from June to the end of August.

时令六月至八月底。

[Illustration: GREEN PEA.]

[插图：青豌豆。]

THE SWEET-PEA AND THE HEATH OR WOOD-PEA.—The well-known sweet-pea forms a fine covering to a trellis, or lattice-work in a flower-garden. Its gay and fragrant flowers, with its rambling

香豌豆与石南豌豆或林豌豆--著名的香豌豆是花坛中棚架或格架的良好覆盖植物。它艳丽芬芳的花朵，以及其蔓生

habit, render it peculiarly adapted for such a purpose. The wood-pea, or heath-pea, is found in the heaths of Scotland, and the Highlanders of that country are extremely partial to them, and dry and chew them to give a greater relish to their whiskey. They also regard them as good against chest complaints, and say that by the use of them they are enabled to withstand hunger and thirst for a long time. The peas have a sweet taste, somewhat like the root of liquorice, and, when boiled, have an agreeable flavour, and are nutritive. In times of scarcity they have served as an article of food. When well boiled, a fork will pass through them; and, slightly dried, they are roasted, and in Holland and Flanders served up like chestnuts.

习性，使其特别适合这一用途。林豌豆，或称石南豌豆，见于苏格兰的石南荒地，该地区的苏格兰高地人极为偏爱它们，将其晒干咀嚼，以增添威士忌的滋味。他们还认为这种豌豆对胸部疾病有益，并说食用后能长时间抵御饥渴。这种豌豆味道甘甜，略似甘草根，煮后风味宜人，富有营养。在饥荒时期，它们曾被用作食物。煮透后，叉子可以穿透；稍微干燥后烤制，在荷兰和佛兰德像栗子一样上桌。

BAKED POTATOES.

1136. INGREDIENTS.—Potatoes.

[Illustration: BAKED POTATOES SERVED IN NAPKIN.]

Mode.—Choose large potatoes, as much of a size as possible; wash them in lukewarm water, and scrub them well, for the browned skin of a baked potato is by many persons considered the better part of it. Put them into a moderate oven, and bake them for about 2 hours, turning them three or four times whilst they are cooking. Serve them in a napkin immediately they are done, as, if kept a long time in the oven, they have a shrivelled appearance. Potatoes may also be roasted before the fire, in an American oven; but when thus cooked, they must be done very slowly. Do not forget to send to table with them a piece of cold butter.

Time.—Large potatoes, in a hot oven 1-1/2 hour to 2 hours; in a cool oven, 2 to 2-1/2 hours.

烤马铃薯

1136. 配料--土豆。

[插图：餐巾中盛放的烤马铃薯。]

做法。- 选择大个土豆，尽量大小一致；用温水洗净，并充分刷洗，因为许多人认为烤土豆焦褐的皮是其中更好的部分。将它们放入中等温度的烤箱，烤约2小时，烤制过程中翻动三四次。烤好后立即用餐巾包裹上桌，因为如果在烤箱中放置过久，它们会显得干瘪。土豆也可以在美国式烤炉中放在火前烤制；但这样烤制时，必须非常缓慢地进行。不要忘记随土豆一起上桌一块冷黄油。

时间--大土豆，在热烤箱中1-1/2至2小时；在冷烤箱中，2至2-1/2小时。

Average cost, 4s. per bushel.

Sufficient.—Allow 2 to each person.

Seasonable all the year, but not good just before and whilst new potatoes are in season.

POTATO-SUGAR.—This sugary substance, found in the tubers of potatoes, is obtained in the form of syrup or treacle, and has not yet been crystallized. It resembles the sugar of grapes, has a very sweet taste, and may be used for making sweetmeats, and as a substitute for honey. Sixty pounds of potatoes, yielding eight pounds of dry starch, will produce seven and a half pounds of sugar. In Russia it is extensively made, as good, though of less consistency than the treacle obtained from cane-sugar. A spirit is also distilled from the tubers, which resembles brandy, but is milder, and has a flavour as if it were charged with the odour of violets or raspberries. In France this manufacture is carried on pretty extensively, and five hundred pounds of the tubers will produce twelve quarts of spirit, the pulp being given to cattle.

TO BOIL POTATOES.

1137. INGREDIENTS.—10 or 12 potatoes; to each 1/2 gallon of water allow 1 heaped tablespoonful of salt.

Mode.—Choose potatoes of an equal size, pare them, take out all the eyes and specks, and as they are peeled, throw them into cold water. Put them into a saucepan, with sufficient cold water to cover them, with salt in the above proportion, and let them boil gently until tender. Ascertain when they are done by thrusting a fork in them, and take them up the moment they feel soft through;

平均成本，每蒲式耳4先令。

充足。--每人给两块。

当令全年，但在新土豆当令之前和期间品质不佳。

土豆糖。--这种含糖物质存在于土豆的块茎中，以糖浆或糖蜜的形式获得，尚未结晶。它类似葡萄糖，味道很甜，可用于制作甜食，并可作为蜂蜜的替代品。六十磅土豆，可产出八磅干淀粉，将产生七磅半糖。在俄罗斯，这种糖被大量制造，品质良好，但稠度不如从蔗糖获得的糖蜜。还可从块茎中蒸馏出一种烈酒，类似白兰地，但更为温和，带有一种仿佛充满紫罗兰或覆盆子气味的香味。在法国，这种制造相当广泛，五百磅块茎可产出十二夸脱烈酒，残渣则喂给牲畜。

煮土豆

1137. 配料--10或12个土豆；每 1/2 gallon 水配 1 满汤匙盐。

做法。- 选择大小均匀的土豆，削皮，挖去所有芽眼和斑点，削好后立即放入冷水中。将土豆放入煮锅，加入足量冷水没过土豆，按上述比例加盐，用文火煮至软嫩。用叉子插入土豆以确认是否煮熟，一旦感觉完全变软即取出；

for if they are left in the water afterwards, they become waxy or watery. Drain away the water, put the saucepan by the side of the fire, with the lid partially uncovered, to allow the steam to escape, and let the potatoes get thoroughly dry, and do not allow them to get burnt. Their superfluous moisture will evaporate, and the potatoes, if a good sort, should be perfectly mealy and dry. Potatoes vary so much in quality and size, that it is difficult to give the exact time for boiling; they should be attentively watched, and probed with a fork, to ascertain when they are cooked. Send them to table quickly, and very hot, and with an opening in the cover of the dish, that a portion of the steam may evaporate, and not fall back on the potatoes.

因为如果之后把它们留在水里，它们会变得发黏或水汪汪的。把水倒掉，将煮锅放在火边，锅盖半开，让蒸汽逸出，让土豆彻底干燥，不要让它们烧焦。多余的水分会蒸发，土豆如果是好品种，应该完全粉质而干燥。土豆的质量和大小差异很大，很难给出确切的煮制时间；应密切观察，用叉子刺探，以确定何时煮熟。迅速将土豆送上餐桌，要非常热，并在餐盘的盖子上留一个开口，让一部分蒸汽逸出，而不会回落到土豆上。

Time.—Moderate-sized old potatoes, 15 to 20 minutes after the water boils; large ones, 1/2 hour to 35 minutes.

时间。- 中等大小的老土豆，水沸后煮15至20分钟；大土豆，煮1/2小时至35分钟。

Average cost, 4s. per bushel.

平均成本，每蒲式耳4先令。

Sufficient for 6 persons.

足量供6人食用。

Seasonable all the year, but not good just before and whilst new potatoes are in season.

当令全年，但在新土豆当令之前和期间品质不佳。

Note.—To keep potatoes hot, after draining the water from them, put a folded cloth or flannel (kept for the purpose) on the top of them, keeping the saucepan-lid partially uncovered. This will absorb the moisture, and keep them hot some time without spoiling.

附注。- 为使土豆保温，沥去水分后，在土豆上盖一块折叠好的布或法兰绒(专为此用)，煮锅盖半开。这样可吸收水汽，使土豆保温一段时间而不变质。

THE POTATO.—The potato belongs to the family of the *Solanaceae*, the greater number of which inhabit the tropics, and the remainder are distributed over the temperate regions of both hemispheres, but do not extend to the arctic and antarctic zones.

土豆。--土豆属于茄科，该科大多数种类分布于热带，其余分布于南北两半球的温带地区，但不延伸至北极和南极地带。

The whole of the family are suspicious; a great number are narcotic, and many are deleterious. The roots partake of the properties of the plants, and are sometimes even more active. The tubercles of such as produce them, are amylaceous and nutritive, as in those of the potato. The leaves are generally narcotic; but they lose this principle in boiling, as is the case with the *Solanum nigrum*, which are used as a vegetable when cooked.

整个茄科都需谨慎对待；其中很大一部分具有麻醉性，许多种类有毒。其根部具有植株的特性，有时甚至更为强烈。产生块茎的种类，其块茎富含淀粉且富有营养，如土豆的块茎。叶片通常具有麻醉性；但经煮后即失去这一成分，如龙葵即是如此，煮熟后可作为蔬菜食用。

TO BOIL POTATOES IN THEIR JACKETS.

连皮煮马铃薯

1138. INGREDIENTS.—10 or 12 potatoes; to each 1/2 gallon of water, allow 1 heaped tablespoonful of salt.

1138. 配料。--10或12个土豆；每1/2加仑水，加1满汤匙盐。

Mode.—To obtain this wholesome and delicious vegetable cooked in perfection, it should be boiled and sent to table with the skin on. In Ireland, where, perhaps, the cooking of potatoes is better understood than in any country, they are always served so. Wash the potatoes well, and if necessary, use a clean scrubbing-brush to remove the dirt from them; and if possible, choose the potatoes so that they may all be as nearly the same size as possible. When thoroughly cleansed, fill the saucepan half full with them, and just cover the potatoes with cold water, salted in the above proportion: they are more quickly boiled with a small quantity of water, and, besides, are more savoury than when drowned in it. Bring them to boil, then draw the pan to the side of the fire, and let them simmer gently until tender. Ascertain when they are done by probing them with a fork; then pour off the water, uncover the saucepan, and let the potatoes dry by the side of the fire, taking care not to let them burn. Peel them quickly, put them in a very hot vegetable-dish, either with or without a napkin, and serve

做法。--要获得这种有益健康又美味的蔬菜的完美烹制效果，应带皮煮并带皮上桌。在爱尔兰，也许那里对土豆的烹饪比任何国家都更在行，他们总是这样上桌。把土豆洗干净，如有必要，用干净的刷子刷去泥土；尽可能选择大小尽量一致的土豆。彻底洗净后，将土豆装入煮锅至半满，用冷水刚好没过土豆，按上述比例加盐：用少量水煮得更快，而且比淹没在水中更有滋味。将其煮沸，然后把锅拉到火边，让它们慢慢炖至软嫩。用叉子刺探以确定何时煮熟；然后倒掉水，揭开锅盖，让土豆在火边干燥，注意不要让它们烧焦。迅速剥皮，放入非常热的蔬菜盘中，可垫餐巾也可不垫，然后上桌

very quickly. After potatoes are cooked, they should never be entirely covered up, as the steam, instead of escaping, falls down on them, and makes them watery and insipid. In Ireland they are usually served up with the skins on, and a small plate is placed by the side of each guest.

非常快。土豆煮熟后，绝不可完全盖住，否则蒸汽无法逸出，反而落回土豆上，使其变得水汪汪且寡淡无味。在爱尔兰，土豆通常带皮上桌，每位客人旁边放一只小盘。

Time.—Moderate-sized potatoes, with their skins on, 20 to 25 minutes after the water boils; large potatoes, 25 minutes to 3/4 hour, or longer; 5 minutes to dry them.

时间。- 中等大小的带皮土豆，水沸后煮20至25分钟；大土豆，煮25分钟至3/4小时或更久；晾干需5分钟。

Average cost, 4s. per bushel. Sufficient for 6 persons.

平均成本，每蒲式耳4先令。足够6人食用。

Seasonable all the year, but not good just before and whilst new potatoes are in season.

当令全年，但在新土豆当令之前和期间品质不佳。

ANALYSIS OF THE POTATO.—Next to the cereals, the potato is the most valuable plant for the production of human food. Its tubers, according to analysis conducted by Mr. Fromberg, in the laboratory of the Agricultural Chemical Association in Scotland, contain the following ingredients:—75.52 per cent. of water, 15.72 starch, O.55 dextrine, 3.3 of impure saccharine matter, and 3.25 of fibre with coagulated albumen. In a dried state the tuber contains 64.2 per cent, of starch, 2.25 of dextrine, 13.47 of impure saccharine matter, 5.77 of caseine, gluten, and albumen, 1 of fatty matter, and 13.31 of fibre with coagulated albumen.

土豆成分分析。--除谷类之外，土豆是生产人类食物最有价值的植物。根据弗龙贝格先生在苏格兰农业化学协会实验室所做的分析，其块茎含有以下成分：-75.52%的水分，

15.72 淀粉，O.55 糊精，3.3 不纯糖类物质，以及

3.25%的纤维及凝固蛋白。干燥状态下，块茎含64.2%的淀粉、2.25%的糊精、13.47%的不纯糖类物质、5.77%的酪蛋白、麸质及蛋白、1%的脂肪物质，以及13.31%的纤维及凝固蛋白。

TO BOIL NEW POTATOES.

煮新土豆。

1139. INGREDIENTS.—Potatoes; to each 1/2 gallon of water allow 1 heaped tablespoonful of salt.

1139. 配料。--土豆；每1/2加仑水加1满汤匙盐。

Mode.—Do not have the potatoes dug long before they are dressed, as they are never good when they have been out of the

做法。- 土豆挖出后不要放置很久再烹制，因为土豆离开

ground some time. Well wash them, rub off the skins with a coarse cloth, and put them into *boiling* water salted in the above proportion. Let them boil until tender; try them with a fork, and when done, pour the water away from them; let them stand by the side of the fire with the lid of the saucepan partially uncovered, and when the potatoes are thoroughly dry, put them into a hot vegetable-dish, with a piece of butter the size of a walnut; pile the potatoes over this, and serve. If the potatoes are too old to have the skins rubbed off, boil them in their jackets; drain, peel, and serve them as above, with a piece of butter placed in the midst of them.

放置一段时间。将它们洗净，用粗布擦去表皮，放入按上述比例加盐的煮水中。让它们煮至软嫩；用叉子试一下，煮好后将水倒掉；让它们留在火旁，锅盖半开，待土豆完全干燥后，放入热蔬菜盘中，加一块核桃大小的黄油；将土豆堆在黄油上，即可上桌。如果土豆太老，表皮擦不掉，就带皮煮；沥干、去皮，按上述方法上桌，中间放一块黄油。

Time.—1/4 to 1/2 hour, according to the size.

时间。--视大小而定，1/4至1/2小时。

Average cost, in full season, 1d. per lb.

平均成本，盛产季节每磅1便士。

Sufficient.—Allow 3 lbs. for 5 or 6 persons.

足量。--供5或6人，备3磅。

Seasonable in May and June, but may be had, forced, in March.

时令为五月和六月，但三月亦可经催育获得。

POTATO STARCH.—This fecula has a beautiful white crystalline appearance, and is inodorous, soft to the touch, insoluble in cold, but readily soluble in boiling water. It is on this starch that the nutritive properties of the tubers depend. As an aliment, it is well adapted for invalids and persons of delicate constitution. It may be used in the form of arrow-root, and eaten with milk or sugar. For pastry of all kinds it is more light and easier of digestion than that made with flour of wheat. In confectionery it serves to form creams and jellies, and in cookery may be used to thicken soups and sauces. It accommodates itself to the chest and stomach of children, for whom it is well adapted; and it is an aliment that cannot be too generally used, as much on account of its

马铃薯淀粉。--这种淀粉具有美丽的白色结晶外观，无气味，触感柔软，不溶于冷水，但易溶于煮水。块茎的营养特性正是依赖于这种淀粉。作为食物，它很适合病人和体质虚弱者。它可以像竹芋粉一样使用，加牛奶或糖食用。对于各种糕点，它比用小麦面粉制作的更轻盈、更易消化。在糖果制作中，它用于制作奶油和果冻，在烹饪中可用于使汤和酱汁变稠。它适应儿童的胸部和胃部，非常适合他们；这是一种怎么普遍使用都不为过的食物，很大程度上是因为它的

wholesomeness as its cheapness, and the ease with which it is kept, which are equal, if not superior, to all the much-vaunted exotic feculae; as, salep, tapioca, sago, and arrow-root.

它的营养价值和它的廉价以及易于保存的程度一样，都不亚于甚至优于所有那些被大肆吹嘘的外来淀粉质食物，如沙列普、木薯粉、西米和竹芋粉。

TO STEAM POTATOES.

蒸土豆

1140. INGREDIENTS.—Potatoes; boiling water.

1140. 配料--土豆；沸水。

Mode.—This mode of cooking potatoes is now much in vogue, particularly where they are wanted on a large scale, it being so very convenient. Pare the potatoes, throw them into cold water as they are peeled, then put them into a steamer. Place the steamer over a saucepan of boiling water, and steam the potatoes from 20 to 40 minutes, according to the size and sort. When a fork goes easily through them, they are done; then take them up, dish, and serve very quickly.

做法。--这种烹饪马铃薯的方法现在非常流行，尤其是在需要大量制作的时候，因为它非常方便。将马铃薯削皮，削皮时将其投入冷水中，然后放入蒸笼。将蒸笼置于一锅沸水之上，根据马铃薯的大小和品种蒸20至40分钟。当叉子能轻松穿透时，即已蒸熟；然后取出，装盘，尽快上桌。

Time.—20 to 40 minutes. *Average cost*, 4s. per bushel.

时间。--20至40分钟。平均成本，每蒲式耳4先令。

Sufficient.—Allow 2 large potatoes to each person.

足量。--每人配给2个大土豆。

Seasonable all the year, but not so good whilst new potatoes are in season.

时令全年皆有，但在新马铃薯当令时品质稍逊。

USES OF THE POTATO.—Potatoes boiled and beaten along with sour milk form a sort of cheese, which is made in Saxony; and, when kept in close vessels, may be preserved for several years. It is generally supposed that the water in which potatoes are boiled is injurious; and as instances are recorded where cattle having drunk it were seriously affected, it may be well to err on the safe side, and avoid its use for any alimentary purpose. Potatoes which have been exposed to the air and become green, are very unwholesome. Cadet de Vaux asserts that potatoes will clean linen

马铃薯的用途。--将马铃薯煮熟后与酸牛奶一起捣碎，可制成一种奶酪，这种奶酪产于萨克森；若保存在密闭容器中，可存放数年。人们普遍认为煮马铃薯的水有害；由于有记录显示牲畜饮后受到严重影响，稳妥起见，最好避免将其用于任何食用目的。暴露在空气中变绿的马铃薯非常不健康。卡代·德·沃断言马铃薯能清洁亚麻布

as well as soap; and it is well known that the berries of the *S. saponaceum* are used in Peru for the same purpose.

HOW TO USE COLD POTATOES.

1141. INGREDIENTS.—The remains of cold potatoes; to every lb. allow 2 tablespoonfuls of flour, 2 ditto of minced onions, 1 oz. of butter, milk.

Mode.—Mash the potatoes with a fork until perfectly free from lumps; stir in the other ingredients, and add sufficient milk to moisten them well; press the potatoes into a mould, and bake in a moderate oven until nicely brown, which will be in from 20 minutes to 1/2 hour. Turn them out of the mould, and serve.

Time.—20 minutes to 1/2 hour.

Seasonable at any time.

POTATO BREAD.—The manner in which this is made is very simple. The adhesive tendency of the flour of the potato acts against its being baked or kneaded without being mixed with wheaten flour or meal; it may, however, be made into cakes in the following manner:—A small wooden frame, nearly square, is laid on a pan like a frying-pan and is grooved, and so constructed that, by means of a presser or lid introduced into the groove, the cake is at once fashioned, according to the dimensions of the mould. The frame containing the farina may be almost immediately withdrawn after the mould is formed upon the pan; because, from the consistency imparted to the incipient cake by the heat, it will speedily admit of being safely handled: it must not, however, be fried too hastily. It will then eat very palatably, and might from

以及肥皂；众所周知，*S.saponaceum*的浆果在秘鲁也用于同一目的。

如何利用冷土豆。

1141. 配料。--冷马铃薯的剩余物；每lb.配2汤匙面粉、2汤匙切碎的洋葱、1 oz.黄油、牛奶。

做法。--用叉子将马铃薯捣碎，直至完全没有结块；拌入其他配料，加入足够的牛奶使其充分湿润；将马铃薯压入模具中，在中等温度的烤箱中烘烤至呈漂亮的棕色，约需20分钟至1/2小时。从模具中倒出，上桌。

时间。--20分钟至半小时。

时令任何时候皆宜。

马铃薯面包。--其制作方法非常简单。马铃薯粉的黏合性使其在不与小麦面粉或麦粉混合的情况下难以烘烤或揉制；不过，可以按以下方法制成饼：将一个近乎方形的小木框放在像煎锅一样的平底锅上，木框带有凹槽，其构造使得通过将压板或盖子嵌入凹槽，即可按照模具的尺寸一次成型。成型后，装有粉料的木框几乎可以立即撤走；因为热量使初成的饼具有了一定的硬度，很快就能安全拿取：但不可煎得太急。这样吃起来非常可口，而且可以

time to time be soaked for puddings, like tapioca, or might be used like the cassada-cake, for, when well buttered and toasted, it will be found an excellent accompaniment to breakfast. In Scotland, cold boiled potatoes are frequently squeezed up and mixed with flour or oatmeal, and an excellent cake, or *scon*, obtained.

可不时像木薯粉一样浸泡后用于布丁，也可像木薯饼一样使用，因为涂上黄油烤过之后，它是早餐的绝佳搭配。在苏格兰，冷的煮马铃薯常被压碎后与面粉或燕麦片混合，制成极好的蛋糕或司康。

FRIED POTATOES (French Fashion).

炸土豆(法式做法)。

1142. INGREDIENTS.—Potatoes, hot butter or clarified dripping, salt.

1142. 配料--土豆、热黄油或澄清的滴油、盐。

Mode.—Peel and cut the potatoes into thin slices, as nearly the same size as possible; make some butter or dripping quite hot in a frying-pan; put in the potatoes, and fry them on both sides of a nice brown. When they are crisp and done, take them up, place them on a cloth before the fire to drain the grease from them, and serve very hot, after sprinkling them with salt. These are delicious with rump-steak, and, in France, are frequently served thus as a breakfast dish. The remains of cold potatoes may also be sliced and fried by the above recipe, but the slices must be cut a little thicker.

做法。--将马铃薯去皮，切成薄片，尽量大小一致；在煎锅中将一些黄油或滴油烧得很热；放入马铃薯，两面煎至漂亮的棕色。当它们变得酥脆且煎熟时，取出放在火前的布上沥去油脂，撒上盐后趁热上桌。这些配臀肉牛排十分美味，在法国常作为早餐菜肴供应。冷马铃薯的剩余部分也可以按上述食谱切片煎制，但切片必须切得稍厚一些。

Time.—Sliced raw potatoes, 5 minutes; cooked potatoes, 5 minutes.

时间。--生土豆切片，5分钟；熟土豆，5分钟。

Average cost, 4s. per bushel.

平均成本，每蒲式耳4先令。

Sufficient,—6 sliced potatoes for 3 persons.

足量,--3人份用6个切片土豆。

Seasonable at any time.

时令任何时候皆宜。

A GERMAN METHOD OF COOKING POTATOES.

一种德式土豆烹饪法。

1143. INGREDIENTS.—8 to 10 middling-sized potatoes, 3 oz. of butter, 2 tablespoonfuls of flour, 1/2 pint of broth, 2 tablespoonfuls of vinegar.

Mode.—Put the butter and flour into a stewpan; stir over the fire until the butter is of a nice brown colour, and add the broth and vinegar; peel and cut the potatoes into long thin slices, lay them in the gravy, and let them simmer gently until tender, which will be in from 10 to 15 minutes, and serve very hot. A laurel-leaf simmered with the potatoes is an improvement.

Time.—10 to 15 minutes.

Seasonable at any time.

PRESERVING POTATOES.—In general, potatoes are stored or preserved in pits, cellars, pies, or camps; but, whatever mode is adopted, it is essential that the tubers be perfectly dry; otherwise, they will surely rot; and a few rotten potatoes will contaminate a whole mass. The pie, as it is called, consists of a trench, lined and covered with straw; the potatoes in it being piled in the shape of a house roof, to the height of about three feet. The camps are shallow pits, filled and ridged up in a similar manner, covered up with the excavated mould of the pit. In Russia and Canada, the potato is preserved in boxes, in houses or cellars, heated, when necessary, to a temperature one or two degrees above the freezing-point, by stoves. To keep potatoes for a considerable time, the best way is to place them in thin layers on a platform suspended in an ice-cellar: there, the temperature being always below that of active vegetation, they will not sprout; while, not being above one or two degrees below the freezing-point, the tubers will not be frostbitten. Another mode is to scoop out the

1143. 配料。--8至10个中等大小的马铃薯，3 oz.黄油，2汤匙面粉，1/2 pint 肉汤，2汤匙醋。

做法。--将黄油和面粉放入炖锅中；在火上搅拌至黄油呈漂亮的棕色，加入肉汤和醋；将马铃薯削皮并切成长薄片，放入肉汁中，用文火慢慢炖至软嫩，约需10至15分钟，趁热上桌。与马铃薯同炖的月桂叶可增风味。

时间。--10至15分钟。

时令任何时候皆宜。

保存马铃薯。--一般来说，马铃薯储藏或保存于坑、地窖、馅饼或营地中；但无论采用何种方式，关键都在于块茎必须完全干燥；否则必定腐烂；而几个腐烂的马铃薯会污染整堆。所谓馅饼，即一条沟槽，内衬并覆盖以稻草；其中的马铃薯堆成屋脊状，高约三英尺。营地则是浅坑，以类似方式填满并堆起，覆以挖出的坑土。在俄罗斯和加拿大，马铃薯保存于箱中，置于房屋或地窖内，必要时用火炉加热至冰点以上一两度的温度。若要长时间保存马铃薯，最好的方法是将它们薄薄地铺在悬于冰窖中的平台上：那里温度始终低于活跃生长的温度，因此不会发芽；同时又不超过冰点以下一两度，块茎也不会冻伤。另一种方法是挖出

eyes with a very small scoop, and keep the roots buried in earth; a third mode is to destroy the vital principle, by kiln-drying, steaming, or scalding; a fourth is to bury them so deep in dry soil, that no change of temperature will reach them; and thus, being without air, they will remain upwards of a year without vegetating.

用很小的挖勺挖去芽眼，并将块根埋入土中；第三种方法是破坏其生命本源，即通过烘干、蒸或烫；第四种方法是将其深埋于干燥的土壤中，使任何温度变化都无法影响到它们；这样，由于没有空气，它们可以保持一年以上不发芽。

POTATOES A LA MAITRE D'HOTEL.

总管式土豆

1144. INGREDIENTS.—Potatoes, salt and water; to every 6 potatoes allow 1 tablespoonful of minced parsley, 2 oz. of butter, pepper and salt to taste, 4 tablespoonfuls of gravy, 2 tablespoonfuls of lemon-juice.

1144. 配料。--马铃薯，盐和水；每6个马铃薯配1汤匙切碎的欧芹、2 oz.黄油、适量胡椒和盐、4汤匙肉汁、2汤匙柠檬汁。

Mode.—Wash the potatoes clean, and boil them in salt and water by recipe No. 1138; when they are done, drain them, let them cool; then peel and cut the potatoes into thick slices: if these are too thin, they would break in the sauce. Put the butter into a stewpan with the pepper, salt, gravy, and parsley; mix these ingredients well together, put in the potatoes, shake them two or three times, that they may be well covered with the sauce, and, when quite hot through, squeeze in the lemon-juice, and serve.

方式。--将马铃薯洗净，按第1138号食谱用盐和水煮；煮熟后沥干，放凉；然后去皮，将马铃薯切成厚片：若切得太薄，会在酱汁中碎裂。将黄油放入炖锅，加入胡椒、盐、肉汁和欧芹；将这些配料充分混合，放入马铃薯，颠摇两三次，使其均匀裹上酱汁，待完全热透后，挤入柠檬汁，即可上桌。

Time.—1/2 to 3/4 hour to boil the potatoes; 10 minutes for them to heat in the sauce.

时间。--煮马铃薯需1/2至3/4小时；在酱汁中加热需10分钟。

Average cost, 4s. per bushel.

平均成本，每蒲式耳4先令。

Sufficient for 3 persons. *Seasonable* all the year.

足量供3人食用。时令全年皆宜。

MASHED POTATOES.

土豆泥。

1145. INGREDIENTS.—Potatoes; to every lb. of mashed potatoes allow 1 oz. of butter, 2 tablespoonfuls of milk, salt to taste.

Mode.—Boil the potatoes in their skins; when done, drain them, and let them get thoroughly dry by the side of the fire; then peel them, and, as they are peeled, put them into a clean saucepan, and with a large fork beat them to a light paste; add butter, milk, and salt in the above proportion, and stir all the ingredients well over the fire. When thoroughly hot, dish them lightly, and draw the fork backwards over the potatoes to make the surface rough, and serve. When dressed in this manner, they may be browned at the top with a salamander, or before the fire. Some cooks press the potatoes into moulds, then turn them out, and brown them in the oven: this is a pretty mode of serving, but it makes them heavy. In whatever way they are sent to table, care must be taken to have them quite free from lumps.

Time.—From 1/2 to 3/4 hour to boil the potatoes.

Average cost, 4s. per bushel.

Sufficient,—1 lb. of mashed potatoes for 3 persons.

Seasonable at any time.

PUREE DE POMMES DE TERRE, or, Very Thin-mashed Potatoes.

1146. INGREDIENTS.—To every lb. of mashed potatoes allow 1/4 pint of good broth or stock, 2 oz. of butter.

Mode.—Boil the potatoes, well drain them, and pound them smoothly in a mortar, or beat them up with a fork; add the stock or broth, and rub the potatoes through a sieve. Put the puree into a very clean saucepan with the butter; stir it well over the fire

1145. 配料。--马铃薯；每lb.马铃薯泥配1 oz.黄油、2汤匙牛奶、适量盐。

方式。--将马铃薯带皮煮；煮熟后沥干，放在火边使其彻底干燥；然后去皮，随剥随放入干净的炖锅，用大叉子捣成松软的糊状；按上述比例加入黄油、牛奶和盐，将所有配料在火上充分搅拌。完全热透后，轻轻盛入盘中，用叉子向后划出粗糙的表面，即可上桌。如此烹制时，可在顶部用烤炉或火前烘至金黄。有些厨师将马铃薯压入模具，然后扣出，在烤箱中烘至金黄：这是一种美观的上桌方式，但会使马铃薯变得厚重。无论以何种方式上桌，务必确保完全没有结块。

时间。--煮土豆需1/2至3/4小时。

平均成本，每蒲式耳4先令。

充足,--3人份需1 lb.土豆泥。

时令任何时候皆宜。

土豆泥，或称极细土豆泥。

1146. 配料。--每lb.马铃薯泥配1/4 pint优质肉汤或高汤、2 oz.黄油。

做法。--将马铃薯煮熟，充分沥干，在研钵中捣成细泥，或用叉子捣碎；加入高汤或肉汤，将马铃薯过筛。将薯泥放入非常干净的锅中，加入黄油；在火上充分搅拌

until thoroughly hot, and it will then be ready to serve. A puree should be rather thinner than mashed potatoes, and is a delicious accompaniment to delicately broiled mutton cutlets. Cream or milk may be substituted for the broth when the latter is not at hand. A casserole of potatoes, which is often used for ragoûts instead of rice, is made by mashing potatoes rather thickly, placing them on a dish, and making an opening in the centre. After having browned the potatoes in the oven, the dish should be wiped clean, and the ragout or fricassée poured in.

直至完全热透，即可上桌。浓汤应比马铃薯泥稍稀，是精细烤羊排的美味配菜。若无肉汤，可用奶油或牛奶代替。马铃薯砂锅常用来代替米饭盛放炖菜，做法是将马铃薯捣成较稠的泥，放在盘中，中央挖一个开口。将马铃薯在烤箱中烘至金黄后，应将盘子擦净，倒入炖菜或烩菜。

Time.—About 1/2 hour to boil the potatoes; 6 or 7 minutes to warm the purée.

时间。--煮马铃薯约需1/2小时；加热薯泥需6至7分钟。

Average cost, 4s. per bushel.

平均成本，每蒲式耳4先令。

Sufficient.—Allow 1 lb. of cooked potatoes for 3 persons.

充足。--按3人份计，备1 lb.熟土豆。

Seasonable at any time.

时令任何时候皆宜。

[Illustration: SWEET POTATO.]

[插图：甘薯。]

VARIETIES OF THE POTATO.—These are very numerous. "They differ," says an authority, "in their leaves and bulk of haulm; in the colour of the skin of the tubers; in the colour of the interior, compared with that of the skin; in the time of ripening; in being farinaceous, glutinous, or watery; in tasting agreeably or disagreeably; in cooking readily or tediously; in the length of the subterraneous *stolones* to which the tubers are attached; in blossoming or not blossoming; and finally, in the soil which they prefer." The earliest varieties grown in fields are,—the Early Kidney, the Nonsuch, the Early Shaw, and the Early Champion. This last is the most generally cultivated round London: it is both mealy and hardy. The sweet potato is but rarely eaten in Britain;

马铃薯的品种。--品种极为繁多。一位权威人士说：“它们在叶片和茎叶的体量上；在块茎表皮的颜色上；在内部颜色与表皮颜色的对比上；在成熟时间上；在富含淀粉、黏性或水分上；在味道可口或难吃上；在烹煮容易或费时上；在块茎所附地下匍匐茎的长度上；在开花或不开花上；最后，在它们偏好的土壤上，都有所不同。”田间种植的最早熟品种有--早熟肾形薯、无双薯、早熟肖氏薯和早熟冠军薯。最后一种在伦敦周边种植最为普遍：它既富含淀粉又耐寒。甜马铃薯在不列颠很少食用；

but in America it is often served at table, and is there very highly esteemed.

POTATO RISSOLES.

1147. INGREDIENTS.—Mashed potatoes, salt and pepper to taste; when liked, a very little minced parsley, egg, and bread crumbs.

[Illustration: POTATO RISSOLES.]

Mode.—Boil and mash the potatoes by recipe No. 1145; add a seasoning of pepper and salt, and, when liked, a little minced parsley. Roll the potatoes into small balls, cover them with egg and bread crumbs, and fry in hot lard for about 10 minutes; let them drain before the fire, dish them on a napkin, and serve.

Time,—10 minutes to fry the rissoles.

Seasonable at any time.

Note.—The flavour of these rissoles may be very much increased by adding finely-minced tongue or ham, or even chopped onions, when these are liked.

QUALITIES OF POTATOES.—In making a choice from the many varieties of potatoes which are everywhere found, the best way is to get a sample and taste them, and then fix upon the kind which best pleases your palate. The Shaw is one of the most esteemed of the early potatoes for field culture; and the Kidney and Bread-fruit are also good sorts. The Lancashire Pink is also a good potato, and is much cultivated in the neighbourhood of Liverpool. As late or long-keeping potatoes, the Tartan or Red-apple stands very high in favour.

但在美国，它常被端上餐桌，且在那里备受推崇。

土豆里索尔

1147. 配料。--马铃薯泥，适量盐和胡椒；如喜欢，可加极少量切碎的欧芹、鸡蛋和面包屑。

[插图：马铃薯炸丸子]

做法。--按食谱第1145号煮马铃薯并捣成泥；加入胡椒和盐调味，如喜欢可加少量切碎的欧芹。将马铃薯搓成小球，裹上鸡蛋和面包屑，在热猪油中炸约10分钟；在火前沥干，放在餐巾上上桌。

时间,--炸肉饼需10分钟。

时令任何时候皆宜。

注。--如加入切碎的舌肉或火腿，甚至切碎的洋葱(如喜欢)，这些炸丸的风味可大大增加。

马铃薯的品质。--在各地常见的众多马铃薯品种中做选择时，最好的办法是取一份样品品尝，然后选定最合你口味的那一种。肖氏马铃薯是田间栽培中最受推崇的早熟品种之一；肾形马铃薯和面包果马铃薯也是优良品种。兰开夏粉红马铃薯也是一种好马铃薯，在利物浦附近大量栽培。作为晚熟或耐贮藏的马铃薯，鞑靼马铃薯或红苹果马铃薯极受青睐。

POTATO SNOW.

1148. INGREDIENTS.—Potatoes, salt, and water.

Mode.—Choose large white potatoes, as free from spots as possible; boil them in their skins in salt and water until perfectly tender; drain and *dry them thoroughly* by the side of the fire, and peel them. Put a hot dish before the fire, rub the potatoes through a coarse sieve on to this dish; do not touch them afterwards, or the flakes will fall, and serve as hot as possible.

Time.—1/2 to 3/4 hour to boil the potatoes.

Average cost, 4s. per bushel.

Sufficient,—6 potatoes for 3 persons.

Seasonable at any time.

THE POTATO AS AN ARTICLE OF HUMAN FOOD.—This valuable esculent, next to wheat, is of the greatest importance in the eye of the political economist. From no other crop that can be cultivated does the public derive so much benefit; and it has been demonstrated that an acre of potatoes will feed double the number of people that can be fed from an acre of wheat.

TO DRESS SALSIFY.

1149. INGREDIENTS.—Salsify; to each 1/2 gallon of water allow 1 heaped tablespoonful of salt, 1 oz. of butter, 2 tablespoonfuls of lemon-juice.

Mode.—Scrape the roots gently, so as to strip them only of their outside peel; cut them into pieces about 4 inches long, and, as

土豆雪

1148. 配料--土豆、盐和水。

做法。--选择尽可能无斑点的大白马铃薯；带皮在盐水中煮至完全软嫩；沥干并在火旁彻底烘干，然后削皮。在火前放一个热盘，将马铃薯在粗筛上擦入盘中；此后不要触碰它们，否则薄片会散碎，尽可能趁热上桌。

时间。- 煮土豆需 1/2 至 3/4 小时。

平均成本，每蒲式耳4先令。

充足,--3人份需6个土豆。

时令任何时候皆宜。

马铃薯作为人类食物。--这种珍贵的食用植物，仅次于小麦，在政治经济学家眼中具有最高的重要性。没有任何其他可栽培的作物能给公众带来如此多的利益；而且已经证明，一英亩马铃薯能养活的人数是同一英亩小麦所能养活的两倍。

烹制婆罗门参

1149. 配料。--婆罗门参；每1/2 gallon水配1满汤匙盐、1 oz.黄油、2汤匙柠檬汁。

做法。--轻轻刮去根的外皮，只去掉表层薄皮；切成约4英寸长的段，在

they are peeled, throw them into water with which has been mixed a little lemon-juice, to prevent their discolouring. Put them into boiling water, with salt, butter, and lemon-juice in the above proportion, and let them boil rapidly until tender; try them with a fork; and, when it penetrates easily, they are done. Drain the salsify, and serve with a good white sauce or French melted butter.

削皮时将其投入混有少量柠檬汁的水中，以防变色。将它们放入沸水中，按上述比例加入盐、黄油和柠檬汁，用大火快速煮至软嫩；用叉子试一下；当叉子能轻松穿透时，即已煮熟。将婆罗门参沥干，配优质白酱汁或法式融化黄油上桌。

Time.—30 to 50 minutes. *Seasonable* in winter.

时间。- 30至50分钟。冬季时令。

Note.—This vegetable may be also boiled, sliced, and fried in batter of a nice brown. When crisp and a good colour, they should be served with fried parsley in the centre of the dish, and a little fine salt sprinkled over the salsify.

注。--这种蔬菜也可以煮后切片，裹面糊炸至漂亮的棕色。当炸至酥脆且色泽良好时，应配炸欧芹放在盘子中央，并在婆罗门参上撒少量细盐。

SALSIFY.—This esculent is, for the sake of its roots, cultivated in gardens. It belongs to the Composite class of flowers, which is the most extensive family in the vegetable kingdom. This family is not only one of the most natural and most uniform in structure, but there is also a great similarity existing in the properties of the plants of which it is composed. Generally speaking, all composite flowers are tonic or stimulant in their medical virtues.

婆罗门参。--这种食用植物因其根部而在园中栽培。它属于菊科花卉，是植物界中最大的科。这个科不仅在结构上是最自然、最统一的科之一，而且其组成植物的特性也存在很大的相似性。一般来说，所有菊科花卉在药用上都具有补益或兴奋的作用。

BOILED SEA-KALE.

煮海甘蓝。

1150. INGREDIENTS.—To each 1/2 gallon of water allow 1 heaped tablespoonful of salt.

1150. 配料。--每1/2 gallon水配1满汤匙盐。

[Illustration: BOILED SEA-KALE.]

[插图：煮海甘蓝。]

Mode.—Well wash the kale, cut away any wormeaten pieces, and tie it into small bunches; put it into *boiling* water, salted in the above proportion, and let it boil quickly until tender. Take it out,

做法。--将海甘蓝充分洗净，切去虫蛀部分，扎成小捆；放入按上述比例加盐的沸水中，用大火快速煮至软嫩。取出，

drain, untie the bunches, and serve with plain melted butter or white sauce, a little of which may be poured over the kale. Sea-kale may also be parboiled and stewed in good brown gravy: it will then take about 1/2 hour altogether.

Time.—15 minutes; when liked very thoroughly done, allow an extra 5 minutes.

Average cost, in full season, 9d. per basket.

Sufficient.—Allow 12 heads for 4 or 5 persons.

Seasonable from February to June.

[Illustration: SEA-KALE.]

SEA-KALE.—This plant belongs to the Asparagus tribe, and grows on seashores, especially in the West of England, and in the neighbourhood of Dublin. Although it is now in very general use, it did not come into repute till 1794. It is easily cultivated, and is esteemed as one of the most valuable esculents indigenous to Britain. As a vegetable, it is stimulating to the appetite, easily digestible, and nutritious. It is so light that the most delicate organizations may readily eat it. The flowers form a favourite resort for bees, as their petals contain a great amount of saccharine matter.

BOILED SALAD.

1151. INGREDIENTS.—2 heads of celery, 1 pint of French beans, lettuce, and endive.

[Illustration: FRENCH BEANS.]

[Illustration: CHERVIL.]

沥干，解开小捆，配原味融化黄油或白酱汁上桌，可将少量酱汁浇在海甘蓝上。海甘蓝也可以先焯水再用优质棕色肉汁炖煮：这样总共约需1/2小时。

时间。--15分钟；如喜欢煮得很透，可再加5分钟。

平均成本，旺季每篮9便士。

足量。--4人或5人份，备12颗。

时令二月至六月。

[插图：海甘蓝。]

海甘蓝。--这种植物属于芦笋类，生长在海边，尤其是英格兰西部和都柏林附近。尽管它如今已被普遍使用，但直到1794年才受到重视。它易于栽培，被视为不列颠原产的最有价值的食用植物之一。作为一种蔬菜，它能刺激食欲，易于消化，且富有营养。它十分清淡，最娇弱的体质也能轻易食用。其花朵是蜜蜂喜爱的去处，因为花瓣含有大量糖分。

煮沙拉。

1151. 配料--2棵芹菜、1品脱法国豆、莴苣和苦苣。

[插图：法国豆]

[插图：细叶芹。]

Mode.—Boil the celery and beans separately until tender, and cut the celery into pieces about 2 inches long. Put these into a salad-bowl or dish; pour over either of the sauces No. 506, 507, or 508, and garnish the dish with a little lettuce finely chopped, blanched endive, or a few tufts of boiled cauliflower. This composition, if less agreeable than vegetables in their raw state, is more wholesome; for salads, however they may be compounded, when eaten uncooked, prove to some people indigestible. Tarragon, chervil, burnet, and boiled onion, may be added to the above salad with advantage, as also slices of cold meat, poultry, or fish.

做法。--将芹菜和豆分别煮至软烂，把芹菜切成约2英寸长的段。将这些放入沙拉碗或盘中；浇上第506、507或508号酱汁中的任意一种，并用少许切碎的莴苣、焯过的菊苣或几簇煮花椰菜点缀。这种组合虽不如生食蔬菜可口，却更为有益健康；因为沙拉无论怎样调制，生食对某些人来说都难以消化。龙蒿、细叶芹、地榆和煮洋葱可以有助益地加入上述沙拉中，冷肉片、禽肉或鱼片亦可。

Seasonable from July to October.

时令七月至十月。

ACETARIOUS VEGETABLES.—By the term Acetarious vegetables, is expressed a numerous class of plants, of various culture and habit, which are principally used as salads, pickles, and condiments. They are to be considered rather as articles of comparative luxury than as ordinary food, and are more desirable for their coolness, or their agreeable flavour, than for their nutritive powers.

生食蔬菜--生食蔬菜一词，指的是种类繁多的一类植物，栽培方式和习性各异，主要用作沙拉、腌菜和调味品。它们应被视为相对奢侈的食品而非普通食物，其可取之处在于清凉或宜人的风味，而非营养价值。

CAULIFLOWER.—The cauliflower is less indigestible than the cabbage; it possesses a most agreeable flavour, and is sufficiently delicate to be served at the tables of the wealthy. It is a wholesome vegetable, but should be eaten moderately, as it induces flatulence. Persons of weak constitutions and delicate stomachs should abstain from cauliflower as much as possible. They may be prepared in a variety of ways; and, in selecting them, the whitest should be chosen; those tinged with green or yellow being of indifferent quality.

花椰菜。--花椰菜比卷心菜更易消化；它具有极为宜人的风味，且足够精致，可上富人之桌。它是一种有益健康的蔬菜，但应适量食用，因为它会引起胀气。体质虚弱、肠胃娇弱的人应尽可能避免食用花椰菜。它们可以用多种方式烹制；挑选时应选最白的；带绿色或黄色的品质平平。

SUMMER SALAD.

夏日沙拉

1152. INGREDIENTS.—3 lettuces, 2 handfuls of mustard-and-cress, 10 young radishes, a few slices of cucumber.

[Illustration: SALAD IN BOWL.]

Mode.—Let the herbs be as fresh as possible for a salad, and, if at all stale or dead-looking, let them lie in water for an hour or two, which will very much refresh them. Wash and carefully pick them over, remove any decayed or wormeaten leaves, and drain them thoroughly by swinging them gently in a clean cloth. With a silver knife, cut the lettuces into small pieces, and the radishes and cucumbers into thin slices; arrange all these ingredients lightly on a dish, with the mustard-and-cress, and pour under, but not over the salad, either of the sauces No. 506, 507, or 508, and do not stir it up until it is to be eaten. It may be garnished with hard-boiled eggs, cut in slices, sliced cucumbers, nasturtiums, cut vegetable-flowers, and many other things that taste will always suggest to make a pretty and elegant dish. In making a good salad, care must be taken to have the herbs freshly gathered, and *thoroughly drained* before the sauce is added to them, or it will be watery and thin. Young spring onions, cut small, are by many persons considered an improvement to salads; but, before these are added, the cook should always consult the taste of her employer. Slices of cold meat or poultry added to a salad make a convenient and quickly-made summer luncheon-dish; or cold fish, flaked, will also be found exceedingly nice, mixed with it.

Average cost, 9d. for a salad for 5 or 6 persons; but more expensive when the herbs are forced.

Sufficient for 5 or 6 persons.

1152. 配料--3棵莴苣、2把芥菜和水芹、10个嫩萝卜、几片黄瓜。

[插图：碗中的沙拉。]

做法。--做沙拉用的香草应尽可能新鲜，若已有些不新鲜或显得枯萎，就让它们在水中浸泡一两个小时，这会大大使其恢复。洗净并仔细挑拣，去除任何腐烂或被虫蛀的叶子，然后用干净的布轻轻甩动，彻底沥干。用银刀将莴苣切成小块，将萝卜和黄瓜切成薄片；将所有这些配料连同芥菜和水芹轻巧地摆放在盘中，在沙拉下方而非上方浇上第506、507或508号酱汁中的任意一种，在食用前不要搅拌。可用切片的硬煮蛋、黄瓜片、旱金莲、切开的菜花以及许多其他品味总能提示的食材来点缀，做成漂亮精致的菜肴。制作上好的沙拉时，务必注意香草要新鲜采集，并在加入酱汁前彻底沥干，否则沙拉会水汪汪的、稀薄。嫩春葱切碎，许多人认为能为沙拉增色；但在加入之前，厨师应始终征询雇主的品味。在沙拉中加入冷肉片或禽肉片，可做成方便快捷的夏日午餐菜肴；或者将冷鱼剥成片拌入，也会非常美味。

平均成本，供5至6人食用的沙拉为9便士；但若香草为催生栽培，则费用更高。

足量供5或6人食用。

Seasonable from May to September.

CUCUMBERS.—The cucumber is refreshing, but neither nutritious nor digestible, and should be excluded from the regimen of the delicate. There are various modes of preparing cucumbers. When gathered young, they are called gherkins: these, pickled, are much used in seasonings.

[Illustration: CUCUMBER-SLICE.]

RADISHES.—This is the common name given to the root of the *Raphanus satious*, one of the varieties of the cultivated horseradish. There are red and white radishes; and the French have also what they call violet and black ones, of which the black are the larger. Radishes are composed of nearly the same constituents as turnips, that is to say, mostly fibre and nitrogen; and, being generally eaten raw, it is on the last of these that their flavour depends. They do not agree with people, except those who are in good health, and have active digestive powers; for they are difficult of digestion, and cause flatulency and wind, and are the cause of headaches when eaten to excess. Besides being eaten raw, they are sometimes, but rarely, boiled; and they also serve as a pretty garnish for salads. In China, the radish may be found growing naturally, without cultivation; and may be occasionally met with in England as a weed, in similar places to where the wild turnip grows; it, however, thrives best in the garden, and the ground it likes best is a deep open loam, or a well-manured sandy soil.

[Illustration: TURNIP RADISHES.]

[Illustration: LONG RADISHES.]

WINTER SALAD.

时令五月至九月。

黄瓜--黄瓜清凉爽口，但既不滋补也不易消化，应排除在体弱者的饮食之外。黄瓜有多种调制方法。幼嫩时采摘的称为小黄瓜：腌制后常用于调味。

[插图：黄瓜片。]

萝卜--这是对*Raphanus satious*根部所给的普通名称，它是栽培辣根的一个变种。萝卜有红萝卜和白萝卜；法国人还有他们称之为紫萝卜和黑萝卜的品种，其中黑萝卜较大。萝卜所含的成分与芜菁几乎相同，也就是说，主要是纤维和氮；由于通常生食，其风味取决于后者。萝卜不适合所有人食用，只适合身体健康、消化力强的人；因为它们难以消化，会引起肠胃胀气和排气，过量食用还会导致头痛。除了生食之外，萝卜有时也煮食，但很少见；它们还可作为沙拉的精美点缀。在中国，萝卜可以自然生长而无需栽培；在英国，偶尔也能在类似野生芜菁生长的地方作为杂草见到它；不过，它在花园中生长最好，最喜欢的土壤是深厚疏松的壤土或施肥良好的沙质土壤。

[插图：芜菁萝卜。]

[插图：长萝卜。]

冬季沙拉。

1153. INGREDIENTS.—Endive, mustard-and-cress, boiled beetroot, 3 or 4 hard-boiled eggs, celery.

Mode.—The above ingredients form the principal constituents of a winter salad, and may be converted into a very pretty dish, by nicely contrasting the various colours, and by tastefully garnishing it. Shred the celery into thin pieces, after having carefully washed and cut away all wormeaten pieces; cleanse the endive and mustard-and-cress free from grit, and arrange these high in the centre of a salad-bowl or dish; garnish with the hard-boiled eggs and beetroot, both of which should be cut in slices; and pour into the dish, but not over the salad, either of the sauces No. 506, 507, or 508. Never dress a salad long before it is required for table, as, by standing, it loses its freshness and pretty crisp and light appearance; the sauce, however, may always be prepared a few hours beforehand, and when required for use, the herbs laid lightly over it.

Average cost, 9d. for a salad for 5 or 6 persons.

Sufficient for 5 or 6 persons.

Seasonable from the end of September to March.

SALADS.—Salads are raw vegetables, of which, among us, the lettuce is the most generally used; several others, however, such as cresses, celery, onions, beetroot, &c., are occasionally employed. As vegetables eaten in a raw state are apt to ferment on the stomach, and as they have very little stimulative power upon that organ, they are usually dressed with some condiments, such as pepper, vinegar, salt, mustard, and oil. Respecting the use of these, medical men disagree, especially in reference to oil, which

1153. 配料--苦苣、芥菜和水芹、煮甜菜根、3或4个煮硬的鸡蛋、芹菜。

做法--以上配料构成冬季沙拉的主要成分，通过巧妙对比各种颜色并加以雅致地点缀，可以做成一道非常漂亮的菜肴。将芹菜切成细条，事先仔细洗净并去除所有虫蛀部分；将菊苣和水田芥清洗干净，去除沙砾，高高堆放在沙拉碗或盘子的中央；用煮硬的鸡蛋和甜菜根点缀，两者都应切成片；然后将第506、507或508号酱汁中的任一种倒入盘中，但不要浇在沙拉上。沙拉切勿在上桌前过早调制，因为放置后会失去新鲜感以及漂亮爽脆轻盈的外观；不过，酱汁始终可以提前几小时准备好，需要使用时，将香草轻轻铺在其上。

平均成本，供5或6人食用的沙拉为9便士。

足量供5或6人食用。

时令从九月底到三月。

沙拉--沙拉是生食蔬菜，在我们当中，莴苣是最普遍使用的；不过，其他几种，如水田芥、芹菜、洋葱、甜菜根等，也偶尔使用。由于生食蔬菜容易在胃中发酵，且对胃的刺激性很小，通常会用一些调味品调制，如胡椒、醋、盐、芥末和油。关于这些调味品的使用，医学界人士意见不一，尤其是关于油，它

is condemned by some and recommended by others.

有人谴责，有人推荐。

POTATO SALAD.

土豆沙拉。

1154. INGREDIENTS.—10 or 12 cold boiled potatoes, 4 tablespoonfuls of tarragon or plain vinegar, 6 tablespoonfuls of salad-oil, pepper and salt to taste, 1 teaspoonful of minced parsley.

1154. 配料。--10或12个冷煮土豆，4汤匙龙蒿醋或普通醋，6汤匙沙拉油，胡椒和盐适量，1茶匙切碎的欧芹。

Mode.—Cut the potatoes into slices about 1/2 inch in thickness; put these into a salad-bowl with oil and vinegar in the above proportion; season with pepper, salt, and a teaspoonful of minced parsley; stir the salad well, that all the ingredients may be thoroughly incorporated, and it is ready to serve. This should be made two or three hours before it is wanted for table. Anchovies, olives, or pickles may be added to this salad, as also slices of cold beef, fowl, or turkey.

做法。--将土豆切成约1/2英寸厚的片；放入沙拉碗中，按上述比例加入油和醋；用胡椒、盐和一茶匙切碎的欧芹调味；将沙拉充分搅拌，使所有配料完全混合，即可上桌。应在用餐前两三小时制作。此沙拉可加入鳀鱼、橄榄或腌菜，也可加入冷牛肉片、鸡肉或火鸡肉片。

Seasonable at any time.

时令任何时候皆宜。

CHICKEN SALAD.—(See No. 931.)

鸡肉沙拉--(见第931号)

GROUSE SALAD.—(See No. 1020.)

松鸡沙拉--(见第1020号。)

LOBSTER SALAD.—(See No. 272.)

龙虾沙拉--(见第272号。)

TO BOIL SPINACH (English Mode).

煮菠菜(英式做法)。

1155. INGREDIENTS.—2 pailfuls of spinach, 2 heaped tablespoonfuls of salt, 1 oz. of butter, pepper to taste.

1155. 配料。--2桶菠菜，2满汤匙盐，1盎司黄油，胡椒适量。

[Illustration: SPINACH GARNISHED WITH CROÛTONS.]

[插图：菠菜配炸面包丁。]

Mode.—Pick the spinach carefully, and see that no stalks or weeds are left amongst it; wash it in several waters, and, to prevent it

做法。--仔细挑拣菠菜，确保不留茎或杂草；用多道水洗净，并为了防止它

being gritty, act in the following manner:—Have ready two large pans or tubs filled with water; put the spinach into one of these, and thoroughly wash it; then, *with the hands*, take out the spinach, and put it into the *other tub* of water (by this means all the grit will be left at the bottom of the tub); wash it again, and, should it not be perfectly free from dirt, repeat the process. Put it into a very large saucepan, with about 1/2 pint of water, just sufficient to keep the spinach from burning, and the above proportion of salt. Press it down frequently with a wooden spoon, that it may be done equally; and when it has boiled for rather more than 10 minutes, or until it is perfectly tender, drain it in a colander, squeeze it quite dry, and chop it finely. Put the spinach into a clean stewpan, with the butter and a seasoning of pepper; stir the whole over the fire until quite hot; then put it on a hot dish, and garnish with sippets of toasted bread.

若要去除沙砾，按以下方式操作：-准备好两个盛满水的大平底锅或盆；将菠菜放入其中一个，彻底清洗；然后用手将菠菜取出，放入另一盆水中(这样所有沙砾都会留在盆底)；再次清洗，若仍未完全去除污物，重复此过程。将其放入一个非常大的炖锅中，加入约1/2品脱的水，水量刚好足以防止菠菜烧焦，并加入上述比例的盐。用木勺频繁向下按压，使其均匀受热；煮沸略超过10分钟，或直至完全软嫩后，在滤盆中沥干，挤干水分，细细切碎。将菠菜放入干净的炖锅中，加入黄油和胡椒调味；在火上搅拌至完全热透；然后盛入热盘中，以烤面包丁装饰。

Time.—10 to 15 minutes to boil the spinach, 5 minutes to warm with the butter.

时间。--煮菠菜10至15分钟，加黄油温热5分钟。

Average cost for the above quantity, 8d.

上述分量的平均成本为8便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable.—Spring spinach from March to July; winter spinach from November to March.

时令。--春菠菜三月至七月；冬菠菜十一月至三月。

Note.—Grated nutmeg, pounded mace, or lemon-juice may also be added to enrich the flavour; and poached eggs are also frequently served with spinach: they should be placed on the top of it, and it should be garnished with sippets of toasted bread.—See coloured plate U.

注。--也可加入磨碎的肉豆蔻、捣碎的肉豆蔻皮或柠檬汁以增添风味；菠菜也常配水波蛋上桌：应将水波蛋放在菠菜上面，并用烤面包丁装饰。--见彩色图版U。

VARIETIES OF SPINACH.—These comprise the Strawberry

菠菜的品种--包括草莓

spinach, which, under that name, was wont to be grown in our flower-gardens; the Good King Harry, the Garden Oracle, the Prickly, and the Round, are the varieties commonly used. The Oracle is a hardy sort, much esteemed in France, and is a native of Tartary, introduced in 1548. The common spinach has its leaves round, and is softer and more succulent than any of the Brassica tribe.

菠菜，曾以该名称种植于我们的花圃中；Good King Harry、Garden Oracle、Prickly和Round是常用的品种。Oracle是耐寒品种，在法国备受推崇，原产于鞑靼，1548年引入。普通菠菜叶圆，比任何芸薹属蔬菜都更柔软多汁。

SPINACH DRESSED WITH CREAM, a la Francaise.

奶油菠菜，法式风味。

1156. INGREDIENTS.—2 pailfuls of spinach, 2 tablespoonfuls of salt, 2 oz. of butter, 8 tablespoonfuls of cream, 1 small teaspoonful of pounded sugar, a very little grated nutmeg.

1156. 配料。--2桶菠菜，2汤匙盐，2盎司黄油，8汤匙奶油，1小茶匙捣碎的糖，极少量磨碎的肉豆蔻。

Mode.—Boil and drain the spinach as in recipe No. 1155; chop it finely, and put it into a stewpan with the butter; stir over a gentle fire, and, when the butter has dried away, add the remaining ingredients, and simmer for about 5 minutes. Previously to adding the cream, boil it first, in case it should curdle. Serve on a hot dish, and garnish either with sippets of toasted bread or leaves of puff-paste.

做法。--按食谱第1155号煮菠菜并沥干；切细，与黄油一起放入炖锅；在文火上搅拌，待黄油收干后，加入其余配料，煨约5分钟。加入奶油前先将其煮沸，以防结块。盛在热盘中，用烤面包丁或千层酥皮叶装饰。

Time.—10 to 15 minutes to boil the spinach; 10 minutes to stew with the cream.

时间。--煮菠菜10至15分钟；加奶油煨10分钟。

Average cost for the above quantity, 8d.

上述分量的平均成本为8便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable.—Spring spinach from March to July; winter spinach from November to March.

时令。--春菠菜三月至七月；冬菠菜十一月至三月。

[Illustration: SPINACH.]

[插图：菠菜。]

SPINACH.—This is a Persian plant. It has been cultivated in our

菠菜--这是一种波斯植物。它已在我们的

gardens about two hundred years, and is the most wholesome of vegetables. It is not very nutritious, but is very easily digested. It is very light and laxative. Wonderful properties have been ascribed to spinach. It is an excellent vegetable, and very beneficial to health. Plainly dressed, it is a resource for the poor; prepared luxuriantly, it is a choice dish for the rich.

在园中约二百年，是最有益健康的蔬菜。它营养不太丰富，但极易消化。它非常清淡且通便。菠菜被赋予奇妙功效。它是一种极好的蔬菜，对健康非常有益。简单烹调时，它是穷人的依靠；丰盛烹制时，它是富人的佳肴。

SPINACH.—This vegetable belongs to a sub-order of the *Salsolaceae*, or saltworts, and is classified under the head of *Spirolobeae*, with leaves shaped like worms, and of a succulent kind. In its geographical distribution it is commonly found in extratropical and temperate regions, where they grow as weeds in waste places, and among rubbish, and in marshes by the seashore. In the tropics the order is rarely found. Many of them are used as potherbs, and some of them are emetic and vermifuge in their medicinal properties.

菠菜--这种蔬菜属于藜科(即盐草类)的一个亚目，被归入螺旋胚亚科之下，叶形如虫，属多汁类。在地理分布上，它常见于温带及热带以外地区，在那里作为杂草生长于荒地、垃圾堆间以及海滨沼泽之中。在热带地区，该科植物罕见。其中许多被用作煮食的叶菜，有些在药用性质上具有催吐和驱虫的作用。

FRENCH MODE OF DRESSING SPINACH.

法式菠菜烹调法

1157. INGREDIENTS.—2 pailfuls of spinach, 2 tablespoonfuls of salt, 2 oz. of butter, 1 teaspoonful of flour, 8 tablespoonfuls of good gravy; when liked, a very little grated nutmeg.

1157. 配料。--2桶菠菜，2汤匙盐，2盎司黄油，1茶匙面粉，8汤匙上好肉汁；如喜欢，可加极少量磨碎的肉豆蔻。

Mode.—Pick, wash, and boil the spinach, as in recipe No. 1155, and when quite tender, drain and squeeze it perfectly dry from the water that hangs about it. Chop it very fine, put the butter into a stewpan, and lay the spinach over that; stir it over a gentle fire, and dredge in the flour. Add the gravy, and let it boil *quickly* for a few minutes, that it may not discolour. When the flavour of nutmeg is liked, grate some to the spinach, and when thoroughly hot, and the gravy has dried away a little, serve. Garnish the dish

方式。--按第1155号食谱的方法将菠菜择好、洗净并煮沸，待其十分软烂时，沥干并挤去附着在其上的水分，挤得完全干燥。将其切得极细，把黄油放入炖锅中，将菠菜铺在黄油上；在文火上搅拌，并撒入面粉。加入肉汁，让其快速煮沸几分钟，以免变色。若喜欢肉豆蔻的风味，可磨一些撒在菠菜上，待其彻底热透、肉汁略微收干时，即可上桌。为菜品点缀装饰

with sippets of toasted bread.

Time.—10 to 15 minutes to boil the spinach; 10 minutes to simmer in the gravy.

Average cost for the above quantity, 8d.

Sufficient for 5 or 6 persons.

Seasonable.—Spring spinach from March to July; winter spinach from October to February.

Note.—For an entremets or second-course dish, spinach, dressed by the above recipe may be pressed into a hot mould; it should then be turned out quickly, and served very hot.

BAKED TOMATOES.

(*Excellent.*)

1158. INGREDIENTS.—8 or 10 tomatoes, pepper and salt to taste, 2 oz. of butter, bread crumbs.

Mode.—Take off the stalks from the tomatoes; cut them into thick slices, and put them into a deep baking-dish; add a plentiful seasoning of pepper and salt, and butter in the above proportion; cover the whole with bread crumbs; drop over these a little clarified butter; bake in a moderate oven from 20 minutes to 1/2 hour, and serve very hot. This vegetable, dressed as above, is an exceedingly nice accompaniment to all kinds of roast meat. The tomatoes, instead of being cut in slices, may be baked whole; but they will take rather longer time to cook.

Time.—20 minutes to 1/2 hour.

配烤面包丁。

时间。--煮菠菜10至15分钟；在肉汁中煨10分钟。

上述分量的平均成本为8便士。

足量供5或6人食用。

时令。--春菠菜三月至七月；冬菠菜十月至二月。

注。--作为间菜或第二道菜，按上述食谱烹制的菠菜可压入热模具中；然后应迅速扣出，趁热上桌。

烤番茄

(*Excellent.*)

1158. 配料。--8或10个番茄，胡椒和盐适量，2盎司黄油，面包屑。

方式。--去掉番茄的蒂；将其切成厚片，放入深烤盘中；加入足量的胡椒和盐调味，并按上述比例加入黄油；用面包屑覆盖整个表面；在上面淋少许澄清黄油；在中等温度的烤箱中烘20分钟至1/2小时，趁极热时上桌。按上述方法烹制的这种蔬菜，是各种烤肉极佳的配菜。番茄也可不切片而整只烘烤；但烹制所需时间会稍长一些。

时间。--20分钟至半小时。

Average cost, in full season, 9d. per basket.

Sufficient for 5 or 6 persons.

Seasonable in August, September, and October; but may be had, forced, much earlier.

[Illustration: THE TOMATO.]

TOMATOES.—The Tomato is a native of tropical countries, but is now cultivated considerably both in France and England. Its skin is of a brilliant red, and its flavour, which is somewhat sour, has become of immense importance in the culinary art. It is used both fresh and preserved. When eaten fresh, it is served as an *entremets*; but its principal use is in sauce and gravy; its flavour stimulates the appetite, and is almost universally approved. The Tomato is a wholesome fruit, and digests easily. From July to September, they gather the tomatoes green in France, not breaking them away from the stalk; they are then hung, head downwards, in a dry and not too cold place; and there they ripen.

HOT TOMATO SAUCE, or PUREE OF TOMATOES.

(See No. 529.)

[Illustration: STEWED TOMATOES.]

STEWED TOMATOES.

I.

1159. INGREDIENTS.—8 tomatoes, pepper and salt to taste, 2 oz. of butter, 2 tablespoonfuls of vinegar.

Mode.—Slice the tomatoes into a *lined* saucepan; season them with

平均成本，旺季每篮9便士。

足量供5或6人食用。

时令为八月、九月和十月；但催熟的可更早获得。

[插图：番茄。]

番茄--番茄原产于热带国家，但如今在法国和英格兰已有相当规模的栽培。其表皮呈鲜红色，味道略带酸味，在烹饪艺术中已变得极为重要。它既可鲜食，也可腌制保存。鲜食时，它作为一道间菜上桌；但其主要用途在于制作酱汁和肉汁；其风味能刺激食欲，几乎广受认可。番茄是一种有益健康的果实，易于消化。从七月到九月，法国人会采摘青番茄，不将其从茎上摘下；然后将其头朝下悬挂在干燥且不太寒冷的地方；它们便在那里成熟。

热番茄酱，或番茄泥。

(见第529号。)

[插图：炖番茄]

炖番茄。

1159. 配料。--8个番茄，胡椒和盐适量，2盎司黄油，2汤匙醋。

做法。--将番茄切片放入衬里炖锅；用

pepper and salt, and place small pieces of butter on them. Cover the lid down closely, and stew from 20 to 25 minutes, or until the tomatoes are perfectly tender; add the vinegar, stir two or three times, and serve with any kind of roast meat, with which they will be found a delicious accompaniment.

胡椒和盐调味，并在上面放小块黄油。盖紧锅盖，炖20至25分钟，或至番茄完全软烂；加入醋，搅拌两三次，配任何烤肉上桌，它们将是美味佐餐。

Time.—20 to 25 minutes.

时间。--20至25分钟。

Average cost, in full season, 9d. per basket.

平均成本，旺季每篮9便士。

Sufficient for 4 or 5 persons.

足量供4或5人食用。

Seasonable from August to October; but may be had, forced, much earlier.

时令为八月至十月；但催熟的可更早获得。

ANALYSIS OF THE TOMATO.—The fruit of the love-apple is the only part used as an esculent, and it has been found to contain a particular acid, a volatile oil, a brown, very fragrant extracto-resinous matter, a vegeto-mineral matter, muco-saccharine, some salts, and, in all probability, an alkaloid. The whole plant has a disagreeable odour, and its juice, subjected to the action of the fire, emits a vapour so powerful as to cause vertigo and vomiting.

番茄分析。--爱情果的果实是唯一用作食物的部分，已发现其含有一种特殊酸、一种挥发油、一种棕色且非常芳香的树脂提取物、一种植物矿物物质、黏液糖质、一些盐类，并且很可能含有一种生物碱。整株植物有难闻气味，其汁液经火作用会散发出强烈蒸气，可致眩晕和呕吐。

II.

二。

1160. INGREDIENTS.—8 tomatoes, about 1/2 pint of good gravy, thickening of butter and flour, cayenne and salt to taste.

1160. 配料。--8个番茄，约1/2品脱上好肉汁，黄油和面粉制成的增稠剂，卡宴辣椒和盐适量。

Mode.—Take out the stalks of the tomatoes; put them into a wide stewpan, pour over them the above proportion of good brown gravy, and stew gently until they are tender, occasionally *carefully* turning them, that they may be equally done. Thicken the gravy with a little butter and flour worked together on a plate; let it just

做法。--去掉番茄的蒂；放入宽炖锅，倒入上述比例的上好棕色肉汁，轻轻炖至软烂，不时小心翻动，使其均匀熟透。用少许在盘上调和好的黄油和面粉使肉汁增稠；加入增稠剂后让其刚

boil up after the thickening is added, and serve. If it be at hand, these should be served on a silver or plated vegetable-dish.

Time.—20 to 25 minutes, very gentle stewing.

Average cost, in full season, 9d. per basket.

Sufficient for 4 or 5 persons.

Seasonable in August, September, and October; but maybe had, forced, much earlier.

THE TOMATO, OR LOVE-APPLE.—This vegetable is a native of Mexico and South America, but is also found in the East Indies, where it is supposed to have been introduced by the Spaniards. In this country it is much more cultivated than it formerly was; and the more the community becomes acquainted with the many agreeable forms in which the fruit can be prepared, the more widely will its cultivation be extended. For ketchup, soups, and sauces, it is equally applicable, and the unripe fruit makes one of the best pickles.

煮沸，即可上桌。如手边有，应盛在银制或镀银蔬菜盘中上桌。

时间。--20至25分钟，非常轻柔地炖煮。

平均成本，旺季每篮9便士。

足量供4或5人食用。

时令为八月、九月和十月；但催熟的可更早获得。

番茄，又名爱情果--这种蔬菜原产于墨西哥和南美洲，但在东印度群岛也有发现，据信是由西班牙人引入的。在我国，它的种植比过去广泛得多；而公众越是熟悉这种果实可以烹制出的种种可口形式，它的种植就会推广得越广。它同样适用于番茄酱、汤和酱汁，而未成熟的果实则能制成最好的腌菜之一。

TRUFFLES AU NATUREL.

1161. INGREDIENTS.—Truffles, buttered paper.

Mode.—Select some fine truffles; cleanse them, by washing them in several waters with a brush, until not a particle of sand or grit remains on them; wrap each truffle in buttered paper, and bake in a hot oven for quite an hour; take off the paper, wipe the truffles, and serve them in a hot napkin.

Time.—1 hour. *Average cost*.—Not often bought in this country.

Seasonable from November to March.

原味松露

1161. 配料--松露、涂黄油的纸。

做法。--挑选一些上好的块菌；用刷子在多道水中清洗，直到不剩一粒沙子或砂砾；将每个块菌用涂黄油的纸包好，在热烤箱中烘烤整整一小时；去掉纸，擦净块菌，盛在热餐巾中上桌。

时间。--1小时。平均成本。--此国不常购买。

时令十一月至三月。

[Illustration: TRUFFLES.]

THE COMMON TRUFFLE.—This is the *Tuber cibarium* of science, and belongs to that numerous class of esculent fungi distinguished from other vegetables not only by the singularity of their forms, but by their chemical composition. Upon analysis, they are found not only to contain the usual components of the vegetable kingdom, such as carbon, oxygen, and hydrogen, but likewise a large proportion of nitrogen; from which they approach more nearly to the nature of animal flesh. It was long ago observed by Dr. Darwin, that all the mushrooms cooked at our tables, as well as those used for ketchup, possessed an animal flavour; and soup enriched by mushrooms only has sometimes been supposed to contain meat.

TO DRESS TRUFFLES WITH CHAMPAGNE.

1162. INGREDIENTS.—12 fine black truffles, a few slices of fat bacon, 1 carrot, 1 turnip, 2 onions, a bunch of savoury herbs, including parsley, 1 bay-leaf, 2 cloves, 1 blade of pounded mace, 2 glasses of champagne, 1/2 pint of stock.

Mode.—Carefully select the truffles, reject those that have a musty smell, and wash them well with a brush, in cold water only, until perfectly clean. Put the bacon into a stewpan, with the truffles and the remaining ingredients; simmer these gently for an hour, and let the whole cool in the stewpan. When to be served, rewarm them, and drain them on a clean cloth; then arrange them on a delicately white napkin, that it may contrast as strongly as possible with the truffles, and serve. The trimmings of truffles are used to flavour gravies, stock, sauces, &c.; and are an excellent

[插图：松露。]

普通块菌--这是科学上的*Tuber cibarium*，属于那一大类食用真菌，它们不仅以形态奇特，而且以化学成分而有别于其他蔬菜。经分析，人们发现它们不仅含有植物界通常的成分，如碳、氧和氢，而且还含有大量的氮；因此它们更接近动物肉的性质。达尔文博士早就观察到，我们餐桌上烹制的所有蘑菇，以及用于制作番茄酱的蘑菇，都具有一种动物的风味；而仅用蘑菇增味的汤有时会被认为含有肉。

用香槟烹制松露。

1162. 配料。--12个上好的黑块菌，几片肥培根，1根胡萝卜，1个芜菁，2个洋葱，一束香草(包括欧芹),1片月桂叶，2粒丁香，1片捣碎的肉豆蔻皮，2杯香槟，1/2品脱高汤。

做法--仔细挑选块菌，剔除那些有霉味的，只用冷水用刷子把它们好好刷洗，直到完全干净。把培根放入炖锅，加入块菌和其余配料；用文火慢炖一小时，让全部在炖锅中冷却。上桌时，将它们重新加热，在干净的布上沥干；然后摆放在一块洁白的餐巾上，使其与块菌形成尽可能强烈的对比，即可上桌。块菌的边角料用于给肉汁、高汤、酱汁等增味；是极好的

addition to ragouts, made dishes of fowl, &c.

Time.—1 hour. *Average cost*.—Not often bought in this country.

Seasonable from November to March.

THE TRUFFLE.—The Truffle belongs to the family of the Mushroom. It is certain that the truffle must possess, equally with other plants, organs of reproduction; yet, notwithstanding all the efforts of art and science, it has been impossible to subject it to a regular culture. Truffles grow at a considerable depth under the earth, never appearing on the surface. They are found in many parts of France: those of Périgord Magny are the most esteemed for their odour. There are three varieties of the species,—the black, the red, and the white: the latter are of little value. The red are very rare, and their use is restricted. The black has the highest repute, and its consumption is enormous. When the peasantry go to gather truffles, they take a pig with them to scent out the spot where they grow. When that is found, the pig turns up the surface with his snout, and the men then dig until they find the truffles. Good truffles are easily distinguished by their agreeable perfume; they should be light in proportion to their size, and elastic when pressed by the finger. To have them in perfection, they should be quite fresh, as their aroma is considerably diminished by any conserving process. Truffles are stimulating and beating. Weak stomachs digest them with difficulty. Some of the culinary uses to which they are subjected render them more digestible; but they should always be eaten sparingly. Their chief use is in seasoning and garnitures. In short, a professor has said, "Meats with truffles are the most distinguished dishes that opulence can offer to the epicure." The Truffle grows in clusters, some inches below the

用于炖菜、家禽类菜肴等的添加料。

时间。--1小时。平均成本。--此国不常购买。

时令十一月至三月。

块菌--块菌属于蘑菇科。可以肯定，块菌必定与其他植物一样具有繁殖器官；然而，尽管艺术与科学竭尽全力，仍无法对它进行正规的栽培。块菌生长在地下相当深的地方，从不露出地表。在法国的许多地方都有发现：佩里戈尔·马尼的块菌因其香气而最受推崇。该物种有三个变种--黑色、红色和白色：后者价值不大。红色极为罕见，其用途也受到限制。黑色最负盛名，消费量巨大。当农民去采集块菌时，他们会带上一头猪，让它嗅出块菌生长的地方。找到后，猪用鼻子拱开地表，然后人们挖掘，直到找到块菌。好的块菌以其宜人的香气很容易辨认；它们应当相对于其大小而言较轻，用手指按压时有弹性。要得到完美的块菌，它们应当十分新鲜，因为任何保存过程都会大大削弱其香气。块菌具有刺激性和滋补性。胃弱者难以消化它们。对它们所采用的某些烹饪用途使它们更易消化；但仍应少量食用。它们的主要用途在于调味和配菜。总之，一位教授说过：“带块菌的肉类是富裕者能献给美食家的最上等的菜肴。”块菌成簇生长，在地表下数英寸处

surface of the soil, and is of an irregular globular form. Those which grow wild in England are about the size of a hen's egg, and have no roots. As there is nothing to indicate the places where they are, dogs have been trained to discriminate their scent, by which they are discovered. Hogs are very fond of them, and frequently lead to their being found, from their rutting up the ground in search of them.

土壤表面，呈不规则的球状。在英国野生生长的那些大约有鸡蛋大小，且没有根。由于没有任何迹象指示它们所在的位置，人们便训练狗来辨别它们的气味，借此发现它们。猪非常喜食松露，常常因为拱地寻找它们而引导人们发现其踪迹。

ITALIAN MODE OF DRESSING TRUFFLES.

意大利式松露烹调法

1163. INGREDIENTS.—10 truffles, 1/4 pint of salad-oil, pepper and salt to taste, 1 tablespoonful of minced parsley, a very little finely-minced garlic, 2 blades of pounded mace, 1 tablespoonful of lemon-juice.

1163. 配料--10个松露，1/4品脱沙拉油，胡椒和盐适量，1汤匙切碎的欧芹，极少量切碎的蒜，2片捣碎的肉豆蔻，1汤匙柠檬汁。

Mode.—After cleansing and brushing the truffles, cut them into thin slices, and put them in a baking-dish, on a seasoning of oil, pepper, salt, parsley, garlic, and mace in the above proportion. Bake them for nearly an hour, and, just before serving, add the lemon-juice, and send them to table very hot.

做法--将松露清洗并用刷子刷净后，切成薄片，放入烤盘中，上面铺一层由油、胡椒、盐、欧芹、蒜和肉豆蔻按上述比例调成的调味料。烘烤近一小时，上桌前加入柠檬汁，趁热端上餐桌。

Time.—Nearly 1 hour.

时间。--近1小时。

Average cost.—Not often bought in this country.

平均成本。--在我国不常购买。

Seasonable from November to March.

时令十一月至三月。

WHERE TRUFFLES ARE FOUND.—In this country, the common truffle is found on the downs of Hampshire, Wiltshire, and Kent; and they abound in dry light soils, and more especially in oak and chestnut forests. In France they are plentiful, and many are imported from the south of that country and Italy, where they are much larger and in greater perfection: they lose, however, much

松露的产地--在我国，普通松露见于汉普郡、威尔特郡和肯特郡的丘陵地带；它们大量生长于干燥轻质的土壤中，尤其是橡树林和栗树林中。在法国，松露产量丰富，许多从该国南部和意大利进口，那里的松露更大、品质更佳：然而它们会因干燥而失去许多

of their flavour by drying. Truffles have in England been tried to be propagated artificially, but without success.

通过干燥会失去其风味。在英国曾尝试人工繁殖松露，但未成功。

TRUFFLES A L'ITALIENNE.

意式松露

1164. INGREDIENTS.—10 truffles, 1 tablespoonful of minced parsley, 1 minced shalot, salt and pepper to taste, 2 oz. of butter, 2 tablespoonfuls of good brown gravy, the juice of 1/2 lemon, cayenne to taste.

1164. 配料--10个松露，1汤匙切碎的欧芹，1个切碎的葱头，盐和胡椒适量，2盎司黄油，2汤匙优质棕色肉汁，半个柠檬的汁，辣椒粉适量。

Mode.—Wash the truffles and cut them into slices about the size of a penny-piece; put them into a sauté pan, with the parsley, shalot, salt, pepper, and 1 oz. of butter; stir them over the fire, that they may all be equally done, which will be in about 10 minutes, and drain off some of the butter; then add a little more fresh butter, 2 tablespoonfuls of good gravy, the juice of 1/2 lemon, and a little cayenne; stir over the fire until the whole is on the point of boiling, when serve.

做法--洗净块菌，切成约一便士硬币大小的片；将它们放入煎锅，加入欧芹、葱头、盐、胡椒和1 oz.黄油；在火上翻炒，使它们均匀熟透，大约需要10分钟，然后滗去部分黄油；再加入少许新鲜黄油、2汤匙上好的肉汁、1/2个柠檬的汁和少许辣椒粉；在火上搅拌，直到全部即将沸腾，即可上桌。

Time.—Altogether, 20 minutes.

时间。--总共20分钟。

Average cost.—Not often bought in this country.

平均成本。--在我国不常购买。

Seasonable from November to March.

时令十一月至三月。

USES OF THE TRUFFLE.—Like the Morel, truffles are seldom eaten alone, but are much used in gravies, soups, and ragoûts. They are likewise dried for the winter months, and, when reduced to powder, form a useful culinary ingredient; they, however, have many virtues attributed to them which they do not possess. Their wholesomeness is, perhaps, questionable, and they should be eaten with moderation.

松露的用途--与羊肚菌一样，松露很少单独食用，但广泛用于肉汁、汤和炖菜中。它们也被晾干以备冬季使用，磨成粉后是一种有用的烹饪配料；然而，人们归之于它们的许多功效并非它们所固有。它们的健康性或许值得怀疑，应适量食用。

BOILED TURNIPS.

1165. INGREDIENTS.—Turnips; to each 1/2 gallon of water allow 1 heaped tablespoonful of salt.

Mode.—Pare the turnips, and, should they be very large, divide them into quarters; but, unless this is the case, let them be cooked whole. Put them into a saucepan of boiling water, salted in the above proportion, and let them boil gently until tender. Try them with a fork, and, when done, take them up in a colander; let them thoroughly drain, and serve. Boiled turnips are usually sent to table with boiled mutton, but are infinitely nicer when mashed than served whole: unless nice and young, they are scarcely worth the trouble of dressing plainly as above.

Time.—Old turnips, 3/4 to 1-1/4 hour; young ones, about 18 to 20 minutes.

Average cost, 4d. per bunch.

Sufficient.—Allow a bunch of 12 turnips for 5 or 6 persons.

Seasonable.—May be had all the year; but in spring only useful for flavouring gravies, &c.

[Illustration: TURNIPS.]

THE TURNIP.—This vegetable is the *Brassica Rapa* of science, and grows wild in England, but cannot be brought exactly to resemble what it becomes in a cultivated state. It is said to have been originally introduced from Hanover, and forms an excellent culinary vegetable, much used all over Europe, where it is either eaten alone or mashed and cooked in soups and stews. They do not thrive in a hot climate; for in India they, and many more of

煮芜菁。

1165. 配料--芜菁；每1/2加仑水配1满汤匙盐。

做法。--将芜菁去皮，如果个头很大，就切成四块；若不是这种情况，就让它们整只烹煮。把它们放入一锅加盐的沸水中，盐的用量按上述比例，用文火煮至软嫩。用叉子试一下，煮好后捞入滤盆；让它们彻底沥干，然后上桌。煮芜菁通常与煮羊肉一同上桌，但捣成泥远比整只上桌美味得多：除非鲜嫩质佳，否则照上述方法简单烹制几乎不值得费事。

时间--老芜菁，3/4至1-1/4小时；嫩芜菁，约18至20分钟。

平均成本，每束4便士。

足够。--供5至6人食用，备12根芜菁一束。

时令--全年可得；但春季仅用于给肉汁等调味。

[插图：芜菁。]

芜菁--这种蔬菜是科学上的*Brassica Rapa*，在英国野生生长，但无法完全培育成栽培状态下的样子。据说最初是从汉诺威引进的，是一种极好的烹饪蔬菜，在欧洲各地广泛使用，或单独食用，或捣碎后煮入汤和炖菜中。它们在炎热气候中生长不良；因为在印度，它们以及许多

our garden vegetables, lose their flavour and become comparatively tasteless. The Swede is the largest variety, but it is too coarse for the table.

我们的园圃蔬菜都失去了风味，变得相对无味。瑞典芜菁是最大的品种，但过于粗糙，不宜上餐桌。

MASHED TURNIPS.

芜菁泥。

1166. INGREDIENTS.—10 or 12 large turnips; to each 1/2 gallon of water allow 1 heaped tablespoonful of salt, 2 oz. of butter, cayenne or white pepper to taste.

1166. 配料--10或12个大芜菁；每1/2加仑水配1满汤匙盐，2盎司黄油，辣椒粉或白胡椒适量。

Mode.—Pare the turnips, quarter them, and put them into boiling water, salted in the above proportion; boil them until tender; then drain them in a colander, and squeeze them as dry as possible by pressing them with the back of a large plate. When quite free from water, rub the turnips with a wooden spoon through the colander, and put them into a very clean saucepan; add the butter, white pepper, or cayenne, and, if necessary, a little salt. Keep stirring them over the fire until the butter is well mixed with them, and the turnips are thoroughly hot; dish, and serve. A little cream or milk added after the turnips are pressed through the colander, is an improvement to both the colour and flavour of this vegetable.

做法。--将芜菁去皮，切成四块，放入加盐的沸水中，盐的用量按上述比例；煮至软嫩；然后沥入滤盆，用一只大盘子的背面压挤，尽可能挤干。待水分完全去除后，用木勺把芜菁隔着滤盆擦成泥，放入一只非常干净的炖锅；加入黄油、白胡椒或卡宴辣椒，如有必要再加少许盐。在火上不断搅拌，直到黄油与芜菁充分混合、芜菁彻底热透；装盘上桌。芜菁擦过滤盆后加入少许奶油或牛奶，可改善这种蔬菜的色泽与风味。

Time.—From 1/2 to 3/4 hour to boil the turnips; 10 minutes to warm them through.

时间--煮芜菁需1/2至3/4小时；加热透彻需10分钟。

Average cost, 4d. per bunch.

平均成本，每束4便士。

Sufficient for 4 or 5 persons.

足量供4或5人食用。

Seasonable.—May be had all the year; but in spring only good for flavouring gravies.

时令--全年可得；但春季仅适于给肉汁调味。

VEGETABLES REDUCED TO PURÉE.—Persons in the flower of

蔬菜泥。--正值壮年的人

youth, having healthy stomachs, and leading active lives, may eat all sorts of vegetables, without inconvenience, save, of course, in excess. The digestive functions possess great energy during the period of youth: the body, to develop itself, needs nourishment. Physical exercise gives an appetite, which it is necessary to satisfy, and vegetables cannot resist the vigorous action of the gastric organs. As old proverb says, "At twenty one can digest iron." But for aged persons, the sedentary, or the delicate, it is quite otherwise. Then the gastric power has considerably diminished, the digestive organs have lost their energy, the process of digestion is consequently slower, and the least excess at table is followed by derangement of the stomach for several days. Those who generally digest vegetables with difficulty, should eat them reduced to a pulp or purée, that is to say, with their skins and tough fibres removed. Subjected to this process, vegetables which, when entire, would create flatulence and wind, are then comparatively harmless. Experience has established the rule, that nourishment is not complete without the alliance of meat with vegetables. We would also add, that the regime most favourable to health is found in variety: variety pleases the senses, monotony is disagreeable. The eye is fatigued by looking always on one object, the ear by listening to one sound, and the palate by tasting one flavour. It is the same with the stomach: consequently, variety of food is one of the essentials for securing good digestion.

GERMAN MODE OF COOKING TURNIPS.

1167. INGREDIENTS.—8 large turnips, 3 oz. of butter, pepper and salt to taste, rather more than 1/2 pint of weak stock or broth, 1 tablespoonful of flour.

青年人胃健康、生活活跃，可以吃各种蔬菜而不感不适，当然，过量除外。青年时期消化功能旺盛：身体要发育，就需要营养。体力活动会带来食欲，这食欲必须得到满足，而蔬菜抵挡不住胃部器官的强健作用。正如老话所说：“二十一岁能消化铁。”但对于年老体弱者、久坐不动者或身体娇弱者，情况就完全不同了。此时胃力已大为减弱，消化器官已失去活力，消化过程因而变慢，餐桌上稍有过量，随后几天便会胃部失调。那些平时难以消化蔬菜的人，应把蔬菜吃成糊状或菜泥，也就是说，去掉皮和粗纤维。经过这样处理，那些整只食用会引起胀气和肠风的蔬菜，就相对无害了。经验已确立这样一条规律：没有肉与蔬菜的搭配，营养就不完整。我们还要补充一点：最有益于健康的饮食方式在于多样化：多样化使感官愉悦，单调则令人不适。眼睛总看同一物体而疲劳，耳朵总听同一声音而疲劳，味蕾总尝同一味道而疲劳。胃也是如此：因此，食物的多样化是保证良好消化的重要条件之一。

德国式芜菁烹饪法

1167. 配料--8个大芜菁，3盎司黄油，胡椒和盐适量，略多于1/2品脱的淡高汤或肉汤，1汤匙面粉。

Mode.—Make the butter hot in a stewpan, lay in the turnips, after having pared and cut them into dice, and season them with pepper and salt. Toss them over the fire for a few minutes, then add the broth, and simmer the whole gently till the turnips are tender. Brown the above proportion of flour with a little butter; add this to the turnips, let them simmer another 5 minutes, and serve. Boiled mutton is usually sent to table with this vegetable, and may be cooked with the turnips by placing it in the midst of them: the meat would then be very delicious, as, there being so little liquid with the turnips, it would almost be steamed, and consequently very tender.

做法。--在炖锅中把黄油烧热，放入已去皮并切成骰子块的芜菁，用胡椒和盐调味。在火上翻炒几分钟，然后加入肉汤，用文火将全部材料慢慢炖至芜菁软嫩。用少许黄油把上述份量的面粉炒成棕色；将其加入芜菁中，再炖5分钟，然后上桌。煮羊肉通常与这种蔬菜一同上桌，也可以把羊肉放在芜菁中间与之一同烹制：这样肉会非常美味，因为芜菁中汤汁很少，肉几乎是被蒸熟的，因而非常嫩。

Time.—20 minutes. *Average cost*, 4d. per bunch.

时间。- 20分钟。平均成本，每束4d。

Sufficient for 4 persons.

足量供4人食用。

Seasonable.—May be had all the year.

时令。--全年皆可获取。

TURNIPS.—Good turnips are delicate in texture, firm, and sweet. The best sorts contain a sweet juicy mucilage, uniting with the aroma a slightly acid quality, which is completely neutralized in cooking. The turnip is prepared in a variety of ways. Ducks stuffed with turnips have been highly appreciated. It is useful in the regimen of persons afflicted with chronic visceral irritations. The turnip only creates flatulency when it is soft, porous, and stringy. It is then, consequently, bad.

芜菁--优质芜菁质地细腻、坚实且甘甜。最好的品种含有一种甜美的汁液状黏液，在香气之外还带有轻微的酸味，这种酸味在烹饪中被完全中和。芜菁有多种烹调方式。用芜菁填充的鸭肉备受赞赏。它对患有慢性内脏刺激症的人的饮食调理很有用。芜菁只有在柔软、多孔且纤维粗老时才会引起胀气。因此，那时它便是劣质的。

TURNIPS IN WHITE SAUCE.

白汁芜菁。

(An Entremets, or to be served with the Second Course as a Side-dish.)

(一道小菜，或作为副菜与第二道菜一同上桌。)

1168. INGREDIENTS.—7 or 8 turnips, 1 oz. of butter, 1/2 pint of

1168. 配料--7或8个芜菁，1盎司黄油，1/2品脱

white sauce, No. 538 or 539.

Mode.—Peel and cut the turnips in the shape of pears or marbles; boil them in salt and water, to which has been added a little butter, until tender; then take them out, drain, arrange them on a dish, and pour over the white sauce made by recipe No. 538 or 539, and to which has been added a small lump of sugar. In winter, when other vegetables are scarce, this will be found a very good and pretty-looking dish: when approved, a little mustard may be added to the sauce.

Time.—About 3/4 hour to boil the turnips.

Average cost, 4d. per bunch.

Sufficient for 1 side-dish. *Seasonable* in winter.

THE FRENCH NAVET.—This is a variety of the turnip; but, instead of being globular, has more the shape of the carrot. Its flavour being excellent, it is much esteemed on the Continent for soups and made dishes. Two or three of them will impart as much flavour as a dozen of the common turnips will. Accordingly, when stewed in gravy, they are greatly relished. This flavour resides in the rind, which is not cut off, but scraped. This variety was once grown in England, but now it is rarely found in our gardens, though highly deserving of a place there. It is of a yellowish-white colour, and is sometimes imported to the London market.

BOILED TURNIP GREENS.

1169. INGREDIENTS.—To each 1/2 gallon of water, allow 1 heaped tablespoonful of salt; turnip-greens.

白酱，第538号或第539号。

做法。--将芜菁去皮，切成梨形或弹子形；放入加有少许黄油的盐水煮至软嫩；然后取出，沥干，排在盘中，浇上按第538号或第539号食谱制成的白酱汁，并加入一小块糖。冬季其他蔬菜稀少时，这是一道又好又好看的菜；如获认可，可在酱汁中加少许芥末。

时间。--煮芜菁约需3/4小时。

平均成本，每束4便士。

足量供1份配菜。时令冬季。

法国芜菁。--这是芜菁的一个变种；但它不是球形的，形状更像胡萝卜。其风味极佳，在欧洲大陆备受推崇，用于制作汤和各式菜肴。两三个这样的芜菁就能赋予与一打普通芜菁同样多的风味。因此，当用肉汁炖煮时，它们大受欢迎。这种风味存在于外皮之中，外皮不削去，而是刮净。这个变种曾在英格兰种植，但如今在我们的菜园中已难得一见，尽管它非常值得在那里占有一席之地。它呈黄白色，有时会被进口到伦敦市场。

水煮芜菁叶。

1169. 配料。--每1/2加仑水，配1满汤匙盐；芜菁叶。

Mode.—Wash the greens well in two or three waters, and pick off all the decayed and dead leaves; tie them in small bunches, and put them into plenty of boiling water, salted in the above proportion. Keep them boiling quickly, with the lid of the saucepan uncovered, and when tender, pour them into a colander; let them drain, arrange them in a vegetable-dish, remove the string that the greens were tied with, and serve.

做法。--将菜叶在两三遍水中洗净，摘去所有腐烂和枯死的叶子；扎成小把，放入大量按上述比例加盐的沸水中。保持快速沸腾，锅盖不盖，煮至软嫩后倒入漏勺；沥干，排在蔬菜盘中，解开扎菜叶的绳子，即可上桌。

Time.—15 to 20 minutes. *Average cost*, 4d. for a dish for 3 persons.

时间。--15至20分钟。平均费用，供3人食用的一盘为4便士。

Seasonable in March, April, and May.

时令三月、四月和五月。

CABBAGE, TURNIP-TOPS, AND GREENS.—All the cabbage tribe, which comprises coleworts, brocoli, cauliflower, sprouts, and turnip-tops, in order to be delicate, should be dressed young, when they have a rapid growth; but, if they have stood the summer, in order to be tender, they should be allowed to have a touch of frost. The cabbage contains much vegetable albumen, and several parts sulphur and nitrate of potass. Cabbage is heavy, and a long time digesting, which has led to a belief that it is very nourishing. It is only fit food for robust and active persons; the sedentary or delicate should carefully avoid it. Cabbage may be prepared in a variety of ways: it serves as a garniture to several recherché dishes,—partridge and cabbage for example. Bacon and cabbage is a very favourite dish; but only a good stomach can digest it.

卷心菜、芜菁叶和青菜。--所有卷心菜类，包括菜心、西兰花、花椰菜、抱子甘蓝和芜菁叶，为了鲜嫩，应在幼嫩、生长迅速时采摘烹制；但如果它们已经过了夏天，为了使其柔嫩，应让它们经受一点霜冻。卷心菜含有大量植物蛋白，以及若干硫磺和硝酸钾成分。卷心菜沉重，消化时间长，这导致人们认为它非常有营养。它只适合强壮好动的人食用；久坐或体质虚弱者应小心避免。卷心菜可以用多种方式烹制：它可作为多道精致菜肴的配菜--例如山鹑配卷心菜。培根配卷心菜是一道非常受欢迎的菜肴；但只有好胃口才能消化它。

BOILED VEGETABLE MARROW.

煮西葫芦

1170. INGREDIENTS.—To each 1/2 gallon of water, allow 1 heaped tablespoonful of salt; vegetable marrows.

1170. 配料。--每1/2加仑水，配1满汤匙盐；西葫芦。

[Illustration: VEGETABLE MARROW ON TOAST.]

Mode.—Have ready a saucepan of boiling water, salted in the above proportion; put in the marrows after peeling them, and boil them until quite tender. Take them up with a slice, halve, and, should they be very large, quarter them. Dish them on toast, and send to table with them a tureen of melted butter, or, in lieu of this, a small pat of salt butter. Large vegetable marrows may be preserved throughout the winter by storing them in a dry place; when wanted for use, a few slices should be cut and boiled in the same manner as above; but, when once begun, the marrow must be eaten quickly, as it keeps but a short time after it is cut. Vegetable marrows are also very delicious mashed: they should be boiled, then drained, and mashed smoothly with a wooden spoon. Heat them in a saucepan, add a seasoning of salt and pepper, and a small piece of butter, and dish with a few sippets of toasted bread placed round as a garnish.

Time.—Young vegetable marrows 10 to 20 minutes; old ones, 1/2 to 3/4 hour.

Average cost, in full season, 1s. per dozen.

Sufficient.—Allow 1 moderate-sized marrow for each person.

Seasonable in July, August, and September; but may be preserved all the winter.

FRIED VEGETABLE MARROW.

1171. INGREDIENTS.—3 medium-sized vegetable marrows, egg and bread crumbs, hot lard.

[插图：蔬菜西葫芦配吐司]

做法。--准备一锅按上述比例加盐的沸水；将西葫芦去皮后放入，煮至完全软烂。用铲子取出，切成两半，如果非常大，则切成四块。将它们盛在吐司上，并随同一盅融化黄油一起上桌，或者，以一小块盐黄油代替。大个蔬菜西葫芦可以通过存放在干燥处而整个冬天保存；需要使用时，应切下几片，按上述方法煮制；但一旦切开，西葫芦必须尽快吃完，因为切开后只能保存很短时间。蔬菜西葫芦捣碎后也非常美味：应将其煮制，然后沥干，用木勺捣成细泥。在锅中加热，加入盐和胡椒调味，以及一小块黄油，盛盘时周围放几块烤面包丁作为配菜。

时间。--嫩西葫芦10至20分钟；老西葫芦1/2至3/4小时。

平均价格，盛产季节，每打1先令。

充足。--每人配1个中等大小的西葫芦。

时令为七月、八月和九月；但可保存整个冬季。

炸西葫芦

1171. 配料。--3个中等大小的西葫芦，鸡蛋和面包屑，热猪油。

Mode.—Peel, and boil the marrows until tender in salt and water; then drain them and cut them in quarters, and take out the seeds. When thoroughly drained, brush the marrows over with egg, and sprinkle with bread crumbs; have ready some hot lard, fry the marrow in this, and, when of a nice brown, dish; sprinkle over a little salt and pepper, and serve.

做法。--将西葫芦去皮，放入盐水中煮至软嫩；然后沥干，切成四块，取出籽。彻底沥干后，在西葫芦上刷蛋液，撒上面包屑；备好热猪油，将西葫芦放入煎炸，呈漂亮的棕色时装盘；撒上少许盐和胡椒，即可上桌。

Time.—About 1/2 hour to boil the marrow, 7 minutes to fry it.

时间。--煮骨髓约需1/2小时，煎制需7分钟。

Average cost, in full season, 1s. per dozen.

平均价格，盛产季节，每打1先令。

Sufficient for 4 persons.

足量供4人食用。

Seasonable in July, August, and September.

时令七月、八月和九月。

[Illustration: VEGETABLE MARROW.]

[插图：蔬菜西葫芦]

THE VEGETABLE MARROW.—This vegetable is now extensively used, and belongs to the Cucurbits. It is the *C. ovifera* of science, and, like the melon, gourd, cucumber, and squash, is widely diffused in the tropical or warmer regions of the globe. Of the nature of this family we have already spoken when treating of the cucumber.

西葫芦。--这种蔬菜如今被广泛食用，属于葫芦科。它是科学上的*C.ovifera*，与甜瓜、葫芦、黄瓜和南瓜一样，广泛分布于全球热带或较温暖地区。关于这一科的性质，我们在论述黄瓜时已经谈过。

CUT VEGETABLES FOR SOUPS, &c.

切蔬菜用于汤等

[Illustration: VEGETABLE-CUTTER.]

[插图：蔬菜切刀。]

1172. The annexed engraving represents a cutter for shaping vegetables for soups, ragouts, stews, &c.; carrots and turnips being the usual vegetables for which this utensil is used. Cut the vegetables into slices about 1/4 inch in thickness, stamp them out with the cutter, and boil them for a few minutes in salt and water, until tender. Turnips should be cut in rather thicker slices than carrots, on account of the former boiling more quickly to a pulp

1172. 附图所示为一种用于将蔬菜切成汤、炖菜、烩菜等所需形状的切模；胡萝卜和芜菁是通常使用这种器具处理的蔬菜。将蔬菜切成约1/4英寸厚的片，用切模压出形状，放入盐水中煮几分钟，直至软嫩。芜菁应切得比胡萝卜稍厚一些，因为前者更容易煮烂成糊。

than the latter.

CARROTS.—Several species of carrots are cultivated,—the red, the yellow, and the which. Those known as the Crecy carrots are considered the best, and are very sweet. The carrot has been classed by hygienists among flatulent vegetables, and as difficult of digestion. When the root becomes old, it is almost as hard as wood; but the young carrot, which has not reached its full growth, is tender, relishing, nutritious, and digests well when properly cooked.

VEGETABLE MARROWS IN WHITE SAUCE.

1173. INGREDIENTS.—4 or 5 moderate-sized marrows, 1/2 pint of white sauce, No. 539.

[Illustration: VEGETABLE MARROW IN WHITE SAUCE.]

Mode.—Pare the marrows; cut them in halves, and shape each half at the top in a point, leaving the bottom end flat for it to stand upright in the dish. Boil the marrows in salt and water until tender; take them up very carefully, and arrange them on a hot dish. Have ready 1/2 pint of white sauce, made by recipe No. 539; pour this over the marrows, and serve.

Time.—From 15 to 20 minutes to boil the marrows.

Average cost, in full season, 1s. per dozen.

Sufficient for 5 or 6 persons.

Seasonable in July, August, and September.

BOILED INDIAN WHEAT or MAIZE.

比后者更甚。

胡萝卜。--人们栽培胡萝卜的几个品种--红色、黄色以及哪一种。被称为克雷西胡萝卜的品种被认为最好，非常甜。胡萝卜被卫生学家列为易产气的蔬菜，且难以消化。根变老时几乎像木头一样硬；但尚未长足的嫩胡萝卜则柔嫩、味美、有营养，烹调得当时易于消化。

白汁西葫芦

1173. 配料。--4或5个中等大小的西葫芦，1/2品脱白酱汁，第539号。

[插图：白汁西葫芦]

做法。--将西葫芦削皮；切成两半，将每一半的顶部修成尖形，底部保持平直，以便在盘中直立。将西葫芦放入盐水中煮至软嫩；非常小心地取出，排在热盘中。备好1/2品脱按第539号食谱制成的白酱汁；浇在西葫芦上，即可上桌。

时间。--煮西葫芦需15至20分钟。平均费用，盛产季节每打1先令。足够5或6人食用。

时令为七月、八月和九月。煮印度小麦或玉米。

1174. INGREDIENTS.—The ears of young and green Indian wheat; to every 1/2 gallon of water allow 1 heaped tablespoonful of salt.

Mode.—This vegetable, which makes one of the most delicious dishes brought to table, is unfortunately very rarely seen in Britain; and we wonder that, in the gardens of the wealthy, it is not invariably cultivated. Our sun, it is true, possesses hardly power sufficient to ripen maize; but, with well-prepared ground, and in a favourable position, it might be sufficiently advanced by the beginning of autumn to serve as a vegetable. The outside sheath being taken off and the waving fibres removed, let the ears be placed in boiling water, where they should remain for about 25 minutes (a longer time may be necessary for larger ears than ordinary); and, when sufficiently boiled and well drained, they may be sent to table whole, and with a piece of toast underneath them. Melted butter should be served with them.

Time.—25 to 35 minutes. *Average cost*.—Seldom bought.

Sufficient,—1 ear for each person. *Seasonable* in autumn.

Note.—William Cobbett, the English radical writer and politician, was a great cultivator and admirer of maize, and constantly ate it as a vegetable, boiled. We believe he printed a special recipe for it, but we have been unable to lay our hands on it. Mr. Buchanan, the present president of the United States, was in the habit, when ambassador here, of receiving a supply of Indian corn from America in hermetically-sealed cases; and the publisher of this work remembers, with considerable satisfaction, his introduction to a dish of this vegetable, when in America. He found it to combine the excellences of the young green pea and the finest asparagus; but he felt at first slightly awkward in holding the

1174. 配料。--嫩绿的印度小麦穗；每1/2加仑水配1满汤匙盐。

做法。--这种蔬菜是餐桌上最美味的一道菜，但不幸的是，在英国极为罕见；我们感到奇怪，在富人的菜园里，它竟不是必定种植的。诚然，我们的阳光几乎没有足够的力量使玉米成熟；但是，在精心准备的土壤和有利的位置下，它可能在初秋时充分生长，作为蔬菜食用。去掉外面的苞叶，清除飘动的须丝，将玉米穗放入沸水中，应煮约25分钟(比普通玉米穗更大的可能需要更长时间)；煮透并充分沥干后，可以整穗上桌，下面垫一块吐司。应配以融化黄油。

时间。--25至35分钟。平均成本。--很少购买。

足量，--每人1穗。秋季时令。

注。--威廉·科贝特，英国激进派作家和政治家，是玉米的伟大种植者和赞赏者，经常将其作为蔬菜煮食。我们相信他为此印行过一份专门的食谱，但我们未能找到。布坎南先生，现任美国总统，在担任驻此间大使时，习惯于从美国收到装在密封盒中的印第安玉米；本书出版者相当满意地记得，他在美国时曾被介绍品尝过一道这种蔬菜。他发现它兼具嫩绿豌豆和上等芦笋的优点；但他起初觉得拿着那

large ear with one hand, whilst the other had to be employed in cutting off with a knife the delicate green grains.

[Illustration]

[Illustration]

一只手握住大穗，另一只手则须用刀切下细嫩的绿色谷粒。[插图]

[Illustration]

CHAPTER XXVI.

GENERAL OBSERVATIONS ON PUDDINGS AND PASTRY.

1175. PUDDINGS AND PASTRY, familiar as they may be, and unimportant as they may be held in the estimation of some, are yet intimately connected with the development of agricultural resources in reference to the cereal grasses. When they began to be made is uncertain; but we may safely presume, that a simple form of pudding was amongst the first dishes made after discovering a mode of grinding wheat into flour. Traditional history enables us to trace man back to the time of the Deluge. After that event he seems to have recovered himself in the central parts of Asia, and to have first risen to eminence in the arts of civilization on the banks of the Nile. From this region, Greece, Carthage, and some other parts along the shores of the Mediterranean Sea, were colonized. In process of time, Greece gave to the Romans the arts which she had thus received from Egypt, and these subsequently diffused them over Europe. How these were carried to or developed in India and China, is not so well ascertained; and in America their ancient existence rests only on very indistinct traditions. As to who was the real discoverer of the use of corn, we have no authentic knowledge. The traditions of different countries ascribe it to various fabulous personages,

第二十六章

关于布丁和糕点的总体观察

1175. 布丁与糕点，尽管人们可能对它们很熟悉，在某些人眼中也可能被认为无关紧要，但它们与谷类禾草的农业资源开发有着密切的联系。它们何时开始被制作已不可考；但我们可以有把握地推测，在发现将小麦磨成面粉的方法之后，简单形式的布丁便是最早制作的菜肴之一。传统历史使我们能够将人类追溯至大洪水时期。那次事件之后，人类似乎在中亚地区恢复了生机，并首先在尼罗河畔的文明技艺中崭露头角。从这一地区，希腊、迦太基以及地中海沿岸的其他一些地区被殖民。随着时间的推移，希腊将她从埃及获得的技艺传给了罗马人，这些技艺随后又传播到了整个欧洲。这些技艺如何传到印度和中国或在那里发展起来，则不那么清楚；而在美洲，其古老的存在仅依赖于非常模糊的传统。至于谁才是使用谷物的真正发现者，我们没有可靠的了解。不同国家的传统将其归功于各种虚构的人物，

whose names it is here unnecessary to introduce. In Egypt, however, corn must have grown abundantly; for Abraham, and after him Jacob, had recourse to that country for supplies during times of famine.

1176. THE HABITS OF A PEOPLE, to a great extent, are formed by the climate in which they live, and by the native or cultivated productions in which their country abounds. Thus we find that the agricultural produce of the ancient Egyptians is pretty much the same as that of the present day, and the habits of the people are not materially altered. In Greece, the products cultivated in antiquity were the same kinds of grains and legumes as are cultivated at present, with the vine, the fig, the olive, the apple, and other fruits. So with the Romans, and so with other nations. As to the different modes of artificially preparing those to please the taste, it is only necessary to say that they arise from the universal desire of novelty, characteristic of man in the development of his social conditions. Thus has arisen the whole science of cookery, and thus arose the art of making puddings. The porridge of the Scotch is nothing more than a species of hasty pudding, composed of oatmeal, salt, and water; and the "red pottage" for which Esau sold his birthright, must have been something similar. The barley-gruel of the Lacedaemonians, of the Athenian gladiators and common people, was the same, with the exception of the slight seasoning it had beyond the simplicity of Scottish fare. Here is the ancient recipe for the Athenian national dish:—"Dry near the fire, in the oven, twenty pounds of barley-flour; then parch it; add three pounds of linseed-meal, half a pound of coriander-seed, two ounces of salt, and the quantity of water necessary." To this sometimes a little millet was added, in

此处无需介绍其名称。然而在埃及，谷物必定曾大量生长；因为亚伯拉罕以及后来的雅各，在饥荒时期都曾到那个国家求粮。

1176. 一个民族的习惯，在很大程度上是由他们所居住的气候以及他们国家盛产的本土或栽培物产所塑造的。因此我们发现，古埃及人的农产品与今天的几乎相同，而人民的习惯也没有实质性的改变。在希腊，古代栽培的物产与现在栽培的谷物和豆类种类相同，还有葡萄、无花果、橄榄、苹果和其他水果。罗马人如此，其他民族也如此。至于为取悦口味而人工制备这些食物的不同方式，只需说它们源于人类在社会条件发展中所特有的对新颖的普遍渴望。烹饪的全部科学由此产生，制作布丁的技艺也由此产生。苏格兰人的粥不过是一种速食布丁，由燕麦片、盐和水组成；而以扫为换取长子权所卖出的"红豆汤"必定也是类似的东西。拉栖代梦人、雅典角斗士和普通百姓的大麦粥也是一样的，只是比简朴的苏格兰食物多了少许调味。以下是雅典民族菜肴的古代食谱--"在炉灶中靠近火处烘干二十磅大麦粉；然后烘烤它；加入三磅亚麻籽粉、半磅芫荽籽、两盎司盐，以及所需数量的水。"有时还会加入少量小米，

order to give the paste greater cohesion and delicacy.

为了使糊状物更具凝聚力和细腻度。

1177. OATMEAL AMONGST THE GREEKS AND ROMANS was highly esteemed, as was also rice, which they considered as beneficial to the chest. They also held in high repute the Irion, or Indian wheat of the moderns. The flour of this cereal was made into a kind of hasty pudding, and, parched or roasted, as eaten with a little salt. The Spelt, or Red wheat, was likewise esteemed, and its flour formed the basis of the Carthaginian pudding, for which we here give the scientific recipe:—"Put a pound of red-wheat flour into water, and when it has steeped some time, transfer it to a wooden bowl. Add three pounds of cream cheese, half a pound of honey, and one egg. Beat the whole together, and cook it on a slow fire in a stewpan." Should this be considered unpalatable, another form has been recommended. "Sift the flour, and, with some water, put it into a wooden vessel, and, for ten days, renew the water twice each day. At the end of that period, press out the water and place the paste in another vessel. It is now to be reduced to the consistence of thick lees, and passed through a piece of new linen. Repeat this last operation, then dry the mass in the sun and boil it in milk. Season according to taste." These are specimens of the puddings of antiquity, and this last recipe was held in especial favour by the Romans.

1177. 燕麦片在希腊人和罗马人中备受推崇，大米也是如此，他们认为大米对胸部有益。他们还高度评价伊里昂，即现代人的印度小麦。这种谷物的面粉被制成一种速食布丁，烤过或烘烤后，加少许盐食用。斯佩尔特小麦，即红小麦，同样受到推崇，其面粉构成了迦太基布丁的基础，我们在此给出其科学食谱--"将一磅红小麦面粉放入水中，浸泡一段时间后，将其转移到木碗中。加入三磅奶油奶酪、半磅蜂蜜和一个鸡蛋。将全部一起搅打，然后在炖锅中用慢火烹煮。"如果这被认为难以下咽，还推荐了另一种形式。"将面粉过筛，加一些水放入木制容器中，连续十天每天换两次水。期满后，压出水份，将面团放入另一个容器中。现在将其调至浓稠酒糟的稠度，并通过一块新亚麻布过滤。重复最后这道工序，然后将团块在阳光下晒干，并在牛奶中煮沸。根据口味调味。"这些是古代布丁的样本，最后这道食谱尤其受到罗马人的青睐。

1178. HOWEVER GREAT MAY HAVE BEEN THE QUALIFICATIONS of the ancients, however, in the art of pudding-making, we apprehend that such preparations as gave gratification to their palates, would have generally found little favour amongst the insulated inhabitants of Great Britain. Here, from the simple suet dumpling up to the most complicated Christmas production, the grand feature of substantiality is primarily attended to. Variety

1178. 然而，无论古人在布丁制作技艺上有多么高超，我们认为，那些令他们味觉得到满足的制品，在孤立的不列颠居民中通常不会受到多少欢迎。在这里，从简单的板油团子直到最复杂的圣诞制品，首要注重的主要特征就是实在。多样性

in the ingredients, we think, is held only of secondary consideration with the great body of the people, provided that the whole is agreeable and of sufficient abundance.

我们认为，在配料方面，对大多数民众而言只被视为次要考虑，只要整体令人满意且足够丰盛即可。

1179. ALTHOUGH FROM PUDDINGS TO PASTRY is but a step, it requires a higher degree of art to make the one than to make the other. Indeed, pastry is one of the most important branches of the culinary science. It unceasingly occupies itself with ministering pleasure to the sight as well as to the taste; with erecting graceful monuments, miniature fortresses, and all kinds of architectural imitations, composed of the sweetest and most agreeable products of all climates and countries. At a very early period, the Orientals were acquainted with the art of manipulating in pastry; but they by no means attained to the taste, variety, and splendour of design, by which it is characterized amongst the moderns. At first it generally consisted of certain mixtures of flour, oil, and honey, to which it was confined for centuries, even among the southern nations of the European continent. At the commencement of the middle ages, a change began to take place in the art of mixing it. Eggs, butter, and salt came into repute in the making of paste, which was forthwith used as an inclosure for meat, seasoned with spices. This advance attained, the next step was to inclose cream, fruit, and marmalades; and the next, to build pyramids and castles; when the summit of the art of the pastry-cook may be supposed to have been achieved.

1179. 虽然从布丁到糕点只有一步之遥，但制作后者比制作前者需要更高程度的技艺。事实上，糕点是烹饪科学中最重要的分支之一。它不断地致力于为视觉和味觉提供愉悦；用来自所有气候和国家的最甜美、最宜人的物产，建造优雅的纪念碑、微型堡垒以及各种建筑仿制品。在很早的时期，东方人就熟悉了制作糕点的技艺；但他们远未达到现代人所具有的口味、多样性和设计上的华丽。起初，它通常由面粉、油和蜂蜜的某些混合物组成，几个世纪以来一直局限于此，即使在欧洲大陆的南部民族中也是如此。在中世纪初期，混合它的技艺开始发生变化。鸡蛋、黄油和盐在制作面团中开始受到重视，面团随即被用作包裹肉类的皮壳，并用香料调味。达到这一进步后，下一步是包裹奶油、水果和果酱；再下一步是建造金字塔和城堡；此时糕点师的技艺可以说达到了顶峰。

DIRECTIONS IN CONNECTION WITH THE MAKING OF PUDDINGS AND PASTRY.

制作布丁与糕点的相关说明

1180. A few general remarks respecting the various ingredients of

1180. 关于各种食材的几点一般性说明

which puddings and pastry are composed, may be acceptable as preliminary to the recipes in this department of Household Management.

布丁和糕点由哪些材料构成，作为家政管理这一部分食谱的 preliminaries 或许是可以接受的。

1181. *Flour* should be of the best quality, and perfectly dry, and sifted before being used; if in the least damp, the paste made from it will certainly be heavy.

1181. 面粉应为最佳品质，完全干燥，使用前过筛；若稍有潮湿，用它制成的面团必定发硬。

1182. *Butter*, unless fresh is used, should be washed from the salt, and well squeezed and wrung in a cloth, to get out all the water and buttermilk, which, if left in, assists to make the paste heavy.

1182. 黄油除非使用新鲜黄油，否则应洗去盐分，并用布好好挤压拧干，以去除所有水和酪乳，若残留其中，会使面团发硬。

1183. *Lard* should be perfectly sweet, which may be ascertained by cutting the bladder through, and, if the knife smells sweet, the lard is good.

1183. 猪油应完全香甜，可通过切开膀胱来确认，若刀上有甜香，猪油就是好的。

1184. *Suet* should be finely chopped, perfectly free from skin, and quite sweet; during the process of chopping, it should be lightly dredged with flour, which prevents the pieces from sticking together. Beef suet is considered the best; but veal suet, or the outside fat of a loin or neck of mutton, makes good crusts; as also the skimmings in which a joint of mutton has been boiled, but *without* vegetables.

1184. 板油应切得细碎，完全无皮，十分香甜；切碎过程中应轻轻撒上面粉，以防碎块粘在一起。牛板油被认为最好；但小牛板油，或羊腰肉或羊颈肉的外层脂肪，也能做出好的酥皮；煮过羊腿的撇沫也可，但不要蔬菜。

1185. *Clarified Beef Dripping*, directions for which will be found in recipes Nos. 621 and 622, answers very well for kitchen pies, puddings, cakes, or for family use. A very good short crust may be made by mixing with it a small quantity of moist sugar; but care must be taken to use the dripping sparingly, or a very disagreeable flavour will be imparted to the paste.

1185. 澄清牛油，其做法见第621号和第622号食谱，非常适合厨房馅饼、布丁、蛋糕或家庭使用。加入少量湿糖混合，可制成很好的酥皮；但必须注意少用牛油，否则会给面团带来非常令人不快的味道。

1186. Strict cleanliness must be observed in pastry-making; all the utensils used should be perfectly free from dust and dirt, and the

1186. 制作糕点时必须严格保持清洁；所有使用的器具都应完全无尘无污，并且

things required for pastry, kept entirely for that purpose.

制作糕点所需的物品，专为此用途而备。

[Illustration: PASTE-BOARD AND ROLLING-PIN.]

[插图：案板与擀面杖。]

1187. In mixing paste, add the water very gradually, work the whole together with the knife-blade, and knead it until perfectly smooth. Those who are inexperienced in pastry-making, should work the butter in by breaking it in small pieces and covering the paste rolled out. It should then be dredged with flour, and the ends folded over and rolled out very thin again: this process must be repeated until all the butter is used.

1187. 和面时，非常缓慢地加水，用刀片将全部材料拌在一起，揉至完全光滑。不熟悉糕点制作的人，应将黄油掰成小块包入擀开的面团中揉入。然后撒上面粉，将两端折起并再次擀得很薄：重复此过程，直到所有黄油用完。

[Illustration: PASTE-PINCERS AND JAGGER, FOR ORNAMENTING THE EDGES OF PIE-CRUSTS.]

[插图：用于装饰边缘的粘贴钳和锯齿器]

馅饼皮。]

1188. The art of making paste requires much practice, dexterity, and skill: it should be touched as lightly as possible, made with cool hands and in a cool place (a marble slab is better than a board for the purpose), and the coolest part of the house should be selected for the process during warm weather.

1188. 制作面团的技术需要大量练习、灵巧和技巧：应尽可能轻地触碰，用凉爽的手在凉爽的地方制作(为此大理石板比木板更好)，天气温暖时，应选择家中最凉爽的地方进行此过程。

1189. To insure rich paste being light, great expedition must be used in the making and baking; for if it stand long before it is put in the oven, it becomes flat and heavy.

1189. 为确保浓郁的面团轻盈，制作和烘烤时必须十分迅速；因为如果它在放入烤箱前放置过久，就会变得扁平而沉重。

[Illustration: PASTE-CUTTER AND CORNER-CUTTER.]

[插图：糊状切刀和角切刀。]

[Illustration: ORNAMENTAL-PASTE CUTTER.]

[插图：装饰性面团切割器。]

1190. *Puff-paste* requires a brisk oven, but not too hot, or it would blacken the crust; on the other hand, if the oven be too slack, the paste will be soddened, and will not rise, nor will it have any colour. Tart-tins, cake-moulds, dishes for baked puddings,

1190. 千层面团需要旺火烤箱，但不可过热，否则会使外壳焦黑；另一方面，如果烤箱火力太弱，面团就会变得湿软，既不会膨起，也不会有任何色泽。馅饼模、蛋糕模、烤布丁用的盘子、

pattypans, &c., should all be buttered before the article intended to be baked is put in them: things to be baked on sheets should be placed on buttered paper. Raised-pie paste should have a soaking heat, and paste glazed must have rather a slack oven, that the icing be not scorched. It is better to ice tarts, &c. when they are three-parts baked.

馅饼盘等，在放入待烤制的物品之前都应涂上黄油：放在烤盘上烘烤的东西应置于涂了黄油的纸上。起层馅饼的面团应采用渗透性的热量，而需要挂糖霜的面团则须用火力较弱的烤箱，以免糖霜被烤焦。馅饼等最好在烤至七成熟时再挂糖霜。

[Illustration: PATTY-PANS, PLAIN AND FLUTED.]

[插图：馅饼盘，素面和凹槽纹。]

[Illustration: PIE-DISH.]

[插图：馅饼盘。]

[Illustration: RAISED-PIE MOULD.]

[插图：凸边馅饼模具]

[Illustration: RAISED-PIE MOULD, OPEN.]

[插图：凸起馅饼模具，打开状态。]

1191. To ascertain when the oven is heated to the proper degree for puff-paste, put a small piece of the paste in previous to baking the whole, and then the heat can thus be judged of.

1191. 要确定烤箱是否已加热到适合千层面团的温度，可在烘烤全部之前先放入一小块面团，这样便可判断火力。

1192. The freshness of all pudding ingredients is of much importance, as one bad article will taint the whole mixture.

1192. 所有布丁配料的鲜度都十分重要，因为一样变质的材料就会使整份混合物变味。

1193. When the *freshness* of eggs is *doubtful*, break each one separately in a cup, before mixing them altogether. Should there be a bad one amongst them, it can be thrown away; whereas, if mixed with the good ones, the entire quantity would be spoiled. The yolks and whites beaten separately make the articles they are put into much lighter.

1193. 当鸡蛋的鲜度存疑时，应先将每个鸡蛋分别打入一个杯中，然后再混合在一起。如果其中有坏的，便可将其丢弃；反之，若与好的混在一起，全部都会毁掉。蛋黄与蛋白分别打发，可使所加入的成品更为轻盈。

1194. Raisins and dried fruits for puddings should be carefully picked, and, in many cases, stoned. Currants should be well washed, pressed in a cloth, and placed on a dish before the fire to get thoroughly dry; they should then be picked carefully over, and *every piece of grit or stone* removed from amongst them. To plump

1194. 布丁用的葡萄干和干果应仔细拣选，许多情况下还需去核。加仑子应充分洗净，用布压干，放在盘中置于火前彻底干燥；然后应仔细拣选，将其中的每一粒沙砾或石子去除。为使其饱满，

them, some cooks pour boiling water over them, and then dry them before the fire.

有些厨师会将沸水浇在上面，然后在火前烘干。

1195. Batter pudding should be smoothly mixed and free from lumps. To insure this, first mix the flour with a very small proportion of milk, and add the remainder by degrees. Should the pudding be very lumpy, it may be strained through a hair sieve.

1195. 面糊布丁应搅拌顺滑、无结块。为确保这一点，先将面粉与极少量的牛奶混合，再逐渐加入其余部分。如果布丁结块严重，可用马尾筛过滤。

1196. *All boiled puddings* should be put on in *boiling water*, which must not be allowed to stop simmering, and the pudding must always be covered with the water; if requisite, the saucepan should be kept filled up.

1196. 所有煮布丁都应放入沸水中，水不可停止微沸，且布丁必须始终浸没在水中；如有必要，应不断向锅中添水。

[Illustration: BOILED-PUDDING MOULD.]

[插图：煮布丁模具]

1197. To prevent a pudding boiled in a cloth from sticking to the bottom of the saucepan, place a small plate or saucer underneath it, and set the pan *on a trivet* over the fire. If a mould is used, this precaution is not necessary; but care must be taken to keep the pudding well covered with water.

1197. 为防止用布煮的布丁粘在锅底，可在其下方放一个小盘子或碟子，并将锅置于火上的三脚架上。若使用模具，则无需此预防措施；但必须注意使布丁始终充分浸没在水中。

1198. For dishing a boiled pudding as soon as it comes out of the pot, dip it into a basin of cold water, and the cloth will then not adhere to it. Great expedition is necessary in sending puddings to table, as, by standing, they quickly become heavy, batter puddings particularly.

1198. 煮布丁一出锅装盘时，将其浸入一盆冷水中，布便不会粘在上面。布丁上桌必须十分迅速，因为放置后它们很快会变得沉重，面糊布丁尤其如此。

[Illustration: BOILED-PUDDING MOULD.]

[插图：煮布丁模具]

1199. For baked or boiled puddings, the moulds, cups, or basins, should be always buttered before the mixture is put in them, and they should be put into the saucepan directly they are filled.

1199. 对于烤布丁或煮布丁，模具、杯子或碗在放入混合物之前都应涂上黄油，且装满后应立即放入锅中。

1200. Scrupulous attention should be paid to the cleanliness of

1200. 应严格注意以下方面的清洁：

pudding-cloths, as, from neglect in this particular, the outsides of boiled puddings frequently taste very disagreeably. As soon as possible after it is taken off the pudding, it should be soaked in water, and then well washed, without soap, unless it be very greasy. It should be dried out of doors, then folded up and kept in a dry place. When wanted for use, dip it in boiling water, and dredge it slightly with flour.

[Illustration: PUDDING-BASIN.]

1201. The *dry ingredients* for puddings are better for being mixed some time before they are wanted; the liquid portion should only be added just before the pudding is put into the saucepan.

1202. A pinch of salt is an improvement to the generality of puddings; but this ingredient should be added very sparingly, as the flavour should not be detected.

1203. When baked puddings are sufficiently solid, turn them out of the dish they were baked in, bottom uppermost, and strew over them fine sifted sugar.

1204. When pastry or baked puddings are not done through, and yet the outside is sufficiently brown, cover them over with a piece of white paper until thoroughly cooked: this prevents them from getting burnt.

[Illustration]

RECIPES.

CHAPTER XXVII.

布丁布，因为忽视这一点，煮布丁的外表常常会有十分难闻的味道。布丁取下后应尽快浸入水中，然后充分洗涤，除非非常油腻，否则不用肥皂。应在户外晾干，然后折叠起来存放在干燥处。使用时，将其浸入沸水，并轻轻撒上一层面粉。

[插图：布丁盆。]

1201. 布丁用的干配料最好在需要之前一段时间就混合好；液体部分应只在布丁放入锅中之前才加入。

1202. 一撮盐对大多数布丁都有改善作用；但这种配料应极为少量地加入，因为不应尝出它的味道。

1203. 当烤布丁足够坚实后，将其从烤盘中倒出，底面朝上，并在上面撒上精细筛过的糖。

1204. 当糕点或烤布丁内部尚未熟透而外表已足够焦黄时，用一张白纸盖住，直至完全烤熟：这可防止它们被烤焦。

[Illustration]

食谱。

第二十七章

VERY GOOD PUFF-PASTE.

1205. INGREDIENTS.—To every lb. of flour allow 1 lb. of butter, and not quite 1/2 pint of water.

Mode.—Carefully weigh the flour and butter, and have the exact proportion; squeeze the butter well, to extract the water from it, and afterwards wring it in a clean cloth, that no moisture may remain. Sift the flour; see that it is perfectly dry, and proceed in the following manner to make the paste, using a very *clean* paste-board and rolling-pin:—Supposing the quantity to be 1 lb. of flour, work the whole into a smooth paste, with not quite 1/2 pint of water, using a knife to mix it with: the proportion of this latter ingredient must be regulated by the discretion of the cook; if too much be added, the paste, when baked, will be tough. Roll it out until it is of an equal thickness of about an inch; break 4 oz. of the butter into small pieces; place these on the paste, sift over it a little flour, fold it over, roll out again, and put another 4 oz. of butter. Repeat the rolling and buttering until the paste has been rolled out 4 times, or equal quantities of flour and butter have been used. Do not omit, every time the paste is rolled out, to dredge a little flour over that and the rolling-pin, to prevent both from sticking. Handle the paste as lightly as possible, and do not press heavily upon it with the rolling-pin. The next thing to be considered is the oven, as the baking of pastry requires particular attention. Do not put it into the oven until it is sufficiently hot to raise the paste; for the best-prepared paste, if not properly baked, will be good for nothing. Brushing the paste as often as rolled out, and the pieces of butter placed thereon, with the white of an egg, assists it to rise in *leaves* or *flakes*. As this is the great beauty of

极佳酥皮

1205. 配料--每1 lb.面粉配1 lb.黄油，以及略少于1/2 pint的水。

方法--仔细称量面粉和黄油，使其比例精确；将黄油充分挤压，挤出其中的水分，然后用干净的布拧干，使其不残留任何湿气。筛面粉，确保其完全干燥，然后按以下方式制作面团，使用非常干净的揉面板和擀面杖：假设用量为1 lb.面粉，用不到1/2 pint的水将全部面粉揉成光滑的面团，用刀搅拌：后一种配料的用量须由厨师酌情调节；若加水过多，面团烘烤后会变硬。将其擀成约一英寸厚的均匀面片；将4 oz.黄油掰成小块，放在面片上，在上面筛少许面粉，折叠起来，再次擀开，再放入4 oz.黄油。重复擀开和加黄油，直至面团被擀开4次，或已使用等量的面粉和黄油。每次擀开面团时，切勿忘记在面团和擀面杖上撒少许面粉，以防两者粘连。操作面团时尽量轻巧，不要用擀面杖用力压。接下来要考虑的是烤箱，因为烘烤糕点需要特别注意。待烤箱足够热、能使面团发起时，才可放入；因为制作得再好的面团，若烘烤不当，也会一无是处。每次擀开面团及放上黄油块时，用蛋清刷一遍，有助于其起层或片。由于这是

puff-paste, it is as well to try this method.

Average cost, 1s. 4d. per lb.

BUTTER.—About the second century of the Christian era, butter was placed by Galen amongst the useful medical agents; and about a century before him, Dioscorides mentioned that he had noticed that fresh butter, made of ewes' and goats' milk, was served at meals instead of oil, and that it took the place of fat in making pastry. Thus we have undoubted authority that, eighteen hundred years ago, there existed a knowledge of the useful qualities of butter. The Romans seem to have set about making it much as we do; for Pliny tells us, "Butter is made from milk; and the use of this element, so much sought after by barbarous nations, distinguished the rich from the common people. It is obtained principally from cows' milk; that from ewes is the fattest; goats also supply some. It is produced by agitating the milk in long vessels with narrow openings: a little water is added."

MEDIUM PUFF-PASTE.

1206. INGREDIENTS.—To every lb. of flour allow 8 oz. of butter, 4 oz. of lard, not quite 1/2 pint of water.

Mode.—This paste may be made by the directions in the preceding recipe, only using less butter and substituting lard for a portion of it. Mix the flour to a smooth paste with not quite 1/2 pint of water; then roll it out 3 times, the first time covering the paste with butter, the second with lard, and the third with butter. Keep the rolling-pin and paste slightly dredged with flour, to prevent them from sticking, and it will be ready for use.

做酥皮时，不妨一试此法。

平均成本，每磅1先令4便士。

黄油。--大约在公元二世纪，盖伦将黄油列为有用的医疗剂之一；而在他之前约一个世纪，迪奥斯科里德斯曾提到，他注意到用母羊奶和山羊奶制成的新鲜黄油被端上餐桌代替油，并且在制作糕点时取代了脂肪。因此，我们有无可置疑的权威表明，一千八百年前，人们已经了解黄油的有用特性。罗马人似乎大致像我们一样制作黄油；因为普林尼告诉我们："黄油由牛奶制成；这种被野蛮民族如此追捧的元素之用途，将富人与普通人区分开来。它主要从牛奶中获得；母羊奶制成的黄油最肥；山羊也提供一些。其制法是在细长开口的容器中搅动牛奶：加入少量水。"

中等酥皮。

1206. 配料。--每1 lb.面粉配8 oz.黄油、4 oz.猪油、不到1/2 pint水。

做法。--此面团可按前一条食谱的说明制作，只是少用黄油并以猪油替代其中一部分。用不到1/2 pint的水将面粉调成光滑面团；然后擀开3次，第一次在面团上覆以黄油，第二次覆以猪油，第三次覆以黄油。在擀面杖和面团上略撒面粉，以防粘连，即可备用。

Average cost, 1s. per lb.

平均成本，每磅1先令。

BUTTER IN HASTE.—In his "History of Food," Soyer says that to obtain butter instantly, it is only necessary, in summer, to put new milk into a bottle, some hours after it has been taken from the cow, and shake it briskly. The clots which are thus formed should be thrown into a sieve, washed and pressed together, and they constitute the finest and most delicate butter that can possibly be made.

速成黄油。--索耶在其《食物史》中说，要立即得到黄油，只需在夏季将刚挤出的牛奶放置数小时后装入瓶中，用力摇动。如此形成的凝块应倒入筛中，洗净并压合在一起，便成为所能制成的最细嫩精美的黄油。

COMMON PASTE, for Family Pies.

家常酥皮，用于家庭馅饼。

1207. INGREDIENTS.—1-1/4 lb. of flour, 1/2 lb. of butter, rather more than 1/2 pint of water.

1207. 配料。--1-1/4 lb.面粉，1/2 lb.黄油，略多于1/2 pint水。

Mode.—Rub the butter lightly into the flour, and mix it to a smooth paste with the water; roll it out 2 or 3 times, and it will be ready for use. This paste may be converted into an excellent short crust for sweet tart, by adding to the flour, after the butter is rubbed in, 2 tablespoonfuls of fine-sifted sugar.

做法。--将黄油轻轻搓入面粉，用水调成光滑面团；擀开2至3次，即可备用。若在黄油搓入后，向面粉中加入2汤匙细筛白糖，此面团可制成极佳的甜馅饼酥皮。

Average cost, 8d. per lb.

平均成本，每磅8便士。

TO KEEP BUTTER FRESH.—One of the best means to preserve butter fresh is, first to completely press out all the buttermilk, then to keep it under water, renewing the water frequently, and to remove it from the influence of heat and air, by wrapping it in a wet cloth.

保持黄油新鲜。--保持黄油新鲜的最好方法之一，是先将其中的酪乳完全压出，然后置于水下，经常换水，并用湿布包裹，使其不受热与空气的影响。

FRENCH PUFF-PASTE, or FEUILLETAGE.

法式酥皮，或称千层酥皮。

(Founded on M. Ude's Recipe.)

(根据乌德先生的食谱改编。)

1208. INGREDIENTS.—Equal quantities of flour and butter—say 1 lb. of each; 1/2 saltspoonful of salt, the yolks of 2 eggs, rather

1208. 配料。--等量的面粉和黄油--比如各1 lb.;1/2盐匙盐，2个蛋黄，较

more than 1/4 pint of water.

Mode.—Weigh the flour; ascertain that it is perfectly *dry*, and sift it; squeeze all the water from the butter, and wring it in a clean cloth till there is no moisture remaining. Put the flour on the paste-board, work lightly into it 2 oz. of the butter, and then make a hole in the centre; into this well put the yolks of 2 eggs, the salt, and about 1/4 pint of water (the quantity of this latter ingredient must be regulated by the cook, as it is impossible to give the exact proportion of it); knead up the paste quickly and lightly, and, when quite smooth, roll it out square to the thickness of about 1/2 inch. Presuming that the butter is perfectly free from moisture, and *as cool* as possible, roll it into a ball, and place this ball of butter on the paste; fold the paste over the butter all round, and secure it by wrapping it well all over. Flatten the paste by rolling it lightly with the rolling-pin until it is quite thin, but not thin enough to allow the butter to break through, and keep the board and paste dredged lightly with flour during the process of making it. This rolling gives it the *first* turn. Now fold the paste in three, and roll out again, and, should the weather be very warm, put it in a cold place on the ground to cool between the several turns; for, unless this is particularly attended to, the paste will be spoiled. Roll out the paste again *twice*, put it by to cool, then roll it out *twice* more, which will make 6 *turnings* in all. Now fold the paste in two, and it will be ready for use. If properly baked and well made, this crust will be delicious, and should rise in the oven about 5 or 6 inches. The paste should be made rather firm in the first instance, as the ball of butter is liable to break through. Great attention must also be paid to keeping the butter very cool, as, if this is in a liquid and soft state, the paste will not answer at all.

超过1/4品脱的水。

方法。--称量面粉；确认其完全干燥，并过筛；将黄油中的水分全部挤出，用干净布拧干，直到不再有湿气残留。将面粉放在案板上，轻轻揉入2 oz.黄油，然后在中央挖一个洞；在洞中放入2个蛋黄、盐和约1/4 pint水(后一种配料的用量必须由厨师调节，因为不可能给出确切比例)；快速而轻巧地揉成面团，待其十分光滑后，擀成约1/2英寸厚的方形。假定黄油完全不含水分，并且尽可能凉，将其团成球状，把这个黄油球放在面团上；将面团从四周包住黄油，并把它整体包严固定。用擀面杖轻轻擀平面团，直到它相当薄，但不要薄到让黄油破出，并在制作过程中不断在案板和面团上轻轻撒面粉。这次擀制赋予它第一次翻折。现在将面团折成三层，再次擀开；如果天气很热，就在各次翻折之间把它放在地上阴凉处冷却；因为除非特别注意这一点，否则面团会被毁掉。再将面团擀开两次，放置冷却，然后再擀开两次，这样总共会有6次翻折。现在将面团折成两层，就可以使用了。如果烘烤得当且制作良好，这层酥皮会很美味，并应在烤箱中膨胀约5或6英寸。面团最初应做得相当硬，因为黄油球容易破出。还必须非常注意保持黄油很凉，因为如果它处于液态且柔软的状态，面团就完全不行。

Should the cook be dexterous enough to succeed in making this, the paste will have a much better appearance than that made by the process of dividing the butter into 4 parts, and placing it over the rolled-out paste; but, until experience has been acquired, we recommend puff-paste made by recipe No. 1205. The above paste is used for vols-au-vent, small articles of pastry, and, in fact, everything that requires very light crust.

若厨师手法灵巧，能成功制成此面团，其外观将远胜于将黄油分成4份、置于擀开的面团之上的做法；但在取得经验之前，我们推荐按第1205号食谱制作千层酥皮。上述面团用于大酥盒、小件糕点，事实上用于一切需要极酥松酥皮的制品。

Average cost, 1s. 6d. per lb.

平均成本，每磅1先令6便士。

WHAT TO DO WITH RANCID BUTTER.—When butter has become very rancid, it should be melted several times by a moderate heat, with or without the addition of water, and as soon as it has been well kneaded, after the cooling, in order to extract any water it may have retained, it should be put into brown freestone pots, sheltered from the contact of the air. The French often add to it, after it has been melted, a piece of toasted bread, which helps to destroy the tendency of the batter to rancidity.

如何处理哈喇味的黄油。--当黄油已产生很重的哈喇味时，应以中等火力将其熔化数次，可加水或不加水，冷却后充分揉捏，以挤出其中可能残留的水分，然后放入棕色砂岩罐中，避免与空气接触。法国人常在黄油熔化后加入一块烤面包，这有助于消除黄油变哈喇的倾向。

SOYER'S RECIPE FOR PUFF-PASTE.

索耶的酥皮食谱

1209. INGREDIENTS.—To every lb. of flour allow the yolk of 1 egg, the juice of 1 lemon, 1/2 saltspoonful of salt, cold water, 1 lb. of fresh butter.

1209. 配料。--每1 lb.面粉配1个蛋黄、1个柠檬的汁、1/2盐匙盐、冷水、1 lb.新鲜黄油。

Mode.—Put the flour on to the paste-board; make a hole in the centre, into which put the yolk of the egg, the lemon-juice, and salt; mix the whole with cold water (this should be iced in summer, if convenient) into a soft flexible paste, with the right hand, and handle it as little as possible; then squeeze all the buttermilk from the butter, wring it in a cloth, and roll out the paste; place the butter on this, and fold the edges of the paste

做法。--将面粉放在案板上；在中央挖一个洞，放入蛋黄、柠檬汁和盐；用右手加冷水(夏季如方便，水应加冰)将全部材料调成柔软有弹性的面团，尽量少揉捏；然后挤出黄油中的全部酪乳，用布绞干，将面团擀开；把黄油放在上面，将面团边缘折

over, so as to hide it; roll it out again to the thickness of 1/4 inch; fold over one third, over which again pass the rolling-pin; then fold over the other third, thus forming a square; place it with the ends, top, and bottom before you, shaking a little flour both under and over, and repeat the rolls and turns twice again, as before. Flour a baking-sheet, put the paste on this, and let it remain on ice or in some cool place for 1/2 hour; then roll twice more, turning it as before; place it again upon the ice for 1/4 hour, give it 2 more rolls, making 7 in all, and it is ready for use when required.

盖住，以将其遮住；再将其擀成1/4英寸厚；折过三分之一，再在上面擀过擀面杖；然后折过另外三分之一，从而形成一个方形；将其以两端、顶部和底部朝向你的方向放置，在下面和上面都撒一点面粉，并像之前一样再重复擀制和翻折两次。在烤盘上撒面粉，将面团放在上面，让它在冰上或某个阴凉处静置1/2小时；然后再擀两次，像之前一样翻折；再把它放在冰上1/4小时，再擀2次，总共7次，需要时即可使用。

Average cost, 1s. 6d. per lb.

平均成本，每磅1先令6便士。

VERY GOOD SHORT CRUST FOR FRUIT TARTS.

制作水果挞的极佳短酥皮。

1210. INGREDIENTS.—To every lb. of flour allow 3/4 lb. of butter, 1 tablespoonful of sifted sugar, 1/3 pint of water.

1210. 配料。--每1 lb.面粉配3/4 lb.黄油、1汤匙筛过的糖、1/3 pint水。

Mode.—Rub the butter into the flour, after having ascertained that the latter is perfectly dry; add the sugar, and mix the whole into a stiff paste, with about 1/3 pint of water. Roll it out two or three times, folding the paste over each time, and it will be ready for use.

做法。--确认面粉完全干燥后，将黄油搓入面粉；加入糖，用约1/3 pint水将全部材料调成硬面团。擀开两三次，每次将面团折叠起来，即可备用。

Average cost, 1s. 1d. per lb.

平均成本，每磅1先令1便士。

ANOTHER GOOD SHORT CRUST.

另一种优质短酥皮

1211. INGREDIENTS.—To every lb. of flour allow 8 oz. of butter, the yolks of 2 eggs, 2 oz. of sifted sugar, about 1/4 pint of milk.

1211. 配料。--每1 lb.面粉配8 oz.黄油、2个蛋黄、2 oz.筛过的糖、约1/4 pint牛奶。

Mode.—Rub the butter into the flour, add the sugar, and mix the whole as lightly as possible to a smooth paste, with the yolks of

将黄油揉入面粉中，加入糖，用蛋黄将全部材料尽可能轻柔地混合成光滑的面团，

eggs well beaten, and the milk. The proportion of the latter ingredient must be judged of by the size of the eggs: if these are large, so much will not be required, and more if the eggs are smaller.

蛋黄和牛奶将全部材料尽可能轻地调成光滑面团。牛奶这一配料的用量须视鸡蛋大小而定：若鸡蛋大，则所需牛奶较少；若鸡蛋较小，则需较多。

Average cost, 1s. per lb.

平均成本，每磅1先令。

SUGAR AND BEETROOT.—There are two sorts of Beet,—white and red; occasionally, in the south, a yellow variety is met with. Beetroot contains twenty parts sugar. Everybody knows that the beet has competed with the sugar-cane, and a great part of the French sugar is manufactured from beet. Beetroot has a refreshing, composing, and slightly purgative quality. The young leaves, when cooked, are a substitute for spinach; they are also useful for mixing with sorrel, to lessen its acidity. The large ribs of the leaves are serviceable in various culinary preparations; the root also may be prepared in several ways, but its most general use is in salad. Some writers upon the subject have expressed their opinion that beetroot is easily digested, but those who have taken pains to carefully analyze its qualities make quite a contrary statement. Youth, of course, can digest it; but to persons of a certain age beet is very indigestible, or rather, it does not digest at all. It is not the sugary pulp which is indigestible, but its fibrous network that resists the action of the gastric organs. Thus, when the root is reduced to a puree, almost any person may eat it.

糖与甜菜根。--甜菜有两种，白色和红色；在南方偶尔还能见到黄色品种。甜菜根含有二十分糖。众所周知，甜菜曾与甘蔗竞争，法国很大一部分糖是由甜菜制造的。甜菜根具有提神、安神和轻微通便的性质。嫩叶煮熟后可代替菠菜；它们也可用于与酸模混合，以减轻其酸味。叶片的大叶肋可用于各种烹饪准备；根也可用多种方法制作，但最常见的用途是做沙拉。一些论述此题的作者表示，他们认为甜菜根易于消化，但那些费心仔细分析其性质的人却作出了完全相反的说法。年轻人当然能消化它；但对一定年龄的人来说，甜菜非常难消化，或者更确切地说，根本不能消化。难消化的不是含糖的果肉，而是其纤维网络，它抵抗胃器官的作用。因此，当根被制成泥时，几乎任何人都可以吃。

FRENCH SUGAR.—It had long been thought that tropical heat was not necessary to form sugar, and, about 1740, it was discovered that many plants of the temperate zone, and amongst others the beet, contained it. Towards the beginning of the 19th century, circumstances having, in France, made sugar scarce, and

法国糖。--长期以来人们认为形成糖并非必需热带高温，约1740年发现温带的许多植物，其中包括甜菜，含有糖。到19世纪初，由于法国国内形势使糖变得稀缺，并且

consequently dear, the government caused inquiries to be instituted as to the possibility of finding a substitute for it. Accordingly, it was ascertained that sugar exists in the whole vegetable kingdom; that it is to be found in the grape, chestnut, potato; but that, far above all, the beet contains it in a large proportion. Thus the beet became an object of the most careful culture; and many experiments went to prove that in this respect the old world was independent of the new. Many manufactories came into existence in all parts of France, and the making of sugar became naturalized in that country.

因而昂贵，政府便下令调查是否有可能找到其替代品。于是查明，糖存在于整个植物界中；它存在于葡萄、栗子、马铃薯中；但远胜于这一切的是，甜菜中含有很大比例的糖。于是甜菜成为最精心栽培的对象；许多实验证明，在这方面旧世界并不依赖新世界。法国各地出现了许多工厂，制糖业在该国扎下了根。

COMMON SHORT CRUST.

普通酥皮

1212. INGREDIENTS.—To every pound of flour allow 2 oz. of sifted sugar, 3 oz. of butter, about 1/2 pint of boiling milk.

1212. 配料。--每1磅面粉配2 oz.筛过的糖、3 oz.黄油、约1/2 pint煮沸的牛奶。

Mode.—Crumble the butter into the flour as finely as possible, add the sugar, and work the whole up to a smooth paste with the boiling milk. Roll it out thin, and bake in a moderate oven.

做法。--将黄油尽可能细地搓入面粉，加入糖，用煮沸的牛奶将全部材料调成光滑面团。擀薄，在中等温度的炉中烘烤。

Average cost, 6d. per lb.

平均成本，每磅6便士。

QUALITIES OF SUGAR.—Sugars obtained from various plants are in fact, of the same nature, and have no intrinsic difference when they have become equally purified by the same processes. Taste, crystallization, colour, weight, are absolutely identical; and the most accurate observer cannot distinguish the one from the other.

糖的性质。--从各种植物中获得的糖实际上性质相同，经同样方法同等提纯后并无本质差别。味道、结晶、颜色、重量完全一致；最精确的观察者也无法将一种与另一种区分开来。

BUTTER CRUST, for Boiled Puddings.

黄油酥皮，用于煮布丁。

1213. INGREDIENTS.—To every lb. of flour allow 6 oz. of butter, 1/2 pint of water.

1213. 配料。--每1 lb.面粉配6 oz.黄油、1/2 pint水。

Mode.—With a knife, work the flour to a smooth paste with 1/2 pint of water; roll the crust out rather thin; place the butter over it in small pieces; dredge lightly over it some flour, and fold the paste over; repeat the rolling once more, and the crust will be ready for use. It may be enriched by adding another 2 oz. of butter; but, for ordinary purposes, the above quantity will be found quite sufficient.

做法。--用刀加1/2 pint水将面粉调成光滑面团；将酥皮擀得较薄；把黄油切成小块放在上面；在其上薄薄撒些面粉，将面团折叠起来；再擀一次，酥皮即可备用。可再加2 oz.黄油使其更加丰润；但就一般用途而言，上述用量已足够。

Average cost, 6d. per lb.

平均成本，每磅6便士。

DRIPPING CRUST, for Kitchen Puddings, Pies, &c.

滴油酥皮，用于厨房布丁、馅饼等

1214. INGREDIENTS.—To every lb. of flour allow 6 oz. of clarified beef dripping, 1/2 pint of water.

1214. 配料。--每1 lb.面粉配6 oz.澄清牛油、1/2 pint水。

Mode.—After having clarified the dripping, by either of the recipes No. 621 or 622, weigh it, and to every lb. of flour allow the above proportion of dripping. With a knife, work the flour into a smooth paste with the water, rolling it out 3 times, each time placing on the crust 2 oz. of the dripping, broken into small pieces. If this paste is lightly made, if good dripping is used, and *not too much* of it, it will be found good; and by the addition of two tablespoonfuls of fine moist sugar, it may be converted into a common short crust for fruit pies.

模式。--按照食谱第621号或第622号的方法将滴油澄清后，称其重量，每1 lb.面粉配以上述比例的滴油。用刀将面粉与水揉成光滑的面团，擀开3次，每次在面皮上放2 oz.滴油，掰成小块。若此面团制作轻巧，若所用滴油品质良好，且用量不过多，则成品甚佳；另加两汤匙细湿糖，即可将其变为制作水果馅饼的普通酥皮。

Average cost, 4d. per pound.

平均成本，每磅4便士。

WATER:—WHAT THE ANCIENTS THOUGHT OF IT.—All the nations of antiquity possessed great veneration for water: thus, the Egyptians offered prayers and homage to water, and the Nile was an especial object of their adoration; the Persians would not wash their hands; the Scythians honoured the Danube; the Greeks and Romans erected altars to the fountains and rivers; and some of the

水：古人对水的看法。--古代各民族都极为崇敬水：埃及人向水祈祷致敬，尼罗河尤其是他们崇拜的对象；波斯人不肯洗手；斯基泰人敬奉多瑙河；希腊人和罗马人为泉水和河流设立祭坛；而一些

architectural embellishments executed for fountains in Greece were remarkable for their beauty and delicacy. The purity of the water was a great object of the care of the ancients; and we learn that the Athenians appointed four officers to keep watch and ward over the water in their city. These men had to keep the fountains in order and clean the reservoirs, so that the water might be preserved pure and limpid. Like officers were appointed in other Greek cities.

在希腊为泉水建造的建筑装饰以其美丽精致而著称。水的纯净是古人极为关注之事；我们得知雅典人任命了四名官员，专门看守城中的水。这些人须维护泉水、清理蓄水池，使水保持纯净清澈。其他希腊城邦也任命了类似的官员。

SUET CRUST, for Pies or Puddings.

板油酥皮，用于馅饼或布丁。

1215. INGREDIENTS.—To every lb. of flour allow 5 or 6 oz. of beef suet, 1/2 pint of water.

1215. 配料。--每1 lb.面粉配5或6 oz.牛板油、1/2 pint水。

Mode.—Free the suet from skin and shreds; chop it extremely fine, and rub it well into the flour; work the whole to a smooth paste with the above proportion of water; roll it out, and it is ready for use. This crust is quite rich enough for ordinary purposes, but when a better one is desired, use from 1/2 to 3/4 lb. of suet to every lb. of flour. Some cooks, for rich crusts, pound the suet in a mortar, with a small quantity of butter. It should then be laid on the paste in small pieces, the same as for puff-crust, and will be found exceedingly nice for hot tarts. 5 oz. of suet to every lb. of flour will make a very good crust; and even 1/4 lb. will answer very well for children, or where the crust is wanted very plain.

做法。--将板油去除外皮与筋膜，切得极细，充分揉入面粉中；按上述比例的水将全部材料揉成光滑面团；擀开即可使用。此酥皮用于一般用途已足够丰腴，但若欲更佳，可每1 lb.面粉用1/2至3/4 lb.板油。有些厨师制作丰腴酥皮时，会在研钵中将板油与少量黄油一同捣碎。然后应将其分成小块铺在面团上，如同制作千层酥皮一般，用于热馅饼极为美味。每1 lb.面粉用5 oz.板油可制成很好的酥皮；即使只用1/4 lb.，对于儿童或需要极朴素酥皮者，也完全适用。

Average cost, 5d. per lb.

平均成本，每磅5便士。

PATE BRISEE, or FRENCH CRUST, for Raised Pies.

酥皮面团，或称法式酥皮，用于高身馅饼。

1216. INGREDIENTS.—To every lb. of flour allow 1/2 saltspoonful of salt, 2 eggs, 1/3 pint of water, 6 oz. of butter.

1216. 配料。--每1 lb.面粉配1/2盐匙盐、2个鸡蛋、1/3 pint水、6 oz.黄油。

Mode.—Spread the flour, which should be sifted and thoroughly

方式。--将面粉撒开，面粉应过筛并彻底

dry, on the paste-board; make a hole in the centre, into which put the butter; work it lightly into the flour, and when quite fine, add the salt; work the whole into a smooth paste with the eggs (yolks and whites) and water, and make it very firm. Knead the paste well, and let it be rather stiff, that the sides of the pie may be easily raised, and that they do not afterwards tumble or shrink.

干燥，放在案板上；在中央挖一个洞，放入黄油；将其轻轻搓入面粉，待完全搓细后加入盐；用鸡蛋(蛋黄和蛋白)和水将全部材料调成光滑面团，并使其非常坚实。将面团充分揉捏，使其较硬，以便容易竖起馅饼的边，且此后不致塌陷或收缩。

Average cost, 1s. per lb.

平均成本，每磅1先令。

Note.—This paste may be very much enriched by making it with equal quantities of flour and butter; but then it is not so easily raised as when made plainer.

注。--此面团若用等量的面粉和黄油制作，可大为丰润；但那样就不如较朴素的面团那样容易竖起。

WATER SUPPLY IN ROME.—Nothing in Italy is more extraordinary than the remains of the ancient aqueducts. At first, the Romans were contented with the water from the Tiber. Ancus Martius was the first to commence the building of aqueducts destined to convey the water of the fountain of Piconia from Tibur to Rome, a distance of some 33,000 paces. Appius Claudius continued the good work, and to him is due the completion of the celebrated Appian Way. In time, the gigantic waterways greatly multiplied, and, by the reign of Nero, there were constructed nine principal aqueducts, the pipes of which were of bricks, baked tiles, stone, lead, or wood. According to the calculation of Vigenerus, half a million hogsheads of water were conveyed into Rome every day, by upwards of 10,000 small pipes not one-third of an inch in diameter. The water was received in large closed basins, above which rose splendid monuments: these basins supplied other subterranean conduits, connected with various quarters of the city, and these conveyed water to small reservoirs furnished with taps for the exclusive use of certain streets. The water which was

罗马的供水。--在意大利，没有什么比古代输水道的遗迹更为奇特的了。起初，罗马人满足于台伯河的水。安库斯·马提乌斯首先开始修建输水道，旨在将皮科尼亚泉的水从提布尔输送到罗马，距离约33,000步。阿庇乌斯·克劳狄乌斯继续这一善举，著名的阿庇亚大道的建成也归功于他。随着时间的推移，巨大的水道大量增加，到尼禄统治时期，已修建了九条主要输水道，其管道由砖、烧制的瓦、石头、铅或木头制成。根据维格内鲁斯的计算，每天有五十万大桶的水通过一万多根直径不到三分之一英寸的小管道输送到罗马。水被接收在大型封闭水池中，水池上方矗立着宏伟的纪念碑：这些水池供应与城市各区相连的其他地下管道，这些管道将水输送到配有水龙头的小水库，供某些街道专用。这些水.....

not drinkable ran out, by means of large pipes, into extensive inclosures, where it served to water cattle. At these places the people wished their linen; and here, too, was a supply of the necessary element in case of fire.

不可饮用的水通过大管道流入大片围场，用于饮牛。在这些地方人们洗涤衣物；此处也备有水，以供火灾时之需。

COMMON CRUST FOR RAISED PIES.

凸起馅饼的通用酥皮。

1217. INGREDIENTS.—To every lb. of flour allow 1/2 pint of water, 1-1/2 oz. of butter, 1-1/2 oz. of lard, 1/2 saltspoonful of salt.

1217. 配料。--每1 lb.面粉配1/2 pint水、1-1/2 oz.黄油、1-1/2 oz.猪油、1/2盐匙盐。

Mode.—Put into a saucepan the water; when it boils, add the butter and lard; and when these are melted, make a hole in the middle of the flour; pour in the water gradually; beat it well with a wooden spoon, and be particular in not making the paste too soft. When it is well mixed, knead it with the hands until quite stiff, dredging a little flour over the paste and board, to prevent them from sticking. When it is well kneaded, place it before the fire, with a cloth covered over it, for a few minutes; it will then be more easily worked into shape. This paste does not taste so nicely as the preceding one, but is worked with greater facility, and answers just as well for raised pies, for the crust is seldom eaten.

做法。--将水放入锅中；煮沸后加入黄油与猪油；待其融化，在面粉中央挖一孔；将水徐徐倒入；用木勺充分搅打，务必注意不要使面团过软。搅拌均匀后，用手揉至十分硬实，在面团和案板上撒少许面粉，以防粘连。揉好后，将其置于火前，盖上布，静置数分钟；如此则更易塑形。此面团味道不如前一种，但操作更为简便，用于高边馅饼同样适宜，因为其酥皮 seldom 被食用。

Average cost, 5d, per lb.

平均成本，每磅5便士。

LARD OR FLEAD CRUST.

猪油或肥肉酥皮。

1218. INGREDIENTS.—To every lb. of flour allow 1/2 lb. of lard or flead, 1/2 pint of water, 1/2 saltspoonful of salt.

1218. 配料。--每1 lb.面粉配1/2 lb.猪油或板油、1/2 pint水、1/2盐匙盐。

Mode.—Clear the flead free from skin, and slice it into thin flakes; rub it into the flour, add the salt, and work the whole into a

做法。--将板油去净外皮，切成薄片；搓入面粉中，加盐，用上述比例的水将全部揉成

smooth paste, with the above proportion of water; fold the paste over two or three times, beat it well with the rolling-pin, roll it out, and it will be ready for use. The crust made from this will be found extremely light, and may be made into cakes or tarts; it may also be very much enriched by adding more flead to the same proportion of flour.

光滑的面团；将面团折叠两三次，用擀面杖充分捶打，擀开，即可使用。用此制成的酥皮极为松脆，可做成蛋糕或果馅饼；在同样比例的面粉中多加些板油，还可使其更加丰润。

Average cost, 8d. per lb.

平均成本，每磅8便士。

NUTRITIOUS QUALITIES OF FLOUR.—The gluten of grain and the albumen of vegetable juices are identical in composition with the albumen of blood. Vegetable caseine has also the composition of animal caseine. The finest wheat flour contains more starch than the coarser; the bran of wheat is proportionably richer in gluten. Rye and rye-bread contain a substance resembling starch-gum (or dextrine, as it is called) in its properties, which is very easily converted into sugar. The starch of barley approaches in many properties to cellulose, and is, therefore, less digestible. Oats are particularly rich in plastic substances; Scotch oats are richer than those grown in England or in Germany. This kind of grain contains in its ashes, after deduction of the silica of the husks, very nearly the same ingredients as are found in the ashes of the juice of flesh. Fine American flour is one of the varieties which is richest in gluten, and is consequently one of the most nutritious.

面粉的营养价值。--谷物的麸质与植物汁液中的白蛋白，其组成与血液中的白蛋白相同。植物酪蛋白的组成亦与动物酪蛋白相同。最细的白面粉所含淀粉多于较粗的面粉；小麦麸皮中麸质的比例则更高。黑麦及黑麦面包含有一种性质类似淀粉胶(或称糊精)的物质，极易转化为糖。大麦的淀粉在许多性质上接近纤维素，因此较难消化。燕麦富含可塑性物质；苏格兰燕麦比英格兰或德国所产者更为丰富。此类谷物在其灰分中，扣除谷壳的二氧化硅后，所含配料与肉汁灰分中所见者几乎相同。优质美国面粉是麸质含量最丰富的品种之一，因而也是最具营养者之一。

ALMOND CHEESECAKES.

杏仁奶酪蛋糕。

1219. INGREDIENTS.—1/4 lb. of sweet almonds, 4 bitter ones, 3 eggs, 2 oz. of butter, the rind of 1/4 lemon, 1 tablespoonful of lemon-juice, 3 oz. of sugar.

1219. 配料。--1/4 lb.甜杏仁、4粒苦杏仁、3个鸡蛋、2 oz.黄油、1/4个柠檬的皮、1汤匙柠檬汁、3 oz.糖。

Mode.—Blanch and pound the almonds smoothly in a mortar, with

做法。--将杏仁在研钵中焯水并捣碎至顺滑，同时加入

a little rose- or spring-water; stir in the eggs, which should be well beaten, and the butter, which should be warmed; add the grated lemon-peel and -juice, sweeten, and stir well until the whole is thoroughly mixed. Line some pattypans with puff-paste, put in the mixture, and bake for 20 minutes, or rather less in a quick oven.

Time.—20 minutes, or rather less.

Average cost, 10d.

Sufficient for about 12 cheesecakes.

Seasonable at any time.

[Illustration: ALMOND AND BLOSSOM.]

ALMONDS.—Almonds are the fruit of the *Amygdalus commenis*, and are cultivated throughout the whole of the south of Europe, Syria, Persia, and Northern Africa; but England is mostly supplied with those which are grown in Spain and the south of France. They are distinguished into Sweet and Bitter, the produce of different varieties. Of the sweet, there are two varieties, distinguished in commerce by the names of Jordan and Valentia almonds. The former are imported from Malaga, and are longer, narrower, more pointed, and more highly esteemed than the latter, which are imported from Valentia. Bitter almonds are principally obtained from Morocco, and are exported from Mogador.

ALMOND PASTE, for Second-Course Dishes.

1220. INGREDIENTS.—1 lb. of sweet almonds, 6 bitter ones, 1 lb. of very finely sifted sugar, the whites of 2 eggs.

Mode.—Blanch the almonds, and dry them thoroughly; put them

少许玫瑰水或泉水；搅入打散的鸡蛋和温热的黄油；加入擦碎的柠檬皮和柠檬汁，加糖调味，充分搅拌至完全混合。用千层酥皮铺在几个馅饼模中，放入混合物，在旺烤箱中烘烤20分钟，或稍短一些。

时间。--20分钟，或稍短一些。

平均成本，10便士。

足量约可制作12个奶酪饼。

时令任何时候皆宜。

[插图：杏仁与花]

杏仁--杏仁是普通扁桃的果实，在整个欧洲南部、叙利亚、波斯和北非均有栽培；但英格兰主要供应的是西班牙和法国南部所产。杏仁分为甜杏仁和苦杏仁，系不同品种的产物。甜杏仁有两个品种，在商业上以约旦杏仁和瓦伦西亚杏仁之名相区别。前者从马拉加进口，较后者更长、更窄、更尖，也更受推崇；后者从瓦伦西亚进口。苦杏仁主要来自摩洛哥，从莫加多尔出口。

杏仁膏，用于第二道菜。

1220. 配料。--1 lb.甜杏仁、6粒苦杏仁、1 lb.极细的筛过的糖、2个鸡蛋的蛋白。

方法。--将杏仁焯水去皮，彻底晾干；将它们

into a mortar, and pound them well, wetting them gradually with the whites of 2 eggs. When well pounded, put them into a small preserving-pan, add the sugar, and place the pan on a small but clear fire (a hot-plate is better); keep stirring until the paste is dry, then take it out of the pan, put it between two dishes, and, when cold, make it into any shape that fancy may dictate.

放入研钵中充分捣碎，逐渐加入2个鸡蛋的蛋白润湿。捣细后，放入一个小糖煮锅中，加糖，将锅置于小而旺的火上(用热板更好)；不断搅拌至糊状物变干，然后从锅中取出，夹在两个盘子之间，冷却后，可随意捏成任何形状。

Time.—1/2 hour. *Average cost*, 2s. for the above quantity.

时间。--1/2小时。平均成本，上述分量2s.。

Sufficient for 3 small dishes of pastry.

足量可做3小碟糕点。

Seasonable at any time.

时令任何时候皆宜。

BITTER ALMONDS.—The Bitter Almond is a variety of the common almond, and is injurious to animal life, on account of the great quantity of hydrocyanic acid it contains, and is consequently seldom used in domestic economy, unless it be to give flavour to confectionery; and even then it should he used with great caution. A single drop of the essential oil of bitter almonds is sufficient to destroy a bird, and four drops have caused the death of a middle-sized dog.

苦杏仁。--苦杏仁是普通杏仁的一个变种，由于含有大量氢氰酸，对动物生命有害，因此在家庭经济中很少使用，除非用于给糖果调味；即便如此，也应极为谨慎地使用。一滴苦杏仁精油就足以杀死一只鸟，四滴曾导致一只中等大小的狗死亡。

BAKED ALMOND PUDDING.

烤杏仁布丁。

(*Very rich*.)

(非常浓郁。)

1221. INGREDIENTS.—1/4 lb. of almonds, 4 bitter ditto, 1 glass of sherry, 4 eggs, the rind and juice of 1/2 lemon, 3 oz. of butter, 1 pint of cream, 2 tablespoonfuls of sugar.

1221. 配料。--1/4 lb.杏仁、4粒苦杏仁、1杯雪利酒、4个鸡蛋、1/2个柠檬的皮和汁、3 oz.黄油、1 pint奶油、2汤匙糖。

Mode.—Blanch and pound the almonds to a smooth paste with the water; mix these with the butter, which should be melted; beat up the eggs, grate the lemon-rind, and strain the juice; add these,

做法。--将杏仁去皮，加水捣成光滑的糊状；将其与融化的黄油混合；打散鸡蛋，擦碎柠檬皮，滤出柠檬汁；将这些

with the cream, sugar, and wine, to the other ingredients, and stir them well together. When well mixed, put it into a pie-dish lined with puff-paste, and bake for 1/2 hour.

Time.—1/2 hour. *Average cost*, 2s. 3d.

Sufficient for 4 or 5 persons.

Seasonable at any time.

Note.—To make this pudding more economically, substitute milk for the cream; but then add rather more than 1 oz. of finely grated bread.

USES OF THE SWEET ALMOND.—The kernels of the sweet almond are used either in a green or ripe state, and as an article in the dessert. Into cookery, confectionery, perfumery, and medicine, they largely enter, and in domestic economy, should always be used in preference to bitter almonds. The reason for advising this, is because the kernels do not contain any hydrocyanic or prussic acid, although it is found in the leaves, flowers, and bark of the tree. When young and green, they are preserved in sugar, like green apricots. They furnish the almond-oil; and the farinaceous matter which is left after the oil is expressed, forms the *pâte d'amandes* of perfumers. In the arts, the oil is employed for the same purposes as the olive-oil, and forms the basis of kalydor, macassar oil, Gowland's lotion, and many other articles of that kind vended by perfumers. In medicine, it is considered a nutritive, laxative, and an emollient.

SMALL ALMOND PUDDINGS.

1222. INGREDIENTS.—1/2 lb. of sweet almonds, 6 bitter ones,

连同奶油、糖和酒加入其他配料中，充分搅拌均匀。混合好后，倒入铺有千层酥皮的馅饼盘中，烘烤1/2小时。

时间。- 1/2 小时。平均费用,2s.3d.

足量供4或5人食用。

时令任何时候皆宜。

注。--若想更经济地制作此布丁，可用牛奶代替奶油；但需另加1 oz.以上细擦的面包屑。

甜杏仁的用途--甜杏仁的仁无论青绿还是成熟状态均可使用，也可作为餐后水果。在烹饪、糖果制作、香料制造和医药中，甜杏仁被大量使用；在家庭经济中，应始终优先于苦杏仁使用。建议如此的理由是，甜杏仁的仁不含氢氰酸或普鲁士酸，尽管该树的叶、花和皮中含有此酸。杏仁在青嫩时，像青杏一样用糖腌制保存。甜杏仁可提供杏仁油；榨油后留下的粉质物构成香料商所用的杏仁膏。在工艺上，杏仁油用于与橄榄油相同的用途，并构成卡利多尔、马卡萨油、高兰洗剂以及香料商出售的许多其他此类制品的基础。在医药上，杏仁油被视为一种营养剂、轻泻剂和润肤剂。

小杏仁布丁。

1222. 配料--1/2 lb.甜杏仁，6 粒苦杏仁，

1/4 lb. of butter, 4 eggs, 2 tablespoonfuls of sifted sugar, 2 tablespoonfuls of cream, 1 tablespoonful of brandy.

[Illustration: ALMOND PUDDINGS.]

Mode.—Blanch and pound the almonds to a smooth paste with a spoonful of water; warm the butter, mix the almonds with this, and add the other ingredients, leaving out the whites of 2 eggs, and be particular that these are well beaten. Mix well, butter some cups, half fill them, and bake the puddings from 20 minutes to 1/2 hour. Turn them out on a dish, and serve with sweet sauce.

Time.—20 minutes to 1/2 hour. *Average cost*, 1s.

Sufficient for 4 or 5 persons. *Seasonable* at any time.

THE HUSKS OF ALMONDS.—In the environs of Alicante, the husks of almonds are ground to a powder, and enter into the composition of common soap, the large quantity of alkaline principle they contain rendering them suitable for this purpose. It is said that in some parts of the south of France, where they are extensively grown, horses and mules are fed on the green and dry husks; but, to prevent any evil consequences arising from this practice, they are mixed with chopped straw or oats.

ALMOND PUFFS.

1223. INGREDIENTS.—2 tablespoonfuls of flour, 2 oz. of butter, 2 oz. of pounded sugar, 2 oz. of sweet almonds, 4 bitter almonds.

Mode.—Blanch and pound the almonds in a mortar to a smooth paste; melt the butter, dredge in the flour, and add the sugar and pounded almonds. Beat the mixture well, and put it into cups or

1/4 lb.黄油、4个鸡蛋、2汤匙筛过的糖、2汤匙奶油、1汤匙白兰地。

[插图：杏仁布丁。]

做法。--将杏仁去皮，加一匙水捣成光滑的糊状；温热黄油，将杏仁糊与之混合，加入其余配料，留出2个鸡蛋的蛋白，务必将其充分打散。搅拌均匀，在几个杯中涂上黄油，装至半满，烘烤布丁20分钟至1/2小时。将其扣在盘中，配甜酱汁食用。

时间。--20分钟至半小时。平均成本，1先令。

足够供4或5人食用。时令任何时候皆宜。

杏仁壳。--在阿利坎特周边地区，杏仁壳被磨成粉末，用于制作普通肥皂，因其含有大量碱性成分而适合此用途。据说在法国南部一些大量种植杏仁的地方，马和骡以新鲜和干燥的杏仁壳为食；但为防止这种做法产生不良后果，会将其与切碎的稻草或燕麦混合。

杏仁泡芙

1223. 配料。--2汤匙面粉、2 oz.黄油、2 oz.捣碎的糖、2 oz.甜杏仁、4粒苦杏仁。

做法。--将杏仁去皮，在研钵中捣成光滑的糊状；融化黄油，撒入面粉，加入糖和捣碎的杏仁。将混合物充分搅打，装入杯中或

very tiny jelly-pots, which should be well buttered, and bake in a moderate oven for about 20 minutes, or longer should the puffs be large. Turn them out on a dish, the bottom of the puff upper-most, and serve.

Time.—20 minutes. *Average cost*, 6d.

Sufficient for 2 or 3 persons. *Seasonable* at any time.

AUNT NELLY'S PUDDING.

1224. INGREDIENTS.—1/2 lb. of flour, 1/2 lb. of treacle, 1/2 lb. of suet, the rind and juice of 1 lemon, a few strips of candied lemon-peel, 3 tablespoonfuls of cream, 2 eggs.

Mode.—Chop the suet finely; mix with it the flour, treacle, lemon-peel minced, and candied lemon-peel; add the cream, lemon-juice, and 2 well-beaten eggs; beat the pudding well, put it into a buttered basin, tie it down with a cloth, and boil from 3-1/2 to 4 hours.

Time.—3-1/2 to 4 hours. *Average cost*, 1s. 2d.

Sufficient for 5 or 6 persons.

Seasonable at any time, but more suitable for a winter pudding.

TREACLE, OR MOLASSES.—Treacle is the uncrystallizable part of the saccharine juice drained from the Muscovado sugar, and is either naturally so or rendered uncrystallizable through some defect in the process of boiling. As it contains a large quantity of sweet or saccharine principle and is cheap, it is of great use as an article of domestic economy. Children are especially fond of it; and it is accounted wholesome. It is also useful for making beer,

极小的果冻模子，应涂满黄油，在中等温度的炉中烘烤约20分钟，若泡芙较大则需更长时间。将它们倒扣在盘中，使泡芙底部朝上，即可上桌。

时间。--20分钟。平均费用,6便士。

足供两三人食用。四季皆宜。

内莉阿姨的布丁。

1224. 配料--1/2 lb.面粉，1/2 lb.糖蜜，1/2 lb.板油，1个柠檬的皮和汁，几片糖渍柠檬皮，3汤匙奶油，2个鸡蛋。

做法--将板油细细剁碎；与面粉、糖蜜、切碎的柠檬皮和糖渍柠檬皮混合；加入奶油、柠檬汁和2个打散的鸡蛋；将布丁充分搅打，放入涂了黄油的盆中，用布扎紧，煮3-1/2至4小时。

时间。--3-1/2至4小时。平均成本,1先令2便士。

足量供5或6人食用。

时令随时皆宜，但更适于作冬季布丁。

糖蜜，或糖浆--糖蜜是粗糖沥出的糖汁中不能结晶的部分，或天然如此，或因煮制过程中的某种缺陷而无法结晶。由于它含有大量甜味或糖分，且价格低廉，作为家庭经济用品极为有用。儿童尤其喜爱它；它也被认为有益健康。它还可用于酿造啤酒，

rum, and the very dark syrups.

朗姆酒，以及颜色极深的糖浆。

BAKED APPLE DUMPLINGS (a Plain Family Dish).

烤苹果团子(家常菜)。

1225. INGREDIENTS.—6 apples, 3/4 lb.. of suet-crust No. 1215, sugar to taste.

1225. 配料--6个苹果，3/4 lb.的板油酥皮第1215号，糖适量。

Mode.—Pare and take out the cores of the apples without dividing them, and make 1/2 lb. of suet-crust by recipe No. 1215; roll the apples in the crust, previously sweetening them with moist sugar, and taking care to join the paste nicely. When they are formed into round balls, put them on a tin, and bake them for about 1/2 hour, or longer should the apples be very large; arrange them pyramidically on a dish, and sift over them some pounded white sugar. These may be made richer by using one of the puff-pastes instead of suet.

Mode。- 将苹果削皮并挖出果核，但不要切开，按食谱第1215号制作1/2 lb.的板油酥皮；将苹果用湿糖先行加甜后裹入酥皮中，注意将面皮接合处捏好。做成圆球后放在锡盘上，烘烤约1/2小时，若苹果很大则需更久；将它们在盘中堆成金字塔形，撒上一些研碎的白糖。若不用板油而改用一种千层酥皮，可使成品更为丰盛。

Time.—From 1/2 to 3/4 hour, or longer. *Average cost*, 1-1/2d. each.

时间--1/2至3/4小时，或更长。平均成本，每个1-1/2便士。

Sufficient for 4 persons.

足量供4人食用。

Seasonable from August to March, but flavourless after the end of January.

时令为八月至三月，但一月底之后便失去风味。

USES OF THE APPLE.—It is well known that this fruit forms a very important article of food, in the form of pies and puddings, and furnishes several delicacies, such as sauces, marmalades, and jellies, and is much esteemed as a dessert fruit. When flattened in the form of round cakes, and baked in ovens, they are called beefings; and large quantities are annually dried in the sun in America, as well as in Normandy, and stored for use during winter, when they may be stewed or made into pies. In a roasted state they are remarkably wholesome, and, it is said,

苹果的用途。--众所周知，这种水果以馅饼和布丁的形式构成一种非常重要的食物，并可制成酱汁、果酱和果冻等数种美味，作为餐后水果亦备受推崇。当被压扁成圆饼状并在炉中烘烤时，它们被称为beefings；在美洲以及诺曼底，每年有大量苹果晒干贮藏以备冬季之用，届时可炖煮或制成馅饼。烤制后它们极为有益健康，据说，

strengthening to a weak stomach. In putrid and malignant fevers, when used with the juice of lemons and currants, they are considered highly efficacious.

APPLE CHEESECAKES.

1226. INGREDIENTS.—1/2 lb. of apple pulp, 1/4 lb. of sifted sugar, 1/4 lb. of butter, 4 eggs, the rind and juice of 1 lemon.

Mode.—Pare, core, and boil sufficient apples to make 1/2 lb. when cooked; add to these the sugar, the butter, which should be melted; the eggs, leaving out 2 of the whites, and take grated rind and juice of 1 lemon; stir the mixture well; line some patty-pans with puff-paste, put in the mixture, and bake about 20 minutes.

Time.—About 20 minutes.

Average cost, for the above quantity, with the paste, 1s. 2d.

Sufficient for about 18 or 20 cheesecakes.

Seasonable from August to March.

[Illustration: APPLE AND BLOSSOM.]

THE APPLE.—The most useful of all the British fruits is the apple, which is a native of Britain, and may be found in woods and hedges, in the form of the common wild crab, of which all our best apples are merely seminal varieties, produced by culture or particular circumstances. In most temperate climates it is very extensively cultivated, and in England, both as regards variety and quantity, it is excellent and abundant. Immense supplies are also imported from the United States and from France. The apples grown in the vicinity of New York are universally admitted to be

对虚弱的胃有强壮作用。在腐败性和恶性热病中，与柠檬汁和醋栗汁同用，被认为极为有效。

苹果奶酪蛋糕。

1226. 配料--1/2 lb.苹果泥，1/4 lb.筛过的糖，1/4 lb.黄油，4个鸡蛋，1个柠檬的皮和汁。

做法--将足量苹果削皮、去核并煮至熟后得1/2 lb.；加入糖、应已融化的黄油、鸡蛋(去掉2个蛋白)、1个柠檬的磨碎皮和汁；将混合物充分搅拌；用千层酥皮铺在小馅饼模中，填入混合物，烘烤约20分钟。

时间。--约20分钟。

平均成本，上述数量，含馅料，1先令2便士。

足量约可制作18或20个奶酪饼。

时令八月至三月。

[插图：苹果与苹果花。]

苹果。--英国所有水果中最有用的是苹果，它原产于英国，可在树林和树篱中以普通野生酸苹果的形式找到，我们所有最好的苹果都不过是其由栽培或特殊环境所产生的种子变种。在大多数温带气候中它被广泛栽培，而在英格兰，无论在品种还是数量上，它都优异而丰富。大量供应还从美国和法国进口。纽约附近所产的苹果被普遍公认为

the finest of any; but unless selected and packed with great care, they are apt to spoil before reaching England.

BOILED APPLE DUMPLINGS.

1227. INGREDIENTS.—6 apples, 3/4 lb. of suet-crust No. 1215, sugar to taste.

Mode.—Pare and take out the cores of the apples without dividing them; sweeten, and roll each apple in a piece of crust, made by recipe No. 1211; be particular that the paste is nicely joined; put the dumplings into floured cloths, tie them securely, and put them into boiling water. Keep them boiling from 1/2 to 3/4 hour; remove the cloths, and send them hot and quickly to table. Dumplings boiled in knitted cloths have a very pretty appearance when they come to table. The cloths should be made square, just large enough to hold one dumpling, and should be knitted in plain knitting, with *very coarse* cotton.

Time.—3/4 to 1 hour, or longer should the dumplings be very large.

Average cost, 11/2d. each.

Sufficient for 4 persons.

Seasonable from August to March, but flavourless after the end of January.

LAMBSWOOL, or LAMASOOL.—This old English beverage is composed of apples mixed with ale, and seasoned with sugar and spice. It takes its name from *Lamaes abhal*, which, in ancient British, signifies the day of apple fruit, from being drunk on the

品质最佳；但若非精心挑选和包装，往往在运抵英格兰之前就会变质。

水煮苹果团子

1227. 配料--6个苹果，3/4 lb.的板油酥皮第1215号，糖适量。

Mode。- 将苹果削皮并挖出果核，但不要切开；加甜，并将每个苹果裹入一块按食谱第1211号制作的面皮中；务必使面皮接合处捏好；将布丁放入撒了面粉的布中，扎紧，放入沸水中。保持煮沸1/2至3/4小时；取出布，趁热迅速端上桌。用针织布煮成的布丁上桌时外观非常漂亮。布应做成方形，大小刚好容纳一个布丁，并应以平针编织，用极粗的棉线。

时间。--3/4至1小时，若饺子很大则需更长时间。

平均成本，每个1先令1.5便士。

足量供4人食用。

时令为八月至三月，但一月底之后便失去风味。

羊羔毛，或拉马苏尔--这种古老的英格兰饮料由苹果与麦芽酒混合，以糖和香料调味而成。其名称源自*Lamaes abhal*，在古不列颠语中意为苹果果日，因在

apple feast in autumn. In France, a beverage, called by the Parisians *raisinée*, is made by boiling any given quantity of new wine, skimming it as often as fresh scum rises, and, when it is boiled to half its bulk, straining it. To this apples, pared and cut into quarters, are added; the whole is then allowed to simmer gently, stirring it all the time with a long wooden spoon, till the apples are thoroughly mixed with the liquor, and the whole forms a species of marmalade, which is extremely agreeable to the taste, having a slight flavour of acidity, like lemon mixed with honey.

秋季的苹果宴。在法国，巴黎人称之为*raisinée*的一种饮料，是将任意给定量的新酒煮沸，每当有新浮沫升起即撇去，煮至剩一半量时过滤。向其中加入削皮并切成四块的苹果；然后将全部物料用文火慢煨，同时不断用长木勺搅拌，直至苹果与酒液完全融合，整体形成一种果酱状物，味道极为宜人，带有轻微的酸味，如同蜂蜜中混有柠檬。

RICH BAKED APPLE PUDDING.

浓郁烤苹果布丁。

I.

1228. INGREDIENTS.—1/2 lb. of the pulp of apples, 1/2 lb. of loaf sugar, 6 oz. of butter, the rind of 1 lemon, 6 eggs, puff-paste.

1228. 配料--1/2 lb.苹果泥，1/2 lb.块糖，6 oz.黄油，1个柠檬的皮，6个鸡蛋，千层酥皮。

Mode.—Peel, core, and cut the apples, as for sauce; put them into a stewpan, with only just sufficient water to prevent them from burning, and let them stew until reduced to a pulp. Weigh the pulp, and to every 1/2 lb. add sifted sugar, grated lemon-rind, and 6 well-beaten eggs. Beat these ingredients well together; then melt the butter, stir it to the other things, put a border of puff-paste round the dish, and bake for rather more than 1/2 hour. The butter should not be added until the pudding is ready for the oven.

做法。--将苹果去皮、去核并切好，如同做酱汁那样；把它们放入炖锅中，只加刚好能防止烧焦的水，炖至成为果泥。称量果泥的重量，每1/2 lb.加入筛过的糖、磨碎的柠檬皮和6个打匀的鸡蛋。将这些配料充分搅打在一起；然后融化黄油，将其拌入其他材料中，在盘边围上一圈千层酥皮，烘烤略多于1/2小时。黄油应等到布丁准备入炉时再加入。

Time.—1/2 to 3/4 hour.

时间。--1/2至3/4小时。

Average cost, 1s. 10d.

平均成本，1先令10便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable from August to March.

II.

(*More Economical.*)

1229. INGREDIENTS.—12 large apples, 6 oz. of moist sugar, 1/4 lb. of butter, 4 eggs, 1 pint of bread crumbs.

Mode.—Pare, core, and cut the apples, as for sauce, and boil them until reduced to a pulp; then add the butter, melted, and the eggs, which should be well whisked. Beat up the pudding for 2 or 3 minutes; butter a pie-dish; put in a layer of bread crumbs, then the apple, and then another layer of bread crumbs; flake over these a few tiny pieces of butter, and bake for about 1/2 hour.

Time.—About 1/2 hour.

Average cost, 1s. 3d.

Sufficient for 5 or 6 persons.

Seasonable from August to March.

Note.—A very good economical pudding may be made merely with apples, boiled and sweetened, with the addition of a few strips of lemon-peel. A layer of bread crumbs should be placed above and below the apples, and the pudding baked for 1/2 hour.

CONSTITUENTS OF THE APPLE.—All apples contain sugar, malic acid, or the acid of apples; mucilage, or gum; woody fibre, and water; together with some aroma, on which their peculiar flavour depends. The hard acid kinds are unwholesome if eaten raw; but by the process of cooking, a great deal of this acid is decomposed and converted into sugar. The sweet and mellow kinds form a

时令八月至三月。

二
。

(更经济。)

1229. 配料--12个大苹果，6 oz.湿糖，1/4 lb.黄油，4个鸡蛋，1 pint面包屑。

做法--将苹果削皮、去核并切块，如做酱汁般煮至成泥；然后加入融化的黄油和充分打散的鸡蛋。将布丁搅打2至3分钟；在馅饼盘中涂黄油；铺一层面包屑，再铺苹果，然后再铺一层面包屑；在上面撒几小块黄油，烘烤约1/2小时。

时间。--约1/2小时。

平均费用,1先令3便士。

足量供5或6人食用。

时令八月至三月。

注--仅用苹果煮后加糖，再加几片柠檬皮，即可制成一款非常好的经济布丁。苹果上下应各铺一层面包屑，布丁烘烤1/2小时。

苹果的成分--所有苹果都含有糖、苹果酸或苹果的酸；黏液质或树胶；木质纤维和水；以及某种香气，其独特风味即取决于此。硬酸品种生食不益健康；但经烹煮，大量这种酸被分解并转化为糖。甜而柔和的品种构成

valuable addition to the dessert. A great part of the acid juice is converted into sugar as the fruit ripens, and even after it is gathered, by natural process, termed maturation; but, when apples decay, the sugar is changed into a bitter principle, and the mucilage becomes mouldy and offensive. Old cheese has a remarkable effect in meliorating the apple when eaten; probably from the volatile alkali or ammonia of the cheese neutralizing its acid.

餐后水果的有益补充。随着果实成熟，大部分酸汁转化为糖，甚至在采摘之后也通过称为后熟的自然过程转化；但当苹果腐烂时，糖变为苦味物质，黏液质发霉变臭。陈年奶酪在食用时对苹果有显著的改良作用；可能因为奶酪中的挥发性碱或氨中和了其酸。

RICH SWEET APPLE PUDDING.

浓郁甜苹果布丁。

1230. INGREDIENTS.—1/2 lb. of bread crumbs, 1/2 lb. of suet, 1/2 lb. of currants, 1/2 lb. of apples, 1/2 lb. of moist sugar, 6 eggs, 12 sweet almonds, 1/2 saltspoonful of grated nutmeg, 1 wineglassful of brandy.

1230. 配料--1/2 lb.面包屑，1/2 lb.板油，1/2 lb.醋栗，1/2 lb.苹果，1/2 lb.湿糖，6个鸡蛋，12颗甜杏仁，1/2盐匙磨碎的肉豆蔻，1酒杯白兰地。

Mode.—Chop the suet very fine; wash the currants, dry them, and pick away the stalks and pieces of grit; pare, core, and chop the apple, and grate the bread into fine crumbs, and mince the almonds. Mix all these ingredients together, adding the sugar and nutmeg; beat up the eggs, omitting the whites of three; stir these to the pudding, and when all is well mixed, add the brandy, and put the pudding into a buttered mould; tie down with a cloth, put it into boiling water, and let it boil for 3 hours.

做法。--将板油剁得极细；洗净醋栗，擦干，摘去果梗和沙粒；将苹果去皮、去核并切碎，把面包擦成细屑，将杏仁切碎。将所有这些配料混合在一起，加入糖和肉豆蔻；打散鸡蛋，去掉三个蛋的蛋白；将其拌入布丁中，待全部拌匀后，加入白兰地，将布丁放入涂了黄油的模具中；用布扎紧，放入沸水中，煮3小时。

Time.—3 hours.

时间。--3小时。

Average cost, 2s.

平均成本,2先令。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable from August to March.

时令八月至三月。

TO PRESERVE APPLES.—The best mode of preserving apples is to carry them at once to the fruit-room, where they should be put upon shelves, covered with white paper, after gently wiping each of the fruit. The room should be dry, and well aired, but should not admit the sun. The finer and larger kinds of fruit should not be allowed to touch each other, but should be kept separate. For this purpose, a number of shallow trays should be provided, supported by racks or stands above each other. In very cold frosty weather, means should be adopted for warming the room.

保存苹果。--保存苹果的最佳方式是立即将它们送到水果储藏室，在那里轻轻擦拭每个果实后，应将它们放在铺有白纸的架子上。储藏室应干燥、通风良好，但不应让阳光射入。较好和较大的果实不应相互接触，而应分开存放。为此，应准备若干浅托盘，用架子或支架层层架起。在非常寒冷的霜冻天气，应采取办法为储藏室加温。

BAKED APPLE PUDDING.

烤苹果布丁。

(*Very Good.*)

(很好。)

1231. INGREDIENTS.—5 moderate-sized apples, 2 tablespoonfuls of finely-chopped suet, 3 eggs, 3 tablespoonfuls of flour, 1 pint of milk, a little grated nutmeg.

1231. 配料--5个中等大小的苹果，2汤匙细剁的板油，3个鸡蛋，3汤匙面粉，1 pint牛奶，少许磨碎的肉豆蔻。

Mode.—Mix the flour to a smooth batter with the milk; add the eggs, which should be well whisked, and put this batter into a well-buttered pie-dish. Wipe the apples clean, but do not pare them; cut them in halves, and take out the cores; lay them in the batter, rind uppermost; shake the suet on the top, over which, also grate a little nutmeg; bake in a moderate oven for an hour, and cover, when served, with sifted loaf sugar. This pudding is also very good with the apples pared, sliced, and mixed with the batter.

做法。--将面粉与牛奶调成光滑的面糊；加入打匀的鸡蛋，将面糊倒入涂好黄油的馅饼盘。将苹果擦净，但不要去皮；切成两半，挖出果核；将它们放入面糊中，果皮朝上；将板油撒在上面，再在上面磨少许肉豆蔻；在中等温度的炉中烘烤一小时，上桌时撒上筛过的块糖。这款布丁若将苹果去皮、切片并与面糊混合，也非常美味。

Time.—1 hour.

时间。--1小时。

Average cost, 9d.

平均成本,9便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

BOILED APPLE PUDDING.

1232. INGREDIENTS.—Crust No. 1215, apples, sugar to taste, 1 small teaspoonful of finely-minced lemon-peel, 2 tablespoonfuls of lemon-juice.

Mode.—Make a butter-crust by recipe No. 1213, or a suet one by recipe No. 1215, using for a moderate-sized pudding from 3/4 to 1 lb. of flour, with the other ingredients in proportion. Butter a basin; line it with some of the paste; pare, core, and cut the apples into slices, and fill the basin with these; add the sugar, the lemon-peel and juice, and cover with crust; pinch the edges together, flour the cloth, place it over the pudding, tie it securely, and put it into plenty of fast-boiling water. Let it boil from 1-1/2 to 2-1/2 hours, according to the size; then turn it out of the basin and send to table quickly. Apple puddings may also be boiled in a cloth without a basin; but, when made in this way, must be served without the least delay, as the crust so soon becomes heavy. Apple pudding is a very convenient dish to have when the dinner-hour is rather uncertain, as it does not spoil by being boiled an extra hour; care, however, must be taken to keep it well covered with the water all the time, and not to allow it to stop boiling.

Time.—From 1-1/2 to 2-1/2 hours, according to the size of the pudding and the quality of the apples.

Average cost, 10d.

Sufficient, made with 1 lb. of flour, for 7 or 8 persons.

Seasonable from August to March; but the apples become flavourless and scarce after February.

水煮苹果布丁。

1232. 配料--1215号酥皮，苹果，糖适量，1小茶匙细切的柠檬皮，2汤匙柠檬汁。

做法。--按第1213号食谱制作黄油酥皮，或按第1215号食谱制作板油酥皮，中等大小的布丁用3/4至1 lb.面粉，其他配料按比例增减。在盆中涂上黄油；用部分面团铺在盆内；将苹果去皮、去核并切成片，装满盆中；加入糖、柠檬皮和柠檬汁，盖上酥皮；将边缘捏合，在布上撒面粉，盖在布丁上，扎紧，放入大量快速沸腾的水中。根据大小煮1-1/2至2-1/2小时；然后将布丁从盆中倒出，迅速送上餐桌。苹果布丁也可以不用盆而用布煮；但这样制作时，必须毫不延迟地上桌，因为酥皮很快就会变得厚重。苹果布丁是一道非常方便的菜肴，适合正餐时间不太确定时食用，因为多煮一小时也不会变坏；不过，必须注意始终让它充分浸在水中，并且不要让水停止沸腾。

时间--1-1/2至2-1/2小时，视布丁大小和苹果品质而定。

平均成本，10便士。

足量，用1 lb.面粉制成，供7至8人食用。

时令为八月至三月；但二月之后苹果便失去风味且稀少。

APPLE TART OR PIE.

1233. INGREDIENTS.—Puff-paste No. 1205 or 1206, apples; to every lb. of unpared apples allow 2 oz. of moist sugar, 1/2 teaspoonful of finely-minced lemon-peel, 1 tablespoonful of lemon-juice.

Mode.—Make 1/2 lb. of puff-paste by either of the above-named recipes, place a border of it round the edge of a pie-dish, and fill it with apples pared, cored, and cut into slices; sweeten with moist sugar, add the lemon-peel and juice, and 2 or 3 tablespoonfuls of water; cover with crust, cut it evenly round close to the edge of the pie-dish, and bake in a hot oven from 1/2 to 3/4 hour, or rather longer, should the pie be very large. When it is three-parts done, take it out of the oven, put the white of an egg on a plate, and, with the blade of a knife, whisk it to a froth; brush the pie over with this, then sprinkle upon it some sifted sugar, and then a few drops of water. Put the pie back into the oven, and finish baking, and be particularly careful that it does not catch or burn, which it is very liable to do after the crust is iced. If made with a plain crust, the icing may be omitted.

Time.—1/2 hour before the crust is iced; 10 to 15 minutes afterwards.

Average cost, 9d.

Sufficient.—Allow 2 lbs. of apples for a tart for 6 persons.

Seasonable from August to March; but the apples become flavourless after February.

Note.—Many things are suggested for the flavouring of apple pie;

苹果挞或苹果派。

1233. 配料--1205或1206号千层酥皮，苹果；每lb.未削皮苹果配2 oz.湿糖，1/2茶匙细切柠檬皮，1汤匙柠檬汁。

模式。- 按上述任一食谱制作1/2 lb.的酥皮，将其围在馅饼盘边缘，填入去皮、去核并切成片的苹果；用湿糖增甜，加入柠檬皮和柠檬汁，以及2至3汤匙水；盖上酥皮，沿馅饼盘边缘整齐切圆，在热烤箱中烘1/2至3/4小时，若馅饼很大则烘更长时间。当烘至三成熟时，从烤箱中取出，将蛋清放在盘子上，用刀片搅打至起泡；将此刷在馅饼上，然后撒上一些筛过的糖，再洒几滴水。将馅饼放回烤箱，完成烘烤，特别小心不要烤焦或烧糊，因为酥皮刷糖后极易发生。若用普通酥皮制作，可省略刷糖。

时间--酥皮加糖霜前1/2小时；之后10至15分钟。

平均成本,9便士。

足量。--供6人食用的馅饼需准备2磅苹果。

时令为八月至三月；但二月之后苹果便失去风味。

注。--苹果派的调味有许多建议；

some say 2 or 3 tablespoonfuls of beer, others the same quantity of sherry, which very much improve the taste; whilst the old-fashioned addition of a few cloves is, by many persons, preferred to anything else, as also a few slices of quince.

[Illustration: QUINCE.]

QUINCES.—The environs of Corinth originally produced the most beautiful quinces, but the plant was subsequently introduced into Gaul with the most perfect success. The ancients preserved the fruit by placing it, with its branches and leaves, in a vessel filled with honey or sweet wine, which was reduced to half the quantity by ebullition. Quinces may be profitably cultivated in this country as a variety with other fruit-trees, and may be planted in espaliers or as standards. A very fine-flavoured marmalade may be prepared from quinces, and a small portion of quince in apple pie much improves its flavour. The French use quinces for flavouring many sauces. This fruit has the remarkable peculiarity of exhaling an agreeable odour, taken singly; but when in any quantity, or when they are stowed away in a drawer or close room, the pleasant aroma becomes an intolerable stench, although the fruit may be perfectly sound; it is therefore desirable that, as but a few quinces are required for keeping, they should be kept in a high and dry loft, and out of the way of the rooms used by the family.

CREAMED APPLE TART.

1234. INGREDIENTS.—Puff-crust No. 1205 or 1206, apples; to every lb. of pared and cored apples, allow 2 oz. of moist sugar, 1/2 teaspoonful of minced lemon-peel, 1 tablespoonful of lemon-juice, 1/2 pint of boiled custard.

有人说加2或3汤匙啤酒，有人加同量雪利酒，能大大改善味道；而老式的加几颗丁香的做法，许多人认为胜过其他一切，加几片榲桲亦然。

[插图：榲桲。]

榲桲。--科林斯周边地区最初出产最美丽的榲桲，但该植物后来被引入高卢并取得最完美的成功。古人保存这种果实的方法是将果实连同枝叶放入装满蜂蜜或甜酒的容器中，经煮沸浓缩至半量。榲桲可与其他果树一起作为品种在本国有利可图地栽培，可种于篱架或作为标准树。榲桲可制成风味极佳的果酱，在苹果馅饼中加入少量榲桲可大大改善其风味。法国人用榲桲为许多酱汁调味。这种果实有一个显著特点：单独放置时散发宜人香气；但数量较多时，或存放在抽屉或密闭房间中时，宜人的香气会变成难以忍受的恶臭，尽管果实可能完全完好；因此，由于保存只需少量榲桲，宜将其存放在高处干燥的阁楼中，远离家人使用的房间。

奶油苹果挞。

1234. 配料--1205或1206号千层酥皮，苹果；每lb.削皮去核苹果配2 oz.湿糖，1/2茶匙切碎的柠檬皮，1汤匙柠檬汁，1/2 pint煮好的蛋奶糊。

Mode.—Make an apple tart by the preceding recipe, with the exception of omitting the icing. When the tart is baked, cut out the middle of the lid or crust, leaving a border all round the dish. Fill up with a nicely-made boiled custard, grate a little nutmeg over the top, and the pie is ready for table. This tart is usually eaten cold; is rather an old-fashioned dish, but, at the same time, extremely nice.

做法--按前一条食谱制作苹果挞，但不加糖霜。挞烤好后，挖去盖或酥皮的中间部分，沿盘边留一圈边。填入制作精良的煮蛋奶糊，在表面磨少许肉豆蔻，馅饼即可上桌。此挞通常冷食；是一道颇为老式的点心，但同时也极其美味。

Time.—1/2 to 3/4 hour.

时间。--1/2至3/4小时。

Average cost, 1s. 3d.

平均费用,1先令3便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable from August to March.

时令八月至三月。

APPLE SNOWBALLS.

苹果雪球

1235. INGREDIENTS.—2 teacupfuls of rice, apples, moist sugar, cloves.

1235. 配料--2茶杯量的大米、苹果、湿糖、丁香。

Mode.—Boil the rice in milk until three-parts done; then strain it off, and pare and core the apples without dividing them. Put a small quantity of sugar and a clove into each apple, put the rice round them, and tie each ball separately in a cloth. Boil until the apples are tender; then take them up, remove the cloths, and serve.

做法--将米在牛奶中煮至三分熟；然后沥出，将苹果削皮去核但不切开。在每个苹果中放入少量糖和一颗丁香，将米围在四周，每个球分别用布包好扎紧。煮至苹果变软；然后取出，去掉布，即可上桌。

Time.—1/2 hour to boil the rice separately; 1/2 to 1 hour with the apple.

时间--米单独煮1/2小时；与苹果同煮1/2至1小时。

Seasonable from August to March.

时令八月至三月。

APPLE TOURTE OR CAKE.

苹果圆蛋糕或蛋糕。

(*German Recipe*.)

1236. INGREDIENTS.—10 or 12 apples, sugar to taste, the rind of 1 small lemon, 3 eggs, 1/4 pint of cream or milk, 1/4 lb. of butter, 3/4 lb. of good short crust No. 1211, 3 oz. of sweet almonds.

Mode.—Pare, core, and cut the apples into small pieces; put sufficient moist sugar to sweeten them into a basin; add the lemon-peel, which should be finely minced, and the cream; stir these ingredients well, whisk the eggs, and melt the butter; mix altogether, add the sliced apple, and let these be well stirred into the mixture. Line a large round plate with the paste, place a narrow rim of the same round the outer edge, and lay the apples thickly in the middle. Blanch the almonds, cut them into long shreds, and strew over the top of the apples, and bake from 1/2 to 3/4 hour, taking care that the almonds do not get burnt: when done, strew some sifted sugar over the top, and serve. This tourte may be eaten either hot or cold, and is sufficient to fill 2 large-sized plates.

Time.—1/2 to 3/4 hour.

Average cost, 2s. 2d.

Sufficient for 2 large-sized tourtes.

Seasonable from August to March.

APPLES.—No fruit is so universally popular as the apple. It is grown extensively for cider, but many sorts are cultivated for the table. The apple, uncooked, is less digestible than the pear; the degree of digestibility varying according to the firmness of its texture and flavour. Very wholesome and delicious jellies, marmalades, and sweetmeats are prepared from it. Entremets of

(德国食谱。)

1236. 配料。--苹果10或12个，糖适量，小柠檬皮1个，鸡蛋3个，奶油或牛奶1/4 pint，黄油1/4 lb.,

3/4 lb.上等酥皮(编号1211),3 oz.甜杏仁。

模式。- 将苹果去皮、去核并切成小块；将足够增甜的湿糖放入盆中；加入应切得很细的柠檬皮和奶油；将这些配料充分搅拌，打散鸡蛋，融化黄油；全部混合，加入苹果片，使其充分拌入混合物中。用面团铺在一个大圆盘上，在边缘周围放一圈窄边，将苹果厚厚地铺在中间。将杏仁去皮，切成长条，撒在苹果顶部，烘1/2至3/4小时，注意杏仁不要烤焦：烤好后，在顶部撒一些筛过的糖，即可上桌。此馅饼可热食或冷食，足以装满2个大号盘子。

时间。--1/2至3/4小时。

平均成本，2先令2便士。

足量可制作 2 个大型圆馅饼。

时令八月至三月。

苹果。--没有哪种水果像苹果这样普遍受欢迎。苹果大量种植用于制作苹果酒，但许多品种是为餐桌而栽培的。生苹果比梨更难消化；其消化难易程度因质地和风味的坚实程度而异。用苹果可以制作非常有益健康且美味的果冻、果酱和蜜饯。以苹果制作的配菜

apples are made in great variety. Apples, when peeled, cored, and well cooked, are a most grateful food for the dyspeptic.

种类繁多。苹果去皮、去核并充分煮熟后，对消化不良者是最为适宜的食物。

ALMA PUDDING.

阿尔玛布丁

1237. INGREDIENTS.—1/2 lb. of fresh butter, 1/2 lb. of powdered sugar, 1/2 lb. of flour, 1/4 lb. of currants, 4 eggs.

1237. 配料。--新鲜黄油1/2 lb.，糖粉1/2 lb.，面粉1/2 lb.，加仑子1/4 lb.，鸡蛋4个。

Mode.—Beat the butter to a thick cream, strew in, by degrees, the sugar, and mix both these well together; then dredge the flour in gradually, add the currants, and moisten with the eggs, which should be well beaten. When all the ingredients are well stirred and mixed, butter a mould that will hold the mixture exactly, tie it down with a cloth, put the pudding into boiling water, and boil for 5 hours; when turned out, strew some powdered sugar over it, and serve.

做法。--将黄油搅打至浓稠奶油状，逐渐撒入糖，将两者充分混合；然后逐渐拌入面粉，加入加仑子，用打散的鸡蛋调湿。所有配料搅拌均匀后，取一个恰好能盛下混合物的模具，涂上黄油，用布扎紧，将布丁放入沸水中煮5小时；倒出后，撒上一些糖粉即可上桌。

Time.—6 hours. *Average cost*, 1s. 6d.

时间。- 6小时。平均成本,1先令6便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable at any time.

时令任何时候皆宜。

BAKED APRICOT PUDDING.

烤杏子布丁。

1238. INGREDIENTS.—12 large apricots, 3/4 pint of bread crumbs, 1 pint of milk, 3 oz. of pounded sugar, the yolks of 4 eggs, 1 glass of sherry.

1238. 配料。--大杏12个，面包屑3/4 pint，牛奶1 pint，糖粉3 oz.，鸡蛋黄4个，雪利酒1杯。

Mode.—Make the milk boiling hot, and pour it on to the bread crumbs; when half cold, add the sugar, the well-whisked yolks of the eggs, and the sherry. Divide the apricots in half, scald them until they are soft, and break them up with a spoon, adding a few

做法。--将牛奶煮沸，倒在面包屑上；待半凉时，加入糖、打散的蛋黄和雪利酒。将杏切成两半，烫至软烂，用勺子捣碎，加入少量

of the kernels, which should be well pounded in a mortar; then mix the fruit and other ingredients together, put a border of paste round the dish, fill with the mixture, and bake the pudding from 1/2 to 3/4 hour.

杏仁核，需在研钵中充分捣碎；然后将水果和其他配料混合在一起，在盘边围上一圈面团，填入混合物，烘烤布丁1/2至3/4小时。

Time.—1/2 to 3/4 hour. Average cost, in full season, 1s. 6d.

时间。--1/2至3/4小时。盛产季节平均费用1s.6d.。足够4或5人食用。

Sufficient for 4 or 5 persons.

Seasonable in August, September, and October.

时令八月、九月和十月。

APRICOT TART.

杏子挞。

1239. INGREDIENTS.—12 or 14 apricots, sugar to taste, puff-paste or short crust.

1239. 配料。--杏12或14个，糖适量，千层酥皮或短酥皮。

Mode.—Break the apricots in half, take out the stones, and put them into a pie-dish, in the centre of which place a very small cup or jar, bottom uppermost; sweeten with good moist sugar, but add no water. Line the edge of the dish with paste, put on the cover, and ornament the pie in any of the usual modes. Bake from 1/2 to 3/4 hour, according to size; and if puff-paste is used, glaze it about 10 minutes before the pie is done, and put it into the oven again to set the glaze. Short crust merely requires a little sifted sugar sprinkled over it before being sent to table.

模式。- 将杏切成两半，取出果核，放入馅饼盘中，在盘中央放一个很小的杯子或罐子，底部朝上；用优质湿糖增甜，但不加水。用面团铺在盘边，盖上盖子，按任何通常方式装饰馅饼。根据大小烘1/2至3/4小时；若使用酥皮，在馅饼烤好前约10分钟刷上釉料，再放回烤箱使釉料定型。普通酥皮只需在送桌上桌前撒上少许筛过的糖即可。

Time.—1/2 to 3/4 hour. *Average cost*, in full season, 1s.

时间。--1/2至3/4小时。平均费用，盛产季节1s.。

Sufficient for 4 or 5 persons.

足量供4或5人食用。

Seasonable in August, September, and October; green ones rather earlier.

时令为八月、九月和十月；青杏稍早。

Note.—Green apricots make very good tarts, but they should be

注。--青杏可以做出非常好的果馅饼，但应当

boiled with a little sugar and water before they are covered with the crust.

APRICOTS.—The apricot is indigenous to the plains of Armenia, but is now cultivated in almost every climate, temperate or tropical. There are several varieties. The skin of this fruit has a perfumed flavour, highly esteemed. A good apricot, when perfectly ripe, is an excellent fruit. It has been somewhat condemned for its laxative qualities, but this has possibly arisen from the fruit having been eaten unripe, or in too great excess. Delicate persons should not eat the apricot uncooked, without a liberal allowance of powdered sugar. The apricot makes excellent jam and marmalade, and there are several foreign preparations of it which are considered great luxuries.

BAKED OR BOILED ARROWROOT PUDDING.

1240. INGREDIENTS.—2 tablespoonfuls of arrowroot, 1-1/2 pint of milk, 1 oz. of butter, the rind of 1/2 lemon, 2 heaped tablespoonfuls of moist sugar, a little grated nutmeg.

Mode.—Mix the arrowroot with as much cold milk as will make it into a smooth batter, moderately thick; put the remainder of the milk into a stewpan with the lemon-peel, and let it infuse for about 1/2 hour; when it boils, strain it gently to the batter, stirring it all the time to keep it smooth; then add the butter; beat this well in until thoroughly mixed, and sweeten with moist sugar. Put the mixture into a pie-dish, round which has been placed a border of paste, grate a little nutmeg over the top, and bake the pudding from 1 to 1-1/4 hour, in a moderate oven, or boil it the same length of time in a well-buttered basin. To enrich this

先加少量糖和水煮过，再盖上酥皮。

杏。--杏原产于亚美尼亚平原，但现在几乎在每种气候中都有栽培，无论温带或热带。有几个品种。这种果实的果皮具有一种备受推崇的香味。完全成熟的好杏是极佳的水果。它曾因通便特性而受到一些诟病，但这可能是因为食用了未成熟的果实或过量食用。体弱的人不应生食杏而不加大量糖粉。杏可制成极佳的果酱和果泥，还有几种外国制品被视为极大的美味。

烤或煮竹芋布丁。

1240. 配料。--竹芋粉2汤匙，牛奶1-1/2 pint，黄油1 oz.，柠檬皮1/2个，湿糖2满汤匙，肉豆蔻少许(擦碎)。

Mode。- 将竹芋粉与适量冷牛奶调成光滑的面糊，稠度适中；将剩余的牛奶倒入炖锅中，加入柠檬皮，浸泡约半小时；待其沸腾后，轻轻滤入面糊中，同时不断搅拌以保持顺滑；然后加入黄油；充分搅打至完全混合，并用湿糖增甜。将混合物倒入一个周围已围上酥皮边的馅饼盘中，在表面撒上少许肉豆蔻，将布丁放入中等温度的烤箱中烘烤1至11/4小时，或在涂满黄油的盆中煮同样长的时间。为使此

pudding, stir to the other ingredients, just before it is put in the oven, 3 well-whisked eggs, and add a tablespoonful of brandy. For a nursery pudding, the addition of the latter ingredients will be found quite superfluous, as also the paste round the edge of the dish.

布丁，在放入烤箱之前，将3个充分打散的鸡蛋拌入其余配料中，并加入一汤匙白兰地。若制作育婴室布丁，则后述这些配料的添加完全是多余的，盘子边缘的酥皮亦然。

Time.—1 to 1-1/4 hour, baked or boiled. *Average cost*, 7d.

时间。- 烘烤或水煮 1 至 1-1/4 小时。平均成本,7d。

Sufficient for 5 or 6 persons. *Seasonable* at any time.

足够供5或6人食用。时令任何时候皆宜。

ARROWROOT.—In India, and in the colonies, by the process of rasping, they extract from a vegetable (*Maranta arundinacea*) a sediment nearly resembling tapioca. The grated pulp is sifted into a quantity of water, from which it is afterwards strained and dried, and the sediment thus produced is called arrowroot. Its qualities closely resemble those of tapioca.

竹芋粉。--在印度及各殖民地，人们通过擦磨的方法，从一种植物(*Maranta arundinacea*)中提取出一种近似木薯粉的沉淀物。磨碎的浆液被筛入一定量的水中，随后经过滤和干燥，由此产生的沉淀物便称为竹芋粉。其性质与木薯粉极为相似。

A BACHELOR'S PUDDING.

单身汉布丁

1241. INGREDIENTS.—4 oz. of grated bread, 4 oz. of currants, 4 oz. of apples, 2 oz. of sugar, 3 eggs, a few drops of essence of lemon, a little grated nutmeg.

1241. 配料。--4 oz.磨碎的面包，4 oz.加仑子，4 oz.苹果，2 oz.糖，3个鸡蛋，几滴柠檬香精，少许磨碎的肉豆蔻。

Mode.—Pare, core, and mince the apples very finely, sufficient, when minced, to make 4 oz.; add to these the currants, which should be well washed, the grated bread, and sugar; whisk the eggs, beat these up with the remaining ingredients, and, when all is thoroughly mixed, put the pudding into a buttered basin, tie it down with a cloth, and boil for 3 hours.

做法。--将苹果削皮、去核并切得极细，切碎后须足4 oz.；加入加仑子(须充分洗净)、磨碎的面包和糖；将鸡蛋打散，与其余配料一同搅打，待全部充分混合后，将布丁放入涂了黄油的盆中，用布扎紧，煮3小时。

Time.—3 hours. *Average cost*, 9d.

时间--3小时。平均费用,9便士。

Sufficient for 4 or 5 persons. *Seasonable* from August to March.

足够4至5人食用。时令为八月至三月。

BAKEWELL PUDDING.

(*Very Rich.*)

I.

1242. INGREDIENTS.—1/4 lb. of puff-paste, 5 eggs, 6 oz. of sugar, 1/4 lb. of butter, 1 oz. of almonds, jam.

Mode.—Cover a dish with thin paste, and put over this a layer of any kind of jam, 1/2 inch thick; put the yolks of 5 eggs into a basin with the white of 1, and beat these well; add the sifted sugar, the butter, which should be melted, and the almonds, which should be well pounded; beat all together until well mixed, then pour it into the dish over the jam, and bake for an hour in a moderate oven.

Time.—1 hour. *Average cost*, 1s. 6d.

Sufficient for 4 or 6 persons. *Seasonable* at any time.

II.

1243. INGREDIENTS.—3/4 pint of bread crumbs, 1 pint of milk, 4 eggs, 2 oz. of sugar, 3 oz. of butter, 1 oz. of pounded almonds, jam.

Mode.—Put the bread crumbs at the bottom of a pie-dish, then over them a layer of jam of any kind that may be preferred; mix the milk and eggs together; add the sugar, butter, and pounded almonds; beat fill well together; pour it into the dish, and bake in a moderate oven for 1 hour.

贝克韦尔布丁

(非常浓郁。)

一。

1242. 配料。--1/4 lb.千层酥皮，5个鸡蛋，6 oz.糖，1/4 lb.黄油，1 oz.杏仁，果酱。

做法。--用薄酥皮铺满盘子，在其上铺一层约1/2英寸厚的任意种类果酱；将5个蛋黄与1个蛋白放入盆中充分打散；加入筛过的糖、须熔化的黄油以及须充分捣碎的杏仁；一同搅打至充分混合，然后将其浇在盘中的果酱上，放入中等温度的烤箱烘烤1小时。

时间。--1小时。平均费用,1先令6便士。

足够供4人或6人食用。时令任何时候皆宜。

二。

1243. 配料。--3/4 pint 面包屑，1 pint 牛奶，4个鸡蛋，2 oz.糖，3 oz.黄油，1 oz.捣碎的杏仁，果酱。

做法。--将面包屑铺在馅饼盘底部，其上铺一层任意合意的果酱；将牛奶与鸡蛋混合；加入糖、黄油和捣碎的杏仁；充分搅打均匀；倒入盘中，放入中等温度的烤箱烘烤1小时。

Time.—1 hour. *Average cost.* 1s. 3d. to 1s. 6d.

Sufficient for 4 or 5 persons. *Seasonable* at any time.

BARONESS PUDDING.

(*Author's Recipe*.)

1244. INGREDIENTS.—3/4 lb. of suet, 3/4 lb. of raisins weighed after being stoned, 3/4 lb. of flour, 1/2 pint of milk, 1/4 saltspoonful of salt.

Mode.—Prepare the suet, by carefully freeing it from skin, and chop it finely; stone the raisins, and cut them in halves, and mix both these ingredients with the salt and flour; moisten the whole with the above proportion of milk, stir the mixture well, and tie the pudding in a floured cloth, which has been previously wrung out in boiling water. Put the pudding into a saucepan of boiling water, and let it boil, without ceasing, 4-1/2 hours. Serve merely with plain sifted sugar, a little of which may be sprinkled over the pudding.

Time.—4-1/2 hours. *Average cost*, 1s. 4d.

Sufficient for 7 or 8 persons.

Seasonable in winter, when fresh fruit is not obtainable.

Note.—This pudding the editress cannot too highly recommend. The recipe was kindly given to her family by a lady who bore the title here prefixed to it; and with all who have partaken of it, it is an especial favourite. Nothing is of greater consequence, in the above directions, than attention to the time of boiling, which should never be *less* than that mentioned.

时间。- 1小时。平均成本。1先令3便士至1先令6便士。

足够供4或5人食用。时令任何时候皆宜。

男爵夫人布丁

(作者食谱。)

1244. 配料。--3/4 lb.板油，3/4 lb.去核后称重的葡萄干，3/4 lb.面粉，1/2 pint 牛奶，1/4 盐匙盐。

做法。--将板油仔细去除筋膜，切碎；将葡萄干去核，切成两半，将这两种配料与盐和面粉混合；用上述比例的牛奶将全部材料润湿，将混合物充分搅拌，用一块事先在沸水中拧过的撒粉布将布丁扎紧。将布丁放入一锅沸水中，让其不间断地煮4-1/2小时。上桌时仅配以普通筛过的糖，可在布丁上撒少许。

时间。- 4-1/2 小时。平均成本,1s.4d.

足量供7至8人食用。

时令冬季，当新鲜水果无法获得时。

注。--编者对此布丁推崇备至。此食谱系一位女士惠赠编者一家，其头衔即冠于食谱之前；凡品尝过此布丁者，无不格外喜爱。在上述各项指示中，最重要的莫过于注意煮制时间，绝不可少于所述时间。

BARBERRY TART.

1245. INGREDIENTS.—To every lb. of barberries allow 3/4 lb. of lump sugar; paste.

[Illustration: LEAF IN PUFF-PASTE.]

Mode.—Pick the barberries from the stalks, and put the fruit into a stone jar; place this jar in boiling water, and let it simmer very slowly until the fruit is soft; then put it into a preserving-pan with the sugar, and boil gently for 15 minutes; line a tartlet-pan with paste, bake it, and, when the paste is cold, fill with the barberries, and ornament the tart with a few baked leaves of paste, cut out, as shown in the engraving.

Time.—1/4 hour to bake the tart.

Average cost, 4d. per pint.

Seasonable in autumn.

[Illustration: BARBERRY.]

BARBERRIES (*Berberris vulgaris.*)—A fruit of such great acidity, that even birds refuse to eat it. In this respect, it nearly approaches the tamarind. When boiled with sugar, it makes a very agreeable preserve or jelly, according to the different modes of preparing it. Barberries are also used as a dry sweetmeat, and in sugarplums or comfits; are pickled with vinegar, and are used for various culinary purposes. They are well calculated to allay heat and thirst in persons afflicted with fevers. The berries, arranged on bunches of nice curled parsley, make an exceedingly pretty garnish for supper-dishes, particularly for white meats, like boiled fowl à la Béchamel, the three colours, scarlet, green, and white,

伏牛花挞。

1245. 配料--每1 lb.伏牛花配3/4 lb.块糖；酥皮。

[插图：酥皮中的叶子]

做法。--将伏牛花果从果梗上摘下，放入石罐中；将石罐置于沸水中，以极小的火慢炖至果实变软；然后将其与糖一同放入果酱锅中，文火煮15分钟；用酥皮铺满小馅饼盘，烤熟，待酥皮冷却后填入伏牛花果，并用几片烤过的酥皮叶装饰馅饼，酥皮叶按插图所示切出。

时间。- 烤制果馅饼需1/4小时。

平均成本，每品脱4便士。

时令秋季。

[插图：小檗。]

伏牛花(*Berberris vulgaris*)。--一种酸度极高的水果，连鸟都不愿吃。在这一点上，它几乎接近罗望子。与糖一起煮时，根据不同的制作方法，可制成非常可口的蜜饯或果冻。伏牛花也用作干甜食，以及糖球或糖衣果仁；可用醋腌制，用于各种烹饪用途。它们非常适合缓解发烧患者的热度和口渴。将浆果排列在卷曲的欧芹小枝上，可为晚餐菜肴制作极其漂亮的装饰配菜，尤其是白色肉类，如煮鸡配贝夏梅尔酱，红、绿、白三色，

contrasting so well, and producing a very good effect.

BAKED BATTER PUDDING.

1246. INGREDIENTS.—1-1/4 pint of milk, 4 tablespoonfuls of flour, 2 oz. of butter, 4 eggs, a little salt.

Mode.—Mix the flour with a small quantity of cold milk; make the remainder hot, and pour it on to the flour, keeping the mixture well stirred; add the butter, eggs, and salt; beat the whole well, and put the pudding into a buttered pie-dish; bake for 3/4 hour, and serve with sweet sauce, wine sauce, or stewed fruit. Baked in small cups, this makes very pretty little puddings, and should be eaten with the same accompaniments as above.

Time.—3/4 hour. *Average cost*, 9d.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

BAKED BATTER PUDDING, with Dried or Fresh Fruit.

1247. INGREDIENTS.—1-1/4 pint of milk, 4 tablespoonfuls of flour, 3 eggs, 2 oz. of finely-shredded suet, 1/4 lb. of currants, a pinch of salt.

Mode.—Mix the milk, flour, and eggs to a smooth batter; add a little salt, the suet, and the currants, which should be well washed, picked, and dried; put the mixture into a buttered pie-dish, and bake in a moderate oven for 1-1/4 hour. When fresh fruits are in season, this pudding is exceedingly nice, with damsons, plums, red currants, gooseberries, or apples; when made with these, the pudding must be thickly sprinkled over with sifted sugar. Boiled batter pudding, with fruit, is made in the same

形成鲜明对比，效果极佳。

烤面糊布丁。

1246. 配料。--1-1/4 pint 牛奶，4汤匙面粉，2 oz.黄油，4个鸡蛋，少许盐。

做法。--将面粉与少量冷牛奶调匀；将剩余的牛奶加热，倒入面粉中，不断搅拌；加入黄油、鸡蛋和盐；将全部充分搅打，然后将布丁放入涂了黄油的馅饼盘中；烘烤3/4小时，配甜酱汁、酒酱汁或炖水果食用。若用小杯烘烤，可制成非常精美的小布丁，食用时亦应配以上述同样的佐料。

时间。- 3/4小时。平均费用,9便士。

足够供5或6人食用。时令任何时候皆宜。

烤面糊布丁(BAKED BATTER PUDDING)，配干果或鲜果。

1247. 配料。--1-1/4 pint 牛奶，4汤匙面粉，3个鸡蛋，2 oz.切得极细的板油，1/4 lb.加仑子，一撮盐。

做法。--将牛奶、面粉和鸡蛋混合成光滑的面糊；加入少许盐、板油和醋栗，醋栗应充分洗净、拣选并晾干；将混合物放入涂了黄油的馅饼盘，在中等烤箱中烤1-1/4小时。当新鲜水果当令时，这种布丁配以乌荆子、李子、红醋栗、醋栗或苹果非常美味；用这些水果制作时，布丁上必须厚厚地撒上筛过的糖。水果煮面糊布丁的制作方法相同

manner, by putting the fruit into a buttered basin, and filling it up with batter made in the above proportion, but omitting the suet. It must be sent quickly to table, and covered plentifully with sifted sugar.

Time.—Baked batter pudding, with fruit, 1-1/4 to 1-1/2 hour; boiled ditto, 1-1/2 to 1-3/4 hour, allowing that both are made with the above proportion of batter. Smaller puddings will be done enough in 3/4 or 1 hour.

Average cost, 10d.

Sufficient for 7 or 8 persons.

Seasonable at any time, with dried fruits.

BOILED BATTER PUDDING.

1248. INGREDIENTS.—3 eggs, 1 oz. of butter, 1 pint of milk, 3 tablespoonfuls of flour, a little salt.

Mode.—Put the flour into a basin, and add sufficient milk to moisten it; carefully rub down all the lumps with a spoon, then pour in the remainder of the milk, and stir in the butter, which should be previously melted; keep beating the mixture, add the eggs and a pinch of salt, and when the batter is quite smooth, put it into a well-buttered basin, tie it down very tightly, and put it into boiling water; move the basin about for a few minutes after it is put into the water, to prevent the flour settling in any part, and boil for 1-1/4 hour. This pudding may also be boiled in a floured cloth that has been wetted in hot water; it will then take a few minutes less than when boiled in a basin. Send these puddings very quickly to table, and serve with sweet sauce, wine sauce,

方式，将水果放入涂了黄油的盆中，并用按上述比例调制的面糊填满，但省略板油。此布丁须迅速上桌，并撒满筛过的糖。

时间。--水果烤面糊布丁，1-1/4至1-1/2小时；同上的煮制布丁，1-1/2至1-3/4小时，均以按上述比例调制的面糊为准。较小的布丁3/4或1小时即可熟透。

平均成本,10便士。

足量供7至8人食用。

时令随时可配干果食用。

水煮面糊布丁。

1248. 配料。--3个鸡蛋，1 oz.黄油，1 pint 牛奶，3汤匙面粉，少许盐。

做法。--将面粉放入盆中，加入足够的牛奶将其润湿；用勺子仔细将所有的面疙瘩碾开，然后倒入剩余的牛奶，搅入事先融化的黄油；持续搅打混合物，加入鸡蛋和一撮盐，当面糊完全光滑时，将其放入涂满黄油的盆中，非常紧密地扎紧，放入沸水中；盆放入水中后移动几分钟，以防止面粉在任何部位沉淀，煮1-1/4小时。这种布丁也可以用一块在热水中浸湿的撒粉布来煮；这样煮比用盆煮少需几分钟。将这些布丁非常迅速地送上餐桌，配以甜酱汁、酒酱汁、

stewed fruit, or jam of any kind: when the latter is used, a little of it may be placed round the dish in small quantities, as a garnish.

Time.—1-1/4 hour in a basin, 1 hour in a cloth. *Average cost*, 7d.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

ORANGE BATTER PUDDING.

1249. INGREDIENTS.—4 eggs, 1 pint of milk, 1-1/4 oz. of loaf sugar, 3 tablespoonfuls of flour.

Mode.—Make the batter with the above ingredients, put it into a well-buttered basin, tie it down with a cloth, and boil for 1 hour. As soon as it is turned out of the basin, put a small jar of orange marmalade all over the top, and send the pudding very quickly to table.

Time.—1 hour. *Average cost*, with the marmalade, 1s. 3d.

Sufficient for 5 or 6 persons.

Seasonable at any time; but more suitable for a winter pudding.

BAKED BREAD PUDDING.

1250. INGREDIENTS.—1/2 lb. of grated bread, 1 pint of milk, 4 eggs, 4 oz. of butter, 4 oz. of moist sugar, 2 oz. of candied peel, 6 bitter almonds, 1 tablespoonful of brandy.

Mode.—Put the milk into a stewpan, with the bitter almonds; let it infuse for 1/4 hour; bring it to the boiling point; strain it on to the bread crumbs, and let these remain till cold; then add the eggs, which should be well whisked, the butter, sugar, and brandy, and

炖水果或任意种类的果酱：若使用后者，可取少量置于盘边，作为点缀。时间。--盆中蒸1-1/4小时，布中煮1小时。平均费用,7d.。足够5至6人食用。时令随时皆宜。

橙皮面糊布丁。

1249. 配料。--4个鸡蛋，1 pint 牛奶，1-1/4 oz.块糖，3汤匙面粉。

做法。--用上述配料调成面糊，放入涂满黄油的盆中，用布扎紧，煮1小时。从盆中倒出后，立即在顶部涂满一小罐橙子果酱，并将布丁迅速上桌。

时间。--1小时。平均费用，含果酱，1s.3d.。足够5至6人食用。

随时皆宜；但更适于作冬季布丁。

烤面包布丁。

1250. 配料。--1/2 lb.磨碎的面包，1 pint 牛奶，4个鸡蛋，4 oz.黄油，4 oz.湿糖，2 oz.糖渍果皮，6粒苦杏仁，1汤匙白兰地。

做法。--将牛奶与苦杏仁一同放入炖锅中；浸泡1/4小时；煮沸；滤入面包屑上，静置至冷却；然后加入须充分打散的鸡蛋、黄油、糖和白兰地，

beat the pudding well until all the ingredients are thoroughly mixed; line the bottom of a pie-dish with the candied peel sliced thin, put in the mixture, and bake for nearly 3/4 hour.

Time.—Nearly 3/4 hour. *Average cost*, 1s. 4d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

Note.—A few currants may be substituted for the candied peel, and will be found an excellent addition to this pudding: they should be beaten in with the mixture, and not laid at the bottom of the pie-dish.

VERY PLAIN BREAD PUDDING.

1251. INGREDIENTS.—Odd pieces of crust or crumb of bread; to every quart allow 1/2 teaspoonful of salt, 1 teaspoonful of grated nutmeg, 3 oz. of moist sugar, 1/2 lb. of currants, 1-1/4 oz. of butter.

Mode.—Break the bread into small pieces, and pour on them as much boiling water as will soak them well. Let these stand till the water is cool; then press it out, and mash the bread with a fork until it is quite free from lumps. Measure this pulp, and to every quart stir in salt, nutmeg, sugar, and currants in the above proportion; mix all well together, and put it into a well-buttered pie-dish. Smooth the surface with the back of a spoon, and place the butter in small pieces over the top; bake in a moderate oven for 1-1/2 hour, and serve very hot. Boiling milk substituted for the boiling water would very much improve this pudding.

将布丁充分搅打至所有配料完全混合；将切成薄片的糖渍果皮铺在馅饼盘底部，倒入混合物，烘烤近3/4小时。

时间。--近3/4小时。平均成本,1先令4便士。

足量供5或6人食用。

时令任何时候皆宜。

注。--可用少量加仑子代替糖渍果皮，此乃本布丁的绝佳添加：加仑子应与混合物一同搅打，而非铺在馅饼盘底部。

极简面包布丁。

1251. 配料。--面包皮或面包心的零碎块；每1 quart 配1/2茶匙盐，1茶匙磨碎的肉豆蔻，3 oz.湿糖，1/2 lb.加仑子，1-1/4 oz.黄油。

做法。--将面包掰成小块，倒入足以将其充分浸泡的沸水。让其静置至水冷却；然后挤出水分，用叉子将面包捣碎，直到完全没有疙瘩。量取此面包糊，每quart搅入上述比例的盐、肉豆蔻、糖和醋栗；将所有材料充分混合，放入涂满黄油的馅饼盘。用勺背将表面抹平，将黄油切成小块放在上面；在中等烤箱中烤1-1/2小时，趁热上桌。用煮沸的牛奶代替沸水会大大改善这种布丁。

Time.—1-1/2 hour. *Average cost*, 6d., exclusive of the bread.

Sufficient for 6 or 7 persons. *Seasonable* at any time.

BOILED BREAD PUDDING.

1252. INGREDIENTS.—1-1/2 pint of milk, 3/4 pint of bread crumbs, sugar to taste, 4 eggs, 1 oz. of butter, 3 oz. of currants, 1/4 teaspoonful of grated nutmeg.

Mode.—Make the milk boiling, and pour it on the bread crumbs; let these remain till cold; then add the other ingredients, taking care that the eggs are well beaten and the currants well washed, picked, and dried. Beat the pudding well, and put it into a buttered basin; tie it down tightly with a cloth, plunge it into boiling water, and boil for 1-1/4 hour; turn it out of the basin, and serve with sifted sugar. Any odd pieces or scraps of bread answer for this pudding; but they should be soaked overnight, and, when wanted for use, should have the water well squeezed from them.

Time.—1-1/4 hour. *Average cost*, 1s.

Sufficient for 6 or 7 persons. *Seasonable* at any time.

BREAD.—Bread contains, in its composition, in the form of vegetable albumen and vegetable fibrine, two of the chief constituents of flesh, and, in its incombustible constituents, the salts which are indispensable for sanguification, of the same quality and in the same proportion as flesh. But flesh contains, besides these, a number of substances which are entirely wanting in vegetable food; and on these peculiar constituents of flesh depend certain effects, by which it is essentially distinguished

时间。--1-1/2小时。平均费用,6d.，面包除外。

足够供6或7人食用。时令任何时候皆宜。

水煮面包布丁。

1252. 配料。--1-1/2 pint 牛奶，3/4 pint 面包屑，糖适量，4个鸡蛋，1 oz.黄油，3 oz.加仑子，1/4茶匙磨碎的肉豆蔻。

方式。- 将牛奶煮沸，倒在面包屑上；让这些静置至冷却；然后加入其余配料，注意鸡蛋要打散，加仑子要洗净、拣选并晾干。将布丁充分搅打，放入涂了黄油的盆中；用布紧紧扎住，浸入沸水中，煮1-1/4小时；从盆中倒出，撒上筛过的糖上桌。任何零碎或剩余的面包都可用于此布丁；但应浸泡过夜，使用时须将水充分挤出。

时间。--1-1/4小时。平均费用,1先令。

足够供6或7人食用。时令任何时候皆宜。

面包。--面包在其成分中，以植物性蛋白和植物性纤维蛋白的形式，含有肉类的两种主要成分，并且在其不可燃成分中，含有为血液形成所不可或缺的盐类，其品质和比例与肉类相同。但肉类除此之外还含有许多植物性食物完全缺乏的物质；肉类的某些效应正是取决于这些特有的成分，由此与植物性食物有着本质区别

from other articles of food.

BROWN-BREAD PUDDING.

1253. INGREDIENTS.—3/4 lb. of brown-bread crumbs, 1/2 lb. of currants, 1/2 lb. of suet, 1/4 lb. of moist sugar, 4 eggs, 2 tablespoonfuls of brandy, 2 tablespoonfuls of cream, grated nutmeg to taste.

Mode.—Grate 3/4 lb. of crumbs from a stale brown loaf; add to these the currants and suet, and be particular that the latter is finely chopped. Put in the remaining ingredients; beat the pudding well for a few minutes; put it into a buttered basin or mould; tie it down tightly, and boil for nearly 4 hours. Send sweet sauce to table with it.

Time.—Nearly 4 hours. *Average cost*, 1s. 6d.

Sufficient for 6 or 7 persons.

Seasonable at any time; but more suitable for a winter pudding.

MINIATURE BREAD PUDDINGS.

1254. INGREDIENTS.—1 pint of milk, 1/2 lb. of bread crumbs, 4 eggs, 2 oz. of butter, sugar to taste, 2 tablespoonfuls of brandy, 1 teaspoonful of finely-minced lemon-peel.

Mode.—Make the milk boiling, pour it on to the bread crumbs, and let them soak for about 1/2 hour. Beat the eggs, mix these with the bread crumbs, add the remaining ingredients, and stir well until all is thoroughly mixed. Butter some small cups; rather more than half fill them with the mixture, and bake in a moderate

与其他食物分开。

黑面包布丁。

1253. 配料。--3/4 lb.黑面包屑，1/2 lb.加仑子，1/2 lb.板油，1/4 lb.湿糖，4个鸡蛋，2大匙白兰地，2大匙奶油，肉豆蔻末适量。

做法。--从一块陈黑面包上擦下3/4 lb.面包屑；加入加仑子和板油，注意板油要切得细碎。放入其余配料；将布丁搅打几分钟；装入涂了黄油的盆或模子中；扎紧，煮近4小时。上桌时配甜酱汁。

时间。--近4小时。平均费用,1先令6便士。

足量供6或7人食用。

随时皆宜；但更适于作冬季布丁。

迷你面包布丁。

1254. 配料。--1 pint牛奶，1/2 lb.面包屑，4个鸡蛋，2 oz.黄油，糖适量，2大匙白兰地，1小匙切得极细的柠檬皮。

做法。--将牛奶煮沸，倒在面包屑上，浸泡约1/2小时。打散鸡蛋，与面包屑混合，加入其余配料，充分搅拌至完全均匀。在几个小杯中涂黄油；将混合物装入略多于半满，放入中等

oven from 20 minutes to 1/2 hour, and serve with sweet sauce. A few currants may be added to these puddings: about 3 oz. will be found sufficient for the above quantity.

Time.—20 minutes to 1/2 hour. *Average cost*, 10d.

Sufficient for 7 or 8 small puddings.

Seasonable at any time.

BAKED BREAD-AND-BUTTER PUDDING.

1255. INGREDIENTS.—9 thin slices of bread and butter, 1-1/2 pint of milk, 4 eggs, sugar to taste, 1/4 lb. of currants, flavouring of vanilla, grated lemon-peel or nutmeg.

Mode.—Cut 9 slices of bread and butter not very thick, and put them into a pie-dish, with currants between each layer and on the top. Sweeten and flavour the milk, either by infusing a little lemon-peel in it, or by adding a few drops of essence of vanilla; well whisk the eggs, and stir these to the milk. *Strain* this over the bread and butter, and bake in a moderate oven for 1 hour, or rather longer. This pudding may be very much enriched by adding cream, candied peel, or more eggs than stated above. It should not be turned out, but sent to table in the pie-dish, and is better for being made about 2 hours before it is baked.

Time.—1 hour, or rather longer. *Average cost*, 9d.

Sufficient for 6 or 7 persons.

Seasonable at any time.

BUTTER.—Butter is indispensable in almost all culinary

烤箱烘烤20分钟至1/2小时，配甜酱汁食用。可加入少量加仑子：上述分量约3 oz.即足够。

时间。--20分钟至1/2小时。平均费用,10d.。足够制作7或8个小布丁。

时令任何时候皆宜。

烤面包黄油布丁。

1255. 配料。--9薄片面包抹黄油，1-1/2 pint牛奶，4个鸡蛋，糖适量，1/4 lb.加仑子，香草精、柠檬皮末或肉豆蔻调味。

方式。- 切9片不太厚的面包黄油，放入馅饼盘中，每层之间和顶部放上加仑子。将牛奶加甜并调味，可在其中浸泡少许柠檬皮，或加入几滴香草精；将鸡蛋充分搅打，拌入牛奶中。滤于面包黄油上，在中等温度的烤箱中烘烤1小时，或稍长一些。此布丁可通过加入奶油、糖渍果皮或比上述更多的鸡蛋而大大增色。不应倒出，而应连馅饼盘一起上桌，且提前约2小时制作再烘烤效果更佳。

时间。--1小时，或更久。平均费用,9便士。

足量供6或7人食用。

时令任何时候皆宜。

黄油--黄油在几乎所有的烹饪中都是不可或缺的

preparations. Good fresh butter, used in moderation, is easily digested; it is softening, nutritious, and fattening, and is far more easily digested than any other of the oleaginous substances sometimes used in its place.

CABINET or CHANCELLOR'S PUDDING.

1256. INGREDIENTS.—1-1/2 oz. of candied peel, 4 oz. of currants, 4 dozen sultanas, a few slices of Savoy cake, sponge cake, a French roll, 4 eggs, 1 pint of milk, grated lemon-rind, 1/4 nutmeg, 3 table-spoonfuls of sugar.

[Illustration: CABINET PUDDING.]

Mode.—Melt some butter to a paste, and with it, well grease the mould or basin in which the pudding is to be boiled, taking care that it is buttered in every part. Cut the peel into thin slices, and place these in a fanciful device at the bottom of the mould, and fill in the spaces between with currants and sultanas; then add a few slices of sponge cake or French roll; drop a few drops of melted butter on these, and between each layer sprinkle a few currants. Proceed in this manner until the mould is nearly full; then flavour the milk with nutmeg and grated lemon-rind; add the sugar, and stir to this the eggs, which should be well beaten. Beat this mixture for a few minutes; then strain it into the mould, which should be quite full; tie a piece of buttered paper over it, and let it stand for 2 hours; then tie it down with a cloth, put it into boiling water, and let it boil slowly for 1 hour. In taking it up, let it stand for a minute or two before the cloth is removed; then quickly turn it out of the mould or basin, and serve with sweet sauce separately. The flavouring of this pudding may be varied by substituting for the lemon-rind essence of vanilla or bitter

准备工作。优质新鲜黄油，适量使用，易于消化；它柔软、富有营养、易使人发胖，且远比有时用来替代它的其他油质物质易于消化。

橱柜布丁或大臣布丁。

1256. 配料。--1-1/2 oz.糖渍果皮，4 oz.加仑子，4打无核葡萄干，几片萨伏依蛋糕、海绵蛋糕、一个法式小圆面包，4个鸡蛋，1 pint牛奶，柠檬皮末，1/4个肉豆蔻，3大匙糖。

[插图：橱柜布丁。]

方式。- 将一些黄油融化成糊状，用它充分涂抹将要煮布丁的模具或盆，注意每个部分都涂上黄油。将果皮切成薄片，在模具底部摆成花样图案，空隙处填入加仑子和苏丹娜葡萄干；然后加入几片海绵蛋糕或法式小面包；在上面滴几滴融化的黄油，每层之间撒少许加仑子。如此继续直至模具几乎装满；然后用肉豆蔻和磨碎的柠檬皮给牛奶调味；加入糖，将打散的鸡蛋拌入其中。将此混合物搅打几分钟；然后滤入模具，模具应完全装满；用一张涂了黄油的纸盖在上面，静置2小时；然后用布扎紧，放入沸水中，慢煮1小时。取出时，先静置一两分钟再揭开布；然后迅速从模具或盆中倒出，另配甜酱汁上桌。此布丁的调味可变化，用香草精或苦味剂代替柠檬皮

almonds; and it may be made much richer by using cream; but this is not at all necessary.

Time.—1 hour. *Average cost*, 1s. 3d.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

A PLAIN CABINET or BOILED BREAD-AND-BUTTER PUDDING.

1257. INGREDIENTS.—2 oz. of raisins, a few thin slices of bread and butter, 3 eggs, 1 pint of milk, sugar to taste, 1/4 nutmeg.

Mode.—Butter a pudding-basin, and line the inside with a layer of raisins that have been previously stoned; then nearly fill the basin with slices of bread and butter with the crust cut off, and, in another basin, beat the eggs; add to them the milk, sugar, and grated nutmeg; mix all well together, and pour the whole on to the bread and butter; let it stand 1/2 hour, then tie a floured cloth over it; boil for 1 hour, and serve with sweet sauce. Care must be taken that the basin is quite full before the cloth is tied over.

Time.—1 hour. *Average cost*, 9d.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

CANARY PUDDING.

1258. INGREDIENTS.—The weight of 3 eggs in sugar and butter, the weight of 2 eggs in flour, the rind of 1 small lemon, 3 eggs.

Mode.—Melt the butter to a liquid state, but do not allow it to oil; stir to this the sugar and finely-minced lemon-peel, and gradually dredge in the flour, keeping the mixture well stirred; whisk the eggs; add these to the pudding; beat all the ingredients until

杏仁；用奶油可使其更加丰润；但这完全不是必需的。

时间。--1小时。平均费用,1先令3便士。

足够供5或6人食用。时令任何时候皆宜。

一个普通的柜式或水煮面包黄油布丁。

1257. 配料。--2 oz.葡萄干，几薄片面包抹黄油，3个鸡蛋，1 pint牛奶，糖适量，1/4个肉豆蔻。

方式。- 在布丁盆中涂上黄油，内壁铺一层事先去核的葡萄干；然后将去 crust 的面包黄油片几乎装满盆，另取一盆打散鸡蛋；加入牛奶、糖和磨碎的肉豆蔻；充分混合，全部倒在面包黄油上；静置1/2小时，然后用撒了面粉的布扎紧；煮1小时，配甜酱汁上桌。注意在扎布之前盆必须完全装满。

时间。- 1小时。平均成本,9便士。

足够供5或6人食用。时令任何时候皆宜。

金丝雀布丁

1258. 配料。--糖和黄油的重量各相当于3个鸡蛋，面粉的重量相当于2个鸡蛋，1个小柠檬的皮，3个鸡蛋。

做法。--将黄油融化成液态，但不要使其出油；搅入糖和切得极细的柠檬皮，逐渐撒入面粉，不断搅拌均匀；打散鸡蛋；加入布丁中；搅打所有配料直至

thoroughly blended, and put them into a buttered mould or basin; boil for 2 hours, and serve with sweet sauce.

Time.—2 hours. *Average cost*, 9d.

Sufficient for 4 or 5 persons. *Seasonable* at any time.

BAKED OR BOILED CARROT PUDDING.

1259. INGREDIENTS.—1/2 lb. of bread crumbs, 4 oz. of suet, 1/4 lb. of stoned raisins, 3/4 lb. of carrot, 1/4 lb. of currants, 3 oz. of sugar, 3 eggs, milk, 1/4 nutmeg.

Mode.—Boil the carrots until tender enough to mash to a pulp; add the remaining ingredients, and moisten with sufficient milk to make the pudding of the consistency of thick batter. If to be boiled, put the mixture into a buttered basin, tie it down with a cloth, and boil for 2-1/2 hours: if to be baked, put it into a pie-dish, and bake for nearly an hour; turn it out of the dish, strew sifted sugar over it, and serve.

Time.—2-1/2 hours to boil; 1 hour to bake. *Average cost*, 1s. 2d.

Sufficient for 5 or 6 persons.

Seasonable from September to March.

CARROTS, says Liebig, contain the same kind of sugar as the juice of the sugar-cane.

ROYAL COBURG PUDDING.

1260. INGREDIENTS.—1 pint of new milk, 6 oz. of flour, 6 oz. of sugar, 6 oz. of butter, 6 oz. of currants, 6 eggs, brandy and grated

完全混合，装入涂了黄油的模子或盆中；煮2小时，配甜酱汁食用。时间。--2小时。平均费用,9d.。

足够供4或5人食用。时令任何时候皆宜。

烤或煮胡萝卜布丁。

1259. 配料。--1/2 lb.面包屑，4 oz.板油，1/4 lb.去核葡萄干，3/4 lb.胡萝卜，1/4 lb.加仑子，3 oz.糖，3个鸡蛋，牛奶，1/4个肉豆蔻。

做法。--将胡萝卜煮至软烂可捣成泥；加入其余配料，用适量牛奶调至布丁呈浓稠面糊的稠度。若要煮，将混合物装入涂了黄油的盆中，用布扎紧，煮2-1/2小时；若要烤，装入馅饼盘，烤近1小时；从盘中扣出，撒上糖粉，上桌。

时间。--煮2-1/2小时；烤1小时。平均费用,1s.2d.。

足量供5或6人食用。

时令九月至三月。

利比希说，胡萝卜含有与甘蔗汁相同种类的糖。

皇家科堡布丁

1260. 配料。--1 pint新鲜牛奶，6 oz.面粉，6 oz.糖，6 oz.黄油，6 oz.加仑子，6个鸡蛋，白兰地和

nutmeg to taste.

Mode.—Mix the flour to a smooth batter with the milk, add the remaining ingredients *gradually*, and when well mixed, put it into four basins or moulds half full; bake for 3/4 hour, turn the puddings out on a dish, and serve with wine sauce.

Time.—3/4 hour. *Average cost*, 1s. 9d.

Sufficient for 7 or 8 persons. *Seasonable* at any time.

CHERRY TART.

1261. INGREDIENTS.—1-1/2 lb. of cherries, 2 small tablespoonfuls of moist sugar, 1/2 lb. of short crust, No. 1210 or 1211.

Mode.—Pick the stalks from the cherries, put them, with the sugar, into a *deep* pie-dish just capable of holding them, with a small cup placed upside down in the midst of them. Make a short crust with 1/2 lb. of flour, by either of the recipes 1210 or 1211; lay a border round the edge of the dish; put on the cover, and ornament the edges; bake in a brisk oven from 1/2 hour to 40 minutes; strew finely-sifted sugar over, and serve hot or cold, although the latter is the more usual mode. It is more economical to make two or three tarts at one time, as the trimmings from one tart answer for lining the edges of the dish for another, and so much paste is not required as when they are made singly. Unless for family use, never make fruit pies in very *large* dishes; select them, however, as deep as possible.

Time.—1/2 hour to 40 minutes.

肉豆蔻适量。

做法。--将面粉与牛奶调成光滑面糊，逐渐加入其余配料，拌匀后装入四个盆或模子至半满；烤3/4小时，将布丁扣在盘中，配葡萄酒酱汁食用。

时间。- 3/4小时。平均成本,1先令9便士。

够7到8人食用。任何时候都合时令。

樱桃挞。

1261. 配料。--1-1/2 lb.樱桃，2小匙湿糖，1/2 lb.酥皮，第1210或1211号。

方式--摘去樱桃的果梗，将樱桃连同糖一起放入一只刚好能盛下它们的深馅饼盘，中间倒扣一只小杯。用1/2 lb.面粉按食谱1210或1211之一制成酥松面团；沿盘边围一圈面边；盖上顶盖，装饰边缘；在旺烤箱中烘烤1/2小时至40分钟；撒上细筛过的糖，趁热或放凉后食用，不过后者更为常见。一次做两三个果馅饼更为经济，因为一个馅饼修下的边角料可用来铺另一个盘子的边，所需的面团也不像单个制作时那么多。除非供家庭食用，切勿用大盘制作水果馅饼；不过，应尽量选择深一些的盘子。

时间。--1/2小时至40分钟。

Average cost, in full season, 8d.

Sufficient for 5 or 6 persons.

Seasonable in June, July, and August.

Note.—A few currants added to the cherries will be found to impart a nice piquant taste to them.

[Illustration: CHERRY.]

CHERRIES.—According to Lucullus, the cherry-tree was known in Asia in the year of Rome 680. Seventy different species of cherries, wild and cultivated, exist, which are distinguishable from each other by the difference of their form, size, and colour. The French distil from cherries a liqueur Darned *kirsch-waser* (*eau de cérises*); the Italians prepare, from a cherry called marusca, the liqueur named *marasquin*, sweeter and more agreeable than the former. The most wholesome cherries have a tender and delicate skin; those with a hard skin should be very carefully masticated. Sweetmeats, syrups, tarts, entremets, &c., of cherries, are universally approved.

COLD PUDDING.

1262. INGREDIENTS.—4 eggs, 1 pint of milk, sugar to taste, a little grated lemon-rind, 2 oz. of raisins, 4 tablespoonfuls of marmalade, a few slices of sponge cake.

Mode.—Sweeten the milk with lump sugar, add a little grated lemon-rind, and stir to this the eggs, which should be well whisked; line a buttered mould with the raisins, stoned and cut in half; spread the slices of cake with the marmalade, and place them

平均成本，盛产季节，8便士。

足量供5或6人食用。

时令六月、七月和八月。

注。--在樱桃中加入少量加仑子，会赋予其宜人的开胃风味。

[插图：樱桃。]

樱桃--据卢库卢斯记载，罗马建城第680年时，亚洲已知有樱桃树。野生与栽培的樱桃共有七十个不同品种，可依其形状、大小和颜色的差异加以区分。法国人用樱桃蒸馏出一种利口酒，名为*kirsch-waser*(*eau de cérises*)；意大利人用一种名为marusca的樱桃酿制名为*marasquin*的利口酒，比前者更甜、更适口。最有益健康的樱桃果皮柔嫩细腻；果皮坚硬的樱桃应非常仔细地咀嚼。樱桃制成的蜜饯、糖浆、果馅饼、小菜等，普遍受到称许。

冷布丁。

1262. 配料。--4个鸡蛋，1 pint牛奶，糖适量，少量柠檬皮末，2 oz.葡萄干，4大匙果酱，几片海绵蛋糕。

做法。--用块糖将牛奶加甜，加入少量柠檬皮末，搅入打散的鸡蛋；在涂了黄油的模子中铺上去核切半的葡萄干；将蛋糕片涂上果酱，摆放

in the mould; then pour in the custard, tie the pudding down with paper and a cloth, and boil gently for 1 hour: when cold, turn it out, and serve.

Time.—1 hour. *Average cost*, 1s. 1d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

COLLEGE PUDDINGS.

1263. INGREDIENTS.—1 pint of bread crumbs, 6 oz. of finely-chopped suet, 1/4 lb. of currants, a few thin slices of candied peel, 3 oz. of sugar, 1/4 nutmeg, 3 eggs, 4 tablespoonfuls of brandy.

Mode.—Put the bread crumbs into a basin; add the suet, currants, candied peel, sugar, and nutmeg, grated, and stir these ingredients until they are thoroughly mixed. Beat up the eggs, moisten the pudding with these, and put in the brandy; beat well for a few minutes, then form the mixture into round balls or egg-shaped pieces; fry these in hot butter or lard, letting them stew in it until thoroughly done, and turn them two or three times, till of a fine light brown; drain them on a piece of blotting-paper before the fire; dish, and serve with wine sauce.

Time.—15 to 20 minutes. *Average cost*, 1s.

Sufficient for 7 or 8 puddings. *Seasonable* at any time.

CURRANT DUMPLINGS.

1264. INGREDIENTS.—1 lb. of flour, 6 oz. of suet, 1/2 lb. of currants, rather more than 1/2 pint of water.

放入模具中；然后倒入蛋奶糊，用纸和布将布丁扎紧，煮1小时：冷却后倒出，即可上桌。

时间--1小时。平均费用,1先令1便士。

足量供5或6人食用。

时令任何时候皆宜。

学院布丁

1263. 配料--1品脱面包屑，6盎司细切板油，1/4磅加仑子，几薄片糖渍果皮，3盎司糖，1/4颗肉豆蔻，3个鸡蛋，4大匙白兰地。

模式。--将面包屑放入盆中；加入板油、加仑子、糖渍果皮、糖和磨碎的肉豆蔻，搅拌这些配料直至完全混合。将鸡蛋打散，用其润湿布丁，再加入白兰地；搅打几分钟，然后将混合物做成圆球或蛋形块；用热黄油或猪油煎炸，让其在油中焖煮至完全熟透，翻动两三次，直至呈漂亮的浅棕色；在火前用吸墨纸沥干；装盘，配葡萄酒酱汁食用。

时间。--15至20分钟。平均成本,1先令。

足量可做7或8个布丁。时令任何时候皆宜。

醋栗饺子

1264. 配料--1磅面粉，6盎司板油，1/2磅加仑子，略多于1/2品脱的水。

Mode.—Chop the suet finely, mix it with the flour, and add the currants, which should be nicely washed, picked, and dried; mix the whole to a limp paste with the water (if wanted very nice, use milk); divide it into 7 or 8 dumplings; tie them in cloths, and boil for 1-1/4 hour. They may be boiled without a cloth: they should then be made into round balls, and dropped into boiling water, and should be moved about at first, to prevent them from sticking to the bottom of the saucepan. Serve with a cut lemon, cold butter, and sifted sugar.

模式。--将板油细细剁碎，与面粉混合，加入加仑子(应洗净、拣选并晾干)；用水将全部材料混合成柔软的团(如需非常精美，可用牛奶)；分成7或8个汤团；用布扎好，煮1-1/4小时。也可以不用布煮：此时应做成圆球，投入沸水中，起初要搅动，以防粘在锅底。配切开的柠檬、冷黄油和筛过的糖食用。

Time.—In a cloth, 1-1/4 hour; without, 3/4 hour.

时间。--用布包裹，1又1/4小时；不用布，3/4小时。

Average cost, 9 d.

平均成本，9便士。

Sufficient for 6 or 7 persons.

足量供6或7人食用。

Seasonable at any time.

时令任何时候皆宜。

[Illustration: ZANTE CURRANTS.]

[插图：赞特无核小葡萄干。]

ZANTE CURRANTS.—The dried fruit which goes by the name of currants in grocers' shops is not a currant really, but a small kind of grape, chiefly cultivated in the Morea and the Ionian Islands, Corfu, Zante, &c. Those of Zante are cultivated in an immense plain, under the shelter of mountains, on the shore of the island, where the sun has great power, and brings them to maturity. When gathered and dried by the sun and air, on mats, they are conveyed to magazines, heaped together, and left to cake, until ready for shipping. They are then dug out by iron crowbars, trodden into casks, and exported. The fertile vale of "Zante the woody" produces about 9,000,000 lbs. of currants annually. In cakes and puddings this delicious little grape is most extensively used; in fact, we could not make a plum pudding without the

赞特加仑子。--杂货店中名为加仑子的干果实际上并非加仑子，而是一种小葡萄，主要栽培于摩里亚和爱奥尼亚群岛、科孚、赞特等地。赞特的加仑子栽培在岛岸边山峦庇护下的一片广阔平原上，那里阳光强烈，使其成熟。采摘后，在席子上经阳光和空气晒干，运往仓库，堆在一起，任其结块，直至准备装运。然后用铁撬棍挖出，踩入桶中，出口外销。“林木繁茂的赞特”的肥沃山谷每年生产约9,000,000磅加仑子。在蛋糕和布丁中，这种美味的小葡萄被广泛使用；事实上，没有它我们就做不成葡萄干布丁。

currant.

BOILED CURRANT PUDDING.

(*Plain and Economical.*)

1265. INGREDIENTS.—1 lb. of flour, 1/2 lb. of suet, 1/2 lb. of currants, milk.

Mode.—Wash the currants, dry them thoroughly, and pick away any stalks or grit; chop the suet finely; mix all the ingredients together, and moisten with sufficient milk to make the pudding into a stiff batter; tie it up in a floured cloth, put it into boiling water, and boil for 3-1/2 hours; serve with a cut lemon, cold butter, and sifted sugar.

Time.—3-1/2 hours. *Average cost*, 10d.

Sufficient for 7 or 8 persons. *Seasonable* at any time.

BLACK or RED CURRANT PUDDING.

1266. INGREDIENTS.—1 quart of red or black currants, measured with the stalks, 1/4 lb. of moist sugar, suet crust No. 1215, or butter crust No. 1213.

Mode.—Make, with 3/4 lb. of flour, either a suet crust or butter crust (the former is usually made); butter a basin, and line it with part of the crust; put in the currants, which should be stripped from the stalks, and sprinkle the sugar over them; put the cover of the pudding on; make the edges very secure, that the juice does not escape; tie it down with a floured cloth, put it into boiling water, and boil from 2-1/2 to 3 hours. Boiled without a basin, allow 1/2 hour less. We have allowed rather a large proportion of

醋栗。

煮醋栗布丁

(朴素而经济。)

1265. 配料--1 lb.面粉，1/2 lb.板油，1/2 lb.加仑子，牛奶。

做法--洗净加仑子，彻底擦干，摘去任何果梗或砂粒；将板油细切；将所有配料混合在一起，加入足量牛奶调湿，使布丁成为稠面糊；用撒了面粉的布扎紧，放入沸水中煮3-1/2小时；配切开的柠檬、冷黄油和筛过的糖上桌。

时间。--3-1/2小时。平均成本,10d。

足量供7或8人食用。时令随时皆宜。

黑加仑或红加仑布丁。

1266. 配料--1夸脱红加仑子或黑加仑子(带梗量取),1/4磅湿糖，板油酥皮第1215号，或黄油酥皮第1213号。

模式。--用3/4磅面粉制作板油酥皮或黄油酥皮(通常用前者)；在盆中涂黄油，用部分酥皮衬里；放入加仑子(应去梗)，撒上糖；盖上布丁的盖子；将边缘封严，以免汁液流出；用撒粉的布扎好，放入沸水中，煮2-1/2至3小时。不用盆煮，则少煮1/2小时。我们用了较大比例的

sugar; but we find fruit puddings are so much more juicy and palatable when *well sweetened* before they are boiled, besides being more economical. A few raspberries added to red-currant pudding are a very nice addition: about 1/2 pint would be sufficient for the above quantity of fruit. Fruit puddings are very delicious if, when they are turned out of the basin, the crust is browned with a salamander, or put into a very hot oven for a few minutes to colour it: this makes it crisp on the surface.

Time.—2-1/2 to 3 hours; without a basin, 2 to 2-1/2 hours.

Average cost, in full season, 8d.

Sufficient for 6 or 7 persons.

Seasonable in June, July, and August.

[Illustration: CURRANTS.]

CURRANTS.—The utility of currants, red, black, or white, has long been established in domestic economy. The juice of the red species, if boiled with an equal weight of loaf sugar, forms an agreeable substance called *currant jelly*, much employed in sauces, and very valuable in the cure of sore throats and colds. The French mix it with sugar and water, and thus form an agreeable beverage. The juice of currants is a valuable remedy in obstructions of the bowels; and, in febrile complaints, it is useful on account of its readily quenching thirst, and for its cooling effect on the stomach. White and flesh-coloured currants have, with the exception of the fullness of flavour, in every respect, the same qualities as the red species. Both white and red currants are pleasant additions to the dessert, but the black variety is mostly used for culinary and medicinal purposes, especially in the form of

糖；但我们发现水果布丁在煮前充分加甜会更多汁可口，而且更经济。在红加仑子布丁中加入少量覆盆子是非常好的添加：上述水果量约需1/2品脱即可。水果布丁非常美味，如果从盆中倒出后，用烤铲将酥皮烤成棕色，或放入极热的烤箱几分钟上色：这会使表面酥脆。

时间。- 2-1/2 至 3 小时；不用盆，2 至 2-1/2 小时。

平均成本，盛产季节，8便士。

足量供6或7人食用。

时令六月、七月和八月。

[插图：醋栗]

醋栗--红醋栗、黑醋栗或白醋栗的实用价值，在家庭经济中早已确立。红醋栗的果汁若与等重的块糖同煮，便形成一种宜人的物质，称为醋栗果冻，广泛用于酱汁中，在治疗喉咙痛和感冒方面非常有价值。法国人将其与糖和水混合，制成一种宜人的饮料。醋栗汁是治疗肠道阻塞的宝贵药物；在发热性疾病中，它因能迅速解渴以及对胃的清凉作用而有用。白色和肉色醋栗，除了风味的饱满度之外，在各方面都与红色品种具有相同的品质。白色和红色醋栗都是餐后水果的宜人添加物，但黑色品种主要用于烹饪和药用目的，尤其是以

jelly for quinsies. The leaves of the black currant make a pleasant tea.

RED-CURRANT AND RASPBERRY TART.

1267. INGREDIENTS.—1-1/2 pint of picked currants, 1/2 pint of raspberries, 3 heaped tablespoonfuls of moist sugar, 1/2 lb. of short crust.

Mode.—Strip the currants from the stalks, and put them into a deep pie-dish, with a small cup placed in the midst, bottom upwards; add the raspberries and sugar; place a border of paste round the edge of the dish, cover with crust, ornament the edges, and bake from 1/2 to 3/4 hour: strew some sifted sugar over before being sent to table. This tart is more generally served cold than hot.

Time.—1/2 to 3/4 hour.

Average cost.

Sufficient for 5 or 6 persons.

Seasonable in June, July, and August.

[Illustration: RASPBERRY.]

RASPBERRIES.—There are two sorts of raspberries, the red and the white. Both the scent and flavour of this fruit are very refreshing, and the berry itself is exceedingly wholesome, and invaluable to people of a nervous or bilious temperament. We are not aware, however, of its being cultivated with the same amount of care which is bestowed upon some other of the berry tribe, although it is far from improbable that a more careful cultivation

扁桃体周围脓肿用的果冻。黑加仑叶可制成宜人的茶饮。

红醋栗与覆盆子挞

1267. 配料--1-1/2品脱摘好的加仑子，1/2品脱覆盆子，3满大匙湿糖，1/2磅短酥皮。

做法--将加仑子从果梗上摘下，放入深馅饼盘中，中间放一只小杯，杯底朝上；加入覆盆子和糖；在盘边围一圈面团，盖上酥皮，装饰边缘，烘1/2至3/4小时：上桌前撒一些筛过的糖。这种馅饼通常冷食而非热食。

时间。--1/2至3/4小时。

平均成本。

足量供5或6人食用。

时令六月、七月和八月。

[插图：覆盆子。]

覆盆子--覆盆子有红白两种。这种水果的香气和风味都极为清爽，果实本身也极其有益健康，对神经质或胆汁质体质的人尤为珍贵。然而，据我们所知，它并未像其他浆果类那样受到同等细心的栽培，尽管更细心的栽培

would not be repaid by a considerable improvement in the size and flavour of the berry; neither, as an eating fruit, is it so universally esteemed as the strawberry, with whose lusciousness and peculiarly agreeable flavour it can bear no comparison. In Scotland, it is found in large quantities, growing wild, and is eagerly sought after, in the woods, by children. Its juice is rich and abundant, and to many, extremely agreeable.

很可能会使浆果的大小和风味得到相当大的改善，从而获得回报；作为鲜食水果，它也不像草莓那样普遍受到推崇，其甘美和独特宜人的风味无法与草莓相比。在苏格兰，大量野生覆盆子生长于林中，孩子们争相采摘。其汁液丰富充沛，对许多人来说极为可口。

BAKED CUSTARD PUDDING.

烤蛋奶布丁。

1268. INGREDIENTS.—1-1/2 pint of milk, the rind of 1/4 lemon, 1/4 lb. of moist sugar, 4 eggs.

1268. 配料--1-1/2品脱牛奶，1/4个柠檬的皮，1/4磅湿糖，4个鸡蛋。

Mode.—Put the milk into a saucepan with the sugar and lemon-rind, and let this infuse for about 4 hour, or until the milk is well flavoured; whisk the eggs, yolks and whites; pour the milk to them, stirring all the while; then have ready a pie-dish, lined at the edge with paste ready baked; strain the custard into the dish, grate a little nutmeg over the top, and bake in a *very slow* oven for about 1/2 hour, or rather longer. The flavour of this pudding may be varied by substituting bitter almonds for the lemon-rind; and it may be very much enriched by using half cream and half milk, and doubling the quantity of eggs.

做法--将牛奶与糖和柠檬皮放入炖锅中，浸泡约4小时，或直至牛奶充分入味；将鸡蛋的蛋黄和蛋白打散；将牛奶倒入蛋液中，同时不断搅拌；然后准备一个馅饼盘，边缘铺上预先烤好的面皮；将蛋奶液过滤到盘中，在表面磨少许肉豆蔻，放入极慢的烤箱中烘约1/2小时，或稍长一些。此布丁的风味可通过用苦杏仁代替柠檬皮来变化；若使用一半奶油一半牛奶，并将鸡蛋数量加倍，则可大大增浓。

Time.—1/2 to 3/4 hour.

时间。--1/2至3/4小时。

Average cost, 9d.

平均成本,9便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable at any time.

时令任何时候皆宜。

Note.—This pudding is usually served cold with fruit tarts.

注。--此布丁通常冷食，佐以水果挞。

BOILED CUSTARD PUDDING.

1269. INGREDIENTS.—1 pint of milk, 1 tablespoonful of flour, 4 eggs, flavouring to taste.

Mode.—Flavour the milk by infusing in it a little lemon-rind or cinnamon; whisk the eggs, stir the flour gradually to these, and pour over them the milk, and stir the mixture well. Butter a basin that will exactly hold it; put in the custard, and tie a floured cloth over; plunge it into boiling water, and turn it about for a few minutes, to prevent the flour from settling in one part. Boil it slowly for 1/2 hour; turn it out of the basin, and serve. The pudding may be garnished with red-currant jelly, and sweet sauce may be sent to table with it.

Time.—1/2 hour. *Average cost,* 7d.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

DAMSON TART.

1270. INGREDIENTS.—1-1/4 pint of damsons, 1/4 lb. of moist sugar, 1/2 lb. of short or puff crust.

Mode.—Put the damsons, with the sugar between them, into a deep pie-dish, in the midst of which, place a small cup or jar turned upside down; pile the fruit high in the middle, line the edges of the dish with short or puff crust, whichever may be preferred; put on the cover, ornament the edges, and bake from 1/2 to 3/4 hour in a good oven. If puff-crust is used, about 10 minutes before the pie is done, take it out of the oven, brush it over with the white of an egg beaten to a froth with the blade of a

水煮蛋奶冻布丁

1269. 配料--1品脱牛奶，1大匙面粉，4个鸡蛋，调味料适量。

做法--在牛奶中浸泡少许柠檬皮或肉桂以调味；将鸡蛋打散，逐渐将面粉拌入其中，再将牛奶倒在上面，充分搅拌混合物。在一个恰好能盛下它的盆中涂上黄油；倒入蛋奶液，用撒了面粉的布系紧覆盖；将其浸入沸水中，翻动几分钟，以防面粉沉积在一处。慢煮1/2小时；从盆中倒出，即可上桌。布丁可用红醋栗果冻装饰，并可随桌送上甜酱汁。

时间。- 1/2 小时。平均成本,7d。

足够供5或6人食用。时令任何时候皆宜。

达姆森酸梅挞

1270. 配料--1-1/4品脱西洋李，1/4磅湿糖，1/2磅短酥皮或千层酥皮。

做法--将布拉斯李与糖层层相间放入深馅饼盘中，在盘中央放置一个小杯或罐子，倒扣过来；将水果在中间堆高，盘边铺上酥皮或千层酥皮，任选其一；盖上盖子，装饰边缘，在良好的烤箱中烘1/2至3/4小时。若使用千层酥皮，在馅饼烤好前约10分钟，将其从烤箱中取出，用打至起泡的蛋白刷在表面，用

knife; strew some sifted sugar over, and a few drops of water, and put the tart back to finish baking: with short crust, a little plain sifted sugar, sprinkled over, is all that will be required.

Time.—1/2 to 3/4 hour.

Average cost, 10d.

Sufficient for 5 or 6 persons.

Seasonable in September and October.

[Illustration: DAMSONS.]

DAMSONS.—Whether for jam, jelly, pie, pudding, water, ice, wine, dried fruit or preserved, the damson, or *damascene* (for it was originally brought from Damascus, whence its name), is invaluable. It combines sugary and acid qualities in happy proportions, when full ripe. It is a fruit easily cultivated; and, if budded nine inches from the ground on vigorous stocks, it will grow several feet high in the first year, and make fine standards the year following. Amongst the list of the best sorts of baking plums, the damson stands first, not only on account of the abundance of its juice, but also on account of its soon softening. Because of the roughness of its flavour, it requires a large quantity of sugar.

DAMSON PUDDING.

1271. INGREDIENTS.—1-1/2 pint of damsons, 1/4 lb. of moist sugar, 3/4 lb. of suet or butter crust.

Mode.—Make a suet crust with 3/4 lb. of flour by recipe No. 1215; line a buttered pudding-basin with a portion of it; fill the basin

刀；撒上一些筛过的糖和几滴水，将馅饼放回烤箱烘完：若用短酥皮，只需撒上少许普通筛过的糖即可。

时间。--1/2至3/4小时。

平均成本,10便士。

足量供5或6人食用。

时令九月和十月。

[插图：达姆森李子。]

布拉斯李--无论是用于果酱、果冻、馅饼、布丁、水、冰、酒、干果还是蜜饯，布拉斯李，或称大马士革李(因为它最初来自大马士革，其名称即源于此)，都是无价之宝。完全成熟时，它以恰当的比例结合了糖分和酸味。它是一种易于栽培的水果；若在离地九英寸处芽接于强壮的砧木上，第一年就能长高数英尺，次年便能成为优良的独立树。在最佳烘烤用李子的名单中，布拉斯李位居第一，不仅因为其汁液丰富，还因为它很快变软。由于其风味粗糙，需要大量的糖。

达姆森布丁

1271. 配料--1-1/2品脱西洋李，1/4磅湿糖，3/4磅板油酥皮或黄油酥皮。

做法--按第1215号食谱用3/4磅面粉制作板油酥皮；取一部分铺在涂了黄油的布丁盆中；将盆

with the damsons, sweeten them, and put on the lid; pinch the edges of the crust together, that the juice does not escape; tie over a floured cloth, put the pudding into boiling water, and boil from 2-1/2 to 3 hours.

Time.—2-1/2 to 3 hours.

Average cost, 8d.

Sufficient for 6 or 7 persons.

Seasonable in September and October.

DELHI PUDDING.

1272. INGREDIENTS.—4 large apples, a little grated nutmeg, 1 teaspoonful of minced lemon-peel, 2 large tablespoonfuls of sugar, 6 oz. of currants, 3/4 lb. of suet crust No. 1215.

Mode.—Pare, core, and cut the apples into slices; put them into a saucepan, with the nutmeg, lemon-peel, and sugar; stir them over the fire until soft; then have ready the above proportion of crust, roll it out thin, spread the apples over the paste, sprinkle over the currants, roll the pudding up, closing the ends properly, tie it in a floured cloth, and boil for 2 hours.

Time.—2 hours.

Average cost, 1s.

Sufficient for 5 or 6 persons.

Seasonable from August to March.

EMPRESS PUDDING.

装满西洋李，加糖调味，盖上盖子；将酥皮边缘捏合，以免汁液流出；用撒了面粉的布扎紧，将布丁放入沸水中煮2-1/2至3小时。

时间。--2-1/2至3小时。

平均费用,8便士。

足量供6或7人食用。

时令九月和十月。

德里布丁

1272. 配料--4个大苹果，少许磨碎的肉豆蔻，1小匙切碎的柠檬皮，2大匙糖，6盎司加仑子，3/4磅板油酥皮第1215号。

做法--将苹果削皮、去核、切片；放入锅中，加入肉豆蔻、柠檬皮和糖；在火上搅拌至变软；然后准备好上述比例的酥皮，擀薄，将苹果铺在面团上，撒上加仑子，将布丁卷起，两端封好，用撒了面粉的布扎紧，煮2小时。

时间。--2小时。

平均成本，1先令。

足量供5或6人食用。

时令八月至三月。

皇后布丁

1273. INGREDIENTS.—1/2 lb. of rice, 2 oz. of butter, 3 eggs, jam, sufficient milk to soften the rice.

Mode.—Boil the rice in the milk until very soft; then add the butter boil it for a few minutes after the latter ingredient is put in, and set it by to cool. Well beat the eggs, stir these in, and line a dish with puff-paste; put over this a layer of rice, then a thin layer of any kind of jam, then another layer of rice, and proceed in this manner until the dish is full; and bake in a moderate oven for 3/4 hour. This pudding may be eaten hot or cold; if the latter, it will be much improved by having a boiled custard poured over it.

Time.—3/4 hour.

Average cost, 1s.

Sufficient for 6 or 7 persons.

Seasonable at any time.

EXETER PUDDING.

(*Very rich*.)

1274. INGREDIENTS.—10 oz. of bread crumbs, 4 oz. of sago, 7 oz. of finely-chopped suet, 6 oz. of moist sugar, the rind of 1/2 lemon, 1/4 pint of rum, 7 eggs, 4 tablespoonfuls of cream, 4 small sponge cakes, 2 oz. of ratafias, 1/2 lb. of jam.

Mode.—Put the bread crumbs into a basin with the sago, suet, sugar, minced lemon-peel, rum, and 4 eggs; stir these ingredients well together, then add 3 more eggs and the cream, and let the mixture be well beaten. Then butter a mould, strew in a few bread crumbs, and cover the bottom with a layer of ratafias; then put in

1273. 配料--1/2磅大米，2盎司黄油，3个鸡蛋，果酱，足量牛奶使米变软。

做法。--将米放入牛奶中煮至非常软烂；然后加入黄油，待后一种配料放入后再煮几分钟，然后放在一旁冷却。将鸡蛋充分打散，拌入其中，并用千层酥皮铺在一个盘子底部；在上面铺一层米饭，然后铺一薄层任意种类的果酱，再铺一层米饭，如此反复直至盘子装满；放入中等温度的烤箱中烤3/4小时。此布丁可热食或冷食；若冷食，浇上煮好的蛋奶糊会大为增色。

时间。- 3/4小时。

平均成本，1先令。

足量供6或7人食用。

时令任何时候皆宜。

埃克塞特布丁。

(非常浓郁。)

1274. 配料--10盎司面包屑，4盎司西米，7盎司细切板油，6盎司湿糖，1/2个柠檬的皮，1/4品脱朗姆酒，7个鸡蛋，4大匙奶油，4个小海绵蛋糕，2盎司杏仁饼干，1/2磅果酱。

做法--将面包屑放入盆中，加入西米、板油、糖、切碎的柠檬皮、朗姆酒和4个鸡蛋；将这些配料充分搅拌均匀，然后加入另外3个鸡蛋和奶油，将混合物充分搅打。然后在一个模具中涂上黄油，撒入少许面包屑，底部铺一层杏仁饼干；然后放入

a layer of the mixture, then a layer of sliced sponge cake spread thickly with any kind of jam; then add some ratafias, then some of the mixture and sponge cake, and so on until the mould is full, taking care that a layer of the mixture is on the top of the pudding. Bake in a good oven from 3/4 to 1 hour, and serve with the following sauce:—Put 3 tablespoonfuls of black-currant jelly into a stewpan, add 2 glasses of sherry, and, when warm, turn the pudding out of the mould, pour the sauce over it, and serve hot.

Time.—From 1 to 1-1/4 hour. *Average cost*, 2s. 6d.

Sufficient for 7 or 8 persons. *Seasonable* at any time.

FIG PUDDING.

I.

1275. INGREDIENTS.—2 lbs. of figs, 1 lb. of suet, 1/2 lb. of flour, 1/2 lb. of bread crumbs, 2 eggs, milk.

Mode.—Cut the figs into small pieces, grate the bread finely, and chop the suet very small; mix these well together, add the flour, the eggs, which should be well beaten, and sufficient milk to form the whole into a stiff paste; butter a mould or basin, press the pudding into it very closely, tie it down with a cloth, and boil for 3 hours, or rather longer; turn it out of the mould, and serve with melted butter, wine-sauce, or cream.

Time.—3 hours, or longer. *Average cost*, 2s.

Sufficient for 7 or 8 persons.

Seasonable.—Suitable for a winter pudding.

一层混合物，然后一层涂满任意种类果酱的切片海绵蛋糕；然后加入一些拉塔菲亚饼干，再加入一些混合物和海绵蛋糕，如此反复直至模具装满，注意布丁顶部应为一层混合物。放入火力良好的烤箱中烤3/4至1小时，配以下酱汁食用：--将3汤匙黑加仑果冻放入炖锅中，加入2杯雪利酒，待温热后，将布丁从模具中倒出，浇上酱汁，趁热食用。

时间。--1至1-1/4小时。平均费用,2先令6便士。

足量供7或8人食用。时令随时皆宜。

无花果布丁。

1275. 配料--2磅无花果，1磅板油，1/2磅面粉，1/2磅面包屑，2个鸡蛋，牛奶。

做法--将无花果切成小块，将面包细磨成屑，将板油切得极碎；将这些充分混合，加入面粉、打散的鸡蛋和足量牛奶，使全部成为稠面团；在模具或盆中涂上黄油，将布丁紧紧压入其中，用布扎紧，煮3小时或更长时间；从模具中倒出，配融化的黄油、葡萄酒酱汁或奶油上桌。

时间。- 3小时或更长。平均成本,2先令。

足量供7至8人食用。

时令。--适合作为冬季布丁。

II.

(*Staffordshire Recipe*.)

1276. INGREDIENTS.—1 lb. of figs, 6 oz. of suet, 3/4 lb. of flour, milk.

Mode.—Chop the suet finely, mix with it the flour, and make these into a smooth paste with milk; roll it out to the thickness of about 1/2 inch, cut the figs in small pieces, and strew them over the paste; roll it up, make the ends secure, tie the pudding in a cloth, and boil it from 1-1/2 to 2 hours.

Time.—1-1/2 to 2 hours. *Average cost*, 1s. 1d.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

FOLKESTONE PUDDING-PIES.

1277. INGREDIENTS.—1 pint of milk, 3 oz. of ground rice, 3 oz. of butter, 1/4 lb. of sugar, flavouring of lemon-peel or bay-leaf, 6 eggs, puff-paste, currants.

Mode.—Infuse 2 laurel or bay leaves, or the rind of 1/2 lemon, in the milk, and when it is well flavoured, strain it, and add the rice; boil these for 1/4 hour, stirring all the time; then take them off the fire, stir in the butter, sugar, and eggs, and let these latter be well beaten before they are added to the other ingredients; when nearly cold, line some patty-pans with puff-paste, fill with the custard, strew over each a few currants, and bake from 20 to 25 minutes in a moderate oven.

Time.—20 to 25 minutes. *Average cost*, 1s. 1d.

二
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(斯塔福德郡食谱。)

1276. 配料--1 lb.无花果，6 oz.板油，3/4 lb.面粉，牛奶。

做法--将板油细切，与面粉混合，加牛奶揉成光滑的面团；擀成约1/2英寸厚，将无花果切成小块，撒在面团上；卷起，封好两端，将布丁用布扎紧，煮1-1/2至2小时。

时间。--1-1/2至2小时。平均成本,1先令1便士。

足够供5或6人食用。时令任何时候皆宜。

福克斯通布丁馅饼

1277. 配料--1品脱牛奶，3盎司米粉，3盎司黄油，1/4磅糖，柠檬皮或月桂叶调味，6个鸡蛋，千层酥皮，加仑子。

做法。--将2片月桂叶或香叶，或1/2个柠檬的果皮浸泡在牛奶中，待充分入味后，滤出，加入米饭；将这些煮沸1/4小时，期间不断搅拌；然后离火，拌入黄油、糖和鸡蛋，后两者在加入其他配料之前须充分打散；待几乎冷却后，用千层酥皮铺在小馅饼模具中，填入蛋奶糊，每个上面撒一些醋栗，放入中等温度的烤箱中烤20至25分钟。

时间。--20至25分钟。平均成本,1先令1便士。

Sufficient to fill a dozen patty-pans.

Seasonable at any time.

FRUIT TURNOVERS (suitable for Pic-Nics).

1278. INGREDIENTS.—Puff-paste No. 1206, any kind of fruit, sugar to taste.

Mode.—Make some puff-paste by recipe No. 1206; roll it out to the thickness of about 1/4 inch, and cut it out in pieces of a circular form; pile the fruit on half of the paste, sprinkle over some sugar, wet the edges and turn the paste over. Press the edges together, ornament them, and brush the turnovers over with the white of an egg; sprinkle over sifted sugar, and bake on tins, in a brisk oven, for about 20 minutes. Instead of putting the fruit in raw, it may be boiled down with a little sugar first, and then inclosed in the crust; or jam, of any kind, may be substituted for fresh fruit.

Time.—20 minutes.

Sufficient—1/2 lb. of puff-paste will make a dozen turnovers.

Seasonable at any time.

GERMAN PUDDING.

1279. INGREDIENTS.—2 teaspoonfuls of flour, 1 teaspoonful of arrowroot, 1 pint of milk, 2 oz. of butter, sugar to taste, the rind of 1/2 lemon, 4 eggs, 3 tablespoonfuls of brandy.

Mode.—Boil the milk with the lemon-rind until well flavoured; then strain it, and mix with it the flour, arrowroot, butter, and

足量可装满十二个馅饼盘。

时令任何时候皆宜。

水果馅饼(适合野餐)。

1278. 配料--第1206号酥皮，任意种类的水果，糖适量。

做法。--按第1206号食谱制作千层酥皮；擀成约1/4英寸厚，切成圆形片状；将水果堆在一半酥皮上，撒上一些糖，润湿边缘并将酥皮对折。将边缘压紧，装饰边缘，在翻角酥表面刷上蛋清；撒上糖粉，放在烤盘上，放入旺火烤箱中烤约20分钟。水果也可不直接生放，而是先加少量糖煮浓缩，然后包入酥皮中；或用任意种类的果酱代替新鲜水果。

时间。--20分钟。

足量--1/2 lb.的酥皮可做一打折叠馅饼。

时令任何时候皆宜。

德国布丁

1279. 配料--2小匙面粉，1小匙竹芋粉，1品脱牛奶，2盎司黄油，糖适量，1/2个柠檬的皮，4个鸡蛋，3大匙白兰地。

做法--将牛奶与柠檬皮一起煮沸至充分入味；然后滤出，加入面粉、竹芋粉、黄油和

sugar. Boil these ingredients for a few minutes, keeping them well stirred; then take them off the fire and mix with them the eggs, yolks and whites, beaten separately and added separately. Boil some sugar to candy; line a mould with this, put in the brandy, then the mixture; tie down with a cloth, and boil for rather more than 1 hour. When turned out, the brandy and sugar make a nice sauce.

糖。将这些配料煮几分钟，不断搅拌；然后离火，加入鸡蛋(蛋黄和蛋白分别打散、分别加入)拌匀。将一些糖熬成糖浆；用糖浆衬在一个模具中，倒入白兰地，再倒入混合物；用布扎紧，煮1小时多一点。倒出时，白兰地和糖形成美味的酱汁。

Time.—Rather more than 1 hour. *Average cost*, 1s.

时间。--略多于1小时。平均成本,1先令。

Sufficient for 4 or 5 persons. *Seasonable* at any time.

足够供4或5人食用。时令任何时候皆宜。

DAMPFNUDELN, or GERMAN PUDDINGS.

达姆普夫努德尔，即德式布丁。

1280. INGREDIENTS.—1 lb. of flour, 1/4 lb. of butter, 5 eggs, 2 small tablespoonfuls of yeast, 2 tablespoonfuls of finely-pounded sugar, milk, a very little salt.

1280. 配料--1磅面粉，1/4磅黄油，5个鸡蛋，2小匙酵母，2大匙细研糖，牛奶，极少许盐。

Mode.—Put the flour into a basin, make a hole in the centre, into which put the yeast, and rather more than 1/4 pint of warm milk; make this into a batter with the middle of the flour, and let the sponge rise in a warm temperature. When sufficiently risen, mix the eggs, butter, sugar, and salt with a little more warm milk, and knead the whole well together with the hands, beating the dough until it is perfectly smooth, and it drops from the fingers. Then cover the basin with a cloth, put it in a warm place, and when the dough has nicely risen, knead it into small balls; butter the bottom of a deep sauté-pan, strew over some pounded sugar, and let the dampfnudeln be laid in, but do not let them touch one another; then pour over sufficient milk to cover them, put on the lid, and let them rise to twice their original size by the side of the fire. Now place them in the oven for a few minutes, to acquire a nice

做法。--将面粉放入盆中，在中央挖一个洞，放入酵母和略多于1/4品脱的温牛奶；用中间的面粉将其调成面糊，让面肥在温暖处发酵。待充分发酵后，将鸡蛋、黄油、糖和盐与少量温牛奶混合，用手将全部材料揉匀，反复揉打面团直至完全光滑，能从指间滴落。然后用布盖住盆，放在温暖处，待面团充分发酵后，揉成小球；在深煎锅底部涂上黄油，撒上一些糖粉，将 dampfnudeln 放入，但不要让它们相互接触；然后倒入足够的牛奶将其覆盖，盖上盖子，放在火旁让其发酵至原来体积的两倍。然后将它们放入烤箱中烤几分钟，以获得良好的

brown colour, and serve them on a napkin, with custard sauce flavoured with vanilla, or a *compôte* of any fruit that may be preferred.

Time.—1/2 to 3/4 hour for the sponge to rise; 10 to 15 minutes for the puddings to rise; 10 minutes to bake them in a brisk oven.

Sufficient for 10 or 12 dampfnudeln.

Seasonable at any time.

GINGER PUDDING.

1281. INGREDIENTS.—1/2 lb. of flour, 1/4 lb. of suet, 1/4 lb. of moist sugar, 2 large teaspoonfuls of grated ginger.

Mode.—Shred the suet very fine, mix it with the flour, sugar, and ginger; stir all well together; butter a basin, and put the mixture in *dry*; tie a cloth over, and boil for 3 hours.

Time.—3 hours. *Average cost*, 6d.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

GOLDEN PUDDING.

1282. INGREDIENTS.—1/4 lb. of bread crumbs, 1/4 lb. of suet, 1/4 lb. of marmalade, 1/4 lb. of sugar, 4 eggs.

Mode.—Put the bread crumbs into a basin; mix with them the suet, which should be finely minced, the marmalade, and the sugar; stir all these ingredients well together, beat the eggs to a froth, moisten the pudding with these, and when well mixed, put it into a mould or buttered basin; tie down with a floured cloth,

呈棕色，放在餐巾上，配香草味蛋奶酱，或任选水果的康波特。

时间。--面糊发酵需1/2至3/4小时；布丁发酵需10至15分钟；在旺烤箱中烘烤需10分钟。足够分量可制作10或12个德国蒸面卷。

时令任何时候皆宜。

姜汁布丁。

1281.配料。--1/2 lb.面粉，1/4 lb.板油，1/4 lb.湿糖，2大茶匙姜末。

做法。--将板油切得极细，与面粉、糖和姜混合；将所有材料充分搅拌均匀；在盆内涂黄油，将混合物干放入；用布扎口，煮3小时。时间。--3小时。平均费用,6便士。

足够供5或6人食用。时令任何时候皆宜。

黄金布丁。

1282.配料。--1/4 lb.面包屑，1/4 lb.板油，1/4 lb.果酱，1/4 lb.糖，4个鸡蛋。

做法。--将面包屑放入盆中；加入切得极细的板油、果酱和糖；将所有配料充分搅拌均匀，将鸡蛋打至起泡，用蛋液润湿布丁，拌匀后放入模具或涂过黄油的盆中；用撒粉的布扎口，

and boil for 2 hours. When turned out, strew a little fine-sifted sugar over the top, and serve.

煮2小时。倒出后，在顶部撒少许细筛糖，即可上桌。

Time.—2 hours. *Average cost*, 11d.

时间--2小时。平均成本,11d。

Sufficient for 5 or 6 persons. *Seasonable* at any time.

足够供5或6人食用。时令任何时候皆宜。

Note.—The mould may be ornamented with stoned raisins, arranged in any fanciful pattern, before the mixture is poured in, which would add very much to the appearance of the pudding. For a plainer pudding, double the quantities of the bread crumbs, and if the eggs do not moisten it sufficiently, use a little milk.

注。--在倒入混合物之前，可用去核葡萄干在模具内摆成任意花式图案作装饰，这将大大增添布丁的外观。若要做更朴素的布丁，可将面包屑的用量加倍；若鸡蛋不足以润湿，可加少许牛奶。

BAKED GOOSEBERRY PUDDING.

烤醋栗布丁。

1283. INGREDIENTS.—Gooseberries, 3 eggs, 1-1/2 oz. of butter, 1/2 pint of bread crumbs, sugar to taste.

1283.配料。--醋栗，3个鸡蛋，1-1/2 oz.黄油，1/2 pint面包屑，糖适量。

Mode.—Put the gooseberries into a jar, previously cutting off the tops and tails; place this jar in boiling water, and let it boil until the gooseberries are soft enough to pulp; then beat them through a coarse sieve, and to every pint of pulp add 3 well-whisked eggs, 1-1/2 oz. of butter, 1/2 pint of bread crumbs, and sugar to taste; beat the mixture well, put a border of puff-paste round the edge of a pie-dish, put in the pudding, bake for about 40 minutes, strew sifted sugar over, and serve.

方式。--将醋栗放入罐中，事先切去顶部和尾部；将此罐置于煮的水中，让其煮至醋栗软烂到足以捣成糊状；然后通过粗筛将其擦碎，每品脱果糊加入3个充分打散的鸡蛋、1-1/2 oz.黄油、1/2品脱面包屑，以及适量糖；将混合物充分搅打，在馅饼盘边缘围上一圈酥皮，放入布丁，烘烤约40分钟，撒上筛过的糖，即可上桌。

Time.—About 40 minutes. *Average cost*, 10d.

时间。--约40分钟。平均费用,10便士。

Sufficient for 4 or 5 persons. *Seasonable* from May to July.

足够分量可供4或5人食用。时令为五月至七月。

BOILED GOOSEBERRY PUDDING.

煮醋栗布丁

1284. INGREDIENTS.—3/4 lb. of suet crust No. 1215, 1-1/2 pint

1284. 配料--1215号板油酥皮3/4 lb.,1-1/2 pint

of green gooseberries, 1/4 lb. of moist sugar.

Mode.—Line a pudding-basin with suet crust no. 1215, rolled out to about 1/2 inch in thickness, and, with a pair of scissors, cut off the tops and tails of the gooseberries; fill the basin with the fruit, put in the sugar, and cover with crust. Pinch the edges of the pudding together, tie over it a floured cloth, put it into boiling water, and boil from 2-1/2 to 3 hours; turn it out of the basin, and serve with a jug of cream.

Time.—2-1/2 to 3 hours. *Average cost*, 10d.

Sufficient for 6 or 7 persons. *Seasonable* from May to July.

GOOSEBERRY TART.

1285. INGREDIENTS.—1-1/2 pint of gooseberries, 1/2 lb. of short crust No. 1211, 1/4 lb. of moist sugar.

Mode.—With a pair of scissors cut off the tops and tails of the gooseberries; put them into a deep pie-dish, pile the fruit high in the centre, and put in the sugar; line the edge of the dish with short crust, put on the cover, and ornament the edges of the tart; bake in a good oven for about 3/4 hour, and before being sent to table, strew over it some fine-sifted sugar. A jug of cream, or a dish of boiled or baked custards, should always accompany this dish.

Time.—3/4 hour.

Average cost, 9d.

Sufficient for 5 or 6 persons.

青醋栗，1/4 lb.湿糖。

做法。--用擀至约1/2英寸厚的板油酥皮(第1215号食谱)铺在一个布丁盆内，用剪刀剪去醋栗的蒂和尾；将果实装满盆，放入糖，再用酥皮盖住。把布丁的边缘捏合在一起，用一块撒了面粉的布包好扎紧，放入沸水中煮2-1/2至3小时；从盆中倒出，配一壶奶油上桌。

时间。--2-1/2至3小时。平均成本,10d。

足量供6至7人食用。时令为5月至7月。

醋栗挞。

1285.配料。--1-1/2品脱醋栗，1/2 lb.酥松酥皮(第1211号食谱),1/4 lb.湿糖。

做法。--用剪刀剪去醋栗的蒂和尾；将它们放入一个深馅饼盘，把果实高高堆在中央，放入糖；在盘边铺上酥松酥皮，盖上盖子，装饰挞的边缘；放入良好的烤炉中烘烤约3/4小时，上桌前在表面撒上一些细筛糖。此菜应始终配一壶奶油，或一盘煮蛋奶冻或烤蛋奶冻。

时间。- 3/4小时。

平均成本,9便士。

足量供5或6人食用。

Seasonable from May to July.

[Illustration: GOOSEBERRY.]

GOOSEBERRIES.—The red and the white are the two principal varieties of gooseberries. The red are rather the more acid; but, when covered with white sugar, are most wholesome, because the sugar neutralizes their acidity. Red gooseberries make an excellent jelly, which is light and refreshing, but not very nourishing. It is good for bilious and plethoric persons, and to invalids generally who need light and digestible food. It is a fruit from which many dishes might be made. All sorts of gooseberries are agreeable when stewed, and, in this country especially, there is no fruit so universally in favour. In Scotland, there is scarcely a cottage-garden without its gooseberry-bush. Several of the species are cultivated with the nicest care.

HALF-PAY PUDDING.

1286. INGREDIENTS.—1/4 lb. of suet, 1/4 lb. of currants, 1/4 lb. of raisins, 1/4 lb. of flour, 1/4 lb. of bread crumbs, 2 tablespoonfuls of treacle, 1/2 pint of milk.

Mode.—Chop the suet finely; mix with it the currants, which should be nicely washed and dried, the raisins, which should be stoned, the flour, bread crumbs, and treacle; moisten with the milk, beat up the ingredients until all are thoroughly mixed, put them into a buttered basin, and boil the pudding for 3-1/2 hours.

Time.—3-1/2 hours.

Average cost, 8d.

时令五月至七月。

[插图：醋栗。]

醋栗--红色和白色是醋栗的两个主要品种。红色的酸味稍重；但裹上白糖后最为有益健康，因为糖中和了其酸味。红醋栗能制成极好的果冻，清淡爽口，但不太滋养。它适合胆汁过多和血质过多的人，也适合一般需要清淡易消化食物的病人。这是一种可以制作许多菜肴的水果。各种醋栗炖煮后都很可口，尤其是在这个国家，没有哪种水果如此普遍受欢迎。在苏格兰，几乎没有一个村舍花园不种醋栗灌木。有几个品种被精心栽培。

半薪布丁

1286.配料。--1/4 lb.板油，1/4 lb.加仑子，1/4 lb.葡萄干，1/4 lb.面粉，1/4 lb.面包屑，2汤匙糖蜜，1/2品脱牛奶。

做法。--将板油细细剁碎；与加仑子(应洗净并晾干)、葡萄干(应去核)、面粉、面包屑和糖蜜混合；用牛奶润湿，将配料搅打至完全混合均匀，放入涂了黄油的盆中，将布丁煮3-1/2小时。

时间。- 3-1/2 小时。

平均费用,8便士。

Sufficient for 5 or 6 persons.

Seasonable at any time.

HERODOTUS PUDDING.

1287. INGREDIENTS.—1/2 lb. of bread crumbs, 1/2 lb. of good figs, 6 oz. of suet, 6 oz. of moist sugar, 1/2 saltspoonful of salt, 3 eggs, nutmeg to taste.

Mode.—Mince the suet and figs very finely; add the remaining ingredients, taking care that the eggs are well whisked; beat the mixture for a few minutes, put it into a buttered mould, tie it down with a floured cloth, and boil the pudding for 5 hours. Serve with wine sauce.

Time.—5 hours.

Average cost, 10d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

HUNTER'S PUDDING.

1288. INGREDIENTS.—1 lb. of raisins, 1 lb. of currants, 1 lb. of suet, 1 lb. of bread crumbs, 3 lb. of moist sugar, 8 eggs, 1 tablespoonful of flour, 3 lb. of mixed candied peel, 1 glass of brandy, 10 drops of essence of lemon, 10 drops of essence of almonds, 1/2 nutmeg, 2 blades of mace, 6 cloves.

Mode.—Stone and shred the raisins rather small, chop the suet finely, and rub the bread until all lumps are well broken; pound

足量供5或6人食用。

时令任何时候皆宜。

希罗多德布丁。

1287.配料。--1/2 lb.面包屑，1/2 lb.优质无花果，6 oz.板油，6 oz.湿糖，1/2 盐匙盐，3个鸡蛋，肉豆蔻适量。

做法。--将板油和无花果切得极细；加入其余配料，注意鸡蛋要搅打均匀；将混合物搅打几分钟，放入涂了黄油的模子中，用撒了面粉的布扎紧，将布丁煮5小时。配葡萄酒酱汁上桌。

时间。- 5小时。

平均成本,10便士。

足量供5或6人食用。

时令任何时候皆宜。

猎手布丁

1288.配料。--1 lb.葡萄干，1 lb.加仑子，1 lb.板油，1 lb.面包屑，3 lb.湿糖，8个鸡蛋，1汤匙面粉，3 lb.混合糖渍果皮，1杯白兰地，10滴柠檬香精，10滴杏仁香精，1/2个肉豆蔻，2片肉豆蔻衣，6粒丁香。

做法。--将葡萄干去核并切得稍小，将板油细细剁碎，将面包搓碎至所有结块都充分散开；将

the spice to powder, cut the candied peel into thin shreds, and mix all these ingredients well together, adding the sugar. Beat the eggs to a strong froth, and as they are beaten, drop into them the essence of lemon and essence of almonds; stir these to the dry ingredients, mix well, and add the brandy. Tie the pudding firmly in a cloth, and boil it for 6 hours at the least: 7 or 8 hours would be still better for it. Serve with boiled custard, or red-currant jelly, or brandy sauce.

香料研成粉末，将糖渍果皮切成细丝，将所有这些配料充分混合在一起，加入糖。将鸡蛋搅打至浓稠起泡，在搅打时滴入柠檬香精和杏仁香精；将这些搅入干配料中，充分混合，加入白兰地。将布丁牢牢扎在布中，至少煮6小时：煮7或8小时会更好。配煮蛋奶冻、红加仑子果冻或白兰地酱汁上桌。

Time.—6 to 8 hours.

时间。- 6至8小时。

Average cost, 3s. 6d.

平均成本,3先令6便士。

Sufficient for 9 or 10 persons.

足量供9或10人食用。

Seasonable in winter.

时令冬季。

ICED PUDDING.

冰镇布丁。

(*Parisian Recipe*.)

(巴黎式食谱。)

[Illustration: ICED-PUDDING MOULD.]

[插图：冰镇布丁模具。]

1289. INGREDIENTS.—1/2 lb. of sweet almonds, 2 oz. of bitter ones, 3/4 lb. of sugar, 8 eggs, 1-1/2 pint of milk.

1289.配料。--1/2 lb.甜杏仁，2 oz.苦杏仁，3/4 lb.糖，8个鸡蛋，1-1/2品脱牛奶。

Mode.—Blanch and dry the almonds thoroughly in a cloth, then pound them in a mortar until reduced to a smooth paste; add to these the well-beaten eggs, the sugar, and milk; stir these ingredients over the fire until they thicken, but do not allow them to boil; then strain and put the mixture into the freezing-pot; surround it with ice, and freeze it as directed in recipe 1290. When quite frozen, fill an iced-pudding mould, put on the lid, and keep the pudding in ice until required for table; then turn it out

做法--将杏仁用布彻底擦干，然后在研钵中捣碎至光滑的糊状；加入打匀的鸡蛋、糖和牛奶；在火上搅拌这些配料直至变稠，但不要让其煮沸；然后过滤，将混合物放入冷冻罐中；用冰包围，按食谱1290所述进行冷冻。完全冻结后，填入一个冰镇布丁模具，盖上盖子，将布丁保持在冰中直到上桌时；然后将其倒出

on the dish, and garnish it with a *compôte* of any fruit that may be preferred, pouring a little over the top of the pudding. This pudding may be flavoured with vanilla, Curaçoa, or Maraschino.

Time.—1/2 hour to freeze the mixture.

Seasonable.—Served all the year round.

ICED APPLE PUDDING. (*French Recipe, after Carême*.)

1290. INGREDIENTS.—2 dozen apples, a small pot of apricot-jam, 1/2 lb. of sugar, 1 Seville orange, 1/4 pint of preserved cherries, 1/4 lb. of raisins, 1 oz. of citron, 2 oz. of almonds, 1 gill of Curaçoa, 1 gill of Maraschino, 1 pint of cream.

Mode.—Peel, core, and cut the apples into quarters, and simmer them over the fire until soft; then mix with them the apricot-jam and the sugar, on which the rind of the orange should be previously rubbed; work all these ingredients through a sieve, and put them into the freezing-pot. Stone the raisins, and simmer them in a little syrup for a few minutes; add these, with the sliced citron, the almonds cut in dice, and the cherries drained from their syrup, to the ingredients in the freezing-pot; put in the Curaçoa and Maraschino, and freeze again; add as much whipped cream as will be required, freeze again, and fill the mould. Put the lid on, and plunge the mould into the ice-pot; cover it with a wet cloth and pounded ice and saltpetre, where it should remain until wanted for table. Turn the pudding out of the mould on to a clean and neatly-folded napkin, and serve, as sauce, a little iced whipped cream, in a sauce-tureen or glass dish.

[Illustration: ICE-SPATTLE.]

[Illustration: ICE-FREEZING PAIL.]

盛在盘中，用任选水果制成的糖渍水果装饰，在布丁顶部浇上少许。此布丁可用香草、库拉索酒或马拉斯奇诺酒调味。

时间。- 冷冻混合物需1/2小时。

时令。--全年供应。

冰镇苹果布丁。(法国食谱，仿卡雷姆。)

1290.配料。--2打苹果，一小罐杏子果酱，1/2 lb.糖，1个塞维利亚橙，1/4品脱糖渍樱桃，

1/4 lb.葡萄干，1 oz.香橼，2 oz.杏仁，1及耳库拉索酒，1及耳马拉斯奇诺酒，1品脱奶油。

做法--将苹果去皮、去核、切成四瓣，在火上煨至软烂；然后与杏子果酱和糖混合，糖中应事先擦入橙皮；将所有这些配料过筛，放入冷冻罐中。将葡萄干去核，在少量糖浆中煨几分钟；将这些连同切片的香橼、切成骰子状的杏仁以及沥去糖浆的樱桃一起加入冷冻罐中的配料里；倒入库拉索酒和樱桃酒，再次冷冻；加入所需量的打发奶油，再次冷冻，然后填入模具。盖上盖子，将模具浸入冰罐中；用湿布和碎冰及硝石覆盖，应留在那里直到上桌时。将布丁从模具中倒出，放在干净且折叠整齐的餐巾上，配上少量冰镇打发奶油作为酱汁，盛在酱汁碗或玻璃碟中。

[插图：冰铲。]

[插图：无冰冷冻桶。]

Time.—1/2 hour to freeze the mixture.

Seasonable from August to March.

Method of working the freezing Apparatus.—Put into the outer pail some pounded ice, upon which strew some saltpetre; then fix the pewter freezing-pot upon this, and surround it entirely with ice and saltpetre. Wipe the cover and edges of the pot, pour in the preparation, and close the lid; a quarter of an hour after, begin turning the freezing-pan from right to left, and when the mixture begins to be firm round the sides of the pot, stir it about with the slice or spattle, that the preparation may be equally congealed. Close the lid again, keep working from right to left, and, from time to time, remove the mixture from the sides, that it may be smooth; and when perfectly frozen, it is ready to put in the mould; the mould should then be placed in the ice again, where it should remain until wanted for table.

ROLY-POLY JAM PUDDING.

1291. INGREDIENTS.—3/4 lb of suet-crust No. 1215, 3/4 lb. of any kind of jam.

Mode.—Make a nice light suet-crust by recipe No. 1215, and roll it out to the thickness of about 1/2 inch. Spread the jam equally over it, leaving a small margin of paste without any, where the pudding joins. Roll it up, fasten the ends securely, and tie it in a floured cloth; put the pudding into boiling water, and boil for 2 hours. Mincemeat or marmalade may be substituted for the jam, and makes excellent puddings.

Time.—2 hours.

时间。- 冷冻混合物需1/2小时。

时令八月至三月。

冷冻器具的操作方法--在外层桶中放入一些碎冰，在上面撒一些硝石；然后将锡制冷冻罐固定在此之上，并用冰和硝石完全包围。擦净罐盖和罐口边缘，倒入调制好的物料，盖上盖子；一刻钟后，开始从右向左转动冷冻盘，当混合物在罐壁周围开始变硬时，用铲子或搅拌棒搅动，使物料均匀凝固。再次盖上盖子，继续从右向左操作，并时不时将混合物从罐壁刮下，使其光滑；当完全冻结后，即可放入模具；然后应将模具再次放入冰中，留在那里直到上桌时。

卷筒果酱布丁

1291. 配料--3/4 lb 的板油酥皮(suet-crust)第1215号，3/4 lb 的任何种类的果酱。

做法。--按第1215号食谱制作一份优质的轻板油酥皮，擀至约1/2英寸厚。将果酱均匀地涂在上面，在布丁接合处留出一小圈不涂果酱的酥皮边。将其卷起，将两端牢牢封好，用撒了面粉的布扎紧；将布丁放入沸水中煮2小时。可用肉馅或柑橘果酱代替果酱，能做出极佳的布丁。

时间。--2小时。

Average cost, 9d.

Sufficient for 5 or 6 persons.

Seasonable.—Suitable for winter puddings, when fresh fruit is not obtainable.

LEMON CHEESECAKES.

1292. INGREDIENTS.—1/4 lb. of butter, 1 lb. of loaf sugar, 6 eggs, the rind of 2 lemons and the juice of 3.

Mode.—Put all the ingredients into a stewpan, carefully grating the lemon-rind and straining the juice. Keep stirring the mixture over the fire until the sugar is dissolved, and it begins to thicken: when of the consistency of honey, it is done; then put it into small jars, and keep in a dry place. This mixture will remain good 3 or 4 months. When made into cheesecakes, add a few pounded almonds, or candied peel, or grated sweet biscuit; line some patty-pans with good puff-paste, rather more than half fill them with the mixture, and bake for about 1/4 hour in a good brisk oven.

Time.—1/4 hour.

Average cost, 1s. 4d.

Sufficient for 24 cheesecakes.

Seasonable at any time.

LEMON MINCEMEAT.

1293. INGREDIENTS.—2 large lemons, 6 large apples, 1/2 lb. of suet, 1 lb. of currants, 1/2 lb. of sugar, 2 oz. of candied lemon-

平均成本,9便士。

足量供5或6人食用。

时令。--适合在无法获得新鲜水果的冬季制作布丁。

柠檬芝士蛋糕。

1292.配料。--1/4 lb.黄油，1 lb.块糖，6个鸡蛋，2个柠檬的皮和3个柠檬的汁。

做法--将所有配料放入炖锅中，仔细擦碎柠檬皮并过滤果汁。在火上不断搅拌混合物，直到糖溶解并开始变稠：当达到蜂蜜的稠度时，即成；然后装入小罐中，存放在干燥处。这种混合物可保持3到4个月不变质。制作奶酪蛋糕时，加入少量捣碎的杏仁，或糖渍果皮，或磨碎的甜饼干；用好的千层酥皮铺在几个馅饼模具中，将混合物填入过半，在良好的旺烤箱中烘烤约1/4小时。

时间。- 1/4小时。

平均成本，1先令4便士。

足量可制作24个奶酪蛋糕。

时令任何时候皆宜。

柠檬百果馅。

1293.配料。--2个大柠檬，6个大苹果，1/2 lb.板油，1 lb.加仑子，1/2 lb.糖，2 oz.糖渍柠檬

peel, 1 oz. of citron, mixed spice to taste.

Mode.—Pare the lemons, squeeze them, and boil the peel until tender enough to mash. Add to the mashed lemon-peel the apples, which should be pared, cored, and minced; the chopped suet, currants, sugar, sliced peel, and spice. Strain the lemon-juice to these ingredients, stir the mixture well, and put it in a jar with a closely-fitting lid. Stir occasionally, and in a week or 10 days the mincemeat will be ready for use.

Average cost, 2s.

Sufficient for 18 large or 24 small pies.

Seasonable.—Make this about the beginning of December.

LEMON DUMPLINGS.

1294. INGREDIENTS.—1/2 lb. of grated bread, 1/4 lb. of chopped suet, 1/4 lb. of moist sugar, 2 eggs, 1 large lemon.

[Illustration: LEMON DUMPLINGS.]

Mode.—Mix the bread, suet, and moist sugar well together, adding the lemon-peel, which should be very finely minced. Moisten with the eggs and strained lemon-juice; stir well, and put the mixture into small buttered cups. Tie them down and boil for 3/4 hour. Turn them out on a dish, strew sifted sugar over them, and serve with wine sauce.

Time.—3/4 hour.

Average cost, 7d.

Sufficient for 6 dumplings.

果皮，1 oz.香橼，混合香料适量。

做法。--将柠檬削皮，挤出汁，将果皮煮至软烂可捣碎。在捣碎的柠檬皮中加入苹果(应去皮、去核并切碎)、剁碎的板油、加仑子、糖、切片果皮和香料。将柠檬汁滤入这些配料中，充分搅拌混合物，放入带紧密盖子的罐中。不时搅拌，一周或10天后肉馅即可使用。

平均成本,2先令。

足量可制作 18 个大馅饼或 24 个小馅饼。

时令。--约在十二月初制作。

柠檬团子

1294.配料。--1/2 lb.擦碎的面包，1/4 lb.剁碎的板油，1/4 lb.湿糖，2个鸡蛋，1个大柠檬。

[插图：柠檬饺子]

做法。--将面包、板油和湿糖充分混合，加入切得极细的柠檬皮。用鸡蛋和滤过的柠檬汁润湿；充分搅拌，将混合物放入涂了黄油的小杯中。扎紧并煮3/4小时。倒扣在盘中，撒上筛过的糖，配葡萄酒酱汁上桌。

时间。- 3/4小时。

平均成本，7便士。

足量可做6个饺子。

Seasonable at any time.

BAKED LEMON PUDDING.

I.

1295. INGREDIENTS.—The yolks of 4 eggs, 4 oz. of pounded sugar, 1 lemon, 1/4 lb. of butter, puff-crust.

Mode.—Beat the eggs to a froth; mix with them the sugar and warmed butter; stir these ingredients well together, putting in the grated rind and strained juice of the lemon-peel. Line a shallow dish with puff-paste; put in the mixture, and bake in a moderate oven for 40 minutes; turn the pudding out of the dish, strew over it sifted sugar, and serve.

Time.—40 minutes.

Average cost, 10d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

II.

1296. INGREDIENTS.—10 oz. of bread crumbs, 2 pints of milk, 2 oz. of butter, 1 lemon, 1/4 lb. of pounded sugar, 4 eggs, 1 tablespoonful of brandy.

Mode.—Bring the milk to the boiling point, stir in the butter, and pour these hot over the bread crumbs; add the sugar and very finely-minced lemon-peel; beat the eggs, and stir these in with the brandy to the other ingredients; put a paste round the dish, and

时令任何时候皆宜。

烤柠檬布丁。

一。

1295.配料。--4个鸡蛋的蛋黄，4 oz.捣碎的糖，1个柠檬，1/4 lb.黄油，千层酥皮。

做法。--将鸡蛋搅打至起泡；与糖和温热的黄油混合；将这些配料充分搅拌在一起，加入擦碎的柠檬皮和滤过的柠檬汁。用千层酥皮铺在一个浅盘中；倒入混合物，放入中等温度的烤炉中烘烤40分钟；将布丁从盘中倒出，撒上筛过的糖，上桌。

时间。- 40分钟。

平均成本,10便士。

足量供5或6人食用。

时令任何时候皆宜。

二。

1296.配料。--10 oz.面包屑，2品脱牛奶，2 oz.黄油，1个柠檬，1/4 lb.捣碎的糖，4个鸡蛋，1汤匙白兰地。

做法。--将牛奶煮沸，搅入黄油，将这些热料浇在面包屑上；加入糖和切得极细的柠檬皮；将鸡蛋打散，与白兰地一起搅入其他配料中；在盘边围上一圈酥皮，然后

bake for 3/4 hour.

Time.—3/4 hour. *Average cost*, 1s. 2d.

Sufficient for 6 or 7 persons.

Seasonable at any time.

[Illustration: LEMON.]

LEMON.—The lemon is a variety of the citron. The juice of this fruit makes one of our most popular and refreshing beverages—lemonade, which is gently stimulating and cooling, and soon quenches the thirst. It may he freely partaken by bilious and sanguine temperaments; but persons with irritable stomachs should avoid it, on account of its acid qualities. The fresh rind of the lemon is a gentle tonic, and, when dried and grated, is used in flavouring a variety of culinary preparations. Lemons appear in company with the orange in most orange-growing countries. They were only known to the Romans at a very late period, and, at first, were used only to keep the moths from their garments: their acidity was unpleasant to them. In the time of Pliny, the lemon was hardly known otherwise than as an excellent counter-poison.

III.

(*Very rich*.)

1297. INGREDIENTS.—The rind and juice of 2 large lemons, 1/2 lb. of loaf sugar, 1/4 pint of cream, the yolks of 8 eggs, 2 oz. of almonds, 1/2 lb. of butter, melted.

Mode.—Mix the pounded sugar with the cream, and add the yolks of eggs and the butter, which should be previously warmed.

烘烤3/4小时。

时间。- 3/4小时。平均成本,1先令2便士。

足量供6或7人食用。

时令任何时候皆宜。

[插图：柠檬。]

柠檬--柠檬是香橼的一个变种。这种果实的汁液可制成我们最受欢迎、最提神的饮料之一--柠檬水，它温和地刺激神经并带来清凉，很快便能解渴。胆汁质和多血质 temperament 的人可以随意饮用；但胃部易受刺激的人应避免饮用，因为其具有酸性。柠檬的新鲜外皮是一种温和的补品，干燥并磨碎后，可用于多种烹饪制品的调味。在大多数种植橙子的国家，柠檬都与橙子一同出现。罗马人很晚才认识柠檬，起初只用来驱除衣物上的蛀虫：其酸味令他们不适。在普林尼时代，柠檬除了作为一种极好的解毒剂外，几乎不为人所知。

三
。

(非常浓郁。)

1297.配料。--2个大柠檬的皮和汁，1/2 lb.块糖，1/4品脱奶油，8个鸡蛋的蛋黄，2 oz.杏仁，1/2 lb.融化的黄油。

做法。--将捣碎的糖与奶油混合，加入蛋黄和事先温热的黄油。

Blanch and pound the almonds, and put these, with the grated rind and strained juice of the lemons, to the other ingredients. Stir all well together; line a dish with puff-paste, put in the mixture, and bake for 1 hour.

将杏仁烫去皮并捣碎，与擦碎的柠檬皮和滤过的柠檬汁一起加入其他配料中。将所有材料充分搅拌在一起；用千层酥皮铺在一个盘中，倒入混合物，烘烤1小时。

Time.—1 hour.

时间。--1小时。

Average cost, 2s.

平均成本,2先令。

Sufficient for 6 or 7 persons.

足量供6或7人食用。

Seasonable at any time.

时令任何时候皆宜。

BOILED LEMON PUDDING.

煮沸柠檬布丁。

1298. INGREDIENTS.—1/2 lb. of chopped suet, 3/4 lb. of bread crumbs, 2 small lemons, 6 oz. of moist sugar, 1/4 lb. of flour, 2 eggs, milk.

1298.配料。--1/2 lb.剁碎的板油，3/4 lb.面包屑，2个小柠檬，6 oz.湿糖，1/4 lb.面粉，2个鸡蛋，牛奶。

Mode.—Mix the suet, bread crumbs, sugar, and flour well together, adding the lemon-peel, which should be very finely minced, and the juice, which should be strained. When these ingredients are well mixed, moisten with the eggs and sufficient milk to make the pudding of the consistency of thick batter; put it into a well-buttered mould, and boil for 3-1/2 hours; turn it out, strew sifted sugar over, and serve with wine sauce, or not, at pleasure.

做法。--将板油、面包屑、糖和面粉充分混合，加入切得极细的柠檬皮和滤过的柠檬汁。当这些配料充分混合后，用鸡蛋和足量牛奶润湿，使布丁达到浓稠面糊的稠度；放入涂满黄油的模子中，煮3-1/2小时；倒出，撒上筛过的糖，随意配葡萄酒酱汁上桌或不配。

Time.—3-1/2 hours.

时间。- 3-1/2 小时。

Average cost, 1s.

平均成本,1先令。

Sufficient for 7 or 8 persons. *Seasonable* at any time.

足量供7或8人食用。时令随时皆宜。

Note.—This pudding may also be baked, and will be found very

注。--这款布丁也可以烘烤，效果会非常

good. It will take about 2 hours.

PLAIN LEMON PUDDING.

1299. INGREDIENTS.—3/4 lb. of flour, 6 oz. of lard or dripping, the juice of 1 large lemon, 1 teaspoonful of flour, sugar.

Mode.—Make the above proportions of flour and lard into a smooth paste, and roll it out to the thickness of about 1/2 inch. Squeeze the lemon-juice, strain it into a cup, stir the flour into it, and as much moist sugar as will make it into a stiff and thick paste; spread this mixture over the paste, roll it up, secure the ends, and tie the pudding in a floured cloth. Boil for 2 hours.

Time.—2 hours.

Average cost, 7d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

MANCHESTER PUDDING (to eat Cold).

1300. INGREDIENTS.—3 oz. of grated bread, 1/2 pint of milk, a strip of lemon-peel, 4 eggs, 2 oz. of butter, sugar to taste, puff-paste, jam, 3 tablespoonfuls of brandy.

Mode.—Flavour the milk with lemon-peel, by infusing it in the milk for 1/2 hour; then strain it on to the bread crumbs, and boil it for 2 or 3 minutes; add the eggs, leaving out the whites of 2, the butter, sugar, and brandy; stir all these ingredients well together; cover a pie-dish with puff-paste, and at the bottom put a thick layer of any kind of jam; pour the above mixture, cold, on the

好的。大约需要2个小时。

原味柠檬布丁。

1299. 配料。--3/4 lb.面粉，6 oz.猪油或滴油，1个大柠檬的汁，1茶匙面粉，糖。

做法。--将上述比例的面粉和猪油揉成光滑的面团，擀成约1/2英寸厚。挤出柠檬汁，滤入杯中，将面粉拌入，并加入足量湿糖使其成为浓稠的硬糊；将此混合物涂抹在面皮上，卷起，封住两端，用撒了面粉的布将布丁扎好。煮2小时。

时间。--2小时。

平均成本，7便士。

足量供5或6人食用。

时令任何时候皆宜。

曼彻斯特布丁(冷食)。

1300. 配料。--3 oz.面包屑，1/2 pint 牛奶，一条柠檬皮，4个鸡蛋，2 oz.黄油，糖适量，千层酥皮，果酱，3汤匙白兰地。

做法。--将柠檬皮在牛奶中浸泡1/2小时以调味；然后滤到面包屑上，煮2至3分钟；加入鸡蛋(留下2个蛋白不用)、黄油、糖和白兰地；将所有配料充分搅拌均匀；用千层酥皮铺在馅饼盘上，底部放一层厚厚的任意种类的果酱；将上述混合物冷却后倒在

jam, and bake the pudding for an hour. Serve cold, with a little sifted sugar sprinkled over.

果酱上，将布丁烘烤一小时。冷食，撒上少许筛过的糖。

Time.—1 hour.

时间。--1小时。

Average cost, 1s.

平均成本,1先令。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable at any time.

时令任何时候皆宜。

SWEET MACARONI PUDDING.

甜通心粉布丁。

1301. INGREDIENTS.—2-1/2 oz. of macaroni, 2 pints of milk, the rind of 1/2 lemon, 3 eggs, sugar and grated nutmeg to taste, 2 tablespoonfuls of brandy.

1301. 配料。--2-1/2 oz.通心粉，2 pints 牛奶，1/2个柠檬的皮，3个鸡蛋，糖和磨碎的肉豆蔻适量，2汤匙白兰地。

Mode.—Put the macaroni, with a pint of the milk, into a saucepan with the lemon-peel, and let it simmer gently until the macaroni is tender; then put it into a pie-dish without the peel; mix the other pint of milk with the eggs; stir these well together, adding the sugar and brandy, and pour the mixture over the macaroni. Grate a little nutmeg over the top, and bake in a moderate oven for 1/2 hour. To make this pudding look nice, a paste should be laid round the edges of the dish, and, for variety, a layer of preserve or marmalade may be placed on the macaroni: in this case omit the brandy.

做法。--将通心粉与一品脱牛奶放入平底锅中，加入柠檬皮，用文火慢煮至通心粉变软；然后将其放入馅饼盘中，去掉柠檬皮；将另一品脱牛奶与鸡蛋混合；充分搅拌均匀，加入糖和白兰地，将混合物倒在通心粉上。在表面磨少许肉豆蔻，放入中等温度的烤箱中烤1/2小时。为使这款布丁外观美观，应在盘子边缘铺上一层面皮；为增加变化，可在通心粉上铺一层果酱或橘子酱：若如此，则省略白兰地。

Time.—3/4 hour to simmer the macaroni; 1/2 hour to bake the pudding.

时间。--通心粉煨3/4小时；布丁烘烤1/2小时。

Average cost, 11d.

平均费用,11便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable at any time.

MACARONI is composed of wheaten flour, flavoured with other articles, and worked up with water into a paste, to which, by a peculiar process, a tubular or pipe form is given, in order that it may cook more readily in hot water. That of smaller diameter than macaroni (which is about the thickness of a goose-quill) is called *vermicelli*; and when smaller still, *fidelini*. The finest is made from the flour of the hard-grained Black-Sea wheat. Macaroni is the principal article of food in many parts of Italy, particularly Naples, where the best is manufactured, and from whence, also, it is exported in considerable quantities. In this country, macaroni and vermicelli are frequently used in soups.

[Illustration: MACARONI.]

MANNA KROUP PUDDING.

1302. INGREDIENTS.—3 tablespoonfuls of manna kroup, 12 bitter almonds, 1 pint of milk, sugar to taste, 3 eggs.

Mode.—Blanch and pound the almonds in a mortar; mix them with the manna kroup; pour over these a pint of boiling milk, and let them steep for about 1/4 hour. When nearly cold, add sugar and the well-beaten eggs; mix all well together; put the pudding into a buttered dish, and bake for 1/2 hour.

Time.—1/2 hour.

Sufficient for 4 or 5 persons. *Seasonable* at any time.

MANNA KROUP, SEMORA, or SEMOLINA, are three names given to a flour made from ground wheat and rice. The preparation is

时令任何时候皆宜。

通心粉由小麦面粉制成，以其他配料调味，加水揉成面团，再通过特殊工艺制成管状或管形，以便在热水中更容易煮熟。直径比通心粉(约鹅毛管粗细)更小的称为细面条；更小的则称为细线面。最优质的通心粉由硬粒黑海小麦的面粉制成。通心粉是意大利许多地区的主食，尤其是那不勒斯，那里生产最优质的通心粉，并从那里大量出口。在我国，通心粉和细面条常用于汤中。

[插图：通心粉。]

甘露麦片布丁

1302. 配料。--3汤匙甘露粗粒粉，12粒苦杏仁，1 pint 牛奶，糖适量，3个鸡蛋。

做法。--将杏仁去皮并在研钵中捣碎；与甘露粗粒粉混合；倒入1 pint 煮沸的牛奶，浸泡约1/4小时。待其几乎冷却时，加入糖和打散的鸡蛋；充分搅拌均匀；将布丁放入涂了黄油的盘中，烘烤1/2小时。

时间。--1/2小时。

足够供4或5人食用。时令任何时候皆宜。

甘露粗粒粉、塞莫拉或粗粒小麦粉，是磨碎的小麦和大米制成的面粉的三个名称。该制品

white when it is made only of these materials; the yellow colour which it usually has, is produced by a portion of saffron and yolks of eggs. Next to vermicelli, this preparation is the most useful for thickening either meat or vegetable soups. As a food, it is light, nutritious, wholesome, and easily digested. The best preparation is brought from Arabia, and, next to that, from Italy.

仅由这些原料制成时呈白色；其通常具有的黄色是由少量藏红花和蛋黄产生的。除细面条外，这种制品是用于增稠肉汤或蔬菜汤的最有用之物。作为食物，它清淡、营养丰富、有益健康且易于消化。最好的制品来自阿拉伯，其次来自意大利。

MANSFIELD PUDDING.

曼斯菲尔德布丁。

1303. INGREDIENTS.—The crumb of 2 rolls, 1 pint of milk, sugar to taste, 4 eggs, 2 tablespoonfuls of brandy, 6 oz. of chopped suet, 2 tablespoonfuls of flour, 1/2 lb. of currants, 1/2 teaspoonful of grated nutmeg, 2 tablespoonfuls of cream.

1303. 配料。--2个小面包卷的面包心，1 pint 牛奶，糖适量，4个鸡蛋，2汤匙白兰地，6 oz.切碎的板油，2汤匙面粉，1/2 lb.醋栗，1/2茶匙磨碎的肉豆蔻，2汤匙奶油。

Mode.—Slice the roll very thin, and pour upon it a pint of boiling milk; let it remain covered close for 1/4 hour, then beat it up with a fork, and sweeten with moist sugar; stir in the chopped suet, flour, currants, and nutmeg. Mix these ingredients well together, moisten with the eggs, brandy, and cream; beat the mixture for 2 or 3 minutes, put it into a buttered dish or mould, and bake in a moderate oven for 1-1/4 hour. Turn it out, strew sifted sugar over, and serve.

做法。--将面包卷切成薄片，倒入1 pint 煮沸的牛奶；盖紧静置1/4小时，然后用叉子捣碎，加湿糖调味；拌入切碎的板油、面粉、醋栗和肉豆蔻。将这些配料充分混合，用鸡蛋、白兰地和奶油润湿；将混合物搅打2至3分钟，放入涂了黄油的盘中或模具中，在中温烤箱中烘烤1-1/4小时。倒出，撒上筛过的糖，即可上桌。

Time.—1-1/4 hour. *Average cost*, 1s. 3d.

时间。--1小时15分钟。平均成本,1先令3便士。

Sufficient for 6 or 7 persons. *Seasonable* at any time.

足够供6或7人食用。时令任何时候皆宜。

MARLBOROUGH PUDDING.

马尔伯勒布丁。

1304. INGREDIENTS.—1/4 lb. of butter, 1/4 lb. of powdered lump sugar, 4 eggs, puff-paste, a layer of any kind of jam.

1304. 配料。--1/4 lb.黄油，1/4 lb.糖粉，4个鸡蛋，千层酥皮，一层任意种类的果酱。

Mode.—Beat the butter to a cream, stir in the powdered sugar, whisk the eggs, and add these to the other ingredients. When these are well mixed, line a dish with puff-paste, spread over a layer of any kind of jam that may be preferred, pour in the mixture, and bake the pudding for rather more than 1/2 hour.

Time.—Rather more than 1/2 hour. *Average cost*, 1s.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

MARMALADE AND VERMICELLI PUDDING.

1305. INGREDIENTS.—1 breakfastcupful of vermicelli, 2 tablespoonfuls of marmalade, 1/4 lb. of raisins, sugar to taste, 3 eggs, milk.

Mode.—Pour some boiling milk on the vermicelli, and let it remain covered for 10 minutes; then mix with it the marmalade, stoned raisins, sugar, and beaten eggs. Stir all well together, put the mixture into a buttered mould, boil for 1-1/2 hour, and serve with custard sauce.

Time.—1-1/2 hour. *Average cost*. 1s.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

MARROW DUMPLINGS, to serve with Roast Meat, in Soup, with Salad, &c.

(*German Recipe*.)

1306. INGREDIENTS.—1 oz. of beef marrow, 1 oz. of butter, 2 eggs, 2 penny rolls, 1 teaspoonful of minced onion, 1 teaspoonful of minced parsley, salt and grated nutmeg to taste.

做法。--将黄油搅打至奶油状，拌入糖粉，打散鸡蛋，加入其他配料中。待其充分混合后，用千层酥皮铺在盘底，涂上一层任意喜欢的果酱，倒入混合物，将布丁烘烤略多于1/2小时。

时间。--半小时多一点。平均成本，1先令。

足够供5或6人食用。时令任何时候皆宜。

果酱粉丝布丁

1305. 配料。--1个早餐杯的细面条，2汤匙果酱，1/4 lb.葡萄干，糖适量，3个鸡蛋，牛奶。

做法。--将一些煮沸的牛奶倒在细面条上，盖好静置10分钟；然后拌入果酱、去核葡萄干、糖和打散的鸡蛋。充分搅拌均匀，将混合物放入涂了黄油的模具中，煮1-1/2小时，配蛋奶酱汁上桌。

时间。- 1-1/2小时。平均成本。1先令。

足够供5或6人食用。时令任何时候皆宜。

骨髓饺子，用于搭配烤肉、汤、沙拉等。

(德国食谱。)

1306. 配料。--1 oz.牛骨髓，1 oz.黄油，2个鸡蛋，2个一便士面包卷，1茶匙切碎的洋葱，1茶匙切碎的欧芹，盐和磨碎的肉豆蔻适量。

Mode.—Beat the marrow and butter together to a cream; well whisk the eggs, and add these to the other ingredients. When they are well stirred, put in the rolls, which should previously be well soaked in boiling milk, strained, and beaten up with a fork. Add the remaining ingredients, omitting the minced onion where the flavour is very much disliked, and form the mixture into small round dumplings. Drop these into boiling broth, and let them simmer for about 20 minutes or 1/2 hour. They may be served in soup, with roast meat, or with salad, as in Germany, where they are more frequently sent to table than in this country. They are very good.

模式。--将骨髓和黄油一起搅打成奶油状；把鸡蛋充分打散，加入其他配料中。搅拌均匀后，放入面包卷，面包卷应事先在煮沸的牛奶中充分浸泡，滤干，并用叉子捣碎。加入剩余的配料，若非常不喜欢洋葱的味道，可省略切碎的洋葱，然后将混合物做成小圆团子。将这些团子放入煮沸的肉汤中，煨约20分钟或1/2小时。可搭配汤、烤肉或沙拉食用，如在德国，它们比在本国更常被端上餐桌。它们非常美味。

Time.—20 minutes to 1/2 hour. *Average cost*, 6d.

时间。--20分钟至半小时。平均费用,6便士。

Sufficient for 7 or 8 dumplings. *Seasonable* at any time.

足够 7 或 8 个饺子。时令随时。

BAKED OB BOILED MARROW PUDDING.

烤或煮骨髓布丁。

1307. INGREDIENTS.—1/2 pint of bread crumbs, 1-1/2 pint of milk, 6 oz. of marrow, 4 eggs, 1/4 lb. of raisins or currants, or 2 oz. of each; sugar and grated nutmeg to taste.

1307. 配料。--1/2 pint面包屑，1-1/2 pint牛奶，6 oz.骨髓，4个鸡蛋，1/4 lb. 葡萄干或加仑子，或各2 oz.；糖和磨碎的肉豆蔻适量。

Mode.—Make the milk boiling, pour it hot on to the bread crumbs, and let these remain covered for about 1/2 hour; shred the marrow, beat up the eggs, and mix these with the bread crumbs; add the remaining ingredients, beat the mixture well, and either put it into a buttered mould and boil it for 2-1/2 hours, or put it into a pie-dish edged with puff-paste, and bake for rather more than 3/4 hour. Before sending it to table, sift a little pounded sugar over, after being turned out of the mould or basin.

Mode。--将牛奶煮沸，趁热浇在面包屑上，让面包屑盖着静置约1/2小时；将骨髓切碎，把鸡蛋打散，与面包屑混合；加入其余配料，将混合物充分搅打，或将其放入涂了黄油的模具中煮2-1/2小时，或放入边缘铺有酥皮的馅饼盘中烘烤略多于3/4小时。上桌前，从模具或碗中倒出后，撒上少许研碎的糖。

Time.—2-1/2 hours to boil, 3/4 hour to bake. *Average cost*, 1s. 2d.

时间。--煮2-1/2小时，烘3/4小时。平均成本,1s.2d.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

足够供5或6人食用。时令任何时候皆宜。

MILITARY PUDDINGS.

军用布丁

1308. INGREDIENTS.—1/2 lb. of suet, 1/2 lb. of bread crumbs, 1/2 lb. of moist sugar, the rind and juice of 1 large lemon.

1308. 配料。--1/2 lb.板油，1/2 lb.面包屑，1/2 lb.湿糖，1个大柠檬的皮和汁。

Mode.—Chop the suet finely, mix it with the bread crumbs and sugar, and mince the lemon-rind and strain the juice; stir these into the other ingredients, mix well, and put the mixture into small buttered cups, and bake for rather more than 1/2 hour; turn them out on the dish, and serve with lemon-sauce. The above ingredients may be made into small balls, and boiled for about 1/2 hour; they should then be served with the same sauce as when baked.

做法。--将板油细细剁碎，与面包屑和糖混合，将柠檬皮切碎并榨汁过滤；将这些搅入其他配料，充分混合，将混合物放入抹了黄油的小杯中，烘烤略多于1/2小时；将其扣出在盘上，配柠檬酱汁食用。上述配料也可做成小球，煮约1/2小时；然后应配与烘烤时相同的酱汁食用。

Time.—Rather more than 1/2 hour. *Average cost*, 9d.

时间。--略多于1/2小时。平均成本,9便士。

Sufficient to fill 6 or 7 moderate-sized cups. *Seasonable* at any time.

足够装满6或7个中等大小的杯子。时令随时皆宜。

MINCEMEAT.

肉馅。

1309. INGREDIENTS.—2 lbs. of raisins, 3 lbs. of currants, 1-1/2 lb. of lean beef, 3 lbs. of beef suet, 2 lbs. of moist sugar, 2 oz. of citron, 2 oz. of candied lemon-peel, 2 oz. of candied orange-peel, 1 small nutmeg, 1 pottle of apples, the rind of 2 lemons, the juice of 1, 1/2 pint of brandy.

1309. 配料。--2 lbs.葡萄干，3 lbs.加仑子，1-1/2 lb.瘦牛肉，3 lbs.牛板油，2 lbs.湿糖，2 oz.香椽，2 oz.糖渍柠檬皮，2 oz.糖渍橙皮，1个小肉豆蔻，1 pottle苹果，2个柠檬的皮，1个柠檬的汁，1/2 pint白兰地。

Mode.—Stone and *cut* the raisins once or twice across, but do not chop them; wash, dry, and pick the currants free from stalks and grit, and mince the beef and suet, taking care that the latter is chopped very fine; slice the citron and candied peel, grate the

做法。--去核并将葡萄干切一两刀，但不要剁碎；洗净、擦干并拣去加仑子的梗和杂质，将牛肉和板油剁碎，注意后者要剁得很细；将香椽和糖渍果皮切片，磨碎

nutmeg, and pare, core, and mince the apples; mince the lemon-peel, strain the juice, and when all the ingredients are thus prepared, mix them well together, adding the brandy when the other things are well blended; press the whole into a jar, carefully exclude the air, and the mincemeat will be ready for use in a fortnight.

肉豆蔻，将苹果削皮、去核并切碎；将柠檬皮切碎，榨汁过滤，当所有配料如此备好后，充分混合在一起，在其他材料充分混合后加入白兰地；将全部压入罐中，小心隔绝空气，肉馅将在两周后可供使用。

Average cost for this quantity, 8s.

平均成本为此数量，8先令。

Seasonable.—Make this about the beginning of December.

时令。--约在十二月初制作。

EXCELLENT MINCEMEAT.

上等百果馅。

1310. INGREDIENTS.—3 large lemons, 3 large apples, 1 lb. of stoned raisins, 1 lb. of currants, 1 lb. of suet, 2 lbs. of moist sugar, 1 oz. of sliced candied citron, 1 oz. of sliced candied orange-peel, and the same quantity of lemon-peel, 1 teacupful of brandy, 2 tablespoonfuls of orange marmalade.

1310. 配料。--3个大柠檬，3个大苹果，1 lb.去核葡萄干，1 lb.加仑子，1 lb.板油，2 lbs.湿糖，1 oz.切片糖渍香橼，1 oz.切片糖渍橙皮，等量柠檬皮，1 teacupful白兰地，2 tablespoonfuls橙子果酱。

Mode.—Grate the rinds of the lemons; squeeze out the juice, strain it, and boil the remainder of the lemons until tender enough to pulp or chop very finely. Then add to this pulp the apples, which should be baked, and their skins and cores removed; put in the remaining ingredients one by one, and, as they are added, mix everything very thoroughly together. Put the mincemeat into a stone jar with a closely-fitting lid, and in a fortnight it will be ready for use.

做法。--将柠檬皮擦碎；挤出汁液过滤，将剩余的柠檬煮至软烂可捣成泥或细细切碎。然后在此泥中加入苹果，苹果应已烘烤并去除皮和核；逐一加入其余配料，并在加入时将所有材料非常充分地混合在一起。将肉馅放入带紧密盖子的石罐中，两周后即可使用。

Seasonable.—This should be made the first or second week in December.

时令。--应在十二月的第一或第二周制作。

MINCE PIES.

肉馅饼

1311. INGREDIENTS.—Good puff-paste No. 1205, mincemeat No. 1309.

[Illustration: MINCE PIES.]

Mode.—Make some good puff-paste by recipe No. 1205; roll it out to the thickness of about 1/4 inch, and line some good-sized pattypans with it; fill them with mincemeat, cover with the paste, and cut it off all round close to the edge of the tin. Put the pies into a brisk oven, to draw the paste up, and bake for 25 minutes, or longer, should the pies be very large; brush them over with the white of an egg, beaten with the blade of a knife to a stiff froth; sprinkle over pounded sugar, and put them into the oven for a minute or two, to dry the egg; dish the pies on a white d'oyley, and serve hot. They may be merely sprinkled with pounded sugar instead of being glazed, when that mode is preferred. To re-warm them, put the pies on the pattypans, and let them remain in the oven for 10 minutes or 1/4 hour, and they will be almost as good as if freshly made.

Time.—25 to 30 minutes; 10 minutes to re-warm them.

Average cost, 4d. each.

Sufficient—1/2 lb. of paste for 4 pies. *Seasonable* at Christmas time.

MONDAY'S PUDDING.

1312. INGREDIENTS.—The remains of cold plum-pudding, brandy, custard made with 5 eggs to every pint of milk.

Mode.—Cut the remains of a *good* cold plum-pudding into finger-

1311. 配料--优质千层酥皮第1205号，肉馅第

1309.

[插图：肉馅饼。]

模式。--按食谱第1205号制作一些优质酥皮；将其擀成约1/4英寸厚，用来衬垫几个大小适中的馅饼模；用百果馅填满，盖上酥皮，沿模具边缘一圈切齐。将馅饼放入旺烤箱，使酥皮鼓起，烘烤25分钟，若馅饼很大则需更久；用刀背将蛋清打至硬性发泡，刷在馅饼表面；撒上糖粉，放入烤箱一两分钟以烘干蛋液；将馅饼盛在白色蕾丝垫纸上，趁热上桌。若喜欢另一种方式，也可仅撒糖粉而不刷蛋液上光。若要重新加热，将馅饼放回馅饼模中，在烤箱里放置10分钟或1/4小时，几乎与新鲜出炉的一样好。

时间。--25至30分钟；重新加热需10分钟。

平均成本，每个4便士。

足够--1/2 lb.面团可做4个馅饼。时令圣诞节期间。

星期一的布丁。

1312. 配料--冷布丁的剩余部分、白兰地、每品脱牛奶用5个鸡蛋制成的蛋奶糊。

做法。--将好的冷李子布丁的剩余部分切成长条

pieces, soak them in a little brandy, and lay them cross-barred in a mould until full. Make a custard with the above proportion of milk and eggs, flavouring it with nutmeg or lemon-rind; fill up the mould with it; tie it down with a cloth, and boil or steam it for an hour. Serve with a little of the custard poured over, to which has been added a tablespoonful of brandy.

块，在少量白兰地中浸泡，将其交叉铺在模具中直至装满。用上述比例的牛奶和鸡蛋制成蛋奶糊，用肉豆蔻或柠檬皮调味；将其倒入模具填满；用布扎紧，煮或蒸一小时。食用时浇上少量蛋奶糊，其中加入一tablespoonful白兰地。

Time.—1 hour.

时间。--1小时。

Average cost, exclusive of the pudding, 6d.

平均成本，不含布丁，6便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable at any time.

时令任何时候皆宜。

NESSELRODE PUDDING. (*A fashionable iced pudding—Carême's Recipe*.)

内塞罗德布丁(一款时尚的冰镇布丁--卡雷姆的食谱。)

1313. INGREDIENTS.—40 chestnuts, 1 lb. of sugar, flavouring of vanilla, 1 pint of cream, the yolks of 12 eggs, 1 glass of Maraschino, 1 oz. of candied citron, 2 oz. of currants, 2 oz. of stoned raisins, 1/2 pint of whipped cream, 3 eggs.

1313. 配料。--40个栗子，1 lb.糖，香草调味，1 pint奶油，12个蛋黄，1 glass Maraschino,1 oz.糖渍香橼，2 oz.加仑子，2 oz.去核葡萄干，1/2 pint打发奶油，3个鸡蛋。

Mode.—Blanch the chestnuts in boiling water, remove the husks, and pound them in a mortar until perfectly smooth, adding a few spoonfuls of syrup. Then rub them through a fine sieve, and mix them in a basin with a pint of syrup made from 1 lb. of sugar, clarified, and flavoured with vanilla, 1 pint of cream, and the yolks of 12 eggs. Set this mixture over a slow fire, stirring it *without ceasing*, and just as it begins to boil, take it off and pass it through a tammy. When it is cold, put it into a freezing-pot, adding the Maraschino, and make the mixture set; then add the sliced citron, the currants, and stoned raisins (these two latter should be soaked the day previously in Maraschino and sugar

模式。--将栗子在沸水中焯烫，去除外壳，在研钵中捣至完全细腻，同时加入几勺糖浆。然后通过细筛擦滤，在盆中与一品脱糖浆混合，糖浆由1磅糖澄清并加香草调味制成，再加入一品脱奶油和12个蛋黄。将此混合物置于文火上，不停搅拌，刚一开始沸腾即离火，通过细筛过滤。冷却后放入冷冻罐中，加入马拉斯奇诺樱桃酒，使混合物凝固；然后加入切片的香橼、醋栗和去核葡萄干(后两者应在前一天用马拉斯奇诺樱桃酒和糖浸泡)。

pounded with vanilla); the whole thus mingled, add a plateful of whipped cream mixed with the whites of 3 eggs, beaten to a froth with a little syrup. When the pudding is perfectly frozen, put it into a pineapple-shaped mould; close the lid, place it again in the freezing-pan, covered over with pounded ice and saltpetre, and let it remain until required for table; then turn the pudding out, and serve.

与香草一起捣碎)；全部如此混合后，加入一盘打发奶油，混以3个鸡蛋的蛋白，加少量糖浆打至起泡。当布丁完全冷冻后，放入菠萝形模具；盖上盖子，再次放入冷冻锅中，覆以碎冰和硝石，留置至需上桌时；然后将布丁扣出，供食。

Time.—1/2 hour to freeze the mixture.

时间。- 冷冻混合物需1/2小时。

Seasonable from October to February.

时令十月至二月。

BAKED ORANGE PUDDING.

烤橙布丁。

1314. INGREDIENTS.—6 oz. of stale sponge cake or bruised ratafias, 6 oranges, 1 pint of milk, 6 eggs, 1/2 lb. of sugar.

1314. 配料。--6 oz.陈海绵蛋糕或碎ratafias,6个橙子，1 pint牛奶，6个鸡蛋，1/2 lb.糖。

Mode.—Bruise the sponge cake or ratafias into fine crumbs, and pour upon them the milk, which should be boiling. Rub the rinds of 2 of the oranges on sugar, and add this, with the juice of the remainder, to the other ingredients. Beat up the eggs, stir them in, sweeten to taste, and put the mixture into a pie-dish previously lined with puff-paste. Bake for rather more than 1/2 hour; turn it out of the dish, strew sifted sugar over, and serve.

做法。--将海绵蛋糕或ratafias捣成细屑，倒入应已煮沸的牛奶。将2个橙子的皮擦在糖上，将此连同其余橙子的汁加入其他配料。打散鸡蛋，搅入，按口味加甜，将混合物放入预先铺有酥皮面团的馅饼盘中。烘烤略多于1/2小时；从盘中扣出，撒上筛过的糖，供食。

Time.—Rather more than 1 hour. *Average cost*, 1s, 6d.

时间。--略多于1小时。平均成本,1先令6便士。

Sufficient for 3 or 4 persons. *Seasonable* from November to May.

足够3或4人食用。时令十一月至五月。

[Illustration: ORANGE.]

[插图：橙子。]

ORANGE (*Citrus Aurantium*).—The principal varieties are the sweet, or China orange, and the bitter, or Seville orange; the Maltese is also worthy of notice, from its red blood-like pulp. The

橙子(*Citrus Aurantium*)。--主要品种为甜橙或中国橙，以及苦橙或塞维利亚橙；马耳他橙也值得注意，因其红色血状果肉。该

orange is extensively cultivated in the south of Europe, and in Devonshire, on walls with a south aspect, it bears an abundance of fruit. So great is the increase in the demand for the orange, and so ample the supply, that it promises to rival the apple in its popularity. The orange-tree is considered young at the age of a hundred years. The pulp of the orange consists of a collection of oblong vesicles filled with a sugary and refreshing juice. The orange blossom is proverbially chosen for the bridal wreath, and, from the same flower, an essential oil is extracted hardly less esteemed than the celebrated ottar of roses. Of all marmalades, that made from the Seville orange is the best. The peel and juice of the orange are much used in culinary preparations. From oranges are made preserves, comfitures, jellies, glacés, sherbet, liqueurs, and syrups. The juice of the orange in a glass *d'eau sucrée* makes a refreshing and wholesome drink. From the clarified pulp of the orange the French make a delicious jelly, which they serve in small pots, and call *crême*. The rasped peel of the orange is used in several sweet *entremets*, to which it communicates its perfume. The confectioner manufactures a variety of dainties from all parts of the orange. Confections of orange-peel are excellent tonics and stomachics. Persons with delicate stomachs should abstain from oranges at dessert, because their acidity is likely to derange the digestive organs.

橙子在欧洲南部广泛种植，在德文郡朝南的墙面上也能结出丰硕的果实。橙子的需求量增长如此之大，供应又如此充足，大有与苹果争锋之势。橙树在百岁之时仍被视为幼树。橙子的果肉由一簇簇充满甘甜清爽汁液的长圆形囊泡组成。橙花历来被选作新娘花环，从同一花朵中提取的精油，其珍贵程度几乎不亚于著名的玫瑰精油。在所有果酱中，以塞维利亚橙制成的为最佳。橙皮和橙汁在烹饪中用途广泛。橙子可制成蜜饯、糖渍果品、果冻、糖衣果品、冰糕、利口酒和糖浆。橙汁加一杯加糖水，制成一种清爽有益的饮品。法国人用澄清的橙肉制成美味的果冻，盛在小罐中，称之为奶油冻。磨碎的橙皮用于多种甜味间菜中，赋予其香气。糖果商利用橙子的各个部分制作各种精美甜食。橙皮蜜饯是极佳的补品和健胃品。肠胃娇弱的人餐后甜点时应避免食用橙子，因为其酸性可能扰乱消化器官。

SMALL DISHES OF PASTRY FOR ENTREMETS, SUPPER-DISHES, &c.

供餐末甜点、晚餐菜肴用的小份糕点，
等等。

FANCHONNETTES, or CUSTARD TARTLETS.

凡雄内特，或称蛋奶挞。

1315. INGREDIENTS.—For the custard, 4 eggs, 3/4 pint of milk, 2 oz. of butter, 2 oz. of pounded sugar, 3 dessertspoonfuls of flour,

1315. 配料。--蛋奶糊用：4个鸡蛋，3/4 pint牛奶，2 oz.黄油，2 oz.捣碎的糖，3 dessertspoonfuls面粉，

flavouring to taste; the whites of 2 eggs, 2 oz. of pounded sugar.

Mode.—Well beat the eggs; stir to them the milk, the butter, which should be beaten to a cream, the sugar, and flour; mix these ingredients well together, put them into a very clean saucepan, and bring them to the simmering point, but do not allow them to boil. Flavour with essence of vanilla, bitter almonds, lemon, grated chocolate, or any flavouring ingredient that may be preferred. Line some round tartlet-pans with good puff-paste; fill them with the custard, and bake in a moderate oven for about 20 minutes; then take them out of the pans; let them cool, and in the mean time whisk the whites of the eggs to a stiff froth; stir into this the pounded sugar, and spread smoothly over the tartlets a little of this mixture. Put them in the oven again to set the icing, but be particular that they do not scorch: when the icing looks crisp, they are done. Arrange them, piled high in the centre, on a white napkin, and garnish the dish, and in between the tartlets, with strips of bright jelly, or very firmly-made preserve.

Time.—20 minutes to bake the tartlets; 5 minutes after being iced.

Average cost, exclusive of the paste, 1s.

Sufficient to fill 10 or 12 tartlets.

Seasonable at any time.

Note.—The icing may be omitted on the top of the tartlets, and a spoonful of any kind of preserve put at the bottom of the custard instead: this varies both the flavour and appearance of this dish.

ALMOND FLOWERS.

调味料适量；2个鸡蛋的蛋白，2盎司糖粉。

模式。- 将鸡蛋打散；加入牛奶、黄油(应搅打至奶油状)、糖和面粉，搅拌均匀；将所有配料充分混合，放入非常干净的炖锅中，加热至微沸状态，但不要让其沸腾。用香草精、苦杏仁、柠檬、磨碎的巧克力或任何喜欢的调味配料调味。用优质千层酥皮铺在几个圆形小馅饼模具中；填入蛋奶糊，在中等温度的烤箱中烘烤约20分钟；然后从模具中取出；让其冷却，同时将蛋清搅打至硬性发泡；拌入糖粉，将少量此混合物均匀涂抹在小馅饼上。再次放入烤箱使糖霜定型，但注意不要烤焦：当糖霜看起来酥脆时，即已烤好。将它们高高堆叠在白色餐巾中央，用亮色果冻条或制作得非常紧实的果酱装饰盘子和馅饼之间。

时间。- 烤制小馅饼需20分钟；加糖霜后再烤5分钟。

平均成本，不含酱料，为1先令。

足量可填充10或12个小馅饼。

时令任何时候皆宜。

注。--小馅饼顶部可省略糖霜，而在蛋奶糊底部放一勺任何种类的蜜饯：这会改变此菜的风味和外观。

杏仁花

1316. INGREDIENTS.—Puff-paste No. 1205; to every 1/2 lb. of paste allow 3 oz. of almonds, sifted sugar, the white of an egg.

Mode.—Roll the paste out to the thickness of 1/4 inch, and, with a round fluted cutter, stamp out as many pieces as may be required. Work the paste up again, roll it out, and, with a smaller cutter, stamp out some pieces the size of a shilling. Brush the larger pieces over with the white of an egg, and place one of the smaller pieces on each. Blanch and cut the almonds into strips lengthwise; press them slanting into the paste closely round the rings; and when they are all completed, sift over some pounded sugar, and bake for about 1/4 hour or 20 minutes. Garnish between the almonds with strips of apple jelly, and place in the centre of the ring a small quantity of strawberry jam; pile them high on the dish, and serve.

Time.—1/4 hour or 20 minutes.

Sufficient.—18 or 20 for a dish.

Seasonable at any time.

FLUTED ROLLS.

1317. INGREDIENTS.—Puff-paste, the white of an egg, sifted sugar, jelly or preserve.

Mode.—Make some good puff-paste by recipe No. 1205 (trimmings answer very well for little dishes of this sort); roll it out to the thickness of 1/4 inch, and, with a round fluted paste-cutter, stamp out as many round pieces as may be required; brush over the upper side with the white of an egg; roll up the pieces, pressing the paste lightly together where it joins; place the rolls on

1316. 配料。--酥皮面团第1205号；每1/2 lb.面团配3 oz.杏仁，筛过的糖，一个鸡蛋的蛋白。

模式。- 将面团擀至1/4英寸厚，用圆形花边切模切出所需数量的圆片。将面团重新揉合，擀开，用较小的切模切出一些先令硬币大小的圆片。在大圆片上刷上蛋清，每个上面放一个小圆片。将杏仁去皮，纵向切成条状；将其斜向压入面团中，紧贴圆环周围；全部完成后，撒上一些糖粉，烘烤约1/4小时或20分钟。在杏仁之间用苹果果冻条装饰，在圆环中央放少量草莓果酱；将它们高高堆叠在盘中，即可上桌。

时间。--1/4小时或20分钟。

足量。--一道菜用18或20个。

时令任何时候皆宜。

凹槽卷

1317. 配料。--酥皮面团，一个鸡蛋的蛋白，筛过的糖，果冻或蜜饯。

做法。--按第1205号食谱制作好的酥皮面团(边角料很适合这类小碟)；擀至1/4英寸厚，用圆形带槽的切面刀切出所需数量的圆片；在上表面刷上蛋白；将圆片卷起，在接合处轻轻压合；将卷放在

a baking-sheet, and bake for about 1/4 hour. A few minutes before they are done, brush them over with the white of an egg; strew over sifted sugar, put them back in the oven; and when the icing is firm and of a pale brown colour, they are done. Place a strip of jelly or preserve across each roll, dish them high on a napkin, and serve cold.

烤盘上，烘约1/4小时。烤好前几分钟，刷上蛋白；撒上筛过的糖，放回烤箱；当糖霜变硬呈浅棕色时即已烤好。在每个卷上放一条果冻或蜜饯，高高摆放在餐巾上，冷食。

Time.—1/4 hour before being iced; 5 to 10 minutes after.

时间。- 冰镇前1/4小时；冰镇后5至10分钟。

Average cost, 1s. 3d.

平均费用,1先令3便士。

Sufficient.—1/2 lb. of puff-paste for 2 dishes.

充足。--两盘用1/2 lb.千层酥皮。

Seasonable at any time.

时令任何时候皆宜。

PASTRY SANDWICHES.

糕点三明治。

1318. INGREDIENTS.—Puff-paste, jam of any kind, the white of an egg, sifted sugar.

1318. 配料。--酥皮面团，任何种类的果酱，一个鸡蛋的蛋白，筛过的糖。

Mode.—Roll the paste out thin; put half of it on a baking-sheet or tin, and spread equally over it apricot, greengage, or any preserve that may be preferred. Lay over this preserve another thin paste; press the edges together all round; and mark the paste in lines with a knife on the surface, to show where to cut it when baked. Bake from 20 minutes to 1/2 hour; and, a short time before being done, take the pastry out of the oven, brush it over with the white of an egg, sift over pounded sugar, and put it back in the oven to colour. When cold, cut it into strips; pile these on a dish pyramidically, and serve. These strips, cut about 2 inches long, piled in circular rows, and a plateful of flavoured whipped cream poured in the middle, make a very pretty dish.

模式。- 将面团擀薄；取一半放在烤盘或烤 tin 上，均匀涂抹杏子酱、青梅酱或任何喜欢的果酱。在果酱上再铺一层薄面团；将四周边缘捏紧；用刀在表面划出线条，以标示烘烤后切割的位置。烘烤20分钟至1/2小时；在快烤好前，将糕点从烤箱中取出，刷上蛋清，撒上糖粉，放回烤箱上色。冷却后，切成长条；将这些长条金字塔形堆叠在盘中，即可上桌。这些长条约2英寸长，以圆形排列堆叠，中间倒入一盘调味打发奶油，即成一道非常漂亮的菜肴。

Time.—20 minutes to 1 hour. *Average cost*, with 1/2 lb. of paste, 1s.

Sufficient.—1/2 lb. of paste will make 2 dishes of sandwiches.

Seasonable at any time.

PETITES BOUCHEES.

1319. INGREDIENTS.—6 oz. of sweet almonds, 1/4 lb. of sifted sugar, the rind of 1/2 lemon, the white of 1 egg, puff-paste.

Mode.—Blanch the almonds, and chop them fine; rub the sugar on the lemon-rind, and pound it in a mortar; mix this with the almonds and the white of the egg. Roll some puff-paste out; cut it in any shape that may be preferred, such as diamonds, rings, ovals, &c., and spread the above mixture over the paste. Bake the bouchées in an oven, not too hot, and serve cold.

Time.—1/4 hour, or rather more. *Average cost*, 1s.

Sufficient for 1/2 lb. of puff-paste. *Seasonable* at any time.

POLISH TARTLETS.

1320. INGREDIENTS.—Puff-paste, the white of an egg, pounded sugar.

Mode.—Roll some good puff-paste out thin, and cut it into 2-1/2-inch squares; brush each square over with the white of an egg, then fold down the corners, so that they all meet in the middle of each piece of paste; slightly press the two pieces together, brush them over with the egg, sift over sugar, and bake in a nice quick oven for about 1/4 hour. When they are done, make a little hole

时间。--20分钟至1小时。平均成本，用1/2 lb.面团，

1秒。

足够。--1/2 lb.面团可做2碟三明治。时令随时皆宜。

小点心

1319.配料。--6 oz.甜杏仁，1/4 lb.筛过的糖，1/2个柠檬的皮，1个鸡蛋的蛋白，千层酥皮。

做法。--将杏仁烫去外皮，切碎；用柠檬皮擦糖，再放入研钵中捣碎；将此与杏仁和蛋白混合。将一些千层酥皮擀开；切成任意喜欢的形状，如菱形、环形、椭圆形等，并将上述混合物涂抹在酥皮上。将小酥盒放入不太热的烤箱中烘烤，冷食上桌。时间。--1/4小时，或稍多。平均成本,1s.

足够用于1/2 lb.千层酥皮。时令任何时候皆宜。

波兰小馅饼。

1320. 配料--酥皮、一个鸡蛋的蛋白、糖粉。

做法。--将一些优质千层酥皮擀薄，切成2-1/2英寸见方的方块；每块刷上蛋白，然后将四角折下，使它们在每块酥皮中央汇合；将两片轻轻压在一起，刷上蛋液，撒上糖，放入良好而快速的烤箱中烘烤约1/4小时。烤好后，在酥皮中间挖一个小孔，

in the middle of the paste, and fill it up with apricot jam, marmalade, or red-currant jelly. Pile them high in the centre of a dish, on a napkin, and garnish with the same preserve the tartlets are filled with.

填入杏子果酱、柑橘酱或红醋栗果冻。将它们高高堆在盘中央的餐巾上，并用与填充小馅饼相同的果酱装饰。

Time.—1/4 hour or 20 minutes.

时间。--1/4小时或20分钟。

Average cost, with 1/2 lb. of puff-paste, 1s.

平均成本，加1/2磅酥皮，1先令。

Sufficient for 2 dishes of pastry.

足量可做2盘糕点。

Seasonable at any time.

时令任何时候皆宜。

Note.—It should be borne in mind, that, for all dishes of small pastry, such as the preceding, trimmings of puff-pasty, left from larger tarts, answer as well as making the paste expressly.

注。--应当记住，对于所有上述这类小糕点菜肴，做大馅饼剩下的千层酥皮边角料，与专门制作酥皮同样适用。

PUITS d'AMOUR, or PUFF-PASTE RINGS.

皮蒂达穆尔，或称泡芙酥环。

1321. INGREDIENTS.—Puff-paste No. 1205, the white of an egg, sifted loaf sugar.

1321. 配料--第1205号千层酥皮，一个鸡蛋的蛋白，筛过的块状糖。

Mode.—Make some good puff-paste by recipe No. 1205; roll it out to the thickness of about 1/4 inch, and, with a round fluted paste-cutter, stamp out as many pieces as may be required; then work the paste up again, and roll it out to the same thickness, and with a smaller cutter, stamp out sufficient pieces to correspond with the larger ones. Again stamp out the centre of these smaller rings; brush over the others with the white of an egg, place a small ring on the top of every large circular piece of paste, egg over the tops, and bake from 15 to 20 minutes. Sift over sugar, put them back in the oven to colour them; then fill the rings with preserve of any bright colour. Dish them high on a napkin, and serve. So many pretty dishes of pastry may be made by stamping puff-paste out

模式。- 按第1205号食谱制作优质千层酥皮；擀至约1/4英寸厚，用圆形花边糕点切模切出所需数量的圆片；然后将面团重新揉合，擀至同样厚度，用较小的切模切出与大片相对应数量的小片。再次切出这些小圆环的中心；在其他圆片上刷上蛋清，在每个大圆片面团上放一个小圆环，顶部刷蛋液，烘烤15至20分钟。撒上糖，放回烤箱上色；然后在圆环中填入任何亮色的果酱。将它们高高堆叠在餐巾上，即可上桌。通过切出千层酥皮，可以制作出许多精美的糕点菜肴

with fancy cutters, and filling the pieces, when baked, with jelly or preserve, that our space will not allow us to give a separate recipe for each of them; but, as they are all made from one paste, and only the shape and garnishing varied, perhaps it is not necessary, and by exercising a little ingenuity, variety may always be obtained. Half-moons, leaves, diamonds, stars, shamrocks, rings, etc., are the most appropriate shapes for fancy pastry.

用花式切模切出，烤好后填入果冻或果酱，因篇幅所限，我们无法为每一种单独给出食谱；但由于它们都由同一种酥皮制成，只是形状和装饰不同，或许并无必要，而且只要稍加巧思，总能获得变化。半月形、叶片形、菱形、星形、三叶草形、环形等，是花式糕点最适宜的形状。

Time.—15 to 25 minutes.

时间。--15至25分钟。

Average cost, with 1/2 lb. of paste, 1s.

平均成本，用1/2磅的面团，1先令。

Sufficient for 2 dishes of pastry.

足量可做2盘糕点。

Seasonable at any time.

时令任何时候皆宜。

PARADISE PUDDING.

天堂布丁

1322. INGREDIENTS.—3 eggs, 3 apples, 1/4 lb. of bread crumbs, 3 oz. of sugar, 3 oz. of currants, salt and grated nutmeg to taste, the rind of 1/2 lemon, 1/2 wineglassful of brandy.

1322.配料。--3个鸡蛋，3个苹果，1/4 lb.面包屑，3 oz.糖，3 oz.醋栗，盐和磨碎的肉豆蔻适量，1/2个柠檬的皮，1/2酒杯白兰地。

Mode.—Pare, core, and mince the apples into small pieces, and mix them with the other dry ingredients; beat up the eggs, moisten the mixture with these, and beat it well; stir in the brandy, and put the pudding into a buttered mould; tie it down with a cloth, boil for 1-1/2 hour, and serve with sweet sauce.

做法。--将苹果削皮、去核，切成小块，与其他干性配料混合；将鸡蛋打散，用其润湿混合物并充分搅打；拌入白兰地，将布丁放入涂了黄油的模具中；用布扎紧，煮1-1/2小时，配甜酱汁上桌。

Time.—1-1/2 hour. *Average cost*, 1s.

时间。--1-1/2小时。平均成本,1先令。

Sufficient for 4 or 5 persons.

足量供4或5人食用。

PEASE PUDDING.

豌豆布丁

1323. INGREDIENTS.—1-1/2 pint of split peas, 2 oz. of butter, 2 eggs, pepper and salt to taste.

Mode.—Put the peas to soak over-night, in rain-water, and float off any that are wormeaten or discoloured. Tie them loosely in a clean cloth, leaving a little room for them to swell, and put them on to boil in cold rain-water, allowing 2-1/2 hours after the water has simmered up. When the peas are tender, take them up and drain; rub them through a colander with a wooden spoon; add the butter, eggs, pepper, and salt; beat all well together for a few minutes, until the ingredients are well incorporated; then tie them tightly in a floured cloth; boil the pudding for another hour, turn it on to the dish, and serve very hot. This pudding should always be sent to table with boiled leg of pork, and is an exceedingly nice accompaniment to boiled beef.

Time.—2-1/2 hours to boil the peas, tied loosely in the cloth; 1 hour for the pudding.

Average cost, 6d.

Sufficient for 7 or 8 persons.

Seasonable from September to March.

BAKED PLUM-PUDDING.

1324. INGREDIENTS.—2 lbs. of flour, 1 lb. of currants, 1 lb. of raisins, 1 lb. of suet, 2 eggs, 1 pint of milk, a few slices of candied peel.

Mode.—Chop the suet finely; mix with it the flour, currants, stoned raisins, and candied peel; moisten with the well-beaten

1323.配料。--1-1/2品脱劈开的豌豆，2 oz.黄油，2个鸡蛋，胡椒和盐适量。

模式。- 将豌豆在雨水中浸泡一夜，撇去任何虫蛀或变色的豌豆。将它们松散地系在干净的布中，留出一点膨胀的空间，放入冷雨水中煮，水微沸后煮2-1/2小时。当豌豆变软时，捞出沥干；用木勺通过滤器擦成泥；加入黄油、鸡蛋、胡椒和盐；充分搅打几分钟，直到配料充分融合；然后将其紧紧系在撒了面粉的布中；将布丁再煮一小时，翻扣到盘中，趁热上桌。此布丁应始终与煮猪腿一起上桌，是煮牛肉的绝佳配菜。

时间。--将豌豆松散地扎在布中煮2-1/2小时；布丁煮1小时。

平均成本，6便士。

足量供7至8人食用。

时令九月至三月。

烤李子布丁。

1324.配料。--2 lbs.面粉，1 lb.醋栗，1 lb.葡萄干，1 lb.板油，2个鸡蛋，1品脱牛奶，几片糖渍果皮。

做法。--将板油切碎；与面粉、醋栗、去核葡萄干和糖渍果皮混合；用充分打散的

eggs, and add sufficient milk to make the pudding of the consistency of very thick batter. Put it into a buttered dish, and bake in a good oven from 2-1/4 to 2-1/2 hours; turn it out, strew sifted sugar over, and serve. For a very plain pudding, use only half the quantity of fruit, omit the eggs, and substitute milk or water for them. The above ingredients make a large family pudding; for a small one, half the quantity would be found ample; but it must be baked quite 1-1/2 hour.

鸡蛋润湿，并加入足够的牛奶，使布丁达到很稠的面糊稠度。将其放入涂了黄油的盘中，在良好的烤箱中烘烤2-1/4至2-1/2小时；倒出，撒上筛过的糖，上桌。若要做非常朴素的布丁，只用一半量的水果，省略鸡蛋，以牛奶或水代替。上述配料可做一个大家庭份的布丁；做小份的，一半量即足够；但必须烘烤整整1-1/2小时。

Time.—Large pudding, 2-1/4 to 2-1/2 hours; half the size, 1-1/2 hour.

时间。--大布丁，2-1/4至2-1/2小时；半量，1-1/2小时。

Average cost, 2s. 6d.

平均费用,2先令6便士。

Sufficient for 9 or 10 persons.

足量供9或10人食用。

Seasonable in winter.

时令冬季。

[Illustration: RAISIN-GRAPE.]

[插图：葡萄干]

RAISIN GRAPE.—All the kinds of raisins have much the same virtues; they are nutritive and balsamic, but they are very subject to fermentation with juices of any kind; and hence, when eaten immoderately, they often bring on colics. There are many varieties of grape used for raisins; the fruit of Valencia is that mostly dried for culinary purposes, whilst most of the table kinds are grown in Malaga, and called Muscatels. The finest of all table raisins come from Provence or Italy; the most esteemed of all are those of Roquevaire; they are very large and very sweet. This sort is rarely eaten by any but the most wealthy. The dried Malaga, or Muscatel raisins, which come to this country packed in small boxes, and nicely preserved in bunches, are variable in their quality, but mostly of a rich flavour, when new, juicy, and of a deep purple

葡萄干--所有种类的葡萄干都具有大致相同的功效；它们富有营养且具有香脂作用，但极易与任何种类的果汁一起发酵；因此，过量食用时常常引起腹痛。用于制作葡萄干的葡萄有许多品种；巴伦西亚的果实大多晒干用于烹饪，而大多数餐用品种产于马拉加，称为马斯喀特葡萄干。最上等的餐用葡萄干来自普罗旺斯或意大利；其中最受推崇的是罗克韦尔葡萄干；它们非常大且非常甜。这种葡萄干除了最富有的人之外很少有人食用。干燥的马拉加或马斯喀特葡萄干，以装在小盒中、整齐地保存在成串中的形式运抵我国，其品质参差不齐，但大多数在新鲜、多汁且呈深紫色时具有浓郁的风味

hue.

AN EXCELLENT PLUM-PUDDING, made without Eggs.

1325. INGREDIENTS.—1/2 lb. of flour, 6 oz. of raisins, 6 oz. of currants, 1/4 lb. of chopped suet, 1/4 lb. of brown sugar, 1/4 lb. of mashed carrot, 1/4 lb. of mashed potatoes, 1 tablespoonful of treacle, 1 oz. of candied lemon-peel, 1 oz. of candied citron.

Mode.—Mix the flour, currants, suet, and sugar well together; have ready the above proportions of mashed carrot and potato, which stir into the other ingredients; add the treacle and lemon-peel; but put no liquid in the mixture, or it will be spoiled. Tie it loosely in a cloth, or, if put in a basin, do not quite fill it, as the pudding should have room to swell, and boil it for 4 hours. Serve with brandy-sauce. This pudding is better for being mixed over-night.

Time.—4 hours.

Average cost, 1s. 6d.

Sufficient for 6 or 7 persons.

Seasonable in winter.

AN UNRIVALLED PLUM-PUDDING.

1326. INGREDIENTS.—1-1/2 lb. of muscatel raisins, 1-3/4 lb. of currants, 1 lb. of sultana raisins, 2 lbs. of the finest moist sugar, 2 lbs. of bread crumbs, 16 eggs, 2 lbs. of finely-chopped suet, 6 oz. of mixed candied peel, the rind of 2 lemons, 1 oz. of ground nutmeg, 1 oz. of ground cinnamon, 1/2 oz. of pounded bitter almonds, 1/4 pint of brandy.

色相。

一款不用鸡蛋的优质葡萄干布丁。

1325.配料。--1/2 lb.面粉，6 oz.葡萄干，6 oz.醋栗，1/4 lb.切碎的板油，1/4 lb.红糖，1/4 lb.捣碎的胡萝卜，1/4 lb.捣碎的土豆，1汤匙糖蜜，1 oz.糖渍柠檬皮，1 oz.糖渍香橼。

做法。--将面粉、醋栗、板油和糖充分混合；准备好上述比例的捣碎胡萝卜和土豆，拌入其他配料中；加入糖蜜和柠檬皮；但混合物中不要加任何液体，否则会毁掉。将其松散地扎在布中，或放入盆中但不要装满，因为布丁需要空间膨胀，煮4小时。配白兰地酱汁上桌。此布丁提前一夜拌好更佳。

时间。--4小时。

平均费用,1先令6便士。

足量供6或7人食用。

时令冬季。

无与伦比的葡萄干布丁。

1326.配料。--1-1/2 lb.麝香葡萄干，1-3/4 lb.醋栗，1 lb.苏丹娜葡萄干，2 lbs.最优质的湿润糖，2 lbs.面包屑，16个鸡蛋，2 lbs.切碎的板油，6 oz.混合糖渍果皮，2个柠檬的皮，1 oz.磨碎的肉豆蔻，1 oz.磨碎的肉桂，1/2 oz.捣碎的苦杏仁，1/4品脱白兰地。

Mode.—Stone and cut up the raisins, but do not chop them; wash and dry the currants, and cut the candied peel into thin slices. Mix all the dry ingredients well together, and moisten with the eggs, which should be well beaten and strained, to the pudding; stir in the brandy, and, when all is thoroughly mixed, well butter and flour a stout new pudding-cloth; put in the pudding, tie it down very tightly and closely, boil from 6 to 8 hours, and serve with brandy-sauce. A few sweet almonds, blanched and cut in strips, and stuck on the pudding, ornament it prettily. This quantity may be divided and boiled in buttered moulds. For small families this is the most desirable way, as the above will be found to make a pudding of rather large dimensions.

做法。--将葡萄干去核并切碎，但不要剁碎；将加仑子洗净并晾干，将糖渍果皮切成薄片。将所有干性配料充分混合，用鸡蛋使其湿润，鸡蛋应充分打散并过滤后加入布丁中；搅入白兰地，待所有材料彻底混合后，将一块结实的新布丁布涂上黄油并撒上面粉；放入布丁，将其非常紧密地扎紧，煮6至8小时，配白兰地酱汁食用。几颗甜杏仁，去皮切成条状，贴在布丁上，可将其装饰得很美观。此分量可分份放入涂了黄油的模具中煮制。对于小家庭来说，这是最可取的方法，因为上述分量会做成一个相当大的布丁。

Time.—6 to 8 hours. *Average cost*, 7s. 6d.

时间。--6至8小时。平均费用,7先令6便士。

Seasonable in winter. *Sufficient* for 12 or 14 persons.

时令冬季。足量供12或14人。

Note.—The muscatel raisins can be purchased at a cheap rate loose (not in bunches): they are then scarcely higher in price than the ordinary raisins, and impart a much richer flavour to the pudding.

注。--麝香葡萄干可以散装(不按串)廉价购得：这样其价格几乎不比普通葡萄干高，却能为布丁增添远为浓郁的风味。

[Illustration: SULTANA GRAPE.]

[插图：苏丹娜葡萄。]

SULTANA GRAPE.—We have elsewhere stated that the small black grape grown in Corinth and the Ionian Isles is, when dried, the common currant of the grocers' shops; the white or yellow grape, grown in the same places, is somewhat larger than the black variety, and is that which produces the Sultana raisin. It has been called Sultana from its delicate qualities and unique growth: the finest are those of Smyrna. They have not sufficient flavour and sugary properties to serve alone for puddings and cakes, but

苏丹娜葡萄。--我们已在别处说明，生长于科林斯和爱奥尼亚群岛的小黑葡萄，干燥后即为杂货店常见的加仑子；同一产地生长的白葡萄或黄葡萄，比黑葡萄品种稍大，正是产生苏丹娜葡萄干的那种。它被称为苏丹娜，是因其品质细腻、生长独特：最上乘的产自士麦那。它们的风味和含糖特性不足以单独用于布丁和蛋糕，但

they are peculiarly valuable for mixing, that is to say, for introducing in company with the richer sorts of Valencias or Muscatels. In white puddings, or cakes, too, where the whiteness must be preserved, the Sultana raisin should be used. But the greatest value of this fruit in the *cuisine* is that of its saving labour; for it has no stones. Half Muscatels and half Sultanas are an admirable mixture for general purposes.

它们特别适合用于混合，也就是说，与较浓郁的瓦伦西亚或马斯喀特葡萄干一同加入。在白布丁或蛋糕中，若须保持白色，则应使用苏丹娜葡萄干。但这种水果在烹饪中的最大价值在于省工，因为它没有籽。一半马斯喀特、一半苏丹娜，是适用于一般用途的绝佳混合。

A PLAIN CHRISTMAS PUDDING FOR CHILDREN.

一款适合儿童的简易圣诞布丁。

1327. INGREDIENTS.—1 lb. of flour, 1 lb. of bread crumbs, 3/4 lb. of stoned raisins, 3/4 lb. of currants, 3/4 lb. of suet, 3 or 4 eggs, milk, 2 oz. of candied peel, 1 teaspoonful of powdered allspice, 1/2 saltspoonful of salt.

1327. 配料。--1 lb.面粉，1 lb.面包屑，3/4 lb.去籽葡萄干，3/4 lb.加仑子，3/4 lb.板油，3或4个鸡蛋，牛奶，2 oz.糖渍果皮，1茶匙多香果粉，1/2盐匙盐。

Mode.—Let the suet be finely chopped, the raisins stoned, and the currants well washed, picked, and dried. Mix these with the other dry ingredients, and stir all well together; beat and strain the eggs to the pudding, stir these in, and add just sufficient milk to make it mix properly. Tie it up in a well-floured cloth, put it into boiling water, and boil for at least 5 hours. Serve with a sprig of holly placed in the middle of the pudding, and a little pounded sugar sprinkled over it.

做法。--将板油细切，葡萄干去核，加仑子充分洗净、拣选并晾干。将这些与其他干性配料混合，充分搅拌均匀；将鸡蛋打散并过滤后加入布丁中，搅入，再加入刚好足够的牛奶使其适当混合。将其扎在一块撒了面粉的布中，放入沸水，至少煮5小时。食用时在布丁中央放一小枝冬青，并撒上少许研碎的糖。

Time.—5 hours. *Average cost*, 1s. 9d.

时间。- 5小时。平均费用,1先令9便士。

Sufficient for 9 or 10 children. *Seasonable* at Christmas.

足够9或10个孩子食用。圣诞节时令。

RAISINS.—Raisins are grapes, prepared by suffering them to remain on the vine until they are perfectly ripe, and then drying them in the sun or by the heat of an oven. The sun-dried grapes are sweet, the oven-dried of an acid flavour. The common way of

葡萄干。--葡萄干是葡萄留在藤上直至完全成熟，然后在阳光下或利用烤炉的热量干燥制成的。晒干的葡萄甜，烤炉烘干的带酸味。制作葡萄干的普通方法是

drying grapes for raisins is to tie two or three bunches of them together, whilst yet on the vine, and dip them into a hot lixivium of wood-ashes mixed with a little of the oil of olives: this disposes them to shrink and wrinkle, after which they are left on the vine three or four days, separated, on sticks in a horizontal situation, and then dried in the sun at leisure, after being cut from the tree.

将两三串葡萄在仍挂在藤上时系在一起，浸入热的木灰碱液(掺有少许橄榄油)中：这会使它们收缩起皱，然后分开留在藤上三四天，横放在枝条上，随后从树上剪下，从容地在阳光下晒干。

CHRISTMAS PLUM-PUDDING.

圣诞李子布丁。

(*Very Good.*)

(很好。)

1328. INGREDIENTS.—1-1/2 lb. of raisins, 1/2 lb. of currants, 1/2 lb. of mixed peel, 3/4 lb. of bread crumbs, 3/4 lb. of suet, 8 eggs, 1 wineglassful of brandy.

1328. 配料。--1-1/2 lb.葡萄干，1/2 lb.加仑子，1/2 lb.混合果皮，3/4 lb.面包屑，3/4 lb.板油，8个鸡蛋，1酒杯白兰地。

[Illustration: CHRISTMAS PLUM-PUDDING IN MOULD.]

[插图：模制圣诞李子布丁。]

Mode.—Stone and cut the raisins in halves, but do not chop them; wash, pick, and dry the currants, and mince the suet finely; cut the candied peel into thin slices, and grate down the bread into fine crumbs. When all these dry ingredients are prepared, mix them well together; then moisten the mixture with the eggs, which should be well beaten, and the brandy; stir well, that everything may be very thoroughly blended, and *press* the pudding into a buttered mould; tie it down tightly with a floured cloth, and boil for 5 or 6 hours. It may be boiled in a cloth without a mould, and will require the same time allowed for cooking. As Christmas puddings are usually made a few days before they are required for table, when the pudding is taken out of the pot, hang it up immediately, and put a plate or saucer underneath to catch the water that may drain from it. The day it is to be eaten, plunge it into boiling water, and keep it boiling for

做法。--将葡萄干去核并切成两半，但不要剁碎；将加仑子洗净、拣选并晾干，将板油细切；将糖渍果皮切成薄片，将面包擦成细屑。当所有这些干性配料准备好后，将它们充分混合；然后用鸡蛋使混合物湿润，鸡蛋应充分打散，并加入白兰地；充分搅拌，使所有材料非常彻底地混合，并将布丁压入涂了黄油的模具中；用撒了面粉的布紧紧扎住，煮5或6小时。也可以不用模具而用布煮制，所需烹煮时间相同。由于圣诞布丁通常在食用前几天制作，当布丁从锅中取出时，立即将其挂起，并在下面放一个盘子或碟子接住可能流出的水。食用当天，将其浸入沸水中，保持煮沸

at least 2 hours; then turn it out of the mould, and serve with brandy-sauce. On Christmas-day a sprig of holly is usually placed in the middle of the pudding, and about a wineglassful of brandy poured round it, which, at the moment of serving, is lighted, and the pudding thus brought to table encircled in flame.

至少2小时；然后从模具中倒出，配白兰地酱汁上桌。在圣诞节，通常会在布丁中央插一枝冬青，并在周围浇上约一酒杯白兰地，上桌时点燃，于是布丁便在火焰环绕中被端上餐桌。

Time.—5 or 6 hours the first time of boiling; 2 hours the day it is to be served.

时间。--第一次煮5或6小时；上桌当天煮2小时。

Average cost, 4s.

平均成本，4先令。

Sufficient for a quart mould for 7 or 8 persons.

足量供一夸脱容量的模具，可供7至8人食用。

Seasonable on the 25th of December, and on various festive occasions till March.

时令为12月25日，以及直至三月的各种节庆场合。

Note.—Five or six of these puddings should be made at one time, as they will keep good for many weeks, and in cases where unexpected guests arrive, will be found an acceptable, and, as it only requires warming through, a quickly-prepared dish. Moulds of every shape and size are manufactured for these puddings, and may be purchased of Messrs. R. & J. Slack, 336, Strand.

注。--一次应制作五六只这样的布丁，因为它们可以保存好几个星期，在有不速之客到来时，会是一道受欢迎且因只需热透而能迅速备好的菜肴。各种形状和大小的模具都是为这类布丁制造的，可向河岸街336号的R.& J.Slack先生商号购买。

BRANDY is the alcoholic or spirituous portion of wine, separated from the aqueous part, the colouring matter, &c., by distillation. The word is of German origin, and in its German form, *brantuein*, signifies burnt wine, or wine that has undergone the action of fire; brandies, so called, however, have been made from potatoes, carrots, beetroot, pears, and other vegetable substances; but they are all inferior to true brandy. Brandy is prepared in most wine countries, but that of France is the most esteemed. It is procured not only by distilling the wine itself, but also by fermenting and distilling the *marc*, or residue of the pressings of the grape. It is

白兰地是葡萄酒的酒精或烈性部分，通过蒸馏与水分、色素等分离。该词源自德语，其德语形式*brantuein*意为烧过的酒，即经过火作用的酒；然而，所谓的白兰地也可用马铃薯、胡萝卜、甜菜根、梨和其他植物物质制成；但它们都不如真正的白兰地。大多数葡萄酒产国都生产白兰地，但法国的白兰地最受推崇。它不仅通过蒸馏葡萄酒本身获得，还可通过发酵和蒸馏*marc*(即葡萄压榨后的残渣)获得。它

procured indifferently from red or white wine, and different wines yield very different proportions of it, the strongest, of course, giving the largest quantity. Brandy obtained from marc has a more acrid taste than that from wine. The celebrated brandy of Cognac, a town in the department of Charente, and that brought from Andraye, seem to owe their excellence from being made from white wine. Like other spirit, brandy is colourless when recently distilled; by mere keeping, however, owing, probably, to some change in the soluble matter contained in it, it acquires a slight colour, which is much increased by keeping in casks, and is made of the required intensity by the addition of burnt sugar or other colouring matter. What is called *British brandy* is not, in fact, brandy, which is the name, as we have said, of a spirit distilled from *wine;* but is a spirit made chiefly from malt spirit, with the addition of mineral acids and various flavouring ingredients, the exact composition being kept secret. It is distilled somewhat extensively in this country; real brandy scarcely at all. The brandies imported into England are chiefly from Bordeaux, Rochelle, and Cognac.

无论从红葡萄酒还是白葡萄酒中提取，不同葡萄酒所产的比例差异很大，最强的自然产量最大。从酒渣中获得的 brandy 比从葡萄酒中获得的更辛辣。著名的 Cognac 白兰地，产自 Charente 省的 Cognac 镇，以及从 Andraye 运来的白兰地，似乎因其由白葡萄酒制成而品质卓越。与其他烈酒一样，brandy 刚蒸馏出来时是无色的；然而，仅仅通过存放，可能是由于其中所含可溶性物质的某种变化，它会获得轻微的颜色，这种颜色在桶中存放时会大大增加，并通过添加焦糖或其他着色物质达到所需的强度。所谓的英国 *brandy*实际上并不是 brandy，正如我们所说，brandy 是从葡萄酒中蒸馏出的烈酒的名称；而是一种主要由麦芽烈酒制成，添加了矿物酸和各种调味配料的烈酒，其确切成分保密。它在这个国家有一定规模的蒸馏；真正的 brandy 几乎不蒸馏。进口到英格兰的 brandy 主要来自 Bordeaux、Rochelle 和 Cognac。

A POUND PLUM-PUDDING.

一磅李子布丁

1329. INGREDIENTS.—1 lb. of suet, 1 lb. of currants, 1 lb. of stoned raisins, 8 eggs, 1/2 grated nutmeg, 2 oz. of sliced candied peel, 1 teaspoonful of ground ginger, 1/2 lb. of bread crumbs, 1/2 lb. of flour, 1/2 pint of milk.

1329. 配料。--1 lb.板油，1 lb.加仑子，1 lb.去籽葡萄干，8个鸡蛋，1/2个磨碎的肉豆蔻，2 oz.切片糖渍果皮，1茶匙姜粉，1/2 lb.面包屑，1/2 lb.面粉，1/2 pint牛奶。

[Illustration: BAKED PUDDING OR CAKE-MOULD.]

[插图：烤布丁或蛋糕模具]

Mode.—Chop the suet finely; mix with it the dry ingredients; stir these well together, and add the well-beaten eggs and milk to

做法。--将板油细细剁碎；与干配料混合；充分搅拌，加入打匀的鸡蛋和牛奶使之

moisten with. Beat up the mixture well, and should the above proportion of milk not be found sufficient to make it of the proper consistency, a little more should be added. Press the pudding into a mould, tie it in a floured cloth, and boil for 5 hours, or rather longer, and serve with brandy-sauce.

湿润。将混合物充分搅打，若上述比例的牛奶不足以使其达到适当稠度，应再加少许。将布丁压入模具，用撒了面粉的布包好扎紧，煮5小时或更久，配白兰地酱汁上桌。

Time.—5 hours, or longer. *Average cost*, 3*s*.

时间。- 5小时或更长。平均成本,3先令。

Sufficient for 7 or 8 persons. *Seasonable* in winter.

足量供7至8人食用。时令冬季。

Note.—The above pudding may be baked instead of boiled; it should be put into a buttered mould or tin, and baked for about 2 hours; a smaller one would take about 1-1/4 hour.

注。--上述布丁可以烘烤代替水煮；应放入涂了黄油的模具或锡盘中，烘烤约2小时；较小的一个约需1-1/4小时。

CITRON.—The fruit of the citron-tree (*Citrus medica*) is acidulous, antiseptic, and antiscorbutic: it excites the appetite, and stops vomiting, and, like lemon-juice, has been greatly extolled in chronic rheumatism, gout, and scurvy. Mixed with cordials, it is used as an antidote to the *machineel poison*. The candied peel is prepared in the same manner as orange or lemon-peel; that is to say, the peel is boiled in water until quite soft, and then suspended in concentrated syrup (in the cold), after which it is either dried in a current of warm air, or in a stove, at a heat not exceeding 120° Fahrenheit. The syrup must be kept fully saturated with sugar by reboiling it once or twice during the process. It may be dusted with powdered lump sugar, if necessary. The citron is supposed to be the Median, Assyrian, or Persian apple of the Greeks. It is described by Risso as having a majestic appearance, its shining leaves and rosy flowers being succeeded by fruit whose beauty and size astonish the observer, whilst their odour gratifies his senses. In China there is an enormous variety, but the citron is cultivated in all orange-growing countries.

香橼--香橼树(*Citrus medica*)的果实味酸，具有防腐和抗坏血病的功效：它能增进食欲、止呕吐，并且像柠檬汁一样，在慢性风湿病、痛风和坏血病方面备受推崇。与兴奋剂混合，它被用作*machineel poison*的解毒剂。蜜饯果皮的做法与橙皮或柠檬皮相同；也就是说，将果皮在水中煮至十分柔软，然后浸入浓缩糖浆中(冷浸)，之后在暖气流中或在炉中干燥，温度不超过华氏120度。在此过程中须将糖浆重新煮沸一两次，使其始终充分饱和糖分。如有必要，可撒上块状砂糖粉。香橼被认为是希腊人所称的米底、亚述或波斯苹果。里索描述它外观庄严，其光亮的叶片和玫瑰色的花朵之后结出的果实，美丽与硕大令观者惊叹，而其香气则令感官愉悦。在中国有极为巨大的变种，但香橼在所有种植橙类的国家均有栽培。

PLUM-PUDDING OF FRESH FRUIT.

1330. INGREDIENTS.—3/4 lb. of suet crust No. 1-1/2 pint of Orleans or any other kind of plum, 1/4 lb. of moist sugar.

Mode.—Line a pudding-basin with suet crust rolled out to the thickness of about 1/2 inch; fill the basin with the fruit, put in the sugar, and cover with crust. Fold the edges over, and pinch them together, to prevent the juice escaping. Tie over a floured cloth, put the pudding into boiling water, and boil from 2 to 2-1/2 hours. Turn it out of the basin, and serve quickly.

Time.—2 to 2-1/2 hours.

Average cost, 10d.

Sufficient for 6 or 7 persons.

Seasonable, with various kinds of plums, from the beginning of August to the beginning of October.

[Illustration: PLUM.]

PLUMS.—Almost all the varieties of the cultivated plum are agreeable and refreshing: it is not a nourishing fruit, and if indulged in to excess, when unripe, is almost certain to cause diarrhoea and cholera. Weak and delicate persons had better abstain from plums altogether. The modes of preparing plums are as numerous as the varieties of the fruit. The objections raised against raw plums do not apply to the cooked fruit, which even the invalid may eat in moderation.

PLUM TART.

新鲜水果李子布丁

1330. 配料。--3/4 lb.板油酥皮第1号，1-1/2 pint奥尔良李或其他任何品种的李子，1/4 lb.湿糖。

做法。--用擀至约1/2英寸厚的板油酥皮铺在布丁盆内；将水果装满盆，放入糖，盖上酥皮。将边缘折起并捏合，以防汁液流出。用撒了面粉的布包好扎紧，将布丁放入沸水中，煮2至2-1/2小时。从盆中倒出，迅速上桌。

时间。--2至2.5小时。

平均成本,10便士。

足量供6或7人食用。

时令适宜，有各种李子，从八月初到十月初。

[插图：李子。]

李子。--几乎所有栽培李子的品种都可口清爽：它不是滋养性的水果，若在未成熟时过量食用，几乎必定引起腹泻和霍乱。体弱和娇弱的人最好完全不吃李子。李子的烹制方法之多，一如这种水果的品种。对生李子的那些反对意见不适用于煮熟的李子，即使病人也可适量食用。

李子挞

1331. INGREDIENTS.—1/2 lb. of good short crust No. 1211, 1-1/2 pint of plums, 1/4 lb. of moist sugar.

[Illustration: PLUM TART.]

Mode.—Line the edges of a deep tart-dish with crust made by recipe No. 1211; fill the dish with plums, and place a small cup or jar, upside down, in the midst of them. Put in the sugar, cover the pie with crust, ornament the edges, and bake in a good oven from 1/2 to 3/4 hour. When puff-crust is preferred to short crust, use that made by recipe No. 1206, and glaze the top by brushing it over with the white of an egg beaten to a stiff froth with a knife; sprinkle over a little sifted sugar, and put the pie in the oven to set the glaze.

Time.—1/2 to 3/4 hour. *Average cost,* 1s.

Sufficient for 5 or 6 persons.

Seasonable, with various kinds of plums, from the beginning of August to the beginning of October.

POTATO PASTY.

1332. INGREDIENTS.—1-1/2 lb. of rump-steak or mutton cutlets, pepper and salt to taste, 1/3 pint of weak broth or gravy, 1 oz. of butter, mashed potatoes.

[Illustration: POTATO-PASTY PAN.]

Mode.—Place the meat, cut in small pieces, at the bottom of the pan; season it with pepper and salt, and add the gravy and butter broken, into small pieces. Put on the perforated plate, with its valve-pipe screwed on, and fill up the whole space to the top of

1331. 配料。--1/2 lb.优质短酥皮第1211号，1-1/2 pint李子，1/4 lb.湿糖。

[插图：李子挞]

模式。--用食谱第1211号制作的酥皮铺在一个深馅饼盘的边缘；将李子装满盘中，并在李子中间倒扣一个小杯或小罐。放入糖，用酥皮盖住馅饼，装饰边缘，在良好的烤炉中烘烤1/2至3/4小时。若偏好千层酥皮而非短酥皮，则使用食谱第1206号制作的酥皮，并用刀将蛋清打至硬性发泡，刷在顶部上釉；撒上少许筛过的糖，将馅饼放入烤炉使釉面定型。

时间。--1/2至3/4小时。平均成本,1先令。

足量供5或6人食用。

时令适宜，有各种李子，从八月初到十月初。

土豆馅饼。

1332. 配料。--1-1/2 lb.牛臀肉排或羊排，适量胡椒和盐，1/3 pint淡肉汤或肉汁，1 oz.黄油，土豆泥。

[插图：土豆酥皮馅饼。]

做法。--将肉切成小块，放在锅底；用胡椒和盐调味，加入肉汁和掰成小块的黄油。放上带孔隔板，拧上其阀管，将整个空间直至

the tube with nicely-mashed potatoes mixed with a little milk, and finish the surface of them in any ornamental manner. If carefully baked, the potatoes will be covered with a delicate brown crust, retaining all the savoury steam rising from the meat. Send it to table as it comes from the oven, with a napkin folded round it.

Time.—40 to 60 minutes. *Average cost*, 2*s*.

Sufficient for 4 or 5 persons. *Seasonable* at any time.

POTATO PUDDING.

1333. INGREDIENTS.—1/2 lb. of mashed potatoes, 2 oz. of butter, 2 eggs, 1/4 pint of milk, 3 tablespoonfuls of sherry, 1/4 saltspoonful of salt, the juice and rind of 1 small lemon, 2 oz. of sugar.

Mode.—Boil sufficient potatoes to make 1/2 lb. when mashed; add to these the butter, eggs, milk, sherry, lemon-juice, and sugar; mince the lemon-peel very finely, and beat all the ingredients well together. Put the pudding into a buttered pie-dish, and bake for rather more than 1/2 hour. To enrich it, add a few pounded almonds, and increase the quantity of eggs and butter.

Time.—1/2 hour, or rather longer. *Average cost*, 8d.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

TO ICE OR GLAZE PASTRY.

1334. To glaze pastry, which is the usual method adopted for meat or raised pies, break an egg, separate the yolk from the white, and beat the former for a short time. Then, when the pastry

管顶填满拌有少许牛奶的精细土豆泥，并将表面做成任意美观的样式。若烘烤得当，土豆会覆上一层细腻的棕色脆皮，保住从肉上升起的全部香浓蒸汽。出炉后即衬着折叠的餐巾端上餐桌。

时间。--40至60分钟。平均成本,2先令。

足够供4或5人食用。时令任何时候皆宜。

土豆布丁。

1333. 配料。--1/2 lb.土豆泥，2 oz.黄油，2个鸡蛋，1/4 pint牛奶，3汤匙雪利酒，1/4盐匙盐，1个小柠檬的汁和皮，2 oz.糖。

做法。--煮足够的土豆，使捣成泥后为1/2 lb.；加入黄油、鸡蛋、牛奶、雪利酒、柠檬汁和糖；将柠檬皮切得极细，把所有配料充分搅打均匀。将布丁放入涂了黄油的馅饼盘，烘烤略多于1/2小时。若要更加丰盛，可加少许捣碎的杏仁，并增加鸡蛋和黄油的用量。

时间。--1/2小时，或稍长一些。平均成本，8便士。

足够供5或6人食用。时令任何时候皆宜。

给糕点挂糖霜或上釉

1334. 给糕点(这是肉馅饼或凸起馅饼通常采用的方法)上光，方法是打一个鸡蛋，将蛋黄与蛋白分开，把蛋黄稍加搅打。然后，当糕点

is nearly baked, take it out of the oven, brush it over with this beaten yolk of egg, and put it back in the oven to set the glaze.

1335. To ice pastry, which is the usual method adopted for fruit tarts and sweet dishes of pastry, put the white of an egg on a plate, and with the blade of a knife beat it to a stiff froth. When the pastry is nearly baked, brush it over with this, and sift over some pounded sugar; put it back into the oven to set the glaze, and, in a few minutes, it will be done. Great care should be taken that the paste does not catch or burn in the oven, which it is very liable to do after the icing is laid on.

Sufficient—Allow 1 egg and 1-1/8 oz. of sugar to glaze 3 tarts.

[Illustration: SUGAR CANES.]

SUGAR has been happily called "the honey of reeds." The sugar-cane appears to be originally a native of the East Indies. The Chinese have cultivated it for 2,000 years. The Egyptians, Phoenicians, and Jews knew nothing about it. The Greek physicians are the first who speak of it. It was not till the year 1471 that a Venetian discovered the method of purifying brown sugar and making loaf sugar. He gained an immense fortune by this discovery. Our supplies are now obtained from Barbadoes, Jamaica, Mauritius, Ceylon, the East and West Indies generally, and the United States; but the largest supplies come from Cuba. Sugar is divided into the following classes:—Refined sugar, white clayed, brown clayed, brown raw, and molasses. The sugarcane grows to the height of six, twelve, or even sometimes twenty feet. It is propagated from cuttings, requires much hoeing and weeding, giving employment to thousands upon thousands of slaves in the slave countries, and attains maturity in twelve or thirteen months.

快要烤好时，从炉中取出，用这打好的蛋黄刷遍表面，再放回炉中使光泽固定。

1335.给糕点挂糖霜，这是水果挞和甜味糕点菜肴常用的方法：将蛋清放在盘子上，用刀片打至硬性发泡。当糕点将近烤熟时，刷上蛋清，并筛上一些糖粉；放回烤炉使釉面定型，几分钟后即可完成。应格外小心，以免糕点在烤炉中焦糊或烧焦，挂上糖霜后极易发生这种情况。

足量--用1个鸡蛋和1-1/8 oz.糖可为3个果馅饼挂糖霜。

[插图：甘蔗。]

糖曾被亲切地称为“芦苇之蜜”。甘蔗似乎原产于东印度群岛。中国人种植甘蔗已有两千年之久。埃及人、腓尼基人和犹太人对它一无所知。最先提及它的是希腊医生。直到1471年，一位威尼斯人才发现了提纯红糖并制作块糖的方法。他因这一发现而获得了巨额财富。如今我们的糖供应来自巴巴多斯、牙买加、毛里求斯、锡兰、东印度群岛和西印度群岛各地以及美国；但最大的供应来自古巴。糖分为以下几类：精制糖、白泥糖、褐泥糖、粗红糖和糖蜜。甘蔗可长到六英尺、十二英尺，有时甚至二十英尺高。它由插条繁殖，需要大量锄草和除草，在蓄奴国家为成千上万的奴隶提供了工作，并在十二或十三个月内成熟。

When ripe, it is cut down close to the stole, the stems are divided into lengths of about three feet, which are made up into bundles, and carried to the mill, to be crushed between rollers. In the process of crushing, the juice runs down into a reservoir, from which, after a while, it is drawn through a siphon; that is to say, the clear fluid is taken from the scum. This fluid undergoes several processes of drying and refining; the methods varying in different manufactories. There are some large establishments engaged in sugar-refining in the neighbourhoods of Blackwall and Bethnal Green, London. The process is mostly in the hands of German workmen. Sugar is adulterated with fine sand and sawdust. Pure sugar is highly nutritious, adding to the fatty tissue of the body; but it is not easy of digestion.

成熟后，将其靠近根部砍下，茎秆被切成约三英尺长的段，捆扎成束，运到磨坊用滚筒压碎。在压碎过程中，汁液流入储液池，经过一段时间后，用虹吸管抽出；也就是说，清澈的液体从浮渣中分离出来。这种液体要经过多次干燥和精炼工序；不同工厂的方法各有差异。伦敦布莱克沃尔和贝思纳尔格林附近有一些从事制糖精炼的大型工厂。这一工序大多由德国工人操作。糖中掺有细沙和锯末。纯糖营养价值很高，能增加身体的脂肪组织；但不易消化。

BAKED RAISIN PUDDING.

烤葡萄干布丁。

(*Plain and Economical.*)

(朴素而经济。)

1336. INGREDIENTS.—1 lb. of flour, 3/4 lb. of stoned raisins, 1/2 lb. of suet, a pinch of salt, 1 oz. of sugar, a little grated nutmeg, milk.

1336. 配料。--1 lb.面粉，3/4 lb.去籽葡萄干，1/2 lb.板油，一撮盐，1 oz.糖，少许磨碎的肉豆蔻，牛奶。

Mode.—Chop the suet finely; stone the raisins and cut them in halves; mix these with the suet, add the salt, sugar, and grated nutmeg, and moisten the whole with sufficient milk to make it of the consistency of thick batter. Put the pudding into a buttered pie-dish, and bake for 1-1/2 hour, or rather longer. Turn it out of the dish, strew sifted sugar over, and serve. This is a very plain recipe, and suitable where there is a family of children. It, of course, can be much improved by the addition of candied peel, currants, and rather a larger proportion of suet: a few eggs would

做法。--将板油切碎；将葡萄干去核并切成两半；将其与板油混合，加入盐、糖和磨碎的肉豆蔻，用足量的牛奶将全部材料调湿，使其达到浓稠面糊的稠度。将布丁放入涂了黄油的馅饼盘中，烘烤1-1/2小时，或稍长一些。将其从盘中倒出，撒上筛过的糖，即可上桌。这是一份非常简单的食谱，适合有孩子的家庭。当然，可以通过加入蜜饯果皮、加仑子和更大比例的板油来大大改善；几个鸡蛋会

also make the pudding richer.

Time.—1-1/2 hour. *Average cost,* 9d.

Sufficient for 7 or 8 persons. *Seasonable* in winter.

INTRODUCTION OF SUGAR.—Sugar was first known as a drug, and used by the apothecaries, and with them was a most important article. At its first appearance, some said it was heating; others, that it injured the chest; others, that it disposed persons to apoplexy; the truth, however, soon conquered these fancies, and the use of sugar has increased every day, and there is no household in the civilized world which can do without it.

BOILED RAISIN PUDDING.

(*Plain and Economical.*)

1337. INGREDIENTS.—1 lb. of flour, 1/2 lb. of stoned raisins, 1/2 lb. of chopped suet, 1/2 saltspoonful of salt, milk.

Mode.—After having stoned the raisins and chopped the suet finely, mix them with the flour, add the salt, and when these dry ingredients are thoroughly mixed, moisten the pudding with sufficient milk to make it into rather a stiff paste. Tie it up in a floured cloth, put it into boiling water, and boil for 4 hours: serve with sifted sugar. This pudding may, also, be made in a long shape, the same as a rolled jam-pudding, and will then not require so long boiling;—2-1/2 hours would then be quite sufficient.

Time.—Made round, 4 hours; in a long shape, 2-1/2 hours.

Average cost, 9d.

Sufficient for 8 or 9 persons. *Seasonable* in winter.

也让布丁更浓郁一些。

时间。- 1-1/2小时。平均成本,9便士。

足量供7至8人食用。时令冬季。

糖的传入。--糖最初被当作药物，由药剂师使用，对他们来说是一种极其重要的物品。它刚出现时，有人说它性热；有人说它伤胸；有人说它使人易患中风；然而真相很快战胜了这些臆想，糖的用量与日俱增，文明世界中没有哪个家庭离得开它。

葡萄干煮布丁

(朴素而经济。)

1337. 配料。--1 lb.面粉，1/2 lb.去籽葡萄干，1/2 lb.剁碎的板油，1/2盐匙盐，牛奶。

做法。--将葡萄干去核、板油切碎后，与面粉混合，加入盐，待这些干配料充分混合后，用足量的牛奶将布丁调湿，使其成为较硬的面团。用撒了面粉的布将其扎紧，放入沸水中煮4小时：配筛过的糖上桌。此布丁也可以做成长条形，与卷制果酱布丁相同，这样则不需要煮那么长时间；--2-1/2小时就完全足够了。

时间。--做成圆形，需4小时；做成长条形，需2-1/2小时。

平均成本,9便士。

足供八九人食用。冬季时令。

BOILED RHUBARB PUDDING.

1338. INGREDIENTS.—4 or 5 sticks of fine rhubarb, 1/4 lb. of moist sugar, 3/4 lb. of suet-crust No. 1215.

Mode.—Make a suet-crust with 3/4 lb. of flour, by recipe No. 1215, and line a buttered basin with it. Wash and wipe the rhubarb, and, if old, string it—that is to say, pare off the outside skin. Cut it into inch lengths, fill the basin with it, put in the sugar, and cover with crust. Pinch the edges of the pudding together, tie over it a floured cloth, put it into boiling water, and boil from 2 to 2-1/2 hours. Turn it out of the basin, and serve with a jug of cream and sifted sugar.

Time.—2 to 2-1/2 hours. *Average cost,* 7d.

Sufficient for 6 or 7 persons. *Seasonable* in spring.

RHUBARB TART.

1339. INGREDIENTS.—1/2 lb. of puff-paste No. 1206, about 5 sticks of large rhubarb, 1/4 lb. of moist sugar.

Mode.—Make a puff-crust by recipe No. 1206; line the edges of a deep pie-dish with it, and wash, wipe, and cut the rhubarb into pieces about 1 inch long. Should it be old and tough, string it, that is to say, pare off the outside skin. Pile the fruit high in the dish, as it shrinks very much in the cooking; put in the sugar, cover with crust, ornament the edges, and bake the tart in a well-heated oven from 1/2 to 3/4 hour. If wanted very nice, brush it over with the white of an egg beaten to a stiff froth, then sprinkle on it some sifted sugar, and put it in the oven just to set the glaze: this should

煮大黄布丁

1338. 配料。--4或5根优质大黄，1/4 lb.湿糖，3/4 lb.板油酥皮第1215号。

做法。--按第1215号食谱用3/4 lb.面粉制作板油酥皮，并用其铺在涂了黄油的盆中。将大黄洗净擦干，如果老了，就去筋--也就是说，削去外皮。将其切成一英寸长的段，装满盆中，放入糖，盖上酥皮。将布丁边缘捏合，用撒了面粉的布扎紧覆盖，放入沸水中煮2至2-1/2小时。从盆中倒出，配一壶奶油和筛过的糖上桌。

时间。--2至2.5小时。平均成本,7便士。

足够六至七人食用。时令春季。

大黄挞

1339. 配料--1/2 lb.酥皮面团第1206号，约5根大茎大黄，1/4 lb.湿糖。

做法。--按第1206号食谱制作千层酥皮；用其铺在深馅饼盘的边缘，将大黄洗净、擦干，切成约1英寸长的段。如果老了且硬，就去筋，也就是说，削去外皮。将水果高高堆在盘中，因为烹饪时它会大幅缩水；放入糖，盖上酥皮，装饰边缘，在充分加热的烤箱中烘烤1/2至3/4小时。如果想要非常精美，用打至硬性发泡的蛋清刷在表面，然后撒上一些筛过的糖，放入烤箱只是为了固定糖釉：这应该

be done when the tart is nearly baked. A small quantity of lemon-juice, and a little of the peel minced, are by many persons considered an improvement to the flavour of rhubarb tart.

Time.—1/2 to 3/4 hour. *Average cost*, 9d.

Sufficient for 4 or 5 persons.

Seasonable in spring.

[Illustration: RHUBARB.]

RHUBARB.—This is one of the most useful of all garden productions that are put into pies and puddings. It was comparatively little known till within the last twenty or thirty years, but it is now cultivated in almost every British garden. The part used is the footstalks of the leaves, which, peeled and cut into small pieces, are put into tarts, either mixed with apples or alone. When quite young, they are much better not peeled. Rhubarb comes in season when apples are going out. The common rhubarb is a native of Asia; the scarlet variety has the finest flavour. Turkey rhubarb, the well-known medicinal drug, is the root of a very elegant plant (*Rheum palmatum*), coming to greatest perfection in Tartary. For culinary purposes, all kinds of rhubarb are the better for being blanched.

RAISED PIE OF POULTRY OR GAME.

1340. INGREDIENTS.—To every lb. of flour allow 1/2 lb. of butter, 1/2 pint of water, the yolks of 2 eggs, 1/2 teaspoonful of salt (these are for the crust); 1 large fowl or pheasant, a few slices of veal cutlet, a few slices of dressed ham, forcemeat, seasoning of nutmeg, allspice, pepper and salt, gravy.

应在馅饼快要烤好时进行。少量柠檬汁和少许切碎的果皮，被许多人认为能改善大黄馅饼的风味。

时间。- 1/2 至 3/4 小时。平均成本,9d。

足量供4或5人食用。

时令春季。

[插图：大黄。]

大黄--这是所有用于馅饼和布丁的园圃产物中最有用的一种。直到近二三十年前，它还相对鲜为人知，但如今几乎每一座英国花园都栽培它。所用的部分是叶柄，将其剥皮并切成小块，放入果馅饼中，或与苹果混合，或单独使用。当非常幼嫩时，不剥皮要好得多。大黄在苹果即将过季时当令上市。普通大黄原产于亚洲；猩红色品种风味最佳。土耳其大黄，即众所周知的药用药物，是一种非常优雅的植物(*Rheum palmatum*)的根，在鞑靼地区生长得最为完美。用于烹饪目的时，所有种类的大黄都因经过软化栽培而更佳。

家禽或野味的凸起馅饼。

1340. 配料--每1 lb.面粉配1/2 lb.黄油、1/2 pint 水、2个蛋黄、1/2茶匙盐(这些用于酥皮);1只大禽或雉鸡、几片小牛肉排、几片熟火腿、馅料、肉豆蔻、多香果、胡椒和盐的调味、肉汁。

[Illustration: RAISED PIE.]

Mode.—Make a stiff short crust with the above proportion of butter, flour, water, and eggs, and work it up very smoothly; butter a raised-pie mould, as shown in No. 1190, and line it with the paste. Previously to making the crust, bone the fowl, or whatever bird is intended to be used, lay it, breast downwards, upon a cloth, and season the inside well with pounded mace, allspice, pepper, and salt; then spread over it a layer of forcemeat, then a layer of seasoned veal, and then one of ham, and then another layer of forcemeat, and roll the fowl over, making the skin meet at the back. Line the pie with forcemeat, put in the fowl, and fill up the cavities with slices of seasoned veal and ham and forcemeat; wet the edges of the pie, put on the cover, pinch the edges together with the paste-pincers, and decorate it with leaves; brush it over with beaten yolk of egg, and bake in a moderate oven for 4 hours. In the mean time, make a good strong gravy from the bones, pour it through a funnel into the hole at the top; cover this hole with a small leaf, and the pie, when cold, will be ready for use. Let it be remembered that the gravy must be considerably reduced before it is poured into the pie, as, when cold, it should form a firm jelly, and not be the least degree in a liquid state. This recipe is suitable for all kinds of poultry or game, using one or more birds, according to the size of the pie intended to be made; but the birds must always be boned. Truffles, mushrooms, &c., added to this pie, make it much nicer; and, to enrich it, lard the fleshy parts of the poultry or game with thin strips of bacon. This method of forming raised pies in a mould is generally called a *timbale*, and has the advantage of being more easily made than one where the paste is raised by the hands; the

[插图：凸起馅饼。]

做法。--用上述比例的黄油、面粉、水和鸡蛋制作一个硬实的酥皮，并将其揉合得非常均匀；在一个凸起的馅饼模具上涂黄油，如第1190号所示，并用面团衬里。在制作酥皮之前，将家禽或打算使用的任何禽鸟去骨，将其胸朝下放在一块布上，内部用捣碎的肉豆蔻、多香果、胡椒和盐充分调味；然后在其上铺一层肉馅，再铺一层调味的小牛肉，再铺一层火腿，然后再铺一层肉馅，将家禽卷起，使皮在背部相接。用肉馅衬里馅饼，放入家禽，用调味小牛肉片、火腿片和肉馅填满空隙；润湿馅饼的边缘，盖上盖子，用面团钳将边缘捏合在一起，并用叶子装饰；刷上打散的蛋黄，在中等温度的烤箱中烘烤4小时。在此期间，用骨头制作浓郁的高汤，通过漏斗倒入顶部的孔中；用一片小叶子盖住这个孔，馅饼冷却后即可食用。请记住，肉汁在倒入馅饼之前必须大幅收浓，因为冷却后它应形成坚实的果冻，而绝不能呈任何程度的液态。此食谱适用于所有种类的家禽或野味，根据所要制作的馅饼大小使用一只或多只禽鸟；但禽鸟必须始终去骨。加入松露、蘑菇等会使这个馅饼更加美味；为了使其更加丰腴，可用薄培根条嵌入家禽或野味的肉中。这种在模具中制作凸起馅饼的方法通常被称为*timbale*，其优点是比用手工将面团捏成凸起形状更容易制作；该

crust, besides, being eatable. (*See* coloured plate N 1.) *Time*.—Large pie, 4 hours. *Average cost*, 6s. 6d.

Seasonable, with poultry, all the year; with game, from September to March.

RAISED PIE OF VEAL AND HAM.

1341. INGREDIENTS.—3 or 4 lbs. of veal cutlets, a few slices of bacon or ham, seasoning of pepper, salt, nutmeg, and allspice, forcemeat No. 415, 2 lbs. of hot-water paste No. 1217, 1/2 pint of good strong gravy.

Mode.—To raise the crust for a pie with the hands is a very difficult task, and can only be accomplished by skilled and experienced cooks. The process should be seen to be satisfactorily learnt, and plenty of practice given to the making of raised pies, as by that means only will success be insured. Make a hot-water paste by recipe No. 1217, and from the mass raise the pie with the hands; if this cannot be accomplished, cut out pieces for the top and bottom, and a long piece for the sides; fasten the bottom and side-piece together by means of egg, and pinch the edges well together; then line the pie with forcemeat made by recipe No. 415, put in a layer of veal, and a plentiful seasoning of salt, pepper, nutmeg, and allspice, as, let it be remembered, these pies taste very insipid unless highly seasoned. Over the seasoning place a layer of sliced bacon or cooked ham, and then a layer of forcemeat, veal seasoning, and bacon, and so on until the meat rises to about an inch above the paste; taking care to finish with a layer of forcemeat, to fill all the cavities of the pie, and to lay in the meat firmly and compactly. Brush the top edge of the pie with

此外，酥皮还可食用。(见彩色图版第1号。)时间--大馅饼，4小时。平均成本,6先令6便士。

时令，配禽类全年皆宜；配野味则从九月至三月。

小牛肉火腿发面馅饼

1341. 配料--3或4 lb.小牛肉排、几片培根或火腿、胡椒、盐、肉豆蔻和多香果的调味、馅料第415号、2 lb.热水面团第1217号、1/2 pint 浓郁肉汁。

做法。--用手工将馅饼的酥皮捏成凸起形状是一项非常困难的任务，只有熟练且有经验的厨师才能完成。这一过程应当被观摩以令人满意地学会，并应大量练习制作凸起馅饼，因为只有这样才能确保成功。按第1217号食谱制作热水面团，并从面团中用手工捏出馅饼；如果无法做到，则切出顶部和底部的面片，以及一条用于侧面的长面片；用鸡蛋将底部和侧片粘合在一起，并将边缘捏合好；然后用第415号食谱制作的肉馅衬里馅饼，放入一层小牛肉，并加入大量的盐、胡椒、肉豆蔻和多香果调味，因为请记住，这些馅饼除非调味浓重，否则味道非常寡淡。在调味层上铺一层培根片或熟火腿，然后再铺一层肉馅、小牛肉调味料和培根，如此反复，直到肉高出面团约一英寸；注意以一层肉馅收尾，填满馅饼的所有空隙，并将肉紧实紧密地放入。在馅饼的顶部边缘刷上

beaten egg, put on the cover, press the edges, and pinch them round with paste-pincers. Make a hole in the middle of the lid, and ornament the pie with leaves, which should be stuck on with the white of an egg; then brush it all over with the beaten yolk of an egg, and bake the pie in an oven with a soaking heat from 3 to 4 hours. To ascertain when it is done, run a sharp-pointed knife or skewer through the hole at the top into the middle of the pie, and if the meat feels tender, it is sufficiently baked. Have ready about 1/2 pint of very strong gravy, pour it through a funnel into the hole at the top, stop up the hole with a small leaf of baked paste, and put the pie away until wanted for use. Should it acquire too much colour in the baking, cover it with white paper, as the crust should not in the least degree be burnt. Mushrooms, truffles, and many other ingredients, may be added to enrich the flavour of these pies, and the very fleshy parts of the meat may be larded. These pies are more frequently served cold than hot, and form excellent dishes for cold suppers or breakfasts. The cover of the pie is sometimes carefully removed, leaving the perfect edges, and the top decorated with square pieces of very bright aspic jelly: this has an exceedingly pretty effect.

打散的鸡蛋，盖上盖子，压紧边缘，用面点钳将其捏圆。在盖子中间挖一个洞，用叶子装饰馅饼，叶子应用蛋清粘上；然后全部刷上打散的蛋黄，将馅饼放入烤箱以文火烘3至4小时。要确认是否烤熟，可用尖刀或签子从顶部的洞插入馅饼中间，如果肉感觉嫩软，就说明烘得足够了。准备好约1/2品脱浓肉汁，通过漏斗从顶部的洞倒入，用小片烘好的面团堵住洞口，将馅饼放置一旁待用。如果烘制时上色过深，用白纸覆盖，因为酥皮绝不能有丝毫烤焦。可加入蘑菇、松露和许多其他配料来增添这些馅饼的风味，肉中非常肥厚的部分可以用肥肉片包裹。这些馅饼更常冷食而非热食，是冷晚餐或早餐的绝佳菜肴。有时会小心地取下馅饼的盖子，保留完整的边缘，顶部用非常明亮的方形果冻片装饰：效果极为美观。

Time.—About 4 hours. *Average cost*, 6s. 6d.

时间--约4小时。平均费用,6先令6便士。

Sufficient for a very large pie. *Seasonable* from March to October.

用量足够做一个很大的馅饼。时令为三月至十月。

BAKED RICE PUDDING.

烤米布丁。

I.

1342. INGREDIENTS.—1 small teacupful of rice, 4 eggs, 1 pint of milk, 2 oz. of fresh butter, 2 oz. of beef marrow, 1/4 lb. of

1342. 配料--1小茶杯米，4个鸡蛋，1品脱牛奶，2 oz.新鲜黄油，2 oz.牛骨髓，1/4 lb.

currants, 2 tablespoonfuls of brandy, nutmeg, 1/4 lb. of sugar, the rind of 1/2 lemon.

Mode.—Put the lemon-rind and milk into a stewpan, and let it infuse till the milk is well flavoured with the lemon; in the mean time, boil the rice until tender in water, with a very small quantity of salt, and, when done, let it be thoroughly drained. Beat the eggs, stir to them the milk, which should be strained, the butter, marrow, currants, and remaining ingredients; add the rice, and mix all well together. Line the edges of the dish with puff-paste, put in the pudding, and bake for about 3/4 hour in a slow oven. Slices of candied-peel may be added at pleasure, or Sultana raisins may be substituted for the currants.

Time.—3/4 hour. *Average cost*, 1s. 3d.

Sufficient for 5 or 6 persons.

Seasonable.—Suitable for a winter pudding, when fresh fruits are not obtainable.

RICE, with proper management in cooking it, forms a very valuable and cheap addition to our farinaceous food, and, in years of scarcity, has been found eminently useful in lessening the consumption of flour. When boiled, it should be so managed that the grains, though soft, should be as little broken and as dry as possible. The water in which it is dressed should only simmer, and not boil hard. Very little water should be used, as the grains absorb a great deal, and, consequently, swell much; and if they take up too much at first, it is difficult to get rid of it. Baking it in puddings is the best mode of preparing it.

加仑子，2大匙白兰地，肉豆蔻，1/4 lb.糖，1/2个柠檬的皮。

做法。--将柠檬皮和牛奶放入炖锅中，浸泡至牛奶充分吸收柠檬的味道；与此同时，在水中加极少量盐将米煮至软烂，煮好后彻底沥干。打散鸡蛋，将应过滤的牛奶、黄油、骨髓、加仑子和其余配料搅入蛋中；加入米饭，全部搅拌均匀。用千层酥皮围在盘子边缘，放入布丁，在慢烤箱中烘约3/4小时。可随意加入糖渍果皮片，或用苏丹娜葡萄干代替加仑子。

时间。- 3/4 小时。平均成本,1先令3便士。

足量供5或6人食用。

时令--适合做冬季布丁，此时新鲜水果不易获得。

米饭，若在烹饪时处理得当，会成为我们淀粉类食物中非常有价值且廉价的补充，在荒年，人们发现它对减少面粉消耗极为有用。煮饭时应注意使米粒虽软但尽量少碎且尽量干。煮饭的水应只微微沸腾，不要猛烈翻滚。用水量应很少，因为米粒吸水很多，因而膨胀很大；如果一开始吸了太多水，就很难去除。做成布丁烘烤是准备米饭的最佳方式。

(*Plain and Economical; a nice Pudding for Children*.)

1343. INGREDIENTS.—1 teacupful of rice, 2 tablespoonfuls of moist sugar, 1 quart of milk, 1/2 oz. of butter or 2 small tablespoonfuls of chopped suet, 1/2 teaspoonful of grated nutmeg.

Mode.—Wash the rice, put it into a pie-dish with the sugar, pour in the milk, and stir these ingredients well together; then add the butter cut up into very small pieces, or, instead of this, the above proportion of finely-minced suet; grate a little nutmeg over the top, and bake the pudding, in a moderate oven, from 1-1/2 to 2 hours. As the rice is not previously cooked, care must be taken that the pudding be very slowly baked, to give plenty of time for the rice to swell, and for it to be very thoroughly done.

Time.—1-1/2 to 2 hours. *Average cost*, 7d.

Sufficient for 5 or 6 children. *Seasonable* at any time.

PLAIN BOILED RICE PUDDING.

1344. INGREDIENTS.—1/2 lb. of rice.

Mode.—Wash the rice, tie it in a pudding-cloth, allowing room for the rice to swell, and put it into a saucepan of cold water; boil it gently for 2 hours, and if, after a time, the cloth seems tied too loosely, take the rice up and tighten the cloth. Serve with sweet melted butter, or cold butter and sugar, or stewed fruit, jam, or marmalade; any of which accompaniments are suitable for plain boiled rice.

Time.—2 hours after the water boils. *Average cost*, 2d.

Sufficient for 4 or 5 persons. *Seasonable* at any time.

(朴素经济；一款适合儿童的美味布丁。)

1343. 配料--1茶杯米，2大匙湿糖，1夸脱牛奶，1/2 oz.黄油或2小匙切碎的板油，1/2小匙磨碎的肉豆蔻。

做法。--洗净大米，与糖一起放入馅饼盘，倒入牛奶，将这些配料充分搅拌；然后加入切成极小块的黄油，或者，以此代替，加入上述比例的细切板油；在顶部磨少许肉豆蔻，将布丁放入中等温度的烤箱烘1-1/2至2小时。由于大米未经预先煮熟，必须注意布丁要非常缓慢地烘烤，以便给大米充足的时间膨胀并彻底熟透。

时间。--1-1/2至2小时。平均费用,7d。

足够供5或6个孩子食用。时令任何时候皆宜。

原味煮米布丁。

1344. 配料--1/2 lb.米。

做法--将米洗净，装入布丁布袋中，留出米膨胀的余地，放入盛有冷水的炖锅中；用文火煮2小时，若过一段时间布袋显得系得太松，将米取出把布袋系紧。配甜味融化黄油，或冷黄油加糖，或炖水果、果酱、橘子酱食用；以上任何一种佐料都适合搭配清煮米饭。

时间。- 水沸腾后2小时。平均成本,2d。

足够供4或5人食用。时令任何时候皆宜。

BOILED RICE PUDDING.

I.

1345. INGREDIENTS.—1/4 lb. of rice, 1-1/2 pint of new milk, 2 oz. of butter, 4 eggs, 1/2 saltspoonful of salt, 4 large tablespoonfuls of moist sugar, flavouring to taste.

Mode.—Stew the rice very gently in the above proportion of new milk, and, when it is tender, pour it into a basin; stir in the butter, and let it stand to cool; then beat the eggs, add these to the rice with the sugar, salt, and any flavouring that may be approved, such as nutmeg, powdered cinnamon, grated lemon-peel, essence of bitter almonds, or vanilla. When all is well stirred, put the pudding into a buttered basin, tie it down with a cloth, plunge it into boiling water, and boil for 1-1/4 hour.

Time.—1-1/4 hour. *Average cost*, 1s.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

VARIETIES OF RICE.—Of the varieties of rice brought to our market, that from Bengal is chiefly of the species denominated *cargo* rice, and is of a coarse reddish-brown cast, but peculiarly sweet and large-grained; it does not readily separate from the husk, but it is preferred by the natives to all the others. *Patua* rice is more esteemed in Europe, and is of very superior qualify; it is small-grained, rather long and wiry, and is remarkably white. The *Carolina* rice is considered as the best, and is likewise the dearest in London.

II.

煮沸的米饭布丁。

1345. 配料--1/4 lb.米，1-1/2品脱新鲜牛奶，2 oz.黄油，4个鸡蛋，1/2盐匙盐，4大匙湿糖，调味料适量。

做法。--将大米在上述比例的新鲜牛奶中非常轻柔地炖煮，待其软烂后倒入盆中；搅入黄油，放置冷却；然后打散鸡蛋，与糖、盐及任何可取的调味料一起加入米饭中，如肉豆蔻、肉桂粉、磨碎的柠檬皮、苦杏仁精或香草。全部搅拌均匀后，将布丁放入涂了黄油的盆中，用布扎紧，浸入沸水中煮1-1/4小时。

时间。--1-1/4小时。平均费用,1先令。

足够供5或6人食用。时令任何时候皆宜。

米的品种。--在我们市场上供应的各种米中，来自孟加拉的主要属于称为货物米的那一类，呈粗糙的红褐色，但格外香甜且颗粒大；它不易脱壳，但当地人偏爱它胜过所有其他品种。帕图阿米在欧洲更受推崇，品质非常优良；它颗粒小，略长而细韧，并且格外洁白。卡罗来纳米被认为是最好的，在伦敦同样也是最贵的。

(*With Dried or Fresh fruit; a nice dish for the Nursery*.)

1346. INGREDIENTS.—1/2 lb. of rice, 1 pint of any kind of fresh fruit that may be preferred, or 1/2 lb. of raisins or currants.

Mode.—Wash the rice, tie it in a cloth, allowing room for it to swell, and put it into a saucepan of cold water; let it boil for an hour, then take it up, untie the cloth, stir in the fruit, and tie it up again tolerably tight, and put it into the water for the remainder of the time. Boil for another hour, or rather longer, and serve with sweet sauce, if made with dried fruit, and with plain sifted sugar and a little cream or milk, if made with fresh fruit.

Time.—1 hour to boil the rice without the fruit; 1 hour, or longer, afterwards.

Average cost, 6d.

Sufficient for 6 or 7 children. *Seasonable* at any time.

Note.—This pudding is very good made with apples: they should be pared cored, and cut into thin slices.

BOILED RICE FOR CURRIES, &c.

1347. INGREDIENTS.—3/4 lb. of rice, water, salt.

Mode.—Pick, wash, and soak the rice in plenty of cold water; then have ready a saucepan of boiling water, drop the rice into it, and keep it boiling quickly, with the lid uncovered, until it is tender, but not soft. Take it up, drain it, and put it on a dish before the fire to dry: do not handle it much with a spoon, but shake it about a little with two forks, that it may all be equally dried, and strew over a little salt. It is now ready to serve, and may be heaped lightly on a dish by itself, or be laid round the dish as a border,

(用干果或鲜果制作；一道适合幼儿食用的佳肴。)

1346. 配料--1/2 lb.米，1品脱任选种类的新鲜水果，或1/2 lb.葡萄干或加仑子。

做法--将米洗净，装入布袋中，留出膨胀的余地，放入盛有冷水的炖锅中；煮一小时，然后取出，解开布袋，拌入水果，再系得相当紧，放回水中煮余下的时间。再煮一小时或稍久，若用干果制作，配甜酱汁食用；若用新鲜水果制作，配清筛糖和少许奶油或牛奶食用。

时间--不加水果煮米1小时；之后1小时或更久。

平均成本，6便士。

足够供六七个孩子食用。时令任何时候皆宜。

注--此布丁用苹果制作非常好：苹果应去皮去核，切成薄片。

咖喱等配煮饭

1347. 配料--3/4 lb.米、水、盐。

做法。--拣选、洗净，并将米浸泡在大量冷水中；然后准备一锅煮开的水，将米投入其中，保持快速煮，不加锅盖，直到米变软嫩，但不要过于软烂。将其捞出，沥干，放在盘子上置于火前烘干：不要用勺子过多翻动，而要用两把叉子轻轻抖动，使其均匀干燥，并撒上少许盐。此时即可上桌，可单独轻轻堆在盘中，或沿盘边围成一圈，

with a curry or fricassee in the centre. Some cooks smooth the rice with the back of a spoon, and then brush it over with the yolk of an egg, and set it in the oven to colour; but the rice well boiled, white, dry, and with every grain distinct, is by far the more preferable mode of dressing it. During the process of boiling, the rice should be attentively watched, that it be not overdone, as, if this is the case, it will have a mashed and soft appearance.

中央配咖喱或烩肉。有些厨师用勺背将米饭抹平，然后刷上蛋黄，放入烤箱上色；但煮得好、洁白、干爽、粒粒分明的米饭，是远为更可取的装盘方式。煮的过程中应密切注意米饭，勿使其过熟，因为若过熟，就会呈现糊软的外观。

Time.—15 to 25 minutes, according to the quality of the rice.

时间。--15至25分钟，视米的质量而定。

Average cost, 3d.

平均成本，3便士。

Sufficient for a large dish of curry.

足量可做一大盘咖喱。

Seasonable at any time.

时令任何时候皆宜。

RICE, in the native rough state, with the husk on, is called *paddy*, both in India and America, and it will keep better, and for a much longer time, in this state, than after the husk has been removed; besides which, prepared rice is apt to become dirty from rubbing about in the voyage on board ship, and in the warehouses. It is sometimes brought to England in the shape of paddy, and the husk detached here. Paddy pays less duty than shelled rice.

稻米在带壳的天然粗糙状态下，在印度和美洲都称为*paddy*，在这种状态下比去壳后能保存得更好、更久；此外，加工过的米在船上运输和在仓库中搬动时容易弄脏。有时以paddy的形态运到英国，在此地去壳。paddy缴纳的税比去壳米少。

TO BOIL RICE FOR CURRIES, &c.

煮饭(供咖喱等用)

(*Soyer's Recipe*.)

(索耶的食谱。)

1348. INGREDIENTS.—1 lb. of the best Carolina rice, 2 quarts of water, 1-1/2 oz. of butter, a little salt.

1348. 配料--1 lb.最好的卡罗来纳米，2夸脱水，1-1/2 oz.黄油，少许盐。

Mode.—Wash the rice well in two waters; make 2 quarts of water boiling, and throw the rice into it; boil it until three-parts done, then drain it on a sieve. Butter the bottom and sides of a stewpan, put in the rice, place the lid on tightly, and set it by the side of the

做法--用两遍水将米洗净；将2夸脱水烧开，把米投入；煮至七成熟，然后滤在筛子上。在炖锅底部和四周涂上黄油，放入米，盖紧锅盖，置于

fire until the rice is perfectly tender, occasionally shaking the pan to prevent its sticking. Prepared thus, every grain should be separate and white. Either dish it separately, or place it round the curry as a border.

火旁，直至米完全柔软，不时摇动锅以防粘底。如此制作，每粒米都应分明洁白。可单独装盘，或围在咖喱周围作边饰。

Time.—15 to 25 minutes.

时间。--15至25分钟。

Average cost, 7d.

平均费用,7便士。

Sufficient for 2 moderate-sized curries.

足量可制作2份中等大小的咖喱菜肴。

Seasonable at any time.

时令任何时候皆宜。

BUTTERED RICE.

黄油米饭。

1349. INGREDIENTS.—1/4 lb. of rice, 1-1/2 pint of milk, 2 oz. of butter, sugar to taste, grated nutmeg or pounded cinnamon.

1349. 配料--1/4 lb.米，1-1/2品脱牛奶，2 oz.黄油，糖适量，磨碎的肉豆蔻或研碎的肉桂。

Mode.—Wash and pick the rice, drain and put it into a saucepan with the milk; let it swell gradually, and, when tender, pour off the milk; stir in the butter, sugar, and nutmeg or cinnamon, and, when the butter is thoroughly melted, and the whole is quite hot, serve. After the milk is poured off, be particular that the rice does not burn: to prevent this, do not cease stirring it.

做法--将米洗净挑拣，滤干后放入炖锅，加入牛奶；让其逐渐膨胀，柔软后倒出牛奶；拌入黄油、糖和肉豆蔻或肉桂，待黄油完全融化、全部滚热后即可食用。倒出牛奶后，务必注意米不要烧焦：为防止这一点，不要停止搅拌。

Time.—About 3/4 hour to swell the rice.

时间。--泡发大米约需3/4小时。

Average cost, 7d.

平均费用,7便士。

Sufficient for 4 or 5 persons.

足量供4或5人食用。

Seasonable at any time.

时令任何时候皆宜。

RICE was held in great esteem by the ancients: they considered it as a very beneficial food for the chest; therefore it was recommended in cases of consumption, and to persons subject to

稻米在古代备受推崇：他们认为它是一种对胸部非常有益的食物；因此被推荐用于痨病，以及易患

spitting of blood.

SAVOURY CASSEROLE OF RICE.

Or Rice Border, for Ragouts, Fricassees, &c. (an Entree).

1350. INGREDIENTS.—1-1/2 lb. of rice, 3 pints of weak stock or broth, 2 slices of fat ham, 1 teaspoonful of salt.

[Illustration: CASSEROLE OF RICE.]

Mode.—A casserole of rice, when made in a mould, is not such a difficult operation as when it is moulded by the hand. It is an elegant and inexpensive entrée, as the remains of cold fish, flesh, or fowl may be served as ragoûts, fricassees, &c., inclosed in the casserole. It requires great nicety in its preparation, the principal thing to attend to being the boiling of the rice, as, if this is not sufficiently cooked, the casserole, when moulded, will have a rough appearance, which would entirely spoil it. After having washed the rice in two or three waters, drain it well, and put it into a stewpan with the stock, ham, and salt; cover the pan closely, and let the rice gradually swell over a slow fire, occasionally stirring, to prevent its sticking. When it is quite soft, strain it, pick out the pieces of ham, and, with the back of a large wooden spoon, mash the rice to a perfectly smooth paste. Then well grease a mould (moulds are made purposely for rice borders), and turn it upside down for a minute or two, to drain away the fat, should there be too much; put some rice all round the bottom and sides of it; place a piece of soft bread in the middle, and cover it with rice; press it in equally with the spoon, and let it cool. Then dip the mould into hot water, turn the casserole carefully on to a dish, mark where the lid is to be formed on the top, by

咯血。

咸味米饭砂锅

或米饭边饰，用于炖菜、烩菜等(一道主菜)。

1350. 配料--1-1/2 lb.米，3品脱淡肉汤或肉汤，2片肥火腿，1小匙盐。

[插图：米饭砂锅]

做法。--用模子制作的米砂锅，并不像用手塑形那样困难。它是一道雅致而廉价的头盘，因为冷鱼、冷肉或冷禽的剩余部分可做成炖菜、烩菜等，包在砂锅中。制作时需要非常精细，主要要注意的是煮米，因为如果煮得不够熟，砂锅塑形后外观会粗糙，从而完全破坏成品。将米洗两三遍水后，充分沥干，放入炖锅中，加入高汤、火腿和盐；盖紧锅盖，用小火让米逐渐膨胀，偶尔搅拌以防粘底。当米完全软烂时，滤出，拣去火腿块，用大木勺的背面将米捣成完全光滑的糊状。然后给模子(模子是专为米边围制作的)涂足油脂，将其倒扣一两分钟，让多余的油脂流掉；在模子底部和四周铺上一些米；中间放一块软面包，再用米覆盖；用勺子均匀压紧，让其冷却。然后将模子浸入热水，小心地将砂锅翻扣到盘子上，在顶部用刀尖沿边缘约一英寸处划一圈，标出盖子将要形成的位置，然后

making an incision with the point of a knife about an inch from the edge all round, and put it into a *very hot* oven. Brush it over with a little clarified butter, and bake about 1/2 hour, or rather longer; then carefully remove the lid, which will be formed by the incision having been made all round, and remove the bread, in small pieces, with the point of a penknife, being careful not to injure the casserole. Fill the centre with the ragoût or fricassee, which should be made thick; put on the cover, glaze it, place it in the oven to set the glaze, and serve as hot as possible. The casserole should not be emptied too much, as it is liable to crack from the weight of whatever is put in; and in baking it, let the oven be very hot, or the casserole will probably break.

用刀尖在距边缘约一英寸处划一圈切口，然后放入极热的烤箱中。刷上少许澄清黄油，烘约半小时或稍久一些；然后小心取下因四周切口而形成的盖子，用削笔刀尖将面包取出，分成小块，注意不要损坏砂锅。在中央填入浓稠的炖菜或烩菜；盖上盖子，涂上釉汁，放回烤箱使釉汁凝固，并尽可能趁热上桌。砂锅不宜装得过满，因为所装食物的重量容易使其开裂；烘烤时，要让烤箱非常热，否则砂锅可能会破裂。

Time.—About 3/4 hour to swell the rice.

时间。--泡发大米约需3/4小时。

Sufficient for 2 moderate-sized casseroles.

足量可制作2个中等大小的砂锅菜。

Seasonable at any time.

时令任何时候皆宜。

SWEET CASSEROLE OF RICE (an Entremets).

甜味米饭砂锅(一道间菜)。

1351. INGREDIENTS.—1-1/2 lb. of rice, 3 pints of milk, sugar to taste, flavouring of bitter almonds, 3 oz. of butter, the yolks of 3 eggs.

1351. 配料--1-1/2 lb.米，3品脱牛奶，糖适量，苦杏仁调味，3 oz.黄油，3个蛋黄。

Mode.—This is made in precisely the same manner as a savoury casserole, only substituting the milk and sugar for the stock and salt. Put the milk into a stewpan, with sufficient essence of bitter almonds to flavour it well; then add the rice, which should be washed, picked, and drained, and let it swell gradually in the milk over a slow fire. When it is tender, stir in the sugar, butter, and yolks of eggs; butter a mould, press in the rice, and proceed in exactly the same manner as in recipe No. 1350. When the

做法。--制作方法与咸味砂锅完全相同，只是用牛奶和糖代替高汤和盐。将牛奶放入炖锅中，加入足量苦杏仁精使其充分入味；然后加入米，米应洗净、拣选并沥干，用小火让其在牛奶中逐渐膨胀。当米变软嫩时，拌入糖、黄油和蛋黄；给模子涂黄油，压入米，然后完全按照第1350号食谱的方法操作。当

casserole is ready, fill it with a compôte of any fruit that may be preferred, or with melted apricot-jam, and serve.

砂锅准备好后，填入任选水果的糖煮水果，或融化的杏子果酱，即可食用。

Time.—From 3/4 to 1 hour to swell the rice, 1/2 to 3/4 hour to bake the casserole.

时间--米膨胀需3/4至1小时，烤砂锅需1/2至3/4小时。

Average cost, exclusive of the compôte or jam, 1s. 9d.

平均成本，不含蜜饯或果酱，为1先令9便士。

Sufficient for 2 casseroles.

足量可做2个砂锅菜。

Seasonable at any time.

时令任何时候皆宜。

FRENCH RICE PUDDING, or GATEAU DE RIZ.

法式大米布丁，或称Gateau de Riz。

1352. INGREDIENTS.—To every 1/4 lb. of rice allow 1 quart of milk, the rind of 1 lemon, 1/2 teaspoonful of salt, sugar to taste, 4 oz. of butter, 6 eggs, bread crumbs.

1352. 配料--每1/4 lb.米配1夸脱牛奶，1个柠檬的皮，1/2小匙盐，糖适量，4 oz.黄油，6个鸡蛋，面包屑。

Mode.—Put the milk into a stewpan with the lemon-rind, and let it infuse for 1/2 hour, or until the former is well flavoured; then take out the peel; have ready the rice washed, picked, and drained; put it into the milk, and let it gradually swell over a very slow fire. Stir in the butter, salt, and sugar, and when properly sweetened, add the yolks of the eggs, and then the whites, both of which should be well beaten, and added separately to the rice. Butter a mould, strew in some fine bread crumbs, and let them be spread equally over it; then carefully pour in the rice, and bake the pudding in a *slow* oven for 1 hour. Turn it out of the mould, and garnish the dish with preserved cherries, or any bright-coloured jelly or jam. This pudding would be exceedingly nice, flavoured with essence of vanilla.

模式。将牛奶与柠檬皮放入炖锅中，浸泡半小时，或直至牛奶充分入味；然后取出柠檬皮；备好洗净、拣选并沥干的大米；将大米放入牛奶中，用极慢的火力让其逐渐膨胀。拌入黄油、盐和糖，待甜度适口后，加入蛋黄，再加入蛋白，两者都应充分打散，并分别加入米饭中。在模具内抹上黄油，撒入一些细面包屑，使其均匀铺满模具；然后小心地倒入米饭，将布丁放入慢烤箱中烘烤1小时。将布丁从模具中倒出，用蜜饯樱桃或任何颜色鲜艳的果冻或果酱装饰餐盘。这款布丁若用香草精调味，会格外美味。

Time.—3/4 to 1 hour for the rice to swell; to be baked 1 hour in a slow oven.

时间--米膨胀需3/4至1小时；在慢烤箱中烤1小时。

Average cost, 1s. 8d.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

BAKED OR BOILED GROUND RICE PUDDING.

1353. INGREDIENTS.—2 pints of milk, 6 tablespoonfuls of ground rice, sugar to taste, 4 eggs, flavouring of lemon-rind, nutmeg, bitter almonds or bay-leaf.

Mode.—Put 1-1/2 pint of the milk into a stewpan, with any of the above flavourings, and bring it to the boiling-point, and, with the other 1/2 pint of milk, mix the ground rice to a smooth batter; strain the boiling milk to this, and stir over the fire until the mixture is tolerably thick; then pour it into a basin, leave it uncovered, and when nearly or quite cold, sweeten it to taste, and add the eggs, which should be previously well beaten, with a little salt. Put the pudding into a well-buttered basin, tie it down with a cloth, plunge it into boiling water, and boil for 1-1/2 hour. For a baked pudding, proceed in precisely the same manner, only using half the above proportion of ground rice, with the same quantity of all the other ingredients: an hour will bake the pudding in a moderate oven. Stewed fruit, or preserves, or marmalade, may be served with either the boiled or baked pudding, and will be found an improvement.

Time.—1-1/2 hour to boil, 1 hour to bake. *Average cost*, 10d.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

ICED RICE PUDDING.

平均成本,1先令8便士。

足够供5或6人食用。时令任何时候皆宜。

烤或煮米粉布丁。

1353. 配料--2品脱牛奶，6大匙米粉，糖适量，4个鸡蛋，柠檬皮、肉豆蔻、苦杏仁或月桂叶调味。

做法。--将1-1/2品脱牛奶放入炖锅中，加入上述任何一种调味料，煮至沸点，另用其余1/2品脱牛奶将米粉调成光滑的面糊；将煮沸的牛奶滤入面糊中，在火上搅拌至混合物相当浓稠；然后倒入盆中，不加盖放置，待其几乎或完全冷却后，按口味加糖，并加入事先充分打散的鸡蛋和少许盐。将布丁倒入抹好黄油的盆中，用布扎紧，浸入沸水中煮1-1/2小时。若做烤布丁，操作方法完全相同，只需将上述米粉用量减半，其他配料用量不变：在中等温度的烤箱中烘烤一小时即可。炖水果、蜜饯或果酱均可与煮布丁或烤布丁搭配食用，味道会更佳。

时间--煮1-1/2小时，烤1小时。平均费用,10d.

足够供5或6人食用。时令任何时候皆宜。

冰镇大米布丁。

1354. INGREDIENTS.—6 oz. of rice, 1 quart of milk, 1/2 lb. of sugar, the yolks of 6 eggs, 1 small teaspoonful of essence of vanilla.

Mode.—Put the rice into a stewpan, with the milk and sugar, and let these simmer over a gentle fire until the rice is sufficiently soft to break up into a smooth mass, and should the milk dry away too much, a little more may be added. Stir the rice occasionally, to prevent its burning, then beat it to a smooth mixture; add the yolks of the eggs, which should be well whisked, and the vanilla (should this flavouring not be liked, essence of bitter almonds may be substituted for it); put this rice custard into the freezing-pot, and proceed as directed in recipe No. 1290. When wanted for table, turn the pudding out of the mould, and pour over the top, and round it, a *compôte* of oranges, or any other fruit that may be preferred, taking care that the flavouring in the pudding harmonizes well with the fruit that is served with it.

Time.—1/2 hour to freeze the mixture.

Average cost, 1s. 6d.; exclusive of the *compôte*, 1s. 4d.

Seasonable.—Served all the year round.

MINIATURE RICE PUDDINGS.

1355. INGREDIENTS.—1/4 lb. of rice, 1-1/2 pint of milk, 2 oz. of fresh butter, 4 eggs, sugar to taste; flavouring of lemon-peel, bitter almonds, or vanilla; a few strips of candied peel.

Mode.—Let the rice swell in 1 pint of the milk over a slow fire, putting with it a strip of lemon-peel; stir to it the butter and the other 1/2 pint of milk, and let the mixture cool. Then add the

1354. 配料--6 oz.米，1夸脱牛奶，1/2 lb.糖，6个蛋黄，1小匙香草精。

做法。--将大米放入炖锅，加入牛奶和糖，用文火慢煮，直至大米足够软烂，能搅成光滑的糊状；若牛奶收干过多，可再加少许。不时搅拌大米以防烧焦，然后将其搅打成光滑的混合物；加入充分打散的蛋黄和香草(若不喜欢这种调味，可用苦杏仁精代替)；将此大米蛋奶糊放入冷冻罐中，按第1290号食谱的指示操作。上桌时，将布丁从模具中倒出，在顶部和四周浇上橙子蜜饯或任何其他喜欢的水果，注意布丁的调味应与搭配的水果相协调。

时间。- 冷冻混合物需1/2小时。

平均成本，1先令6便士；不含糖渍水果，1先令4便士。

时令。--全年供应。

迷你米饭布丁。

1355. 配料--1/4 lb.米，1-1/2品脱牛奶，2 oz.新鲜黄油，4个鸡蛋，糖适量；柠檬皮、苦杏仁或香草调味；几条糖渍果皮。

做法--将米在1品脱牛奶中用文火膨胀，同时放入一条柠檬皮；拌入黄油和另1/2品脱牛奶，让混合物冷却。然后加入

well-beaten eggs, and a few drops of essence of almonds or essence of vanilla, whichever may be preferred; butter well some small cups or moulds, line them with a few pieces of candied peel sliced very thin, fill them three parts full, and bake for about 40 minutes; turn them out of the cups on to a white d'oyley, and serve with sweet sauce. The flavouring and candied peel might be omitted, and stewed fruit or preserve served instead, with these puddings.

打匀的鸡蛋，加入几滴杏仁精或香草精，任选其一；用小杯或模具抹好黄油，铺上几片切得极薄的糖渍果皮，将混合物填入三分满，烘烤约40分钟；将布丁从杯中扣出，放在白色蕾丝垫上，配甜酱汁食用。此布丁也可省略调味料和糖渍果皮，改配炖水果或果酱食用。

Time.—40 minutes. *Average cost*, 1s.

时间--40分钟。平均费用,1先令。

Sufficient for 6 puddings. *Seasonable* at any time.

足量可做6个布丁。时令任何时候皆宜。

ARROWROOT SAUCE FOR PUDDINGS.

布丁用竹芋酱

1356. INGREDIENTS.—2 small teaspoonfuls of arrowroot, 4 dessert-spoonfuls of pounded sugar, the juice of 1 lemon, 1/4 teaspoonful of grated nutmeg, 1/2 pint of water.

1356. 配料--2小茶匙竹芋粉，4甜点匙砂糖，1个柠檬的汁，1/4茶匙磨碎的肉豆蔻，1/2品脱水。

Mode.—Mix the arrowroot smoothly with the water; put this into a stewpan; add the sugar, strained lemon-juice, and grated nutmeg. Stir these ingredients over the fire until they boil, when the sauce is ready for use. A small quantity of wine, or any liqueur, would very much improve the flavour of this sauce: it is usually served with bread, rice, custard, or any dry pudding that is not very rich.

做法--将竹芋粉与水和匀，放入炖锅中，加入糖、滤过的柠檬汁和磨碎的肉豆蔻。在火上搅拌这些配料至煮沸，酱汁即成。加入少量葡萄酒或任何利口酒，会大大提升此酱汁的风味：此酱汁通常配面包、米饭、蛋奶冻或任何不太油腻的干布丁食用。

Time.—Altogether, 15 minutes.

时间。--总共15分钟。

Average cost, 4d.

平均成本，4便士。

Sufficient for 6 or 7 persons.

足量供6或7人食用。

CHERRY SAUCE FOR SWEET PUDDINGS.

(*German Recipe.*)

1357. INGREDIENTS.—1 lb. of cherries, 1 tablespoonful of flour, 1 oz. of butter, 1/2 pint of water, 1 wineglassful of port wine, a little grated lemon-rind, 4 pounded cloves, 2 tablespoonfuls of lemon-juice, sugar to taste.

Mode.—Stone the cherries, and pound the kernels in a mortar to a smooth paste; put the butter and flour into a saucepan; stir them over the fire until of a pale brown; then add the cherries, the pounded kernels, the wine, and the water. Simmer these gently for 1/4 hour, or until the cherries are quite cooked, and rub the whole through a hair sieve; add the remaining ingredients, let the sauce boil for another 5 minutes, and serve. This is a delicious sauce to serve with boiled batter pudding, and when thus used, should be sent to table poured over the pudding.

Time.—20 minutes to 1/2 hour. *Average cost*, 1s. 1d.

Sufficient for 4 or 5 persons. *Seasonable* in June, July, and August.

LEMON SAUCE FOR SWEET PUDDINGS.

1358. INGREDIENTS.—The rind and juice of 1 lemon, 1 tablespoonful of flour, 1 oz. of butter, 1 large wineglassful of sherry, 1 wineglassful of water, sugar to taste, the yolks of 4 eggs.

Mode.—Rub the rind of the lemon on to some lumps of sugar; squeeze out the juice, and strain it; put the butter and flour into a saucepan, stir them over the fire, and when of a pale brown, add the wine, water, and strained lemon-juice. Crush the lumps of

甜布丁用樱桃酱

(德国食谱。)

1357. 配料--1磅樱桃，1汤匙面粉，1盎司黄油，1/2品脱水，1酒杯波特酒，少许磨碎的柠檬皮，4粒捣碎的丁香，2汤匙柠檬汁，糖适量。

做法。--将樱桃去核，将果仁在研钵中捣成光滑的糊状；将黄油和面粉放入平底锅中；在火上搅拌至呈浅棕色；然后加入樱桃、捣碎的果仁、葡萄酒和水。用文火慢煮1/4小时，或直至樱桃完全煮熟，然后将全部混合物用马尾筛过滤；加入其余配料，让酱汁再煮5分钟，即可上桌。这是一种美味的酱汁，可搭配煮面糊布丁食用，如此使用时，应浇在布丁上一起上桌。

时间。- 20分钟至半小时。平均费用,1先令1便士。

足够4至5人食用。时令为六月、七月和八月。

甜布丁用柠檬酱。

1358. 配料--1个柠檬的皮和汁，1汤匙面粉，1盎司黄油，1大酒杯雪利酒，1酒杯水，糖适量，4个蛋黄。

做法--将柠檬皮在几块方糖上摩擦；挤出汁液并过滤；将黄油和面粉放入锅中，在火上搅拌，待呈浅棕色时，加入葡萄酒、水和滤过的柠檬汁。将摩擦过柠檬皮的方糖压碎，

sugar that were rubbed on the lemon; stir these into the sauce, which should be very sweet. When these ingredients are well mixed, and the sugar is melted, put in the beaten yolks of 4 eggs; keep stirring the sauce until it thickens, when serve. Do not, on any account, allow it to boil, or it will curdle, and be entirely spoiled.

搅入酱汁中，酱汁应非常甜。当这些配料充分混合、糖已融化时，加入打散的4个蛋黄；不断搅拌酱汁至浓稠，即可食用。切勿让酱汁煮沸，否则会凝结，完全毁掉。

Time.—Altogether, 15 minutes. *Average cost*, 1s. 2d.

时间。--总共15分钟。平均成本,1先令2便士。

Sufficient for 7 or 8 persons.

足量供7至8人食用。

SOYER'S SAUCE FOR PLUM-PUDDING.

索耶牌李子布丁酱

1359. INGREDIENTS.—The yolks of 3 eggs, 1 tablespoonful of powdered sugar, 1 gill of milk, a very little grated lemon-rind, 2 small wineglassfuls of brandy.

1359. 配料--3个蛋黄，1汤匙糖粉，1及耳牛奶，极少量磨碎的柠檬皮，2小酒杯白兰地。

Mode.—Separate the yolks from the whites of 3 eggs, and put the former into a stewpan; add the sugar, milk, and grated lemon-rind, and stir over the fire until the mixture thickens; but do *not* allow it to *boil*. Put in the brandy; let the sauce stand by the side of the fire, to get quite hot; keep stirring it, and serve in a boat or tureen separately, or pour it over the pudding.

做法--将3个鸡蛋的蛋黄与蛋白分离，将蛋黄放入炖锅中；加入糖、牛奶和磨碎的柠檬皮，在火上搅拌至混合物浓稠；但不要让其煮沸。加入白兰地；将酱汁放在火旁使其充分加热；不断搅拌，单独盛在酱汁船或汤碗中上桌，或浇在布丁上。

Time.—Altogether, 10 minutes. *Average cost*, 1s.

时间。--总共10分钟。平均成本，1先令。

Sufficient for 6 or 7 persons.

足量供6或7人食用。

SWEET SAUCE FOR PUDDINGS.

布丁甜酱

1360. INGREDIENTS.—1/2 pint of melted butter made with milk, 4 heaped teaspoonfuls of pounded sugar, flavouring; of grated lemon-rind, or nutmeg, or cinnamon.

1360. 配料--1/2品脱用牛奶制作的融化黄油，4满茶匙砂糖，调味料：磨碎的柠檬皮、肉豆蔻或肉桂。

Mode.—Make 1/2 pint of melted butter by recipe No. 380, omitting the salt; stir in the sugar, add a little grated lemon-rind, nutmeg, or powdered cinnamon, and serve. Previously to making the melted butter, the milk can be flavoured with bitter almonds, by infusing about half a dozen of them in it for about 1/2 hour; the milk should then be strained before it is added to the other ingredients. This simple sauce may be served for children with rice, batter, or bread pudding.

做法--按第380号食谱制作1/2品脱融化黄油，省略盐；搅入糖，加入少许磨碎的柠檬皮、肉豆蔻或肉桂粉，即可食用。在制作融化黄油之前，可将约半打苦杏仁浸泡在牛奶中约半小时，为牛奶调味；然后将牛奶过滤后再加入其他配料。这种简单的酱汁可配米饭、面糊布丁或面包布丁给儿童食用。

Time.—Altogether, 15 minutes. *Average cost*, 4d.

时间。--总共15分钟。平均成本,4d。

Sufficient for 6 or 7 persons.

足量供6或7人食用。

VANILLA CUSTARD SAUCE, to serve with Puddings.

香草蛋奶酱，佐布丁食用。

1361. INGREDIENTS.—1/2 pint of milk, 2 eggs, 2 oz. of sugar, 10 drops of essence of vanilla.

1361. 配料--1/2品脱牛奶，2个鸡蛋，2盎司糖，10滴香草精。

Mode.—Beat the eggs, sweeten the milk; stir these ingredients well together, and flavour them with essence of vanilla, regulating the proportion of this latter ingredient by the strength of the essence, the size of the eggs, &c. Put the mixture into a small jug, place this jug in a saucepan of boiling water, and stir the sauce *one way* until it thickens; but do not allow it to boil, or it will instantly curdle. Serve in a boat or tureen separately, with plum, bread, or any kind of dry pudding. Essence of bitter almonds or lemon-rind may be substituted for the vanilla, when they are more in accordance with the flavouring of the pudding with which the sauce is intended to be served.

做法。--将鸡蛋打散，牛奶加糖；将这些配料充分搅拌均匀，并用香草精调味，后者的用量应根据香精的浓度、鸡蛋的大小等因素来调整。将混合物倒入小壶中，将小壶放入盛有沸水的平底锅中，朝一个方向搅拌酱汁直至变稠；但不要让其煮沸，否则会立刻凝结。单独盛在酱汁船或汤碗中，搭配李子布丁、面包布丁或任何种类的干布丁食用。可用苦杏仁精或柠檬皮代替香草，当它们与酱汁所要搭配的布丁风味更协调时。

Time.—To be stirred in the jug from 8 to 10 minutes.

时间。--在壶中搅拌8至10分钟。

Average cost, 4d.

平均成本，4便士。

Sufficient for 4 or 5 persons.

AN EXCELLENT WINE SAUCE FOR PUDDINGS.

1362. INGREDIENTS.—The yolks of 4 eggs, 1 teaspoonful of flour, 2 oz. of pounded sugar, 2 oz. of fresh butter, 1/4 saltspoonful of salt, 1/2 pint of sherry or Madeira.

Mode.—Put the butter and flour into a saucepan, and stir them over the fire until the former thickens; then add the sugar, salt, and wine, and mix these ingredients well together. Separate the yolks from the whites of 4 eggs; beat up the former, and stir them briskly to the sauce; let it remain over the fire until it is on the point of simmering; but do not allow it to boil, or it will instantly curdle. This sauce is delicious with plum, marrow, or bread puddings; but should be served separately, and not poured over the pudding.

Time.—From 5 to 7 minutes to thicken the butter; about 5 minutes to stir the sauce over the fire.

Average cost, 1s. 10d.

Sufficient for 7 or 8 persons.

WINE OR BRANDY SAUCE FOR PUDDINGS.

1363. INGREDIENTS.—1/2 pint of melted butter No. 377, 3 heaped teaspoonfuls of pounded sugar; 1 *large* wineglassful of port or sherry, or 3/4 of a *small* glassful of brandy.

Mode.—Make 1/2 pint of melted butter by recipe No. 377, omitting the salt; then stir in the sugar and wine or spirit in the

足量供4或5人食用。

一种佐布丁的优质葡萄酒酱汁。

1362. 配料。--4个蛋黄，1茶匙面粉，2 oz.研碎的糖，2 oz.新鲜黄油，1/4盐匙盐，1/2 pint雪利酒或马德拉酒。

做法。--将黄油和面粉放入炖锅，在火上搅拌，直至黄油变稠；然后加入糖、盐和葡萄酒，将这些配料充分混合均匀。将4个鸡蛋的蛋黄与蛋白分离；打散蛋黄，迅速搅入酱汁中；将其继续置于火上，直至即将微沸；但不可让其煮沸，否则会立刻凝结。此酱汁佐李子布丁、骨髓布丁或面包布丁极为美味；但应单独上桌，不可浇在布丁上。

时间。--使黄油变稠需5至7分钟；在火上搅拌酱汁约需5分钟。

平均成本,1先令10便士。

足量供7至8人食用。

布丁用葡萄酒或白兰地酱。

1363. 配料。--1/2 pint融化的黄油(第377号),3满茶匙研碎的糖；1大酒杯波特酒或雪利酒，或3/4小杯白兰地。

做法。--按第377号食谱制作1/2 pint融化的黄油，省略盐；然后按上述比例拌入糖和葡萄酒或烈酒，

above proportion, and bring the sauce to the point of boiling. Serve in a boat or tureen separately, and, if liked, pour a little of it over the pudding. To convert this into punch sauce, add to the sherry and brandy a small wineglassful of rum and the juice and grated rind of 1/2 lemon. Liqueurs, such as Maraschino or Curaçoa substituted for the brandy, make excellent sauces.

并将酱汁煮至即将沸腾。单独盛在酱汁船或汤碗中上桌，如喜欢，可浇少许在布丁上。若要将其变为潘趣酱汁，可在雪利酒和白兰地中加入一小酒杯朗姆酒以及1/2个柠檬的汁和磨碎的皮。用黑樱桃酒或柑香酒等利口酒代替白兰地，可制成极佳的酱汁。

Time.—Altogether, 15 minutes. *Average cost*, 8d.

时间。总共15分钟。平均成本，8便士。

Sufficient for 6 or 7 persons.

足量供6或7人食用。

WINE SAUCE FOR PUDDINGS.

布丁用葡萄酒酱

1364. INGREDIENTS.—1/2 pint of sherry, 1/4 pint of water, the yolks of 6 eggs, 2 oz. of pounded sugar, 1/2 teaspoonful of minced lemon-peel, a few pieces of candied citron cut thin.

1364. 配料。--1/2 pint雪利酒，1/4 pint水，6个蛋黄，2 oz.研碎的糖，1/2茶匙切碎的柠檬皮，几片切薄的糖渍香橼。

Mode.—Separate the yolks from the whites of 5 eggs; beat them, and put them into a very clean saucepan (if at hand, a lined one is best); add all the other ingredients, place them over a sharp fire, and keep stirring until the sauce begins to thicken; then take it off and serve. If it is allowed to boil, it will be spoiled, as it will immediately curdle.

做法。--将5个鸡蛋的蛋黄与蛋白分离；打散蛋黄，放入非常干净的炖锅(如有条件，最好用有衬里的锅)；加入所有其他配料，置于旺火上，不断搅拌，直到酱汁开始变稠；然后离火上桌。若让其煮沸，便会失败，因为会立即凝结。

Time.—To be stirred over the fire 3 or 4 minutes; but it must not boil.

时间。--在火上搅拌3至4分钟；但不可煮沸。

Average cost, 2s.

平均成本,2先令。

Sufficient for a large pudding; allow half this quantity for a moderate-sized one.

足够一个大布丁之用；中等大小的布丁用此量的一半。

Seasonable at any time.

时令任何时候皆宜。

OPEN TART OF STRAWBERRY OR ANY OTHER KIND OF PRESERVE.

[Illustration: OPEN TART.]

[Illustration: OPEN-TART MOULD.]

1365. INGREDIENTS.—Trimmings of puff-paste, any kind of jam.

Mode.—Butter a tart-pan of the shape shown in the engraving, roll out the paste to the thickness of 1/2 an inch, and line the pan with it; prick a few holes at the bottom with a fork, and bake the tart in a brisk oven from 10 to 15 minutes. Let the paste cool a little; then fill it with preserve, place a few stars or leaves on it, which have been previously cut out of the paste and baked, and the tart is ready for table. By making it in this manner, both the flavour and colour of the jam are preserved, which would otherwise be lost, were it baked in the oven on the paste; and, besides, so much jam is not required.

Time.—10 to 15 minutes. *Average cost*, 8d.

Sufficient.—1 tart for 3 persons. *Seasonable* at any time.

STRAWBERRY.—The name of this favourite fruit is said to be derived from an ancient custom of putting straw beneath the fruit when it began to ripen, which is very useful to keep it moist and clean. The strawberry belongs to temperate and rather cold climates; and no fruit of these latitudes, that ripens without the aid of artificial heat, is at all comparable with it in point of flavour. The strawberry is widely diffused, being found in most parts of the world, particularly in Europe and America.

草莓或任何其他蜜饯的开口馅饼。

[插图：开口馅饼]

[插图：敞口馅饼模]

1365. 配料--千层酥皮的边角料，任何种类的果酱。

做法。--在一只如插图所示形状的馅饼烤盘上涂黄油，将面团擀至1/2英寸厚，铺入烤盘；用叉子在底部扎几个孔，将馅饼放入旺烤箱中烘烤10至15分钟。让面团稍凉；然后填入果酱，在上面放几颗事先用面团切出并烤好的星形或叶形装饰，馅饼即可上桌。按此法制作，果酱的风味和色泽均得以保留，若将果酱连同面团一起放入烤箱烘烤则会失去这些；此外，所需果酱也较少。

时间。--10至15分钟。平均成本,8便士。

足量。- 3人份1个挞。时令随时皆宜。

草莓。--这一备受喜爱的水果之名，据说源于一种古老的习俗：在果实开始成熟时于其下铺稻草，此举极有助于保持果实湿润清洁。草莓属于温带及较寒冷气候的植物；在这些纬度上，凡无需人工加热即可成熟的水果，其风味均无法与之相比。草莓分布广泛，世界大部分地区均有发现，尤以欧洲和美洲为多。

QUICKLY-MADE PUDDINGS.

1366. INGREDIENTS.—1/4 lb. of butter, 1/2 lb. of sifted sugar, 1/4 lb. of flour, 1 pint of milk, 5 eggs, a little grated lemon-rind.

Mode.—Make the milk hot; stir in the butter, and let it cool before the other ingredients are added to it; then stir in the sugar, flour, and eggs, which should be well whisked, and omit the whites of 2; flavour with a little grated lemon-rind, and beat the mixture well. Butter some small cups, rather more than half fill them; bake from 20 minutes to 1/2 hour, according to the size of the puddings, and serve with fruit, custard, or wine sauce, a little of which may be poured over them.

Time.—20 minutes to 1/2 hour. *Average cost,* 1s. 2d.

Sufficient for 6 puddings. *Seasonable* at any time.

SAGO PUDDING.

1367. INGREDIENTS.—1-1/2 pint of milk, 3 tablespoonfuls of sago, the rind of 1/2 lemon, 3 oz. of sugar, 4 eggs, 1-1/2 oz. of butter, grated nutmeg, puff-paste.

Mode.—Put the milk and lemon-rind into a stewpan, place it by the side of the fire, and let it remain until the milk is well flavoured with the lemon; then strain it, mix with it the sago and sugar, and simmer gently for about 15 minutes. Let the mixture cool a little, and stir to it the eggs, which should be well beaten, and the butter. Line the edges of a pie-dish with puff-paste, pour in the pudding, grate a little nutmeg over the top, and bake from 3/4 to 1 hour.

速制布丁。

1366. 配料。--1/4 lb.黄油，1/2 lb.筛过的糖，1/4 lb.面粉，1 pint牛奶，5个鸡蛋，少许磨碎的柠檬皮。

做法。--将牛奶加热；搅入黄油，待其冷却后再加入其他配料；然后搅入糖、面粉和鸡蛋(鸡蛋应充分打散，并去掉2个蛋的蛋白)；加入少许擦碎的柠檬皮调味，将混合物充分搅打。在几个小杯中涂黄油，将混合物倒入杯中至略多于半满；根据布丁的大小烘烤20分钟至1/2小时，佐以水果、蛋奶糊或葡萄酒酱汁上桌，可将其少许浇在布丁上。

时间。--20分钟至半小时。平均费用,1先令2便士。

足量可做6个布丁。时令任何时候皆宜。

西米布丁。

1367. 配料。--1-1/2 pint牛奶，3汤匙西米，1/2个柠檬的皮，3 oz.糖，4个鸡蛋，1-1/2 oz.黄油，磨碎的肉豆蔻，千层酥皮。

做法。--将牛奶和柠檬皮放入炖锅，置于火旁，让牛奶充分吸收柠檬香味；然后滤出，拌入西米和糖，小火慢煮约15分钟。让混合物稍凉，拌入打散的鸡蛋和黄油。用千层酥皮衬在馅饼盘边缘，倒入布丁糊，在表面磨少许肉豆蔻，烘烤3/4至1小时。

Time.—3/4 to 1 hour, or longer if the oven is very slow.

Average cost, 1s.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

Note.—The above pudding may be boiled instead of baked; but then allow 2 extra tablespoonfuls of sago, and boil the pudding in a buttered basin from 1-1/4 to 1-3/4 hour.

SAGO.—Sago is the pith of a species of palm (*Cycas circinalis*). Its form is that of a small round grain. There are two sorts of sago,—the white and the yellow; but their properties are the same. Sago absorbs the liquid in which it is cooked, becomes transparent and soft, and retains its original shape. Its alimentary properties are the same as those of tapioca and arrowroot.

SAGO SAUCE FOR SWEET PUDDINGS.

1368. INGREDIENTS.—1 tablespoonful of sago, 1/3 pint of water, 1/4 pint of port or sherry, the rind and juice of 1 small lemon, sugar to taste; when the flavour is liked, a little pounded cinnamon.

Mode.—Wash the sago in two or three waters; then put it into a saucepan, with the water and lemon-peel; let it simmer gently by the side of the fire for 10 minutes; then take out the lemon-peel, add the remaining ingredients, give one boil, and serve. Be particular to strain the lemon-juice before adding it to the sauce. This, on trial, will be found a delicious accompaniment to various boiled puddings, such as those made of bread, raisins, rice, &c.

Time.—10 minutes. *Average cost*, 9d.

时间。- 3/4 至 1 小时，若烤箱火力很弱则需更长时间。

平均成本,1先令。

足够供5或6人食用。时令任何时候皆宜。

注。--上述布丁可以煮代替烘烤；但需额外加2汤匙西米，并在涂了黄油的盆中煮1-1/4至1-3/4小时。

西米。--西米是某种棕榈(*Cycas circinalis*)的髓。其形状为小圆粒。西米有两种--白色和黄色；但性质相同。西米吸收烹煮它的液体，变得透明柔软，并保持原有形状。其营养特性与木薯粉和竹芋粉相同。

甜布丁用西米酱。

1368. 配料。--1汤匙西米，1/3 pint水，1/4 pint波特酒或雪利酒，1个小柠檬的皮和汁，糖适量；如喜欢该风味，可加少许研碎的肉桂。

做法。--用两三次水洗净西米；然后放入炖锅，加入水和柠檬皮；在火旁小火慢煮10分钟；然后取出柠檬皮，加入其余配料，煮沸一次，上桌。务必在加入酱汁前将柠檬汁滤过。经尝试，这将是各种煮布丁(如面包、葡萄干、大米等制成的布丁)的美味佐料。

时间。--10分钟。平均成本，9便士。

Sufficient for 7 or 8 persons.

BAKED SEMOLINA PUDDING.

1369. INGREDIENTS.—3 oz. of semolina, 1-1/2 pint of milk, 1/4 lb. of sugar, 12 bitter almonds, 3 oz. of butter, 4 eggs.

Mode.—Flavour the milk with the bitter almonds, by infusing them in it by the side of the fire for about 1/2 hour; then strain it, and mix with it the semolina, sugar, and butter. Stir these ingredients over the fire for a few minutes; then take them off, and gradually mix in the eggs, which should be well beaten. Butter a pie-dish, line the edges with puff-paste, put in the pudding, and bake in rather a slow oven from 40 to 50 minutes. Serve with custard sauce or stewed fruit, a little of which may be poured over the pudding.

Time.—40 to 50 minutes. *Average cost*, 1s. 2d.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

SEMOLINA.—After vermicelli, semolina is the most useful ingredient that can be used for thickening soups, meat or vegetable, of rich or simple quality. Semolina is softening, light, wholesome, easy of digestion, and adapted to the infant, the aged, and the invalid. That of a clear yellow colour, well dried and newly made, is the fittest for use.

TAPIOCA PUDDING.

1370. INGREDIENTS.—3 oz. of tapioca, 1 quart of milk, 2 oz. of butter, 1/4 lb. of sugar, 4 eggs, flavouring of vanilla, grated

足量供7至8人食用。

烘焙粗粒小麦粉布丁。

1369. 配料。--3 oz.粗面粉，1-1/2 pint牛奶，1/4 lb.糖，12粒苦杏仁，3 oz.黄油，4个鸡蛋。

做法。--将苦杏仁浸入牛奶中，置于火旁约1/2小时，使牛奶带有其风味；然后滤出牛奶，与粗粒小麦粉、糖和黄油混合。将这些配料在火上搅拌数分钟；然后离火，逐渐拌入打散的鸡蛋。在一只馅饼盘中涂黄油，边缘铺上千层酥皮，倒入布丁，放入较弱的烤箱中烘烤40至50分钟。佐以蛋奶酱汁或炖水果上桌，可将其少许浇在布丁上。

时间。--40至50分钟。平均成本,1先令2便士。

足够供5或6人食用。时令任何时候皆宜。

粗面粉。--继细面条之后，粗面粉是可用于勾芡汤(肉汤或蔬菜汤，无论浓郁或清淡)的最有用配料。粗面粉柔软、轻盈、有益健康、易于消化，适合婴儿、老人和病人。颜色呈清黄色、充分干燥且新制的粗面粉最适合使用。

木薯布丁

1370. 配料。--3 oz.木薯粉，1 quart牛奶，2 oz.黄油，1/4 lb.糖，4个鸡蛋，香草调味，磨碎的

lemon-rind, or bitter almonds.

Mode.—Wash the tapioca, and let it stew gently in the milk by the side of the fire for 1/4 hour, occasionally stirring it; then let it cool a little; mix with it the butter, sugar, and eggs, which should be well beaten, and flavour with either of the above ingredients, putting in about 12 drops of the essence of almonds or vanilla, whichever is preferred. Butter a pie-dish, and line the edges with puff-paste; put in the pudding, and bake in a moderate oven for an hour. If the pudding is boiled, add a little more tapioca, and boil it in a buttered basin 1-1/2 hour.

Time.—1 hour to bake, 1-1/2 hour to boil.

Average cost, 1s. 2d.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

TAPIOCA.—Tapioca is recommended to the convalescent, as being easy of digestion. It may be used in soup or broth, or mixed with milk or water, and butter. It is excellent food for either the healthy or sick, for the reason that it is so quickly digested without fatigue to the stomach.

TARTLETS.

1371. INGREDIENTS.—Trimmings of puff-paste, any jam or marmalade that may be preferred.

[Illustration: DISH OF TARTLETS.]

Mode.—Roll out the paste to the thickness of about 1/2 inch; butter some small round patty-pans, line them with it, and cut off the superfluous paste close to the edge of the pan. Put a small

柠檬皮，或苦杏仁。

Mode。- 将木薯粉洗净，放在炉火旁用牛奶小火慢煮1/4小时，不时搅拌；然后稍放凉；拌入黄油、糖和鸡蛋(鸡蛋应充分打散)，并用上述配料中的任一种调味，加入约12滴杏仁精或香草精，以所偏好者为准。在馅饼盘内涂黄油，边缘铺上千层酥皮；倒入布丁糊，在中等温度的炉中烘一小时。若布丁采用煮法，则多加一些木薯粉，在涂过黄油的盆中煮1-1/2小时。

时间。- 烘烤1小时，煮1-1/2小时。

平均成本,1先令2便士。

足够供5或6人食用。时令任何时候皆宜。

木薯粉。--木薯粉易于消化，推荐给康复期病人。可用于汤或肉汤，或与牛奶或水及黄油混合。无论健康人或病人，它都是极好的食物，因为它消化迅速而不使胃疲劳。

小馅饼。

1371. 配料。--千层酥皮的边角料，任何喜欢的果酱或柑橘酱。

[插图：馅饼盘]

做法。--将酥皮擀至约1/2英寸厚；在小圆馅饼模中涂黄油，用酥皮衬好，紧贴模边切去多余酥皮。在每个小馅饼中放入一小

piece of bread into each tartlet (this is to keep them in shape), and bake in a brisk oven for about 10 minutes, or rather longer. When they are done, and are of a nice colour, take the pieces of bread out carefully, and replace them by a spoonful of jam or marmalade. Dish them high on a white d'oyley, piled high in the centre, and serve.

块面包(以保持形状)，在旺烤箱中烘烤约10分钟或稍久。烤好且色泽良好时，小心取出面包块，用一勺果酱或柑橘酱替换。将馅饼高高堆在白色垫布上，中央堆高，上桌。

Time.—10 to 15 minutes. *Average cost*, 1d. each. *Sufficient*.—1 lb. of paste will make 2 dishes of tartlets. *Seasonable* at any time.

时间。--10至15分钟。平均成本，每个1便士。足够。--1 lb.酥皮可做2盘小馅饼。当令 anytime。

ROLLED TREACLE PUDDING.

卷筒糖浆布丁。

1372. INGREDIENTS.—1 lb. of suet crust No. 1215, 1 lb. of treacle, 1/2 teaspoonful of grated ginger.

1372. 配料。--1 lb.板油酥皮(第1215号),1 lb.糖蜜，1/2茶匙磨碎的姜。

Mode.—Make, with 1 lb. of flour, a suet crust by recipe No. 1215; roll it out to the thickness of 1/2 inch, and spread the treacle equally over it, leaving a small margin where the paste joins; close the ends securely, tie the pudding in a floured cloth, plunge it into boiling water, and boil for 2 hours. We have inserted this pudding, being economical, and a favourite one with children; it is, of course, only suitable for a nursery, or very plain family dinner. Made with a lard instead of a suet crust, it would be very nice baked, and would be sufficiently done in from 1-1/2 to 2 hours.

Mode。- 用1 lb.面粉按食谱第1215号制成板油酥皮；擀成1/2英寸厚，将糖浆均匀涂抹其上，在酥皮接合处留出窄边；将两端封严，用撒粉的布将布丁包好扎紧，投入沸水中煮2小时。我们收录这道布丁，因其经济实惠，且为孩子们所喜爱；当然，它只适合育婴室或非常简朴的家庭正餐。若以猪油酥皮代替板油酥皮，烘烤会非常美味，约1-1/2至2小时即可熟透。

Time.—Boiled pudding, 2 hours; baked pudding, 1-1/2 to 2 hours.

时间。- 煮布丁，2小时；烤布丁，1-1/2至2小时。

Average cost, 7d.

平均费用,7便士。

Sufficient for 5 or 6 persons. *Seasonable* at any time.

足够供5或6人食用。时令任何时候皆宜。

MEAT OR SAUSAGE ROLLS.

肉卷或香肠卷。

1373. INGREDIENTS.—1 lb. of puff-paste No. 1206, sausage-meat No. 837, the yolk of 1 egg.

Mode.—Make 1 lb. of puff-paste by recipe No. 1206; roll it out to the thickness of about 1/2 inch, or rather less, and divide it into 8, 10, or 12 squares, according to the size the rolls are intended to be. Place some sausage-meat on one-half of each square, wet the edges of the paste, and fold it over the meat; slightly press the edges together, and trim them neatly with a knife. Brush the rolls over with the yolk of an egg, and bake them in a well-heated oven for about 1/2 hour, or longer should they be very large. The remains of cold chicken and ham, minced and seasoned, as also cold veal or beef, make very good rolls.

Time.—1/2 hour, or longer if the rolls are large.

Average cost, 1s. 6d.

Sufficient.—1 lb. of paste for 10 or 12 rolls.

Seasonable, with sausage-meat, from September to March or April.

SOMERSETSHIRE PUDDINGS.

1374. INGREDIENTS.—3 eggs, their weight in flour, pounded sugar and butter, flavouring of grated lemon-rind, bitter almonds, or essence of vanilla.

Mode.—Carefully weigh the various ingredients, by placing on one side of the scales the eggs, and on the other the flour; then the sugar, and then the butter. Warm the butter, and with the hands beat it to a cream; gradually dredge in the flour and pounded sugar, and keep stirring and beating the mixture without ceasing

1373. 配料。--1 lb.千层酥皮(第1206号)，香肠肉馅(第837号),1个蛋黄。

Mode。- 按食谱第1206号制成1 lb.千层酥皮；擀成约1/2英寸厚，或稍薄一些，按所制卷的大小分成8、10或12个方块。在每个方块的一半上放一些香肠肉馅，将酥皮边缘沾湿，对折盖住肉馅；轻轻捏合边缘，用刀修整齐整。在卷上刷蛋黄液，放入充分加热的炉中烘约1/2小时，若卷很大则时间更长。冷鸡肉和火腿的余料剁碎调味，以及冷小牛肉或牛肉，都可制成很好的肉卷。

时间。- 1/2 小时，若卷较大则需更长时间。

平均费用,1先令6便士。

充足。--1磅面团可做10或12个小圆面包。

时令，配香肠肉，从九月到三月或四月。

萨默塞特郡布丁

1374. 配料。--3个鸡蛋，与鸡蛋等重的面粉、研碎的糖和黄油，磨碎柠檬皮、苦杏仁或香草精调味。

做法。--仔细称量各种配料，在天平一侧放鸡蛋，另一侧放面粉；然后称糖，再称黄油。将黄油温热，用手搅打至奶油状；逐渐撒入面粉和研碎的糖，不断搅拌和搅打混合物

until it is perfectly smooth. Then add the eggs, which should be well whisked, and either of the above flavourings that may be preferred; butter some small cups, rather more than half-fill them, and bake in a brisk oven for about 1/2 hour. Turn them out, dish them on a napkin, and serve custard or wine-sauce with them. A pretty little supper-dish may be made of these puddings cold, by cutting out a portion of the inside with the point of a knife, and putting into the cavity a little whipped cream or delicate preserve, such as apricot, greengage, or very bright marmalade. The paste for these puddings requires a great deal of mixing, as the more it is beaten, the better will the puddings be. When served cold, they are usually called *gâteaux à la Madeleine*.

直至完全光滑。然后加入鸡蛋(应充分搅打)以及上述调味料中任一种所偏好者；在一些小杯中涂黄油，将杯装至过半，在旺火炉中烘约1/2小时。将其扣出，盛在餐巾上，配蛋奶酱或葡萄酒酱汁上桌。这些布丁放凉后，可用刀尖挖出内部一部分，在空腔中填入少许掼奶油或精致果酱(如杏子酱、青梅酱或颜色鲜亮的柑橘酱)，即成一道漂亮的小晚餐菜。这些布丁的糊需要大量搅拌，因为搅打得越多，布丁就越好。冷食时，它们通常被称为*gâteaux à la Madeleine*。

Time.—1/2 hour. *Average cost*, 10d.

时间。--1/2小时。平均费用,10d。

Sufficient for 6 or 7 puddings. *Seasonable* at any time.

足够做6或7个布丁。时令 anytime.

SUET PUDDING, to serve with Roast Meat.

板油布丁，配烤肉食用。

1375. INGREDIENTS.—1 lb. of flour, 6 oz. of finely-chopped suet, 1/2 saltspoonful of salt, 1/2 saltspoonful of pepper, 1/2 pint of milk or water.

1375. 配料。--1 lb.面粉，6 oz.切得很细的板油，1/2盐匙盐，1/2盐匙胡椒，1/2 pint牛奶或水。

Mode.—Chop the suet very finely, after freeing it from skin, and mix it well with the flour; add the salt and pepper (this latter ingredient may be omitted if the flavour is not liked), and make the whole into a smooth paste with the above proportion of milk or water. Tie the pudding in a floured cloth, or put it into a buttered basin, and boil from 2-1/2 to 3 hours. To enrich it, substitute 3 beaten eggs for some of the milk or water, and increase the proportion of suet.

做法。--将板油去膜后切得极细，与面粉充分混合；加入盐和胡椒(如不喜欢该风味，可省略后者)，用上述比例的牛奶或水将全部材料揉成光滑的面团。将布丁系在撒了面粉的布中，或放入涂了黄油的盆中，煮2-1/2至3小时。若要使其更丰盛，可用3个打散的鸡蛋代替部分牛奶或水，并增加板油的比例。

Time.—2-1/2 to 3 hours. *Average cost*, 6d.

时间--2-1/2至3小时。平均成本,6便士。

Sufficient for 5 or 6 persons. *Seasonable* at any time.

Note.—When there is a joint roasting or baking, this pudding may be boiled in a long shape, and then cut into slices a few minutes before dinner is served: these slices should be laid in the dripping-pan for a minute or two, and then browned before the fire. Most children like this accompaniment to roast meat. Where there is a large family of children, and the means of keeping them are limited, it is a most economical plan to serve up the pudding before the meat: as, in this case, the consumption of the latter article will be much smaller than it otherwise would be.

足够供5或6人食用。时令任何时候皆宜。

Note。- 当有烤肉或烘烤的肉块时，这道布丁可做成细长形煮制，然后在正餐上桌前几分钟切成片：这些片应放在滴油盘中一两分钟，然后在炉火前烤至焦黄。大多数孩子喜欢这种配烤肉的佐食。若家中孩子众多而供养条件有限，在肉之前先上布丁是极为经济的办法：因为这样一来，肉的消耗量会比否则小得多。

SUSSEX, or HARD DUMPLINGS.

苏塞克斯式，或硬饺子。

1376. INGREDIENTS.—1 lb. of flour, 1/2 pint of water, 1/2 saltspoonful of salt.

1376. 配料--1 lb.面粉，1/2 pint 水，1/2 盐匙盐。

Mode.—Mix the flour and water together to a smooth paste, previously adding a small quantity of salt. Form this into small round dumplings; drop them into boiling water, and boil from 1/2 to 3/4 hour. They may be served with roast or boiled meat; in the latter case they may be cooked with the meat, but should be dropped into the water when it is quite boiling.

做法。--将面粉与水混合调成均匀的面糊，事先加入少量盐。将其做成小圆团子；投入沸水中，煮1/2至3/4小时。可配烤肉或煮肉上桌；若是后者，可与肉同煮，但应在水完全沸腾时投入。

Time.—1/2 to 3/4 hour.

时间。--1/2至3/4小时。

Sufficient for 10 or 12 dumplings. *Seasonable* at any time.

分量可供10或12个团子。时令随时皆宜。

VERMICELLI PUDDING.

粉丝布丁。

1377. INGREDIENTS.—4 oz. of vermicelli, 1-1/2 pint of milk, 1/2 pint of cream, 3 oz. of butter, 3 oz. of sugar, 4 eggs.

1377.配料--4 oz.细面条，1-1/2 pint牛奶，1/2 pint奶油，3 oz.黄油，3 oz.糖，4个鸡蛋。

Mode.—Boil the vermicelli in the milk until it is tender; then stir

做法。--将细面条放入牛奶中煮至软烂；然后搅入

in the remaining ingredients, omitting the cream, if not obtainable. Flavour the mixture with grated lemon-rind, essence of bitter almonds, or vanilla; butter a pie-dish; line the edges with puff-paste, put in the pudding, and bake in a moderate oven for about 3/4 hour.

其余配料，若无奶油可省略。以擦碎的柠檬皮、苦杏仁精或香草为混合物调味；在馅饼盘上涂黄油；边缘铺上千层酥皮，放入布丁，在中等温度的炉中烘烤约3/4小时。

Time.—3/4 hour.

时间。- 3/4小时。

Average cost, 1s. 2d. without cream.

平均成本，不加奶油为1先令2便士。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable at any time.

时令任何时候皆宜。

VERMICELLI.—The finest vermicelli comes from Marseilles, Nimes, and Montpellier. It is a nourishing food, and owes its name to its peculiar thread-like form. Vermicelli means, little worms.

细面条。--最上等的细面条产自马赛、尼姆和蒙彼利埃。它是一种滋养的食物，因其独特的线状外形而得名。细面条意为小虫。

VICARAGE PUDDING.

牧师公馆布丁

1378. INGREDIENTS.—1/4 lb. of flour, 1/4 lb. of chopped suet, 1/4 lb. of currants, 1/4 lb. of raisins, 1 tablespoonful of moist sugar, 1/2 teaspoonful of ground ginger, 1/2 saltspoonful of salt.

1378.配料--1/4 lb.面粉，1/4 lb.切碎的板油，1/4 lb.加仑子，1/4 lb.葡萄干，1大匙湿糖，1/2小匙姜粉，1/2盐匙盐。

Mode.—Put all the ingredients into a basin, having previously stoned the raisins, and washed, picked, and dried the currants; mix well with a clean knife; dip the pudding-cloth into boiling water, wring it out, and put in the mixture. Have ready a saucepan of boiling water, plunge in the pudding, and boil for 3 hours. Turn it out on the dish, and serve with sifted sugar.

做法。--将所有配料放入盆中，事先将葡萄干去核，并将加仑子洗净、拣选并晾干；用干净的刀充分拌匀；将布丁布浸入沸水，拧干，放入混合物。备好一锅沸水，投入布丁，煮3小时。将其倒扣在盘中，撒上筛过的糖上桌。

Time.—3 hours.

时间。--3小时。

Average cost, 8d.

平均费用,8便士。

Sufficient for 5 or 6 persons.

Seasonable.—Suitable for a winter pudding.

VOL-AU-VENT (an Entree).

1379. INGREDIENTS.—3/4 to 1 lb. of puff-paste No. 1208, fricasseed chickens, rabbits, ragouts, or the remains of cold fish, flaked and warmed in thick white sauce.

[Illustration: VOL-AU-VENT.]

Mode.—Make from 3/4 to 1 lb. of puff-paste, by recipe No. 1208, taking care that it is very evenly rolled out each time, to insure its rising properly; and if the paste is not extremely light, and put into a good hot oven, this cannot be accomplished, and the *vol-au-vent* will look very badly. Roll out the paste to the thickness of about 1-1/2 inch, and, with a fluted cutter, stamp it out to the desired shape, either round or oval, and, with the point of a small knife, make a slight incision in the paste all round the top, about an inch from the edge, which, when baked, forms the lid. Put the *vol-au-vent* into a good brisk oven, and keep the door shut for a few minutes after it is put in. Particular attention should he paid to the heating of the oven, for the paste *cannot* rise without a tolerable degree of heat When of a nice colour, without being scorched, withdraw it from the oven, instantly remove the cover where it was marked, and detach all the soft crumb from the centre: in doing this, be careful not to break the edges of the *vol-au-vent*; but should they look thin in places, stop them with small flakes of the inside paste, stuck on with the white of an egg. This precaution is necessary to prevent the fricassee or ragoût from bursting the case, and so spoiling the appearance of the dish. Fill

足量供5或6人食用。

时令。--适合作为冬季布丁。

VOL-AU-VENT(一道主菜)。

1379.配料--3/4至1 lb.第1208号千层酥皮，焖烧鸡、兔、炖菜，或冷鱼剩料，片下并用浓白酱汁加热。

[插图：VOL-AU-VENT。]

做法。--按第1208号食谱制作3/4至1 lb.的千层酥皮，注意每次都要擀得非常均匀，以确保它能正常发起；如果酥皮不是极其轻盈，且放入充分预热的烤箱中，这一点就无法做到，而*vol-au-vent*就会显得很难看。将酥皮擀至约1-1/2英寸厚，用带槽的切模压出所需形状，或圆或椭圆，再用小刀尖在酥皮顶部四周约距边缘一英寸处轻轻划一圈，烘烤后这一圈便形成盖子。将*vol-au-vent*放入预热良好的旺火烤箱，放入后几分钟内保持炉门关闭。务必特别注意烤箱的温度，因为酥皮*cannot*在热度不足的情况下发起。当酥皮呈漂亮的色泽而未焦糊时，将其从烤箱取出，立即揭去划痕处的盖子，并挖去中央所有松软的酥心：操作时要小心，不要弄破*vol-au-vent*的边缘；若某些地方显得过薄，可用内部酥皮的小碎片蘸蛋白粘上填补。这一预防措施是必要的，以防烩菜或浓味炖菜撑破酥壳，破坏菜肴的外观。填入

the *vol-au-vent* with a rich mince, or fricassee, or ragoût, or the remains of cold fish flaked and warmed in a good white sauce, and do not make them very liquid, for fear of the gravy bursting the crust: replace the lid, and serve. To improve the appearance of the crust, brush it over with the yolk of an egg after it has risen properly.—See coloured plate O1.

将酥皮盅填入浓郁的肉末、焖烧菜、炖菜，或将冷鱼剩料片下并用上好的白酱汁加热，不要做得太稀，以免肉汁冲破酥皮：盖上盖子，上桌。为使酥皮外观更佳，待其充分膨起后刷上蛋黄。--见彩色图版O1。

Time.—3/4 hour to bake the *vol-au-vent*.

时间。- 烤制酥皮馅饼需3/4小时。

Average cost, exclusive of interior, 1s. 6d.

平均费用，不含内部，1先令6便士。

Seasonable at any time.

时令任何时候皆宜。

[Illustration: SMALL VOL-AU-VENTS.]

[插图：小号酥皮壳。]

Note.—Small *vol-au-vents* may be made like those shown in the engraving, and filled with minced veal, chicken, &c. They should be made of the same paste as the larger ones, and stamped out with a small fluted cutter.

注。--小酥皮盅可仿照版画所示制作，填入剁碎的小牛肉、鸡肉等。它们应使用与大酥皮盅相同的酥皮制作，并用小型花边切模压出。

SWEET VOL-AU-VENT OF PLUMS, APPLES, OR ANY OTHER FRESH FRUIT.

李子、苹果或任何其他新鲜水果的甜味酥皮馅饼

1380. INGREDIENTS.—3/4 lb. of puff-paste No. 1208, about 1 pint of fruit compôte.

1380.配料--3/4 lb.第1208号千层酥皮，约1 pint水果蜜饯。

Mode.—Make 1/2 lb. of puff-paste by recipe No. 1208, taking care to bake it in a good brisk oven, to draw it up nicely and make it look light. Have ready sufficient stewed fruit, the syrup of which must be boiled down until very thick; fill the *vol-au-vent* with this, and pile it high in the centre; powder a little sugar over it, and put it back in the oven to glaze, or use a salamander for the purpose: the *vol-au-vent* is then ready to serve. They may be made with any

做法。--按第1208号食谱制作1/2 lb.千层酥皮，注意要在预热良好的旺火烤箱中烘烤，使其漂亮地发起并显得轻盈。备好足量的炖水果，其糖浆须熬煮至非常浓稠；用其填入*vol-au-vent*，并在中央堆高；撒上少许糖粉，放回烤箱上光，或用烤炙器达到此目的：*vol-au-vent*即可上桌。可用任何

fruit that is in season, such as rhubarb, oranges, gooseberries, currants, cherries, apples, &c.; but care must be taken not to have the syrup too thin, for fear of its breaking through the crust.

Time.—1/2 hour to 40 minutes to bake the *vol-au-vent*.

Average cost, exclusive of the compôte, 1s. 1d.

Sufficient for 1 entremets.

当令水果，如大黄、橙子、醋栗、加仑子、樱桃、苹果等；但须注意糖浆不可太稀，以免冲破酥皮。时间。--烘烤酥皮盅需1/2小时至40分钟。平均费用，不含蜜饯，1先令1便士。分量可供1道间菜。

VOL-AU-VENT OF FRESH STRAWBERRIES WITH WHIPPED CREAM.

鲜草莓奶油酥皮盒。

1381. INGREDIENTS.—3/4 lb. of puff-paste No. 1208, 1 pint of freshly-gathered strawberries, sugar to taste, a plateful of whipped cream.

1381.配料--3/4 lb.第1208号千层酥皮，1 pint新摘草莓，糖适量，一盘打发奶油。

Mode.—Make a *vol-au-vent* case by recipe No. 1379, only not quite so large nor so high as for a savoury one. When nearly done, brush the paste over with the white of an egg, then sprinkle on it some pounded sugar, and put it back in the oven to set the glaze. Remove the interior, or soft crumb, and, at the moment of serving, fill it with the strawberries, which should be picked, and broken up with sufficient sugar to sweeten them nicely. Place a few spoonfuls of whipped cream on the top, and serve.

做法。--按第1379号食谱制作*vol-au-vent*酥壳，只是不要像咸味的那般大、那般高。待其将近烤熟时，在酥皮上刷一层蛋白，再撒上一些糖粉，放回烤箱使糖霜定型。挖去内部或松软的酥心，在上桌之际填入草莓，草莓应摘净，并用足量的糖拌开以恰到好处地增甜。在顶部放几勺打发奶油，即可上桌。

Time.—1/2 hour to 40 minutes to bake the *vol-au-vent*.

时间。--烘烤酥皮盒需1/2小时至40分钟。

Average cost, 2s. 3d.

平均成本，2先令3便士。

Sufficient for 1 *vol-au-vent*.

足量可做 1 个酥皮馅饼。

Seasonable in June and July.

时令六月和七月。

STRAWBERRY.—Among the Greeks, the name of the strawberry

草莓。--在希腊人当中，草莓的名称

indicated its tenuity, this fruit forming hardly a mouthful. With the Latins, the name reminded one of the delicious perfume of this plant. Both nations were equally fond of it, and applied the same care to its cultivation. Virgil appears to place it in the same rank with flowers; and Ovid gives it a tender epithet, which delicate palates would not disavow. Neither does this luxurious poet forget the wild strawberry, which disappears beneath its modest foliage, but whose presence the scented air reveals.

这表明了它的纤细，这果实几乎不够一口。在拉丁人那里，这个名字令人想起这种植物美妙的香气。两个民族都同样喜爱它，并对它的栽培付出同样的用心。维吉尔似乎将它置于与花卉同等的地位；奥维德给它一个温柔的修饰语，讲究的味觉也不会否认。这位奢华的诗人也没有忘记野草莓，它隐没在谦逊的枝叶之下，但芬芳的空气却泄露了它的存在。

WEST-INDIAN PUDDING.

西印度布丁

1382. INGREDIENTS.—1 pint of cream, 1/2 lb. of loaf-sugar, 1/2 lb. of Savoy or sponge-cakes, 8 eggs, 3 oz. of preserved green ginger. *Mode.*—Crumble down the cakes, put them into a basin, and pour over them the cream, which should be previously sweetened and brought to the boiling-point; cover the basin, well beat the eggs, and when the cream is soaked up, stir them in. Butter a mould, arrange the ginger round it, pour in the pudding carefully, and tie it down with a cloth; steam or boil it slowly for 1-1/2 hour, and serve with the syrup from the ginger, which should be warmed, and poured over the pudding.

1382.配料。--1 pint奶油，1/2 lb.块糖，1/2 lb.萨伏依蛋糕或海绵蛋糕，8个鸡蛋，3 oz.糖渍绿姜。做法。--将蛋糕搓碎，放入盆中，倒入事先加糖并煮至沸点的奶油；盖住盆，将鸡蛋充分打散，待奶油被吸收后拌入。给模具抹油，将姜环绕排列于其中，小心倒入布丁糊，用布扎紧；蒸或慢煮1-1/2小时，配以姜的糖浆上桌，糖浆应加热后浇在布丁上。

Time.—1-1/2 hour. *Average cost*, with cream at 1s. per pint, 2s. 8d.

时间。--1-1/2小时。平均费用，奶油按每pint 1先令计，2先令8便士。

Sufficient for 5 or 6 persons. Seasonable at any time.

足够5至6人食用。四季皆宜。

YEAST DUMPLINGS.

酵母饺子。

1383. INGREDIENTS.—1/2 quartern of dough, boiling water.

Mode.—Make a very light dough as for bread, using to mix it, milk, instead of water; divide it into 7 or 8 dumplings; plunge

1383.配料--1/2夸特面团，沸水。做法--像做面包那样制作非常松软的面团，用牛奶代替水来调和；将其分成7或8个团子；投入

them into boiling water, and boil them for 20 minutes. Serve the instant they are taken up, as they spoil directly, by falling and becoming heavy; and in eating them do not touch them with a knife, but tear them apart with two forks. They may be eaten with meat gravy, or cold butter and sugar, and if not convenient to make the dough at home, a little from the baker's answers as well, only it must be placed for a few minutes near the fire, in a basin with a cloth over it, to let it rise again before it is made into dumplings.

将它们放入沸水中，煮20分钟。捞出后立即上桌，因为它们会立刻变塌、变沉而走味；食用时不要用刀切，而要用两把叉子撕开。可配肉汁食用，或配冷黄油和糖；若不便在家和面，从面包师处取一点面团也同样可以，只是必须放在盆中、盖上布，靠近炉火放几分钟，让它再次发起后再做成团子。

Time.—20 minutes. *Average cost*, 4d.

时间。- 20分钟。平均费用,4便士。

Sufficient for 5 or 6 persons. *Seasonable* at any time.

足够供5或6人食用。时令任何时候皆宜。

YEAST consists principally of a substance very similar in composition, and in many of its sensible properties, to gluten; and, when new or fresh, it is inflated and rendered frothy by a large quantity of carbonic acid. When mixed with wort, this substance acts upon the saccharine matter; the temperature rises, carbonic acid is disengaged, and the result is *ale*, which always contains a considerable proportion of alcohol, or spirit. The quantity of yeast employed in brewing ale being small, the saccharine matter is but imperfectly decomposed: hence a considerable portion of it remains in the liquor, and gives it that viscid quality and body for which it is remarkable. The fermenting property of yeast is weakened by boiling for ten minutes, and is entirely destroyed by continuing the boiling. Alcohol poured upon it likewise renders it inert; on which account its power lessens as the alcohol is formed during fermentation.

酵母主要由一种在组成和许多可感性质上与面筋非常相似的物质构成；当它新鲜时，会因大量碳酸而膨胀并起泡。当与麦芽汁混合时，这种物质作用于糖分；温度升高，碳酸被释放出来，结果是*ale*，其中总是含有相当比例的酒精或烈酒。酿造麦芽酒时使用的酵母量很少，因此糖分只是被不完全分解：所以相当一部分糖分仍留在酒液中，赋予它那种显著的黏稠质感和酒体。酵母的发酵特性会因煮沸十分钟而减弱，若继续煮沸则完全被破坏。倒入其上的酒精同样会使其失去活性；因此，在发酵过程中随着酒精的形成，其效力会减弱。

YORKSHIRE PUDDING, to serve with hot Roast Beef.

约克郡布丁，配热烤牛肉食用。

1384. INGREDIENTS.—1-1/2 pint of milk, 6 *large* tablespoonfuls of flour, 3 eggs, 1 saltspoonful of salt.

[Illustration: YORKSHIRE PUDDING.]

Mode.—Put the flour into a basin with the salt, and stir gradually to this enough milk to make it into a stiff batter. When this is perfectly smooth, and all the lumps are well rubbed down, add the remainder of the milk and the eggs, which should be well beaten. Beat the mixture for a few minutes, and pour it into a shallow tin, which has been previously well rubbed with beef dripping. Put the pudding into the oven, and bake it for an hour; then, for another 1/2 hour, place it under the meat, to catch a little of the gravy that flows from it. Cut the pudding into small square pieces, put them on a hot dish, and serve. If the meat is baked, the pudding may at once be placed under it, resting the former on a small three-cornered stand.

Time.—1-1/2 hour. *Average cost*, 7d.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

[Illustration]

[Illustration]

CHAPTER XXVIII.

GENERAL OBSERVATIONS ON CREAMS, JELLIES, SOUFFLÉS, OMELETS, & SWEET
DISHES.

1385. CREAMS.—The yellowish-white, opaque fluid, smooth and unctuous to the touch, which separates itself from new milk, and

1384. 配料。--1-1/2品脱牛奶，6大汤匙面粉，3个鸡蛋，1盐匙盐。

[插图：约克郡布丁。]

模式。--将面粉与盐放入盆中，逐渐搅入足量牛奶，调成稠厚的面糊。待面糊完全光滑、所有面疙瘩都充分揉开之后，加入剩余的牛奶和鸡蛋，鸡蛋应事先充分打散。将混合物搅打几分钟，倒入一个浅锡盘，锡盘须事先用牛油滴抹匀。把布丁放入烤箱，烘烤一小时；随后再置于肉下半小时，以便承接一些从肉中流出的肉汁。将布丁切成小方块，放在热盘中，即可上桌。若肉是烤制的，布丁可立即置于其下，将肉搁在一个小三脚架上。

时间。- 1-1/2 小时。平均成本，7便士。

足够供5或6人食用。时令任何时候皆宜。

[Illustration]

[Illustration]

第二十八章

关于奶油、果冻、舒芙蕾、煎蛋卷与甜点的总体观察

菜肴。

1385. 奶油。--那种淡黄白色、不透明的液体，触感光滑油腻，从新鲜牛奶中分离出来，并且

forms a layer on its surface, when removed by skimming, is employed in a variety of culinary preparations. The analyses of the contents of cream have been decided to be, in 100 parts—butter, 3.5; curd, or matter of cheese, 3.5; whey, 92.0. That cream contains an oil, is evinced by its staining clothes in the manner of oil; and when boiled for some time, a little oil floats upon the surface. The thick animal oil which it contains, the well-known *butter*, is separated only by agitation, as in the common process of *churning*, and the cheesy matter remains blended with the whey in the state of *buttermilk*. Of the several kinds of cream, the principal are the Devonshire and Dutch clotted creams, the Costorphin cream, and the Scotch sour cream. The Devonshire cream is produced by nearly boiling the milk in shallow tin vessels over a charcoal fire, and kept in that state until the whole of the cream is thrown up. It is used for eating with fruits and tarts. The cream from Costorphin, a village of that name near Edinburgh, is accelerated in its separation from three or four days' old milk, by a certain degree of heat; and the Dutch clotted cream—a coagulated mass in which a spoon will stand upright—is manufactured from fresh-drawn milk, which is put into a pan, and stirred with a spoon two or three times a day, to prevent the cream from separating from the milk. The Scotch "sour cream" is a misnomer; for it is a material produced without cream. A small tub filled with skimmed milk is put into a larger one, containing hot water, and after remaining there all night, the thin milk (called *wigg*) is drawn off, and the remainder of the contents of the smaller vessel is "sour cream."

在其表面形成一层，撇去后可用于多种烹饪制作。对奶油成分的分析已确定，按100份计--黄油3.5；凝乳，即干酪物质3.5；乳清92.0。奶油含有油脂，这可由其像油一样弄脏衣物得到证明；煮沸一段时间后，少量油脂会浮在表面。它所含的浓稠动物油脂，即众所周知的黄油，只有通过搅动才能分离出来，正如普通的搅乳过程那样，而干酪状物质则以酪乳的状态与乳清混合在一起。在几种奶油中，主要有德文郡奶油和荷兰凝块奶油、科斯托芬奶油以及苏格兰酸奶油。德文郡奶油是通过在浅锡器中用炭火将牛奶近乎煮沸，并保持该状态直到全部奶油浮起而制成的。它用于搭配水果和果馅点心食用。科斯托芬奶油--科斯托芬是爱丁堡附近一个同名村庄--通过一定程度的热量加速其从存放三四天的牛奶中分离；而荷兰凝块奶油--一种凝固的团块，勺子可以直立其中--由刚挤出的牛奶制成，牛奶放入锅中，每天用勺子搅拌两三次，以防止奶油从牛奶中分离。苏格兰“酸奶油”是个误称；因为它是无需奶油而制成的一种材料。将装满脱脂牛奶的小桶放入盛有热水的大桶中，放置一夜后，稀薄的牛奶(称为*wigg*)被倒出，小容器中剩余的内容物即为“酸奶油”。

1386. JELLIES are not the nourishing food they were at one time considered to be, and many eminent physicians are of opinion that

1386. 果冻并非人们曾经认为的那种滋养食物，许多著名医生认为

they are less digestible than the flesh, or muscular part of animals; still, when acidulated with lemon-juice and flavoured with wine, they are very suitable for some convalescents. Vegetable jelly is a distinct principle, existing in fruits, which possesses the property of gelatinizing when boiled and cooled; but it is a principle entirely different from the gelatine of animal bodies, although the name of jelly, common to both, sometimes leads to an erroneous idea on that subject. Animal jelly, or gelatine, is glue, whereas vegetable jelly is rather analogous to gum. Liebig places gelatine very low indeed in the scale of usefulness. He says, "Gelatine, which by itself is tasteless, and when eaten, excites nausea, possesses no nutritive value; that, even when accompanied by the savoury constituents of flesh, it is not capable of supporting the vital process, and when added to the usual diet as a substitute for plastic matter, does not increase, but, on the contrary, diminishes the nutritive value of the food, which it renders insufficient in quantity and inferior in quality." It is this substance which is most frequently employed in the manufacture of the jellies supplied by the confectioner; but those prepared at home from calves' feet do possess some nutrition, and are the only sort that should be given to invalids. Isinglass is the purest variety of gelatine, and is prepared from the sounds or swimming-bladders of certain fish, chiefly the sturgeon. From its whiteness it is mostly used for making blanc-mange and similar dishes.

1387. THE WHITE OF EGGS is perhaps the best substance that can be employed in clarifying jelly, as well as some other fluids, for the reason that when albumen (and the white of eggs is nearly pure albumen) is put into a liquid that is muddy, from substances suspended in it, on boiling the liquid, the albumen coagulates in a

它们比动物的肉或肌肉部分更难消化；不过，用柠檬汁酸化并以酒调味后，它们很适合某些康复期病人。植物果冻是一种存在于水果中的独特成分，具有煮沸冷却后凝固的特性；但它与动物体的明胶是完全不同的成分，尽管两者共用的果冻之名有时会使人对此产生错误认识。动物果冻即明胶，是胶；而植物果冻则更类似于树胶。李比希把明胶在有用性等级上排得很低。他说：“明胶本身无味，食之令人恶心，没有营养价值；即使与肉的鲜美成分同食，也不能维持生命过程，当作为可塑物质的替代品加入日常饮食时，不但不增加，反而降低食物的营养价值，使其数量不足、质量低劣。”正是这种物质最常用于制造糖果商供应的果冻；但家中用牛犊脚制成的果冻确有一定营养，是唯一应给病人食用的种类。鱼胶是明胶最纯的品种，由某些鱼类的鱼鳔制成，主要是鲟鱼。因其洁白，多用于制作牛奶冻及类似菜肴。

1387. 蛋清也许是用于澄清果冻以及其他一些液体所能采用的最佳物质，原因是当蛋白(蛋清几乎就是纯蛋白)被放入因悬浮物而浑浊的液体中时，液体煮沸后，蛋白会以

flocculent manner, and, entangling with it the impurities, rises with them to the surface as a scum, or sinks to the bottom, according to their weight.

絮状方式凝固，并缠裹着杂质，随其一同浮到表面成为浮沫，或按其重量沉到底部。

1388. SOUFFLES, OMELETS, AND SWEET DISHES, in which eggs form the principal ingredient, demand, for their successful manufacture, an experienced cook. They are the prettiest, but most difficult of all entremets. The most essential thing to insure success is to secure the best ingredients from an honest tradesman. The entremets coming within the above classification, are healthy, nourishing, and pleasant to the taste, and may be eaten with safety by persons of the most delicate stomachs.

1388. 蛋奶酥、煎蛋卷和甜菜，以鸡蛋为主要配料，要成功制作需要经验丰富的厨师。它们是所有餐间菜中最漂亮但也最难做的。确保成功最关键的是从诚实的商人那里取得最好的配料。属于上述分类的餐间菜健康、滋养、口味宜人，即使肠胃最娇弱的人也可以放心食用。

RECIPES.

食谱。

CHAPTER XXIX.

第二十九章。

BAKED APPLE CUSTARD.

烤苹果蛋奶糊

1389. INGREDIENTS.—1 dozen large apples, moist sugar to taste, 1 small teacupful of cold water, the grated rind of one lemon, 1 pint of milk, 4 eggs, 2 oz. of loaf sugar.

1389. 配料。--1打大苹果，湿糖适量，1小茶杯冷水，1个柠檬的磨碎果皮，1品脱牛奶，4个鸡蛋，2盎司块糖。

Mode.—Peel, cut, and core the apples; put them into a lined saucepan with the cold water, and as they heat, bruise them to a pulp; sweeten with moist sugar, and add the grated lemon-rind. When cold, put the fruit at the bottom of a pie-dish, and pour over it a custard, made with the above proportion of milk, eggs, and sugar; grate a little nutmeg over the top, place the dish in a moderate oven, and bake from 25 to 35 minutes. The above proportions will make rather a large dish.

做法。--将苹果去皮、切开、去核；放入衬里的炖锅中，加入冷水，随着加热将其捣成糊状；用湿糖加甜，加入磨碎的柠檬皮。冷却后，将水果放在馅饼盘底部，倒入用上述比例的牛奶、鸡蛋和糖制成的蛋奶糊；在顶部磨少许肉豆蔻，将盘子放入中等温度的烤箱，烘25至35分钟。上述比例可做成相当大的一盘。

Time.—25 to 35 minutes.

Average cost, 1s. 4d.

Sufficient for 6 or 7 persons.

Seasonable from July to March.

BUTTERED APPLES (Sweet Entremets).

1390. INGREDIENTS.—Apple marmalade No. 1395, 6 or 7 good boiling apples, 1/2 pint of water, 6 oz. of sugar, 2 oz. of butter, a little apricot jam.

Mode.—Pare the apples, and take out the cores without dividing them; boil up the sugar and water for a few minutes; then lay in the apples, and simmer them very gently until tender, taking care not to let them break. Have ready sufficient marmalade made by recipe No. 1395, and flavoured with lemon, to cover the bottom of the dish; arrange the apples on this with a piece of butter placed in each, and in between them a few spoonfuls of apricot jam or marmalade; place the dish in the oven for 10 minutes, then sprinkle over the top sifted sugar; either brown it before the fire or with a salamander, and serve hot.

Time.—From 20 to 30 minutes to stew the apples very gently, 10 minutes in the oven.

Average cost, 1s. 6d.

Sufficient for 1 entremets.

Note.—The syrup that the apples were boiled in should be saved for another occasion.

FLANC OF APPLES, or APPLES IN A RAISED CRUST.

时间。--25至35分钟。

平均成本，1先令4便士。

足量供6或7人食用。

时令七月至三月。

黄油苹果(甜点)。

1390. 配料。--苹果果酱第1395号，6或7个好煮苹果，1/2品脱水，6盎司糖，2盎司黄油，少许杏子果酱。

做法。--将苹果削皮，取出果核但不要切开；将糖和水煮沸几分钟；然后放入苹果，非常轻柔地煨煮至软嫩，注意不要让它们破裂。准备好足量的按食谱第1395号制作、并以柠檬调味的果酱，覆盖盘底；将苹果排列在果酱上，每个苹果中放一小块黄油，苹果之间放几勺杏果酱或果酱；将盘子放入烤箱烤10分钟，然后在上面撒上筛过的糖；在火前或用烤炉铁板将其烤至焦黄，趁热上桌。

时间。--用20至30分钟非常轻柔地炖苹果，在烤箱中10分钟。

平均费用,1先令6便士。

足量供1道间菜。

注。--煮苹果所用的糖浆应留作他用。

苹果馅饼，或酥皮苹果派。

(Sweet Entremets.)

1391. INGREDIENTS.—3/4 lb. of short crust No. 1211 or 1212, 9 moderate-sized apples, the rind and juice of 1/2 lemon, 1/2 lb. of white sugar, 3/4 pint of water, a few strips of candied citron.

Mode.—Make a short crust by either of the above recipes; roll it out to the thickness of 1/2 inch, and butter an oval mould; line it with the crust, and press it carefully all round the sides, to obtain the form of the mould, but be particular not to break the paste. Pinch the part that just rises above the mould with the paste-pincers, and fill the case with flour; bake it for about 3/4 hour; then take it out of the oven, remove the flour, put the case back in the oven for another 1/4 hour, and do not allow it to get scorched. It is now ready for the apples, which should be prepared in the following manner: peel, and take out the cores with a small knife, or a cutter for the purpose, without dividing the apples; put them into a small lined saucepan, just capable of holding them, with sugar, water, lemon juice and rind, in the above proportion. Let them simmer very gently until tender; then take out the apples, let them cool, arrange them in the flanc or case, and boil down the syrup until reduced to a thick jelly; pour it over the apples, and garnish them with a few slices of candied citron.

1392. A MORE SIMPLE FLANC may be made by rolling out the paste, cutting the bottom of a round or oval shape, and then a narrow strip for the sides: these should be stuck on with the white of an egg, to the bottom piece, and the flanc then filled with raw fruit, with sufficient sugar to sweeten it nicely. It will not require so long baking as in a mould; but the crust must be made everywhere of an equal thickness, and so perfectly joined, that the

(甜味小点。)

1391. 配料。--3/4磅酥皮第1211或1212号，9个中等大小的苹果，1/2个柠檬的果皮和汁，1/2磅白糖，3/4品脱水，几条糖渍香橼。

做法。--用上述任一食谱制作酥皮；将其擀成1/2英寸厚，在一个椭圆形模具上涂黄油；用酥皮衬垫模具，仔细按压四周侧面，使其贴合模具形状，但注意不要弄破面皮。用面皮钳将刚好高出模具的部分捏出花边，在模壳内装满面粉；烘烤约3/4小时；然后从烤箱中取出，倒掉面粉，将模壳放回烤箱再烤1/4小时，注意不要让其烤焦。现在可以准备苹果了，苹果应按以下方式处理：削皮，用小刀或专用去核器取出果核，但不要切开苹果；将它们放入一个刚好能容纳它们的小号衬里炖锅中，加入上述比例的糖、水、柠檬汁和柠檬皮。让它们非常轻柔地煨煮至软嫩；然后取出苹果，放凉，排列在馅饼壳或模壳中，将糖浆煮至浓缩成浓稠的果冻；浇在苹果上，并用几片糖渍香橼装饰。

1392. 更简单的弗兰(flanc)可以这样制作：将面团擀开，切出圆形或椭圆形的底，再切一条窄边条：用蛋清将这些边条粘在底片上，然后在弗兰中填入生水果，加足够的糖使其甜美可口。它不需要像在模具中那样烘那么久；但酥皮必须处处厚度均匀，并且接合得完全严密，使

juice does not escape. This dish may also be served hot, and should be garnished in the same manner, or a little melted apricot jam may be poured over the apples, which very much improves their flavour.

果汁不会流出。这道菜也可以热食，应以同样的方式装饰，或者将少许融化的杏子果酱浇在苹果上，这能大大改善其风味。

Time.—Altogether, 1 hour to bake the flanc from 30 to 40 minutes to stew the apples very gently.

时间。--总共烘弗兰1小时，非常轻柔地炖苹果30至40分钟。

Average cost, 1s. 6d.

平均费用,1先令6便士。

Sufficient for 1 entremets or side-dish.

足量供1道间菜或配菜用。

Seasonable from July to March.

时令七月至三月。

APPLE FRITTERS.

苹果炸糕

1393. INGREDIENTS.—For the batter, 1/2 lb. of flour, 1/2 oz. of butter, 1/2 saltspoonful of salt, 2 eggs, milk, apples, hot lard or clarified beef-dripping.

1393. 配料。--面糊用：1/2磅面粉，1/2盎司黄油，1/2盐匙盐，2个鸡蛋，牛奶，苹果，热猪油或澄清牛油。

Mode.—Break the eggs; separate the whites from the yolks, and beat them separately. Put the flour into a basin, stir in the butter, which should be melted to a cream; add the salt, and moisten with sufficient warm milk to make it of a proper consistency, that is to say, a batter that will drop from the spoon. Stir this well, rub down any lumps that may be seen, and add the whites of the eggs, which have been previously well whisked; beat up the batter for a few minutes, and it is ready for use. Now peel and cut the apples into rather thick whole slices, without dividing them, and stamp out the middle of each slice, where the core is, with a cutter. Throw the slices into the batter; have ready a pan of boiling lard or clarified dripping; take out the pieces of apple one by one, put them into the hot lard, and fry a nice brown, turning them—when

做法。--打破鸡蛋；将蛋白与蛋黄分开，分别搅打。将面粉放入盆中，拌入应已融化至奶油状的黄油；加入盐，用足量的温牛奶调湿至适当的稠度，即一种能从勺子上滴落的面糊。充分搅拌，将可能出现的结块搓散，加入事先打发的蛋白；将面糊搅打几分钟，即可使用。现在将苹果削皮，切成较厚的整片，不要切开，用切模将每片中间果核部分压出。将苹果片投入面糊中；准备好一锅沸腾的猪油或澄清的滴油；将苹果片逐一取出，放入热油中，炸至漂亮的焦黄色，翻面时--

required. When done, lay them on a piece of blotting-paper before the fire, to absorb the greasy moisture; then dish on a white d'oyley, piled one above the other; strew over them some pounded sugar, and serve very hot. The flavour of the fritters would be very much improved by soaking the pieces of apple in a little wine, mixed with sugar and lemon-juice, for 3 or 4 hours before wanted for table; the batter, also, is better for being mixed some hours before the fritters are made.

所需。做好后，将它们放在炉火前的一张吸墨纸上，吸去油腻的水分；然后放在白色花边垫纸上，一个叠一个地堆起来；撒上一些糖粉，趁热上桌。如果在使用前3或4小时将苹果块浸泡在少许酒中，加糖和柠檬汁，炸果饼的风味会大大改善；同样，面糊在制作炸果饼前几小时调好也更好。

Time.—About 10 minutes to fry them; 5 minutes to drain them.

时间。--煎制约10分钟；沥干约5分钟。

Average cost, 9d.

平均成本,9便士。

Sufficient for 4 or 5 persons.

足量供4或5人食用。

Seasonable from July to March.

时令七月至三月。

ICED APPLES, or APPLE HEDGEHOG.

冰镇苹果，或称苹果刺猬。

1394. INGREDIENTS.—About 3 dozen good boiling apples, 1/2 lb. of sugar, 1/2 pint of water, the rind of 1/2 lemon minced very fine, the whites of 2 eggs, 3 tablespoonfuls of pounded sugar, a few sweet almonds.

1394. 配料。--约3打好煮苹果，1/2磅糖，1/2品脱水，1/2个柠檬的果皮切得极细，2个鸡蛋的蛋清，3汤匙糖粉，少许甜杏仁。

Mode.—Peel and core a dozen of the apples without dividing them, and stew them very gently in a lined saucepan with 1/2 lb. of sugar and 1/2 pint of water, and when tender, lift them carefully on to a dish. Have ready the remainder of the apples pared, cored, and cut into thin slices; put them into the same syrup with the lemon-peel, and boil gently until they are reduced to a marmalade: they must be kept stirred, to prevent them from burning. Cover the bottom of a dish with some of the marmalade, and over that a layer of the stewed apples, in the insides of which, and between each, place some of the marmalade; then place

做法。--将十二个苹果削皮去核但不要切开，在一个衬里炖锅中加入1/2 lb.糖和1/2 pint水，非常轻柔地炖煮，待软嫩后小心地移到盘子上。将剩余的苹果削皮、去核、切成薄片；将它们与柠檬皮一起放入同一糖浆中，轻轻煮沸直至浓缩成果酱：必须不断搅拌，以防烧焦。用一些果酱覆盖盘底，上面铺一层炖苹果，在苹果内部及每个之间放入一些果酱；然后放上

another layer of apples, and fill up the cavities with marmalade as before, forming the whole into a raised oval shape. Whip the whites of the eggs to a stiff froth, mix with them the pounded sugar, and cover the apples very smoothly all over with the icing; blanch and cut each almond into 4 or 5 strips; place these strips at equal distances over the icing sticking up; strew over a little rough pounded sugar, and place the dish in a very slow oven, to colour the almonds, and for the apples to get warm through. This entremets may also be served cold, and makes a pretty supper-dish.

另一层苹果，像之前一样用果酱填满空隙，将整体塑成凸起的椭圆形。将蛋白打至硬性发泡，拌入糖粉，用糖霜将苹果表面均匀光滑地覆盖；将杏仁焯水去皮，每颗切成4或5条；将这些杏仁条等距竖插在糖霜上；撒上少许粗糖粉，将盘子放入极慢的烤箱中，使杏仁上色，并让苹果热透。这道配菜也可以冷食，是一道漂亮的晚餐菜肴。

Time.—From 20 to 30 minutes to stew the apples.

时间--炖苹果需20至30分钟。

Average cost, 1s. 9d. to 2s.

平均成本,1先令9便士至2先令。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable from July to March.

时令七月至三月。

THICK APPLE JELLY OR MARMALADE, for Entremets or Dessert Dishes.

浓稠苹果果冻或果酱，用于小菜或甜点

1395. INGREDIENTS.—Apples; to every lb. of pulp allow 3/4 lb. of sugar, 1/2 teaspoonful of minced lemon-peel.

1395. 配料。--苹果；每磅果泥加3/4磅糖，1/2茶匙切碎的柠檬皮。

[Illustration: APPLE JELLY STUCK WITH ALMONDS.]

[插图：嵌有杏仁的苹果冻]

Mode.—Peel, core, and boil the apples with only sufficient water to prevent them from burning; beat them to a pulp, and to every lb. of pulp allow the above proportion of sugar in lumps. Dip the lumps into water; put these into a saucepan, and boil till the syrup is thick and can be well skimmed; then add this syrup to the apple pulp, with the minced lemon-peel, and stir it over a quick fire for about 20 minutes, or until the apples cease to stick to the bottom

做法。--将苹果去皮、去核，只用足以防止烧焦的水煮；捣成糊状，每磅果泥加上述比例的块糖。将糖块蘸水；放入炖锅中，煮至糖浆浓稠且能很好地撇去浮沫；然后将此糖浆加入苹果泥中，加入切碎的柠檬皮，在旺火上搅拌约20分钟，或直到苹果不再粘锅底

of the pan. The jelly is then done, and may be poured into moulds which have been previously dipped in water, when it will turn out nicely for dessert or a side-dish; for the latter a little custard should be poured round, and it should be garnished with strips of citron or stuck with blanched almonds.

Time.—From 1/2 to 3/4 hour to reduce the apples to a pulp; 20 minutes to boil after the sugar is added.

Sufficient.—1-1/2 lb. of apples sufficient for a small mould.

Seasonable from July to March; but is best in September, October or November.

CLEAR APPLE JELLY.

1396. INGREDIENTS.—2 dozen apples, 1-1/2 pint of spring-water; to every pint of juice allow 1/2 lb. of loaf sugar, 1/2 oz. of isinglass, the rind of 1/2 lemon.

Mode.—Pare, core, and cut the apples into quarters, and boil them, with the lemon-peel, until tender; then strain off the apples, and run the juice through a jelly-bag; put the strained juice, with the sugar and isinglass, which has been previously boiled in 1/2 pint of water, into a lined saucepan or preserving-pan; boil all together for about 1/4 hour, and put the jelly into moulds. When this jelly is nice and clear, and turned out well, it makes a pretty addition to the supper-table, with a little custard or whipped cream round it: the addition of a little lemon-juice improves the flavour, but it is apt to render the jelly muddy and thick. If required to be kept any length of time, rather a larger proportion of sugar must be used.

为止。果冻即做好，可倒入事先蘸过水的模具中，这样就能漂亮地脱模，用于甜点或配菜；作为配菜时，应在其周围浇少许蛋奶糊，并用香橼条装饰或插上去皮杏仁。

时间。--用1/2至3/4小时将苹果煮成泥；加糖后再煮20分钟。

足量。 - 1-1/2 lb.苹果足以制作一个小模具。

时令从七月到三月；但以九月、十月或十一月为最佳。

清苹果冻。

1396. 配料。--2打苹果，1-1/2品脱泉水；每品脱果汁加1/2磅块糖，1/2盎司鱼胶，1/2个柠檬的果皮。

做法。--将苹果削皮、去核并切成四块，与柠檬皮一同煮至软烂；然后滤出苹果，将汁液经果冻袋滤过；将滤出的汁液与糖及事先在1/2 pint水中煮过的鱼胶一同放入衬里的炖锅或果酱锅中；一起煮约1/4小时，将果冻倒入模具。当此果冻色泽清亮、脱模完好时，配以少许蛋奶糊或打发奶油围边，便成为晚餐桌上的一道佳品：加入少许柠檬汁可增风味，但易使果冻浑浊浓稠。若需长时间保存，须用较大比例的糖。

Time.—From 1 to 1-1/2 hour to boil the apples; 1/4 hour the jelly.

Average cost, 1s. 6d.

Sufficient for a 1-1/2-pint mould.

Seasonable from July to March.

A PRETTY DISH OF APPLES AND RICE.

1397. INGREDIENTS.—6 oz. of rice, 1 quart of milk, the rind of 1/2 lemon, sugar to taste, 1/2 saltspoonful of salt, 8 apples, 1/4 lb. of sugar, 1/4 pint of water, 1/2 pint of boiled custard No. 1423.

Mode.—Flavour the milk with lemon-rind, by boiling them together for a few minutes; then take out the peel, and put in the rice, with sufficient sugar to sweeten it nicely, and boil gently until the rice is quite soft; then let it cool. In the mean time pare, quarter, and core the apples, and boil them until tender in a syrup made with sugar and water in the above proportion; and, when soft, lift them out on a sieve to drain. Now put a middling-sized gallipot in the centre of a dish; lay the rice all round till the top of the gallipot is reached; smooth the rice with the back of a spoon, and stick the apples into it in rows, one row sloping to the right and the next to the left. Set it in the oven to colour the apples; then, when required for table, remove the gallipot, garnish the rice with preserved fruits, and pour in the middle sufficient custard, made by recipe No. 1423, to be level with the top of the rice, and serve hot.

Time.—From 20 to 30 minutes to stew the apples; 3/4 hour to simmer the rice; 1/4 hour to bake.

时间。--煮苹果需1至1-1/2小时；煮果冻需1/4小时。

平均费用,1先令6便士。

足量用于1-1/2品脱的模具。

时令七月至三月。

一道苹果米饭的精致菜肴。

1397. 配料。--6盎司大米，1夸脱牛奶，1/2个柠檬的果皮，糖适量，1/2盐匙盐，8个苹果，1/4磅糖，1/4品脱水，1/2品脱煮蛋奶糊第1423号。

做法。--将牛奶与柠檬皮同煮数分钟以调味；然后取出果皮，放入大米，加足量糖使其甜美可口，文火煮至大米十分软烂；然后放凉。与此同时，将苹果削皮、切四块、去核，在按上述比例用糖和水制成的糖浆中煮至软烂；软后捞出放在筛上沥干。现在将一个中等大小的陶罐放在盘子中央；将米饭铺满四周直至陶罐顶部；用勺背将米饭抹平，将苹果成排插入其中，一排向右倾斜，下一排向左倾斜。放入烤箱使苹果上色；然后，上桌时取出陶罐，用蜜饯水果装饰米饭，在中央倒入足量按第1423号食谱制成的蛋奶糊，与米饭顶部齐平，趁热上桌。

时间。--炖苹果20至30分钟；煨大米3/4小时；烘1/4小时。

Average cost, 1s. 6d.

Sufficient for 5 or 6 persons.

Seasonable from July to March.

APPLES A LA PORTUGAISE.

1398. INGREDIENTS.—8 good boiling apples, 1/2 pint of water, 6 oz. of sugar, a layer of apple marmalade No. 1395, 8 preserved cherries, garnishing of apricot jam.

Mode.—Peel the apples, and, with a vegetable-cutter, push out the cores; boil them in the above proportion of sugar and water, without being too much done, and take care they do not break. Have ready a white apple marmalade, made by recipe No. 1395; cover the bottom of the dish with this, level it, and lay the apples in a sieve to drain, pile them neatly on the marmalade, making them high in the centre, and place a preserved cherry in the middle of each. Garnish with strips of candied citron or apricot jam, and the dish is ready for table.

Time.—From 20 to SO minutes to stew the apples.

Average cost, 1s. 3d.

Sufficient for 1 entremets.

Seasonable from July to March.

APPLES IN RED JELLY.

(*A pretty Supper Dish*.)

1399. INGREDIENTS.—6 good-sized apples, 12 cloves, pounded

平均费用,1先令6便士。

足量供5或6人食用。

时令七月至三月。

葡式苹果

1398. 配料。--8个好煮苹果，1/2品脱水，6盎司糖，一层苹果果酱第1395号，8颗糖渍樱桃，杏子果酱作装饰。

做法。--将苹果削皮，用蔬菜挖核器推出果核；按上述比例的糖和水煮，不要煮得过熟，注意不要破碎。备好按第1395号食谱制成的白色苹果果酱；将盘底铺满此果酱，抹平，将苹果放在筛上沥干，整齐地堆在果酱上，中央堆高，每个苹果中央放一颗蜜饯樱桃。用糖渍香橼条或杏子果酱装饰，即可上桌。

时间。--炖煮苹果需20至50分钟。

平均费用,1先令3便士。

足量供1道间菜。

时令七月至三月。

红酒果冻苹果

（一道漂亮的晚餐菜肴。）

1399. 配料--6个中等大小的苹果，12粒丁香，捣碎

sugar, 1 lemon, 2 teacupfuls of water, 1 tablespoonful of gelatine, a few drops of prepared cochineal.

Mode.—Choose rather large apples; peel them and take out the cores, either with a scoop or a small silver knife, and put into each apple 2 cloves and as much sifted sugar as they will hold. Place them, without touching each other, in a large pie-dish; add more white sugar, the juice of 1 lemon, and 2 teacupfuls of water. Bake in the oven, with a dish over them, until they are done. Look at them frequently, and, as each apple is cooked, place it in a glass dish. They must not be left in the oven after they are done, or they will break, and so would spoil the appearance of the dish. When the apples are neatly arranged in the dish without touching each other, strain the liquor in which they have been stewing, into a lined saucepan; add to it the rind of the lemon, and a tablespoonful of gelatine which has been previously dissolved in cold water, and, if not sweet, a little more sugar, and 6 cloves. Boil till quite clear; colour with a few drops of prepared cochineal, and strain the jelly through a double muslin into a jug; let it cool *a little*; then pour it into the dish round the apples. When quite cold, garnish the tops of the apples with a bright-coloured marmalade, a jelly, or the white of an egg, beaten to a strong froth, with a little sifted sugar.

Time.—From 30 to 50 minutes to bake the apples.

Average cost, 1s., with the garnishing.

Sufficient for 4 or 5 persons.

Seasonable from July to March.

APPLES AND RICE.

糖，1个柠檬，2茶杯水，1汤匙明胶，几滴制备好的胭脂虫红。

做法。--选择较大的苹果；削皮并去核，可用挖勺或小银刀，每个苹果中放入2粒丁香和尽量多的糖粉。将它们互不接触地放入一个大馅饼盘；加入更多白糖、1个柠檬的汁和2茶杯水。放入烤箱，上面盖一个盘子，烘烤至熟。经常查看，每烤好一个苹果即放入玻璃盘。烤好后不可留在烤箱中，否则会破裂，从而破坏菜肴的外观。当苹果整齐排列在盘中互不接触时，将炖苹果的汤汁滤入衬里的炖锅；加入柠檬皮和一汤匙事先用冷水溶解的明胶，如不够甜则加少许糖，以及6粒丁香。煮至完全清澈；用几滴制备的胭脂虫红着色，将果冻经双层细布滤入壶中；稍凉片刻；然后倒入盘中围绕苹果。完全冷却后，用色泽鲜艳的果酱、果冻或加少许糖粉打至硬性发泡的蛋白装饰苹果顶部。

时间。--烤苹果需30至50分钟。

平均成本,1先令，含配菜。

足量供4或5人食用。

时令七月至三月。

苹果与米饭。

(A Plain Dish.)

1400. INGREDIENTS.—8 good sized apples, 3 oz. of butter, the rind of 1/2 lemon minced very fine, 6 oz. of rice, 1-1/2 pint of milk, sugar to taste, 1/2 teaspoonful of grated nutmeg, 6 tablespoonfuls of apricot jam.

Mode.—Peel the apples, halve them, and take out the cores; put them into a stewpan with the butter, and strew sufficient sifted sugar over to sweeten them nicely, and add the minced lemon-peel. Stew the apples very gently until tender, taking care they do not break. Boil the rice, with the milk, sugar, and nutmeg, until soft, and, when thoroughly done, dish it, piled high in the centre; arrange the apples on it, warm the apricot jam, pour it over the whole, and serve hot.

Time.—About 30 minutes to stew the apples very gently; about 3/4 hour to cook the rice.

Average cost, 1s. 6d.

Sufficient for 5 or 6 persons.

Seasonable from July to March.

APPLE SNOW.

(*A pretty Supper Dish*.)

1401. INGREDIENTS.—10 good-sized apples, the whites of 10 eggs, the rind of 1 lemon, 1/2 lb. of pounded sugar.

Mode.—Peel, core, and cut the apples into quarters, and put them into a saucepan with the lemon-peel and sufficient water to

(一道家常菜。)

1400. 配料。--8个中等大小的苹果，3盎司黄油，1/2个柠檬的果皮切得极细，6盎司大米，1-1/2品脱牛奶，糖适量，1/2茶匙磨碎的肉豆蔻，6汤匙杏子果酱。

做法。--将苹果去皮，切成两半，去核；放入炖锅中，加入黄油，撒上足够的糖粉使其甜美可口，加入切碎的柠檬皮。非常轻柔地炖苹果直至变软，注意不要弄碎。将大米与牛奶、糖和肉豆蔻一起煮至软烂，完全煮好后盛入盘中，在中央堆高；将苹果排列其上，温热杏子果酱，浇在全部食材上，趁热上桌。

时间。--将苹果极轻柔地炖煮约30分钟；将米煮约3/4小时。

平均费用,1先令6便士。

足量供5或6人食用。

时令七月至三月。

苹果雪

（一道漂亮的晚餐菜肴。）

1401. 配料。--10个中等大小的苹果，10个蛋的蛋白，1个柠檬的皮，1/2 lb.捣碎的糖。

做法。--将苹果去皮、去核，切成四块，放入炖锅，加入柠檬皮和足量的水，以

prevent them from burning,—rather less than 1/2 pint. When they are tender, take out the peel, beat them to a pulp, let them cool, and stir them to the whites of the eggs, which should be previously beaten to a strong froth. Add the sifted sugar, and continue the whisking until the mixture becomes quite stiff; and either heap it on a glass dish, or serve it in small glasses. The dish may be garnished with preserved barberries, or strips of bright-coloured jelly; and a dish of custards should be served with it, or a jug of cream.

防止烧焦--略少于1/2 pint。软烂后取出果皮，捣成泥，放凉，拌入事先打至硬性发泡的蛋白。加入糖粉，继续搅打至混合物十分浓稠；可堆在玻璃盘中，或盛在小杯中上桌。盘中可用蜜饯伏牛花或亮色果冻条装饰；应配一盘蛋奶糊或一壶奶油一同上桌。

Time.—From 30 to 40 minutes to stew the apples.

时间--炖苹果需30至40分钟。

Average cost, 1s. 6d.

平均费用,1先令6便士。

Sufficient to fill a moderate-sized glass dish.

足量以装满一个中等大小的玻璃盘。

Seasonable from July to March.

时令七月至三月。

APPLE SOUFFLE.

苹果舒芙蕾。

1402. INGREDIENTS.—6 oz. of rice, 1 quart of milk, the rind of 1/2 lemon, sugar to taste, the yolks of 4 eggs, the whites of 6, 1-1/2 oz. of butter, 4 tablespoonfuls of apple marmalade No. 1395.

1402. 配料。--6 oz.米，1 quart 牛奶，1/2个柠檬的皮，糖适量，4个蛋的蛋黄，6个蛋的蛋白，

1-1/2 oz.黄油，4汤匙苹果果酱，编号1395。

Mode.—Boil the milk with the lemon-peel until the former is well flavoured; then strain it, put in the rice, and let it gradually swell over a slow fire, adding sufficient sugar to sweeten it nicely. Then crush the rice to a smooth pulp with the back of a wooden spoon; line the bottom and sides of a round cake-tin with it, and put it into the oven to set; turn it out of the tin carefully, and be careful that the border of rice is firm in every part. Mix with the marmalade the beaten yolks of eggs and the butter, and stir these

模式。--将牛奶与柠檬皮一起煮沸，直至牛奶充分入味；然后滤去柠檬皮，放入大米，用文火慢慢让米粒膨胀，加入适量糖使其甜度适中。接着用木勺背面将米饭压成细腻的糊状；用米糊铺满圆形蛋糕模的底部和四周，放入烤箱使其定型；小心地将其从模中倒出，并注意米糊边缘各处都要坚实。将打散的蛋黄和黄油与果酱混合，搅拌这些

over the fire until the mixture thickens. Take it off the fire; to this add the whites of the eggs, which should be previously beaten to a strong froth; stir all together, and put it into the rice border. Bake in a moderate oven for about 1/2 hour, or until the soufflé rises very light. It should be watched, and served instantly, or it will immediately fall after it is taken from the oven.

置于火上，直至混合物变稠。将其从火上取下；加入先前已打至硬性发泡的蛋白；将所有材料搅拌均匀，倒入米饭边框中。放入中等温度的烤箱中烘烤约1/2小时，或直至舒芙蕾膨胀得非常松软。应加以看管并立即上桌，否则从烤箱取出后会立刻塌陷。

Time.—1/2 hour.

时间。--1/2小时。

Average cost, 1s. 6d.

平均费用,1先令6便士。

Sufficient for 4 or 5 persons.

足量供4或5人食用。

Seasonable from July to March.

时令七月至三月。

STEWED APPLES AND CUSTARD.

炖苹果配蛋奶糊。

(*A pretty Dish for a Juvenile Supper*.)

(一道适合少年晚餐的漂亮菜肴。)

1403. INGREDIENTS.—7 good-sized apples, the rind of 1/2 lemon or 4 cloves, 1/2 lb. of sugar, 3/4 pint of water, 1/2 pint of custard No. 1423.

1403. 配料。--7个中等大小的苹果，1/2个柠檬的果皮或4粒丁香，1/2 lb.糖，3/4 pint水，1/2 pint第1423号蛋奶糊。

Mode.—Pare and take out the cores of the apples, without dividing them, and, if possible, leave the stalks on; boil the sugar and water together for 10 minutes; then put in the apples with the lemon-rind or cloves, whichever flavour may be preferred, and simmer gently until they are tender, taking care not to let them break. Dish them neatly on a glass dish, reduce the syrup by boiling it quickly for a few minutes, let it cool a little; then pour it over the apples. Have ready quite 1/2 pint of custard made by recipe No. 1423; pour it round, but not over, the apples when they are quite cold, and the dish is ready for table. A few almonds

模式。--将苹果削皮并挖出果核，但不要切开，如有可能保留果柄；将糖和水一起煮10分钟；然后放入苹果，加入柠檬皮或丁香，任选所偏好的一种风味，用文火慢煮至软嫩，注意不要让它们破碎。将它们整齐地盛在玻璃盘中，将糖浆快速煮几分钟使其浓缩，稍凉后浇在苹果上。准备好足有1/2品脱的蛋奶糊，按食谱第1423号制作；待苹果完全冷却后，将蛋奶糊倒在苹果周围，但不要浇在苹果上，这道菜即可上桌。少许杏仁

blanched and cut into strips, and stuck in the apples, would improve their appearance.—See coloured plate Q1.

Time.—From 20 to 30 minutes to stew the apples.

Average cost, 1s.

Sufficient to fill a large glass dish.

Seasonable from July to March.

APPLE TRIFLE.

(*A Supper Dish*.)

1404. INGREDIENTS.—10 good-sized apples, the rind of 1/2 lemon, 6 oz. of pounded sugar, 1/2 pint of milk, 1/2 pint of cream, 2 eggs, whipped cream.

Mode.—Peel, core, and cut the apples into thin slices, and put them into a saucepan with 2 tablespoonfuls of water, the sugar, and minced lemon-rind. Boil all together until quite tender, and pulp the apples through a sieve; if they should not be quite sweet enough, add a little more sugar, and put them at the bottom of the dish to form a thick layer. Stir together the milk, cream, and eggs, with a little sugar, over the fire, and let the mixture thicken, but do not allow it to reach the boiling-point. When thick, take it off the fire; let it cool a little, then pour it over the apples. Whip some cream with sugar, lemon-peel, &c., the same as for other trifles; heap it high over the custard, and the dish is ready for table. It may be garnished as fancy dictates, with strips of bright apple jelly, slices of citron, &c.

Time.—From 30 to 40 minutes to stew the apples; 10 minutes to

去皮切成条状，插入苹果中，可改善其外观。--见彩色图版Q1。时间。--炖苹果需20至30分钟。平均费用,1s.

足量以装满一个大玻璃盘。

时令七月至三月。

苹果松糕

(一道晚餐菜。)

1404. 配料。--10个中等大小的苹果，1/2个柠檬的果皮，6 oz.研碎的糖，1/2 pint牛奶，1/2 pint奶油，2个鸡蛋，打发奶油。

模式。--将苹果削皮、去核，切成薄片，放入炖锅，加入2汤匙水、糖和切碎的柠檬皮。将所有材料一起煮至十分软烂，将苹果用筛子压成泥；如果不够甜，可再加少许糖，将它们铺在盘底形成厚厚一层。将牛奶、奶油和鸡蛋加少许糖在火上搅拌，让混合物变稠，但不要让它达到沸点。变稠后离火；稍凉，然后浇在苹果上。将一些奶油加糖、柠檬皮等搅打，与其他松糕甜点一样；将其高高堆在蛋奶糊上，这道菜即可上桌。可按喜好用亮色苹果果冻条、香橼片等装饰。

时间。- 炖苹果需30至40分钟；10分钟用于

stir the custard over the fire.

Average cost, 1s. 6d.

Sufficient for a moderate-sized trifle.

Seasonable from July to March.

APRICOT CREAM.

1405. INGREDIENTS.—12 to 16 ripe apricots, 1/4 lb. of sugar, 1-1/2 pint of milk, the yolks of 8 eggs, 1 oz. of isinglass.

Mode.—Divide the apricots, take out the stones, and boil them in a syrup made with 1/4 lb. of sugar and 1/4 pint of water, until they form a thin marmalade, which rub through a sieve. Boil the milk with the other 1/4 lb. of sugar, let it cool a little, then mix with it the yolks of eggs which have been previously well beaten; put this mixture into a jug, place this jug in boiling water, and stir it one way over the fire until it thickens; but on no account let it boil. Strain through a sieve, add the isinglass, previously boiled with a small quantity of water, and keep stirring it till nearly cold; then mix the cream with the apricots; stir well, put it into an oiled mould, and, if convenient, set it on ice; at any rate, in a very cool place. It should turn out on the dish without any difficulty.

Time.—From 20 to 30 minutes to boil the apricots.

Average cost, 3s. 6d.

Sufficient to fill a quart mould.

Seasonable in August, September, and October.

Note.—In winter-time, when fresh apricots are not obtainable, a

在火上搅拌蛋奶糊。

平均费用,1先令6便士。

足量用于中等大小的水果奶油松糕。

时令七月至三月。

杏子奶油

1405. 配料。--12至16个成熟的杏子，1/4 lb.糖，1-1/2 pint牛奶，8个蛋黄，1 oz.鱼胶。

模式。--将杏子切开，取出果核，放入用1/4 lb.糖和1/4 pint水制成的糖浆中煮，直到形成稀薄的果酱，用筛子擦滤。将牛奶与另外1/4 lb.糖一起煮，稍凉，然后拌入事先打散的蛋黄；将此混合物倒入壶中，将壶置于沸水中，在火上一个方向搅拌至变稠；但绝不可让它煮沸。用筛子过滤，加入事先用少量水煮过的鱼胶，持续搅拌至近乎冷却；然后将奶油与杏子混合；充分搅拌，倒入涂油的模具中，如方便则置于冰上；无论如何要放在非常凉爽的地方。它应能毫不费力地脱模倒在盘中。

时间。--煮杏子需20至30分钟。

平均成本,3先令6便士。

足量足以装满一夸脱容量的模具。

时令八月、九月和十月。

注。--冬季无法获得新鲜杏子时，可用

little jam may be substituted for them.

可以用少量果酱代替它们。

FLANC OF APRICOTS, or Compote of Apricots in a Raised Crust.

杏子馅饼，或凸起酥皮杏子蜜饯。

(Sweet Entremets.)

(甜味小点。)

1406. INGREDIENTS.—3/4 lb. of short crust No. 1212, from 9 to 12 good-sized apricots, 3/4 pint of water, 1/2 lb. of sugar.

1406. 配料。--3/4 lb.第1212号酥皮，9至12个中等大小的杏子，3/4 pint水，1/2 lb.糖。

Mode.—Make a short crust by recipe No. 1212, and line a mould with it as directed in recipe No. 1391. Boil the sugar and water together for 10 minutes; halve the apricots, take out the stones, and simmer them in the syrup until tender; watch them carefully, and take them up the moment they are done, for fear they break. Arrange them neatly in the flanc or case; boil the syrup until reduced to a jelly, pour it over the fruit, and serve either hot or cold. Greengages, plums of all kinds, peaches, &c., may be done in the same manner, as also currants, raspberries, gooseberries, strawberries, &c.; but with the last-named fruits, a little currant-juice added to them will be found an improvement.

模式。--按食谱第1212号制作酥皮，并按食谱第1391号所述铺在模具中。将糖和水一起煮10分钟；将杏子对半切开，取出果核，在糖浆中用文火煮至软嫩；仔细看管，一熟即取出，以免破碎。将它们整齐地排列在馅饼或外壳中；将糖浆煮至浓缩成果冻状，浇在水果上，热食或冷食均可。青梅、各种李子、桃子等可用同样方法制作，醋栗、覆盆子、醋栗、草莓等亦然；但对于最后提到的水果，加入少许醋栗汁会更好。

Time.—Altogether, 1 hour to bake the flanc, about 10 minutes to simmer the apricots.

时间。--总计，烘烤弗兰约需1小时，煨杏子约需10分钟。

Average cost, 1s. 6d.

平均费用,1先令6便士。

Sufficient for 1 entremets or side-dish.

足量供1道间菜或配菜用。

Seasonable in July, August, and September.

时令七月、八月和九月。

ARROWROOT BLANC-MANGE.

竹芋白奶冻。

(*An inexpensive Supper Dish.*)

(廉价晚餐菜。)

1407. INGREDIENTS.—4 heaped tablespoonfuls of arrowroot,

1407. 配料--4大汤匙满满的竹芋粉，

1-1/2 pint of milk, 3 laurel-leaves or the rind of 1/2 lemon, sugar to taste.

Mode.—Mix to a smooth batter the arrowroot with 1/2 pint of the milk; put the other pint on the fire, with laurel-leaves or lemon-peel, whichever may be preferred, and let the milk steep until it is well flavoured. Then strain the milk, and add it, boiling, to the mixed arrowroot; sweeten it with sifted sugar, and let it boil, stirring it all the time, till it thickens sufficiently to come from the saucepan. Grease a mould with pure salad-oil, pour in the blanc-mange, and when quite set, turn it out on a dish, and pour round it a compôte of any kind of fruit, or garnish it with jam. A tablespoonful of brandy, stirred in just before the blanc-mange is moulded, very much improves the flavour of this sweet dish.

Time.—Altogether, 1/2 hour.

Average cost, 6d. without the garnishing.

Sufficient for 4 or 5 persons.

Seasonable at any time.

BLANC-MANGE.

(*A Supper Dish*.)

1408. INGREDIENTS.—1 pint of new milk, 1-1/4 oz. of isinglass, the rind of 1/2 lemon, 1/4 lb. of loaf sugar, 10 bitter almonds, 1/2 oz. of sweet almonds, 1 pint of cream.

[Illustration: BLANC-MANGE MOULD.]

Mode.—Put the milk into a saucepan, with the isinglass, lemon-

1-1/2品脱牛奶，3片月桂叶或1/2个柠檬的果皮，糖适量。

模式。--将竹芋粉与1/2 pint牛奶调成光滑的面糊；将另一品脱牛奶放在火上，加入月桂叶或柠檬皮，任选所偏好的一种，让牛奶浸泡至充分入味。然后过滤牛奶，趁沸加入调好的竹芋粉中；用筛过的糖加甜，让其煮沸，全程搅拌，直到足够浓稠可以离锅。用纯色拉油涂抹模具，倒入牛奶冻，待完全凝固后，倒在盘中，周围浇上任意种类水果的糖煮水果，或用果酱装饰。在牛奶冻入模前拌入一汤匙白兰地，会大大改善这道甜点的风味。

时间。--总共半小时。

平均成本，不加装饰为6便士。

足量供4或5人食用。

时令任何时候皆宜。

布朗曼杰。

(一道晚餐菜。)

1408. 配料。--1 pint新鲜牛奶，1-1/4 oz.鱼胶，1/2个柠檬的果皮，1/4 lb.块糖，10粒苦杏仁，1/2 oz.甜杏仁，1 pint奶油。[插图：布兰曼奇模具。]

模式。--将牛奶与鱼胶、柠檬-

rind, and sugar, and let these ingredients stand by the side of the fire until the milk is well flavoured; add the almonds, which should be blanched and pounded in a mortar to a paste, and let the milk just boil up; strain it through a fine sieve or muslin into a jug, add the cream, and stir the mixture occasionally until nearly cold. Let it stand for a few minutes, then pour it into the mould, which should be previously oiled with the purest salad-oil, or dipped in cold water. There will be a sediment at the bottom of the jug, which must not be poured into the mould, as, when turned out, it would very much disfigure the appearance of the blanc-mange. This blanc-mange may be made very much richer by using 1-1/2 pint of cream, and melting the isinglass in 1/2 pint of boiling water. The flavour may also be very much varied by adding bay-leaves, laurel-leaves, or essence of vanilla, instead of the lemon-rind and almonds. Noyeau, Maraschino, Curaçoa, or any favourite liqueur, added in small proportions, very much enhances the flavour of this always favourite dish. In turning it out, just loosen the edges of the blanc-mange from the mould, place a dish on it, and turn it quickly over; it should come out easily, and the blanc-mange have a smooth glossy appearance when the mould is oiled, which it frequently has not when it is only dipped in water. It may be garnished as fancy dictates.

Time.—About 1-1/2 hour to steep the lemon-rind and almonds in the milk.

Average cost, with cream at 1s. per pint, 3s. 3d.

Sufficient to fill a quart mould. *Seasonable* at any time.

CHEAP BLANC-MANGE.

果皮、糖，将这些配料放在火边，直到牛奶充分入味；加入杏仁，杏仁应先去皮，在研钵中捣成糊状，让牛奶刚好煮沸；用细筛或细布过滤到壶中，加入奶油，不时搅拌混合物直至几乎冷却。静置几分钟，然后倒入模具，模具应事先用最纯净的沙拉油涂抹，或浸入冷水中。壶底会有沉淀物，切勿倒入模具，因为倒出时它会严重破坏白奶冻的外观。若使用1-1/2品脱奶油，并将鱼胶溶于1/2品脱沸水中，这款白奶冻可以做得更加浓郁。风味也可大大变化，用月桂叶、桂树叶或香草精代替柠檬皮和杏仁。加入少量诺约、马拉斯奇诺、库拉索或任何喜爱的利口酒，能大大提升这道始终受欢迎的菜肴的风味。倒出时，只需将白奶冻的边缘从模具上松开，在上面放一个盘子，迅速翻转；它应该很容易脱模，当模具涂油时，白奶冻表面应光滑有光泽，而仅浸水时往往没有这种效果。可按喜好装饰。

时间。--将柠檬皮和杏仁在牛奶中浸泡约1-1/2小时。

平均成本，奶油每品脱1先令，3先令3便士。

足量可装满一夸脱模具。时令随时皆宜。

廉价白蒙吉。

1409. INGREDIENTS.—1/4 lb. of sugar, 1 quart of milk, 1-1/2 oz. of isinglass, the rind of 1/2 lemon, 4 laurel-leaves.

[Illustration: BLANC-MANGE.]

Mode.—Put all the ingredients into a lined saucepan, and boil gently until the isinglass is dissolved; taste it occasionally, to ascertain when it is sufficiently flavoured with the laurel-leaves; then take them out, and keep stirring the mixture over the fire for about 10 minutes. Strain it through a fine sieve into a jug, and, when nearly cold, pour it into a well-oiled mould, omitting the sediment at the bottom. Turn it out carefully on a dish, and garnish with preserves, bright jelly, or a compote of fruit.

Time.—Altogether, 1/2 hour. *Average cost,* 8d.

Sufficient to fill a quart mould. *Seasonable* at any time.

BREAD-AND-BUTTER FRITTERS.

1410. INGREDIENTS.—Batter, 8 slices of bread and butter, 3 or 4 tablespoonfuls of jam.

Mode.—Make a batter, the same as for apple fritters No. 1393; cut some slices of bread and butter, not very thick; spread half of them with any jam that may he preferred, and cover with the other slices; slightly press them together, and cut them out in square, long, or round pieces. Dip them in the batter, and fry in boiling lard for about 10 minutes; drain them before the fire on a piece of blotting-paper or cloth. Dish them, sprinkle over sifted sugar, and serve.

Time.—About 10 minutes.

1409. 配料。--1/4 lb.糖，1 quart牛奶，1-1/2 oz.鱼胶，1/2个柠檬的果皮，4片月桂叶。

[插图：布兰克曼奇]

做法。--将所有配料放入衬里的炖锅中，小火煮至鱼胶溶解；不时品尝，以确定月桂叶的风味是否充分；然后取出月桂叶，继续在火上搅拌混合物约10分钟。用细筛过滤到壶中，待几乎冷却时，倒入涂油良好的模具，舍弃底部的沉淀物。小心地倒扣在盘子上，用蜜饯、亮色果冻或水果蜜饯装饰。

时间。--总计1/2小时。平均费用,8便士。

足量可装满一夸脱模具。时令随时皆宜。

面包黄油炸果饼

1410. 配料。--面糊，8片面包加黄油，3或4汤匙果酱。

做法。--按第1393号苹果炸饼的方法制作面糊；将面包加黄油切成不太厚的片；将其中一半涂上任意喜欢的果酱，用另一半盖上；轻轻压合，切成方形、长形或圆形块。蘸上面糊，在滚烫的猪油中炸约10分钟；在火前用吸墨纸或布沥干。装盘，撒上筛过的糖，上桌。

时间。--约10分钟。

Average cost, 1s.

Sufficient for 4 or 5 persons. *Seasonable* at any time.

TO MAKE THE STOCK FOR JELLY, AND TO CLARIFY IT.

1411. INGREDIENTS.—2 calf's feet, 6 pints of water.

[Illustration: JELLY-MOULD.]

[Illustration: JELLY-BAG.]

Mode.—The stock for jellies should always be made the day before it is required for use, as the liquor has time to cool, and the fat can be so much more easily and effectually removed when thoroughly set. Procure from the butcher's 2 nice calf's feet: scald them, to take off the hair; slit them in two, remove the fat from between the claws, and wash the feet well in warm water; put them into a stewpan, with the above proportion of cold water, bring it gradually to boil, and remove every particle of scum as it rises. When it is well skimmed, boil it very gently for 6 or 7 hours, or until the liquor is reduced rather more than half; then strain it through a sieve into a basin, and put it in a cool place to set. As the liquor is strained, measure it, to ascertain the proportion for the jelly, allowing something for the sediment and fat at the top. To clarify it, carefully remove all the fat from the top, pour over a little warm water, to wash away any that may remain, and wipe the jelly with a clean cloth; remove the jelly from the sediment, put it into a saucepan, and, supposing the quantity to be a quart, add to it 6 oz. of loaf sugar, the shells and well-whisked whites of 5 eggs, and stir these ingredients together cold; set the saucepan on the fire, but *do not stir the jelly after it begins to warm*. Let it boil

平均成本,1先令。

足够供4或5人食用。时令任何时候皆宜。

制作果冻原汤并澄清

1411. 配料--2只小牛蹄，6品脱水。

[插图：果冻模具。]

[插图：果冻袋。]

方法。--制作果冻的高汤应始终在使用前一天熬好，因为这样液体有时间冷却，而且脂肪在完全凝固后能更容易、更彻底地去除。从肉铺购得2只优质小牛蹄：用沸水烫去毛；将其剖成两半，去除蹄爪之间的脂肪，并用温水将牛蹄洗净；放入炖锅中，加入上述比例的冷水，逐渐煮沸，并在浮沫升起时逐一撇去。撇净浮沫后，用文火煮6至7小时，或直至液体浓缩至一半略多；然后用筛子滤入盆中，置于阴凉处凝固。滤液时即行计量，以确定制作果冻的比例，并为沉淀物和表层脂肪留出余量。澄清时，小心去除表层所有脂肪，倒入少许温水冲去可能残留的脂肪，并用洁净的布擦拭果冻；将果冻与沉淀物分离，放入锅中，假设其量为一夸脱，则加入6盎司块糖、5个鸡蛋的蛋壳及充分搅打的蛋白，将这些配料冷拌均匀；将锅置于火上，但果冻开始变热后不要再搅拌。让其煮沸

about 10 minutes after it rises to a head, then throw in a teacupful of cold water; let it boil 5 minutes longer, then take the saucepan off, cover it closely, and let it remain 1/2 hour near the fire. Dip the jelly-bag into hot water, wring it out quite dry, and fasten it on to a stand or the back of a chair, which must be placed near the fire, to prevent the jelly from setting before it has run through the bag. Place a basin underneath to receive the jelly; then pour it into the bag, and should it not be clear the first time, run it through the bag again. This stock is the foundation of all *really good* jellies, which may be varied in innumerable ways, by colouring and flavouring with liqueurs, and by moulding it with fresh and preserved fruits. To insure the jelly being firm when turned out, 1/2 oz. of isinglass clarified might be added to the above proportion of stock. Substitutes for calf's feet are now frequently used in making jellies, which lessen the expense and trouble in preparing this favourite dish; isinglass and gelatine being two of the principal materials employed; but, although they may *look* as nicely as jellies made from good stock, they are never so delicate, having very often an unpleasant flavour, somewhat resembling glue, particularly when made with gelatine.

约10分钟至表面起沫后，倒入一茶杯冷水；再煮5分钟，然后将炖锅取下，盖紧，在火边放置1/2小时。将果冻袋浸入热水，拧干，固定在架子或椅背上，椅子必须放在火边，以防果冻在滤过袋子前凝固。下面放一个盆接果冻；然后倒入袋中，若第一次不够清澈，再过滤一次。此高汤是所有真正优质果冻的基础，可通过调色和用利口酒调味，以及用新鲜和蜜饯水果塑形，变化出无数种做法。为确保果冻倒出时结实，可在此比例的高汤中加入1/2盎司澄清鱼胶。如今制作果冻常用小牛蹄的替代品，以减少准备这道受欢迎菜肴的费用和麻烦；鱼胶和明胶是两种主要使用的材料；但是，尽管它们看起来和用优质高汤制作的果冻一样好，却永远不够细腻，常常带有一种类似胶水的不愉快味道，尤其是用明胶制作时。

Time.—About 6 hours to boil the feet for the stock; to clarify it,—1/4 hour to boil, 1/2 hour to stand in the saucepan covered.

时间。--煮脚制高汤约需6小时；澄清高汤--煮沸1/4小时，加盖在锅中静置1/2小时。

Average cost.—Calf's feet may be purchased for 6d. each when veal is in full season, but more expensive when it is scarce.

平均费用。--小牛脚在小牛肉旺季时每只6d.可购得，稀缺时则较贵。

Sufficient.—2 calf's feet should make 1 quart of stock.

充足。--2只牛犊脚应制成1夸脱原汤。

Seasonable from March to October, but may be had all the year.

时令三月至十月，但全年皆可得。

HOW TO MAKE A JELLY-BAG.—The very stout flannel called

如何制作果冻袋--那种非常厚实的法兰绒，叫做

double-mill, used for ironing-blankets, is the best material for a jelly-bag: those of home manufacture are the only ones to be relied on for thoroughly clearing the jelly. Care should be taken that the seam of the bag be stitched twice, to secure it against unequal filtration. The most convenient mode of using the big is to tie it upon a hoop the exact size of the outside of its mouth; and, to do this, strings should be sewn round it at equal distances. The jelly-bag may, of coarse, be made any size; but one of twelve or fourteen inches deep, and seven or eight across the mouth, will be sufficient for ordinary use. The form of a jelly-bag is the fool's cap.

双辊轧机，用于熨烫毯子，是制作果冻袋的最佳材料：只有家庭自制的袋子才能可靠地彻底澄清果冻。应注意袋子的接缝要缝两次，以防过滤不均。使用大袋最方便的方法是将其系在一个与袋口外径完全相同的箍上；为此，应在袋上等距缝上绳子。果冻袋当然可以做成任何尺寸；但深十二或十四英寸、口宽七或八英寸的袋子足够日常使用。果冻袋的形状是傻瓜帽。

COW-HEEL STOCK FOR JELLIES.

用于制作果冻的牛蹄高汤

(More Economical than Calf's Feet.)

(比牛犊脚更经济。)

1412. INGREDIENTS.—2 cow-heels, 3 quarts of water.

1412. 配料。--2只牛蹄，3 quarts水。

Mode.—Procure 2 heels that have only been scalded, and not boiled; split them in two, and remove the fat between the claws; wash them well in warm water, and put them into a saucepan with the above proportion of cold water; bring it gradually to boil, remove all the scum as it rises, and simmer the heels gently from 7 to 8 hours, or until the liquor is reduced one-half; then strain it into a basin, measuring the quantity, and put it in a cool place. Clarify it in the same manner as calf's-feet stock No. 1411, using, with the other ingredients, about 1/2 oz. of isinglass to each quart. This stock should be made the day before it is required for use. Two dozen shank-bones of mutton, boiled for 6 or 7 hours, yield a quart of strong firm stock. They should be put on in 2 quarts of water, which should be reduced one-half. Make this also

做法。--取2只仅用热水烫过、未经煮制的蹄膀；将其剖成两半，除去爪间的脂肪；用温水洗净，放入锅中，加入上述比例的冷水；逐渐加热至沸，随沸撇去所有浮沫，用文火慢煮7至8小时，或至汤汁减半；然后滤入盆中，量其分量，置于阴凉处。按第1411号牛蹄冻汤汁的同样方法澄清，与其他配料一同使用，每quart约加1/2 oz.鱼胶。此汤汁应在使用前一天制作。两打羊胫骨煮6至7小时，可得一quart浓稠坚实的汤汁。应以2 quarts水入锅，煮至减半。此亦须

the day before it is required.

Time.—7 to 8 hours to boil the cow-heels, 6 to 7 hours to boil the shank-bones.

Average cost, from 4d. to 6d. each.

Sufficient.—2 cow-heels should make 3 pints of stock.

Seasonable at any time.

ISINGLASS OR GELATINE JELLY.

(*Substitutes for Calf's Feet*.)

1413. INGREDIENTS.—3 oz. of isinglass or gelatine, 2 quarts of water.

Mode.—Put the isinglass or gelatine into a saucepan with the above proportion of cold water; bring it quickly to boil, and let it boil very fast, until the liquor is reduced one-half. Carefully remove the scum as it rises, then strain it through a jelly-bag, and it will be ready for use. If not required very clear, it may be merely strained through a fine sieve, instead of being run through a bag. Rather more than 1/2 oz. of isinglass is about the proper quantity to use for a quart of strong calf's-feet stock, and rather more than 2 oz. for the same quantity of fruit juice. As isinglass varies so much in quality and strength, it is difficult to give the exact proportions. The larger the mould, the stiffer should be the jelly; and where there is no ice, more isinglass must be used than if the mixture were frozen. This forms a stock for all kinds of jellies, which may be flavoured in many ways.

Time.—1-1/2 hour.

提前一天准备好。

时间。--煮牛蹄需7至8小时，煮胫骨需6至7小时。

平均成本，每个4便士至6便士。

足量。--2只牛蹄应可制得3 pints高汤。时令随时皆宜。

鱼胶或明胶冻

(小牛蹄的替代品。)

1413. 配料--3 oz.鱼胶或明胶，2 quarts 水。

做法。--将鱼胶或明胶放入锅中，加入上述比例的冷水；迅速加热至沸，并让其剧烈沸腾，直至汤汁减半。随沸仔细撇去浮沫，然后经果冻袋滤过，即可使用。若无需十分清澈，仅用细筛过滤即可，不必经袋滤过。一quart浓牛蹄冻汤汁约需1/2 oz.略多的鱼胶，同量果汁则需2 oz.略多。因鱼胶品质与强度差异甚大，难以给出确切比例。模具越大，果冻应越硬；若无冰，须比冷冻时多用鱼胶。此可作各种果冻的汤汁，可用多种方式调味。

时间。- 1-1/2小时。

Sufficient, with wine, syrup, fruit, &c., to fill two moderate-sized moulds.

足量，配以葡萄酒、糖浆、水果等，足以装满两个中等大小的模具。

Seasonable at any time.

时令任何时候皆宜。

Note.—The above, when boiled, should be perfectly clear, and may be mixed warm with wine, flavourings, fruits, &c., and then run through the bag.

注。--上述材料煮沸后应完全清澈，可趁温与葡萄酒、调味料、水果等混合，然后通过滤袋过滤。

ISINGLASS.—The best isinglass is brought from Russia; some of an inferior kind is brought from North and South America and the East Indies: the several varieties may be had from the wholesale dealers in isinglass in London. In choosing isinglass for domestic use, select that which is whitest, has no unpleasant odour, and which dissolves most readily in water. The inferior kinds are used for fining beer, and similar purposes. Isinglass is much adulterated: to test its purity, take a few threads of the substance, drop some into boiling water, some into cold water, and some into vinegar. In the boiling water the isinglass will dissolve, in cold water it will become white and "cloudy," and in vinegar it will swell and become jelly-like. If the isinglass is adulterated with gelatine (that is to say, the commoner sorts of gelatine,—for isinglass is classed amongst gelatines, of all which varieties it is the very purest and best), in boiling water the gelatine will not so completely dissolve as the isinglass; in cold water it becomes clear and jelly-like; and in vinegar it will harden.

鱼胶。--最好的鱼胶来自俄罗斯；一些品质较次的来自南北美洲和东印度：各品种可从伦敦的鱼胶批发商处购得。家庭选用鱼胶时，应选最白、无不良气味、最易溶于水者。次等品种用于澄清啤酒及类似用途。鱼胶掺假甚多：检验其纯度，可取数缕，分别投入沸水、冷水和醋中。在沸水中鱼胶会溶解，在冷水中会变白并呈“浑浊”状，在醋中会膨胀并呈果冻状。若鱼胶掺有明胶(即较普通的明胶--因为鱼胶被归入明胶类，而在所有明胶品种中它是最纯净最好的)，在沸水中明胶不会像鱼胶那样完全溶解；在冷水中会变清并呈果冻状；在醋中则会变硬。

HOW TO MOULD BOTTLED JELLIES.

如何制作瓶装果冻

1414. Uncork the bottle; place it in a saucepan of hot water until the jelly is reduced to a liquid state; taste it, to ascertain whether it is sufficiently flavoured, and if not, add a little wine. Pour the

1414. 拔去瓶塞；将瓶子放入热水锅中，直至果冻化为液态；品尝以确定味道是否足够，如不够，加少许葡萄酒。将

jelly into moulds which have been soaked in water; let it set, and turn it out by placing the mould in hot water for a minute; then wipe the outside, put a dish on the top, and turn it over quickly. The jelly should then slip easily away from the mould, and be quite firm. It may be garnished as taste dictates.

果冻倒入已浸过水的模具中；待其凝固，将模具放入热水中一分钟即可脱模；然后擦干外部，将盘子放在上面，迅速翻转。果冻应能轻易从模具中滑出，且相当坚实。可按口味加以装饰。

TO CLARIFY SYRUP FOR JELLIES.

澄清糖浆用于果冻

1415. INGREDIENTS.—To every quart of water allow 2 lbs. of loaf sugar; the white of 1 egg.

1415. 配料。--每quart水用2 lbs.块糖；1个鸡蛋的蛋白。

Mode.—Put the sugar and water into a stewpan; set it on the fire, and, when the sugar is dissolved, add the white of the egg, whipped up with a little water. Whisk the whole well together, and simmer very gently until it has thrown up all the scum. Take this off as it rises, strain the syrup through a fine sieve or cloth into a basin, and keep it for use.

做法。--将糖和水放入炖锅中；置于火上，待糖溶解后，加入用少许水打散的蛋白。将全部材料充分搅打均匀，用极小的火慢煮，直至浮沫全部浮起。随浮沫升起即撇去，将糖浆通过细筛或布过滤入盆中，留作后用。

CALF'S-FEET JELLY.

牛蹄冻。

1416. INGREDIENTS.—1 quart of calf's-feet stock No. 1411, 1/2 lb. of sugar, 1/2 pint of sherry, 1 glass of brandy, the shells and whites of 5 eggs, the rind and juice of 2 lemons, 1/2 oz. of isinglass.

1416. 配料。--1 quart第1411号小牛脚高汤，1/2 lb.糖，1/2 pint雪利酒，1杯白兰地，5个鸡蛋的蛋壳和蛋白，2个柠檬的果皮和汁，1/2 oz.鱼胶。

Mode.—Prepare the stock as directed in recipe No. 1411, taking care to leave the sediment, and to remove all the fat from the surface. Put it into a saucepan, cold, without clarifying it; add the remaining ingredients, and stir them well together before the saucepan is placed on the fire. Then simmer the mixture gently for 1/4 hour, *but do not stir it after it begins to warm*. Throw in a

做法。--按第1411号食谱的指示制备高汤，注意保留沉淀物，并去除表面所有油脂。将其冷放入锅中，不加澄清；加入其余配料，在锅置于火上之前充分搅拌均匀。然后用小火慢煮1/4小时，但开始变热后不要再搅拌。投入

teacupful of cold water, boil for another 5 minutes, and keep the saucepan covered by the side of the fire for about 1/2 hour, but do not let it boil again. In simmering, the head or scum may be carefully removed as it rises; but particular attention must be given to the jelly, that it be not stirred in the slightest degree after it is heated. The isinglass should be added when the jelly begins to boil: this assists to clear it, and makes it firmer for turning out. Wring out a jelly-bag in hot water; fasten it on to a stand, or the back of a chair; place it near the fire with a basin underneath it, and run the jelly through it. Should it not be perfectly clear the first time, repeat the process until the desired brilliancy is obtained. Soak the moulds in water, drain them for half a second, pour in the jelly, and put it in a cool place to set. If ice is at hand, surround the moulds with it, and the jelly will set sooner, and be firmer when turned out. In summer it is necessary to have ice in which to put the moulds, or the cook will be, very likely, disappointed, by her jellies being in too liquid a state to turn out properly, unless a great deal of isinglass is used. When wanted for table, dip the moulds in hot water for a minute, wipe the outside with a cloth, lay a dish on the top of the mould, turn it quickly over, and the jelly should slip out easily. It is sometimes served broken into square lumps, and piled high in glasses. Earthenware moulds are preferable to those of pewter or tin, for red jellies, the colour and transparency of the composition being often spoiled by using the latter.

[Illustration: JELLY-MOULD.]

To make this jelly more economically, raisin wine may be substituted for the sherry and brandy, and the stock made from cow-heels, instead of calf's feet.

一 teacupful 冷水，再煮5分钟，将锅盖好置于火旁约1/2小时，但不要再让其沸腾。慢煮时，随浮沫升起仔细撇去；但必须特别注意果冻，加热后丝毫不得搅动。应在果冻开始沸腾时加入鱼胶：这有助于其澄清，并使其更坚实便于脱模。用热水拧干果冻袋；系在架子上或椅背上；置于火旁，下放一盆，让果冻滤过。若第一次不够清澈，重复此过程直至达到所需亮度。将模具浸水，沥半秒，倒入果冻，置于阴凉处凝固。若有冰，用冰围住模具，果冻会凝固更快，脱模时也更坚实。夏季必须有冰来放置模具，否则厨师很可能因她的果冻太稀而无法正常脱模而失望，除非使用大量鱼胶。上桌时，将模具浸入热水一分钟，用布擦干外面，将盘子扣在模具上，迅速翻转，果冻应能轻易滑出。有时将其切成方块，高高堆在玻璃杯中。红色果冻宜用陶制模具而非锡或锡制模具，因为使用后者常会破坏其颜色和透明度。

[插图：果冻模具。]

若想更经济地制作此果冻，可用葡萄干酒代替雪利酒和白兰地，并用牛蹄代替小牛脚制作高汤。

Time.—20 minutes to simmer the jelly, 1/2 hour to stand covered.

Average cost, reckoning the feet at 6d. each, 3*s*. 6d.

Sufficient to fill two 1-1/2-pint moulds. *Seasonable* at any time.

Note.—As lemon-juice, unless carefully strained, is liable to make the jelly muddy, see that it is clear before it is added to the other ingredients. Omit the brandy when the flavour is objected to.

SHERRY.—There are several kinds of sherry, as pale and brown, and there are various degrees of each. Sherry is, in general, of an amber-colour, and, when good, has a fine aromatic odour, with something of the agreeable bitterness of the peach kernel. When new, it is harsh and fiery, and requires to be mellowed in the wood for four or five years. Sherry has of late got much into fashion in England, from the idea that it is more free from acid than other wines; but some careful experiments on wines do not fully confirm this opinion.

CANNELONS, or FRIED PUFFS.

(*Sweet Entremets*.)

1417. INGREDIENTS.—1/2 lb. of puff-paste No. 1205; apricot, or any kind of preserve that may be preferred; hot lard.

Mode.—Cannelons which are made of puff-paste rolled very thin, with jam inclosed, and cut out in long narrow rolls or puffs, make a very pretty and elegant dish. Make some good puff-paste, by recipe No. 1205; roll it out very thin, and cut it into pieces of an equal size, about 2 inches wide and 8 inches long; place upon each piece a spoonful of jam, wet the edges with the white of egg, and fold the paste over *twice;* slightly press the edges together,

时间。--炖煮果冻20分钟，盖上静置半小时。

平均成本，按每英尺6便士计算，为3先令6便士。

足量可装满两个1-1/2 pint的模具。时令随时皆宜。

注。--柠檬汁除非仔细过滤，否则容易使果冻浑浊，加入其他配料前须确保其清澈。如不喜欢该味道，可省略白兰地。

雪利酒。--雪利酒有数种，如淡色和棕色，每种又有不同程度。雪利酒一般呈琥珀色，优质者具有良好芳香，略带桃仁那种宜人的苦味。新酒辛辣火烈，须在木桶中陈酿四五年使之醇化。雪利酒近来在英国大为流行，因为人们认为它比其他葡萄酒含酸较少；但一些对葡萄酒的仔细实验并未完全证实这一看法。

坎内隆，或称炸泡芙。

(甜味小点。)

1417. 配料。--1/2 lb.第1205号千层酥皮；杏子或任何喜欢的蜜饯；热猪油。

做法。--坎内隆以千层酥皮擀得极薄，包入果酱，切成长而窄的卷或酥饼，是一道非常漂亮精致的菜肴。按第1205号食谱制作上好的千层酥皮；擀得极薄，切成大小相等的片，约2英寸宽、8英寸长；每片上放一匙果酱，边缘涂上蛋白，将酥皮对折两次；轻轻压合边缘，

that the jam may not escape in the frying; and when all are prepared, fry them in boiling lard until of a nice brown, letting them remain by the side of the fire after they are coloured, that the paste may be thoroughly done. Drain them before the fire, dish on a d'oyley, sprinkle over them sifted sugar, and serve. These cannelons are very delicious made with fresh instead of preserved fruit, such as strawberries, raspberries, or currants: it should be laid in the paste, plenty of pounded sugar sprinkled over, and folded and fried in the same manner as stated above.

果酱在煎制时可能不会溢出；待全部准备就绪，将其放入煮沸的猪油中煎至漂亮的棕色，待其上色后留在火旁，使面皮彻底熟透。在火前沥干，盛在d'oyley上，撒上筛过的糖，即可上桌。这些cannelons若用新鲜水果而非蜜饯水果制作，如草莓、覆盆子或醋栗，则非常美味：应将水果铺在面皮中，撒上大量研碎的糖，按上述方式折叠并煎制。

Time.—About 10 minutes. *Average cost*, 1s.

时间。--约10分钟。平均成本,1先令。

Sufficient,—1/2 lb. of paste for a moderate-sized dish of cannelons.

足量,--1/2 lb.酥皮可做一盘中等大小的坎内隆。

Seasonable, with jam, at any time.

时令，配果酱，随时。

CHARLOTTE-AUX-POMMES.

夏洛特苹果

1418. INGREDIENTS.—A few slices of rather stale bread 1/2 inch thick, clarified butter, apple marmalade made by recipe No. 1395, with about 2 dozen apples, 1/2 glass of sherry.

1418. 配料--几片约半英寸厚的相当陈的面包，澄清黄油，按第1395号食谱制作的苹果果酱，约用2打苹果，半杯雪利酒。

[Illustration: CHARLOTTE-AUX-POMMES.]

[插图：夏洛特苹果蛋糕]

Mode.—Cut a slice of bread the same shape as the bottom of a plain round mould, which has been well buttered, and a few strips the height of the mould, and about 1-1/2 inch wide; dip the bread in clarified butter (or spread it with cold butter, if not wanted quite so rich); place the round piece at the bottom of the mould, and set the narrow strips up the sides of it, overlapping each other a little, that no juice from the apples may escape, and that they may hold firmly to the mould. Brush the *interior* over with white of egg (this will assist to make the case firmer); fill it with apple

模式。--切一片面包，形状与一个已涂好黄油的普通圆形模具底部相同，再切几条与模具高度相同、约1-1/2英寸宽的条状面包；将面包浸入澄清黄油中(若不想太过肥腻，可涂上冷黄油)；将圆形面包片放在模具底部，将窄条竖立在模具侧面，彼此略微重叠，使苹果的汁液不致溢出，并能牢固地贴附在模具上。用蛋清刷涂内部(这有助于使外壳更加坚固)；将其填入苹果

marmalade made by recipe No. 1395, with the addition of a little sherry, and cover them with a round piece of bread, also brushed over with egg, the same as the bottom; slightly press the bread down, to make it adhere to the other pieces; put a plate on the top, and bake the *charlotte* in a brisk oven, of a light colour. Turn it out on the dish, strew sifted sugar over the top, and pour round it a little melted apricot jam.

用第1395号食谱制成的果酱，加入少许雪利酒，再用一片圆面包盖住它们，面包也刷上蛋液，与底部相同；轻轻按压面包，使其与其他部分粘合；在上面放一个盘子，将夏洛特放入旺烤箱中烘烤至浅色。将其倒扣在盘子上，在顶部撒上筛过的糖，并在周围浇上少许融化的杏子果酱。

Time.—40 to 50 minutes. *Average cost*, 1s. 9d.

时间。--40至50分钟。平均成本,1先令9便士。

Sufficient for 5 or 6 persons. *Seasonable* from July to March.

足量供5至6人食用。时令为7月至3月。

AN EASY METHOD OF MAKING A CHARLOTTE-AUX-POMMES.

制作苹果夏洛特的一种简易方法。

1419. INGREDIENTS.—1/2 lb. of flour, 1/4 lb. of butter, 1/4 lb. of powdered sugar, 1/2 teaspoonful of baking-powder, 1 egg, milk, 1 glass of raisin-wine, apple marmalade No. 1395, 1/4 pint of cream, 2 dessertspoonfuls of pounded sugar, 2 tablespoonfuls of lemon-juice.

1419. 配料--1/2 lb.面粉，1/4 lb.黄油，1/4 lb.糖粉，1/2茶匙发酵粉，1个鸡蛋，牛奶，1杯葡萄干酒，第1395号苹果果酱，1/4 pint奶油，2甜点匙捣碎的糖，2汤匙柠檬汁。

Mode.—Make a cake with the flour, butter, sugar, and baking-powder; moisten with the egg and sufficient milk to make it the proper consistency, and bake it in a round tin. When cold, scoop out the middle, leaving a good thickness all round the sides, to prevent them breaking; take some of the scooped-out pieces, which should be trimmed into neat slices; lay them in the cake, and pour over sufficient raisin-wine, with the addition of a little brandy, if approved, to soak them well. Have ready some apple marmalade, made by recipe No. 1395; place a layer of this over the soaked cake, then a layer of cake and a layer of apples; whip the cream to a froth, mixing with it the sugar and lemon-juice; pile it on the top of the *charlotte*, and garnish it with pieces of

做法。--用面粉、黄油、糖和发酵粉做成蛋糕；用鸡蛋和足量牛奶调湿，使其达到适当的稠度，然后在圆形铁模中烘烤。冷却后，挖出中间部分，四周留出足够的厚度以防破裂；取一些挖出的蛋糕块，应切成整齐的薄片；将它们放回蛋糕中，倒入足量的葡萄干酒，如喜欢可加少许白兰地，使其充分浸透。准备好一些苹果果酱，按第1395号食谱制作；在浸透的蛋糕上铺一层果酱，再铺一层蛋糕和一层苹果；将奶油打至起泡，拌入糖和柠檬汁；将其堆在夏洛特*charlotte*顶部，并用小块装饰

clear apple jelly. This dish is served cold, but may be eaten hot, by omitting the cream, and merely garnishing the top with bright jelly just before it is sent to table.

Time.—1 hour to bake the cake. *Average cost*, 2s.

Sufficient for 5 or 6 persons. *Seasonable* from July to March.

A VERY SIMPLE APPLE CHARLOTTE.

1420. INGREDIENTS.—9 slices of bread and butter, about 6 good-sized apples, 1 tablespoonful of minced lemon-peel, 2 tablespoonfuls of juice, moist sugar to taste.

Mode.—Butter a pie-dish; place a layer of bread and butter, without the crust, at the bottom; then a layer of apples, pared, cored, and cut into thin slices; sprinkle over these a portion of the lemon-peel and juice, and sweeten with moist sugar. Place another layer of bread and butter, and then one of apples, proceeding in this manner until the dish is full; then cover it up with the peel of the apples, to preserve the top from browning or burning; bake in a brisk oven for rather more than 3/4 hour; torn the charlotte on a dish, sprinkle sifted sugar over, and serve.

Time.—3/4 hour. *Average cost*, 9d.

Sufficient for 5 or 6 persons. *Seasonable* from July to March.

CHARLOTTE RUSSE.

(*An Elegant Sweet Entremets*.)

1421. INGREDIENTS.—About 18 Savoy biscuits, 3/4 pint of cream, flavouring of vanilla, liqueurs, or wine, 1 tablespoonful of

清澈的苹果果冻。这道菜冷食，但也可以热食，省略奶油，在上桌前仅用明亮的果冻装饰顶部即可。

时间。- 烤蛋糕需1小时。平均成本,2先令。

足量供5至6人食用。时令为7月至3月。

极简苹果夏洛特

1420. 配料--9片黄油面包，约6个中等大小的苹果，1汤匙切碎的柠檬皮，2汤匙柠檬汁，湿润的糖适量。

做法。--在馅饼盘上涂黄油；底部铺一层去边的黄油面包；然后铺一层去皮、去核并切成薄片的苹果；在上面撒一些柠檬皮和柠檬汁，并用湿糖加甜。再铺一层黄油面包，然后铺一层苹果，如此反复直到盘子装满；然后用苹果皮覆盖，以防顶部变褐或烧焦；在旺烤箱中烘烤略多于3/4小时；将夏洛特倒在盘子上，撒上筛过的糖，即可上桌。

时间。- 3/4小时。平均费用,9便士。

足量供5至6人食用。时令为7月至3月。

夏洛特·鲁斯

(一道精致的甜味小点。)

1421. 配料--约18块萨伏依饼干，3/4 pint奶油，香草、利口酒或葡萄酒调味，1汤匙

pounded sugar, 1/2 oz. of isinglass.

Mode.—Procure about 18 Savoy biscuits, or ladies'-fingers, as they are sometimes called; brush the edges of them with the white of an egg, and line the bottom of a plain round mould, placing them like a star or rosette. Stand them upright all round the edge; carefully put them so closely together that the white of the egg connects them firmly, and place this case in the oven for about 5 minutes, just to dry the egg. Whisk the cream to a stiff froth, with the sugar, flavouring, and melted isinglass; fill the charlotte with it, cover with a slice of sponge-cake cut in the shape of the mould; place it in ice, where let it remain till ready for table; then turn it on a dish, remove the mould, and serve. 1 tablespoonful of liqueur of any kind, or 4 tablespoonfuls of wine, would nicely flavour the above proportion of cream. For arranging the biscuits in the mould, cut them to the shape required, so that they fit in nicely, and level them with the mould at the top, that, when turned out, there may be something firm to rest upon. Great care and attention is required in the turning out of this dish, that the cream does not burst the case; and the edges of the biscuits must have the smallest quantity of egg brushed over them, or it would stick to the mould, and so prevent the charlotte from coming away properly.

Time.—5 minutes in the oven.

Average cost, with cream at 1s. per pint, 2s.

Sufficient for 1 charlotte. *Seasonable* at any time.

CREAM A LA VALOIS.

砂糖，1/2 oz.鱼胶。

做法。--准备约18块萨伏依饼干，或有时称为手指饼的饼干；用蛋清刷其边缘，将它们像星形或玫瑰花形一样排列在一个普通圆形模子的底部。将它们竖立排列在边缘周围；小心地将它们紧密放置，使蛋清将它们牢固粘合，然后将此外壳放入烤箱约5分钟，仅以烘干蛋清。将奶油、糖、调味料和融化的鱼胶搅打至硬性发泡；用其填充夏洛特，用一片切成模子形状的海绵蛋糕覆盖；将其放在冰上，待准备上桌时取出；然后倒扣在盘子上，移除模子，即可上桌。1汤匙任何种类的利口酒，或4汤匙葡萄酒，可为上述比例的奶油增添良好风味。为将饼干排列在模子中，将其切成所需形状，使其恰好贴合，并在顶部与模子齐平，以便倒扣时有坚实支撑。倒扣此菜时需非常小心注意，以免奶油撑破外壳；饼干的边缘必须刷上最少量的蛋清，否则会粘在模子上，导致夏洛特无法顺利脱模。

时间。--烤箱中烘烤5分钟。

平均成本，以每品脱1先令的奶油计，为2先令。

足量可做1个夏洛特蛋糕。时令四季皆宜。

瓦卢瓦奶油

1422. INGREDIENTS.—4 sponge-cakes, jam, 3/4 pint of cream, sugar to taste, the juice of 1/2 lemon, 1/4 glass of sherry, 1-1/4 oz. of isinglass.

Mode.—Cut the sponge-cakes into thin slices; place two together, with preserve between them, and pour over them a small quantity of sherry mixed with a little brandy. Sweeten and flavour the cream with the lemon-juice and sherry; add the isinglass, which should be dissolved in a little water, and beat up the cream well. Place a little in an oiled mould; arrange the pieces of cake in the cream; then fill the mould with the remainder; let it cool, and turn it out on a dish. By oiling the mould, the cream will have a much smoother appearance, and will turn out more easily than when merely dipped in cold water.

Average cost, 3s. 6d.

Sufficient to fill a 1-1/2 pint mould. *Seasonable* at any time.

BOILED CUSTARDS.

1423. INGREDIENTS.—1 pint of milk, 5 eggs, 3 oz. of loaf sugar, 3 laurel-leaves, or the rind of 4 lemon, or a few drops of essence of vanilla, 1 tablespoonful of brandy.

[Illustration: CUSTARDS IN GLASSES.]

Mode.—Put the milk into a lined saucepan, with the sugar, and whichever of the above flavourings may be preferred (the lemon-rind flavours custards most deliciously), and let the milk steep by the side of the fire until it is well flavoured. Bring it to the point of boiling, then strain it into a basin; whisk the eggs well, and, when the milk has cooled a little, stir in the eggs, and *strain* this mixture

1422. 配料--4个海绵蛋糕，果酱，3/4 pint奶油，糖适量，1/2个柠檬的汁，1/4杯雪利酒，1-1/4 oz.鱼胶。

做法。--将海绵蛋糕切成薄片；两片之间夹果酱，叠在一起，淋上少量雪利酒与少许白兰地的混合液。用柠檬汁和雪利酒为奶油加甜调味；加入鱼胶，鱼胶应溶于少量水中，并将奶油充分搅打。在涂油的模子中放入少量奶油；将蛋糕块排列在奶油中；然后用剩余奶油填满模子；让其冷却，再倒扣在盘子上。涂油模子可使奶油表面更光滑，且比仅用冷水浸过的模子更容易脱模。

平均成本,3先令6便士。

足够装满一个1-1/2 pint的模具。时令任何时候皆宜。

煮沸蛋奶冻。

1423. 配料--1 pint牛奶，5个鸡蛋，3 oz.块糖，3片月桂叶，或4个柠檬的皮，或几滴香草精，1汤匙白兰地。

[插图：玻璃杯中的蛋奶冻]

做法。--将牛奶放入有衬里的炖锅中，加入糖和上述任何一种喜欢的调味料(柠檬皮给蛋奶冻调味最为美妙)，让牛奶在火边浸泡直至充分入味。将其加热至即将沸腾，然后滤入盆中；将鸡蛋充分搅打，待牛奶稍凉后，搅入鸡蛋，并将此混合物过滤

into a jug. Place this jug in a saucepan of boiling water over the fire; keep stirring the custard *one way* until it thickens; but on no account allow it to reach the boiling-point, as it will instantly curdle and be full of lumps. Take it off the fire, stir in the brandy, and, when this is well mixed with the custard, pour it into glasses, which should be rather more than three-parts full; grate a little nutmeg over the top, and the dish is ready for table. To make custards look and eat better, ducks' eggs should be used, when obtainable; they add very much to the flavour and richness, and so many are not required as of the ordinary eggs, 4 ducks' eggs to the pint of milk making a delicious custard. When desired extremely rich and good, cream should be substituted for the milk, and double the quantity of eggs used, to those mentioned, omitting the whites.

倒入壶中。将此壶置于火上盛有沸水的炖锅中；不断朝一个方向搅拌蛋奶糊，直至变稠；但绝不可让它达到沸点，否则会立刻凝结并满是疙瘩。将其从火上取下，拌入白兰地，待其与蛋奶糊充分混合后，倒入杯中，杯子应装至三分之二以上；在表面磨少许肉豆蔻，即可上桌。为使蛋奶糊外观与口感更佳，如能获得鸭蛋应使用鸭蛋；鸭蛋能大大增添风味与浓郁度，且所需数量少于普通鸡蛋，4个鸭蛋配1品脱牛奶可制成美味的蛋奶糊。若欲极浓郁美味，应以奶油代替牛奶，并将鸡蛋用量加倍于上述数量，且不加蛋白。

Time. 1/2 hour to infuse the lemon-rind, about 10 minutes to stir the custard. *Average cost*, 8d.

时间。--浸泡柠檬皮1/2小时，搅拌蛋奶冻约10分钟。平均费用,8便士。

Sufficient to fill 8 custard-glasses. *Seasonable* at any time.

足够装满8个蛋奶冻杯。时令任何时候皆宜。

GINGER APPLES.

姜汁苹果

(*A pretty Supper or Dessert Dish*.)

(一道漂亮的晚餐或甜点菜肴。)

1424. INGREDIENTS.—1-1/2 oz. of whole ginger, 1/4 pint of whiskey, 3 lbs. of apples, 2 lbs. of white sugar, the juice of 2 lemons.

1424. 配料--1-1/2 oz.整姜，1/4 pint威士忌，3 lbs.苹果，2 lbs.白砂糖，2个柠檬的汁。

Mode.—Bruise the ginger, put it into a small jar, pour over sufficient whiskey to cover it, and let it remain for 3 days; then cut the apples into thin slices, after paring and coring them; add the sugar and the lemon-juice, which should he strained; and

做法。--将姜捣碎，放入小罐中，倒入足够的威士忌覆盖，静置3天；然后将苹果去皮去核，切成薄片；加入糖和柠檬汁(柠檬汁应经过滤)；然后

simmer all together *very gently* until the apples are transparent, but not broken. Serve cold, and garnish the dish with slices of candied lemon-peel or preserved ginger.

将所有材料一起非常轻柔地炖煮，直至苹果透明但不碎散。冷食，并用糖渍柠檬皮片或糖姜装饰盘中。

Time.—3 days to soak the ginger; about 3/4 hour to simmer the apples very gently.

时间。--浸泡姜3天；非常轻柔地炖煮苹果约3/4小时。

Average cost, 2s, 6d.

平均成本,2先令6便士。

Sufficient for 3 dishes. *Seasonable* from July to March.

足量可供3道菜。时令 7月至3月。

FRENCH PANCAKES.

法式煎饼

1425. INGREDIENTS.—2 eggs, 2 oz. of butter, 2 oz. of sifted sugar, 2 oz. of flour, 1/2 pint of new milk.

1425. 配料--2个鸡蛋，2 oz.黄油，2 oz.筛过的糖，2 oz.面粉，1/2 pint新鲜牛奶。

Mode.—Beat the eggs thoroughly, and put them into a basin with the butter, which should be beaten to a cream; stir in the sugar and flour, and when these ingredients are well mixed, add the milk; keep stirring and beating the mixture for a few minutes; put it on buttered plates, and bake in a quick oven for 20 minutes. Serve with a cut lemon and sifted sugar, or pile the pancakes high on a dish, with a layer of preserve or marmalade between each.

做法。--将鸡蛋充分打散，与黄油(应打至奶油状)一起放入盆中；搅入糖和面粉，待这些配料充分混合后，加入牛奶；持续搅拌和搅打混合物几分钟；将其放在涂了黄油的盘子上，在旺烤箱中烘20分钟。配切开的柠檬和筛过的糖食用，或将薄煎饼高高堆在盘中，每层之间夹一层蜜饯或果酱。

Time.—20 minutes. *Average cost*, 7d.

时间。--20分钟。平均费用,7便士。

Sufficient for 3 or 4 persons. *Seasonable* at any time.

足够供三四人食用。时令随时皆宜。

DUTCH FLUMMERY.

荷兰弗拉默里

1426. INGREDIENTS.—1-1/2 oz. of isinglass, the rind and juice of 1 lemon, 1 pint of water, 4 eggs, 1 pint of sherry, Madeira, or raisin-wine; sifted sugar to taste.

1426. 配料--1-1/2 oz.鱼胶，1个柠檬的皮和汁，1 pint水，4个鸡蛋，1 pint雪利酒、马德拉酒或葡萄干酒；筛过的糖适量。

Mode.—Put the water, isinglass, and lemon-rind into a lined saucepan, and simmer gently until the isinglass is dissolved; strain this into a basin, stir in the eggs, which should be well beaten, the lemon-juice, which should be strained, and the wine; sweeten to taste with pounded sugar, mix all well together, pour it into a jug, set this jug in a saucepan of boiling water over the fire, and keep stirring it one way until it thickens; but *take care that it does not boil*. Strain it into a mould that has been oiled or laid in water for a short time, and put it in a cool place to set. A tablespoonful of brandy stirred in just before it is poured into the mould, improves the flavour of this dish: it is better if made the day before it is required for table.

做法。--将水、鱼胶和柠檬皮放入衬里的炖锅中，用文火慢煮，直到鱼胶溶解；将其滤入盆中，搅入应充分打散的鸡蛋、应过滤的柠檬汁和葡萄酒；用研碎的糖按口味加甜，将所有材料充分混合，倒入壶中，将此壶置于火上盛有沸水的炖锅中，朝一个方向不停搅拌，直到变稠；但务必注意不要让它煮沸。将其滤入已涂油或已在水中浸泡片刻的模具中，放在阴凉处凝固。在倒入模具前搅入一汤匙白兰地，可增进此菜的风味：若在供餐前一天制作则更佳。

Time.—1/4 hour to simmer the isinglass; about 1/4 hour to stir the mixture over the fire.

时间。--炖煮鱼胶1/4小时；在火上搅拌混合物约1/4小时。

Average cost, 4s. 6d., if made with sherry; less with raisin-wine.

平均成本，若用雪利酒制作，为4先令6便士；若用葡萄干酒则更低。

Sufficient to fill a quart mould. *Seasonable* at any time.

足量可装满一夸脱模具。时令随时皆宜。

PALE SHERRIES are made from the same grapes as brown. The latter are coloured by an addition of some cheap must, or wine which has been boiled till it has acquired a deep-brown tint. Pale sherries were, some time ago, preferred in England, being supposed most pure; but the brown are preferred by many people. The inferior sherries exported to England are often mixed with a cheap and light wine called Moguer, and are strengthened in the making by brandy; but too frequently they are adulterated by the London dealers.

淡色雪利酒由与棕色雪利酒相同的葡萄酿成。后者通过加入一些廉价葡萄汁或经煮沸至深棕色的葡萄酒来着色。淡色雪利酒不久前在英国更受青睐，被认为最为纯正；但许多人更喜欢棕色的。出口到英国的劣质雪利酒常与一种名为莫格尔的廉价清淡葡萄酒混合，并在酿造过程中用白兰地增强酒力；但它们常常被伦敦的经销商掺假。

CHOCOLATE SOUFFLE.

巧克力舒芙蕾。

1427. INGREDIENTS.—4 eggs, 3 teaspoonfuls of pounded sugar, 1 teaspoonful of flour, 3 oz. of the best chocolate.

Mode.—Break the eggs, separating the whites from the yolks, and put them into different basins; add to the yolks the sugar, flour, and chocolate, which should be very finely grated, and stir these ingredients for 5 minutes. Then well whisk the whites of the eggs in the other basin, until they are stiff, and, when firm, mix lightly with the yolks, till the whole forms a smooth and light substance; butter a round cake-tin, put in the mixture, and bake in a moderate oven from 15 to 20 minutes. Pin a white napkin round the tin, strew sifted sugar over the top of the soufflé, and send it immediately to table. The proper appearance of this dish depends entirely on the expedition with which it is served, and some cooks, to preserve its lightness, hold a salamander over the soufflé until it is placed on the table. If allowed to stand after it comes from the oven, it will be entirely spoiled, as it falls almost immediately.

Time.—15 to 20 minutes. *Average cost*, 1s.

Sufficient for a moderate-sized soufflé. *Seasonable* at any time.

DARIOLES A LA VANILLE.

(*Sweet Entremets*.)

1428. INGREDIENTS.—1/2 pint of milk, 1/2 pint of cream, 2 oz. of flour, 3 oz. of pounded sugar, 6 eggs, 2 oz. of butter, puff-paste, flavouring of essence of vanilla.

Mode.—Mix the flour to a smooth batter, with the milk; stir in the cream, sugar, the eggs, which should be well whisked, and the

1427. 配料--4个鸡蛋，3茶匙捣碎的糖，1茶匙面粉，3 oz.上等巧克力。

做法。--打破鸡蛋，将蛋白与蛋黄分离，分别放入不同的盆中；在蛋黄中加入糖、面粉和应磨得极细的巧克力，搅拌这些配料5分钟。然后在另一盆中将蛋白充分搅打至硬挺，待其坚实后，与蛋黄轻轻混合，直到整体成为光滑轻盈的糊状物；在圆形蛋糕模具上涂黄油，倒入混合物，在中等烤箱中烘烤15至20分钟。用白色餐巾别在模具周围，在蛋奶酥顶部撒上筛过的糖，立即送上餐桌。此菜的正确外观完全取决于上菜的速度，有些厨师为保持其轻盈，会在蛋奶酥上桌之前用烤板在其上方烘烤。若出炉后放置，则会完全毁坏，因为它几乎会立刻塌陷。

时间。--15至20分钟。平均成本,1先令。

足够制作一个中等大小的舒芙蕾。时令任何时候皆宜。

香草达里奥勒

(甜味小点。)

1428. 配料--1/2 pint牛奶，1/2 pint奶油，2 oz.面粉，3 oz.捣碎的糖，6个鸡蛋，2 oz.黄油，千层酥皮，香草精调味。

做法。--将面粉与牛奶调成光滑的面糊；搅入奶油、糖、充分搅打的鸡蛋，以及

butter, which should be beaten to a cream. Put in some essence of vanilla, drop by drop, until the mixture is well flavoured; line some dariole-moulds with puff-paste, three-parts fill them with the batter, and bake in a good oven from 25 to 35 minutes. Turn them out of the moulds on a dish, without breaking them; strew over sifted sugar, and serve. The flavouring of the darioles may be varied by substituting lemon, cinnamon, or almonds, for the vanilla.

黄油(应打至奶油状)。逐滴加入一些香草精，直至混合物充分入味；用千层酥皮衬入一些达里奥勒模具，将面糊填入三分满，在良好的烤箱中烘25至35分钟。将它们在盘中脱模，不要弄破；撒上筛过的糖，即可上桌。达里奥勒的调味可以变化，用柠檬、肉桂或杏仁代替香草。

Time.—25 to 35 minutes. *Average cost*, 1s. 8d.

时间。--25至35分钟。平均成本,1先令8便士。

Sufficient to fill 6 or 7 dariole-moulds. *Seasonable* at any time.

足够装满6或7个达里奥勒模具。时令任何时候皆宜。

CURRANT FRITTERS.

醋栗油炸饼。

1429. INGREDIENTS.—1/2 pint of milk, 2 tablespoonfuls of flour, 4 eggs, 3 tablespoonfuls of boiled rice, 3 tablespoonfuls of currants, sugar to taste, a very little grated nutmeg, hot lard or clarified dripping.

1429. 配料--1/2 pint牛奶，2汤匙面粉，4个鸡蛋，3汤匙煮熟的米饭，3汤匙醋栗，糖适量，极少量磨碎的肉豆蔻，热猪油或澄清的滴油。

Mode.—Put the milk into a basin with the flour, which should previously be rubbed to a smooth batter with a little cold milk; stir these ingredients together; add the well-whisked eggs, the rice, currants, sugar, and nutmeg. Beat the mixture for a few minutes, and, if not sufficiently thick, add a little more boiled rice; drop it, in small quantities, into a pan of boiling lard or clarified dripping; fry the fritters a nice brown, and, when done, drain them on a piece of blotting-paper, before the fire. Pile them on a white d'oyley, strew over sifted sugar, and serve them very hot. Send a cut lemon to table with them.

做法。--将牛奶与面粉放入盆中，面粉应事先用少许冷牛奶调成光滑的面糊；将这些配料搅拌在一起；加入充分搅打的鸡蛋、米饭、醋栗、糖和肉豆蔻。将混合物搅打几分钟，若不够浓稠，可再加少许煮熟的米饭；将其少量滴入盛有沸猪油或澄清滴油的锅中；将油炸饼炸至漂亮的棕色，炸好后在火前用吸水纸沥干。将其堆放在白色垫布上，撒上筛过的糖，趁热上桌。随同上桌的还有切开的柠檬。

Time.—From 8 to 10 minutes to fry the fritters.

时间。--炸油饼需8至10分钟。

Average cost, 9d.

Sufficient for 3 or 4 persons. *Seasonable* at any time.

CHOCOLATE CREAM.

1430. INGREDIENTS.—3 oz. of grated chocolate, 1/4 lb. of sugar, 1-1/2 pint of cream, 1/2 oz. of clarified isinglass, the yolks of 6 eggs.

[Illustration: CREAM-MOULD.]

Mode.—Beat the yolks of the eggs well; put them into a basin with the grated chocolate, the sugar, and 1 pint of the cream; stir these ingredients well together, pour them into a jug, and set this jug in a saucepan of boiling water; stir it one way until the mixture thickens, but *do not allow it to boil*, or it will curdle. Strain the cream through a sieve into a basin; stir in the isinglass and the other 1/2 pint of cream, which should be well whipped; mix all well together, and pour it into a mould which has been previously oiled with the purest salad-oil, and, if at hand, set it in ice until wanted for table.

Time.—About 10 minutes to stir the mixture over the fire.

Average cost, 4s. 6d, with cream at 1s. per pint.

Sufficient to fill a quart mould. *Seasonable* at any time.

GENEVA WAFERS.

1431. INGREDIENTS.—2 eggs, 3 oz. of butter, 3 oz. of flour, 3 oz. of pounded sugar.

平均成本,9便士。

足够供三四人食用。时令随时皆宜。

巧克力奶油

1430. 配料--3 oz.磨碎的巧克力，1/4 lb.糖，1-1/2 pint奶油，1/2 oz.澄清的鱼胶，6个鸡蛋的蛋黄。

[插图：奶油模具。]

做法。--将蛋黄充分搅打；与磨碎的巧克力、糖和1品脱奶油一起放入盆中；将这些配料充分搅拌在一起，倒入壶中，将此壶置于盛有沸水的炖锅中；朝一个方向搅拌，直到混合物变稠，但不要让它煮沸，否则会凝结。将奶油通过筛子滤入盆中；搅入鱼胶和另外1/2品脱应充分搅打的奶油；将所有材料充分混合，倒入事先用最纯净的沙拉油涂过的模具中，若手边有冰，则置于冰中，待供餐时取用。

时间。--在火上搅拌混合物约10分钟。

平均成本，4先令6便士，奶油每品脱1先令。

足量可装满一夸脱模具。时令随时皆宜。

日内瓦薄饼。

1431. 配料--2个鸡蛋，3 oz.黄油，3 oz.面粉，3 oz.捣碎的糖。

Mode.—Well whisk the eggs; put them into a basin, and stir to them the butter, which should be beaten to a cream; add the flour and sifted sugar gradually, and then mix all well together. Butter a baking-sheet, and drop on it a teaspoonful of the mixture at a time, leaving a space between each. Bake in a cool oven; watch the pieces of paste, and, when half done, roll them up like wafers, and put in a small wedge of bread or piece of wood, to keep them in shape. Return them to the oven until crisp. Before serving, remove the bread, put a spoonful of preserve in the widest end, and fill up with whipped cream. This is a very pretty and ornamental dish for the supper-table, and is very nice and very easily made.

做法。--把鸡蛋搅打均匀；放入盆中，加入黄油搅拌，黄油应先搅打成奶油状；逐渐加入面粉和过筛的糖，然后将所有材料充分混合均匀。在烤盘上涂黄油，每次用茶匙舀一匙混合物滴在烤盘上，每份之间留出空隙。在温热的烤箱中烘烤；注意观察这些面糊片，当烤至半熟时，将它们卷成薄饼状，并塞入一小块面包或木片以保持形状。放回烤箱烤至酥脆。上桌前取出面包，在最宽的一端放入一匙果酱，再填入打发的奶油。这是一道非常漂亮且具有装饰性的菜肴，适合晚餐桌，味道很好且制作非常简便。

Time.—Altogether 20 to 25 minutes.

时间。--总共20至25分钟。

Average cost, exclusive of the preserve and cream, 7d.

平均成本，不包括蜜饯和奶油，为7便士。

Sufficient for a nice-sized dish. *Seasonable* at any time.

足够制作一盘大小适中的菜。时令任何时候皆宜。

GINGER CREAM.

姜汁奶油

1432. INGREDIENTS.—The yolks of 4 eggs, 1 pint of cream, 3 oz. of preserved ginger, 2 dessertspoonfuls of syrup, sifted sugar to taste, 1 oz. of isinglass.

1432. 配料--4个鸡蛋的蛋黄，1 pint奶油，3 oz.糖姜，2甜点匙糖浆，筛过的糖适量，1 oz.鱼胶。

Mode.—Slice the ginger finely; put it into a basin with the syrup, the well-beaten yolks of eggs, and the cream; mix these ingredients well together, and stir them over the fire for about 10 minutes, or until the mixture thickens; then take it off the fire, whisk till nearly cold, sweeten to taste, add the isinglass, which should be melted and strained, and serve the cream in a glass dish. It may be garnished with slices of preserved ginger or

做法。--将姜切细丝；与糖浆、打匀的蛋黄和奶油一同放入盆中；将这些配料充分混合，置于火上搅拌约10分钟，或至混合物变稠；然后离火，搅打至近乎冷却，按口味加糖，加入应已融化并过滤的鱼胶，将奶油盛入玻璃盘中上桌。可用糖姜片或

candied citron.

Time.—About 10 minutes to stir the cream over the fire.

Average cost, with cream at 1s. per pint, 3s. 6d.

Sufficient for a good-sized dish. *Seasonable* at any time.

PRESERVED GINGER comes to us from the West Indies. It is made by scalding the roots when they are green and full of sap, then peeling them in cold water, and putting them into jars, with a rich syrup; in which state we receive them. It should be chosen of a bright-yellow colour, with a little transparency: what is dark-coloured, fibrous, and stringy, is not good. Ginger roots, fit for preserving, and in size equal to West Indian, have been produced in the Royal Agricultural Garden in Edinburgh.

TO MAKE GOOSEBERRY FOOL.

1433. INGREDIENTS.—Green gooseberries; to every pint of pulp add 1 pint of milk, or 1/2 pint of cream and 1/2 pint of milk; sugar to taste.

Mode.—Cut the tops and tails off the gooseberries; put them into a jar, with 2 tablespoonfuls of water and a little good moist sugar; set this jar in a saucepan of boiling water, and let it boil until the fruit is soft enough to mash. When done enough, beat it to a pulp, work this pulp through a colander, and stir to every pint the above proportion of milk, or equal quantities of milk and cream. Ascertain if the mixture is sweet enough, and put in plenty of sugar, or it will not be eatable; and in mixing the milk and gooseberries, add the former very gradually to these: serve in a glass dish, or in small glasses. This, although a very old-fashioned

蜜饯香橼。

时间。--在火上搅拌奶油约10分钟。

平均成本，奶油每品脱1先令，3先令6便士。

足够制作一大盘。时令 anytime。

糖姜来自西印度群岛。制作方法是将绿色且充满汁液的姜根用沸水烫过，然后在冷水中去皮，放入罐中，加入浓糖浆；我们收到时即为此种状态。应选择颜色鲜黄、略带透明度的：颜色深暗、多纤维且拉丝的则不好。在爱丁堡皇家农业花园中已培育出适合糖渍且大小与西印度群岛所产相当的姜根。

制作醋栗傻瓜(GOOSEBERRY Fool)。

1433. 配料。--青醋栗；每1 pint果泥加1 pint牛奶，或1/2 pint奶油加1/2 pint牛奶；糖按口味添加。

做法。--将醋栗的顶部和尾部去掉；放入罐中，加入2汤匙水和少许优质湿润糖；将此罐放入盛有煮水的炖锅中，煮至水果软烂到可以捣碎。煮好后，将其捣成泥，将果泥通过滤器挤压，每品脱加入上述比例的牛奶，或等量的牛奶和奶油。确认混合物是否足够甜，放入充足的糖，否则无法食用；在混合牛奶和醋栗时，将牛奶逐渐加入醋栗中：盛在玻璃盘中或小玻璃杯中。这道菜虽然是一道非常老式的

and homely dish, is, when well made, very delicious, and, if properly sweetened, a very suitable preparation for children.

Time.—From 3/4 to 1 hour. *Average cost*, 6d. per pint, with milk.

Sufficient.—A pint of milk and a pint of gooseberry pulp for 5 or 6 children.

Seasonable in May and June.

这道家常菜若做得好，非常美味，若加糖得当，也是很适合儿童的食品。时间。--3/4至1小时。平均成本，加牛奶每pint 6d.。足够。--1 pint牛奶和1 pint醋栗果泥可供5至6名儿童食用。

时令五月和六月。

GOOSEBERRY TRIFLE.

醋栗松糕

1434. INGREDIENTS.—1 quart of gooseberries, sugar to taste, 1 pint of custard No. 1423, a plateful of whipped cream.

1434. 配料。--1 quart醋栗，糖按口味添加，1 pint第1423号食谱蛋奶糊，一盘打发的奶油。

Mode.—Put the gooseberries into a jar, with sufficient moist sugar to sweeten them, and boil them until reduced to a pulp. Put this pulp at the bottom of a trifle-dish; pour over it a pint of custard made by recipe No. 1423, and, when cold, cover with whipped cream. The cream should be whipped the day before it is wanted for table, as it will then be so much firmer and more solid. The dish may be garnished as fancy dictates.

做法。--将醋栗放入罐中，加入足量的湿糖使其变甜，煮至成糊状。将此糊状物放在松糕盘底部；倒入一品脱按第1423号食谱制作的蛋奶糊，待冷却后覆上打发奶油。奶油应在上桌前一天打发，这样会更加坚实、更加浓稠。此菜可按喜好装饰。

Time.—About 3/4 hour to boil the gooseberries.

时间。- 煮醋栗约需3/4小时。

Average cost, 1s. 6d.

平均费用,1先令6便士。

Sufficient for 1 trifle. *Seasonable* in May and June.

足量供1份松糕。时令五月和六月。

INDIAN FRITTERS.

印度炸糕

1435. INGREDIENTS.—3 tablespoonfuls of flour, boiling water, the yolks of 4 eggs, the whites of 2, hot lard or clarified dripping, jam.

1435. 配料。--3汤匙面粉，沸水，4个蛋黄，2个蛋白，热猪油或澄清的滴油，果酱。

Mode.—Put the flour into a basin, and pour over it sufficient *boiling* water to make it into a stiff paste, taking care to stir and beat it well, to prevent it getting lumpy. Leave it a little time to cool, and then break into it (*without beating them at first*) the yolks of 4 eggs and the whites of 2, and stir and beat all well together. Have ready some boiling lard or butter; drop a dessertspoonful of batter in at a time, and fry the fritters of a light brown. They should rise so much as to be almost like balls. Serve on a dish, with a spoonful of preserve or marmalade dropped in between each fritter. This is an excellent dish for a hasty addition to dinner, if a guest unexpectedly arrives, it being so easily and quickly made, and it is always a great favourite.

做法。--将面粉放入盆中，倒入足够的煮水，使其成为浓稠的面糊，注意充分搅拌和搅打，以防结块。稍放凉片刻，然后打入(起初不要搅打)4个蛋黄和2个蛋白，充分搅拌和搅打均匀。准备好煮热的猪油或黄油；每次用点心匙舀一匙面糊放入，将炸饼炸至浅棕色。它们应膨胀得几乎像球一样。盛在盘中，在每个炸饼之间滴入一匙果酱或橘子酱。如果客人意外到来，这是一道极好的应急正餐添加菜，因为制作简便快捷，而且一直大受欢迎。

Time.—From 5 to 8 minutes to fry the fritters.

时间。--炸制油炸饼需5至8分钟。

Average cost, exclusive of the jam, 5d.

平均成本，不含果酱，5便士。

Sufficient for 4 or 5 persons. *Seasonable* at any time.

足够供4或5人食用。时令任何时候皆宜。

INDIAN TRIFLE.

印度松糕。

1436. INGREDIENTS.—1 quart of milk, the rind of 1/2 large lemon, sugar to taste, 5 heaped tablespoonfuls of rice-flour, 1 oz. of sweet almonds, 1/2 pint of custard.

1436. 配料。--1 quart牛奶，1/2个大柠檬的皮，糖按口味添加，5满汤匙米粉，1 oz.甜杏仁，1/2 pint蛋奶糊。

Mode.—Boil the milk and lemon-rind together until the former is well flavoured; take out the lemon-rind and stir in the rice-flour, which should first be moistened with cold milk, and add sufficient loaf sugar to sweeten it nicely. Boil gently for about 5 minutes, and keep the mixture stirred; take it off the fire, let it cool *a little*, and pour it into a glass dish. When cold, cut the rice out in the form of a star, or any other shape that may be preferred; take out

做法。--将牛奶与柠檬皮同煮至牛奶充分入味；取出柠檬皮，拌入先用冷牛奶调开的米粉，加入足量块糖使其甜美可口。文火煮约5分钟，不断搅拌；离火，稍晾凉，倒入玻璃盘中。冷却后，将米饭切出星形或其他喜欢的形状；取出

the spare rice, and fill the space with boiled custard. Blanch and cut the almonds into strips; stick them over the trifle, and garnish it with pieces of brightly-coloured jelly, or preserved fruits, or candied citron.

Time.—1/4 hour to simmer the milk, 5 minutes after the rice is added.

Average cost, 1s.

Sufficient for 1 trifle.

Seasonable at any time.

[Illustration: THE CITRON.]

THE CITRON.—The citron belongs to the same species as the lemon, being considered only as a variety, the distinction between them not being very great. It is larger, and is less succulent, but more acid: with a little artificial heat, the citron comes to as great perfection in England as in Spain and Italy. The fruit is oblong and about five or six inches in length. The tree is thorny. The juice forms an excellent lemonade with sugar and water; its uses in punch, negus, and in medicine, are well known. The rind is very thick, and, when candied with sugar, forms an excellent sweetmeat. There are several varieties cultivated in England, one of which is termed the Forbidden Fruit.

ITALIAN CREAM.

1437. INGREDIENTS.—1 pint of milk, 4 pint of cream, sugar to taste, 1 oz. of isinglass, 1 lemon, the yolks of 4 eggs.

Mode.—Put the cream and milk into a saucepan, with sugar to

多余的米饭，将空处填入煮好的蛋奶糊。将杏仁去皮切成条；插在松糕上，用颜色鲜艳的果冻块、蜜饯水果或糖渍香橼装饰。

时间。--牛奶煨1/4小时，加入米饭后再煮5分钟。

平均成本,1先令。

足够1份松糕。

时令任何时候皆宜。

[插图：香橼。]

香橼。--香橼与柠檬属于同一物种，仅被视为一个变种，两者之间的区别并不很大。它更大，汁液较少，但更酸：借助少量人工热量，香橼在英国能长得与在西班牙和意大利一样完美。果实呈长圆形，长约五六英寸。树有刺。其汁液加糖和水可制成极好的柠檬水；其在潘趣酒、尼格斯酒和医药中的用途众所周知。果皮很厚，用糖制成蜜饯后是极好的甜食。英国栽培有数个品种，其中一个被称为禁果。

意大利奶油。

1437. 配料。--1 pint牛奶，1/4 pint奶油，糖按口味添加，1 oz.鱼胶，1个柠檬，4个蛋黄。

方式。--将奶油和牛奶放入平底锅中，加入糖，直至

sweeten, and the lemon-rind. Boil until the milk is well flavoured then strain it into a basin, and add the beaten yolks of eggs. Put this mixture into a jug; place the jug in a saucepan of boiling water over the fire, and stir the contents until they thicken, but do not allow them to boil. Take the cream off the fire, stir in the lemon-juice and isinglass, which should be melted, and whip well; fill a mould, place it in ice if at hand, and, when set, turn it out on a dish, and garnish as taste may dictate. The mixture may be whipped and drained, and then put into small glasses, when this mode of serving is preferred.

加糖，并加入柠檬皮。煮至牛奶充分入味，然后滤入盆中，加入打散的蛋黄。将此混合物倒入壶中；将壶置于火上盛有沸水的炖锅中，搅拌内容物至变稠，但不要让其煮沸。将奶油从火上取下，搅入柠檬汁和应已熔化的鱼胶，充分搅打；填入模具，若有冰块则置于冰上，待凝固后倒扣在盘中，按口味随意装饰。也可将混合物搅打并沥干，然后装入小玻璃杯中，若偏好此种上桌方式。

Time.—From 5 to 8 minutes to stir the mixture in the jug.

时间。--在罐中搅拌混合物需5至8分钟。

Average cost, with the best isinglass, 2*s*. 6d.

平均成本，使用最佳鱼胶，2先令6便士。

Sufficient to fill 1-1/2-pint mould. *Seasonable* at any time.

足够装满1-1/2 pint模具。时令 anytime。

THE HIDDEN MOUNTAIN.

隐藏的山

(*A pretty Supper Dish*.)

（一道漂亮的晚餐菜肴。）

1438. INGREDIENTS.—6 eggs, a few slices of citron, sugar to taste, 1/4 pint of cream, a layer of any kind of jam.

1438. 配料。--6个鸡蛋，几片香橼，糖按口味添加，1/4 pint奶油，一层任意种类的果酱。

Mode.—Beat the whites and yolks of the eggs separately; then mix them and beat well again, adding a few thin slices of citron, the cream, and sufficient pounded sugar to sweeten it nicely. When the mixture is well beaten, put it into a buttered pan, and fry the same as a pancake; but it should be three times the thickness of an ordinary pancake. Cover it with jam, and garnish with slices of citron and holly-leaves. This dish is served cold.

做法。--将蛋白与蛋黄分别打散；然后混合并再次充分搅打，加入几片薄香橼片、奶油和足量糖粉使其甜美可口。混合物打匀后，倒入涂了黄油的锅中，像煎薄饼一样煎制；但其厚度应为普通薄饼的三倍。覆以果酱，用香橼片和冬青叶装饰。此菜冷食上桌。

Time.—About 10 minutes to fry the mixture.

时间。--煎炸混合物约需10分钟。

Average cost, with the jam, 1s. 4d.

平均成本，含果酱，1先令4便士。

Sufficient for 3 or 4 persons. *Seasonable* at any time.

足够供三四人食用。时令随时皆宜。

JAUNEMANGE.

若纳芒热。

1439. INGREDIENTS.—1 oz. of isinglass, 1 pint of water, 1/2 pint of white wine, the rind and juice of 1 large lemon, sugar to taste, the yolks of 6 eggs.

1439. 配料。-1 oz.鱼胶，1 pint 水，1/2 pint 白葡萄酒，1 个大柠檬的皮和汁，糖适量，6 个蛋黄。

Mode.—Put the isinglass, water, and lemon-rind into a saucepan, and boil gently until the former is dissolved; then add the strained lemon-juice, the wine, and sufficient white sugar to sweeten the whole nicely. Boil for 2 or 3 minutes, strain the mixture into a jug, and add the yolks of the eggs, which should be well beaten; place the jug in a saucepan of boiling water; keep stirring the mixture *one way* until it thickens, *but do not allow it to boil*; then take it off the fire, and keep stirring until nearly cold. Pour it into a mould, omitting the sediment at the bottom of the jug, and let it remain until quite firm.

Mode。- 将鱼胶、水和柠檬皮放入炖锅，轻轻煮至鱼胶溶解；然后加入滤过的柠檬汁、葡萄酒和足量白砂糖，使整体甜度适中。煮2至3分钟，将混合物滤入壶中，加入应充分打散的蛋黄；将壶放入盛有沸水的炖锅中；朝一个方向不断搅拌混合物，直至变稠，但不要让它煮沸；然后离火，继续搅拌至几乎冷却。倒入模具中，舍弃壶底的沉淀物，静置至完全凝固。

Time.—1/4 hour to boil the isinglass and water; about 10 minutes to stir the mixture in the jug.

时间。- 煮鱼胶和水需 1/4 小时；在罐中搅拌混合物约需 10 分钟。

Average cost, with the best isinglass, 2s. 9d.

平均成本，使用最好的鱼胶，2先令9便士。

Sufficient to fill a quart mould. *Seasonable* at any time.

足量可装满一夸脱模具。时令随时皆宜。

JELLY MOULDED WITH FRESH FRUIT, or MACEDOINE DE FRUITS.

新鲜水果果冻模，或水果马塞多瓦内。

1440. INGREDIENTS.—Rather more than 1-1/2 pint of jelly, a few nice strawberries, or red or white currants, or raspberries, or any fresh fruit that may be in season.

1440. 配料。-略多于 1-1/2 pint 的果冻，几颗优质草莓，或红醋栗或白醋栗，或覆盆子，或任何当令的新鲜水果。

Mode.—Have ready the above proportion of jelly, which must be very clear and rather sweet, the raw fruit requiring an additional quantity of sugar. Select ripe, nice-looking fruit; pick off the stalks, unless currants are used, when they are laid in the jelly as they come from the tree. Begin by putting a little jelly at the bottom of the mould, which must harden; then arrange the fruit round the sides of the mould, recollecting; that *it will be reversed when turned out;* then pour in some more jelly to make the fruit adhere, and, when that layer is set, put another row of fruit and jelly until the mould is full. If convenient, put it in ice until required for table, then wring a cloth in boiling water, wrap it round the mould for a minute, and turn the jelly carefully out. Peaches, apricots, plums, apples, &c., are better for being boiled in a little clear syrup before they are laid in the jelly; strawberries, raspberries, grapes, cherries, and currants are put in raw. In winter, when fresh fruits are not obtainable, a very pretty jelly may be made with preserved fruits or brandy cherries: these, in a bright and clear jelly, have a very pretty effect; of course, unless the jelly be *very clear*, the beauty of the dish will be spoiled. It may be garnished with the same fruit as is laid in the jelly; for instance, an open jelly with strawberries might have, piled in the centre, a few of the same fruit prettily arranged, or a little whipped cream might be substituted for the fruit.

[Illustration: JELLY MOULDED WITH CHERRIES.]

Time.—One layer of jelly should remain 2 hours in a very cool place, before another layer is added. *Average cost*, 2s. 6d.

Sufficient, with fruit, to fill a quart mould.

Seasonable, with fresh fruit, from June to October; with dried, at

Mode。- 准备好上述比例的果冻，必须非常清澈且偏甜，因为生水果需要额外加糖。选择成熟、外观好的水果；摘去果梗，除非使用醋栗，醋栗从树上采下后直接放入果冻中。先在模具底部放入少量果冻，使其硬化；然后将水果排列在模具四周，记住倒扣出来时方向会反转；再倒入一些果冻使水果粘住，待该层凝固后，再放一排水果和果冻，直到模具装满。如方便，将其放在冰上直到上桌时取出，然后用沸水拧过的布包裹模具一分钟，小心地将果冻倒出。桃子、杏、李子、苹果等，最好先在少量清澈糖浆中煮过再放入果冻；草莓、覆盆子、葡萄、樱桃和醋栗则生放。冬季无法获得新鲜水果时，可用蜜饯水果或白兰地樱桃制作非常漂亮的果冻：这些在明亮清澈的果冻中效果很好；当然，除非果冻非常清澈，否则菜肴的美观会被破坏。可用与果冻中相同的水果装饰；例如，一个开放式草莓果冻可在中央堆叠几颗同样水果，摆放美观，或用少量打发奶油代替水果。

[插图：樱桃果冻模]

时间。- 一层果冻应在非常凉爽的地方放置 2 小时，然后再加另一层。平均成本,2s.6d.

足量，连同水果，装满一夸脱模具。

时令，配新鲜水果，六月至十月；配干果，于

any time.

JELLY OF TWO COLOURS.

1441. INGREDIENTS.—1-1/2 pint of calf's-feet jelly No. 1416, a few drops of prepared cochineal.

[Illustration: JELLY OF TWO COLOURS.]

Mode.—Make 1-1/2 pint of jelly by recipe No. 1416, or, if wished more economical, of clarified syrup and gelatine, flavouring it in any way that may be preferred. Colour one-half of the jelly with a few drops of prepared cochineal, and the other half leave as pale as possible. Have ready a mould well wetted in every part; pour in a small quantity of the red jelly, and let this set; when quite firm, pour on it the same quantity of the pale jelly, and let this set; then proceed in this manner until the mould is full, always taking care to let one jelly set before the other is poured in, or the colours would run one into the other. When turned out, the jelly should have a striped appearance. For variety, half the mould may be filled at once with one of the jellies, and, when firm, filled up with the other: this, also, has a very pretty effect, and is more expeditiously prepared than when the jelly is poured in small quantities into the mould. Blancmange and red jelly, or blancmange and raspberry cream, moulded in the above manner, look very well. The layers of blancmange and jelly should be about an inch in depth, and each layer should be perfectly hardened before another is added. Half a mould of blancmange and half a mould of jelly are frequently served in the same manner. A few pretty dishes may be made, in this way, of jellies or blancmanges left from the preceding day, by melting them

随时。

双色果冻。

1441. 配料。-1-1/2 pint 牛蹄果冻 No.1416，几滴制备的胭脂虫红。

[插图：双色果冻。]

Mode。- 按第1416号食谱制作1-1/2品脱果冻，或为更经济起见，用澄清糖浆和明胶制作，按喜好调味。将一半果冻用几滴制备好的胭脂虫红着色，另一半尽量保持浅色。准备一个各处都充分润湿的模具；倒入少量红色果冻，让其凝固；完全凝固后，倒入同样量的浅色果冻，让其凝固；然后按此方法继续直到模具装满，始终注意让一种果冻凝固后再倒入另一种，否则颜色会相互渗流。倒出时，果冻应呈条纹状外观。为求变化，可先将模具的一半一次装满一种果冻，凝固后再装满另一种：这也有很好的效果，且比少量多次倒入模具更快捷。白奶冻和红色果冻，或白奶冻和覆盆子奶油，按上述方法模制，外观很好。白奶冻和果冻的层应约一英寸厚，每层应完全硬化后再加另一层。半模白奶冻和半模果冻也常以同样方式供应。用前一天剩下的果冻或白奶冻，通过融化它们，可以做成几道漂亮的菜肴

separately in a jug placed in a saucepan of boiling water, and then moulding them by the foregoing directions. (See coloured plate S1.)

Time.—3/4 hour to make the jelly.

Average cost, with calf's-feet jelly, 2s.; with gelatine and syrup, more economical.

Sufficient to fill 1-1/2 pint mould. *Seasonable* at any time.

Note.—In making the jelly, use for flavouring a very pale sherry, or the colour will be too dark to contrast nicely with the red jelly.

LEMON BLANCMANGE.

1442. INGREDIENTS.—1 quart of milk, the yolks of 4 eggs, 3 oz. of ground rice, 6 oz. of pounded sugar, 1-1/2 oz. of fresh butter, the rind of 1 lemon, the juice of 2, 1/2 oz. of gelatine.

[Illustration: BLANCMANGE MOULD.]

Mode.—Make a custard with the yolks of the eggs and 1/2 pint of the milk, and, when done, put it into a basin: put half the remainder of the milk into a saucepan with the ground rice, fresh butter, lemon-rind, and 3 oz. of the sugar, and let these ingredients boil until the mixture is stiff, stirring them continually; when done, pour it into the bowl where the custard is, mixing both well together. Put the gelatine with the rest of the milk into a saucepan, and let it stand by the side of the fire to dissolve; boil for a minute or two, stir carefully into the basin, adding 3 oz. more of pounded sugar. When cold, stir in the lemon-juice, which should be carefully strained, and pour the mixture into a well-

分别放在置于沸水锅中的罐中，然后按照上述方法模制。(见彩色图版 S1。)

时间。- 制作果冻需3/4小时。

平均成本，用牛蹄果冻为 2s.；用明胶和糖浆则更经济。

足量可装满 1-1/2 pint 模具。时令随时皆宜。

注。- 制作果冻时，调味应使用颜色极浅的雪利酒，否则颜色会太深，无法与红色果冻形成美观的对比。

柠檬布兰曼奇

1442. 配料。-1 quart 牛奶，4 个蛋黄，3 oz.米粉，6 oz.捣碎的糖，1-1/2 oz.新鲜黄油，1 个柠檬的皮，2 个柠檬的汁，1/2 oz.明胶。

[插图：布兰克曼奇模具。]

Mode。- 用蛋黄和1/2品脱牛奶制作蛋奶糊，做好后放入盆中：将剩余牛奶的一半放入炖锅，加入米粉、新鲜黄油、柠檬皮和3 oz.糖，让这些配料煮至混合物变稠，不断搅拌；煮好后倒入盛有蛋奶糊的碗中，将两者充分混合。将明胶与剩余牛奶放入炖锅，置于火旁使其溶解；煮一两分钟，小心搅入盆中，再加入3 oz.糖粉。冷却后，搅入应小心滤过的柠檬汁，将混合物倒入一个充分

oiled mould, leaving out the lemon-peel, and set the mould in a pan of cold water until wanted for table. Use eggs that have rich-looking yolks; and, should the weather be very warm, rather a larger proportion of gelatine must be allowed.

Time.—Altogether, 1 hour. *Average cost*, 1s. 6d.

Sufficient to fill 2 small moulds. *Seasonable* at any time.

LEMON CREAM.

1443. INGREDIENTS.—1 pint of cream, the yolks of 2 eggs, 1/4 lb. of white sugar, 1 large lemon, 1 oz. of isinglass.

[Illustration: LEMON-CREAM MOULD.]

Mode.—Put the cream into a *lined* saucepan with the sugar, lemon-peel, and isinglass, and simmer these over a gentle fire for about 10 minutes, stirring them all the time. Strain the cream into a jug, add the yolks of eggs, which should be well beaten, and put the jug into a saucepan of boiling water; stir the mixture one way until it thickens, *but do not allow it to boil*; take it off the fire, and keep stirring it until nearly cold. Strain the lemon-juice into a basin, gradually pour on it the cream, and *stir it well* until the juice is well mixed with it. Have ready a well-oiled mould, pour the cream into it, and let it remain until perfectly set. When required for table, loosen the edges with a small blunt knife, put a dish on the top of the mould, turn it over quickly, and the cream should easily slip away.

Time.—10 minutes to boil the cream; about 10 minutes to stir it over the fire in the jug.

涂油的模具，去掉柠檬皮，将模具放在一盆冷水中，直到上桌时使用。使用蛋黄颜色浓郁的鸡蛋；如果天气非常热，应允许稍大比例的明胶。

时间。--总计1小时。平均费用,1先令6便士。

足以装满2个小模具。任何时候都合时令。

柠檬奶油。

1443. 配料。-1 pint 奶油，2 个蛋黄，1/4 lb.白糖，1 个大柠檬，1 oz.鱼胶。

[插图：柠檬奶油模]

Mode。- 将奶油放入衬有衬里的炖锅，加入糖、柠檬皮和鱼胶，在文火上煨约10分钟，全程不断搅拌。将奶油滤入壶中，加入应充分打散的蛋黄，将壶放入盛有沸水的炖锅中；朝一个方向搅拌混合物直至变稠，但不要让它煮沸；离火，继续搅拌至几乎冷却。将柠檬汁滤入盆中，逐渐倒入奶油，并充分搅拌直至果汁与奶油充分混合。准备一个涂好油的模具，将奶油倒入，静置至完全凝固。上桌时，用小钝刀松开边缘，将盘子放在模具顶部，快速翻转，奶油应能轻松脱模。

时间。- 煮奶油需 10 分钟；在罐中于火上搅拌约需 10 分钟。

Average cost, with cream at 1s. per pint, and the best isinglass, 2s. 6d.

Sufficient to fill 1-1/2-pint mould. *Seasonable* at any time.

ECONOMICAL LEMON CREAM.

1444. INGREDIENTS.—1 quart of milk, 8 bitter almonds, 2 oz. of gelatine, 2 large lemons, 3/4 lb. of lump sugar, the yolks of 6 eggs.

Mode.—Put the milk into a lined saucepan with the almonds, which should be well pounded in a mortar, the gelatine, lemon-rind, and lump sugar, and boil these ingredients for about 5 minutes. Beat up the yolks of the eggs, strain the milk into a jug, add the eggs, and pour the mixture backwards and forwards a few times, until nearly cold; then stir briskly to it the lemon-juice, which should be strained, and keep stirring until the cream is almost cold: put it into an oiled mould, and let it remain until perfectly set. The lemon-juice must not be added to the cream when it is warm, and should be well stirred after it is put in.

Time.—5 minutes to boil the milk. *Average cost*, 2s. 5d.

Sufficient to fill two 1-1/2-pint moulds. *Seasonable* at any time.

LEMON CREAMS.

(*Very good*.)

1445. INGREDIENTS.—1 pint of cream, 2 dozen sweet almonds, 3 glasses of sherry, the rind and juice of 2 lemons, sugar to taste.

Mode.—Blanch and chop the almonds, and put them into a jug

平均成本，以每品脱1先令的奶油和2先令的优质鱼胶计算。

6天。

足够装满1-1/2 pint模具。时令 anytime。

经济柠檬奶油

1444. 配料。-1 quart 牛奶，8 颗苦杏仁，2 oz.明胶，2 个大柠檬，3/4 lb.块糖，6 个蛋黄。

Mode。- 将牛奶倒入衬里的炖锅中，加入杏仁(应先在研钵中充分捣碎)、明胶、柠檬皮和块糖，将这些配料煮约5分钟。将蛋黄打散，将牛奶滤入壶中，加入蛋黄，将混合物来回倾倒几次，直至几乎冷却；然后一边搅拌一边迅速加入滤过的柠檬汁，继续搅拌直至奶油几乎冷却：将其倒入涂油的模具中，静置至完全凝固。柠檬汁不可在奶油温热时加入，加入后应充分搅拌。

时间。- 煮牛奶需5分钟。平均成本,2先令5便士。

足量可装满两个1-1/2 pint的模具。时令随时皆宜。

柠檬奶油糖。

(很好。)

1445. 配料。-1 pint 奶油，2 打甜杏仁，3 杯雪利酒，2 个柠檬的皮和汁，糖适量。做法。- 将杏仁烫去皮并切碎，放入罐中

with the cream; in another jug put the sherry, lemon-rind, strained juice, and sufficient pounded sugar to sweeten the whole nicely. Pour rapidly from one jug to the other till the mixture is well frothed; then, pour it into jelly-glasses, omitting the lemon-rind. This is a very cool and delicious sweet for summer, and may be made less rich by omitting the almonds and substituting orange or raisin wine for the sherry.

与奶油一起；在另一个罐中放入雪利酒、柠檬皮、滤过的汁和足够捣碎的糖，使整体甜度适宜。从一个罐迅速倒入另一个罐，直到混合物充分起泡；然后倒入果冻杯中，去掉柠檬皮。这是一款非常清凉美味的夏季甜点，可以通过省略杏仁并用橙子酒或葡萄干酒代替雪利酒来使其不那么浓郁。

Time.—Altogether, 1/2 hour.

时间。--总共半小时。

Average cost, with cream at 1s. per pint, 3s.

平均成本，以每品脱1先令的奶油计，3先令。

Sufficient to fill 12 glasses. *Seasonable* at any time.

足量可斟满12杯。四季皆宜。

LEMON CREAMS OF CUSTARDS.

卡士达柠檬奶油

1446. INGREDIENTS.—5 oz. of loaf sugar, 2 pints of boiling water, the rind of 1 lemon and the juice of 3, the yolks of 8 eggs.

1446. 配料。-5 oz.块糖，2 pints 沸水，1 个柠檬的皮和 3 个柠檬的汁，8 个蛋黄。

Mode.—Make a quart of lemonade in the following manner:—Dissolve the sugar in the boiling water, having previously, with part of the sugar, rubbed off the lemon-rind, and add the strained juice. Strain the lemonade into a saucepan, and add the yolks of the eggs, which should be well beaten; stir this *one way* over the fire until the mixture thickens, but do not allow it to boil, and serve in custard-glasses, or on a glass dish. After the boiling water is poured on the sugar and lemon, it should stand covered for about 1/2 hour before the eggs are added to it, that the flavour of the rind may be extracted.

模式。--按以下方法制作一夸脱柠檬水：将糖溶于沸水中，事先用部分糖擦下柠檬皮，再加入滤过的果汁。将柠檬水滤入炖锅，加入应充分打散的蛋黄；单向搅拌，置于火上加热至混合物变稠，但不要让其煮沸，然后盛入蛋奶杯或玻璃碟中食用。在沸水倒入糖和柠檬后，应加盖静置约半小时再加入鸡蛋，以便提取果皮的香味。

Time.—1/2 hour to make the lemonade; about 10 minutes to stir the custard over the fire.

时间。- 制作柠檬水需 1/2 小时；在火上搅拌蛋奶糊约需 10 分钟。

Average cost, 1s.

Sufficient to fill 12 to 14 custard-glasses. *Seasonable* at any time.

LEMON JELLY.

1447. INGREDIENTS.—6 lemons, 3/4 lb. of lump sugar, 1 pint of water, 1-1/2 oz. of isinglass, 1/4 pint of sherry.

Mode.—Peel 3 of the lemons, pour 1/2 pint of boiling water on the rind, and let it infuse for 1/2 hour; put the sugar, isinglass, and 1/2 pint of water into a lined saucepan, and boil these ingredients for 20 minutes; then put in the strained lemon-juice, the strained infusion of the rind, and bring the whole to the point of boiling; skim well, add the wine, and run the jelly through a bag; pour it into a mould that has been wetted or soaked in water; put it in ice, if convenient, where let it remain until required for table. Previously to adding the lemon-juice to the other ingredients, ascertain that it is very nicely strained, as, if this is not properly attended to, it is liable to make the jelly thick and muddy. As this jelly is very pale, and almost colourless, it answers very well for moulding with a jelly of any bright hue; for instance, half a jelly bright red, and the other half made of the above, would have a very good effect. Lemon jelly may also be made with calf's-feet stock, allowing the juice of 3 lemons to every pint of stock.

Time.—Altogether, 1 hour.

Average cost, with the best isinglass, 2s. 9d.

Sufficient to fill 1-1/2-pint mould. *Seasonable* at any time.

平均成本,1先令。

足够装满 12 至 14 个蛋奶杯。当令任何时候。

柠檬果冻。

1447. 配料。-6 个柠檬，3/4 lb.块糖，1 pint 水，1-1/2 oz.鱼胶，1/4 pint 雪利酒。

Mode。- 将3个柠檬去皮，将1/2品脱沸水倒在果皮上，浸泡半小时；将糖、鱼胶和1/2品脱水放入衬里的炖锅中，将这些配料煮20分钟；然后加入滤过的柠檬汁和滤过的果皮浸液，将全部加热至即将沸腾；撇去浮沫，加入葡萄酒，将果冻用布袋过滤；倒入用水润湿或浸泡过的模具中；如方便，置于冰上，静置至供餐桌使用。在将柠檬汁加入其他配料之前，须确认其已充分过滤，若不注意，果冻容易变得浑浊浓稠。由于此果冻颜色极淡，几乎无色，非常适合与任何鲜亮颜色的果冻搭配造型；例如，一半鲜红色果冻，另一半用上述果冻，效果极佳。柠檬果冻也可用牛蹄冻制作，每品脱冻汁配3个柠檬的果汁。

时间。--总计1小时。

平均成本，使用最好的鱼胶，2先令9便士。

足够装满1-1/2 pint模具。时令 anytime。

LEMON SPONGE.

1448. INGREDIENTS.—2 oz. of isinglass, 1-3/4 pint of water, 3/4 lb. of pounded sugar, the juice of 5 lemons, the rind of 1, the whites of 3 eggs.

Mode.—Dissolve the isinglass in the water, strain it into a saucepan, and add the sugar, lemon-rind, and juice. Boil the whole from 10 to 15 minutes; strain it again, and let it stand till it is cold and begins to stiffen. Beat the whites of the eggs, put them to it, and whisk the mixture till it is quite white; put it into a mould which has been previously wetted, and let it remain until perfectly set; then turn it out, and garnish it according to taste.

Time.—10 to 15 minutes. *Average cost*, with the best isinglass, 3s. 6d.

Sufficient to fill a quart mould. *Seasonable* at any time.

LIQUEUR JELLY.

1449. INGREDIENTS.—1 lb. of lump sugar, 2 oz. of isinglass, 1-1/2 pint of water, the juice of 2 lemons, 1/4 pint of liqueur.

[Illustration: OVAL JELLY-MOULD.]

Mode.—Put the sugar, with 1 pint of the water, into a stewpan, and boil them gently by the side of the fire until there is no scum remaining, which must be carefully removed as fast as it rises. Boil the isinglass with the other 1/2 pint of water, and skim it carefully in the same manner. Strain the lemon-juice, and add it, with the clarified isinglass, to the syrup; put in the liqueur, and bring the whole to the boiling-point. Let the saucepan remain

柠檬海绵蛋糕。

1448. 配料。-2 oz.鱼胶，1-3/4 pint 水，3/4 lb.捣碎的糖，5 个柠檬的汁，1 个柠檬的皮，3 个蛋清。

做法。- 将鱼胶溶于水中，滤入锅中，加入糖、柠檬皮和汁。将全部煮沸 10 至 15 分钟；再次过滤，静置至冷却并开始变硬。打散蛋清，加入其中，搅拌混合物至完全变白；倒入预先润湿的模具中，静置至完全凝固；然后倒出，按口味装饰。

时间。- 10 至 15 分钟。平均成本，用最好的鱼胶为 3s.
6天。

足量可装满一夸脱模具。时令随时皆宜。

利口酒果冻。

1449. 配料。-1 lb.块糖，2 oz.鱼胶，1-1/2 pint 水，2 个柠檬的汁，1/4 pint 利口酒。

[插图：椭圆形果冻模具。]

做法。- 将糖与 1 pint 水放入炖锅中，在火旁轻轻煮沸，直到不再有浮沫，浮沫升起时须尽快仔细撇去。将鱼胶与另外 1/2 pint 水煮沸，同样仔细撇去浮沫。滤出柠檬汁，与澄清的鱼胶一起加入糖浆中；加入利口酒，将全部煮沸。让锅在火旁

covered by the side of the fire for a few minutes; then pour the jelly through a bag, put it into a mould, and set the mould in ice until required for table. Dip the mould in hot water, wipe the outside, loosen the jelly by passing a knife round the edges, and turn it out carefully on a dish. Noyeau, Maraschino, Curaçoa, brandy, or any kind of liqueur, answers for this jelly; and, when made with isinglass, liqueur jellies are usually prepared as directed above.

加盖放置几分钟；然后将果冻通过布袋过滤，倒入模具中，将模具放在冰上直到上桌时使用。将模具浸入热水中，擦干外部，用刀沿边缘转一圈使果冻松动，小心地倒扣在盘子上。Noyeau、Maraschino、Curaçoa、白兰地或任何种类的利口酒都适用于此果冻；用鱼胶制作时，利口酒果冻通常按上述方法制备。

Time.—10 minutes to boil the sugar and water.

时间。--煮糖和水需10分钟。

Average cost, with the best isinglass, 3s. 6d.

平均成本，使用最佳鱼胶，3先令6便士。

Sufficient to fill a quart mould. *Seasonable* at any time.

足量可装满一夸脱模具。时令随时皆宜。

A SWEET DISH OF MACARONI.

一道甜味通心粉

1450. INGREDIENTS.—1/4 lb. of macaroni, 1-1/2 pint of milk, the rind of 1/2 lemon, 3 oz. of lump sugar, 3/4 pint of custard No. 1423.

1450. 配料。-1/4 lb.通心粉，1-1/2 pint 牛奶，1/2 个柠檬的皮，3 oz.块糖，3/4 pint 蛋奶糊 No.1423。

Mode.—Put the milk into a saucepan, with the lemon-peel and sugar; bring it to the boiling-point, drop in the macaroni, and let it gradually swell over a gentle fire, but do not allow the pipes to break. The form should be entirely preserved; and, though tender, should be firm, and not soft, with no part beginning to melt. Should the milk dry away before the macaroni is sufficiently swelled, add a little more. Make a custard by recipe No. 1423; place the macaroni on a dish, and pour the custard over the hot macaroni; grate over it a little nutmeg, and, when cold, garnish the dish with slices of candied citron.

Mode。- 将牛奶倒入炖锅，加入柠檬皮和糖；加热至沸点，放入通心粉，用文火让其逐渐膨胀，但不要使通心粉管断裂。形状应完全保持；虽柔软但应坚实，不可软烂，任何部分都不可开始融化。若在通心粉充分膨胀之前牛奶已干，可再加少许。按食谱第1423号制作蛋奶糊；将通心粉盛入碟中，将蛋奶糊浇在热通心粉上；撒上少许肉豆蔻，冷却后，用糖渍香橼片装饰碟边。

Time.—From 40 to 50 minutes to swell the macaroni.

时间。--通心粉泡发需40至50分钟。

Average cost, with the custard, 1s.

Sufficient for 4 or 5 persons. *Seasonable* at any time.

MERINGUES.

1451. INGREDIENTS.—1/2 lb. of pounded sugar, the whites of 4 eggs.

[Illustration: MERINGUES.]

Mode.—Whisk the whites of the eggs to a stiff froth, and, with a wooden spoon, stir in *quickly* the pounded sugar; and have some boards thick enough to put in the oven to prevent the bottom of the meringues from acquiring too much colour. Cut some strips of paper about 2 inches wide; place this paper on the board, and drop a tablespoonful at a time of the mixture on the paper, taking care to let all the meringues be the same size. In dropping it from the spoon, give the mixture the form of an egg, and keep the meringues about 2 inches apart from each other on the paper. Strew over them some sifted sugar, and bake in a moderate oven for 1/2 hour. As soon as they begin to colour, remove them from the oven; take each slip of paper by the two ends, and turn it gently on the table, and, with a small spoon, take out the soft part of each meringue. Spread some clean paper on the board, turn the meringues upside down, and put them into the oven to harden and brown on the other side. When required for table, fill them with whipped cream, flavoured with liqueur or vanilla, and sweetened with pounded sugar. Join two of the meringues together, and pile them high in the dish, as shown in the annexed drawing. To vary their appearance, finely-chopped almonds or currants may be strewn over them before the sugar is sprinkled

平均成本，含蛋奶冻，1先令。

足够供4或5人食用。时令任何时候皆宜。

蛋白霜。

1451. 配料--1/2 lb.糖粉，4 个蛋的蛋白。

[插图：蛋白霜]

方式。--将蛋白打至硬性发泡，用木勺迅速拌入捣碎的糖；准备一些足够厚的木板放入烤箱，以防蛋白霜底部上色过深。裁一些约2英寸宽的纸条；将纸条铺在木板上，每次舀一汤匙混合物滴在纸上，注意使所有蛋白霜大小一致。从勺中滴落时，使混合物呈蛋形，并让纸上各蛋白霜之间相隔约2英寸。在其上撒一些过筛的糖，放入中等温度的烤箱烘烤1/2小时。一旦开始上色，即从烤箱取出；捏住每条纸条的两端，在桌上轻轻翻转，用小勺取出每个蛋白霜的柔软部分。在木板上铺一些干净的纸，将蛋白霜倒扣过来，放入烤箱使其变硬并在另一面上色。上桌时，用打发的奶油填充，以利口酒或香草调味，并用捣碎的糖增甜。将两个蛋白霜合在一起，高高堆在盘中，如附图所示。为变化外观，可在撒糖之前在其上撒些切碎的杏仁或加仑子。

over; and they may be garnished with any bright-coloured preserve. Great expedition is necessary in making this sweet dish; as, if the meringues are not put into the oven as soon as the sugar and eggs are mixed, the former melts, and the mixture would run on the paper, instead of keeping its egg-shape. The sweeter the meringues are made, the crisper will they be; but, if there is not sufficient sugar mixed with them, they will most likely be tough. They are sometimes coloured with cochineal; and, if kept well covered in a dry place, will remain good for a month or six weeks.

翻面；可用任何色彩鲜艳的蜜饯装饰。制作这道甜点必须动作迅速；因为如果蛋白霜在糖和鸡蛋混合后没有立即放入烤箱，糖就会融化，混合物就会在纸上流淌，而无法保持蛋形。蛋白霜做得越甜，就越酥脆；但如果其中混合的糖不足，它们很可能会变韧。有时用胭脂虫红着色；如果妥善覆盖保存在干燥处，可保持完好一个月或六周。

Time.—Altogether, about 1/2 hour.

时间。--总共约1/2小时。

Average cost, with the cream and flavouring, 1s.

平均成本，含奶油和调味料，1先令。

Sufficient to make 2 dozen meringues. *Seasonable* at any time.

足够制作 2 打蛋白霜。当令任何时候。

NOYEAU CREAM.

诺约奶油

1452. INGREDIENTS.—1-1/2 oz. of isinglass, the juice of 2 lemons, noyeau and pounded sugar to taste, 1-1/2 pint of cream.

1452. 配料。-1-1/2 oz.鱼胶，2 个柠檬的汁，noyeau 和捣碎的糖适量，1-1/2 pint 奶油。

Mode.—Dissolve the isinglass in a little boiling water, add the lemon-juice, and strain this to the cream, putting in sufficient noyeau and sugar to flavour and sweeten the mixture nicely; whisk the cream well, put it into an oiled mould, and set the mould in ice or in a cool place; turn it out, and garnish the dish to taste.

做法。- 将鱼胶溶于少量沸水中，加入柠檬汁，滤入奶油中，加入足够的 noyeau 和糖，使混合物调味和甜度适宜；充分搅打奶油，倒入涂油的模具中，将模具放在冰上或凉爽处；倒出，按口味装饰盘子。

Time.—Altogether, 1/2 hour.

时间。--总共半小时。

Average cost, with cream at 1s. per pint and the best isinglass, 4s.

平均成本，奶油每品脱1先令，上等鱼胶4先令。

Sufficient to fill a quart mould. *Seasonable* at any time.

足量可装满一夸脱模具。时令随时皆宜。

OPEN JELLY WITH WHIPPED CREAM.

(*A very pretty dish.*)

1453. INGREDIENTS.—1-1/2 pint of jelly, 1/2 pint of cream, 1 glass of sherry, sugar to taste.

[Illustration: OPEN JELLY WITH WHIPPED CREAM.]

Mode.—Make the above proportion of calf's-feet or isinglass jelly, colouring and flavouring it in any way that may be preferred; soak a mould, open in the centre, for about 1/2 hour in cold water; fill it with the jelly, and let it remain in a cool place until perfectly set; then turn it out on a dish; fill the centre with whipped cream, flavoured with sherry and sweetened with pounded sugar; pile this cream high in the centre, and serve. The jelly should be made of rather a dark colour, to contrast nicely with the cream.

Time.—3/4 hour. *Average cost,* 3s. 6d.

Sufficient to fill 1-1/2-pint mould. *Seasonable* at any time.

ORANGE JELLY.

1454. INGREDIENTS.—1 pint of water, 1-1/2 to 2 oz. of isinglass, 1/2 lb. of loaf sugar, 1 Seville orange, 1 lemon, about 9 China oranges.

[Illustration: OPEN MOULD.]

Mode.—Put the water into a saucepan, with the isinglass, sugar, and the rind of 1 orange, and the same of 1/2 lemon, and stir these over the fire until the isinglass is dissolved, and remove the scum; then add to this the juice of the Seville orange, the juice of

开放式果冻配打发奶油。

(一道非常漂亮的菜肴。)

1453. 配料。-1-1/2 pint 果冻，1/2 pint 奶油，1 杯雪利酒，糖适量。

[插图：带打发奶油的开放式果冻]

做法。--按上述比例制作牛蹄冻或鱼胶果冻，按喜好以任何方式着色和调味；将中心开口的模具在冷水中浸泡约1/2小时；将果冻填入模具，置于阴凉处直至完全凝固；然后将其扣出放在盘子上；中心填入用雪利酒调味并以砂糖增甜的掼奶油；将此奶油高高堆在中心，即可上桌。果冻应做成较深的颜色，以便与奶油形成好看的对比。

时间。- 3/4小时。平均成本,3先令6便士。

足够装满1-1/2 pint模具。时令 anytime。

橙子果冻。

1454. 配料。--1品脱水，1-1/2至2盎司鱼胶，1/2磅块糖，1个塞维利亚橙，1个柠檬，约9个中国橙。

[插图：开放式模具。]

做法。--将水放入炖锅，加入鱼胶、糖、1个橙子的皮和1/2个柠檬的皮，在火上搅拌至鱼胶溶解，撇去浮沫；然后加入塞维利亚橙的汁、柠檬的汁

the lemon, and sufficient juice of China oranges to make in all 1 pint; from 8 to 10 oranges will yield the desired quantity. Stir all together over the fire until it is just on the point of boiling; skim well; then strain the jelly through a very fine sieve or jelly-bag, and when nearly cold, put it into a mould previously wetted, and, when quite set, turn it out on a dish, and garnish it to taste. To insure this jelly being clear, the orange-and lemon-juice should be well strained, and the isinglass clarified, before they are added to the other ingredients, and, to heighten the colour, a few drops of prepared cochineal may be added.

柠檬汁，以及足量的中国橙汁，使总量达到1品脱；8至10个橙子可榨出所需分量。将所有材料在火上搅拌，直至即将沸腾；撇去浮沫；然后用极细的筛子或果冻袋过滤果冻，待其将近冷却时，倒入事先润湿的模具中，完全凝固后扣出放在盘子上，按口味装饰。为确保此果冻清澈，橙汁和柠檬汁应充分过滤，鱼胶应澄清，然后再加入其他配料；为加深颜色，可加入几滴制备好的胭脂虫红。

Time.—5 minutes to boil without the juice; 1 minute after it is added.

时间。--不加果汁煮5分钟；加入果汁后再煮1分钟。

Average cost, with the best isinglass, 3s. 6d.

平均成本，使用最佳鱼胶，3先令6便士。

Sufficient to fill a quart mould. *Seasonable* from November to May.

足量可装满一夸脱模具。当令期为十一月至五月。

ORANGE JELLY MOULDED WITH SLICES OF ORANGE.

橙子果冻配橙子切片

1455. INGREDIENTS.—1-1/2 pint of orange jelly No. 1454, 4 oranges, 1 pint of clarified syrup.

1455. 配料。--1-1/2品脱橙子果冻第1454号，4个橙子，1品脱澄清糖浆。

Mode.—Boil 1/2 lb. of loaf sugar with 1/2 pint of water until there is no scum left (which must be carefully removed as fast as it rises), and carefully peel the oranges; divide them into thin slices, without breaking the thin skin, and put these pieces of orange into the syrup, where let them remain for about 5 minutes; then take them out, and use the syrup for the jelly, which should be made by recipe No. 1454. When the oranges are well drained, and the jelly is nearly cold, pour a little of the latter into the bottom of the mould; then lay in a few pieces of orange; over

做法。--将1/2 lb.块糖与1/2 pint水一起煮至不再有浮沫(浮沫升起时须仔细撇去)，并仔细剥去橙皮；将橙子切成薄片，不要弄破薄皮，将这些橙片放入糖浆中，浸泡约5分钟；然后取出，糖浆留作果冻之用，果冻应按第1454号食谱制作。待橙片沥干、果冻将近冷却时，将少量果冻倒入模具底部；然后铺入几片橙子；在上面

these pour a little jelly, and when this is set, place another layer of oranges, proceeding in this manner until the mould is full. Put it in ice, or in a cool place, and, before turning it out, wrap a cloth round the mould for a minute or two, which has been wrung out in boiling water.

在这些上面倒入少许果冻，待其凝固后，再放一层橙子，如此反复直至模具装满。将其置于冰上或阴凉处，在倒出之前，用一块在沸水中拧干的布包裹模具一两分钟。

Time.—5 minutes to simmer the oranges. *Average cost*, 3s. 6d.

时间。--煨煮橙子5分钟。平均成本,3先令6便士。

Sufficient, with the slices of orange, to fill a quart mould.

足量，连同橙子片，装满一夸脱模具。

Seasonable from November to May.

时令 11月至5月。

TO MAKE A PLAIN OMELET.

制作原味煎蛋卷。

1456. INGREDIENTS.—6 eggs, 1 saltspoonful of salt, 1/3 saltspoonful of pepper, 1/4 lb. of butter.

1456. 配料。--6个鸡蛋，1盐匙盐，1/3盐匙胡椒，1/4磅黄油。

[Illustration: OMELET.]

[插图：煎蛋卷。]

Mode.—Break the eggs into a basin, omitting the whites of 3, and beat them up with the salt and pepper until extremely light; then add 2 oz. of the butter broken into small pieces, and stir this into the mixture. Put the other 2 oz. of butter into a frying-pan, make it quite hot, and, as soon as it begins to bubble, whisk the eggs, &c. very briskly for a minute or two, and pour them into the pan; stir the omelet with a spoon one way until the mixture thickens and becomes firm, and when the whole is set, fold the edges over, so that the omelet assumes an oval form; and when it is nicely brown on one side, and quite firm, it is done. To take off the rawness on the upper side, hold the pan before the fire for a minute or two, and brown it with a salamander or hot shovel. Serve very expeditiously on a very hot dish, and never cook it until it is just wanted. The flavour of this omelet may be very

做法。--将鸡蛋打入盆中，去掉3个蛋的蛋白，加盐和胡椒搅打至极为蓬松；然后加入2 oz.黄油(掰成小块)，拌入混合物中。将另外2 oz.黄油放入煎锅，烧至很热，一开始冒泡，就快速搅打鸡蛋等约一两分钟，然后倒入锅中；用勺子朝一个方向搅拌煎蛋卷，直至混合物变稠变实，全部凝固后，将边缘折起，使煎蛋卷呈椭圆形；当一面呈漂亮的棕色且相当结实，即已做好。为去除上面的生味，将锅举在火前一两分钟，用烤铁或热铲使其上色。盛在极热的盘子上迅速上桌，务必在即将食用时才烹制。此煎蛋卷的风味可非常

much enhanced by adding minced parsley, minced onion or eschalot, or grated cheese, allowing 1 tablespoonful of the former, and half the quantity of the latter, to the above proportion of eggs. Shrimps or oysters may also be added: the latter should be scalded in their liquor, and then bearded and cut into small pieces. In making an omelet, be particularly careful that it is not too thin, and, to avoid this, do not make it in too large a frying-pan, as the mixture would then spread too much, and taste of the outside. It should also not be greasy, burnt, or too much done, and should be cooked over a gentle fire, that the whole of the substance may be heated without drying up the outside. Omelets are sometimes served with gravy; but *this should never be poured over them*, but served in a tureen, as the liquid causes the omelet to become heavy and flat, instead of eating light and soft. In making the gravy, the flavour should not overpower that of the omelet, and should be thickened with arrowroot or rice flour.

加入切碎的欧芹、切碎的洋葱或青葱，或磨碎的奶酪，可大大提升风味，在上述比例的鸡蛋中，前者加入1汤匙，后者加入一半的量。也可加入虾或牡蛎：牡蛎应在其汁液中烫过，然后去须并切成小块。制作煎蛋卷时，要特别注意不要摊得太薄，为避免这一点，不要在太大的煎锅中制作，因为混合物会摊得太开，吃起来会有外层的味道。它也不应油腻、烧焦或做得太过，应在文火上烹制，使整体受热而外表不致干硬。煎蛋卷有时配肉汁上桌；但肉汁绝不应浇在煎蛋卷上，而应盛在汤碗中，因为液体会使煎蛋卷变得沉重平淡，而不再吃起来轻盈柔软。制作肉汁时，其风味不应盖过煎蛋卷的风味，并应用竹芋粉或米粉增稠。

Time.—With 6 eggs, in a frying-pan 18 or 20 inches round, 4 to 6 minutes. *Average cost*, 9d.

时间。--6个鸡蛋，在直径18或20英寸的煎锅中，4至6分钟。平均成本,9便士。

Sufficient for 4 persons. *Seasonable* at any time.

足够 4人食用。时令任何时候皆宜。

HAM OMELET (*A delicious Breakfast Dish*.)

火腿煎蛋卷(一道美味的早餐菜肴。)

1457. INGREDIENTS.—6 eggs, 4 oz. of butter, 1/2 saltspoonful of pepper, 2 tablespoonfuls of minced ham.

1457. 配料。--6个鸡蛋，4盎司黄油，1/2盐匙胡椒，2汤匙切碎的火腿。

Mode.—Mince the ham very finely, without any fat, and fry it for 2 minutes in a little butter; then make the batter for the omelet, stir in the ham, and proceed as directed in recipe No. 1456. Do not add any salt to the batter, as the ham is usually sufficiently salt to impart a flavour to the omelet. Good lean bacon, or tongue,

做法。--将火腿切得极细，去除所有肥肉，用少许黄油煎2分钟；然后制作煎蛋卷的面糊，拌入火腿，按照第1456号食谱的指示操作。面糊中不要加盐，因为火腿通常足够咸，可为煎蛋卷增添风味。优质瘦培根或牛舌，

answers equally well for this dish; but they must also be slightly cooked previously to mixing them with the batter. Serve very hot and quickly, without gravy.

Time.—From 4 to 6 minutes. *Average cost*, 1s.

Sufficient for 4 persons. *Seasonable* at any time.

KIDNEY OMELET (*A favourite French dish*.)

1458. INGREDIENTS.—6 eggs, 1 saltspoonful of salt, 1/2 saltspoonful of pepper, 2 sheep's kidneys, or 2 tablespoonfuls of minced veal kidney, 5 oz. of butter.

Mode.—Skin the kidneys, cut them into small dice, and toss them in a frying-pan, in 1 oz. of butter, over the fire for 2 or 3 minutes. Mix the ingredients for the omelet the same as in recipe No. 1456, and when the eggs are well whisked, stir in the pieces of kidney. Make the butter hot in the frying-pan, and when it bubbles, pour in the omelet, and fry it over a gentle fire from 4 to 6 minutes. When the eggs are set, fold the edges over, so that the omelet assumes an oval form, and be careful that it is not too much done: to brown the top, hold the pan before the fire for a minute or two, or use a salamander until the desired colour is obtained, but never turn an omelet in the pan. Slip it carefully on to a *very hot* dish, or, what is a much safer method, put a dish on the omelet, and turn the pan quickly over. It should be served the instant it comes from the fire.

Time.—4 to 6 minutes. *Average cost*, 1s.

Sufficient for 4 persons. *Seasonable* at any time.

TO MAKE A PLAIN SWEET OMELET.

同样适用于这道菜；但在与面糊混合之前，也必须稍微煮一下。要非常热且迅速地端上桌，不要加肉汁。

时间。--4至6分钟。平均成本,1先令。

足够 4人食用。时令任何时候皆宜。

腰子煎蛋卷(一道受欢迎的法国菜。)

1458.配料。--6个鸡蛋，1盐匙盐，1/2盐匙胡椒，2个羊腰子，或2汤匙切碎的犊牛腰子，5 oz.黄油。

做法。- 将腰子去皮，切成小丁，放入煎锅中，加1 oz.黄油，在火上翻炒2至3分钟。按第1456号食谱的方法混合煎蛋卷的配料，待鸡蛋充分打匀后，拌入腰子丁。在煎锅中将黄油烧热，待其起泡时倒入蛋液，用文火煎4至6分钟。待蛋液凝固后，将边缘折起，使煎蛋卷呈椭圆形，注意不要煎得过熟：若要使表面呈棕色，可将锅举在火前烘一两分钟，或使用烤烙铁烤至理想颜色，但切勿在锅中翻转煎蛋卷。小心地将其滑入一只极热的盘中，或者更稳妥的做法是，将盘子扣在煎蛋卷上，迅速翻转煎锅。此菜应一出锅即上桌。

时间。--4至6分钟。平均成本,1先令。

足够 4人食用。时令任何时候皆宜。

制作原味甜煎蛋卷。

1459. INGREDIENTS.—6 eggs, 4 oz. of butter, 2 oz. of sifted sugar.

Mode.—Break the eggs into a basin, omitting the whites of 3; whisk them well, adding the sugar and 2 oz. of the butter, which should be broken into small pieces, and stir all these ingredients well together. Make the remainder of the butter quite hot in a small frying-pan, and when it commences to bubble, pour in the eggs, &c. Keep stirring them until they begin to set; then turn the edges of the omelet over, to make it an oval shape, and finish cooking it. To brown the top, hold the pan before the fire, or use a salamander, and turn it carefully on to a *very hot* dish: sprinkle sifted sugar over, and serve.

Time.—From 4 to 6 minutes. *Average cost*, 10d.

Sufficient for 4 persons. *Seasonable* at any time.

OMELETTE AUX CONFITURES, or JAM OMELET.

1460. INGREDIENTS.—6 eggs, 4 oz. of butter, 3 tablespoonfuls of apricot, strawberry, or any jam that may be preferred.

Mode.—Make the omelet by recipe No. 1459, only instead of doubling it over, leave it flat in the pan. When quite firm, and nicely brown on one side, turn it carefully on to a hot dish, spread over the middle of it the jam, and fold the omelet over on each side; sprinkle sifted sugar over, and serve very quickly. A pretty dish of small omelets may be made by dividing the batter into 3 or 4 portions, and frying them separately; they should then be spread each one with a different kind of preserve, and the omelets rolled over. Always sprinkle sweet omelets with sifted sugar before being sent to table.

1459. 配料：6个鸡蛋，4 oz.黄油，2 oz.筛过的糖。

做法。- 将鸡蛋打入盆中，去掉3个蛋的蛋白；充分打匀，加入糖和2 oz.黄油(黄油应掰成小块)，将所有配料搅拌均匀。将剩余的黄油在一只小煎锅中烧得极热，待其开始起泡时，倒入蛋液等。不断搅拌，直至开始凝固；然后将煎蛋卷的边缘折起，使其呈椭圆形，并完成烹制。若要使表面呈棕色，可将锅举在火前，或使用烤烙铁，然后小心地将其翻扣到一只极热的盘中：撒上筛过的糖，即可上桌。

时间。--4至6分钟。平均成本，10便士。

足够 4人食用。时令任何时候皆宜。

果酱煎蛋卷(OMELETTE AUX CONFITURES，即 JAM OMELET)

1460.配料。--6个鸡蛋，4 oz.黄油，3汤匙杏子酱、草莓酱或任何喜欢的果酱。

做法。- 按第1459号食谱制作煎蛋卷，只是不要对折，而是平留在锅中。待其完全凝固、一面呈漂亮的棕色时，小心地将其翻扣到一只热盘中，在中央抹上果酱，再将煎蛋卷两侧折起；撒上筛过的糖，迅速上桌。若将面糊分成3至4份分别煎制，可做成一道精美的小煎蛋卷；每份应抹上不同种类的果酱，然后将煎蛋卷卷起。甜煎蛋卷上桌前务必撒上筛过的糖。

Time.—4 to 6 minutes. *Average cost*, 1s. 2d.

Sufficient for 4 persons. *Seasonable* at any time.

OMELETTE SOUFFLÉ.

1461. INGREDIENTS.—6 eggs, 5 oz. of pounded sugar, flavouring of vanilla, orange-flower water, or lemon-rind, 3 oz. of butter, 1 dessert-spoonful of rice-flour.

Mode.—Separate the yolks from the whites of the eggs, add to the former the sugar, the rice-flour, and either of the above flavourings that may be preferred, and stir these ingredients well together. Whip the whites of the eggs, mix them lightly with the batter, and put the butter into a small frying-pan. As soon as it begins to bubble, pour the batter into it, and set the pan over a bright but gentle fire; and when the omelet is set, turn the edges over to make it an oval shape, and slip it on to a silver dish, which has been previously well buttered. Put it in the oven, and bake from 12 to 15 minutes; sprinkle finely-powdered sugar over the soufflé, and *serve it immediately*.

Time.—About 4 minutes in the pan; to bake, from 12 to 15 minutes.

Average cost. 1s.

Sufficient for 3 or 4 persons. *Seasonable* at any time.

BACHELOR'S OMELET.

1462. INGREDIENTS.—2 or 3 eggs, 2 oz. of butter, 1 teaspoonful of flour, 1/2 teacupful of milk.

时间。--4至6分钟。平均成本,1先令2便士。

足够 4人食用。时令任何时候皆宜。

舒芙蕾煎蛋卷。

1461.配料。--6个鸡蛋，5 oz.捣碎的糖，香草、橙花水或柠檬皮调味，3 oz.黄油，1甜点匙米粉。

做法。- 将蛋黄与蛋白分离，在蛋黄中加入糖、米粉以及上述任一种所偏好的调味料，将这些配料搅拌均匀。将蛋白打至起泡，轻轻拌入面糊中，并将黄油放入一只小煎锅。待黄油开始起泡，即将面糊倒入锅中，将锅置于明亮而温和的火上；待煎蛋卷凝固后，将边缘折起使其呈椭圆形，然后滑入一只事先涂好黄油的银盘。放入烤箱，烘烤12至15分钟；在蛋奶酥上撒上细砂糖，立即上桌。

时间。--平底锅中约4分钟；烘烤则需12至15分钟。

平均成本。1先令。

足够供三四人食用。时令随时皆宜。

单身汉煎蛋卷。

1462.配料。--2或3个鸡蛋，2 oz.黄油，1茶匙面粉，1/2茶杯牛奶。

Mode.—Make a thin cream of the flour and milk; then beat up the eggs, mix all together, and add a pinch of salt and a few grains of cayenne. Melt the butter in a small frying-pan, and, when very hot, pour in the batter. Let the pan remain for a few minutes over a clear fire; then sprinkle upon the omelet some chopped herbs and a few shreds of onion; double the omelet dexterously, and shake it out of the pan on to a hot dish. A simple sweet omelet can be made by the same process, substituting sugar or preserve for the chopped herbs.

做法。- 用面粉和牛奶调成稀奶油糊；然后将鸡蛋打散，全部混合在一起，加入一撮盐和几粒卡宴辣椒粉。在一只小煎锅中融化黄油，待其极热时倒入面糊。将锅置于明火上数分钟；然后在煎蛋卷上撒些切碎的香草和少许洋葱丝；灵巧地将煎蛋卷对折，并将其从锅中抖落到一只热盘上。用同样的方法，以糖或果酱代替切碎的香草，即可做成简单的甜煎蛋卷。

Time.—2 minutes.

时间。--2分钟。

Average cost, 6d.

平均成本，6便士。

Sufficient for 2 persons.

足量供2人食用。

Seasonable at any time.

时令任何时候皆宜。

ORANGE CREAM.

橙香奶油。

1463. INGREDIENTS.—1 oz. of isinglass, 6 large oranges, 1 lemon, sugar to taste, water, 1/2 pint of good cream.

1463.配料。--1 oz.鱼胶，6个大橙子，1个柠檬，糖适量，水，1/2 pint优质奶油。

[Illustration: OPEN MOULD.]

[插图：开放式模具。]

Mode.—Squeeze the juice from the oranges and lemon; strain it, and put it into a saucepan with the isinglass, and sufficient water to make in all 1-1/2 pint. Rub the sugar on the orange and lemon-rind, add it to the other ingredients, and boil all together for about 10 minutes. Strain through a muslin bag, and, when cold, beat up with it 1/2 pint of thick cream. Wet a mould, or soak it in cold water; pour in the cream, and put it in a cool place to set. If the weather is very cold, 1 oz. of isinglass will be found sufficient

做法。--将橙子和柠檬的汁挤出；过滤后放入炖锅，加入鱼胶和足量的水，使总量达到1-1/2品脱。用橙皮和柠檬皮摩擦方糖，将其加入其他配料中，一起煮约10分钟。用细布袋过滤，冷却后加入1/2品脱浓奶油搅打均匀。润湿模具，或将其浸泡在冷水中；倒入奶油混合物，置于阴凉处凝固。如果天气非常寒冷，1盎司鱼胶即可。

for the above proportion of ingredients.

Time.—10 minutes to boil the juice and water.

Average cost, with the best isinglass, 3s.

Sufficient to fill a quart mould.

Seasonable from November to May.

ORANGE CREAMS.

1464. INGREDIENTS.—1 Seville orange, 1 tablespoonful of brandy, 1/4 lb. of loaf sugar, the yolks of 4 eggs, 1 pint of cream.

Mode.—Boil the rind of the Seville orange until tender, and beat it in a mortar to a pulp; add to it the brandy, the strained juice of the orange, and the sugar, and beat all together for about 10 minutes, adding the well-beaten yolks of eggs. Bring the cream to the boiling-point, and pour it very gradually to the other ingredients, and beat the mixture till nearly cold; put it into custard-cups, place the cups in a deep dish of boiling water, where let them remain till quite cold. Take the cups out of the water, wipe them, and garnish the tops of the creams with candied orange-peel or preserved chips.

Time.—Altogether, 3/4 hour.

Average cost, with cream at 1s. per pint, 1s. 7d.

Sufficient to make 7 or 8 creams.

Seasonable from November to May.

Note.—To render this dish more economical, substitute milk for the cream, but add a small pinch of isinglass to make the creams

对于上述比例的配料。

时间。--煮果汁和水10分钟。平均费用，用最好的鱼胶，3s.足够装满一个quart模具。

时令 11月至5月。

橙香奶油

1464.配料。--1个塞维利亚橙，1汤匙白兰地，1/4磅块糖，4个蛋黄，1品脱奶油。做法。--将塞维利亚橙的皮煮至软烂，在研钵中捣成糊状；加入白兰地、过滤后的橙汁和糖，一起搅打约10分钟，同时加入打散的蛋黄。将奶油加热至沸点，非常缓慢地倒入其他配料中，搅打混合物至几乎冷却；倒入蛋奶杯，将杯子放入装有沸水的深盘中，静置至完全冷却。将杯子从水中取出，擦干，用糖渍橙皮或蜜饯片装饰奶油顶部。

时间。--总共3/4小时。

平均费用，奶油每pint 1s.,1s.7d.足够制作7或8个奶油冻。

时令 11月至5月。

注。--为使这道菜更经济，可用牛奶代替奶油，但加一小撮鱼胶使奶油冻

firm.

SEVILLE ORANGE (*Citrus vulgaris*).—This variety, called also *bitter orange*, is of the same species as the sweet orange, and grows in great abundance on the banks of the Guadalquiver, in Andalusia, whence this fruit is chiefly obtained. In that part of Spain there are very extensive orchards of these oranges, which form the chief wealth of the monasteries. The pulp of the bitter orange is not eaten raw. In the yellow rind, separated from the white spongy substance immediately below it, is contained an essential oil, which is an agreeable warm aromatic, much superior for many purposes to that of the common orange. The best marmalade and the richest wine are made from this orange; and from its flowers the best orange-flower water is distilled. Seville oranges are also preserved whole as a sweetmeat.

公司。

塞维利亚橙(*Citrus vulgaris*)。--这一品种又称苦橙，与甜橙同属一种，大量生长于安达卢西亚的瓜达尔基维尔河畔，此果主要产自该地。在西班牙那一地区，有大片橙园，构成修道院的主要财富。苦橙的果肉不直接生食。其黄色外皮与紧贴其下的白色海绵状物质分离后，含有一种精油，是一种宜人的温热芳香物，在许多用途上远优于普通橙皮油。最好的果酱和最醇厚的葡萄酒均由此橙制成；其花朵可蒸馏出最好的橙花水。塞维利亚橙也常整颗糖渍为蜜饯。

ORANGE FRITTERS.

橙子炸糕。

1465. INGREDIENTS.—For the batter, 1/2 lb. of flour, 1/2 oz. of butter, 1/2 saltspoonful of salt, 2 eggs, milk, oranges, hot lard or clarified dripping.

1465.配料。--面糊用：1/2 lb.面粉，1/2 oz.黄油，1/2盐匙盐，2个鸡蛋，牛奶，橙子，热猪油或澄清的滴油。

Mode.—Make a nice light batter with the above proportion of flour, butter, salt, eggs, and sufficient milk to make it the proper consistency; peel the oranges, remove as much of the white skin as possible, and divide each orange into eight pieces, without breaking the thin skin, unless it be to remove the pips; dip each piece of orange in the batter. Have ready a pan of boiling lard or clarified dripping; drop in the oranges, and fry them a delicate brown from 8 to 10 minutes. When done, lay them on a piece of blotting-paper before the fire, to drain away the greasy moisture,

做法。--用上述比例的面粉、黄油、盐、鸡蛋和足量牛奶调成细腻轻盈的面糊；将橙子去皮，尽量去除白色内皮，每个橙子切成八块，不要弄破薄皮，除非是为了去除果核；将每块橙子蘸上面糊。准备一锅沸腾的猪油或澄清的滴油；将橙子放入，炸8至10分钟至呈浅棕色。炸好后，放在吸水纸上，置于火前，沥去油腻水分，

and dish them on a white d'oyley; sprinkle over them plenty of pounded sugar, and serve quickly.

Time.—8 to 10 minutes to fry the fritters; 5 minutes to drain them.

Average cost, 9d.

Sufficient for 4 or 5 persons.

Seasonable from November to May.

A PRETTY DISH OF ORANGES.

1466. INGREDIENTS.—6 large oranges, 1/2 lb. of loaf sugar, 1/4 pint of water, 1/2 pint of cream, 2 tablespoonfuls of any kind of liqueur, sugar to taste.

Mode.—Put the sugar and water into a saucepan, and boil them until the sugar becomes brittle, which may be ascertained by taking up a small quantity in a spoon, and dipping it in cold water; if the sugar is sufficiently boiled, it will easily snap. Peel the oranges, remove as much of the white pith as possible, and divide them into nice-sized slices, without breaking the thin white skin which surrounds the juicy pulp. Place the pieces of orange on small skewers, dip them into the hot sugar, and arrange them in layers round a plain mould, which should be well oiled with the purest salad-oil. The sides of the mould only should be lined with the oranges, and the centre left open for the cream. Let the sugar become firm by cooling; turn the oranges carefully out on a dish, and fill the centre with whipped cream, flavoured with any kind of liqueur, and sweetened with pounded sugar. This is an exceedingly ornamental and nice dish for the supper-table.

并将它们盛在白色d'oyley上；撒上大量捣碎的糖，迅速端上桌。

时间。--煎炸果馅饼8至10分钟；沥干5分钟。平均费用,9d.

足量供4或5人食用。

时令 11月至5月。

一道精美的橙子菜肴。

1466.配料。--6个大橙子，1/2 lb.块糖，1/4 pint水，1/2 pint奶油，2汤匙任何种类的利口酒，糖适量。

做法。--将糖和水放入炖锅，煮至糖变脆，可用勺子取少量浸入冷水测试；若糖煮得足够，会轻易断裂。将橙子去皮，尽量去除白色海绵层，切成大小适中的片，不要弄破包裹多汁果肉的薄白皮。将橙片串在小签上，蘸入热糖中，然后层层排列在一个涂满最纯沙拉油的普通模具周围。仅模具侧面应铺满橙片，中心留空以放奶油。待糖冷却变硬；小心将橙片倒扣在盘中，中心填入打发奶油，以任一种利口酒调味，并用糖粉增甜。这是一道极其美观且美味的晚餐桌菜肴。

Time.—10 minutes to boil the sugar. *Average cost,* 1s. 8d.

Sufficient for 1 mould. *Seasonable* from November to May.

TO MAKE PANCAKES.

1467. INGREDIENTS.—Eggs, flour, milk; to every egg allow 1 oz. of flour, about 1 gill of milk, 1/8 saltspoonful of salt.

[Illustration: PANCAKES.]

Mode.—Ascertain that the eggs are fresh; break each one separately in a cup; whisk them well, put them into a basin, with the flour, salt, and a few drops of milk, and beat the whole to a perfectly *smooth* batter; then add by degrees the remainder of the milk. The proportion of this latter ingredient must be regulated by the size of the eggs, &c. &c.; but the batter, when ready for frying, should be of the consistency of thick cream. Place a small frying-pan on the fire to get hot; let it be delicately clean, or the pancakes will stick, and, when quite hot, put into it a small piece of butter, allowing about 1/2 oz. to each pancake. When it is melted, pour in the batter, about 1/2 teacupful to a pan 5 inches in diameter, and fry it for about 4 minutes, or until it is nicely brown on one side. By only pouring in a small quantity of batter, and so making the pancakes thin, the necessity of turning them (an operation rather difficult to unskilful cooks) is obviated. When the pancake is done, sprinkle over it some pounded sugar, roll it up in the pan, and take it out with a large slice, and place it on a dish before the fire. Proceed in this manner until sufficient are cooked for a dish; then send them quickly to table, and continue to send in a further quantity, as pancakes are never good unless eaten almost immediately they come from the frying-pan. The

时间。--煮糖10分钟。平均费用,1s.8d.

足量供1个模具用。时令 11月至5月。

制作煎饼。

1467.配料。--鸡蛋，面粉，牛奶；每个鸡蛋配1 oz.面粉，约1 gill牛奶，1/8盐匙盐。

[插图：煎饼。]

做法。--确认鸡蛋新鲜；将每个鸡蛋分别打入杯中；充分搅打后放入盆中，加入面粉、盐和几滴牛奶，将全部材料搅打成完全顺滑的面糊；然后逐渐加入剩余的牛奶。后一种配料的用量必须根据鸡蛋的大小等因素调整；但面糊在准备煎制时，应具有浓奶油的稠度。将一个小煎锅放在火上加热；锅必须十分干净，否则薄煎饼会粘锅，待锅完全热后，放入一小块黄油，每个薄煎饼约用1/2 oz.。黄油融化后，倒入面糊，直径5英寸的锅约倒入1/2 teacupful，煎约4分钟，或直至一面呈漂亮的棕色。只倒入少量面糊，从而把薄煎饼做得薄一些，就免去了翻面的必要(这对不熟练的厨师来说是一项相当困难的操作)。薄煎饼煎好后，撒上一些研碎的糖，在锅中卷起，用大铲取出，放在火前的盘子上。按此方法继续制作，直到足够装一盘；然后迅速端上桌，并继续再送上一批，因为薄煎饼只有几乎刚出锅就吃才好吃。这

batter may be flavoured with a little grated lemon-rind, or the pancakes may have preserve rolled in them instead of sugar. Send sifted sugar and a cut lemon to table with them. To render the pancakes very light, the yolks and whites of the eggs should be beaten separately, and the whites added the last thing to the batter before frying.

面糊可用少许磨碎的柠檬皮调味，或者薄煎饼中可以卷入蜜饯代替糖。随它们一起端上桌的还有筛过的糖和切开的柠檬。为使薄煎饼非常松软，蛋黄和蛋白应分开搅打，蛋白在煎炸前最后加入面糊。

Time.—from 4 to 6 minutes for a pancake that does not require turning; from 6 to 8 minutes for a thicker one.

时间。--不需要翻面的薄煎饼4至6分钟；较厚的6至8分钟。

Average cost, for 3 persons, 6d.

平均成本，3人份，6便士。

Sufficient.—Allow 3 eggs, with the other ingredients in proportion, for 3 persons.

足够。--按3个鸡蛋及其余配料相应比例，供3人食用。

Seasonable at any time, but specially served on Shrove Tuesday.

时令随时皆宜，但尤以忏悔星期二特备。

RICHER PANCAKES.

更丰盛的煎饼。

1468. INGREDIENTS.—6 eggs, 1 pint of cream, 1/4 lb. of loaf sugar, 1 glass of sherry, 1/2 teaspoonful of grated nutmeg, flour.

1468.配料。--6个鸡蛋，1 pint奶油，1/4 lb.块糖，1杯雪利酒，1/2茶匙磨碎的肉豆蔻，面粉。

Mode.—Ascertain that the eggs are extremely fresh, beat them well, strain and mix with them the cream, pounded sugar, wine, nutmeg, and as much flour as will make the batter nearly as thick as that for ordinary pancakes. Make the frying-pan hot, wipe it with a clean cloth, pour in sufficient batter to make a thin pancake, and fry it for about 5 minutes. Dish the pancakes piled one above the other, strew sifted sugar between each, and serve.

做法。--确认鸡蛋极其新鲜，充分搅打，过滤后与奶油、捣碎的糖、酒、肉豆蔻以及足够使面糊几乎与普通薄煎饼面糊一样稠的面粉混合。将煎锅烧热，用干净布擦拭，倒入足够的面糊做成薄煎饼，煎约5分钟。将薄煎饼一个叠一个盛盘，每层之间撒上筛过的糖，端上桌。

Time.—About 5 minutes.

时间。--约5分钟。

Average cost, with cream at 1s. per pint, 2s. 3d.

平均成本，奶油每品脱1先令，2先令3便士。

Sufficient to make 8 pancakes.

Seasonable at any time, but specially served on Shrove Tuesday.

PEACH FRITTERS.

1469. INGREDIENTS.—For the batter: 1/2 lb. of flour, 1/2 oz. of butter, 1/2 saltspoonful of salt, 2 eggs, milk;—peaches, hot lard or clarified dripping.

Mode.—Make a nice smooth, batter in the same manner as directed in recipe No. 1393, and skin, halve, and stone the peaches, which should be quite ripe; dip them in the batter, and fry the pieces in hot lard or clarified dripping, which should be brought to the boiling-point before the peaches are put in. From 8 to 10 minutes will be required to fry them, and, when done, drain them before the fire, and dish them on a white d'oyley. Strew over plenty of pounded sugar, and serve.

Time.—From 8 to 10 minutes to fry the fritters, 6 minutes to drain them.

Average cost, 1s.

Sufficient for 4 or 5 persons.

Seasonable in July, August, and September.

[Illustration: PEACH.]

PEACH.—The peach and nectarine are amongst the most delicious of our fruits, and are considered as varieties of the same species produced by cultivation. The former is characterized by a very delicate down, while the latter is smooth; but, as a proof of their

足量可制作 8 个煎饼。

时令随时皆宜，但尤以忏悔星期二特备。

桃子炸饼。

1469.配料。--面糊用：1/2 lb.面粉，1/2 oz.黄油，1/2盐匙盐，2个鸡蛋，牛奶；--桃子，热猪油或澄清的滴油。

做法。--按照第1393号食谱的指示，以同样方法制作细腻光滑的面糊，将应完全成熟的桃子去皮、切半、去核；蘸上面糊，在热猪油或澄清的滴油中煎炸，油应在放入桃子之前达到沸点。煎炸需要8至10分钟，煎好后在火前沥干，盛在白色d'oyley上。撒上大量捣碎的糖，端上桌。

时间。--煎炸果馅饼8至10分钟，沥干6分钟。

平均成本,1先令。

足量供4或5人食用。

时令七月、八月和九月。

[插图：桃。]

桃子。--桃子和油桃是我们最美味的水果之一，被认为是同一物种经栽培产生的变种。前者以非常细嫩的绒毛为特征，而后者光滑；但是，作为它们

identity as to species, trees have borne peaches in one part and nectarines in another; and even a single fruit has had down on one side and the other smooth. The trees are almost exactly alike, as well as the blossoms. Pliny states that the peach was originally brought from Persia, where it grows naturally, from which the name of Persica was bestowed upon it by the Romans; and some modern botanists apply this as the generic name, separating them from *Amygdalus*, or Almond, to which Linnaeus had united them. Although they are not tropical, they require a great deal of warmth to bring them to perfection: hence they seldom ripen in this country, in ordinary seasons, without the use of walls or glass; consequently, they bear a high price. In a good peach, the flesh is firm, the skin thin, of a deep bright colour next the sun and of a yellowish green next to the wall; the pulp is yellowish, full of highly-flavoured juice, the fleshy part thick, and the stone small. Too much down is a sign of inferior quality. This fruit is much used at the dessert, and makes a delicious preserve.

在物种身份上，树木曾在一部分结出桃子，在另一部分结出油桃；甚至单个果实也有一面有绒毛而另一面光滑的情况。树木几乎完全相同，花朵也是如此。普林尼称桃子最初来自波斯，在那里自然生长，罗马人因此赋予它Persica之名；一些现代植物学家将此作为属名，将其从*Amygdalus*(即扁桃)中分出，而林奈曾将它们合并。虽然它们并非热带植物，但需要大量温暖才能达到完美：因此，在本国普通季节中，若不使用墙或玻璃，它们很少成熟； consequently，它们价格高昂。优质桃子的果肉坚实，果皮薄，向阳面呈深亮色，靠墙面呈黄绿色；果肉淡黄色，充满风味浓郁的汁液，肉质部分厚，果核小。绒毛过多是品质低劣的标志。这种水果常用于餐后甜点，并可制成美味的蜜饯。

PEARS A L'ALLEMANDE.

德式梨

1470. INGREDIENTS.—6 to 8 pears, water, sugar, 2 oz. of butter, the yolk of an egg, 1/2 oz. of gelatine.

1470.配料。--6至8个梨，水，糖，2 oz.黄油，1个蛋黄，1/2 oz.明胶。

Mode.—Peel and cut the pears into any form that may be preferred, and steep them in cold water to prevent them turning black; put them into a saucepan with sufficient cold water to cover them, and boil them with the butter and enough sugar to sweeten them nicely, until tender; then brush the pears over with the yolk of an egg, sprinkle them with sifted sugar, and arrange them on a dish. Add the gelatine to the syrup, boil it up quickly

做法。--将梨去皮，切成任何喜欢的形状，浸入冷水中防止变黑；放入锅中，加足够的冷水覆盖，与黄油和足够使其甜美可口的糖一起煮至软嫩；然后用蛋黄刷在梨上，撒上筛过的糖，摆放在盘中。将明胶加入糖浆中，快速煮沸

for about 5 minutes, strain it over the pears, and let it remain until set. The syrup may be coloured with a little prepared cochineal, which would very much improve the appearance of the dish.

Time.—From 20 minutes to 1/2 hour to stew the pears; 5 minutes to boil the syrup.

Average cost, 1s. 3d.

Sufficient for a large dish.

Seasonable from August to February.

MOULDED PEARS.

1471. INGREDIENTS.—4 large pears or 6 small ones, 8 cloves, sugar to taste, water, a small piece of cinnamon, 1/4 pint of raisin wine, a strip of lemon-peel, the juice of 1/2 lemon, 1/2 oz. of gelatine.

Mode.—Peel and cut the pears into quarters; put them into a jar with 3/4 pint of water, cloves, cinnamon, and sufficient sugar to sweeten the whole nicely; cover down the top of the jar, and bake the pears in a gentle oven until perfectly tender, but do not allow them to break. When done, lay the pears in a plain mould, which should be well wetted, and boil 1/2 pint of the liquor the pears were baked in with the wine, lemon-peel, strained juice, and gelatine. Let these ingredients boil quickly for 5 minutes, then strain the liquid warm over the pears; put the mould in a cool place, and when the jelly is firm, turn it out on a glass dish.

Time.—2 hours to bake the pears in a cool oven.

约5分钟，过滤后浇在梨上，静置至凝固。糖浆可用少许制备的胭脂虫红着色，这将大大改善这道菜的外观。

时间。--炖梨20分钟至1/2小时；煮糖浆5分钟。

平均费用,1先令3便士。

足够做大份菜。

时令八月至二月。

模制梨

1471.配料。--4个大梨或6个小梨，8粒丁香，糖适量，水，一小块肉桂，1/4 pint葡萄干酒，一条柠檬皮，1/2个柠檬的汁，1/2 oz.明胶。

做法。--将梨削皮并切成四块；放入罐中，加入3/4 pint水、丁香、肉桂和足以使整体适当变甜的糖；盖住罐口，在温和的烤箱中烘烤梨，直到完全柔软，但不要让其破碎。烤好后，将梨放入一个应充分润湿的普通模具中，取1/2 pint烤梨所用的汁液，与葡萄酒、柠檬皮、滤过的果汁和明胶一起煮沸。让这些配料快速煮沸5分钟，然后将液体趁热滤在梨上；将模具放在阴凉处，待果冻凝固后，将其扣出到玻璃盘中。

时间。- 在低温烤箱中烤梨需2小时。

Average cost, 1s. 3d.

Sufficient for a quart mould.

Seasonable from August to February

PINEAPPLE FRITTERS.

(*An elegant Dish.*)

1472. INGREDIENTS.—A small pineapple, a small wineglassful of brandy or liqueur, 2 oz. of sifted sugar; batter as for apple fritters No. 1393.

Mode.—This elegant dish, although it may appear extravagant, is really not so if made when pineapples are plentiful. We receive them now in such large quantities from the West Indies, that at times they may be purchased at an exceedingly low rate: it would not, of course, be economical to use the pines which are grown in our English pineries for the purposes of fritters. Pare the pine with as little waste as possible, cut it into rather thin slices, and soak these slices in the above proportion of brandy or liqueur and pounded sugar for 4 hours; then make a batter the same as for apple fritters, substituting cream for the milk, and using a smaller quantity of flour; and, when this is ready, dip in the pieces of pine, and fry them in boiling lard from 5 to 8 minutes; turn them when sufficiently brown on one side, and, when done, drain them from the lard before the fire, dish them on a white d'oyley, strew over them sifted sugar, and serve quickly.

Time.—5 to 8 minutes.

Average cost, when cheap and plentiful, 1s. 6d. for the pine.

平均费用,1先令3便士。

足量用于一夸脱容量的模具。

时令八月至二月

菠萝炸饼。

(一道精致的菜肴。)

1472.配料。--一个小菠萝，一小酒杯白兰地或利口酒，2 oz.筛过的糖；面糊如第1393号苹果果馅饼所用。

做法。--这道精致的菜肴虽然看似奢侈，但若在菠萝丰盛时制作，其实并不如此。我们现在从西印度群岛收到大量菠萝，有时可以极低的价格购得：当然，用我们英国菠萝温室中种植的菠萝来做油炸果饼是不经济的。尽可能少浪费地削去菠萝皮，切成相当薄的片，将这些片在上述比例的白兰地或利口酒和研碎的糖中浸泡4小时；然后制作与苹果油炸果饼相同的面糊，用奶油代替牛奶，并使用较少量的面粉；准备好后，将菠萝片蘸上面糊，在煮开的猪油中煎5至8分钟；一面足够棕黄时翻面，煎好后在火前沥去猪油，盛在白色d'oyley上，撒上筛过的糖，迅速上桌。

时间。--5至8分钟。

平均成本，便宜且充足时，菠萝为1先令6便士。

Sufficient for 3 or 4 persons.

Seasonable in July and August.

PINEAPPLE.—The pineapple has not been known in Europe above two hundred years, and has not been cultivated in England much above a century. It is stated that the first pineapples raised in Europe were by M. La Cour, of Leyden, about the middle of the 17th century; and it is said to have been first cultivated in England by Sir Matthew Decker, of Richmond. In Kensington Palace, there is a picture in which Charles II. is represented as receiving a pineapple from his gardener Rose, who is presenting it on his knees.

PLAIN FRITTERS.

1473. INGREDIENTS.—3 oz. of flour, 3 eggs, 1/3 pint of milk.

[Illustration: STAR FRITTER-MOULD.]

Mode.—Mix the flour to a smooth batter with a small quantity of the milk; stir in the eggs, which should be well whisked, and then the remainder of the milk; boat the whole to a perfectly smooth batter, and should it be found not quite thin enough, add two or three tablespoonfuls more milk. Have ready a frying-pan, with plenty of boiling lard in it; drop in rather more than a tablespoonful at a time of the batter, and fry the fritters a nice brown, turning them when sufficiently cooked on one side. Drain them well from the greasy moisture by placing them upon a piece of blotting-paper before the fire; dish them on a white d'oyley, sprinkle over them sifted sugar, and send to table with them a cut lemon and plenty of pounded sugar.

足够供三四人食用。

时令七月与八月。

菠萝。--菠萝在欧洲为人所知不超过两百年，在英国栽培不超过一个世纪。据说欧洲最早种植的菠萝是莱顿的拉库尔先生于17世纪中叶左右培育的；据说英国最早栽培菠萝的是里士满的马修·德克尔爵士。在肯辛顿宫有一幅画，描绘查理二世从他的园丁罗斯手中接过菠萝，罗斯跪着呈上。

普通炸面糊饼

1473. 配料--3 oz.面粉，3 个鸡蛋，1/3 pint 牛奶。

[插图：星形油炸饼模]

Mode。- 将面粉与少量牛奶调成光滑的面糊；搅入已充分打散的鸡蛋，然后加入剩余的牛奶；将全部材料搅打成完全光滑的面糊，如果发现不够稀薄，再加两三汤匙牛奶。备好一只煎锅，放入大量煮沸的猪油；每次倒入略多于一汤匙的面糊，将油炸饼煎至漂亮的棕色，一面煎熟后翻面。将油炸饼放在炉火前的一张吸墨纸上，沥干油腻的水分；盛在白色花边垫纸上，撒上筛过的糖，随桌送上切开的柠檬和大量研碎的糖。

Time.—From 6 to 8 minutes.

Average cost, 4d.

Sufficient for 3 or 4 persons.

Seasonable at any time.

POTATO FRITTERS.

1474. INGREDIENTS.—2 large potatoes, 4 eggs, 2 tablespoonfuls of cream, 2 ditto of raisin or sweet wine, 1 dessertspoonful of lemon-juice, 4 teaspoonful of grated nutmeg, hot lard.

[Illustration: SCROLL FRITTER-MOULD.]

Mode.—Boil the potatoes, and beat them up lightly with a fork, but do not use a spoon, as that would make them heavy. Beat the eggs well, leaving out one of the whites; add the other ingredients, and beat all together for at least 20 minutes, or until the batter is extremely light. Put plenty of good lard into a frying-pan, and drop a tablespoonful of the batter at a time into it, and fry the fritters a nice brown. Serve them with the following sauce:—A glass of sherry mixed with the strained juice of a lemon, and sufficient white sugar to sweeten the whole nicely. Warm these ingredients, and serve the sauce separately in a tureen. The fritters should be neatly dished on a white d'oyley, and pounded sugar sprinkled over them; and they should be well drained on a piece of blotting-paper before the fire previously to being dished.

Time.—From 6 to 8 minutes.

Average cost, 9d.

时间。--6至8分钟。

平均成本,4便士。

足够供三四人食用。

时令任何时候皆宜。

土豆炸饼。

1474. 配料--2个大土豆，4个鸡蛋，2大匙奶油，2大匙葡萄干或甜酒，1甜点匙柠檬汁，4茶匙磨碎的肉豆蔻，热猪油。

[插图：卷轴炸糕模具]

Mode。- 将土豆煮熟，用叉子轻轻捣碎，但不要用勺子，因为那会使土豆发硬。将鸡蛋充分打散，留下一个蛋白不用；加入其余配料，将所有材料一起搅打至少20分钟，或直至面糊极为轻盈。在煎锅中放入大量优质猪油，每次倒入一汤匙面糊，将油炸饼煎至漂亮的棕色。配以下酱汁上桌：一杯雪利酒，混入过滤的柠檬汁，以及足以使整体适当甜味的白砂糖。将这些配料温热，将酱汁单独盛在汤碗中上桌。油炸饼应整齐地盛在白色花边垫纸上，撒上研碎的糖；在盛盘之前，应先在炉火前的一张吸墨纸上充分沥干。

时间。--6至8分钟。

平均成本,9便士。

Sufficient for 3 or 4 persons.

Seasonable at any time.

RASPBERRY CREAM.

1475. INGREDIENTS.—3/4 pint of milk, 3/4 pint of cream, 1-1/2 oz. of isinglass, raspberry jelly, sugar to taste, 2 tablespoonfuls of brandy.

[Illustration: RASPBERRY CREAM MOULD.]

Mode.—Boil the milk, cream, and isinglass together for 1/4 hour, or until the latter is melted, and strain it through a hair sieve into a basin. Let it cool a little; then add to it sufficient raspberry jelly, which, when melted, would make 1/3 pint, and stir well till the ingredients are thoroughly mixed. If not sufficiently sweet, add a little pounded sugar with the brandy; whisk the mixture well until nearly cold, put it into a well-oiled mould, and set it in a cool place till perfectly set. Raspberry jam may be substituted for the jelly, but must be melted, and rubbed through a sieve, to free it from seeds: in summer, the juice of the fresh fruit may be used, by slightly mashing it with a wooden spoon, and sprinkling sugar over it; the juice that flows from the fruit should then be used for mixing with the cream. If the colour should not be very good, a few drops of prepared cochineal may be added to improve its appearance. (*See* coloured plate T1.)

Time.—1/4 hour to boil the cream and isinglass.

Average cost, with cream at 1s. per pint, and the best isinglass, 3s.

Sufficient to fill a quart mould.

足够供三四人食用。

时令任何时候皆宜。

覆盆子奶油

1475. 配料--3/4品脱牛奶，3/4品脱奶油，1-1/2盎司鱼胶，覆盆子果冻，糖适量，2大匙白兰地。

[插图：覆盆子奶油模具。]

Mode。- 将牛奶、奶油和鱼胶一起煮1/4小时，或直至鱼胶融化，用毛发筛过滤到盆中。稍凉后，加入足量的覆盆子果冻，融化后应达到1/3品脱，充分搅拌直至配料完全混合。如果不够甜，可加少许研碎的糖和 brandy；将混合物充分搅打至近乎冷却，倒入涂好油的模具中，置于阴凉处直至完全凝固。可用覆盆子果酱代替果冻，但必须融化并用筛子擦滤以去除籽：夏季可使用新鲜水果的果汁，用木勺稍加捣碎并撒上糖；随后流出的果汁应用于与奶油混合。如果颜色不够好，可加入几滴制备好的胭脂虫红以改善外观。(*See*彩色图版T1。)

时间。- 煮奶油和鱼胶需1/4小时。

平均成本，奶油按每品脱1先令计，用最好的鱼胶，为3先令。

足量足以装满一夸脱容量的模具。

Seasonable, with jelly, at any time.

Note.—Strawberry cream may be made in precisely the same manner, substituting strawberry jam or jelly for the raspberry.

RICE BLANCMANGE.

1476. INGREDIENTS.—1/4 lb. of ground rice, 3 oz. of loaf sugar, 1 oz. of fresh butter, 1 quart of milk, flavouring of lemon-peel, essence of almonds or vanilla, or laurel-leaves.

Mode.—Mix the rice to a smooth batter with about 1/2 pint of the milk, and the remainder put into a saucepan, with the sugar, butter, and whichever of the above flavourings may be preferred; bring the milk to the boiling-point, quickly stir in the rice, and let it boil for about 10 minutes, or until it comes easily away from the saucepan, keeping it well stirred the whole time. Grease a mould with pure salad-oil; pour in the rice, and let it get perfectly set, when it should turn out quite easily; garnish it with jam, or pour round a compôte of any kind of fruit, just before it is sent to table. This blancmange is better for being made the day before it is wanted, as it then has time to become firm. If laurel-leaves are used for flavouring, steep 3 of them in the milk, and take them out before the rice is added: about 8 drops of essence of almonds, or from 12 to 16 drops of essence of vanilla, would be required to flavour the above proportion of milk.

Time.—From 10 to 15 minutes to boil the rice.

Average cost, 9d.

Sufficient to fill a quart mould.

时令适宜，配果冻，随时皆可。

注。--草莓奶油可用完全相同的方法制作，以草莓果酱或草莓果冻代替覆盆子果酱或果冻即可。

大米布兰曼奇

1476. 配料。--1/4 lb.米粉，3 oz.块糖，1 oz.新鲜黄油，1 quart 牛奶，柠檬皮、杏仁精或香草精、或月桂叶调味。

Mode。- 将米与约1/2 pint的牛奶调成均匀的面糊，把剩余的牛奶放入炖锅，加入糖、黄油以及上述调味料中任选一种；将牛奶煮沸，迅速搅入米中，煮约10分钟，或煮至米糊容易从炖锅上脱落，全程不断搅拌。用纯色拉油涂抹模具；倒入米糊，让其完全凝固，届时应当很容易脱模；上桌前用果酱点缀，或浇上一份任意水果的糖煮水果。这款布兰曼奇(blancmange)提前一天做好更佳，因为这样有时间使其变硬。若用月桂叶调味，取3片浸入牛奶中，在加入米之前取出：上述比例的牛奶约需8滴杏仁香精，或12至16滴香草香精来调味。

时间。--煮饭需10至15分钟。

平均成本,9便士。

足量足以装满一夸脱容量的模具。

Seasonable at any time.

RICE CROQUETTES.

1477. INGREDIENTS.—1/2 lb. of rice, 1 quart of milk, 6 oz. of pounded sugar, flavouring of vanilla, lemon-peel, or bitter almonds, egg and bread crumbs, hot lard.

Mode.—Put the rice, milk, and sugar into a saucepan, and let the former gradually swell over a gentle fire until all the milk is dried up; and just before the rice is done, stir in a few drops of essence of any of the above flavourings. Let the rice get cold; then form it into small round balls, dip them into yolk of egg, sprinkle them with bread crumbs, and fry them in boiling lard for about 10 minutes, turning them about, that they may get equally browned. Drain the greasy moisture from them, by placing them on a cloth in front of the fire for a minute or two; pile them on a white d'oyley, and send them quickly to table. A small piece of jam is sometimes introduced into the middle of each croquette, which adds very much to the flavour of this favourite dish.

Time.—From 3/4 to 1 hour to swell the rice; about 10 minutes to fry the croquettes.

Average cost, 10d.

Sufficient to make 7 or 8 croquettes.

Seasonable at any time.

RICE FRITTERS.

1478. INGREDIENTS.—6 oz. of rice, 1 quart of milk, 3 oz. of

时令任何时候皆宜。

米饭炸丸子

1477. 配料。--1/2 lb.米，1 quart 牛奶，6 oz.砂糖，香草、柠檬皮或苦杏仁调味，鸡蛋和面包屑，热猪油。

Mode。- 将米、牛奶和糖放入炖锅，用文火让米逐渐膨胀，直至牛奶全部收干；在米即将煮好时，搅入几滴上述任一种调味香精。让米放凉；然后将其捏成小圆球，蘸上蛋黄，撒上面包屑，放入滚沸的猪油中炸约10分钟，不断翻动，使其均匀上色。将小球放在炉火前的布上静置一两分钟，沥去油分；将其堆放在白色花边垫纸上，迅速上桌。有时会在每个炸米球中间放入一小块果酱，这大大增添了这道受欢迎菜肴的风味。

时间。--3/4 至 1 小时使米膨胀；约 10 分钟炸可乐饼。

平均成本,10便士。

足量可制作7或8个炸肉饼。

时令任何时候皆宜。

米饭炸饼。

1478. 配料--6 oz.米，1 quart 牛奶，3 oz.

sugar, 1 oz. of fresh butter 6 oz. of orange marmalade, 4 eggs.

糖，1 oz.新鲜黄油，6 oz.橙子果酱，4 个鸡蛋。

Mode.—Swell the rice in the milk, with the sugar and butter, over a slow fire until it is perfectly tender, which will be in about 3/4 hour. When the rice is done, strain away the milk, should there be any left, and mix with it the marmalade and well-beaten eggs; stir the whole over the fire until the eggs are set; then spread the mixture on a dish to the thickness of about 1/2 inch, or rather thicker. When it is perfectly cold, cut it into long strips, dip them in a batter the same as for apple fritters, and fry them a nice brown. Dish them on a white d'oyley, strew sifted sugar over, and serve quickly.

Mode。- 将米与糖、黄油一起在牛奶中用文火煮至完全软烂，约需3/4小时。米煮好后，若有剩余的牛奶则滤去，拌入果酱和打散的鸡蛋；将全部材料在火上搅拌至鸡蛋凝固；然后将混合物铺在盘中，厚约1/2 inch，或稍厚一些。待其完全冷却后，切成长条，蘸上与苹果炸饼相同的面糊，炸至漂亮的棕黄色。将其摆放在白色花边垫纸上，撒上糖粉，迅速上桌。

Time.—About 3/4 hour to swell the rice; from 7 to 10 minutes to fry the fritters.

时间。--约 3/4 小时使米膨胀；7 至 10 分钟炸油炸饼。

Average cost, 1s. 6d.

平均费用,1先令6便士。

Sufficient to make 7 or 8 fritters.

足量可制作7或8个油炸果。

Seasonable at any time.

时令任何时候皆宜。

RICE SNOWBALLS. (*A pretty dish for Juvenile Suppers*.)

米饭雪球。(少年晚餐的一道漂亮菜肴。)

1479. INGREDIENTS.—6 oz. of rice, 1 quart of milk, flavouring of essence of almonds, sugar to taste, 1 pint of custard made by recipe No. 1423.

1479. 配料。--6 oz.米，1 quart 牛奶，杏仁精调味，糖适量，1 pint 按第 1423 号食谱制作的蛋奶糊。

Mode.—Boil the rice in the milk, with sugar and a flavouring of essence of almonds, until the former is tender, adding, if necessary, a little more milk, should it dry away too much. When the rice is quite soft, put it into teacups, or *small* round jars, and let it remain until cold; then turn the rice out on a deep glass dish, pour over a custard made by recipe No. 1423, and, on the top of

做法。--将米与糖及杏仁精调味一同放入牛奶中煮，至米软烂，若牛奶收干过多，必要时再加少许牛奶。米完全软烂后，盛入茶杯或小圆罐中，待其冷却；然后将米倒扣在深玻璃盘中，浇上按第 1423 号食谱制作的蛋奶糊，并在顶部

each ball place a small piece of bright-coloured preserve or jelly. Lemon-peel or vanilla may be boiled with the rice instead of the essence of almonds, when either of these is preferred; but the flavouring of the custard must correspond with that of the rice.

Time.—About 3/4 hour to swell the rice in the milk.

Average cost, with the custard, 1s. 6d.

Sufficient for 5 or 6 children.

Seasonable at any time.

RICE SOUFFLE.

1480. INGREDIENTS.—3 tablespoonfuls of ground rice, 1 pint of milk, 5 eggs, pounded sugar to taste, flavouring of lemon-rind, vanilla, coffee, chocolate, or anything that may be preferred, a piece of butter the size of a walnut.

Mode.—Mix the ground rice with 6 tablespoonfuls of the milk quite smoothly, and put it into a saucepan with the remainder of the milk and butter, and keep stirring it over the fire for about 1/4 hour, or until the mixture thickens. Separate the yolks from the whites of the eggs, beat the former in a basin, and stir to them the rice and sufficient pounded sugar to sweeten the soufflé; but add this latter ingredient as sparingly as possible, as, the less sugar there is used, the lighter will be the soufflé. Now whisk the whites of the eggs to a stiff froth or snow; mix them with the other preparation, and pour the whole into a soufflé-dish, and put it instantly into the oven; bake it about 1/2 hour in a moderate oven; take it out, hold a salamander or hot shovel over the top, sprinkle sifted sugar over it, and send the soufflé to table in the

每个米球顶部放一小块颜色鲜艳的蜜饯或果冻。如更喜欢柠檬皮或香草，可与米同煮以代替杏仁精；但蛋奶糊的调味必须与米的调味一致。时间。- 约 3/4 小时使米在牛奶中膨胀。平均费用，连同蛋奶糊，1s.6d.

足够供五六个孩子食用。

时令任何时候皆宜。

大米舒芙蕾。

1480. 配料。--3 汤匙米粉，1 pint 牛奶，5 个鸡蛋，砂糖适量，柠檬皮、香草、咖啡、巧克力或任何偏好之物调味，一块核桃大小的黄油。

Mode。- 将米粉与6汤匙牛奶调至完全顺滑，连同剩余的牛奶和黄油放入炖锅，在火上不断搅拌约1/4小时，或至混合物变稠。将蛋黄与蛋白分离，在盆中打散蛋黄，搅入米糊和足量的糖粉使舒芙蕾变甜；但应尽可能少加糖粉，因为糖用得越少，舒芙蕾就越轻盈。现在将蛋白打至硬性发泡或雪状；将其与其他混合物拌匀，全部倒入舒芙蕾烤盘中，立即放入烤箱；在中等温度的烤箱中烤约1/2小时；取出后，用烤铁或热铲在顶部烘烤上色，撒上糖粉，将舒芙蕾端上桌，置于

dish it was baked in, either with a napkin pinned round, or inclosed in a more ornamental dish. The excellence of this fashionable dish entirely depends on the proper whisking of the whites of the eggs, the manner of baking, and the expedition with which it is sent to table. Soufflés should be served *instantly* from the oven, or they will sink, and be nothing more than an ordinary pudding.

盛于烘烤它的盘中，或用餐巾别在盘周，或装入更精美的盘中。这道时尚菜肴的优劣完全取决于蛋白是否打发得当、烘烤方式以及上桌的迅速程度。舒芙蕾应出炉后立即上桌，否则会塌陷，不过是一道普通的布丁而已。

Time.—About 1/2 hour.

时间。--约1/2小时。

Average cost, 1s.

平均成本,1先令。

Sufficient for 3 or 4 persons.

足够供三四人食用。

Seasonable at any time.

时令任何时候皆宜。

TO MAKE A SOUFFLE.

制作蛋奶酥

1481. INGREDIENTS.—3 heaped tablespoonfuls of potato-flour, rice-flour, arrowroot, or tapioca, 1 pint of milk, 5 eggs, a piece of butter the size of a walnut, sifted sugar to taste, 1/4 saltspoonful of salt flavouring.

1481. 配料。--3 满汤匙马铃薯粉、米粉、竹芋粉或木薯粉，1 pint 牛奶，5 个鸡蛋，一块核桃大小的黄油，糖粉适量，1/4 盐匙盐调味。

Mode.—Mix the potato-flour, or whichever one of the above ingredients is used, with a little of the milk; put it into a saucepan, with the remainder of the milk, the butter, salt, and sufficient pounded sugar to sweeten the whole nicely. Stir these ingredients over the fire until the mixture thickens; then take it off the fire, and let it cool a little. Separate the whites from the yolks of the eggs, beat the latter, and stir them into the soufflé batter. Now whisk the whites of the eggs to the firmest possible froth, for on this depends the excellence of the dish; stir them to the other ingredients, and add a few drops of essence of any flavouring that

Mode。- 将马铃薯粉，或上述配料中任选一种，与少量牛奶调匀；将其放入炖锅，加入剩余的牛奶、黄油、盐和足量的糖粉使整体甜度适中。在火上搅拌这些配料至混合物变稠；然后离火，稍放凉。将蛋白与蛋黄分离，打散蛋黄，搅入舒芙蕾面糊中。现在将蛋白打至尽可能硬挺的泡沫，因为这道菜的优劣全在于此；将其拌入其他配料中，并加入几滴任意风味的香精，

may be preferred; such as vanilla, lemon, orange, ginger, &c. &c. Pour the batter into a soufflé-dish, put it immediately into the oven, and bake for about 1/2 hour; then take it out, put the dish into another more ornamental one, such as is made for the purpose; hold a salamander or hot shovel over the soufflé, strew it with sifted sugar, and send it instantly to table. The secret of making a soufflé well, is to have the eggs well whisked, but particularly the whites, the oven not too hot, and to send it to table the moment it comes from the oven. If the soufflé be ever so well made, and it is allowed to stand before being sent to table, its appearance and goodness will be entirely spoiled. Soufflés may be flavoured in various ways, but must be named accordingly. Vanilla is one of the most delicate and recherché flavourings that can be used for this very fashionable dish.

可选用；如香草、柠檬、橙子、姜等。将面糊倒入舒芙蕾烤盘，立即放入烤箱，烘烤约1/2小时；然后取出，将烤盘放入另一个更具装饰性的专用盘中；用烤铁板或热铲在舒芙蕾上方烘烤，撒上筛过的糖，立即端上桌。制作舒芙蕾成功的秘诀在于将鸡蛋充分打发，尤其是蛋白，烤箱温度不宜过高，并且出炉后立即上桌。如果舒芙蕾做得再好，若在上桌前放置一段时间，其外观和品质都会完全被破坏。舒芙蕾可以用多种方式调味，但必须相应命名。香草是可用于这道非常时尚菜肴的最精致、最考究的调味品之一。

Time.—About 1/2 hour in the oven; 2 or 3 minutes to hold the salamander over.

时间。--烤箱中约 1/2 小时；用烤板在表面烘 2 至 3 分钟。

Average cost, 1s.

平均成本,1先令。

Sufficient for 3 or 4 persons.

足够供三四人食用。

Seasonable at any time.

时令任何时候皆宜。

SNOW EGGS, or OEUFS A LA NEIGE.

雪蛋，或雪中蛋。

(*A very pretty Supper Dish*.)

(一道非常漂亮的晚餐菜肴。)

1482. INGREDIENTS.—4 eggs, 3/4 pint of milk, pounded sugar to taste, flavouring of vanilla, lemon-rind, or orange-flower water.

1482. 配料。--4 个鸡蛋，3/4 pint 牛奶，砂糖适量，香草、柠檬皮或橙花水调味。

Mode.—Put the milk into a saucepan with sufficient sugar to sweeten it nicely, and the rind of 1/2 lemon. Let this steep by the side of the fire for 1/2 hour, when take out the peel; separate the

做法。--将牛奶放入锅中，加入足量糖使其甜美可口，并加入 1/2 个柠檬的皮。置于火旁浸渍 1/2 小时，然后取出柠檬皮；分开

whites from the yolks of the eggs, and whisk the former to a perfectly stiff froth, or until there is no liquid remaining; bring the milk to the boiling-point, and drop in the snow a tablespoonful at a time, and keep turning the eggs until sufficiently cooked. Then place them on a glass dish, beat up the yolks of the eggs, stir to them the milk, add a little more sugar, and strain this mixture into a jug; place the jug in a saucepan of boiling water, and stir it one way until the mixture thickens, but do not allow it to boil, or it will curdle. Pour this custard over the eggs, when they should rise to the surface. They make an exceedingly pretty addition to a supper, and should be put in a cold place after being made. When they are flavoured with vanilla or orange-flower water, it is not necessary to steep the milk. A few drops of the essence of either may be poured in the milk just before the whites are poached. In making the custard, a little more flavouring and sugar should always be added.

将蛋白与蛋黄分离，将蛋白搅打至完全硬性发泡，或直到没有液体残留；将牛奶煮沸，一次一汤匙地将蛋白霜放入，不断翻动鸡蛋直至煮熟。然后将它们放在玻璃盘中，打散蛋黄，将牛奶搅入，加入少许糖，将此混合物过滤到壶中；将壶放入装有沸水的锅中，单向搅拌直至混合物变稠，但不要让其沸腾，否则会凝结。将此蛋奶糊倒在鸡蛋上，鸡蛋应浮到表面。它们是为晚餐增添的一道非常漂亮的菜品，做好后应放在阴凉处。如果用香草或橙花水调味，则无需浸泡牛奶。在蛋白霜放入之前，可将几滴香精倒入牛奶中。制作蛋奶糊时，应始终多加一些调味品和糖。

Time.—About 2 minutes to poach the whites; 8 minutes to stir the custard.

时间。--约 2 分钟煮蛋白；8 分钟搅动蛋奶糊。

Average cost, 8d.

平均费用,8便士。

Sufficient for 4 or 5 persons. *Seasonable* at any time.

足够供4或5人食用。时令任何时候皆宜。

STONE CREAM OF TOUS LES MOIS.

四季皆宜的石头奶油

1483. INGREDIENTS.—1/2 lb. of preserve, 1 pint of milk, 2 oz. of lump sugar, 1 heaped tablespoonful of tous les mois, 3 drops of essence of cloves, 3 drops of almond-flavouring.

1483. 配料。--1/2 lb.蜜饯，1 pint 牛奶，2 oz.块糖，1 满汤匙 tous les mois,3 滴丁香油，3 滴杏仁调味精。

Mode.—Place the preserve at the bottom of a glass dish; put the milk into a lined saucepan, with the sugar, and make it boil. Mix

做法。--将蜜饯置于玻璃盘底部；将牛奶放入衬锅，加糖煮沸。混合

to a smooth batter the tous les mois, with a very little cold milk; stir it briskly into the boiling milk, add the flavouring, and simmer for 2 minutes. When rather cool, but before turning solid, pour the cream over the jam, and ornament it with strips of red-currant jelly or preserved fruit.

tous les mois 与极少量冷牛奶调成光滑面糊；迅速搅入沸腾的牛奶中，加入调味，微沸 2 分钟。待稍凉但尚未凝固时，将奶油浇在果酱上，并用红醋栗果冻条或蜜饯水果装饰。

Time.—2 minutes. *Average cost*, 10d.

时间。--2分钟。平均费用,10d。

Sufficient for 4 or 5 persons. *Seasonable* at any time.

足够供4或5人食用。时令任何时候皆宜。

STRAWBERRY JELLY.

草莓果冻。

1484. INGREDIENTS.—Strawberries, pounded sugar; to every pint of juice allow 1-1/4 oz. of isinglass.

1484. 配料。--草莓，砂糖；每品脱果汁配1-1/4 oz.鱼胶。

Mode.—Pick the strawberries, put them into a pan, squeeze them well with a wooden spoon, add sufficient pounded sugar to sweeten them nicely, and let them remain for 1 hour, that the juice may be extracted; then add 1/2 pint of water to every pint of juice. Strain the strawberry-juice and water through a bag; measure it, and to every pint allow 1-1/4 oz. of isinglass, melted and clarified in 1/4 pint of water. Mix this with the juice; put the jelly into a mould, and set the mould in ice. A little lemon-juice added to the strawberry-juice improves the flavour of the jelly, if the fruit is very ripe; but it must be well strained before it is put to the other ingredients, or it will make the jelly muddy.

Mode。--将草莓洗净，放入锅中，用木勺充分挤压，加入足够的糖粉使其甜美可口，静置1小时以提取汁液；然后每1品脱汁液加入1/2品脱水。将草莓汁和水通过布袋过滤；量取，每1品脱加入1-1/4 oz.的鱼胶，在1/4品脱水中融化并澄清。将此与果汁混合；将果冻倒入模具，将模具置于冰上。如果水果非常成熟，在草莓汁中加入少许柠檬汁可改善果冻的风味；但必须在加入其他配料之前充分过滤，否则会使果冻浑浊。

Time.—1 hour to draw the juice.

时间。- 熬汁需1小时。

Average cost, with the best isinglass, 3s.

平均成本，使用最好的鱼胶，3先令。

Sufficient.—Allow 1-1/2 pint of jelly for 5 or 6 persons.

足量。--供5至6人，备果冻1-1/2品脱。

Seasonable in June, July, and August.

时令六月、七月和八月。

SWISS CREAM.

1485. INGREDIENTS.—1/4 lb. of macaroons or 6 small sponge-cakes, sherry, 1 pint of cream, 5 oz. of lump sugar, 2 large tablespoonfuls of arrowroot, the rind of 1 lemon, the juice of 1/2 lemon, 3 tablespoonfuls of milk.

Mode.—Lay the macaroons or sponge-cakes in a glass dish, and pour over them as much sherry as will cover them, or sufficient to soak them well. Put the cream into a lined saucepan, with the sugar and lemon-rind, and let it remain by the side of the fire until the cream is well flavoured, when take out the lemon-rind. Mix the arrowroot smoothly with the cold milk; add this to the cream, and let it boil gently for about 3 minutes, keeping it well stirred. Take it off the fire, stir till nearly cold, when add the lemon-juice, and pour the whole over the cakes. Garnish the cream with strips of angelica, or candied citron cut thin, or bright-coloured jelly or preserve. This cream is exceedingly delicious, flavoured with vanilla instead of lemon: when this flavouring is used, the sherry may be omitted, and the mixture poured over the *dry* cakes.

Time.—About 1/2 hour to infuse the lemon-rind; 5 minutes to boil the cream.

Average cost, with cream at 1s. per pint, 3s.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

TO MAKE SYLLABUB.

1486. INGREDIENTS.—1 pint of sherry or white wine, 1/2 grated

瑞士奶油。

1485. 配料。--1/4 lb.马卡龙或6个小海绵蛋糕，雪利酒，1品脱奶油，5 oz.块糖，2大汤匙竹芋粉，1个柠檬的皮，1/2个柠檬的汁，3汤匙牛奶。

做法。--将杏仁蛋白饼或海绵蛋糕铺在玻璃盘中，倒入足以覆盖或充分浸泡的雪利酒。将奶油放入衬里的锅中，加入糖和柠檬皮，放在火旁直至奶油充分入味，然后取出柠檬皮。将竹芋粉与冷牛奶调匀；加入奶油中，小火煮约3分钟，不断搅拌。离火，搅拌至几乎冷却，加入柠檬汁，将全部倒在蛋糕上。用当归条或切薄的蜜饯香橼，或色彩鲜艳的果冻或蜜饯装饰奶油。这款奶油用香草代替柠檬调味非常美味：使用这种调味时，可以省略雪利酒，将混合物倒在干蛋糕上。

时间。--浸泡柠檬皮约1/2小时；煮奶油5分钟。

平均成本，以每品脱1先令的奶油计，3先令。

足够供5或6人食用。时令任何时候皆宜。

制作西拉布

1486. 配料--1品脱雪利酒或白葡萄酒，1/2磨碎的

nutmeg, sugar to taste, 1-1/2 pint of milk.

Mode.—Put the wine into a bowl, with the grated nutmeg and plenty of pounded sugar, and milk into it the above proportion of milk frothed up. Clouted cream may be laid on the top, with pounded cinnamon or nutmeg and sugar; and a little brandy may be added to the wine before the milk is put in. In some counties, cider is substituted for the wine: when this is used, brandy must always be added. Warm milk may be poured on from a spouted jug or teapot; but it must be held very high.

Average cost, 2s.

Sufficient for 5 or 6 persons. *Seasonable* at any time.

TIPSY CAKE.

1487. INGREDIENTS.—1 moulded sponge-or Savoy-cake, sufficient sweet wine or sherry to soak it, 6 tablespoonfuls of brandy, 2 oz. of sweet almonds, 1 pint of rich custard.

[Illustration: TIPSY CAKE.]

Mode.—Procure a cake that is three or four days old,—either sponge, Savoy, or rice answering for the purpose of a tipsy cake. Cut the bottom of the cake level, to make it stand firm in the dish; make a small hole in the centre, and pour in and over the cake sufficient sweet wine or sherry, mixed with the above proportion of brandy, to soak it nicely. When the cake is well soaked, blanch and cut the almonds into strips, stick them all over the cake, and pour round it a good custard, made by recipe No. 1423, allowing 8 eggs instead of 5 to the pint of milk. The cakes are sometimes crumbled and soaked, and a whipped cream heaped over them,

肉豆蔻，糖适量，1-1/2品脱牛奶。

做法。--将葡萄酒倒入碗中，加入磨碎的肉豆蔻和足量砂糖，再将上述比例的牛奶打起泡沫后倒入其中。可在上面铺一层凝脂奶油，撒上磨碎的肉桂或肉豆蔻和糖；在倒入牛奶之前，可往酒中加入少许白兰地。有些郡用苹果酒代替葡萄酒：使用苹果酒时，必须始终加入白兰地。可用带嘴的壶或茶壶倒入热牛奶；但必须举得很高。

平均成本,2先令。

足够供5或6人食用。时令任何时候皆宜。

微醺蛋糕

1487. 配料。--1个模制海绵蛋糕或萨伏依蛋糕，足量甜酒或雪利酒用于浸泡，6汤匙白兰地，2 oz.甜杏仁，1品脱浓蛋奶糊。

[插图：微醺蛋糕]

做法。--准备一个放置三四天的蛋糕--海绵蛋糕、萨伏依蛋糕或米蛋糕均可用于制作醉蛋糕。将蛋糕底部切平，使其在盘中稳固；在中心挖一个小孔，将足够的甜酒或雪利酒与上述比例的白兰地混合，倒入并浇在蛋糕上，使其充分浸泡。蛋糕充分浸泡后，将杏仁去皮切成条状，插满蛋糕，周围倒上好的蛋奶糊，按第1423号食谱制作，每品脱牛奶用8个鸡蛋代替5个。有时将蛋糕弄碎浸泡，上面堆上打发的奶油，

the same as for trifles.

Time.—About 2 hours to soak the cake. *Average cost*, 4s. 6d.

Sufficient for 1 dish. *Seasonable* at any time.

ALMOND.—The almond-tree is a native of warmer climates than Britain, and is indigenous to the northern parts of Africa and Asia; but it is now commonly cultivated in Italy, Spain, and the south of France. It is not usually grown in Britain, and the fruit seldom ripens in this country: it is much admired for the beauty of its blossoms. In the form of its leaves and blossoms it strongly resembles the peach-tree, and is included in the same genus by botanists; but the fruit, instead of presenting a delicious pulp like the peach, shrivels up as it ripens, and becomes only a tough coriaceous covering to the stone inclosing the eatable kernel, which is surrounded by a thin bitter skin. It flowers early in the spring, and produces fruit in August. There are two sorts of almonds,—sweet and bitter; but they are considered to be only varieties of the species; and though the qualities of the kernels are very different, they are not distinguishable by their appearance.

AN EASY WAY OF MAKING A TIPSY CAKE.

1488. INGREDIENTS.—12 stale small sponge-cakes, raisin wine, 1/2 lb. of jam, 1 pint of custard No. 1423.

Mode.—Soak the sponge-cakes, which should be stale (on this account they should be cheaper), in a little raisin wine; arrange them on a deep glass dish in four layers, putting a layer of jam between each, and pour round them a pint of custard, made by recipe No. 1423, decorating the top with cut preserved fruit.

与琐事相同。

时间。--浸泡蛋糕约2小时。平均费用,4s.6d.

足量供1道菜。时令随时皆宜。

杏仁。--杏仁树原产于比英国更温暖的气候，原生于非洲北部和亚洲；但如今在意大利、西班牙和法国南部已普遍栽培。它通常不在英国种植，果实在这个国家很少成熟：它因其花朵的美丽而备受赞赏。在叶子和花朵的形态上，它极像桃树，植物学家将其归入同一属；但果实不像桃子那样呈现美味的果肉，而是在成熟时皱缩，只成为包裹着内含可食种仁的核的坚韧革质外皮，种仁周围有一层薄薄的苦皮。它在早春开花，八月结果。杏仁有两种--甜杏仁和苦杏仁；但它们被认为只是同一种类的变种；尽管种仁的性质差异很大，却无法通过外观加以区分。

制作微醺蛋糕的简便方法。

1488. 配料。--12个不新鲜的小海绵蛋糕，葡萄干酒，1/2 lb.果酱，1品脱第1423号蛋奶糊。

做法。--将海绵蛋糕(应使用不新鲜的，因此应更便宜)浸泡在少许葡萄干酒中；将其排列在深玻璃盘中，分四层，每层之间放一层果酱，周围倒入一品脱按第1423号食谱制作的蛋奶糊，顶部用切开的糖渍水果装饰。

Time.—2 hours to soak the cakes. Average cost, 2s. 6d.

Sufficient for 1 dish. *Seasonable* at any time.

TO MAKE A TRIFLE.

1489. INGREDIENTS.—For the whip, 1 pint of cream, 3 oz. of pounded sugar, the whites of 2 eggs, a small glass of sherry or raisin wine. For the trifle, 1 pint of custard, made with 8 eggs to a pint of milk; 6 small sponge-cakes, or 6 slices of sponge-cake; 12 macaroons, 2 dozen ratafias, 2 oz. of sweet almonds, the grated rind of 1 lemon, a layer of raspberry or strawberry jam, 1/2 pint of sherry or sweet wine, 6 tablespoonfuls of brandy.

[Illustration: TRIFLE.]

Mode.—The whip to lay over the top of the trifle should be made the day before it is required for table, as the flavour is better, and it is much more solid than when prepared the same day. Put into a large bowl the pounded sugar, the whites of the eggs, which should be beaten to a stiff froth, a glass of sherry or sweet wine, and the cream. Whisk these ingredients well in a cool place, and take off the froth with a skimmer as fast as it rises, and put it on a sieve to drain; continue the whisking till there is sufficient of the whip, which must be put away in a cool place to drain. The next day, place the sponge-cakes, macaroons, and ratafias at the bottom of a trifle-dish; pour over them 1/2 pint of sherry or sweet wine, mixed with 6 tablespoonfuls of brandy, and, should this proportion of wine not be found quite sufficient, add a little more, as the cakes should be well soaked. Over the cakes put the grated lemon-rind, the sweet almonds, blanched and cut into strips, and a layer of raspberry or strawberry jam. Make a good custard by

时间。- 浸泡蛋糕2小时。平均成本，2先令6便士。

足量供1道菜。时令随时皆宜。

制作水果奶油蛋糕。

1489. 配料。--用于搅打奶油：1品脱奶油，3 oz.砂糖，2个蛋的蛋白，一小杯雪利酒或葡萄干酒。用于松糕：1品脱蛋奶糊，用8个蛋配一品脱牛奶制成；6个小海绵蛋糕，或6片海绵蛋糕；12个马卡龙，2打果仁小饼，2 oz.甜杏仁，1个柠檬的磨碎皮，一层覆盆子或草莓果酱，1/2品脱雪利酒或甜酒，6汤匙白兰地。

[插图：松糕]

做法。--铺在水果奶油蛋糕(trifle)顶上的掼奶油应在需上桌的前一天制作，因为风味更佳，而且比当天制作的更为坚实。将捣碎的糖、蛋白(应打至硬性发泡)、一杯雪利酒或甜葡萄酒以及奶油放入一个大碗中。在阴凉处将这些配料充分搅打，泡沫升起时即用撇沫器撇出，放在滤网上沥干；继续搅打，直到掼奶油足够为止，然后将其放在阴凉处沥干。第二天，将海绵蛋糕、杏仁蛋白饼和杏仁小圆饼放在水果奶油蛋糕盘的底部；在上面倒入1/2品脱雪利酒或甜葡萄酒，混合6汤匙白兰地，如果这个酒量不够，再加一些，因为蛋糕应充分浸泡。在蛋糕上撒上磨碎的柠檬皮、去皮切成条的甜杏仁，以及一层覆盆子酱或草莓酱。用

recipe No. 1423, using 8 instead of 5 eggs to the pint of milk, and let this cool a little; then pour it over the cakes, &c. The whip being made the day previously, and the trifle prepared, there remains nothing to do now but heap the whip lightly over the top: this should stand as high as possible, and it may be garnished with strips of bright currant jelly, crystallized sweetmeats, or flowers; the small coloured comfits are sometimes used for the purpose of garnishing a trifle, but they are now considered rather old-fashioned. (See coloured plate, V1.)

Average cost, with cream at 1s. per pint, 5s. 6d.

Sufficient for 1 trifle. *Seasonable* at any time.

VANILLA CREAM.

1490. INGREDIENTS.—1 pint of milk, the yolks of 8 eggs, 6 oz. of sugar, 1 oz. of isinglass, flavouring to taste of essence of vanilla.

[Illustration: VANILLA-CREAM MOULD.]

Mode.—Put the milk and sugar into a saucepan, and let it get hot over a slow fire; beat up the yolks of the eggs, to which add gradually the sweetened milk; flavour the whole with essence of vanilla, put the mixture into a jug, and place this jug in a saucepan of boiling water. Stir the contents with a wooden spoon one way until the mixture thickens, but do not allow it to boil, or it will be full of lumps. Take it off the fire; stir in the isinglass, which should be previously dissolved in about 1/4 pint of water, and boiled for 2 or 3 minutes; pour the cream into an oiled mould, put it in a cool place to set, and turn it out carefully on a dish. Instead of using the essence of vanilla, a pod may be boiled in the

食谱第1423号制作上好的蛋奶糊，每品脱牛奶用8个鸡蛋而非5个，让其稍微冷却；然后倒在蛋糕等上面。掼奶油已于前一天做好，水果奶油蛋糕也已备好，现在只需将掼奶油轻轻堆在顶部：应尽可能堆得高，可用明亮的醋栗果冻条、糖渍蜜饯或花朵装饰；有时也用彩色小糖果来装饰水果奶油蛋糕，但如今这被认为相当过时了。(见彩色图版，V1。)

平均成本，奶油每品脱1先令，5先令6便士。

足够制作1份松糕。时令任何时候皆宜。

香草奶油。

1490. 配料。--1品脱牛奶，8个蛋的蛋黄，6 oz.糖，1 oz.鱼胶，香草精调味。

[插图：香草奶油模具。]

做法。--将牛奶和糖放入平底锅中，用文火加热；将蛋黄打散，逐渐加入加糖的牛奶；用香草精为整体调味，将混合物倒入壶中，再将此壶放入盛有沸水的平底锅中。用木勺朝一个方向搅拌内容物，直到混合物变稠，但不要让它煮沸，否则会满是疙瘩。将其离火；拌入鱼胶，鱼胶应事先在约1/4品脱水中溶解并煮2至3分钟；将奶油倒入涂油的模具中，放在阴凉处凝固，然后小心地扣在盘子上。不用香草精的话，可以将一根香草荚煮沸在

milk instead, until the flavour is well extracted. A pod, or a pod and a half, will be found sufficient for the above proportion of ingredients.

Time.—About 10 minutes to stir the mixture.

Average cost, with the best isinglass, 2*s*. 6d.

Sufficient to fill a quart mould. *Seasonable* at any time.

VANILLE or VANILLA, is the fruit of the vanillier, a parasitical herbaceous plant, which flourishes in Brazil, Mexico, and Peru. The fruit is a long capsule, thick and fleshy. Certain species of this fruit contain a pulp with a delicious perfume and flavour. Vanilla is principally imported from Mexico. The capsules for export are always picked at perfect maturity. The essence is the form in which it is used generally and most conveniently. Its properties are stimulating and exciting. It is in daily use for ices, chocolates, and flavouring confections generally.

VICTORIA SANDWICHES.

1491. INGREDIENTS.—4 eggs; their weight in pounded sugar, butter, and flour; 1/4 saltspoonful of salt, a layer of any kind of jam or marmalade.

Mode.—Beat the butter to a cream; dredge in the flour and pounded sugar; stir these ingredients well together, and add the eggs, which should be previously thoroughly whisked. When the mixture has been well beaten for about 10 minutes, butter a Yorkshire-pudding tin, pour in the batter, and bake it in a moderate oven for 20 minutes. Let it cool, spread one half of the cake with a layer of nice preserve, place over it the other half of

改用牛奶，直至香味充分浸出。对于上述比例的配料，一个香荚或一个半香荚即足够。

时间。--搅拌混合物约需10分钟。

平均成本，使用最佳鱼胶，2先令6便士。

足量可装满一夸脱模具。时令随时皆宜。

香草(VANILLE或VANILLA)，是香草兰的果实，一种寄生草本植物，在巴西、墨西哥和秘鲁茂盛生长。果实是长形的蒴果，厚实多肉。某些种类的这种果实含有带美味香气和风味的果肉。香草主要从墨西哥进口。出口用的蒴果总是在完全成熟时采摘。香精是通常且最方便使用的形式。其性质为刺激性和兴奋性。它日常用于冰品、巧克力以及一般糖果点心的调味。

维多利亚三明治

1491. 配料。--4个蛋；与蛋等重的砂糖、黄油和面粉；1/4茶匙盐，一层任何种类的果酱或柑橘酱。

做法。--将黄油搅打至奶油状；撒入面粉和糖粉；将这些配料充分搅拌均匀，然后加入事先彻底打散的鸡蛋。将混合物充分搅打约10分钟后，在约克郡布丁烤模中抹上黄油，倒入面糊，放入中等温度的烤箱烘烤20分钟。待其冷却后，在蛋糕的一半上涂一层优质果酱，将另一半

the cake, press the pieces slightly together, and then cut it into long finger-pieces; pile them in crossbars on a glass dish, and serve.

Time.—20 minutes.

Average cost, 1s. 3d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

WHIPPED CREAM, for putting on Trifles, serving in Glasses, &c.

1492. INGREDIENTS.—To every pint of cream allow 3 oz. of pounded sugar, 1 glass of sherry or any kind of sweet white wine, the rind of 1/2 lemon, the white of 1 egg.

[Illustration: PASTRY LEAF.]

Mode.—Rub the sugar on the lemon-rind, and pound it in a mortar until quite fine, and beat up the white of the egg until quite stiff; put the cream into a large bowl, with the sugar, wine, and beaten egg, and whip it to a froth; as fast as the froth rises, take it off with a skimmer, and put it on a sieve to drain, in a cool place. This should be made the day before it is wanted, as the whip is then so much firmer. The cream should be whipped in a cool place, and in summer, over ice, if it is obtainable. A plain whipped cream may be served on a glass dish, and garnished with strips of angelica, or pastry leaves, or pieces of bright-coloured jelly: it makes a very pretty addition to the supper-table.

Time.—About 1 hour to whip the cream.

Average cost, with cream at 1s. per pint, 1s. 9d.

蛋糕盖在上面，轻轻压紧，然后切成长条手指状；将其交叉叠放在玻璃盘中，即可上桌。

时间。--20分钟。

平均费用,1先令3便士。

足量供5或6人食用。

时令任何时候皆宜。

打发奶油，用于装饰水果奶油蛋糕、盛于玻璃杯中等等。

1492. 配料。--每1品脱奶油配3 oz.糖粉、1杯雪利酒或任何种类的甜白葡萄酒、1/2个柠檬的皮、1个鸡蛋的蛋白。

[插图：糕点叶片]

Mode。将糖在柠檬皮上揉搓，然后放入研钵中捣至非常细，将蛋清打至非常浓稠；将奶油放入一个大碗中，加入糖、葡萄酒和打好的蛋清，搅打至起泡；泡沫升起后，立即用撇沫器撇出，放在筛子上沥干，置于阴凉处。这道菜应在食用前一天制作，这样奶油泡沫会更加坚实。奶油应在阴凉处搅打，夏季若有冰，可在冰上搅打。普通的搅打奶油可盛在玻璃盘中，用当归条、糕点叶或亮色果冻块装饰：它为晚餐桌增添了一道非常漂亮的点缀。

时间。--打发奶油约需1小时。

平均成本，以每品脱1先令的奶油计，为1先令9便士。

Sufficient for 1 dish or 1 trifle.

Seasonable at any time.

WHIPPED SYLLABUBS.

1493. INGREDIENTS.—1/2 pint of cream, 1/4 pint of sherry, half that quantity of brandy, the juice of 1/2 lemon, a little grated nutmeg, 3 oz. of pounded sugar, whipped cream the same as for trifle No. 1489.

Mode.—Mix all the ingredients together, put the syllabub into glasses, and over the top of them heap a little whipped cream, made in the same manner as for trifle No. 1489. Solid syllabub is made by whisking or milling the mixture to a stiff froth, and putting it in the glasses, without the whipped cream at the top.

Average cost, 1s. 8d.

Sufficient to fill 8 or 9 glasses.

Seasonable at any time.

THE CURE'S OMELET.

"Every one knows," says Brillat Savarin, in his "Physiology of Taste," "that for twenty years Madame Récamier was the most beautiful woman in Paris. It is also well known that she was exceedingly charitable, and took a great interest in every benevolent work. Wishing to consult the Curé of —— respecting the working of an institution, she went to his house at five o'clock in the afternoon, and was much astonished at finding him already at his dinner-table.

足量供1道菜或1份松糕用。

时令任何时候皆宜。

打发奶油 syllabub

1493. 配料。--1/2品脱奶油、1/4品脱雪利酒、该用量一半的白兰地、1/2个柠檬的汁、少许磨碎的肉豆蔻、3 oz.糖粉、打发奶油，与第1489号水果奶油布丁所用相同。

做法。--将所有配料混合在一起，将西拉布布丁倒入玻璃杯中，在上面堆上少许打发奶油，制法与第1489号水果奶油布丁相同。硬质西拉布布丁是将混合物搅打或研磨至硬性泡沫状，放入玻璃杯中，顶部不加打发奶油。

平均成本,1先令8便士。

足量可装满8或9个杯子。

时令任何时候皆宜。

疗愈煎蛋卷。

“人人都知道，”布里亚-萨瓦兰在其《味觉生理学》中说，“二十年来，雷卡米耶夫人是巴黎最美的女人。人们也熟知她极其慈善，对每一项善举都怀有极大的兴趣。她想就某个机构的运作事宜咨询--堂区的本堂神父，于是在下午五点钟前往他的住所，却惊讶地发现他已经坐在餐桌前用正餐了。

"Madame Récamier wished to retire, but the Curé would not hear of it. A neat white cloth covered the table; some good old wine sparkled in a crystal decanter; the porcelain was of the best; the plates had heaters of boiling water beneath them; a neatly-costumed maid-servant was in attendance. The repast was a compromise between frugality and luxury. The crawfish-soup had just been removed, and there was on the table a salmon-trout, an omelet, and a salad.

"'My dinner will tell you,' said the worthy Curé, with a smile, 'that it is fast-day, according to our Church's regulations.' Madame Récamier and her host attacked the trout, the sauce served with which betrayed a skilful hand, the countenance of the Curé the while showing satisfaction.

"And now they fell upon the omelet, which was round, sufficiently thick, and cooked, so to speak, to a hair's-breadth.

"As the spoon entered the omelet, a thick rich juice issued from it, pleasant to the eye as well as to the smell; the dish became full of it; and our fair friend owns that, between the perfume and the sight, it made her mouth water.

"'It is an *omelette au thon*' (that is to say, a tunny omelet), said the Curé, noticing, with the greatest delight, the emotion of Madame Récamier, 'and few people taste it without lavishing praises on it.'

"'It surprises me not at all,' returned the beauty; 'never has so enticing an omelet met my gaze at any of our lay tables.'

"'My cook understands them well, I think.'

"'Yes,' added Madame, 'I never ate anything so delightful.'"

“雷卡米耶夫人想要告辞，但本堂神父不肯听。桌上铺着一块整洁的白布；一只水晶醒酒器里闪着上好的陈年葡萄酒的光泽；瓷器是最好的；盘子的下面有沸水加热器；一位衣着整洁的女仆在旁侍候。这顿饭介于节俭与奢华之间。小龙虾汤刚刚撤下，桌上摆着一条鲑鳟鱼、一份煎蛋卷和一份沙拉。

“‘我的正餐会告诉您，’可敬的本堂神父微笑着说，‘今天是斋日，按照我们教会的规定。’雷卡米耶夫人和她的主人向鳟鱼发起进攻，配它的酱汁显露出高超的手艺，本堂神父 meanwhile 面露满意之色。

“现在他们向煎蛋卷下手了，它是圆的，相当厚实，而且可以说煮得恰到好处。

“当勺子插入煎蛋卷时，一股浓郁丰厚的汁液从中流出，赏心悦目，也香气扑鼻；盘子里满是汁液；我们这位美丽的朋友承认，那香气和景象让她口水直流。

“‘这是金枪鱼煎蛋卷’(也就是说，金枪鱼煎蛋卷)，本堂神父说，他极其高兴地注意到雷卡米耶夫人的激动神情，‘很少有人品尝它而不对它大加赞美。’

“‘我一点也不惊讶，’这位美人回答道；‘在我们世俗人家的餐桌上，我从未见过如此诱人的煎蛋卷。’

“我的厨师很懂它们，我想。”

“是的，”夫人补充道，“我从未吃过如此令人愉悦的东西。”

Then came the salad, which Savarin recommends to all who place confidence in him. It refreshes without exciting; and he has a theory that it makes people younger.

Amidst pleasant converse the dessert arrived. It consisted of three apples, cheese, and a plate of preserves; and then upon a little round table was served the Mocha coffee, for which France has been, and is, so justly famous.

"'I never,' said the Curé, 'take spirits; I always offer liqueurs to my guests but reserve the use of them, myself, to my old age, if it should please Providence to grant me that.'

"Finally, the charming Madame Récamier took her leave, and told all her friends of the delicious omelet which she had seen and partaken of."

And Brillat Savarin, in his capacity as the Layard of the concealed treasures of Gastronomia, has succeeded in withdrawing from obscurity the details of the preparation of which so much had been said, and which he imagines to be as wholesome as it was agreeable.

Here follows the recipe:—

OMELETTE AU THON.

1494. Take, for 6 persons, the roes of 2 carp; [Footnote: An American writer says he has followed this recipe, substituting pike, shad, &c., in the place of carp, and can recommend all these also, with a quiet conscience. Any fish, indeed, may be used with success.] bleach them, by putting them, for 5 minutes, in boiling water slightly salted. Take a piece of fresh tunny about the size of

然后上来了沙拉，萨瓦兰向所有信任他的人推荐它。它提神而不刺激；他有一种理论，认为它能让人变得年轻。

在愉快的交谈中，餐后甜点来了。它由三个苹果、奶酪和一盘蜜饯组成；然后在一张小圆桌上端上了摩卡咖啡，法国过去和现在都因此享有盛誉，当之无愧。

"'我从不，'本堂神父说，'喝烈酒；我总是用利口酒招待客人，但我自己保留到老年时享用，如果上天愿意赐予我那个年纪的话。'

"最后，迷人的雷卡米耶夫人告辞了，并把她见到和品尝过的美味煎蛋卷告诉了她所有的朋友。"

而布里亚-萨瓦兰，以他作为美食学隐藏宝藏的莱亚德的身份，成功地使那些被谈论甚多的制作细节摆脱了默默无闻，他认为这些细节既有益健康又令人愉快。

以下是食谱：-

金枪鱼煎蛋卷。

1494. 取6人份，2条鲤鱼的精巢；[脚注：一位美国作家说他遵循了这个食谱，用狗鱼、鲥鱼等代替鲤鱼，也可以问心无愧地推荐所有这些鱼。事实上，任何鱼都可以成功使用。] 将它们放入微盐的沸水中煮5分钟，以漂白。取一块新鲜金枪鱼，约

a hen's egg, to which add a small shalot already chopped; hash up together the roe and the tunny, so as to mix them well, and throw the whole into a saucepan, with a sufficient quantity of very good butter: whip it up until the butter is melted! This constitutes the specialty of the omelet. Take a second piece of butter, *à discrétion*, mix it with parsley and herbs, place it in a long-shaped dish destined to receive the omelet; squeeze the juice of a lemon over it, and place it on hot embers. Beat up 12 eggs (the fresher the better); throw up the sauté of roe and tunny, stirring it so as to mix all well together; then make your omelet in the usual manner, endeavouring to turn it out long, thick, and soft. Spread it carefully on the dish prepared for it, and serve at once. This dish ought to be reserved for recherché déjeûners, or for assemblies where amateurs meet who know how to eat well; washed down with a good old wine, it will work wonders.

一只鸡蛋，加入少许已切碎的青葱；将鱼籽与金枪鱼一起捣碎，使其充分混合，然后将全部倒入锅中，加入足量上等黄油：搅打至黄油融化!这正是这款煎蛋卷的特色所在。另取一块黄油，随意，与欧芹和香草混合，放入一只专为盛放煎蛋卷而准备的长形盘中；在上面挤上柠檬汁，并将盘子置于热炭上。打散12只鸡蛋(越新鲜越好)；将鱼籽与金枪鱼的炒料倒入，搅拌使所有材料充分混合；然后按常规方法制作煎蛋卷，力求将其翻卷成长形、厚实而柔软。小心地将其铺在备好的盘中，立即上桌。这道菜应留给讲究的午餐，或供懂得如何享用美食的行家聚会的场合；配上一瓶上好的陈年葡萄酒，效果会非常出色。

Note.—The roe and the tunny must be beaten up (sauté) without allowing them to boil, to prevent their hardening, which would prevent them mixing well with the eggs. Your dish should be hollowed towards the centre, to allow the gravy to concentrate, that it may be helped with a spoon. The dish ought to be slightly heated, otherwise the cold china will extract all the heat from the omelet.

注。--精巢和金枪鱼必须炒散而不允许煮沸，以防止它们变硬，否则会妨碍它们与鸡蛋充分混合。你的盘子应向中心凹陷，以便肉汁集中，便于用勺子舀取。盘子应稍微加热，否则冷瓷器会吸走煎蛋卷的所有热量。

[Illustration]

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CHAPTER XXX.

第三十章

GENERAL OBSERVATIONS ON PRESERVES, CONFECTIONARY, ICES, AND DESSERT DISHES.

关于蜜饯、糖果、冰品和餐后甜点的一般观察。

PRESERVES.

1495. From the nature of vegetable substances, and chiefly from their not passing so rapidly into the putrescent state as animal bodies, the mode of preserving them is somewhat different, although the general principles are the same. All the means of preservation are put in practice occasionally for fruits and the various parts of vegetables, according to the nature of the species, the climate, the uses to which they are applied, &c. Some are dried, as nuts, raisins, sweet herbs, &c.; others are preserved by means of sugar, such as many fruits whose delicate juices would be lost by drying; some are preserved by means of vinegar, and chiefly used as condiments or pickles; a few also by salting, as French beans; while others are preserved in spirits. We have, however, in this place to treat of the best methods of preserving fruits. Fruit is a most important item in the economy of health; the epicurean can scarcely be said to have any luxuries without it; therefore, as it is so invaluable, when we cannot have it fresh, we must have it preserved. It has long been a desideratum to preserve fruits by some cheap method, yet by such as would keep them fit for the various culinary purposes, as making tarts and other similar dishes. The expense of preserving them with sugar is a serious objection; for, except the sugar is used in considerable quantities, the success is very uncertain. Sugar also overpowers and destroys the sub-acid taste so desirable in many fruits: these which are preserved in this manner are chiefly intended for the dessert. Fruits intended for preservation should be gathered in the morning, in dry weather, with the morning sun upon them, if possible; they will then have their fullest flavour, and keep in good condition longer than when gathered at any other time.

蜜饯。

1495. 由于植物性物质的特性，尤其是它们不像动物体那样迅速进入腐败状态，保存它们的方法略有不同，尽管一般原则是相同的。所有保存手段都会根据物种特性、气候、用途等，偶尔用于水果和植物的各个部分。有些被干燥保存，如坚果、葡萄干、香草等；有些则借助糖来保存，例如许多水果若经干燥便会失去其娇嫩的汁液；有些借助醋来保存，主要用作调味品或腌菜；少数也通过盐腌保存，如法国豆；还有一些则保存在烈酒中。然而，我们在此要讨论的是保存水果的最佳方法。水果在健康经济中是最重要的项目；没有它，美食家几乎谈不上有任何奢侈享受；因此，既然它如此珍贵，当我们无法获得新鲜水果时，就必须食用保存的水果。长期以来，人们一直渴望找到某种廉价的方法来保存水果，同时又能使其适合各种烹饪用途，如制作果馅饼及其他类似菜肴。用糖保存水果的费用是一个严重的障碍；因为除非使用大量的糖，否则成功与否非常不确定。糖还会压倒并破坏许多水果中令人惬意的微酸味道：以这种方式保存的水果主要供餐后甜点之用。用于保存的水果应在早晨、干燥天气下采摘，如有可能，最好带有晨光；这样它们将具有最充分的风味，并且比在其他任何时间采摘的水果保存得更久。

Until fruit can be used, it should be placed in the dairy, an ice-house, or a refrigerator. In an icehouse it will remain fresh and plump for several days. Fruit gathered in wet or foggy weather will soon be mildewed, and be of no service for preserves.

在水果可以使用之前，应将其放在奶制品间、冰窖或冰箱中。在冰窖中，水果可以保持新鲜饱满数日。在潮湿或有雾的天气采摘的水果很快就会发霉，不能用于制作蜜饯。

1496. Having secured the first and most important contribution to the manufacture of preserves,—the fruit, the next consideration is the preparation of the syrup in which the fruit is to be suspended; and this requires much care. In the confectioner's art there is a great nicety in proportioning the degree of concentration of the syrup very exactly to each particular case; and they know this by signs, and express it by certain technical terms. But to distinguish these properly requires very great attention and considerable experience. The principal thing to be acquainted with is the fact, that, in proportion as the syrup is longer boiled, its water will become evaporated, and its consistency will be thicker. Great care must be taken in the management of the fire, that the syrup does not boil over, and that the boiling is not carried to such an extent as to burn the sugar.

1496. 在获得了制作蜜饯的第一项也是最重要的原料--水果之后，接下来要考虑的是制备用于浸泡水果的糖浆；这需要十分小心。在糖果制作技艺中，非常讲究将糖浆的浓缩程度精确地按每种具体情况加以调配；他们通过迹象来判断，并用某些专门术语来表达。但要正确区分这些，需要极大的注意和相当丰富的经验。主要需要了解的是这样一个事实：糖浆煮得越久，其水分就会蒸发得越多，稠度也就越厚。在管理火候时必须格外小心，勿使糖浆煮沸溢出，也不要煮到烧焦糖的程度。

1497. The first degree of consistency is called *the thread*, which is subdivided into the little and great thread. If you dip the finger into the syrup and apply it to the thumb, the tenacity of the syrup will, on separating the finger and thumb, afford a thread, which shortly breaks: this is the little thread. If the thread, from the greater tenacity, and, consequently, greater strength of the syrup, admits of a greater extension of the finger and thumb, it is called the great thread. There are half a dozen other terms and experiments for testing the various thickness of the boiling sugar towards the consistency called *caramel*; but that degree of sugar-boiling belongs to the confectioner. A solution of sugar prepared

1497. 第一级稠度称为丝状，又细分为小丝和大丝。如果你将手指浸入糖浆中，再与拇指相触，然后分开手指和拇指，糖浆的黏性会形成一条丝，随即断裂：这就是小丝。如果由于黏性更大、糖浆强度更高，丝能承受手指和拇指更大的伸展距离，则称为大丝。还有另外半打术语和试验方法，用于测试煮沸糖浆朝向称为焦糖的稠度的各种浓度；但那种程度的熬糖属于糖果师的范畴。将糖溶解制备的溶液

by dissolving two parts of double-refined sugar (the best sugar is the most economical for preserves) in one of water, and boiling this a little, affords a syrup of the right degree of strength, and which neither ferments nor crystallizes. This appears to be the degree called *smooth* by the confectioners, and is proper to be used for the purposes of preserves. The syrup employed should sometimes be clarified, which is done in the following manner:—Dissolve 2 lbs. of loaf sugar in a pint of water; add to this solution the white of an egg, and beat it well. Put the preserving-pan upon the fire with the solution; stir it with a wooden spatula, and, when it begins to swell and boil up, throw in some cold water or a little oil, to damp the boiling; for, as it rises suddenly, if it should boil over, it would take fire, being of a very inflammable nature. Let it boil up again; then take it off, and remove carefully the scum that has risen. Boil the solution again, throw in a little more cold water, remove the scum, and so on for three or four times successively; then strain it. It is considered to be sufficiently boiled when some taken up in a spoon pours out like oil.

通过将两份双精制糖(最好的糖对制作蜜饯来说最为经济)溶解于一份水中，并稍加煮沸，便可得到浓度恰当的糖浆，它既不会发酵也不会结晶。这似乎就是糖果师所称的光滑程度，适合用于制作蜜饯。所用的糖浆有时应加以澄清，方法如下：将2 lb.块糖溶解于一品脱水中；向此溶液中加入一个蛋清，充分搅打。将蜜饯锅置于火上，加入溶液；用木铲搅拌，当它开始膨胀并沸腾上涌时，投入一些冷水或少许油，以抑制沸腾；因为它会突然上升，若煮沸溢出，便会着火，因其性质极易燃。让它再次沸腾；然后取下，小心撇去浮起的浮沫。再次煮沸溶液，再投入少许冷水，撇去浮沫，如此连续三四次；然后过滤。当用勺取起一些倒出时如油般流下，便认为已煮得足够。

1498. Although sugar passes so easily into the state of fermentation, and is, in fact, the only substance capable of undergoing the vinous stage of that process, yet it will not ferment at all if the quantity be sufficient to constitute a very strong syrup: hence, syrups are used to preserve fruits and other vegetable substances from the changes they would undergo if left to themselves. Before sugar was in use, honey was employed to preserve many vegetable productions, though this substance has now given way to the juice of the sugar-cane.

1498. 尽管糖如此容易进入发酵状态，而且事实上它是唯一能够经历发酵过程中酒精阶段的物质，然而如果糖的数量足以构成非常浓的糖浆，它就完全不会发酵：因此，糖浆被用来保护水果和其他植物性物质，使其免于放任自流时会发生的变化。在糖被使用之前，蜂蜜被用来保存许多植物产物，尽管这种物质现在已让位于甘蔗汁。

1499. The fruits that are the most fit for preservation in syrup are, apricots, peaches, nectarines, apples, greengages, plums of all

1499. 最适合用糖浆保存的水果是杏、桃、油桃、苹果、青梅、各种李子

kinds, and pears. As an example, take some apricots not too ripe, make a small slit at the stem end, and push out the stone; simmer them in water till they are softened and about half done, and afterwards throw them into cold water. When they have cooled, take them out and drain them. Put the apricots into the pie-serving-pan with sufficient syrup to cover them; let them boil up three or four times, and then skim them; remove them from the fire, pour them into an earthen pan, and let them cool till next day. Boil them up three days successively, skimming each time, and they will then be finished and in a state fit to be put into pots for use. After each bailing, it is proper to examine into the state of the syrup when cold; if too thin, it will bear additional boiling; if too thick, it may be lowered with more syrup of the usual standard. The reason why the fruit is emptied out of the preserving-pan into an earthen pan is, that the acid of the fruit acts upon the copper, of which the preserving-pans are usually made. From this example the process of preserving fruits by syrup will be easily comprehended. The first object is to soften the fruit by blanching or boiling it in water, in order that the syrup by which it is preserved may penetrate through its substance.

种类，以及梨。举例来说，取一些不太熟的杏子，在果柄端开一个小口，把核挤出来；将它们在水里慢煮，直到变软、大约半熟，然后投入冷水中。冷却后，取出沥干。把杏子放入馅饼烤盘，加入足够的糖浆将其覆盖；让其煮沸三四次，然后撇去浮沫；从火上移开，倒入陶罐中，冷却至次日。连续三天每天煮沸一次，每次撇沫，然后即告完成，可以装入罐中备用了。每次煮沸后，宜检查糖浆冷却后的状态；如果太稀，可以再煮；如果太稠，可以用通常标准的更多糖浆稀释。水果从蜜饯锅中倒出、装入陶罐的原因，是水果的酸会作用于蜜饯锅通常所用的铜。从这个例子可以容易地理解用糖浆保存水果的过程。首要目标是通过在水中焯烫或煮沸使水果变软，以便保存它的糖浆能够渗透其果肉。

1500. Many fruits, when preserved by boiling, lose much of their peculiar and delicate flavour, as, for instance, pine-apples; and this inconvenience may, in some instances, be remedied by preserving them without heat. Cut the fruit in slices about one fifth of an inch thick, strew powdered loaf sugar an eighth of an inch thick on the bottom of a jar, and put the slices on it. Put more sugar on this, and then another layer of the slices, and so on till the jar is full. Place the jar with the fruit up to the neck in boiling water, and keep it there till the sugar is completely

1500. 许多水果在煮沸保存时会失去大量独特而细腻的风味，例如菠萝；这种不便在某些情况下可以通过不加加热地保存来补救。将水果切成约五分之一英寸厚的片，在罐底撒上八分之一英寸厚的块状砂糖粉，把果片放在上面。再在上面放更多糖，然后再放一层果片，如此反复直到罐满。将装有水果的罐子颈部以下浸入沸水中，保持在那里直到糖完全

dissolved, which may take half an hour, removing the scum as it rises. Lastly, tie a wet bladder over the mouth of the jar, or cork and wax it.

溶解，这可能需要半小时，随着浮沫升起将其撇去。最后，用一块湿膀胱膜封住罐口，或用软木塞塞住并封蜡。

1501. Any of the fruits that have been preserved in syrup may be converted into dry preserves, by first draining them from the syrup, and then drying them in a stove or very moderate oven, adding to them a quantity of powdered loaf sugar, which will gradually penetrate the fruit, while the fluid parts of the syrup gently evaporate. They should be dried in the stove or oven on a sieve, and turned every six or eight hours, fresh powdered sugar being sifted over them every time they are turned. Afterwards, they are to be kept in a dry situation, in drawers or boxes. Currants and cherries preserved whole in this manner, in bunches, are extremely elegant, and have a fine flavour. In this way it is, also, that orange and lemon chips are preserved.

1501. 任何用糖浆保存过的水果都可以制成干蜜饯：先沥去糖浆，然后在烘炉或非常温和的烤箱中烘干，加入一定量的块状砂糖粉，糖粉会逐渐渗入水果，同时糖浆的液体部分温和蒸发。应在烘炉或烤箱中放在筛子上烘干，每六到八小时翻动一次，每次翻动时都筛上新鲜糖粉。之后，应保存在干燥处，放在抽屉或盒子里。用这种方法整串保存的醋栗和樱桃极为雅致，风味上佳。橙皮和柠檬皮也是用这种方法保存的。

1502. Marmalades, jams, and fruit pastes are of the same nature, and are now in very general request. They are prepared without difficulty, by attending to a very few directions; they are somewhat expensive, but may be kept without spoiling for a considerable time. Marmalades and jams differ little from each other: they are preserves of a half-liquid consistency, made by boiling the pulp of fruits, and sometimes part of the rinds, with sugar. The appellation of marmalade is applied to those confitures which are composed of the firmer fruits, as pineapples or the rinds of oranges; whereas jams are made of the more juicy berries, such as strawberries, raspberries, currants, mulberries, &c. Fruit pastes are a kind of marmalades, consisting of the pulp of fruits, first evaporated to a proper consistency, and afterwards boiled with sugar. The mixture is then poured into a mould, or spread on

1502. 果酱、果酱和果膏性质相同，如今非常普遍地受到需求。只要遵循很少几条指示，制作起来并不困难；它们有些昂贵，但可以保存相当长时间而不变质。果酱和果酱彼此差别不大：它们都是半流体稠度的蜜饯，通过将水果果肉、有时还有部分果皮与糖一起煮制而成。果酱这一名称用于那些由较坚实的水果组成的蜜饯，如菠萝或橙皮；而果酱则由更多汁的浆果制成，如草莓、覆盆子、醋栗、桑葚等。果膏是一种果酱，由水果果肉先蒸发至适当稠度，然后与糖一起煮制而成。然后将混合物倒入模具，或铺在

sheets of tin, and subsequently dried in the oven or stove till it has acquired the state of a paste. From a sheet of this paste, strips may be cut and formed into any shape that may be desired, as knots, rings, &c. Jams require the same care and attention in the boiling as marmalade; the slightest degree of burning communicates a disagreeable empyreumatic taste, and if they are not boiled sufficiently, they will not keep. That they may keep, it is necessary not to be sparing of sugar.

锡片，然后在烤箱或炉子上烘干，直到它变成糊状。从这种糊状物上可以切下条状，做成任何想要的形状，如结、环等。果酱在煮的时候需要和果酱糊一样的细心和注意；最轻微的烧焦都会带来令人不快的焦糊味，如果煮得不够，它们就保存不住。为了能保存，必须不吝惜糖。

1503. In all the operations for preserve-making, when the preserving-pan is used, it should not be placed on the fire, but on a trivet, unless the jam is made on a hot plate, when this is not necessary. If the pan is placed close on to the fire, the preserve is very liable to burn, and the colour and flavour be consequently spoiled.

1503. 在所有制作蜜饯的操作中，当使用蜜饯锅时，不应将其直接放在火上，而应放在三脚架上，除非果酱是在热板上制作的，那时就不需要这样。如果锅紧贴着火，蜜饯很容易烧焦，颜色和风味 consequently 被破坏。

1504. Fruit jellies are compounds of the juices of fruits combined with sugar, concentrated, by boiling, to such a consistency that the liquid, upon cooling, assumes the form of a tremulous jelly.

1504. 水果果冻是水果汁液与糖结合的混合物，通过煮沸浓缩到这样的稠度：液体冷却后形成颤动的果冻。

1505. Before fruits are candied, they must first be boiled in syrup, after which they are taken out and dried on a stove, or before the fire; the syrup is then to be concentrated, or boiled to a candy height, and the fruit dipped in it, and again laid on the stove to dry and candy: they are then to be put into boxes, and kept dry.

1505. 在水果被糖渍之前，必须先在糖浆中煮过，然后取出在炉子上或火前烘干；然后将糖浆浓缩，或煮到糖渍高度，将水果浸入其中，再次放在炉子上烘干并糖渍：然后放入盒中，保持干燥。

1506. Conserves consist of fresh vegetable matters beat into a uniform mass with refined sugar, and they are intended to preserve the virtues and properties of recent flowers, leaves, roots, peels, or fruits, unaltered, and as near as possible to what they were when fresh gathered, and to give them an agreeable taste.

1506. 糖膏由新鲜植物材料与精制糖搅打成均匀的团块而成，旨在保存新鲜花朵、叶子、根、皮或水果的功效和特性，使其不变质，尽可能接近采摘时的状态，并赋予它们令人愉快的味道。

1507. The last-mentioned, but not the least-important preparation of fruit, is the *compôte,* a confiture made at the moment of need, and with much less sugar than would be ordinarily put to preserves. They are most wholesome things, suitable to most stomachs which cannot accommodate themselves to raw fruit or a large portion of sugar: they are the happy medium, and far better than ordinary stewed fruit.

1507. 最后提到但并非最不重要的水果制品是糖煮水果，一种在需要时制作的糖渍品，用的糖比通常制作蜜饯要少得多。它们是最有益健康的东西，适合大多数无法适应生水果或大量糖的胃：它们是 happy medium，远胜于普通的炖水果。

CONFECTIONARY.

糖果糕点。

1508. In speaking of confectionary, it should be remarked that all the various preparations above named come, strictly speaking, under that head; for the various fruits, flowers, herbs, roots, and juices, which, when boiled with sugar, were formerly employed in pharmacy as well as for sweetmeats, were called *confections*, from the Latin word *conficere*, 'to make up;' but the term confectionary embraces a very large class indeed of sweet food, many kinds of which should not be attempted in the ordinary cuisine. The thousand and one ornamental dishes that adorn the tables of the wealthy should be purchased from the confectioner: they cannot profitably be made at home. Apart from these, cakes, biscuits, and tarts, &c., the class of sweetmeats called confections may be thus classified:—1. Liquid confects, or fruits either whole or in pieces, preserved by being immersed in a fluid transparent syrup; as the liquid confects of apricots, green citrons, and many foreign fruits. 2. Dry confects are those which, after having been boiled in the syrup, are taken out and put to dry in an oven, as citron and orange-peel, &c. 3. Marmalade, jams, and pastes, a kind of soft compounds made of the pulp of fruits or other vegetable substances, beat up with sugar or honey; such as oranges,

1508. 谈到糖果点心，应当指出，上面提到的各种制品，严格说来都属于这一类；因为各种水果、花朵、香草、根茎和汁液，与糖一起熬煮后，过去既用于制药，也用于制作甜食，被称为*confections*，源自拉丁语词*conficere*，意为“调制而成”；但糖果点心这一名称所涵盖的甜食种类实在极为繁多，其中许多种类不应在普通厨房中尝试制作。装饰富贵人家餐桌的成千上万种装饰菜肴，应当从糖果商处购买：在家中制作无利可图。除此以外，蛋糕、饼干和果馅饼等，以及称为confections的一类甜食，可作如下分类：--1. 液体蜜饯，即整个或切块的水果，浸入透明的液体糖浆中保存；如杏子、绿香橼以及许多外国水果的液体蜜饯。2. 干蜜饯，即在糖浆中煮过之后取出放入炉中烘干者，如香橼皮和橙皮等。3. 果酱、果泥和果膏，一种由水果果肉或其他植物性物质加糖或蜂蜜捣制而成的软质混合物；如橙子、

apricots, pears, &c. 4. Jellies are the juices of fruits boiled with sugar to a pretty thick consistency, so as, upon cooling, to form a trembling jelly; as currant, gooseberry, apple jelly, &c. 5. Conserves are a kind of dry confects, made by beating up flowers, fruits, &c., with sugar, not dissolved. 6. Candies are fruits candied over with sugar after having been boiled in the syrup.

DESSERT DISHES.

1509. With moderns the dessert is not so profuse, nor does it hold the same relationship to the dinner that it held with the ancients, —the Romans more especially. On ivory tables they would spread hundreds of different kinds of raw, cooked, and preserved fruits, tarts and cakes, as substitutes for the more substantial comestibles with which the guests were satiated. However, as late as the reigns of our two last Georges, fabulous sums were often expended upon fanciful desserts. The dessert certainly repays, in its general effect, the expenditure upon it of much pains; and it may be said, that if there be any poetry at all in meals, or the process of feeding, there is poetry in the dessert, the materials for which should be selected with taste, and, of course, must depend, in a great measure, upon the season. Pines, melons, grapes, peaches, nectarines, plums, strawberries, apples, pears, oranges, almonds, raisins, figs, walnuts, filberts, medlars, cherries, &c. &c., all kinds of dried fruits, and choice and delicately-flavoured cakes and biscuits, make up the dessert, together with the most costly and *recherché* wines. The shape of the dishes varies at different periods, the prevailing fashion at present being oval and circular dishes on stems. The patterns and colours are also subject to changes of fashion; some persons selecting china, chaste in pattern

杏、梨等。4. 果冻是水果汁液与糖煮到相当稠的稠度，以便冷却后形成颤动的果冻；如醋栗、鹅莓、苹果果冻等。5. 糖膏是一种干糖果，通过将花朵、水果等与未溶解的糖搅打而成。6. 糖渍是在糖浆中煮过后再裹上糖的水果。

甜点菜肴。

1509. 现代人的餐后甜点不那么丰盛，也不像古人--尤其是罗马人--那样与正餐保持同样的关系。在象牙桌上，他们会摆出数百种不同的生果、熟果和蜜饯水果、果馅饼和蛋糕，作为宾客已饱食的更为实在的食物的替代品。然而，直到我们最近两位乔治国王统治时期，人们还常常为别出心裁的甜点花费巨额金钱。甜点在其整体效果上确实值得为之付出许多辛劳；可以说，如果用餐或进食过程中有任何诗意的话，那么甜点中就有诗意，其材料的选择应有品味，当然在很大程度上取决于时令。菠萝、甜瓜、葡萄、桃子、油桃、李子、草莓、苹果、梨、橙子、杏仁、葡萄干、无花果、核桃、榛子、欧楂、樱桃等等，各种干果，以及精选的、风味精致的蛋糕和饼干，连同最昂贵、最*recherché*的葡萄酒，共同构成甜点。盘子的形状在不同时期有所变化，目前流行的时尚是带脚的椭圆形和圆形盘子。图案和颜色也随时尚而变化；有些人选择图案

and colour; others, elegantly-shaped glass dishes on stems, with gilt edges. The beauty of the dessert services at the tables of the wealthy tends to enhance the splendour of the plate. The general mode of putting a dessert on table, now the elegant tazzas are fashionable, is, to place them down the middle of the table, a tall and short dish alternately; the fresh fruits being arranged on the tall dishes, and dried fruits, bon-bons, &c., on small round or oval glass plates. The garnishing needs especial attention, as the contrast of the brilliant-coloured fruits with nicely-arranged foliage is very charming. The garnish *par excellence* for dessert is the ice-plant; its crystallized dewdrops producing a marvellous effect in the height of summer, giving a most inviting sense of coolness to the fruit it encircles. The double-edged mallow, strawberry, and vine leaves have a pleasing effect; and for winter desserts, the bay, cuba, and laurel are sometimes used. In town, the expense and difficulty of obtaining natural foliage is great, but paper and composite leaves are to be purchased at an almost nominal price. Mixed fruits of the larger sort are now frequently served on one dish. This mode admits of the display of much taste in the arrangement of the fruit: for instance, a pine in the centre of the dish, surrounded with large plums of various sorts and colours, mixed with pears, rosy-cheeked apples, all arranged with a due regard to colour, have a very good effect. Again, apples and pears look well mingled with plums and grapes, hanging from the border of the dish in a *négligé* sort of manner, with a large bunch of the same fruit lying on the top of the apples. A dessert would not now be considered complete without candied and preserved fruits and confections. The candied fruits may be purchased at a less cost than they can be manufactured at home. They are

和颜色素雅的瓷器；另一些人则选择造型优雅的带脚玻璃盘，镶金边。富人餐桌上的甜点餐具之美，有助于增添金银餐具的辉煌。如今优雅的带脚高脚盘流行，上甜点的一般方式是将它们沿桌子中线摆放，一高一矮交替；新鲜水果摆在高盘中，干果、糖果等则放在圆形或椭圆形的小玻璃盘中。装饰需要特别注意，因为色彩鲜艳的水果与精心布置的枝叶形成对比，非常迷人。甜点的首选*par excellence*装饰是冰叶日中花；其结晶般的露珠在盛夏产生奇妙的效果，给环绕其周围的水果带来极为诱人的清凉感。双缘锦葵、草莓叶和葡萄叶具有悦目的效果；冬季甜点有时使用月桂、古巴叶和桂冠叶。在城里，获取天然枝叶的费用和难度都很大，但纸制和复合叶片可以以几乎象征性的价格买到。较大种类的水果现在常盛于一盘。这种方式可以在水果的摆放上展现许多品味：例如，盘中中央放一个菠萝，周围环绕各种颜色的大李子，混合梨、红颊苹果，在色彩搭配上适当讲究，效果非常好。又如，苹果和梨与李子和葡萄混合摆放也很好看，从盘边以*négligé*的方式垂挂下来，同一水果的一大串放在苹果上面。如今，没有糖渍水果、蜜饯水果和糖果点心，甜点就不算完整。糖渍水果的购买成本低于家中制作。它们是

preserved abroad in most ornamental and elegant forms. And since, from the facilities of travel, we have become so familiar with the tables of the French, chocolate in different forms is indispensable to our desserts.

在国外以最华丽优雅的形式保存。而且由于旅行的便利，我们对法国人的餐桌如此熟悉，不同形式的巧克力对我们的餐后甜点来说不可或缺。

ICES.

冰品。

510. Ices are composed, it is scarcely necessary to say, of congealed cream or water, combined sometimes with liqueurs or other flavouring ingredients, or more generally with the juices of fruits. At desserts, or at some evening parties, ices are scarcely to be dispensed with. The principal utensils required for making ice-creams are ice-tubs, freezing-pots, spaddles, and a cellaret. The tub must be large enough to contain about a bushel of ice, pounded small, when brought out of the ice-house, and mixed very carefully with either *salt, nitre,* or *soda.* The freezing-pot is best made of pewter. If it be of tin, as is sometimes the case, the congelation goes on too rapidly in it for the thorough intermingling of its contents, on which the excellence of the ice greatly depends. The spaddle is generally made of copper, kept bright and clean. The cellaret is a tin vessel, in which ices are kept for a short time from dissolving. The method to be pursued in the freezing process must be attended to. When the ice-tub is prepared with fresh-pounded ice and salt, the freezing-pot is put into it up to its cover. The articles to be congealed are then poured into it and covered over; but to prevent the ingredients from separating and the heaviest of them from falling to the bottom of the mould, it is requisite to turn the freezing-pot round and round by the handle, so as to keep its contents moving until the congelation commences. As soon as this is perceived (the cover of the pot

510. 冰品，几乎不必说，是由冻结的奶油或水组成，有时结合利口酒或其他调味配料，或更常见的是结合果汁。在甜点或某些晚宴上，冰品几乎不可或缺。制作冰淇淋所需的主要器具是冰桶、冷冻罐、搅拌桨和小冰柜。冰桶必须足够大，能容纳约一蒲式耳从冰库取出时已捣碎的小冰块，并与盐、硝石或苏打非常仔细地混合。冷冻罐最好用锡镴制成。若如有时那样用锡制成，则其中冻结过快，不利于内容物充分混合，而冰品的优良很大程度上取决于此。搅拌桨一般用铜制成，保持光亮清洁。小冰柜是一个锡制容器，冰品在其中短时间存放以防融化。冷冻过程中采用的方法必须注意。当冰桶备好新捣碎的冰和盐后，将冷冻罐放入其中直至其盖子。然后将待冻结的物品倒入其中并盖上；但为防止配料分离、最重的部分沉到模具底部，需要握住把手将冷冻罐一圈圈转动，使其内容物保持运动，直到开始冻结。一旦察觉到此(为此偶尔揭开罐盖

being occasionally taken off for the purpose of noticing when freezing takes place), the cover is immediately closed over it, ice is put upon it, and it is left in this state till it is served. The use of the spaddle is to stir up and remove from the sides of the freezing pot the cream, which in the shaking may have washed against it, and by stirring it in with the rest, to prevent waste of it occurring. Any negligence in stirring the contents of the freezing-pot before congelation takes place, will destroy the whole: either the sugar sinks to the bottom and leaves the ice insufficiently sweetened, or lumps are formed, which disfigure and discolour it.

以观察何时开始冻结)，立即盖上盖子，在上面放冰，并保持此状态直到上桌。搅拌桨的用途是搅动并刮下冷冻罐壁上因摇晃而溅上的奶油，将其搅入其余部分，以防浪费。在冻结开始前若疏忽搅动冷冻罐中的内容物，将毁掉全部：要么糖沉到底部，使冰品甜度不足，要么结成块状，使其外观和颜色受损。

1511. The aged, the delicate, and children should abstain from ices or iced beverages; even the strong and healthy should partake of them in moderation. They should be taken immediately after the repast, or some hours after, because the taking these substances *during* the process of digestion is apt to provoke indisposition. It is necessary, then, that this function should have scarcely commenced, or that it should be completely finished, before partaking of ices. It is also necessary to abstain from them when persons are very warm, or immediately after taking violent exercise, as in some cases they have produced illnesses which have ended fatally.

1511. 年老体弱者、体质娇弱者和儿童应忌食冰品或冰镇饮料；即便是强壮健康之人，也应适量食用。冰品应在餐后立即食用，或在餐后数小时食用，因为在消化过程中食用这些物质期间容易引发不适。因此，在食用冰品之前，消化过程应当尚未开始，或者已经完全结束。此外，人在身体很热时，或刚做完剧烈运动后，也应忌食冰品，因为在某些情况下，它们曾引发最终致命的疾病。

[Do ladies know to whom they are indebted for the introduction of ices, which all the fair sex are passionately fond of?—To Catherine de' Medici. Will not this fact cover a multitude of sins committed by the instigator of St. Bartholomew ?]

[女士们知道她们应该感谢谁引入了她们所有女性都热爱的冰品吗?--凯瑟琳·德·美第奇。这个事实难道不能掩盖圣巴托罗缪大屠杀的煽动者所犯的众多罪过吗?]

RECIPES.

食谱。

CHAPTER XXXI.

第三十一章。

TO MAKE SYRUP FOR COMPOTES, &c.

制作糖渍水果(compotes)等所用的糖浆

1512. INGREDIENTS.—To every lb. of sugar allow 1-1/2 pint of water.

1512. 配料--每1磅糖配1.5品脱水。

Mode.—Boil the sugar and water together for 1/4 hour, carefully removing the scum as it rises: the syrup is then ready for the fruit. The articles boiled in this syrup will not keep for any length of time, it being suitable only for dishes intended to be eaten immediately. A larger proportion of sugar must be added for a syrup intended to keep.

做法。--将糖和水一起煮1/4小时，随着浮沫升起小心撇去：糖浆就准备好放水果了。在这种糖浆中煮过的东西不能长时间保存，它只适合立即食用的菜肴。如果要制作能保存的糖浆，必须加入更大比例的糖。

Time.—1/4 hour.

时间。- 1/4小时。

TO CLARIFY SUGAR OR SYRUP.

澄清糖或糖浆

1513. INGREDIENTS.—To every lb. of sugar allow 1/2 pint of water and 1/2 the white of an egg.

1513.配料。--每1 lb.糖配1/2 pint水和1/2个蛋清。

Mode.—Put the sugar, water, and the white of the egg, which should, be well beaten, into a preserving-pan or lined saucepan; and do not put it on the fire till the sugar is dissolved. Then place it on the fire, and when it boils, throw in a teacupful of cold water, and do not stir the sugar after this is added. Bring it to the boiling-point again, and then place the pan by the side of the fire, for the preparation to settle. Remove all the scum, and the sugar will be ready for use. The scum should be placed on a sieve, so that what syrup runs from it may be boiled up again: this must also be well skimmed.

方法。--将糖、水和蛋清(蛋清应充分打散)放入糖渍锅或有衬里的炖锅中；在糖溶解之前不要放到火上。然后置于火上，待其煮沸时，倒入一茶杯冷水，加入后不要搅动糖。再次煮沸，然后将锅移到火旁，让糖浆沉淀澄清。撇去所有浮沫，糖即可使用。浮沫应放在筛子上，以便从中流出的糖浆可以再次煮沸：这部分也必须仔细撇净浮沫。

Time.—20 minutes for the sugar to dissolve; 5 minutes to boil.

时间。- 糖溶解需20分钟；煮沸需5分钟。

Note.—The above two recipes are those used in the preparation of

注。--以上两个食谱即为制作时所采用者

dishes usually made at home. There are many degrees of boiling sugar, which process requires great care, attention, and experience. Caramel sugar, which makes an elegant cover for sweetmeats, is difficult to prepare, and is best left to an experienced confectioner. We give the recipe, for those of our readers who care to attempt the operation.

通常在家制作的菜肴。煮糖有许多阶段，这个过程需要极大的细心、注意和经验。焦糖，可以做成优雅的糖果覆盖层，很难制作，最好留给有经验的糖果师。我们给出食谱，供那些愿意尝试这一操作的读者使用。

TO BOIL SUGAR TO CARAMEL.

将糖熬成焦糖。

1514. INGREDIENTS.—To every lb. of lump sugar allow 1 gill of spring water.

1514. 配料--每1磅块糖配1及耳泉水。

Mode.—Boil the sugar and water together very quickly over a clear fire, skimming it very carefully as soon as it boils. Keep it boiling until the sugar snaps when a little of it is dropped in a pan of cold water. If it remains hard, the sugar has attained the right degree; then squeeze in a little lemon-juice, and let it remain an instant on the fire. Set the pan into another of cold water, and the caramel is then ready for use. The insides of well-oiled moulds are often ornamented with this sugar, which with a fork should be spread over them in fine threads or network. A dish of light pastry, tastefully arranged, looks very prettily with this sugar spun lightly over it. The sugar must be carefully watched, and taken up the instant it is done. Unless the cook is very experienced and thoroughly understands her business, it is scarcely worth while to attempt to make this elaborate ornament, as it may be purchased quite as economically at a confectioner's, if the failures in the preparation are taken into consideration.

方法。--将糖和水在旺火上快速同煮，一经煮沸便仔细撇沫。保持煮沸，直到取少许滴入一锅冷水中能脆裂为止。若它保持硬脆，糖便已达到合适的程度；此时挤入少许柠檬汁，在火上略留片刻。将锅放入另一只盛冷水的锅中，焦糖即可使用。涂好油的模具内壁常用这种糖装饰，用叉子将其以细丝或网状铺洒其上。一盘清淡糕点，摆放雅致，上面轻轻撒上这种拉丝糖，看起来非常美观。必须仔细看管糖，一做好就立刻取下。除非厨师非常有经验且完全精通此道，否则不值得尝试制作这种精致的装饰，因为若把制作中的失败考虑在内，在糖果店购买同样经济实惠。

COMPOTE OF APPLES.

苹果糖渍

(Soyer's Recipe,—a Dessert Dish.)

1515. INGREDIENTS.—6 ripe apples, 1 lemon, 1/2 lb. of lump sugar, 1/2 pint of water.

[Illustration: COMPÔTE OF APPLES.]

Mode.—Select the apples of a moderate size, peel them, cut them in halves, remove the cores, and rub each piece over with a little lemon. Put the sugar and water together into a lined saucepan, and let them boil until forming a thickish syrup, when lay in the apples with the rind of the lemon cut thin, and the juice of the same. Let the apples simmer till tender; then take them out very carefully, drain them on a sieve, and reduce the syrup by boiling it quickly for a few minutes. When both are cold, arrange the apples neatly on a glass dish, pour over the syrup, and garnish with strips of green angelica or candied citron. Smaller apples may be dressed in the same manner: they should not be divided in half, but peeled and the cores pushed out with a vegetable-cutter.

Time.—10 minutes to boil the sugar and water together; from 15 to 25 minutes to simmer the apples.

Average cost, 6d.

Sufficient for 4 or 5 persons. *Seasonable* from July to March.

APPLE GINGER.

(*A Dessert Dish.*)

1516 INGREDIENTS.—2 lbs. of any kind of hard apples, 2 lbs. of loaf sugar, 1-1/2 pint of water, 1 oz. of tincture of ginger.

(索耶食谱--一道甜点)

1515. 配料。--6个熟苹果，1个柠檬，1/2 lb.块糖，1/2 pint 水。

[插图：苹果糖煮果]

模式。--选择中等大小的苹果，去皮，切成两半，挖去果核，每块都用少许柠檬擦拭。将糖和水一起放入衬里的炖锅中，让它们煮至形成稍稠的糖浆，然后放入苹果，加入切薄的柠檬皮和柠檬汁。让苹果小火慢炖至软嫩；然后非常小心地取出，放在筛子上沥干，并通过快速煮几分钟来浓缩糖浆。当两者都冷却后，将苹果整齐地摆放在玻璃盘中，浇上糖浆，并用绿色当归条或糖渍香橼装饰。较小的苹果可以用同样的方法制作：它们不应切成两半，而是去皮并用蔬菜切刀推出果核。

时间。--将糖和水一起煮10分钟；将苹果煨15至25分钟。

平均成本，6便士。

足够4或5人食用。时令为7月至3月。

苹果姜

(甜点盘。)

1516 配料。--2 lbs.任何种类的硬苹果，2 lbs.块糖，1-1/2 pint 水，1 oz.姜酊。

Mode.—Boil the sugar and water until they form a rich syrup, adding the ginger when it boils up. Pare, core, and cut the apples into pieces; dip them in cold water to preserve the colour, and boil them in the syrup until transparent; but be careful not to let them break. Put the pieces of apple into jars, pour over the syrup, and carefully exclude the air, by well covering them. It will remain good some time, if kept in a dry place.

做法。--将糖和水煮至形成浓稠糖浆，沸腾时加入姜。将苹果去皮、去核并切成块；浸入冷水中以保持颜色，并在糖浆中煮至透明；但注意不要使其破碎。将苹果块放入罐中，浇上糖浆，并妥善覆盖以严格隔绝空气。若存放在干燥处，可保持良好一段时间。

Time.—From 5 to 10 minutes to boil the syrup; about 1/2 hour to simmer the apples.

时间。--煮糖浆5至10分钟；煨苹果约1/2小时。

Average cost, 2s.

平均成本,2先令。

Sufficient for 7 or 8 persons.

足量供7至8人食用。

Seasonable.—Make this in September, October, or November.

时令。--在九月、十月或十一月制作。

APPLE JAM.

苹果果酱。

1517. INGREDIENTS.—To every lb. of fruit weighed after being pared, cored, and sliced, allow 3/4 lb. of preserving-sugar, the grated rind of 1 lemon, the juice of 1/2 lemon.

1517. 配料。--每 lb.去皮、去核并切片后称重的水果，配3/4 lb.保藏糖、1个柠檬的擦碎皮、1/2个柠檬的汁。

Mode.—Peel the apples, core and slice them very thin, and be particular that they are all the same sort. Put them into a jar, stand this in a saucepan of boiling water, and let the apples stew until quite tender. Previously to putting the fruit into the jar, weigh it, to ascertain the proportion of sugar that may be required. Put the apples into a preserving-pan, crush the sugar to small lumps, and add it, with the grated lemon-rind and juice, to the apples. Simmer these over the fire for 1/2 hour, reckoning from the time the jam begins to simmer properly; remove the scum as it rises, and when the jam is done, put it into pots for use.

模式。--将苹果去皮、去核并切成极薄的片，务必确保它们都是同一品种。将它们放入罐中，把罐子放在盛有煮水的炖锅里，让苹果炖至十分软烂。在将水果放入罐中之前，先称重，以确定所需的糖的比例。将苹果放入果酱熬煮锅，把糖碾成小块，连同擦碎的柠檬皮和柠檬汁一起加入苹果中。从果酱开始正常 simmer 之时算起，用文火煮半小时；随时撇去浮起的浮沫，果酱煮好后，装入罐中备用。

Place a piece of oiled paper over the jam, and to exclude the air, cover the pots with tissue-paper dipped in the white of an egg, and stretched over the top. This jam will keep good for a long time.

Time.—About 2 hours to stew in the jar; 1/2 hour to boil after the jam begins to simmer.

Average cost, for this quantity, 6s.

Sufficient.—7 or 8 lbs. of apples for 6 pots of jam.

Seasonable.—Make this in September, October, or November.

APPLE JELLY.

I.

1518. INGREDIENTS.—To 6 lbs. of apples allow 3 pints of water; to every quart of juice allow 2 lbs. of loaf sugar;—the juice of 1/2 lemon.

Mode.—Pare, core, and cut the apples into slices, and put them into a jar, with water in the above proportion. Place them in a cool oven, with the jar well covered, and when the juice is thoroughly drawn and the apples are quite soft, strain them through a jelly-bag. To every quart of juice allow 2 lbs. of loaf sugar, which should be crushed to small lumps, and put into a preserving-pan with the juice. Boil these together for rather more than 1/2 hour, remove the scum as it rises, add the lemon-juice just before it is done, and put the jelly into pots for use. This preparation is useful for garnishing sweet dishes, and may be turned out for dessert.

在果酱上放一张涂油的纸，为隔绝空气，用蘸过蛋清的薄纸覆盖罐口并拉紧铺在顶部。此果酱可保持良好很长时间。

时间。--在罐中炖约2小时；果酱开始微沸后再煮1/2小时。

平均成本，就这个数量而言，6先令。

足够。 - 6 罐果酱需 7 或 8 磅苹果。

时令。--在九月、十月或十一月制作。

苹果果冻。

1518. 配料。--6 lbs.苹果配3 pints 水；每 quart 果汁配2 lbs.块糖；--1/2个柠檬的汁。

做法--将苹果去皮、去核并切成片，放入罐中，按上述比例加水。将罐子盖好，置于温凉的烤箱中，待汁液完全渗出、苹果十分软烂后，用果冻袋过滤。每 quart 汁液配 2 lbs.块糖，将糖碾成小块，与汁液一同放入果酱锅。一起煮略多于 1/2 小时，撇去浮起的浮沫，临煮好前加入柠檬汁，然后将果冻装入罐中备用。此制品可用于点缀甜菜，也可盛出作为餐后水果。

Time.—The apples to be put in the oven over-night, and left till morning; rather more than 1/2 hour to boil the jelly.

Average cost, for this quantity, 3s.

Sufficient for 6 small pots of jelly.

Seasonable,—This should be made in September, October, or November.

II.

1519. INGREDIENTS.—Apples, water: to every pint of syrup allow 3/4 lb. of loaf sugar.

Mode.—Pare and cut the apples into pieces, remove the cores, and put them in a preserving-pan with sufficient cold water to cover them. Let them boil for an hour; then drain the syrup from them through a hair sieve or jelly-bag, and measure the juice; to every pint allow 3/4 lb. of loaf sugar, and boil these together for 3/4 hour, removing every particle of scum as it rises, and keeping the jelly well stirred, that it may not burn. A little lemon-rind may be boiled with the apples, and a small quantity of strained lemon-juice may be put in the jelly just before it is done, when the flavour is liked. This jelly may be ornamented with preserved greengages, or any other preserved fruit, and will turn out very prettily for dessert. It should be stored away in small pots.

Time.—1 hour to boil the fruit and water; 3/4 hour to boil the juice with the sugar.

Average cost, for 6 lbs. of apples, with the other ingredients in proportion, 3s.

时间。--苹果放入烤箱过夜，留至早晨；煮果冻需略多于1/2小时。平均成本，此用量为3s。

足量可制作6小罐果冻。

时令,--此菜应在九月、十月或十一月制作。

二
。

1519. 配料。--苹果、水：每 pint 糖浆配3/4 lb.块糖。

模式。--将苹果削皮并切成块，去除果核，放入果酱锅中，加入足够的冷水覆盖它们。让它们煮一小时；然后通过毛发筛或果冻袋沥出糖浆，并测量汁液；每 pint 允许 3/4 lb.的块糖，一起煮 3/4 小时，随着浮沫升起去除每一粒，并保持果冻充分搅拌，以免烧焦。可以将少许柠檬皮与苹果一起煮，在完成前将少量过滤的柠檬汁加入果冻中，如果喜欢这种风味。这种果冻可以用糖渍青梅或任何其他糖渍水果装饰，作为餐后甜点会非常漂亮。应存放在小罐中。

时间。--煮水果和水1小时；将果汁与糖同煮3/4小时。

平均成本,6 lbs.苹果及其余配料按比例，为3s。

Sufficient for 6 small pots of jelly.

足量可制作6小罐果冻。

Seasonable.—Make this in September, October, or November.

时令。--在九月、十月或十一月制作。

TO PRESERVE APPLES IN QUARTERS, in imitation of Ginger.

将苹果切成四瓣，仿姜味保存。

1520. INGREDIENTS.—To every lb. of apples allow 3/4 lb. of sugar, 1-1/2 oz. of the best white ginger; 1 oz. of ginger to every 1/2 pint of water.

1520. 配料。--每 lb.苹果配3/4 lb.糖、1-1/2 oz.最佳白姜；每1/2 pint 水配1 oz.姜。

Mode.—Peel, core, and quarter the apples, and put the fruit, sugar, and ginger in layers into a wide-mouthed jar, and let them remain for 2 days; then infuse 1 oz. of ginger in 1/2 pint of boiling water, and cover it closely, and let it remain for 1 day: this quantity of ginger and water is for 3 lbs. of apples, with the other ingredients in proportion. Put the apples, &c., into a preserving-pan with the water strained from the ginger, and boil till the apples look clear and the syrup is rich, which will be in about an hour. The rind of a lemon may be added just before the apples have finished boiling; and great care must be taken not to break the pieces of apple in putting them into the jars. Serve on glass dishes for dessert.

模式。--将苹果削皮、挖核并切成四份，将水果、糖和姜分层放入广口罐中，让它们静置 2 天；然后将 1 oz.姜浸泡在 1/2 pint 沸水中，紧密覆盖，静置 1 天：这个量的姜和水用于 3 lbs.苹果，其他配料按比例。将苹果等放入果酱锅中，加入从姜中滤出的水，煮至苹果看起来清澈且糖浆浓郁，大约需要一小时。在苹果煮好前可以加入一个柠檬的皮；在将苹果块放入罐中时必须非常小心，不要弄碎。作为餐后甜点盛在玻璃盘中。

Time.—2 days for the apples to remain in the jar with sugar, &c.; 1 day to infuse the ginger; about 1 hour to boil the apples.

时间。--苹果与糖等一起留在罐中2天；浸渍姜1天；煮苹果约1小时。

Average cost, for 3 lbs. of apples, with the other ingredients in proportion, 2s. 3d.

平均成本,3 lbs.苹果及其余配料按比例，为2s.3d。

Sufficient.—3 lbs. should fill 3 moderate-sized jars.

足够。 - 3磅应能装满3个中等大小的罐子。

Seasonable.—This should be made in September, October, or November.

时令。--此菜应在九月、十月或十一月制作。

COMPOTE OF APRICOTS.

(*An elegant Dish.*)

1521. INGREDIENTS.—1/2 pint of syrup No. 1512, 12 green apricots.

Mode.—Make the syrup by recipe No. 1512, and when it is ready, put in the apricots whilst the syrup is boiling. Simmer them very gently until tender, taking care not to let them break; take them out carefully, arrange them on a glass dish, let the syrup cool a little, pour it over the apricots, and, when cold, serve.

Time.—From 15 to 20 minutes to simmer the apricots.

Average cost, 9d.

Sufficient for 4 or 5 persons.

Seasonable in June and July, with green apricots.

APRICOT JAM or MARMALADE.

1522. INGREDIENTS.—To every lb. of ripe apricots, weighed after being skinned and stoned, allow 1 lb. of sugar.

Mode.—Pare the apricots, which should be ripe, as thinly as possible, break them in half, and remove the stones. Weigh the fruit, and to every lb. allow the same proportion of loaf sugar. Pound the sugar very finely in a mortar, strew it over the apricots, which should be placed on dishes, and let them remain for 12 hours. Break the stones, blanch the kernels, and put them with the sugar and fruit into a preserving-pan. Let these simmer very gently until clear; take out the pieces of apricot singly as they become so, and, as fast as the scum rises, carefully remove it. Put

杏子糖渍

(一道精致的菜肴。)

1521. 配料--1/2品脱1512号糖浆，12个青杏。

做法。--按食谱第1512号制作糖浆，糖浆准备好后，在沸腾时放入杏。非常轻柔地煨至软嫩，注意不要使其破碎；小心取出，排放在玻璃盘中，让糖浆稍凉，浇在杏上，冷却后供食。

时间。--炖杏子需15至20分钟。

平均成本,9便士。

足量供4或5人食用。

时令六月和七月，配青杏。

杏子果酱或柑橘酱。

1522. 配料。--每 lb.去皮去核后称重的熟杏，配1 lb.糖。

做法。--将杏子剥皮，杏子应当成熟，皮剥得越薄越好，掰成两半，去掉果核。称量果肉，每 lb.配以同等比例的精白糖。将糖在研钵中研成极细的粉末，撒在杏子上，杏子应摆放在盘中，静置 12 小时。敲开果核，将杏仁烫去外皮，与糖和果肉一同放入蜜饯锅。用极小的火慢慢煨至清澈；杏子块一旦变得清澈便逐块取出，浮沫一升起便小心撇去。将

the apricots into small jars, pour over them the syrup and kernels, cover the jam with pieces of paper dipped in the purest salad-oil, and stretch over the top of the jars tissue-paper, cut about 2 inches larger and brushed over with the white of an egg: when dry, it will be perfectly hard and air-tight.

将杏放入小罐中，浇上糖浆和果仁，用蘸过最纯沙拉油的纸片覆盖果酱，并在罐口拉紧铺上比罐口大约2英寸、刷过蛋清的薄纸：干燥后会完全坚硬且不透气。

Time.—12 hours sprinkled with sugar; about 3/4 hour to boil the jam.

时间。- 撒上糖静置12小时；煮果酱约3/4小时。

Average cost.—When cheap, apricots may be purchased for preserving at about 1s. 6d. per gallon.

平均成本。--便宜时，用于保藏的杏可按每 gallon 约1s.6d.购得。

Sufficient,—10 lbs. of fruit for 12 pots of jam.

足量,--12罐果酱用10磅水果。

Seasonable.—Make this in August or September.

时令。--在八月或九月制作此菜。

BARBERRIES IN BUNCHES.

成串的伏牛花

1523. INGREDIENTS.—1 pint of syrup No. 1513, barberries.

1523. 配料--1品脱糖浆第1513号，小檗。

Mode.—Prepare some small pieces of clean white wood, 3 inches long and 1/4 inch wide, and tie the fruit on to these in nice bunches. Have ready some clear syrup, made by recipe No. 1513; put in the barberries, and simmer them in it for 2 successive days, boiling them for nearly 1/2 hour each day, and covering them each time with the syrup when cold. When the fruit looks perfectly clear, it is sufficiently done, and should be stored away in pots, with the syrup poured over, or the fruit may be candied.

做法。--准备一些干净的白木小签，长 3 英寸、宽 1/4 英寸，将果实用细绳扎成整齐的小串系在木签上。备好按第 1513 号食谱制成的清澈糖浆；放入小檗果，在糖浆中连续煨两天，每天煮近 1/2 小时，每次煮后待其冷却时用糖浆浸没。当果实看起来完全清澈时，即已煮好，应装入罐中存放，浇上糖浆；果实亦可制成糖渍品。

Time.—1/2 hour to simmer each day.

时间。- 每天慢炖 1/2 小时。

Seasonable in autumn.

时令秋季。

Note.—The berries in their natural state make a very pretty

注。--浆果保持自然状态时，显得非常漂亮

garnishing for dishes, and may even be used for the same purpose, preserved as above, and look exceedingly nice on sweet dishes.

用于菜肴的装饰，甚至可用于同一目的，按上述方法保藏，在甜菜上显得非常美观。

TO MAKE BARLEY-SUGAR.

制作大麦糖。

1524. INGREDIENTS.—To every lb. of sugar allow 1/2 pint of water, 1/2 the white of an egg.

1524. 配料。--每 lb.糖配1/2 pint 水、1/2个蛋清。

Mode.—Put the sugar into a well-tinned saucepan, with the water, and, when the former is dissolved, set it over a moderate fire, adding the well-beaten egg before the mixture gets warm, and stir it well together. When it boils, remove the scum as it rises, and keep it boiling until no more appears, and the syrup looks perfectly clear; then strain it through a fine sieve or muslin bag, and put it back into the saucepan. Boil it again like caramel, until it is brittle, when a little is dropped in a basin of cold water: it is then sufficiently boiled. Add a little lemon-juice and a few drops of essence of lemon, and let it stand for a minute or two. Have ready a marble slab or large dish, rubbed over with salad-oil; pour on it the sugar, and cut it into strips with a pair of scissors: these strips should then be twisted, and the barley-sugar stored away in a very dry place. It may be formed into lozenges or drops, by dropping the sugar in a very small quantity at a time on to the oiled slab or dish.

做法。--将糖与清水放入镀锡良好的炖锅中，待糖溶化后置于中火上，在混合物变热之前加入打散的鸡蛋，充分搅拌。煮沸后，随浮沫升起即撇去，持续煮沸至不再有浮沫出现、糖浆完全清澈为止；然后用细筛或细布袋过滤，倒回炖锅中。再像熬焦糖那样熬煮，直至取少许滴入一碗冷水中能变脆：此时即已煮足。加入少许柠檬汁和几滴柠檬香精，静置一两分钟。备好一块大理石板或大盘子，抹上色拉油；将糖倒在其上，用剪刀剪成条状：这些糖条应随即拧成螺旋状，将大麦糖存放在极干燥的地方。也可将其制成锭剂或糖粒，方法是将糖每次极少量地滴在抹油的石板或盘子上。

Time.—1/4 hour.

时间。- 1/4小时。

Average cost, 7d.

平均费用,7便士。

Sufficient for 5 or 6 sticks.

足量可制5或6条。

CARROT JAM TO IMITATE APRICOT PRESERVE.

仿杏脯胡萝卜果酱。

1525. INGREDIENTS.—Carrots; to every lb. of carrot pulp allow 1 lb. of pounded sugar, the grated rind of 1 lemon, the strained juice of 2, 6 chopped bitter almonds, 2 tablespoonfuls of brandy.

Mode.—Select young carrots; wash and scrape them clean, cut them into round pieces, put them into a saucepan with sufficient water to cover them, and let them simmer until perfectly soft; then beat them through a sieve. Weigh the pulp, and to every lb. allow the above ingredients. Put the pulp into a preserving-pan with the sugar, and let this boil for 5 minutes, stirring and skimming all the time. When cold, add the lemon-rind and juice, almonds and brandy; mix these well with the jam; then put it into pots, which must be well covered and kept in a dry place. The brandy may be omitted, but the preserve will then not keep: with the brandy it will remain good for months.

Time.—About 3/4 hour to boil the carrots; 5 minutes to simmer the pulp.

Average cost, 1s. 2d. for 1 lb. of pulp, with the other ingredients in proportion.

Sufficient to fill 3 pots.

Seasonable from July to December.

TO MAKE CHERRY BRANDY.

1536. INGREDIENTS.—Morella cherries, good brandy; to every lb. of cherries allow 3 oz. of pounded sugar.

Mode.—Have ready some glass bottles, which must be perfectly dry. Ascertain that the cherries are not too ripe and are freshly

1525. 配料。--胡萝卜；每 lb.胡萝卜泥配1 lb.捣碎的糖、1个柠檬的擦碎皮、2个柠檬的滤汁、6个切碎的苦杏仁、2汤匙白兰地。

做法。--挑选嫩胡萝卜；洗净刮净，切成圆片，放入炖锅，加足量水没过，煨至完全软烂；然后过筛压成泥。称量果泥，每 lb.配以上述配料。将果泥与糖一同放入蜜饯锅，煮 5 分钟，全程不断搅拌并撇沫。冷却后加入柠檬皮与柠檬汁、杏仁和白兰地；将这些与果酱充分拌匀；然后装入罐中，罐口必须封严，存放在干燥处。白兰地可以省略，但那样蜜饯便不能久存：加入白兰地则可保存数月之久。

时间。--煮胡萝卜约3/4小时；煨果泥5分钟。

平均成本,1 lb.果泥及其余配料按比例，为1s.2d。

足量可装满3锅。

时令七月至十二月。

制作樱桃白兰地。

1536. 配料。--莫雷拉樱桃、优质白兰地；每 lb.樱桃配3 oz.捣碎的糖。

做法。--准备好一些玻璃瓶，必须完全干燥。确认樱桃不太熟且新鲜

gathered, and cut off about half of the stalks. Put them into the bottles, with the above proportion of sugar to every lb. of fruit; strew this in between the cherries, and, when the bottles are nearly full, pour in sufficient brandy to reach just below the cork. A few peach or apricot kernels will add much to their flavour, or a few blanched bitter almonds. Put corks or bungs into the bottles, tie over them a piece of bladder, and store away in a dry place. The cherries will be fit to eat in 2 or 3 months, and will remain good for years. They are liable to shrivel and become tough if too much sugar be added to them.

采摘后，切去约一半的果梗。装入瓶中，按上述比例每 lb.果实配以相应的糖；将糖撒在樱桃之间，待瓶子将近装满时，倒入足量白兰地，液面刚好低于瓶塞。加入几粒桃仁或杏仁可大大增添风味，或加几粒烫去外皮的苦杏仁。塞上软木塞或瓶塞，上面扎一块膀胱膜，存放在干燥处。樱桃 2 至 3 个月后即可食用，可保存数年之久。若加入的糖过多，樱桃容易皱缩变硬。

Average cost, 1s. to 1s. 6d. per lb.

平均成本，每磅1先令至1先令6便士。

Sufficient.—1 lb. of cherries and about 1/4 pint of brandy for a quart bottle. *Seasonable* in August and September.

足量。--一夸脱瓶用1 lb.樱桃和约1/4 pint白兰地。时令为八月和九月。

DRIED CHERRIES.

樱桃干。

1527. CHERRIES may be put in a slow oven and thoroughly dried before they begin to change colour. They should then be taken out of the oven, tied in bunches, and stored away in a dry place. In the winter, they may be cooked with sugar for dessert, the same as Normandy pippins. Particular care must be taken that the oven be not too hot. Another method of drying cherries is to stone them, and to put them into a preserving-pan, with plenty of loaf sugar strewed amongst them. They should be simmered till the fruit shrivels, when they should be strained from the juice. The cherries should then be placed in an oven, cool enough to dry without baking them. About 5 oz. of sugar would be required for 1 lb. of cherries, and the same syrup may be used again to do another quantity of fruit.

1527. 樱桃可放入文火烤箱中彻底烘干，至其开始变色之前取出。然后应将它们从烤箱中取出，扎成串，存放在干燥处。冬季时，可用糖煮制作为餐后甜点，与诺曼底苹果干相同。必须特别注意烤箱不可过热。另一种烘干樱桃的方法是将樱桃去核，放入蜜饯锅中，撒入大量块糖。应煨煮至果实皱缩，然后滤去汁液。随后应将樱桃放入温度足够低、只烘不烤的烤箱中。每1 lb.樱桃约需5 oz.糖，同一糖浆可再次用于处理另一批果实。

CHERRY JAM.

1528. INGREDIENTS.—To every lb. of fruit, weighed before stoning, allow 1/2 lb. of sugar; to every 6 lbs. of fruit allow 1 pint of red-currant juice, and to every pint of juice 1 lb. of sugar.

Mode.—Weigh the fruit before stoning, and allow half the weight of sugar; stone the cherries, and boil them in a preserving-pan until nearly all the juice is dried up; then add the sugar, which should be crushed to powder, and the currant-juice, allowing 1 pint to every 6 lbs. of cherries (original weight), and 1 lb. of sugar to every pint of juice. Boil all together until it jellies, which will be in from 20 minutes to 1/2 hour; skim the jam well, keep it well stirred, and, a few minutes before it is done, crack some of the stones, and add the kernels: these impart a very delicious flavour to the jam.

Time.—According to the quality of the cherries, from 3/4 to 1 hour to boil them; 20 minutes to 1/2 hour with the sugar.

Average cost, from 7d. to 8d. per lb. pot.

Sufficient.—1 pint of fruit for a lb. pot of jam.

Seasonable.—Make this in July or August.

TO PRESERVE CHERRIES IN SYRUP.

(*Very delicious*.)

1529. INGREDIENTS.—4 lbs. of cherries, 3 lbs. of sugar, 1 pint of white-currant juice.

Mode.—Let the cherries be as clear and as transparent as possible,

樱桃果酱。

1528. 配料。--每 lb.去核前称重的水果配1/2 lb.糖；每6 lbs.水果配1 pint 红醋栗汁，每 pint 果汁配1 lb.糖。

做法。--去核前先称量果实，取重量一半的糖；将樱桃去核，放入蜜饯锅中煮至汁液几乎收干；然后加入糖(应碾成粉末)和醋栗汁，每6 lbs.樱桃(原重)配1 pint醋栗汁，每1 pint汁配1 lb.糖。将所有材料一起煮至凝结成冻，约需20分钟至1/2小时；仔细撇去果酱浮沫，不断搅拌，在完成前几分钟敲碎一些果核，加入果仁：这能为果酱增添极为鲜美的风味。

时间。- 视樱桃品质而定，煮樱桃需3/4至1小时；加糖后煮20分钟至1/2小时。

平均成本，每磅锅装7便士至8便士。

足量。--每磅果酱罐用1品脱水果。

时令。--在七月或八月制作此菜。

糖浆腌渍樱桃

(非常美味。)

1529. 配料。- 樱桃4 lb.，糖3 lb.，白醋栗汁1 pint。

方式。--让樱桃尽可能清澈透明，

and perfectly ripe; pick off the stalks, and remove the stones, damaging the fruit as little as you can. Make a syrup with the above proportion of sugar, by recipe No. 1512; mix the cherries with it, and boil them for about 15 minutes, carefully skimming them; turn them gently into a pan, and let them remain till the next day; then drain the cherries on a sieve, and put the syrup and white-currant juice into the preserving-pan again. Boil these together until the syrup is somewhat reduced and rather thick; then put in the cherries, and let them boil for about 5 minutes; take them off the fire, skim the syrup, put the cherries into small pots or wide-mouthed bottles; pour the syrup over, and when quite cold, tie them down carefully, so that the air is quite excluded.

且完全成熟；摘去果梗，去除果核，尽量少损伤果实。按食谱第1512号的上述比例用糖制成糖浆；将樱桃拌入其中，煮约15分钟，仔细撇去浮沫；轻轻倒入盆中，静置至次日；然后用筛子沥干樱桃，将糖浆和白醋栗汁再次放入蜜饯锅中。一起煮至糖浆略有浓缩且较为浓稠；然后放入樱桃，煮约5分钟；离火，撇去糖浆浮沫，将樱桃装入小罐或广口瓶中；倒入糖浆，完全冷却后仔细扎紧封口，使空气完全隔绝。

Time.—15 minutes to boil the cherries in the syrup; 10 minutes to boil the syrup and currant-juice; 6 minutes to boil the cherries the second time.

时间。- 樱桃在糖浆中煮15分钟；糖浆与醋栗汁煮10分钟；樱桃第二次煮6分钟。

Average cost for this quantity, 3s. 6d.

平均成本此数量为 3s.6d。

Seasonable.—Make this in July or August.

时令。--在七月或八月制作此菜。

BLACK-CURRANT JAM.

黑加仑果酱。

1530. INGREDIENTS.—To every lb. of fruit, weighed before being stripped from the stalks, allow 3/4 lb. of loaf sugar, 1 gill of water.

1530. 配料。- 每1 lb.水果(去梗前称重)，配以3/4 lb.块糖、1 gill水。

Mode.—Let the fruit be very ripe, and gathered on a dry day. Strip it from the stalks, and put it into a preserving-pan, with a gill of water to each lb. of fruit; boil these together for 10 minutes; then add the sugar, and boil the jam again for 30 minutes, reckoning

模式。--让水果充分成熟，并在干燥的日子采摘。将果实从果梗上摘下，放入果酱熬煮锅中，每1 lb.水果加1及耳水；一起煮10分钟；然后加入糖，再将果酱煮30分钟，计算

from the time when the jam simmers equally all over, or longer, should it not appear to set nicely when a little is poured on to a plate. Keep stirring it to prevent it from burning, carefully remove all the scum, and when done, pour it into pots. Let it cool, cover the top of the jam with oiled paper, and the top of the jars with a piece of tissue-paper brushed over on both sides with the white of an egg: this, when cold, forms a hard stiff cover, and perfectly excludes the air. Great attention must be paid to the stirring of this jam, as it is very liable to burn, on account of the thickness of the juice.

从果酱整体均匀沸腾时算起，若取少量滴在盘上似乎不能很好地凝结，则需延长时间。不断搅拌以防烧焦，仔细去除所有浮沫，完成后倒入罐中。待冷却后，用油纸覆盖果酱表面，用两面刷过蛋清的薄纸覆盖罐口：冷却后形成坚硬挺括的盖子，完全隔绝空气。必须特别注意搅拌此果酱，因汁液浓稠极易烧焦。

Time.—10 minutes to boil the fruit and water; 30 minutes with the sugar, or longer.

时间。- 水果与水煮10分钟；加糖后煮30分钟或更久。

Average cost, from 6d. to 8d. for a pot capable of holding 1 lb.

平均成本，能装1 lb.的锅为6d.至8d.

Sufficient.—Allow from 6 to 7 quarts of currants to make 1 dozen pots of jam, each pot to hold 1 lb.

用量。- 用6至7 quarts的醋栗制作1打罐果酱，每罐装1 lb.

Seasonable.—Make this in July.

时令。--在七月制作此菜。

BLACK-CURRANT JELLY.

黑加仑果冻。

1531. INGREDIENTS.—Black currants; to every pint of juice allow 1/4 pint of water, 1 lb. of loaf sugar.

1531. 配料。- 黑醋栗；每1 pint果汁配以1/4 pint水、1 lb.块糖。

Mode.—Strip the currants from the stalks, which may be done in an expeditious manner, by holding the bunch in one hand, and passing a small silver fork down the currants: they will then readily fall from the stalks. Put them into a jar, place this jar in a saucepan of boiling water, and simmer them until their juice is extracted; then strain them, and to every pint of juice allow the above proportion of sugar and water; stir these ingredients

做法。--将红醋栗从果梗上摘下，可快捷完成：一手握住果串，用一把小银叉顺着红醋栗向下梳，果实便会轻易从果梗上脱落。将其放入罐中，把罐子置于盛有沸水的炖锅内，用小火慢煮至汁液析出；然后过滤，每 pint 汁液按上述比例配入糖和水；搅拌这些配料

together cold until the sugar is dissolved; place the preserving-pan on the fire, and boil the jelly for about 1/2 hour, reckoning from the time it commences to boil all over, and carefully remove the scum as it rises. If the jelly becomes firm when a little is put on a plate, it is done; it should then be put into *small* pots, and covered the same as the jam in the preceding recipe. If the jelly is wanted very clear, the fruit should not be squeezed dry; but, of course, so much juice will not be obtained. If the fruit is not much squeezed, it may be converted into a jam for immediate eating, by boiling it with a little common sugar: this answers very well for a nursery preserve.

一起冷拌至糖溶解；将蜜饯锅置于火上，煮约1/2小时，从整体开始沸腾时算起，并仔细去除浮起的浮沫。若取少量放在盘上果冻变硬，即已煮好；此时应装入小罐中，按前一道食谱中果酱的方法覆盖。若希望果冻非常清澈，则不应将果实挤压至干；但当然，所得汁液会少一些。若果实未过多挤压，可加入少量普通糖煮制，制成供即时食用的果酱：这非常适合作为育婴室的保存食品。

Time.—About 3/4 hour to extract the juice; 1/2 hour to boil the jelly.

时间。- 析出果汁约需3/4小时；煮果冻需1/2小时。

Average cost, from 8d. to 10d. per 1/2-lb. pot.

平均成本，每1/2磅罐装8便士至10便士。

Sufficient.—From 3 pints to 2 quarts of fruit should yield a pint of juice.

足量。--3品脱至2夸脱的水果应能榨出1品脱果汁。

Seasonable.—Make this in July.

时令。--在七月制作此菜。

RED-CURRANT JAM.

红醋栗果酱。

1532. INGREDIENTS.—To every lb. of fruit allow 3/4 lb. of loaf sugar.

1532. 配料--每1 lb.水果配3/4 lb.块糖。

[Illustration: JAM-POT.]

[插图：果酱罐。]

Mode.—Let the fruit be gathered on a fine day; weigh it, and then strip the currants from the stalks; put them into a preserving-pan with sugar in the above proportion; stir them, and boil them for about 3/4 hour. Carefully remove the scum as it rises. Put the jam

做法。- 水果须于晴日采摘；称重后去梗；放入熬煮锅，按上述比例加糖；搅拌并煮约3/4小时。浮沫升起时须仔细撇去。将果酱

into pots, and, when cold, cover with oiled papers; over these put a piece of tissue-paper brushed over on both sides with the white of an egg; press the paper round the top of the pot, and, when dry, the covering will be quite hard and air-tight.

装入罐中，冷却后覆以涂油纸；其上再覆一张薄纸，两面刷以蛋清；将纸压紧于罐口，干燥后覆盖层将十分坚硬且不透气。

Time.—1/2 to 3/4 hour, reckoning from the time the jam boils all over.

时间。- 自果酱全面沸腾起计，1/2至3/4小时。

Average cost, for a lb. pot, from 6d. to 8d.

平均成本，每磅罐装，6便士至8便士。

Sufficient.—Allow from 6 to 7 quarts of currants to make 12 1-lb, pots of jam.

用量。- 约需6至7 quart醋栗，可制成12罐1 lb.装的果酱。

Seasonable.—Make this in July.

时令。--在七月制作此菜。

RED-CURRANT JELLY.

红醋栗果冻

1533. INGREDIENTS.—Red currants; to every pint of juice allow 3/4 lb. of loaf sugar.

1533. 配料--红醋栗；每1 pint果汁配3/4 lb.块糖。

Mode.—Have the fruit gathered in fine weather; pick it from the stalks, put it into a jar, and place this jar in a saucepan of boiling water over the fire, and let it simmer gently until the juice is well drawn from the currants; then strain them through a jelly-bag or fine cloth, and, if the jelly is wished very clear, do not squeeze them *too much*, as the skin and pulp from the fruit will be pressed through with the juice, and so make the jelly muddy. Measure the juice, and to each pint allow 3/4 lb. of loaf sugar; put these into a preserving-pan, set it over the fire, and keep stirring the jelly until it is done, carefully removing every particle of scum as it rises, using a wooden or silver spoon for the purpose, as metal or iron ones would spoil the colour of the jelly when it has boiled from 20 minutes to 1/2 hour, put a little of the jelly on a plate, and if firm

方法。--在天气晴好时采摘果实；从果梗上摘下，放入一个罐子，把罐子置于火上盛有煮水的炖锅中，让其微微 simmer，直到醋栗的汁液充分渗出；然后用果冻袋或细布过滤，若希望果冻非常清澈，就不要过度挤压，因为果皮和果肉会随汁液一起被压出，使果冻浑浊。量取汁液，每 pint 加 3/4 lb.的块糖；将其放入熬糖锅，置于火上，不断搅拌果冻直至煮成，仔细撇去浮起的每一丝浮沫，为此使用木勺或银勺，因为金属或铁勺会在果冻煮了 20 分钟至 1/2 小时后破坏其色泽，取少许果冻放在盘子上，若冷却后凝固

when cool, it is done. Take it off the fire, pour it into small gallipots, cover each of the pots with an oiled paper, and then with a piece of tissue-paper brushed over on both sides with the white of an egg. Label the pots, adding the year when the jelly was made, and store it away in a dry place. A jam may be made with the currants, if they are not squeezed too dry, by adding a few fresh raspberries, and boiling all together, with sufficient sugar to sweeten it nicely. As this preserve is not worth storing away, but is only for immediate eating, a smaller proportion of sugar than usual will be found enough: it answers very well for children's puddings, or for a nursery preserve.

即已煮成。离火，倒入小罐中，每个罐子盖上一张涂油的纸，再覆上一张两面刷过蛋清的薄纸。给罐子贴上标签，注明制作果冻的年份，并存放在干燥处。若不挤得太干，可用醋栗制作果酱，加入少许新鲜覆盆子，一起煮，加足量的糖使其甜度适宜。由于这种保藏品不值得长期存放，仅供立即食用，因此比通常用量更少的糖即可：它非常适合用于儿童的布丁，或作为育婴室的保藏品。

Time.—From 3/4 to 1 hour to extract the juice; 20 minutes to 1/2 hour to boil the jelly.

时间。- 析出果汁需3/4至1小时；煮果冻需20分钟至1/2小时。

Average cost, from 8d. to 10d. per 1/2-lb. pot. *Sufficient*.—8 quarts of currants will make from 10 to 12 pots of jelly. *Seasonable*.—Make this in July. *Note*.—Should the above proportion of sugar not be found sufficient for some tastes, add an extra 1/4 lb. to every pint of juice, making altogether 1 lb.

平均成本，每1/2 lb.罐8d.至10d.。用量。- 8 quart醋栗可制果冻10至12罐。时令。- 于七月制作。注。- 若上述糖量对某些口味而言不足，可每1 pint果汁再加1/4 lb.，共计1 lb.。

WHITE-CURRANT JELLY.

白醋栗果冻

1534. INGREDIENTS.—White currants; to every pint of juice allow 3/4 lb. of good loaf sugar.

1534. 配料--白醋栗；每 pint 果汁配 3/4 lb.上等块糖。

Mode.—Pick the currants from the stalks, and put them into a jar; place this jar in a saucepan of boiling water, and simmer until the juice is well drawn from the fruit, which will be in from 3/4 to 1 hour. Then strain the currants through a fine cloth or jelly-bag; do not squeeze them too much, or the jelly will not be clear, and put the juice into a very clean preserving-pan, with the sugar. Let this

做法。- 将醋栗去梗，放入罐中；将罐置于盛沸水的深锅中，小火煮至果汁充分析出，约需3/4至1小时。然后用细布或果冻袋滤出醋栗；不可挤压过度，否则果冻不清；将果汁与糖放入十分洁净的熬煮锅中。让其

simmer gently over a clear fire until it is firm, and keep stirring and skimming until it is done; then pour it into small pots, cover them, and store away in a dry place.

Time.—3/4 hour to draw the juice; 1/2 hour to boil the jelly.

Average cost, from 8d. to 10d. per 1/2-lb. pot.

Sufficient.—From 3 pints to 2 quarts of fruit should yield 1 pint of juice.

Seasonable in July and August.

在明火上小火慢煮至凝固，不断搅拌并撇去浮沫直至煮好；然后倒入小罐中，盖好，存放在干燥处。

时间。- 熬出果汁需3/4小时；煮果冻需1/2小时。平均成本，每1/2磅罐装8便士至10便士。

用量。- 3品脱至2夸脱的水果应可产出1品脱果汁。

时令七月与八月。

BAKED DAMSONS FOR WINTER USE.

烤布拉斯李，供冬季食用。

1535. INGREDIENTS.—To every lb. of fruit allow 6 oz. of pounded sugar; melted mutton suet.

1535. 配料--每1 lb.水果配6 oz.捣碎的糖；融化的羊脂。

Mode.—Choose sound fruit, not too ripe; pick off the stalks, weigh it, and to every lb. allow the above proportion of pounded sugar. Put the fruit into large dry stone jars, sprinkling the sugar amongst it; cover the jars with saucers, place them in a rather cool oven, and bake the fruit until it is quite tender. When cold, cover the top of the fruit with a piece of white paper cut to the size of the jar; pour over this melted mutton suet about an inch thick, and cover the tops of the jars with thick brown paper, well tied down. Keep the jars in a cool dry place, and the fruit will remain good till the following Christmas, but not much longer.

方法。- 选择完好、不太熟的果实；摘去果梗，称重，每lb.按上述比例配入捣碎的糖。将果实放入干燥的大石罐中，把糖撒在果间；用碟子盖住罐口，置于稍凉的烤箱中，烘烤果实至完全软烂。冷却后，在果实表面盖上一张按罐口大小剪好的白纸；在纸上浇上约一英寸厚的融化羊板油，再用厚牛皮纸盖住罐口并扎紧。将罐子存放在阴凉干燥处，果实可保持完好至次年圣诞节，但不会更久。

Time.—From 5 to 6 hours to bake the damsons, in a very cool oven.

时间。--在极低温烤箱中烤制布拉斯李，需5至6小时。

Seasonable in September and October.

时令九月和十月。

DAMSON CHEESE.

1536. INGREDIENTS.—Damsons; to every lb. of fruit pulp allow 1/2 lb. of loaf sugar.

Mode.—Pick the stalks from the damsons, and put them into a preserving-pan; simmer them over the fire until they are soft, occasionally stirring them; then beat them through a coarse sieve, and put the pulp and juice into the preserving-pan, with sugar in the above proportion, having previously carefully weighed them. Stir the sugar well in, and simmer the damsons slowly for 2 hours. Skim well; then boil the preserve quickly for 1/2 hour, or until it looks firm and hard in the spoon; put it quickly into shallow pots, or very tiny earthenware moulds, and, when cold, cover it with oiled papers, and the jars with tissue-paper brushed over on both sides with the white of an egg. A few of the stones may be cracked, and the kernels boiled with the damsons, which very much improves the flavour of the cheese.

Time.—1 hour to boil the damsons without the sugar; 2 hours to simmer them slowly, 1/2 hour quickly.

Average cost, from 8d. to 10d. per 1/3 lb. pot.

Sufficient.—1 pint of damsons to make a *very small* pot of cheese.

Seasonable.—Make this in September or October.

COMPOTE OF DAMSONS.

1537. INGREDIENTS.—1 quart of damsons, 1 pint of syrup No. 1512.

达姆森奶酪。

1536. 配料。-西洋李；每1磅果肉配1/2磅块糖。

方法。- 摘去 damsons(西洋李)的果梗，放入果酱熬煮锅；在火上慢煮至软，不时搅拌；然后通过粗筛擦成泥，将果肉和果汁放回熬煮锅，按上述比例加入糖，事先须仔细称量。将糖充分搅入，用文火慢煮 damsons 2小时。撇净浮沫；然后用大火快煮1/2小时，或煮至用勺舀起时显得坚实硬挺；迅速装入浅罐或极小的陶制模子中，冷却后盖上涂油纸，罐口用两面刷过蛋清的薄纸封好。可将少量果核敲碎，将果仁与 damsons 同煮，能大大改善这种果酱酪的风味。

时间。- 不加糖煮西洋李需1小时；小火慢炖需2小时，快速煮需1/2小时。

平均成本，每1/3 lb.罐8d.至10d.。

用量。- 1品脱西洋李可制作一很小罐果酱。

时令。--在九月或十月制作此菜。

达姆森李子蜜饯

1537. 配料--1夸脱西洋李，1品脱糖浆，编号1512.

Mode.—Procure sound ripe damsons; pick the stalks from them, and put them into boiling syrup, made by recipe No. 1512. Simmer them gently until the fruit is tender, but not sufficiently soft to break; take them up, boil the syrup for 5 minutes; pour it over the damsons, and serve. This should be sent to table in a glass dish.

做法。- 选取完好成熟的西洋李；摘去果梗，放入按第1512号食谱制成的沸腾糖浆中。小火慢煮至果实变软，但不要软到破裂；捞出，将糖浆煮沸5分钟；浇在西洋李上，即可上桌。此菜应盛在玻璃盘中上桌。

Time.—About 1/4 hour to simmer the damsons; 5 minutes to boil the syrup.

时间。- 小火慢煮西洋李约1/4小时；煮糖浆5分钟。

Average cost, 9d.

平均成本,9便士。

Sufficient for 4 or 5 persons. *Seasonable* in September and October.

用量可供4至5人食用。时令为九月和十月。

DAMSON JAM.

达姆森果酱。

1538. INGREDIENTS.—Damsons; to every lb. of fruit allow 3/4 lb. of loaf sugar.

1538. 配料--达姆森李；每1 lb.水果配3/4 lb.块状砂糖。

Mode.—Have the fruit gathered in dry weather; pick it over, and reject any that is at all blemished. Stone the damsons, weigh them, and to every lb. allow 3/4 lb. of loaf sugar. Put the fruit and sugar into a preserving-pan; keep stirring them gently until the sugar is dissolved, and carefully remove the scum as it rises. Boil the jam for about an hour, reckoning from the time it commences to simmer all over alike: it must be well stirred all the time, or it will be liable to burn and stick to the pan, which will cause the jam to have a very disagreeable flavour. When the jam looks firm, and the juice appears to set, it is done. Then take it off the fire, put into pots, cover it down, when quite cold, with oiled and egged papers, the same as in recipe No. 1530, and store it away in a dry place.

方法。- 在干燥天气采摘果实；挑拣一遍，弃去任何有瑕疵的果实。去掉 damsons 的核，称重，每lb.配3/4 lb.块糖。将果实和糖放入熬煮锅；不断轻轻搅拌至糖溶化，并仔细撇去浮起的浮沫。从果酱全面均匀沸腾时算起，煮约一小时：全程必须充分搅拌，否则容易烧焦并粘锅，使果酱带有非常令人不快的味道。当果酱显得坚实、果汁似乎凝结时，即已煮好。然后离火，装入罐中，完全冷却后用涂油并刷蛋清的纸封口，与第1530号食谱相同，存放在干燥处。

Time.—1 hour after the jam simmers all over.

Average cost, from 6d. to 8d. per lb. pot.

Sufficient.—1-1/2 pint of damsons for a lb. pot.

Seasonable.—Make this in September or October.

A VERY NICE PRESERVE OF DAMSONS.

1539. INGREDIENTS.—To every quart of damsons allow 1/2 lb. of loaf sugar.

Mode.—Put the damsons (which should be picked from the stalks and quite free from blemishes) into a jar, with pounded sugar sprinkled amongst them in the above proportion; tie the jar closely down, set it in a saucepan of cold water; bring it gradually to boil, and simmer gently until the damsons are soft, without being broken. Let them stand till cold; then strain the juice from them, boil it up well, strain it through a jelly-bag, and pour it over the fruit. Let it cool, cover with oiled papers, and the jars with tissue-paper brushed over on both sides with the white of an egg, and store away in a dry cool place.

Time.—About 3/4 hour to simmer the fruit after the water boils; 1/4 hour to boil the juice.

Seasonable.—Make this in September or October.

TO PRESERVE DAMSONS, OR ANY KIND OF PLUMS.

(*Useful in Winter*.)

1540. INGREDIENTS.—Damsons or plums; boiling water.

时间。--果酱整体 simmer 后 1 小时。

平均成本，每磅锅装6便士至8便士。

足量。--每磅罐装用1.5品脱的布拉斯李。

时令。--在九月或十月制作此菜。

一款非常不错的 damsons(西洋李)蜜饯。

1539. 配料--每 quart 达姆森李子配 1/2 lb.块状砂糖。

方法。- 将 damsons(须摘去果梗且完全无瑕疵)放入罐中，按上述比例撒入捣碎的糖；将罐口扎紧，置于盛冷水的深锅中；逐渐加热至沸，用文火慢煮至 damsons 变软而不破。静置至冷却；然后滤出果汁，充分煮沸，用果冻袋过滤，再浇在果实上。冷却后盖上涂油纸，罐口用两面刷过蛋清的薄纸封好，存放在阴凉干燥处。

时间。- 水沸后小火慢煮水果约3/4小时；煮果汁1/4小时。

时令。--在九月或十月制作此菜。

保存乌荆子或任何种类的李子。

(冬季适用。)

1540. 配料--乌荆子李或李子；沸水。

Mode.—Pick the fruit into clean dry stone jars, taking care to leave out all that are broken or blemished. When full, pour boiling water on the plums, until it stands one inch above the fruit; cut a piece of paper to fit the inside of the jar, over which pour melted mutton-suet; cover down with brown paper, and keep the jars in a dry cool place. When used, the suet should be removed, the water poured off, and the jelly at the bottom of the jar used and mixed with the fruit.

做法。- 将水果挑入干净干燥的石罐中，注意剔除所有破损或有瑕疵的果实。装满后，将沸水浇在李子上，至水面高出水果一英寸；剪一张纸贴合罐内，上面浇上融化的羊脂；用牛皮纸盖好，将罐子存放在干燥阴凉处。食用时，应去除羊脂，倒掉水，使用罐底的果冻并与水果混合。

Seasonable in September and October.

时令九月和十月。

COMPOTE OF GREEN FIGS.

青无花果糖渍

[Illustration: COMPÔTE OF FIGS.]

[插图：无花果糖煮水果]

1541. INGREDIENTS.—1 pint of syrup No. 1512, 1-1/2 pint of green figs, the rind of 1/2 lemon.

1541. 配料。-1品脱第1512号糖浆，1-1/2品脱绿无花果，1/2个柠檬的果皮。

Mode.—Make a syrup by recipe No. 1512, boiling with it the lemon-rind, and carefully remove all the scum as it rises. Put in the figs, and simmer them very slowly until tender; dish them on a glass dish; reduce the syrup by boiling it quickly for 5 minutes; take out the lemon-peel, pour the syrup over the figs, and the compote, when cold, will be ready for table. A little port wine, or lemon-juice, added just before the figs are done, will be found an improvement.

做法。- 按第1512号食谱制作糖浆，与柠檬皮一同煮沸，仔细撇去浮起的浮沫。放入无花果，非常缓慢地炖至变软；盛在玻璃盘中；快速煮沸5分钟浓缩糖浆；取出柠檬皮，将糖浆浇在无花果上，冷却后即可上桌。在无花果煮好前加入少许波特酒或柠檬汁，效果更佳。

Time.—2 to 3 hours to stew the figs.

时间。- 炖无花果需2至3小时。

Average cost, figs, 2s. to 3s. per dozen.

平均成本，无花果，每打2先令至3先令。

Seasonable in August and September.

时令在八月和九月。

TO BOTTLE FRESH FRUIT.

(*Very useful in Winter*.)

I.

1542. INGREDIENTS.—Fresh fruits, such as currants, raspberries, cherries, gooseberries, plums of all kinds, damsons, &c.; wide-mouthed glass bottles, new corks to fit them tightly.

Mode.—Let the fruit be full grown, but not too ripe, and gathered in dry weather. Pick it off the stalks without bruising or breaking the skin, and reject any that is at all blemished: if gathered in the damp, or if the skins are cut at all, the fruit will mould. Have ready some *perfectly dry* glass bottles, and some nice new soft corks or bungs; burn a match in each bottle, to exhaust the air, and quickly place the fruit in to be preserved; gently cork the bottles, and put them into a very cool oven, where let them remain until the fruit has shrunk away a fourth part. Then take the bottles out; *do not open them,* but immediately beat the corks in tight, cut off the tops, and cover them with melted resin. If kept in a dry place, the fruit will remain good for months; and on this principally depends the success of the preparation; for if stored away in a place that is in the least damp, the fruit will soon spoil.

Time.—From 5 to 6 hours in a very slow oven.

II.

1543. INGREDIENTS.—Any kind of fresh fruit, such as currants, cherries, gooseberries, all kinds of plums, &c.; wide-mouthed glass

装瓶新鲜水果。

(冬季非常有用。)

一。

1542. 配料。-新鲜水果，如醋栗、覆盆子、樱桃、醋栗、各种李子、西洋李等；广口玻璃瓶，以及能紧密塞住瓶口的新软木塞。

方法。- 果实须充分长成但不过熟，并在干燥天气采摘。从果梗上摘下，不得碰伤或弄破果皮，弃去任何有瑕疵的果实：若在潮湿时采摘，或果皮有任何破损，果实就会发霉。备好一些完全干燥的玻璃瓶，以及优质的新软木塞或瓶塞；在每个瓶中点燃一根火柴以耗尽空气，迅速将待保存的果实装入；轻轻塞上瓶塞，放入极凉的烤箱中，让其在其中停留至果实缩去四分之一。然后取出瓶子；不要打开它们，而是立即将瓶塞紧紧敲入，切去顶部，并用融化的树脂封盖。若存放在干燥处，果实可保持完好数月；此点主要决定制作成败；因为若存放在稍有潮气的地方，果实很快就会变质。

时间。--在极慢的烤箱中烤5至6小时。

二。

1543. 配料。-任何种类的新鲜水果，如醋栗、樱桃、醋栗、各种李子等；广口玻璃

bottles, new corks to fit them tightly.

Mode.—The fruit must be full-grown, not too ripe, and gathered on a fine day. Let it be carefully picked and put into the bottles, which must be clean and perfectly dry. Tie over the tops of the bottles pieces of bladder; stand the bottles in a large pot, copper, or boiler, with cold water to reach to their necks; kindle a fire under, let the water boil, and as the bladders begin to rise and puff, prick them. As soon as the water boils, extinguish the fire, and let the bottles remain where they are, to become cold. The next day remove the bladders, and strew over the fruit a thick layer of pounded sugar; fit the bottles with corks, and let each cork lie close at hand to its own bottle. Hold for a few moments, in the neck of the bottle, two or three lighted matches, and when they have filled the bottle neck with gas, and before they go out, remove them very quickly; instantly cork the bottle closely, and dip it in bottle cement.

瓶子，以及能紧密塞住瓶口的新软木塞。

模式。--果实必须充分成熟，但不可过熟，并须在晴天采摘。仔细拣选后装入瓶中，瓶子必须洁净且完全干燥。用膀胱膜片扎住瓶口；将瓶子放入大锅、铜锅或煮锅中，注入冷水至瓶颈处；在锅下生火，待水煮沸，当膀胱膜开始鼓起膨胀时，用针刺破。水一沸腾即熄火，让瓶子留在原处冷却。次日取下膀胱膜，在果实上撒一层厚厚的糖粉；为瓶子配上软木塞，每个软木塞放在各自瓶子近旁。在瓶颈中握住两三根点燃的火柴片刻，待它们用气体充满瓶颈、尚未熄灭时，迅速取出；立即将瓶子紧密塞住，并浸入瓶用胶泥中。

Time.—Altogether about 8 hours.

时间。--总共约8小时。

TO BOTTLE FRESH FRUIT WITH SUGAR.

用糖腌制新鲜水果装瓶。

(*Very useful in Winter.*)

(冬季非常有用。)

1544. INGREDIENTS.—Any kind of fresh fruit; to each quart bottle allow 1/4 lb. of pounded sugar.

1544. 配料。-任何种类的新鲜水果；每夸脱瓶配1/4磅糖粉。

Mode.—Let the fruit be gathered in dry weather. Pick it carefully, and drop it into *clean* and *very dry* quart glass bottles, sprinkling over it the above proportion of pounded sugar to each quart. Put the corks in the bottles, and place them in a copper of cold water up to their necks, with small hay-wisps round them, to prevent the

做法。- 在干燥天气采摘水果。仔细挑选，放入干净且非常干燥的夸脱玻璃瓶中，每夸脱撒上上述比例的糖粉。将软木塞放入瓶中，将瓶子放入盛有冷水的铜锅中，水至瓶颈，周围围上小干草束，以防

bottles from knocking together. Light the fire under, bring the water gradually to boil, and let it simmer gently until the fruit in the bottles is reduced nearly one third. Extinguish the fire, *and let the bottles remain in the water until it is perfectly cold;* then take them out, make the corks secure, and cover them with melted resin or wax.

瓶子相互碰撞。在下方点火，将水逐渐煮沸，小火慢煮至瓶中水果减少近三分之一。熄火，让瓶子留在水中直至水完全冷却；然后取出，塞紧软木塞，用融化的树脂或蜡封盖。

Time.—About 1 hour from the time the water commences to boil.

时间。--从水开始沸腾起约1小时。

TO FROST HOLLY-LEAVES, for garnishing and decorating Dessert and Supper
Dishes.

给冬青叶挂霜，用于装饰和点缀甜点及晚餐

菜肴。

1545.—INGREDIENTS.—Sprigs of holly, oiled butter, coarsely-powdered sugar.

1545.配料--冬青枝、油酥黄油、粗砂糖。

Mode.—Procure some nice sprigs of holly; pick the leaves from the stalks, and wipe them with a clean cloth free from all moisture; then place them on a dish near the fire, to get thoroughly dry, but not too near to shrivel the leaves; dip them into oiled butter, sprinkle over them some coarsely-powdered sugar, and dry them before the fire. They should be kept in a dry place, as the least damp would spoil their appearance.

做法。- 取一些漂亮的冬青枝；从茎上摘下叶子，用干净的布擦去所有水分；然后放在靠近火的盘子上，使其彻底干燥，但不要离得太近以免叶子卷曲；蘸上油黄油，撒上一些粗糖粉，在火前烘干。应存放在干燥处，因为 slightest 潮湿都会破坏其外观。

Time.—About 10 minutes to dry before the fire.

时间。--在火上烘干约需10分钟。

Seasonable.—These may be made at any time; but are more suitable for winter garnishes, when fresh flowers are not easily obtained.

时令。- 这些可随时制作；但更适合冬季装饰，因为那时不易获得新鲜花朵。

COMPOTE OF GOOSEBERRIES.

醋栗糖渍

1546. INGREDIENTS.—Syrup made by recipe No. 1512; to 1 pint

1546. 配料--按食谱第1512号制成的糖浆；用量1品脱

of syrup allow nearly a quart of gooseberries.

Mode.—Top and tail the gooseberries, which should not be very ripe, and pour over them some boiling water; then take them out, and plunge them into cold water, with which has been mixed a tablespoonful of vinegar, which will assist to keep the fruit a good colour. Make a pint of syrup by recipe No. 1512, and when it boils, drain the gooseberries and put them in; simmer them gently until the fruit is nicely pulped and tender, without being broken; then dish the gooseberries on a glass dish, boil the syrup for 2 or 3 minutes, pour over the gooseberries, and serve cold.

Time.—About 5 minutes to boil the gooseberries in the syrup; 3 minutes to reduce the syrup.

Average cost, 9d.

Sufficient,—a quart of gooseberries for 5 or 6 persons.

Seasonable in June.

GOOSEBERRY JAM.

I.

1547. INGREDIENTS.—To every lb. of fruit allow 3/4 lb. of loaf sugar; currant-juice.

Mode.—Select red hairy gooseberries; have them gathered in dry weather, when quite ripe, without being too soft. Weigh them; with a pair of scissors, cut off the tops and tails, and to every 6 lbs. of fruit have ready 1/2 pint of red-currant juice, drawn as for jelly. Put the gooseberries and currant-juice into a preserving-pan; let them boil tolerably quickly, keeping them well stirred; when

每夸脱糖浆约需一夸脱醋栗。

模式。--将醋栗去蒂去尾，醋栗不宜过熟，浇上一些沸水；然后取出，浸入冷水中，冷水中已混入一汤匙醋，有助于保持果实的色泽。按第1512号食谱制成一品脱糖浆，煮沸后，将醋栗沥干放入；文火慢煮，直至果实软烂细嫩而不破碎；然后将醋栗盛入玻璃碟中，将糖浆煮2至3分钟，浇在醋栗上，冷食。

时间。- 在糖浆中煮醋栗约5分钟；浓缩糖浆3分钟。

平均成本,9便士。

足量，五六人用一夸脱醋栗。

时令六月。

醋栗果酱。

1547. 配料。--每1 lb.水果配3/4 lb.块糖；醋栗汁。

做法。- 选择红色毛醋栗；在干燥天气采摘，完全成熟但不过软。称重；用剪刀剪去两端，每6磅水果准备1/2品红醋栗汁，按果冻方法榨取。将醋栗和醋栗汁放入蜜饯锅；让其较快煮沸，不断搅拌；当

they begin to break, add to them the sugar, and keep simmering until the jam becomes firm, carefully skimming: and stirring it, that it does not burn at the bottom. It should be boiled rather a long time, or it will not keep. Put it into pots (not too large); let it get perfectly cold; then cover the pots down with oiled and egged papers, as directed for red-currant jelly No. 1533.

它们开始破裂时，加入糖，继续小火慢煮至果酱变稠，仔细撇沫并搅拌，以免锅底烧焦。应煮较长时间，否则不易保存。装入罐中(不要太大)；待完全冷却；然后用涂油和蛋液的纸盖好罐口，如第1533号红醋栗果冻所述。

Time.—About 1 hour to boil the gooseberries in the currant-juice; from 1/2 to 3/4 hour with the sugar.

时间。- 在醋栗汁中煮醋栗约1小时；加糖后煮1/2至3/4小时。

Average cost, per lb. pot, from 6d. to 8d.

平均成本，每磅锅，6便士至8便士。

Sufficient.—Allow 1-1/2 pint of fruit for a lb. pot.

足够。--每磅罐装果酱配1.5品脱水果。

Seasonable.—Make this in June or July.

时令。--在六月或七月制作此菜。

II.

二
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1548. INGREDIENTS.—To every 8 lbs. of red, rough, ripe gooseberries allow 1 quart of red-currant juice, 5 lbs. of loaf sugar.

1548. 配料。-每8磅红色、粗糙、成熟的醋栗配1夸脱红醋栗汁，5磅块糖。

Mode.—Have the fruit gathered in dry weather, and cut off the tops and tails. Prepare 1 quart of red-currant juice, the same as for red-currant jelly No. 1533; put it into a preserving-pan with the sugar, and keep stirring until the latter is dissolved. Keep it boiling for about 5 minutes; skim well; then put in the gooseberries, and let them boil from 1/2 to 3/4 hour; then turn the whole into an earthen pan, and let it remain for 2 days. Boil the jam up again until it looks clear; put it into pots, and when cold, cover with oiled paper, and over the jars put tissue-paper brushed over on both sides with the white of an egg, and store away in a dry place. Care must be taken, in making this, to keep

模式。--果实须在干燥天气采摘，去蒂去尾。制备1夸脱红醋栗汁，做法同第1533号红醋栗果冻；将其与糖一同放入蜜饯锅，不断搅拌至糖溶解。保持煮沸约5分钟；撇净浮沫；然后放入醋栗，煮1/2至3/4小时；然后将全部倒入陶盆中，静置2天。将果酱再次煮沸至看起来清澈；装入罐中，冷却后用油纸覆盖，罐上再覆以两面刷过蛋清的薄纸，存放于干燥处。制作时须注意保持

the jam well stirred and well skimmed, to prevent it burning at the bottom of the pan, and to have it very clear.

Time.—5 minutes to boil the currant-juice and sugar after the latter is dissolved; from 1/2 to 3/4 hour to simmer the gooseberries the first time, 1/4 hour the second time of boiling.

Average cost, from 8d. to 10d. per lb. pot.

Sufficient.—Allow 1-1/2 pint of fruit for a lb. pot.

Seasonable.—Make this in June or July.

WHITE OR GREEN GOOSEBERRY JAM.

1549. INGREDIENTS.—Equal weight of fruit and sugar.

Mode.—Select the gooseberries not very ripe, either white or green, and top and tail them. Boil the sugar with water (allowing 1/2 pint to every lb.) for about 1/4 hour, carefully removing the scum as it rises; then put in the gooseberries, and simmer gently till clear and firm: try a little of the jam on a plate; if it jellies when cold, it is done, and should then be poured into pots. When cold, cover with oiled paper, and tissue-paper brushed over on both sides with the unbeaten white of an egg, and store away in a dry place.

Time.—1/4 hour to boil the sugar and water, 3/4 hour the jam.

Average cost, from 6d. to 8d. per lb. pot.

Sufficient.—Allow 1-1/2 pint of fruit for a lb. pot.

Seasonable.—Make this in June.

果酱充分搅拌并撇沫，以防锅底烧焦，并使其非常清澈。

时间。- 糖溶解后煮醋栗汁和糖5分钟；第一次炖醋栗1/2至3/4小时，第二次煮1/4小时。平均成本，每磅罐装8便士至10便士。

用量。- 每磅罐配1-1/2品脱水果。时令。- 在六月或七月制作。

白醋栗或青醋栗果酱。

1549. 配料--水果与糖等量。

模式。--选用不太熟的醋栗，白色或绿色均可，去蒂去尾。将糖与水(每lb.配1/2品脱)煮沸约1/4小时，仔细撇去浮起的浮沫；然后放入醋栗，文火慢煮至清澈紧实：取少许果酱在碟上试之；冷却后若凝结成冻，即已煮好，此时应倒入罐中。冷却后用油纸覆盖，再覆以两面刷过未打发蛋清的薄纸，存放于干燥处。

时间。- 煮沸糖和水需1/4小时，熬煮果酱需3/4小时。

平均成本，每磅锅装6便士至8便士。

足够。--每磅罐装果酱配1.5品脱水果。

时令。--在六月制作此菜。

GOOSEBERRY JELLY.

1550. INGREDIENTS.—Gooseberries; to every pint of juice allow 3/4 lb. of loaf sugar.

Mode.—Put the gooseberries, after cutting off the tops and tails, into a preserving-pan, and stir them over the fire until they are quite soft; then strain them through a sieve, and to every pint of juice allow 3/4 lb. of sugar. Boil the juice and sugar together for nearly 3/4 hour, stirring and skimming all the time; and if the jelly appears firm when a little of it is poured on to a plate, it is done, and should then be taken up and put into small pots. Cover the pots with oiled and egged papers, the same as for currant jelly No. 1533, and store away in a dry place.

Time.—3/4 hour to simmer the gooseberries without the sugar; 3/4 hour to boil the juice.

Average cost, from 8d. to 10d. per 1/2-lb. pot.

Seasonable in July.

COMPOTE OF GREENGAGES.

1551. INGREDIENTS.—1 pint of syrup made by recipe No. 1512, 1 quart of greengages.

Mode.—Make a syrup by recipe No. 1512, skim it well, and put in the greengages when the syrup is boiling, having previously removed the stalks and stones from the fruit. Boil gently for 1/4 hour, or until the fruit is tender; but take care not to let it break, as the appearance of the dish would be spoiled were the fruit reduced to a pulp. Take the greengages carefully out, place them

醋栗果冻

1550. 配料--醋栗；每 pint 果汁配 3/4 lb.块糖。

模式。--将醋栗去蒂去尾后放入蜜饯锅，在火上搅拌至完全软烂；然后用筛子过滤，每品脱果汁配3/4 lb.糖。将果汁与糖一同煮沸近3/4小时，全程搅拌并撇沫；若取少许倒在碟上时果冻显得紧实，即已煮好，此时应取出装入小罐。用油纸和蛋清纸覆盖罐口，做法同第1533号醋栗果冻，存放于干燥处。

时间--醋栗不加糖煨3/4小时；果汁煮3/4小时。

平均成本，每1/2磅罐装8便士至10便士。

时令七月。

青梅蜜饯。

1551. 配料--按食谱第1512号制成的糖浆1品脱，青梅1夸脱。

做法--按食谱第1512号制成糖浆，仔细撇去浮沫，待糖浆煮沸时放入青梅，事先已去除果梗和果核。用文火煮1/4小时，或煮至果实变软；但注意不要弄破果实，因为果实若煮成糊状，会破坏这道菜的外观。小心取出青梅，将其

on a glass dish, boil the syrup for another 5 minutes, let it cool a little, pour over the fruit, and, when cold, it will be ready for use.

Time.—1/4 hour to simmer the fruit, 5 minutes the syrup.

Average cost, in full season, 10d.

Sufficient for 4 or 5 persons.

Seasonable in July, August, and September.

GREENGAGE JAM.

1552. INGREDIENTS.—To every lb. of fruit, weighed before being stoned, allow 3/4 lb. of lump sugar.

Mode.—Divide the greengages, take out the stones, and put them into a preserving-pan. Bring the fruit to a boil, then add the sugar, and keep stirring it over a gentle fire until it is melted. Remove all the scum as it rises, and, just before the jam is done, boil it rapidly for 5 minutes. To ascertain when it is sufficiently boiled, pour a little on a plate, and if the syrup thickens and appears firm, it is done. Have ready half the kernels blanched; put them into the jam, give them one boil, and pour the preserve into pots. When cold, cover down with oiled papers, and, over these, tissue-paper brushed over on both sides with the white of an egg.

Time.—3/4 hour after the sugar is added.

Average cost, from 6d. to 8d. per lb. pot.

Sufficient.—Allow about 1-1/2 pint of fruit for every lb. pot of jam.

Seasonable.—Make this in August or September.

放在玻璃盘中，将糖浆再煮5分钟，稍凉后浇在果实上，冷却后即可食用。时间--果实煨1/4小时，糖浆煮5分钟。平均成本，盛产季节为10便士。

足量供4或5人食用。

时令七月、八月和九月。

青梅酱。

1552. 配料--每磅去核前称重的果实配3/4磅方糖。

做法。--将青梅切分，取出果核，放入蜜饯锅。将果肉煮沸，然后加入糖，用文火不断搅拌至糖溶化。撇去浮起的浮沫，在果酱即将做好前，用大火快速煮沸5分钟。要确认是否煮得足够，可倒少许在盘子上，若糖浆变稠且显得坚实，即已煮好。备好一半的果仁，去皮；放入果酱中，煮沸一次，然后将蜜饯倒入罐中。冷却后，用涂油的纸盖好，再在上面覆以两面刷过蛋清的薄纸。

时间。- 加入糖后 3/4 小时。

平均成本，每磅锅装6便士至8便士。

用量--每磅装果酱约需1-1/2品脱果实。

时令。--在八月或九月制作此菜。

TO PRESERVE AND DRY GREENGAGES.

1553. INGREDIENTS.—To every lb. of sugar allow 1 lb. of fruit, 1/4 pint of water.

Mode.—For this purpose, the fruit must be used before it is quite ripe, and part of the stalk must be left on. Weigh the fruit, rejecting all that is in the least degree blemished, and put it into a lined saucepan with the sugar and water, which should have been previously boiled together to a rich syrup. Boil the fruit in this for 10 minutes, remove it from the fire, and drain the greengages. The next day, boil up the syrup and put in the fruit again, and let it simmer for 3 minutes, and drain the syrup away. Continue this process for 5 or 6 days, and the last time place the greengages, when drained, on a hair sieve, and put them in an oven or warm spot to dry; keep them in a box, with paper between each layer, in a place free from damp.

Time.—10 minutes the first time of boiling.

Seasonable.—Make this in August or September.

PRESERVED GREENGAGES IN SYRUP.

1554. INGREDIENTS.—To every lb. of fruit allow 1 lb. of loaf sugar 1/4 pint of water.

Mode.—Boil the sugar and water together for about 10 minutes; divide the greengages, take out the stones, put the fruit into the syrup, and let it simmer gently until nearly tender. Take it off the fire, put it into a large pan, and, the next day, boil it up again for about 10 minutes with the kernels from the stones, which should

保存并干燥青梅

1553. 配料--每磅糖配1磅果实、1/4品脱水。

做法。--为此，必须使用尚未完全成熟的水果，并保留部分果柄。将水果称重，剔除任何有丝毫瑕疵的果实，放入衬里的炖锅中，加入糖和水，糖和水应事先一起煮成浓糖浆。将水果在其中煮10分钟，离火，沥干青梅。次日，将糖浆煮沸，再次放入水果，煨煮3分钟，沥去糖浆。持续此过程5至6天，最后一次将沥干的青梅放在毛发筛上，放入烤箱或温暖处晾干；将其存放在盒中，每层之间垫纸，置于不受潮的地方。

时间。--首次煮沸需10分钟。

时令。--在八月或九月制作此菜。

糖浆腌制的青梅

1554. 配料--每磅果实配1磅块糖、1/4品脱水。

做法--将糖和水一起煮约10分钟；将青梅剖开，取出果核，把果实放入糖浆中，用文火慢慢煨至将近变软。离火，放入大锅中，次日连同果核中的果仁(应先

be blanched. Put the fruit carefully into jars, pour over it the syrup, and, when cold, cover down, so that the air is quite excluded. Let the syrup be well skimmed both the first and second day of boiling, otherwise it will not be clear.

去皮。将水果小心放入罐中，倒入糖浆，冷却后封盖，使空气完全隔绝。煮制的第一天和第二天都要将糖浆撇净浮沫，否则糖浆不会清澈。

Time.—10 minutes to boil the syrup; 1/4 hour to simmer the fruit the first day, 10 minutes the second day.

时间--糖浆煮10分钟；第一天果实煨1/4小时，第二天煮10分钟。平均成本，每磅装6便士至8便士。

Average cost, from 6d. to 8d. per lb. pot.

Sufficient.—Allow about 1 pint of fruit to fill a 1-lb. pot.

用量--约需1品脱果实装满1磅罐。时令--在八月或九月制作。

Seasonable.—Make this in August or September.

TO MAKE FRUIT ICE-CREAMS.

制作水果冰淇淋。

1555. INGREDIENTS.—To every pint of fruit-juice allow 1 pint of cream; sugar to taste.

1555. 配料--每品脱果汁配1品脱奶油；糖适量。

Mode.—Let the fruit be well ripened; pick it off the stalks, and put it into a large earthen pan. Stir it about with a wooden spoon, breaking it until it is well mashed; then, with the back of the spoon, rub it through a hair sieve. Sweeten it nicely with pounded sugar; whip the cream for a few minutes, add it to the fruit, and whisk the whole again for another 5 minutes. Put the mixture into the freezing-pot, and freeze in the same manner as directed for Ice Pudding, No. 1290, taking care to stir the cream, &c., two or three times, and to remove it from the sides of the vessel, that the mixture may be equally frozen and smooth. Ices are usually served in glasses, but if moulded, as they sometimes are for dessert, must have a small quantity of melted isinglass added to them, to enable them to keep their shape. Raspberry, strawberry, currant, and all fruit ice-creams, are made in the same manner. A little pounded

做法。--让水果充分成熟；摘去果柄，放入大陶盆中。用木勺搅拌，将其捣碎至充分成泥；然后用勺背将其擦过毛发筛。用糖粉适当加甜；将奶油搅打几分钟，加入果泥中，再将全部搅打5分钟。将混合物放入冷冻罐中，按第1290号冰布丁的指示方法冷冻，注意将奶油等搅拌两三次，并将其从容器壁上刮下，使混合物均匀冷冻且细腻。冰品通常盛在玻璃杯中供应，但若模制成型，如有时用于餐后甜点那样，必须加入少量融化的鱼胶，以使其保持形状。覆盆子、草莓、醋栗及所有水果冰淇淋均以同样方法制作。少许糖粉

sugar sprinkled over the fruit before it is mashed assists to extract the juice. In winter, when fresh fruit is not obtainable, a little jam may be substituted for it: it should be melted and worked through a sieve before being added to the whipped cream; and if the colour should not be good, a little prepared cochineal or beetroot may be put in to improve its appearance.

在果实捣碎前撒上糖有助于榨出果汁。冬季无法获得新鲜果实时，可用少量果酱代替：应先将其融化并过筛，再加入打发的奶油中；若颜色不佳，可加入少量制备好的胭脂虫红或甜菜根以改善外观。

Time.—1/2 hour to freeze the mixture.

时间。- 冷冻混合物需1/2小时。

Average cost, with cream at 1s. per pint, 4d. each ice.

平均成本，以每品脱1先令的奶油计，每份冰淇淋4便士。

Seasonable, with fresh fruit, in June, July, and August.

时令，配新鲜水果，六月、七月和八月。

TO MAKE FRUIT-WATER ICES.

制作果味冰水。

1556. INGREDIENTS.—To every pint of fruit-juice allow 1 pint of syrup made by recipe No. 1513.

1556. 配料--每品脱果汁配1品脱按食谱第1513号制成的糖浆。

[Illustration: DISH OF ICES.]

[插图：一盘冰淇淋]

Mode.—Select nice ripe fruit; pick off the stalks, and put it into a large earthen pan, with a little pounded sugar strewed over; stir it about with a wooden spoon until it is well broken, then rub it through a hair sieve. Make the syrup by recipe No. 1513, omitting the white of the egg; let it cool, add the fruit-juice, mix well together, and put the mixture into the freezing-pot. Proceed as directed for Ice Puddings, No. 1290, and when the mixture is equally frozen, put it into small glasses. Raspberry, strawberry, currant, and other fresh-fruit-water ices, are made in the same manner.

做法。--挑选上好的成熟水果；摘去果柄，放入大陶盆中，撒上少许糖粉；用木勺搅拌至充分破碎，然后擦过毛发筛。按第1513号食谱制作糖浆，省略蛋清；待其冷却，加入果汁，充分混合，将混合物放入冷冻罐中。按第1290号冰布丁的指示操作，待混合物均匀冷冻后，装入小玻璃杯中。覆盆子、草莓、醋栗及其他鲜果水冰均以同样方法制作。

Time.—1/2 hour to freeze the mixture.

时间。- 冷冻混合物需1/2小时。

Average cost, 3d. to 4d. each.

平均成本，每个3便士至4便士。

Seasonable, with fresh fruit, in June, July, and August.

LEMON-WATER ICE.

1557. INGREDIENTS.—To every pint of syrup, made by recipe No. 1513, allow 1/3 pint of lemon-juice; the rind of 4 lemons.

Mode.—Rub the sugar on the rinds of the lemons, and with it make the syrup by recipe No. 1513, omitting the white of egg. Strain the lemon-juice, add it to the other ingredients, stir well, and put the mixture into a freezing-pot. Freeze as directed for Ice Pudding, No. 1290, and, when the mixture is thoroughly and equally frozen, put it into ice-glasses.

Time.—1/2 hour to freeze the mixture. *Average cost*, 3d. to 4d. each.

Seasonable at any time.

ICED CURRANTS, for Dessert.

1558. INGREDIENTS.—1/4 pint of water, the whites of 2 eggs, currants, pounded sugar.

Mode.—Select very fine bunches of red or white currants, and well beat the whites of the eggs. Mix these with the water; then take the currants, a bunch at a time, and dip them in; let them drain for a minute or two, and roll them in very fine pounded sugar. Lay them to dry on paper, when the sugar will crystallize round each currant, and have a very pretty effect. All fresh fruit may be prepared in the same manner; and a mixture of various fruits iced in this manner, and arranged on one dish, looks very well for a summer dessert.

时令，配新鲜水果，六月、七月和八月。

柠檬水冰

1557. 配料。--按食谱第1513号制成的糖浆，每1品脱配1/3品脱柠檬汁；4个柠檬的果皮。

做法。--将糖在柠檬皮上擦磨，用其按食谱第1513号制成糖浆，省略蛋清。滤出柠檬汁，加入其余配料，充分搅拌，将混合物倒入冷冻罐中。按第1290号冰布丁的指示冷冻，待混合物完全均匀冻结后，盛入冰杯中。

时间。--冷冻混合物需1/2小时。平均费用，每个3便士至4便士。

时令任何时候皆宜。

冰镇醋栗，作甜点用。

1558. 配料。--1/4品脱水，2个蛋清，醋栗，研碎的糖。

做法。--挑选非常细小的红醋栗或白醋栗串，将蛋清充分打散。将蛋清与水混合；然后取醋栗，一次一串，浸入其中；让其沥干一两分钟，再在极细的糖粉中滚蘸。将它们放在纸上晾干，糖便会在每颗醋栗周围结晶，效果非常漂亮。所有新鲜水果都可用同样方法制作；将各种水果如此挂糖霜后混合，盛在一个盘子里，作为夏日甜点非常好看。

Time.—1/4 day to dry the fruit.

Average cost, 8d. for a pint of iced currants. *Seasonable* in summer.

MELONS.

1559.—This fruit is rarely preserved or cooked in any way, and should be sent to table on a dish garnished with leaves or flowers, as fancy dictates. A border of any other kind of small fruit, arranged round the melon, has a pretty effect, the colour the former contrasting nicely with the melon. Plenty of pounded sugar should be served with it; and the fruit should be cut lengthwise, in moderate-sized slices. In America, it is frequently eaten with pepper and salt.

Average cost,—English, in full season, 3s. 6d. to 5s. each; when scarce, 10s. to 15s.; *seasonable*, June to August. French, 2s. to 3s. 6d. each; *seasonable*, June and July. Dutch, 9d. to 2s. each; *seasonable*, July and August.

MELON.—The melon is a most delicious fruit, succulent, cool, and high-flavoured. With us, it is used only at the dessert, and is generally eaten with sugar, ginger, or pepper; but, in France, it is likewise served up at dinner as a sauce for boiled meats. It grows wild in Tartary, and has been lately found in abundance on the sandy plains of Jeypoor. It was brought originally from Asia by the Romans, and is said to have been common in England in the time of Edward III., though it is supposed that it was lost again, as well as the cucumber, during the wars of York and Lancaster. The best kind, called the *Cantaloupe*, from the name of a place near Rome where it was first cultivated in Europe, is a native of Armenia, where it grows so plentifully that a horse-load may be

时间。- 1/4天用于干燥水果。

平均费用，一品脱冰醋栗8便士。时令夏季。

甜瓜。

1559.--这种水果很少以任何方式保存或烹制，应盛在饰以叶片或花朵的盘中上桌，随心意而定。在瓜周围排列一圈任何其他种类的小水果，效果很美，前者的颜色与瓜形成悦目的对比。应配以大量研碎的糖；水果应纵向切成中等大小的片。在美国，常以胡椒和盐佐食。

平均费用,--英国产，盛季时每个3先令6便士至5先令；稀少时，10先令至15先令；时令，六月至八月。法国产，每个2先令至3先令6便士；时令，六月和七月。荷兰产，每个9便士至2先令；时令，七月和八月。

甜瓜。--甜瓜是最美味的水果，多汁、清凉、风味浓郁。在我们这里，它只用于餐后甜点，通常加糖、姜或胡椒食用；但在法国，它也同样在正餐时作为酱汁与煮肉一同上桌。它在鞑靼野生生长，最近在杰伊普尔的沙质平原上大量发现。它最初由罗马人从亚洲带来，据说在爱德华三世时期的英格兰已很常见，但据推测，在约克与兰开斯特战争期间，它和黄瓜一样又失传了。最好的品种称为坎塔卢波，得名于罗马附近一个地方，那里是欧洲最早栽培它的地方；该品种原产于亚美尼亚，在那里生长得如此茂盛，以致一马驮载

bought for a crown.

PRESERVED MULBERRIES.

1560. INGREDIENTS.—To 2 lbs. of fruit and 1 pint of juice allow 2-1/2 lbs. of loaf sugar.

Mode.—Put some of the fruit into a preserving-pan, and simmer it gently until the juice is well drawn. Strain it through a bag, measure it, and to every pint allow the above proportion of sugar and fruit. Put the sugar into the preserving-pan, moisten it with the juice, boil it up, skim well, and then add the mulberries, which should be ripe, but not soft enough to break to a pulp. Let them stand in the syrup till warm through, then set them on the fire to boil gently; when half done, turn them carefully into an earthen pan, and let them remain till the next day; then boil them as before, and when the syrup is thick, and becomes firm when cold, put the preserve into pots. In making this, care should be taken not to break the mulberries: this may be avoided by very gentle stirring, and by simmering the fruit very slowly.

Time.—3/4 hour to extract the juice;

1/4 hour to boil the mulberries the first time, 1/4 hour the second time.

Seasonable in August and September.

[Illustration: MULBERRY.]

MULBERRY.—Mulberries are esteemed for their highly aromatic flavour, and their sub-acid nature. They are considered as cooling, laxative, and generally wholesome. This fruit was very highly

花一克朗买的。

保存桑葚。

1560. 配料。--每2磅水果和1品脱果汁配2-1/2磅块糖。

做法。--将一些水果放入蜜饯锅，用文火慢煮，直到汁液充分渗出。用布袋过滤，量取汁液，每品脱按上述比例加入糖和水果。将糖放入蜜饯锅，用果汁润湿，煮沸，撇净浮沫，然后加入桑葚，桑葚应已成熟，但尚未软到一碰就烂成糊。让它们在糖浆中静置至温热透彻，然后置于火上文火慢煮；煮到半熟时，小心地将它们倒入陶盆，留至次日；然后如前再煮，待糖浆浓稠、冷却后变硬时，将蜜饯装入罐中。制作时应注意不要弄破桑葚：可通过非常轻柔的搅拌和非常缓慢地煨煮水果来避免。

时间。- 提取果汁需3/4小时；

桑葚第一次煮1/4小时，第二次煮1/4小时。

时令在八月和九月。

[插图：桑树。]

桑葚。--桑葚因其高度芳香的滋味和微酸的性质而受珍视。它们被认为具有清凉、通便的作用，通常有益健康。这种水果曾备受

esteemed by the Romans, who appear to have preferred it to every other. The mulberry-tree is stated to have been introduced into this country in 1548, being first planted at Sion House, where the original trees still thrive. The planting of them was much encouraged by King James I. about 1605; and considerable attempts were made at that time to rear silkworms on a large scale for the purpose of making silk; but these endeavours have always failed, the climate being scarcely warm enough.

罗马人推崇，他们似乎偏爱它胜过其他一切水果。据说桑树于1548年传入我国，最初种植于西昂府，那里的原树至今仍茂盛生长。约1605年，詹姆斯一世国王大力鼓励种植桑树；当时曾做出相当大的努力，大规模饲养蚕以制造丝绸；但这些努力始终失败，因为气候几乎不够温暖。

TO PRESERVE MORELLO CHERRIES.

保存莫雷洛樱桃

1561. INGREDIENTS.—To every lb. of cherries allow 1-1/4 lb. of sugar, 1 gill of water.

1561. 配料。--每1磅樱桃配1-1/4磅糖，1及耳水。

Mode.—Select ripe cherries; pick off the stalks, and reject all that have any blemishes. Boil the sugar and water together for 5 minutes; put in the cherries, and boil them for 10 minutes, removing the scum as it rises. Then turn the fruit, &c. into a pan, and let it remain until the next day, when boil it all again for another 10 minutes, and, if necessary, skim well. Put the cherries into small pots; pour over them the syrup, and, when cold, cover down with oiled papers, and the tops of the jars with tissue-paper brushed over on both sides with the white of an egg, and keep in a dry place.

做法。--挑选成熟的樱桃；摘去果梗，剔除所有有瑕疵的。将糖和水一起煮5分钟；放入樱桃，煮10分钟，随浮沫升起随时撇去。然后将水果等倒入盆中，留至次日，再全部煮10分钟，如有必要，撇净浮沫。将樱桃装入小罐；将糖浆浇在上面，冷却后，用涂油的纸盖住，罐口用两面刷过蛋清的组织纸封好，存放在干燥处。

Time.—Altogether, 25 minutes to boil.

时间。--总共煮25分钟。

Average cost, from 8d. to 10d. per lb. pot.

平均成本，每磅锅装8便士至10便士。

Seasonable.—Make this in July or August.

时令。--在七月或八月制作此菜。

THE CHERRY-TREE IN ROME.—The Cherry-tree was introduced into Rome by Lucullus about seventy years before the Christian

罗马的樱桃树。--樱桃树约在基督教纪元前七十年由卢库卢斯引入罗马

era; but the capital of the world knew not at first how to appreciate this present as it deserved; for the cherry-tree was propagated so slowly in Italy, that more than a century after its introduction it was far from being generally cultivated. The Romans distinguished three principal species of cherries—the *Apronian*, of a bright red, with a firm and delicate pulp; the *Lutatian*, very black and sweet; the *Caecilian*, round and stubby, and much esteemed. The cherry embellished the third course in Rome and the second at Athens.

时代；但世界之都起初并不知道如何恰如其分地珍视这份礼物；因为樱桃树在意大利传播得如此缓慢，以致引入一个多世纪后仍远未普遍栽培。罗马人将樱桃分为三个主要品种--阿普罗尼亚，鲜红色，果肉紧实细腻；卢塔提亚，非常黑而甜；凯基利亚，圆而短粗，备受推崇。樱桃在罗马装点第三道菜，在雅典装点第二道菜。

PRESERVED NECTARINES.

保存油桃

1562. INGREDIENTS.—To every lb. of sugar allow 1/4 pint of water; nectarines.

1562. 配料--每1 lb.糖配1/4 pint水；油桃。

Mode.—Divide the nectarines in two, take out the stones, and make a strong syrup with sugar and water in the above proportion. Put in the nectarines, and boil them until they have thoroughly imbibed the sugar. Keep the fruit as whole as possible, and turn it carefully into a pan. The next day boil it again for a few minutes, take out the nectarines, put them into jars, boil the syrup quickly for 5 minutes, pour it over the fruit, and, when cold, cover the preserve down. The syrup and preserve must be carefully skimmed, or it will not be clear.

做法。--将油桃切成两半，取出果核，用上述比例的糖和水熬成浓糖浆。放入油桃，煮至其充分吸收糖分。尽量保持果实完整，小心地将其倒入平底锅中。次日再煮几分钟，取出油桃，放入罐中，将糖浆快速煮5分钟，浇在果子上，冷却后封盖保存。糖浆和蜜饯必须仔细撇去浮沫，否则不会清澈。

Time.—10 minutes to boil the sugar and water; 20 minutes to boil the fruit the first time, 10 minutes the second time; 5 minutes to boil the syrup.

时间。--煮糖和水需10分钟；第一次煮水果需20分钟，第二次需10分钟；煮糖浆需5分钟。

Seasonable in August and September, but cheapest in September.

时令在八月和九月，但九月最便宜。

STEWED NORMANDY PIPPINS.

炖诺曼底苹果

1563. INGREDIENTS.—1 lb. of Normandy pippins, 1 quart of water, 1/2 teaspoonful of powdered cinnamon, 1/2 teaspoonful of ground ginger, 1 lb. of moist sugar, 1 lemon.

Mode.—Well wash the pippins, and put them into 1 quart of water with the above proportion of cinnamon and ginger, and let them stand 12 hours; then put these all together into a stewpan, with the lemon sliced thinly, and half the moist sugar. Let them boil slowly until the pippins are half done; then add the remainder of the sugar, and simmer until they are quite tender. Serve on glass dishes for dessert.

Time.—2 to 3 hours. *Average cost,* 1s. 6d. *Seasonable.*—Suitable for a winter dish.

ICED ORANGES.

1564. INGREDIENTS.—Oranges; to every lb. of pounded loaf sugar allow the whites of 2 eggs.

Mode.—Whisk the whites of the eggs well, stir in the sugar, and beat this mixture for 1/4 hour. Skin the oranges, remove as much of the white pith as possible without injuring the pulp of the fruit; pass a thread through the centre of each orange, dip them into the sugar, and tie them to a stick. Place this stick across the oven, and let the oranges remain until dry, when they will have the appearance of balls of ice. They make a pretty dessert or supper dish. Care must be taken not to have the oven too fierce, or the oranges would scorch and acquire a brown colour, which would entirely spoil their appearance.

Time.—From 1/2 to 1 hour to dry in a moderate oven.

1563. 配料。--1磅诺曼底苹果干，1夸脱水，1/2茶匙肉桂粉，1/2茶匙姜粉，1磅湿糖，1个柠檬。

做法。--将苹果干洗净，放入1夸脱水中，加入上述比例的肉桂和姜，静置12小时；然后将所有这些一起放入炖锅，加入切成薄片的柠檬和一半湿糖。让其慢慢煮沸，直至苹果干半熟；然后加入剩余的糖，煨至完全软烂。盛在玻璃盘中作为餐后甜点。

时间。--2至3小时。平均费用,1先令6便士。时令。--适合作为冬季菜肴。

冰橙

1564. 配料--橙子；每1 lb.捣碎的块糖配2个蛋的蛋白。

做法。--将蛋白充分打发，拌入糖，将此混合物搅打1/4小时。剥去橙皮，尽可能去除白色筋络而不损伤果肉；用线穿过每个橙子的中心，浸入糖中，系在棍子上。将此棍横放在烤炉上，让橙子留在炉中直至干燥，届时它们将呈现冰球般的外观。它们可做成漂亮的甜点或晚餐菜肴。务必注意烤炉不可过于炽热，否则橙子会被烤焦并变成褐色，完全破坏其外观。

时间。--在中等温度的烤箱中烘干需1/2至1小时。

Average cost, 1-1/2d. each.

Sufficient.—1/2 lb. of sugar to ice 12 oranges.

Seasonable from November to May.

THE FIRST ORANGE-TREE IN FRANCE.—The first Orange-tree cultivated in the centre of France was to be seen a few years ago at Fontainebleau. It was called *Le Connétable* (the Constable), because it had belonged to the Connétable de Bourbon, and had been confiscated, together with all property belonging to that prince, after his revolt against his sovereign.

COMPOTE OF ORANGES.

1565. INGREDIENTS.—1 pint of syrup No. 1512, 6 oranges. *Mode.*—Peel the oranges, remove as much of the white pith as possible, and divide them into small pieces without breaking the thin skin with which they are surrounded. Make the syrup by recipe No. 1512, adding the rind of the orange cut into thin narrow strips. When the syrup has been well skimmed, and is quite clear, put in the pieces of orange, and simmer them for 5 minutes. Take them out carefully with a spoon without breaking them, and arrange them on a glass dish. Reduce the syrup by boiling it quickly until thick; let it cool a little, pour it over the oranges, and, when cold, they will be ready for table.

[Illustration: COMPÔTE OF ORANGES.]

Time.—10 minutes to boil the syrup; 5 minutes to simmer the oranges; 5 minutes to reduce the syrup.

Average cost, 9d.

平均成本，每个1-1/2便士。

足量。-- 1/2 lb.糖用于冰镇 12 个橙子。

时令 11月至5月。

法国的第一棵橙树。--几年前在枫丹白露还能看到法国中部栽培的第一棵橙树。它被称为*Le Connétable*(即“统帅”)，因为它曾属于波旁统帅，在他反叛其君主后，连同属于那位亲王的所有财产一起被没收。

橙子蜜饯。

1565. 配料。--1品脱第1512号糖浆，6个橙子。做法。--剥去橙皮，尽可能去除白色筋络，将其分成小块，不要弄破包裹果肉的薄皮。按第1512号食谱制作糖浆，加入切成细窄条的橙皮。糖浆充分撇去浮沫且完全清澈后，放入橙子块，小火煮5分钟。用勺子小心取出，不要弄碎，摆放在玻璃盘中。将糖浆快速煮沸浓缩至浓稠；稍冷却后浇在橙子上，冷却后即可上桌。

[插图：橙子糖渍果盘]

时间。--煮糖浆需10分钟；煨橙子需5分钟；收浓糖浆需5分钟。

平均成本,9便士。

Sufficient for 5 or 6 persons.

Seasonable from November to May.

THE ORANGE IN PORTUGAL.—The Orange known under the name of "Portugal Orange" comes originally from China. Not more than two centuries ago, the Portuguese brought thence the first scion, which has multiplied so prodigiously that we now see entire forests of orange-trees in Portugal.

ORANGE AND CLOVES.—It appears to have been the custom formerly, in England, to make new year's presents with oranges stuck full with cloves. We read in one of Ben Jonson's pieces,—the "Christmas Masque,"—"He has an orange and rosemary, but not a clove to stick in it."

ORANGE MARMALADE.

I.

1566. INGREDIENTS.—Equal weight of fine loaf sugar and Seville oranges; to 12 oranges allow 1 pint of water.

Mode.—Let there be an equal weight of loaf sugar and Seville oranges, and allow the above proportion of water to every dozen oranges. Peel them carefully, remove a little of the white pith, and boil the rinds in water 2 hours, changing the water three times to take off a little of the bitter taste. Break the pulp into small pieces, take out all the pips, and cut the boiled rind into chips. Make a syrup with the sugar and water; boil this well, skim it, and, when clear, put in the pulp and chips. Boil all together from 20 minutes to 1/2 hour; pour it into pots, and, when cold, cover down with

足量供5或6人食用。

时令 11月至5月。

葡萄牙的橙子。--被称为“葡萄牙橙”的橙子最初来自中国。不过两个多世纪前，葡萄牙人从那里带来了第一根枝条，它繁殖得如此惊人，以至于我们现在在葡萄牙看到成片的橙树林。

橙子与丁香。--从前在英国，似乎有以插满丁香的橙子作为新年礼物的习俗。我们在本·琼森的一部作品《圣诞假面剧》中读到：“他有一个橙子和迷迭香，但没有丁香可插。”

橙子果酱。

1566. 配料。--优质块糖与塞维利亚橙子等重；每12个橙子配1品脱水。

做法。--取等量的块糖和塞维利亚橙，每打橙子按上述比例加水。仔细剥皮，去除少量白色筋络，将果皮在水中煮2小时，换水三次以去除部分苦味。将果肉掰成小块，取出所有籽，将煮过的果皮切成细条。用糖和水熬成糖浆；充分煮沸，撇去浮沫，清澈后放入果肉和果皮条。全部一起煮20分钟至1/2小时；倒入罐中，冷却后封盖，用

bladders or tissue-paper brushed over on both sides with the white of an egg. The juice and grated rind of 2 lemons to every dozen of oranges, added with the pulp and chips to the syrup, are a very great improvement to this marmalade.

膀胱或薄纸，两面刷上蛋清。每打橙子加入2个柠檬的汁和磨碎的果皮，与果肉和果皮丝一起加入糖浆，对这种果酱是极大的改进。

Time.—2 hours to boil the orange-rinds; 10 minutes to boil the syrup; 20 minutes to 1/2 hour to boil the marmalade.

时间。--煮橙皮需2小时；煮糖浆需10分钟；煮果酱需20分钟至1/2小时。

Average cost, from 6d. to 8d. per lb. pot.

平均成本，每磅锅装6便士至8便士。

Seasonable.—This should be made in March or April, as Seville oranges are then in perfection.

时令。--应在三月或四月制作，因为那时塞维利亚橙子最为完美。

II.

1567. INGREDIENTS.—Equal weight of Seville oranges and sugar; to every lb. of sugar allow 1/2 pint of water.

1567. 配料。--塞维利亚橙子与糖等重；每1磅糖配1/2品脱水。

Mode.—Weigh the sugar and oranges, score the skin across, and take it off in quarters. Boil these quarters in a muslin bag in water until they are quite soft, and they can be pierced easily with the head of a pin; then cut them into chips about 1 inch long, and as thin as possible. Should there be a great deal of white stringy pulp, remove it before cutting the rind into chips. Split open the oranges, scrape out the best part of the pulp, with the juice, rejecting the white pith and pips. Make a syrup with the sugar and water; boil it until clear; then put in the chips, pulp, and juice, and boil the marmalade from 20 minutes to 1/2 hour, removing all the scum as it rises. In boiling the syrup, clear it carefully from scum before the oranges are added to it.

做法。--称量糖和橙子，在果皮上划十字，剥下分成四份。将这些橙皮块装入细布袋中在水中煮至非常柔软，能用针头轻易刺穿；然后切成约1英寸长、尽可能薄的细条。若有很多白色筋络状果肉，在将果皮切成细条前将其去除。剖开橙子，刮出最好的果肉连同果汁，弃去白色筋络和籽。用糖和水熬成糖浆；煮沸至清澈；然后放入果皮条、果肉和果汁，将果酱煮20分钟至1/2小时，随时撇去浮起的浮沫。煮糖浆时，在加入橙子之前仔细撇净浮沫。

Time.—2 hours to boil the rinds, 10 minutes the syrup, 20 minutes to 1/2 hour the marmalade.

时间。--煮果皮需2小时，糖浆10分钟，果酱20分钟至1/2小时。

Average cost, 6d. to 8d. per lb. pot.

Seasonable.—Make this in March or April, when Seville oranges are in perfection.

平均成本，每磅锅装6便士至8便士。

时令。--在三月或四月制作，那时塞维利亚橙子最为完美。

AN EASY WAY OF MAKING ORANGE MARMALADE.

制作橙子果酱的简便方法

1568. INGREDIENTS.—To every lb. of pulp allow 1-1/2 lb. of loaf sugar.

1568. 配料--每1磅果肉配1-1/2磅块糖。

Mode.—Choose some fine Seville oranges; put them whole into a stewpan with sufficient water to cover them, and stew them until they become perfectly tender, changing the water 2 or 3 times; drain them, take off the rind, remove the pips from the pulp, weigh it, and to every lb. allow 1-1/2 of loaf sugar and 1/2 pint of the water the oranges were last boiled in. Boil the sugar and water together for 10 minutes; put in the pulp, boil for another 10 minutes; then add the peel cut into strips, and boil the marmalade for another 10 minutes, which completes the process. Pour it into jars; let it cool; then cover down with bladders, or tissue-paper brushed over on both sides with the white of an egg.

Mode。--选用一些上好的塞维利亚橙子；将它们整个放入炖锅中，加入足量水没过，炖至完全软烂，其间换水两三次；沥干，剥下果皮，去除果肉中的籽，称重，每1 lb.配1-1/2磅块糖和1/2品脱最后一次煮橙子的水。将糖和水一起煮10分钟；放入果肉，再煮10分钟；然后加入切成条的果皮，将果酱再煮10分钟，即完成制作。倒入罐中；放凉；然后用膀胱膜或两面刷过蛋清的组织纸封口。

Time.—2 hours to boil the oranges; altogether 1/2 hour to boil the marmalade.

时间。--煮橙子需2小时；煮果酱总共需1/2小时。

Average cost, from 6d. to 8d. per lb. pot.

平均成本，每磅锅装6便士至8便士。

Seasonable—Make this in March or April.

时令--在三月或四月制作此菜。

ORANGE MARMALADE MADE WITH HONEY.

用蜂蜜制作的橙子果酱。

1569. INGREDIENTS.—To 1 quart of the juice and pulp of Seville oranges allow 2 lbs. of honey, 1 lb. of the rind.

1569. 配料。--每1夸脱塞维利亚橙子的汁和果肉配2磅蜂蜜，1磅果皮。

Mode.—Peel the oranges and boil the rind in water until tender, and cut it into strips. Take away the pips from the juice and pulp, and put it with the honey and chips into a preserving-pan; boil all together for about 1/2 hour, or until the marmalade is of the proper consistency; put it into pots, and, when cold, cover down with bladders.

做法。-将橙子剥皮，把果皮放入水中煮至软烂，再切成条。去除果汁和果肉中的籽，将其与蜂蜜和橙皮条一同放入果酱熬煮锅中；一起煮约1/2小时，或直至果酱达到适当的浓稠度；装入罐中，冷却后用膀胱膜封口。

Time.—2 hours to boil the rind, 1/2 hour the marmalade.

时间。- 果皮煮2小时，果酱煮半小时。

Average cost, from 7d. to 9d. per lb. pot.

平均成本，每磅锅装7便士至9便士。

Seasonable.—Make this in March or April.

时令。- 在三月或四月制作。

TO PRESERVE ORANGES.

保存橙子。

1570. INGREDIENTS.—Oranges; to every lb. of juice and pulp allow 2 lbs. of loaf sugar; to every pint of water 1/2 lb. of loaf sugar.

1570.配料。-橙子；每1 lb.果汁和果肉配2 lbs.块糖；每1 pint水配1/2 lb.块糖。

Mode.—Wholly grate or peel the oranges, taking off only the thin outside portion of the rind. Make a small incision where the stalk is taken out, squeeze out as much of the juice as can be obtained, and preserve it in a basin with the pulp that accompanies it. Put the oranges into cold water; let them stand for 3 days, changing the water twice; then boil them in fresh water till they are very tender, and put them to drain. Make a syrup with the above proportion of sugar and water, sufficient to cover the oranges; let them stand in it for 2 or 3 days; then drain them well. Weigh the juice and pulp, allow double their weight of sugar, and boil them together until the scum ceases to rise, which must all be carefully removed; put in the oranges, boil them for 10 minutes, place them in jars, pour over them the syrup, and, when cold, cover down.

做法。--将橙子完全擦碎或剥皮，只取果皮薄薄的外层。在去蒂处切一个小口，尽可能挤出果汁，连同附着的果肉一起保存在盆中。将橙子放入冷水中；静置3天，换水两次；然后在新鲜水中煮至非常软烂，取出沥干。用上述比例的糖和水制成糖浆，足以没过橙子；让它们在糖浆中浸2至3天；然后充分沥干。将果汁和果肉称重，配以两倍重量的糖，一起煮至不再浮起浮沫，浮沫须仔细全部撇去；放入橙子，煮10分钟，装入罐中，浇上糖浆，冷却后封口。

They will be fit for use in a week.

Time.—3 days for the oranges to remain in water, 3 days in the syrup; 1/2 hour to boil the pulp, 10 minutes the oranges.

Seasonable.—This preserve should be made in February or March, when oranges are plentiful.

ORANGE SALAD.

1571. INGREDIENTS.—6 oranges, 1/4 lb. of muscatel raisins, 2 oz. of pounded sugar, 4 tablespoonfuls of brandy.

Mode.—Peel 5 of the oranges; divide them into slices without breaking the pulp, and arrange them on a glass dish. Stone the raisins, mix them with the sugar and brandy, and mingle them with the oranges. Squeeze the juice of the other orange over the whole, and the dish is ready for table. A little pounded spice may be put in when the flavour is liked; but this ingredient must be added very sparingly.

Average cost, 1s.

Sufficient for 5 or 6 persons.

Seasonable from November to May.

COMPOTE OF PEACHES.

1572. INGREDIENTS.—1 pint of syrup No. 1512, about 15 small peaches.

Mode.—Peaches that are not very large, and that would not look well for dessert, answer very nicely for a compôte. Divide the

它们一周后即可使用。

时间。-橙子在水中浸泡3天，在糖浆中浸泡3天；果肉煮1/2小时，橙子煮10分钟。

时令。-此果酱宜在二月或三月橙子丰盛时制作。

橙子沙拉。

1571.配料。-6个橙子，1/4 lb.麝香葡萄干，2 oz.砂糖，4汤匙白兰地。

做法。-将5个橙子剥皮；切成片而不弄破果肉，排列在玻璃盘中。葡萄干去籽，与糖和白兰地混合，再与橙子拌和。将另一个橙子的汁挤在全部之上，即可上桌。若喜欢该风味，可加入少许研碎的香料；但此配料必须极少量添加。

平均成本,1先令。

足量供5或6人食用。

时令 11月至5月。

桃子糖渍

1572. 配料--1品脱1512号糖浆，约15个小桃子。

做法。-不太大、用于餐后水果外观不佳的桃子，非常适合做蜜饯。将

peaches, take out the stones, and pare the fruit; make a syrup by recipe No. 1512, put in the peaches, and stew them gently for about 10 minutes. Take them out without breaking, arrange them on a glass dish, boil the syrup for 2 or 3 minutes, let it cool, pour it over the fruit, and, when cold, it will be ready for table.

Time.—10 minutes. *Average cost*, 1s. 2d.

Sufficient for 5 or 6 persons. *Seasonable* in August and September.

PEACH AND NECTARINE.—The peach and nectarine, which are among the most delicious of our fruits, are considered as varieties of the same species, produced by cultivation. The former is characterized by a very delicate down, while the latter is smooth; but, as a proof of their identity as to species, trees have borne peaches on one part and nectarines on another; and even a single fruit has had down on one side, and on the other none; the trees are almost exactly alike, as well as the blossoms. Pliny states that the peach was originally brought from Persia, where it grows naturally. At Montreuil, a village near Paris, almost the whole population is employed in the cultivation of peaches; and this occupation has maintained the inhabitants for ages, and, in consequence, they raise better peaches than anywhere else in France. In Maryland and Virginia, peaches grow nearly wild in orchards resembling forests; but the fruit is of little value for the table, being employed only in fattening hogs and for the distillation of peach brandy. On the east side of the Andes, peaches grow wild among the cornfields and in the mountains, and are dried as an article of food. The young leaves of the peach are sometimes used in cookery, from their agreeable flavour; and a liqueur resembling the fine noyeau of Martinique may be made

桃子分开，取出桃核，削去果皮；按食谱第1512号制作糖浆，放入桃子，文火炖约10分钟。取出时不弄破，排列在玻璃盘中，将糖浆煮沸2至3分钟，放凉，浇在水果上，冷却后即可上桌。

时间。- 10分钟。平均费用,1先令2便士。

足够5或6人食用。时令八月和九月。

桃与油桃。--桃和油桃是我们最美味的水果之一，被认为是同一物种经栽培而产生的变种。前者以极细的绒毛为特征，而后者光滑；但作为它们同属一物种的证明，有的树一部分结桃、另一部分结油桃；甚至单个果实一面有绒毛、另一面没有；树木几乎完全相同，花朵亦然。普林尼称桃最初来自波斯，在那里自然生长。在巴黎附近的蒙特勒伊村，几乎全部人口都从事桃的栽培；这一职业世代养活了当地居民，因此他们种出的桃比法国任何地方都好。在马里兰和弗吉尼亚，桃在果园中几乎野生生长，宛如森林；但果实佐餐价值不高，仅用于喂猪和蒸馏桃白兰地。在安第斯山脉东侧，桃在玉米田和山间野生生长，并被晒干作为食物。桃的嫩叶因气味宜人，有时用于烹饪；还可制成一种类似马提尼克优质果仁酒的利口酒

by steeping them in brandy sweetened with sugar and fined with milk: gin may also be flavoured in the same manner. The kernels of the fruit have the same flavour. The nectarine is said to have received its name from nectar, the particular drink of the gods. Though it is considered as the same species as the peach, it is not known which of the varieties come from the other; the nectarine, is by some considered as the superior fruit.

将其浸泡在加糖甜化并用牛奶澄清的白兰地中：杜松子酒也可用同样方法调味。果仁具有相同的风味。油桃据说因 nectar(众神饮用的特殊饮品)而得名。虽然它被视为与桃子同一种类，但不知哪些品种源自另一种；油桃被一些人认为是更优良的水果。

PEACHES PRESERVED IN BRANDY.

白兰地腌桃

1573. INGREDIENTS.—To every lb. of fruit weighed before being stoned, allow 1/4 lb. of finely-pounded loaf sugar; brandy.

1573.配料。-每1 lb.去核前称重的水果，配1/4 lb.研细的块糖；白兰地。

Mode.—Let the fruit be gathered in dry weather; wipe and weigh it, and remove the stones as carefully as possible, without injuring the peaches much. Put them into a jar, sprinkle amongst them pounded loaf sugar in the above proportion, and pour brandy over the fruit. Cover the jar down closely, place it in a saucepan of boiling water over the fire, and bring the brandy to the simmering-point, but do not allow it to boil. Take the fruit out carefully, without breaking it; put it into small jars, pour over it the brandy, and, when cold, exclude the air by covering the jars with bladders, or tissue-paper brushed over on both sides with the white of an egg. Apricots may be done in the same manner, and, if properly prepared, will be found delicious.

做法。--在干燥天气采摘果实；擦净并称重，尽可能小心地去除果核，不要过多损伤桃子。放入罐中，按上述比例撒入捣碎的块糖，并将白兰地浇在水果上。将罐子严密盖好，放入置于火上的沸水锅中，使白兰地达到微沸点，但不要让它沸腾。小心取出水果，不要弄破；放入小罐中，浇上白兰地，冷却后用膀胱膜或两面刷过蛋清的薄纸覆盖罐口以隔绝空气。杏子可用同样方法制作，若制作得当，会非常美味。

Time.—From 10 to 20 minutes to bring the brandy to the simmering-point.

时间。-将白兰地加热至微沸点需10至20分钟。

Seasonable in August and September.

时令在八月和九月。

BAKED PEARS.

烤梨。

1574. INGREDIENTS.—12 pears, the rind of 1 lemon, 6 cloves, 10 whole allspice; to every pint of water allow 1/2 lb. of loaf sugar.

Mode.—Pare and cut the pears into halves, and, should they be very large, into quarters; leave the stalks on, and carefully remove the cores. Place them in a clean baking-jar, with a closely-fitting lid; add to them the lemon-rind cut in strips, the juice of 1/2 lemon, the cloves, pounded allspice, and sufficient water just to cover the whole, with sugar in the above proportion. Cover the jar down closely, put it into a very cool oven, and bake the pears from 5 to 6 hours, but be very careful that the oven is not too hot. To improve the colour of the fruit, a few drops of prepared cochineal may be added; but this will not be found necessary if the pears are very gently baked.

Time.—Large pears, 5 to 6 hours, in a very slow oven.

Average cost, 1d. to 2d. each.

Sufficient for 7 or 8 persons.

Seasonable from September to January.

PEAR.—The pear, like the apple, is indigenous to this country; but the wild pear is a very unsatisfactory fruit. The best varieties were brought from the East by the Romans, who cultivated them with care, and probably introduced some of their best sorts into this island, to which others were added by the inhabitants of the monasteries. The Dutch and Flemings, as well as the French, have excelled in the cultivation of the pear, and most of the late varieties introduced are from France and Flanders. The pear is a hardy tree, and a longer liver than the apple: it has been known to exist for centuries. There are now about 150 varieties of this fruit.

1574.配料。-12个梨，1个柠檬的皮，6粒丁香，10粒完整多香果；每1 pint水配1/2 lb.块糖。

做法。--将梨削皮，切成两半，若梨很大，则切成四块；保留果柄，小心去除果心。放入干净的烘烤罐中，罐盖须严密合缝；加入切成条的柠檬皮、1/2个柠檬的汁、丁香、捣碎的多香果，以及刚好没过全部材料的水，并按上述比例加糖。将罐子严密盖好，放入温度很低的烤箱中，烘烤梨5至6小时，但务必注意烤箱不要太热。为改善水果的色泽，可加入几滴制备好的胭脂虫红；但若梨烘烤得非常温和，则无需如此。

时间。--大梨，5至6小时，在极慢的烤箱中。

平均成本，每个1便士至2便士。

足量供7至8人食用。

时令九月至一月。

梨--梨与苹果一样，原产于本国；但野生梨是一种非常不令人满意的水果。最好的品种由罗马人从东方带来，他们精心栽培，并可能将他们的一些最佳品种引入此岛，其他人又由修道院的居民加以补充。荷兰人和佛兰芒人以及法国人都擅长梨的栽培，大多数晚近引入的品种来自法国和佛兰德。梨是一种耐寒的树，比苹果寿命更长：已知能存活数百年。目前这种水果约有150个品种。

Though perfectly wholesome when ripe, the pear is not so when green; but in this state it is fit for stewing. An agreeable beverage, called perry, is made from pears, and the varieties which are least fit for eating make the best perry.

梨成熟时完全有益健康，但青绿时则不然；不过在此状态下适合炖煮。一种名为 perry 的宜人饮料由梨制成，最不适合食用的品种能酿出最好的 perry。

PRESERVED PEARS.

保存梨

1575. INGREDIENTS.—Jargonelle pears; to every lb. of sugar allow 1/2 pint of water.

1575.配料。-Jargonelle 梨；每1 lb.糖配1/2 pint水。

Mode.—Procure some Jargonelle pears, not too ripe; put them into a stewpan with sufficient water to cover them, and simmer them till rather tender, but do not allow them to break; then put them into cold water. Boil the sugar and water together for 5 minutes, skim well, put in the pears, and simmer them gently for 5 minutes. Repeat the simmering for 3 successive days, taking care not to let the fruit break. The last time of boiling, the syrup should be made rather richer, and the fruit boiled for 10 minutes. When the pears are done, drain them from the syrup, and dry them in the sun, or in a cool oven; or they may be kept in the syrup, and dried as they are wanted.

Mode--取一些不过熟的Jargonelle梨；将它们放入炖锅中，加入足够的水覆盖，煨至稍软，但不要让其破碎；然后放入冷水中。将糖和水一起煮5分钟，撇去浮沫，放入梨，轻轻煨5分钟。连续3天重复煨制，注意不要让水果破碎。最后一次煮时，糖浆应做得更浓一些，水果煮10分钟。梨煮好后，从糖浆中沥干，在阳光下或凉爽的烤箱中干燥；或者可以保存在糖浆中，需要时再干燥。

Time.—1/2 hour to simmer the pears in water, 20 minutes in the syrup.

时间。-梨在水中微沸1/2小时，在糖浆中20分钟。

Average cost, 1d. to 2d. each.

平均成本，每个1便士至2便士。

Seasonable.—Most plentiful in September and October.

时令。--九月和十月最为丰盛。

STEWED PEARS.

炖梨。

[Illustration: STEWED PEARS.]

[插图：炖梨。]

1576. INGREDIENTS.—8 large pears, 5 oz. of loaf sugar, 6 cloves, 6 whole allspice, 1/2 pint of water, 1/4 pint of port wine, a few drops of prepared cochineal.

Mode.—Pare the pears, halve them, remove the cores, and leave the stalks on; put them into a *lined* saucepan with the above ingredients, and let them simmer very gently until tender, which will be in from 3 to 4 hours, according to the quality of the pears. They should be watched, and, when done, carefully lifted out on to a glass dish without breaking them. Boil up the syrup quickly for 2 or 3 minutes; allow it to cool a little, pour it over the pears, and let them get perfectly cold. To improve the colour of the fruit, a few drops of prepared cochineal may be added, which rather enhances the beauty of this dish. The fruit must not be boiled fast, but only simmered, and watched that it be not too much done.

Time.—3 to 4 hours. *Average cost*, 1s. 6d.

Sufficient for 5 or 6 persons. *Seasonable* from September to January.

THE BON CHRETIEN PEAR.—The valuable variety of pear called *Bon Chrétien*, which comes to our tables in winter, either raw or cooked, received its name through the following incident:—Louis XI., king of France, had sent for Saint Francois de Paule from the lower part of Calabria, in the hopes of recovering his health through his intercession. The saint brought with him the seeds of this pear; and, as he was called at court Le Bon Chrétien, this fruit obtained the name of him to whom France owed its introduction.

PINEAPPLE CHIPS.

1576. 配料。--8个大梨，5 oz.块糖，6粒丁香，6粒多香果，1/2 pint水，1/4 pint波特酒，几滴胭脂红溶液。

做法。- 将梨削皮，切成两半，挖去果心，保留果柄；把它们放入一个衬有的炖锅中，加入上述配料，用极小的火慢慢煨至软烂，视梨的品质不同，约需3至4小时。应加以看管，煮好后小心地整只取出，放到玻璃盘中，不要弄碎。将糖浆快速煮沸2至3分钟；稍放凉后浇在梨上，让其完全冷却。为改善水果的色泽，可加入几滴制备好的胭脂虫红，这会增添这道菜的美观。水果不可大火煮沸，只能小火慢煨，并注意不要煮得过熟。

时间。- 3至4小时。平均费用,1先令6便士。

足够供5或6人食用。时令为九月至一月。

好基督徒梨(Bon Chrétien Pear)。- 这种名为*Bon Chrétien*的珍贵梨品种，冬季以生食或熟食的形式登上我们的餐桌，其名称源于以下事件：-法国国王路易十一曾派人从卡拉布里亚下游地区请来圣方济各·德·保拉，希望通过他的代祷恢复健康。这位圣人随身带来了这种梨的种子；由于他在宫廷中被称为Le Bon Chrétien，这种水果便以这位将之引入法国的人的名字命名。

菠萝片。

1577. INGREDIENTS.—Pineapples; sugar to taste.

Mode.—Pare and slice the fruit thinly, put it on dishes, and strew over it plenty of pounded sugar. Keep it in a hot closet, or very slow oven, 8 or 10 days, and turn the fruit every day until dry; then put the pieces of pine on tins, and place them in a quick oven for 10 minutes. Let them cool, and store them away in dry boxes, with paper between each layer.

Time.—8 to 10 days.

Seasonable.—Foreign pines, in July and August.

PRESERVED PINEAPPLE.

1578. INGREDIENTS.—To every lb. of fruit, weighed after being pared, allow 1 lb. of loaf sugar; 1/4 pint of water.

Mode.—The pines for making this preserve should be perfectly sound but ripe. Cut them into rather thick slices, as the fruit shrinks very much in the boiling. Pare off the rind carefully, that none of the pine be wasted; and, in doing so, notch it in and out, as the edge cannot be smoothly cut without great waste. Dissolve a portion of the sugar in a preserving-pan with 1/4 pint of water; when this is melted, gradually add the remainder of the sugar, and boil it until it forms a clear syrup, skimming well. As soon as this is the case, put in the pieces of pine, and boil well for at least 1/2 hour, or until it looks nearly transparent. Put it into pots, cover down when cold, and store away in a dry place.

Time.—1/2 hour to boil the fruit. *Average cost*, 10d. to 1s. per lb. pot.

1577. 配料--菠萝；糖适量。

做法。--将水果削皮切成薄片，放在盘子上，撒上大量研碎的糖。放在热的干燥橱或极慢的烤箱中8至10天，每天翻动水果直至干燥；然后将菠萝片放在烤盘上，放入快烤箱烤10分钟。让其冷却，存放在干燥的盒子中，每层之间垫纸。

时间。- 8至10天。

时令。--外国菠萝，七月与八月。

保存菠萝

1578. 配料。--每lb.水果(削皮后称重)，配1 lb.块糖；1/4 pint水。

做法。- 制作此蜜饯的菠萝应完好无损但已成熟。将其切成较厚的片，因为水果在煮制过程中会大幅缩水。小心削去外皮，以免浪费任何果肉；削皮时以锯齿状切入切出，因为平直地削边会造成很大浪费。在蜜饯锅中用1/4品脱水溶解一部分糖；待其溶化后，逐渐加入剩余的糖，煮沸至形成清澈的糖浆，并充分撇去浮沫。一旦达到此状态，即放入菠萝片，充分煮沸至少1/2小时，或直至其看起来近乎透明。装入罐中，冷却后封盖，存放于干燥处。

时间。--煮水果1/2小时。平均成本，每lb.罐10d.至1s.。

Seasonable.—Foreign pines, in July and August.

THE PINEAPPLE IN HEATHENDOM.—Heathen nations invented protective divinities for their orchards (such as Pomona, Vertumnus, Priapus, &c.), and benevolent patrons for their fruits: thus, the olive-tree grew under the auspices of Minerva; the Muses cherished the palm-tree, Bacchus the fig and grape, *and the pine and its cone were consecrated to the great Cyble*.

PRESERVED PINEAPPLE, for Present Use.

1579. INGREDIENTS.—Pineapple, sugar, water.

Mode.—Cut the pine into slices 1/4 inch in thickness; peel them, and remove the hard part from the middle. Put the parings and hard pieces into a stewpan with sufficient water to cover them, and boil for 1/4 hour. Strain the liquor, and put in the slices of pine. Stew them for 10 minutes, add sufficient sugar to sweeten the whole nicely, and boil again for another 1/4 hour; skim well, and the preserve will be ready for use. It must be eaten soon, as it will keep but a very short time.

Time.—1/4 hour to boil the parings in water; 10 minutes to boil the pine without sugar, 1/4 hour with sugar.

Average cost.—Foreign pines, 1s. to 3s. each; English, from 2s. to 12s. per lb.

Seasonable.—Foreign, in July and August; English, all the year.

PLUM JAM.

1580. INGREDIENTS.—To every lb. of plums, weighed before being stoned, allow 3/4 lb. of loaf sugar.

时令。--外国菠萝，七月与八月。

异教世界的菠萝。--异教民族为他们的果园发明了保护神(如波莫纳、维尔图姆努斯、普里阿普斯等)，并为他们的果实发明了仁慈的守护神：因此，橄榄树在密涅瓦的庇护下生长；缪斯女神珍爱棕榈树，巴克科斯珍爱无花果和葡萄，而松树及其松果则献给伟大的西布莉。

保存菠萝，供即时食用。

1579. 配料--菠萝、糖、水。

做法。- 将菠萝切成1/4英寸厚的片；削皮，并去除中间的硬芯。将削下的皮和硬块放入炖锅中，加入足以没过它们的水，煮1/4小时。滤出汤汁，放入菠萝片。炖10分钟，加入足量的糖使整体甜度适中，再煮1/4小时；充分撇去浮沫，蜜饯即可食用。必须尽快食用，因为其保存时间极短。

时间。--将削下的皮在水中煮1/4小时；菠萝不加糖煮10分钟，加糖煮1/4小时。

平均成本。--外国菠萝，每个1s.至3s.；英国菠萝，每lb.2s.至12s.。

时令。- 外国产，七八月；英国产，全年。

李子酱。

1580. 配料。--每lb.李子(去核前称重)，配3/4 lb.块糖。

Mode.—In making plum jam, the quantity of sugar for each lb. of fruit must be regulated by the quality and size of the fruit, some plums requiring much more sugar than others. Divide the plums, take out the stones, and put them on to large dishes, with roughly-pounded sugar sprinkled over them in the above proportion, and let them remain for one day; then put them into a preserving-pan, stand them by the side of the fire to simmer gently for about 1/2 hour, and then boil them rapidly for another 15 minutes. The scum must be carefully removed as it rises, and the jam must be well stirred all the time, or it will burn at the bottom of the pan, and so spoil the colour and flavour of the preserve. Some of the stones may be cracked, and a few kernels added to the jam just before it is done: these impart a very delicious flavour to the plums. The above proportion of sugar would answer for Orleans plums; the Impératrice Magnum-bonum, and Winesour would not require quite so much.

做法。- 制作李子果酱时，每磅水果所需糖的量必须根据水果的品质和大小来调整，有些李子需要的糖远多于其他李子。将李子剖开，取出果核，放入大盘中，按上述比例撒上粗碎的糖，静置一天；然后放入蜜饯锅中，置于火旁小火慢煨约1/2小时，再用大火煮沸15分钟。浮沫升起时必须小心撇去，并且全程要充分搅拌，否则会粘锅烧焦，从而破坏蜜饯的色泽和风味。可将部分果核敲碎，在果酱即将煮好前加入几粒果仁：这会为李子增添非常美味的风味。上述糖的比例适用于奥尔良李子；皇后大丰李和酸酒李则不需要这么多糖。

Time.—1/2 hour to simmer gently, 1/4 hour to boil rapidly.

时间。- 慢炖 1/2 小时，快速煮沸 1/4 小时。

Best plums for preserving.—Violets, Mussels, Orleans, Impératrice Magnum-bonum, and Winesour.

最适合做蜜饯的李子。--紫罗兰、贻贝、奥尔良、大皇后、酸酒李。

Seasonable from the end of July to the beginning of October.

时令从七月底到十月初。

PLUMS.—The Damson, or Damascene plum, takes its name from Damascus, where it grows in great quantities, and whence it was brought into Italy about 114 B.C. The Orleans plum is from France. The Greengage is called after the Gage family, who first brought it into England from the monastery of the Chartreuse, at Paris, where it still bears the name of Reine Claude. The Magnum-bonum is our largest plum, and greatly esteemed for preserves and culinary purposes. The best sorts of plums are agreeable at the

李子。--乌荆子李，或称大马士革李，得名于大马士革，那里出产极多，约在公元前114年由此传入意大利。奥尔良李来自法国。青梅(Greengage)以盖奇家族命名，该家族最先将其从巴黎的加尔都西会修道院引入英格兰，在那里它至今仍被称为“克劳德王后”(Reine Claude)。大丰李(Magnum-bonum)是我们最大的李子，用于制作蜜饯和烹饪极受推崇。最好的几种李子在

dessert, and, when perfectly ripe, are wholesome; but some are too astringent. They lose much of their bad qualities by baking, and are extensively used, from their cheapness, when in full season, in tarts and preserves; but they are not a very wholesome fruit, and should be eaten in moderation.

作为餐后水果，完全成熟时有营养；但有些过于涩口。烘烤后其不良特性会大大减少，因其价格低廉，在盛产季节被广泛用于馅饼和蜜饯；但它们不是很有营养的水果，应适量食用。

PRESERVED PLUMS.

蜜饯李子。

1581. INGREDIENTS.—To every lb. of fruit allow 3/4 lb. of loaf sugar; for the thin syrup, 1/4 lb. of sugar to each pint of water.

1581. 配料。--每lb.水果配3/4 lb.块糖；稀糖浆用每pint水1/4 lb.糖。

Mode.—Select large ripe plums; slightly prick them, to prevent them from bursting, and simmer them very gently in a syrup made with the above proportion of sugar and water. Put them carefully into a pan, let the syrup cool, pour it over the plums, and allow them to remain for two days. Having previously weighed the other sugar, dip the lumps quickly into water, and put them into a preserving-pan with no more water than hangs about them; and boil the sugar to a syrup, carefully skimming it. Drain the plums from the first syrup; put them into the fresh syrup, and simmer them very gently until they are clear; lift them out singly into pots, pour the syrup over, and when cold, cover down to exclude the air. This preserve will remain good some time, if kept in a dry place, and makes a very nice addition to a dessert. The magnum-bonum plums answer for this preserve better than any other kind of plum. Greengages are also very delicious done in this manner.

做法。--挑选大个成熟的李子；将其轻轻刺孔，以防爆裂，然后用上述比例的糖和水制成的糖浆极轻柔地煨煮。将它们小心放入罐中，让糖浆冷却，浇在李子上，静置两天。事先称好另一份糖，将糖块迅速蘸水，放入蜜饯锅，所带的水分不多于附着在糖块上的量；将糖熬成糖浆，仔细撇去浮沫。将李子从第一道糖浆中沥出；放入新糖浆中，极轻柔地煨煮至透明；逐个取出放入罐中，浇上糖浆，冷却后封盖以隔绝空气。此蜜饯可保存一段时间，若置于干燥处，可为餐后甜点增色不少。大丰李做此蜜饯比任何其他品种都更合适。青梅以此法制作亦十分美味。

Time.—1/4 hour to 20 minutes to simmer the plums in the first syrup; 20 minutes to 1/2 hour very gentle simmering in the second.

时间。--在第一道糖浆中微火煮李子1/4小时至20分钟；在第二道糖浆中极微火煮20分钟至1/2小时。

Seasonable from August to October.

时令八月至十月。

TO PRESERVE PLUMS DRY.

1582. INGREDIENTS.—To every lb. of sugar allow 1/4 pint of water. *Mode*.—Gather the plums when they are full-grown and just turning colour; prick them, put them into a saucepan of cold water, and set them on the fire until the water is on the point of boiling. Then take them out, drain them, and boil them gently in syrup made with the above proportion of sugar and water; and if the plums shrink, and will not take the sugar, prick them as they lie in the pan; give them another boil, skim, and set them by. The next day add some more sugar, boiled almost to candy, to the fruit and syrup; put all together into a wide-mouthed jar, and place them in a cool oven for 2 nights; then drain the plums from the syrup, sprinkle a little powdered sugar over, and dry them in a cool oven.

Time.—15 to 20 minutes to boil the plums in the syrup. *Seasonable* from August to October.

PLUMS.—The wild sloe is the parent of the plum, but the acclimated kinds come from the East. The cultivation of this fruit was probably attended to very early in England, as Gerrard informs us that, in 1597, he had in his garden, in Holborn, threescore sorts. The sloe is a shrub common in our hedgerows, and belongs to the natural order *Amygdaleae*; the fruit is about the size of a large pea, of a black colour, and covered with a bloom of a bright blue. It is one of the few indigenous to our island. The juice is extremely sharp and astringent, and was formerly employed as a medicine, where astringents were necessary. It now assists in the manufacture of a red wine made to imitate port, and also for adulteration. The leaves have been used to adulterate tea;

保存李子干

1582. 配料。--每1 lb.糖配1/4 pint水。做法。--李子长足、刚开始变色时采摘；刺孔后放入盛有冷水的炖锅中，置于火上，待水将沸时取出沥干，再放入按上述比例用糖和水熬成的糖浆中轻轻煮；若李子皱缩、吸不进糖，就在锅中就势刺孔；再煮一次，撇去浮沫，放置一旁。次日，在果子和糖浆中再加入一些几乎熬至结晶的糖；全部装入广口罐，放入温热的烤箱中放两夜；然后将李子从糖浆中沥出，撒上少许糖粉，在温热的烤箱中烘干。

时间。--将李子放入糖浆中煮15至20分钟。时令为八月至十月。

李子。--野生黑刺李是李子的祖先，但已驯化的品种来自东方。这种果实的栽培在英格兰可能很早就受到重视，因为杰拉德告诉我们，1597年他在霍尔本的花园里就有六十个品种。黑刺李是常见于我们树篱中的灌木，属于*Amygdaleae*目；果实约大豌豆大小，黑色，覆有一层亮蓝色的果霜。它是本岛少数原生植物之一。其汁液极为酸涩，从前在需要收敛剂时用作药物。现在它用于制造仿波特酒的红色葡萄酒，也用于掺假。其叶子曾被用来掺入下午茶；

the fruit, when ripe, makes a good preserve.

STEWED FRENCH PLUMS.

(*A Dessert Dish.*)

1583. INGREDIENTS.—1-1/2 lb. of French plums, 3/4 pint of syrup No. 1512, 1 glass of port wine, the rind and juice of 1 lemon.

Mode.—Stew the plums gently in water for 1 hour; strain the water, and with it make the syrup. When it is clear, put in the plums with the port wine, lemon-juice, and rind, and simmer very gently for 1-1/2 hour. Arrange the plums on a glass dish, take out the lemon-rind, pour the syrup over the plums, and, when cold, they will be ready for table. A little allspice stewed with the fruit is by many persons considered an improvement.

Time.—1 hour to stew the plums in water, 1-1/2 hour in the syrup.

Average cost,—plums sufficiently good for stewing, 1s. per lb.

Sufficient for 7 or 8 persons.

Seasonable in winter.

PRESERVED PUMPKIN.

1584. INGREDIENTS.—To each lb. of pumpkin allow 1 lb. of roughly pounded loaf sugar, 1 gill of lemon-juice.

Mode.—Obtain a good sweet pumpkin; halve it, take out the seeds, and pare off the rind; cut it into neat slices, or into pieces about

果实成熟时，适宜制作蜜饯。

炖法国李子

（一道甜点菜肴。）

1583. 配料。--1-1/2 lb.法国李子，3/4 pint第1512号糖浆，1杯波特酒，1个柠檬的皮和汁。

做法。--将李子在水中微火煮1小时；滤出水，用此水制作糖浆。糖浆清澈后，放入李子、波特酒、柠檬汁和柠檬皮，极微火煮1-1/2小时。将李子摆放在玻璃盘中，取出柠檬皮，将糖浆浇在李子上，冷却后即可上桌。许多人认为与水果一起微火煮少许多香果会更好。

时间。- 李子在水中炖1小时，在糖浆中炖1-1/2小时。

平均成本,--适合炖煮的优质李子，每磅1先令。

足量供7至8人食用。

时令冬季。

保存南瓜

1584. 配料。--每lb.南瓜配1 lb.粗研块糖，1 gill柠檬汁。

做法。--取一个好的甜南瓜；切成两半，取出瓜子，削去外皮；切成整齐的片，或切成约

the size of a five-shilling piece. Weigh the pumpkin, put the slices in a pan or deep dish in layers, with the sugar sprinkled between them; pour the lemon-juice over the top, and let the whole remain for 2 or 3 days. Boil altogether, adding 1/4 pint of water to every 3 lbs. of sugar used until the pumpkin becomes tender; then turn the whole into a pan, where let it remain for a week; then drain off the syrup, boil it until it is quite thick; skim, and pour it, boiling, over the pumpkin. A little bruised ginger and lemon-rind, thinly pared, may be boiled in the syrup to flavour the pumpkin.

大小如一枚五先令硬币。将南瓜称重，把瓜片分层放入锅中或深盘中，层间撒糖；将柠檬汁浇在上面，静置2至3天。全部一起煮，每用3 lbs.糖加1/4 pint水，煮至南瓜变软；然后将全部倒入罐中，静置一周；然后沥出糖浆，熬至相当浓稠；撇去浮沫，趁沸浇在南瓜上。可将少许捣碎的姜和切得极薄的柠檬皮在糖浆中煮，以为南瓜添味。

Time.—From 1/2 to 3/4 hour to boil the pumpkin tender.

时间。--将南瓜煮软需1/2至3/4小时。

Average cost, 5d. to 7d. per lb. pot.

平均成本，每磅锅装5便士至7便士。

Seasonable in September and October; but better when made in the latter month, as the pumpkin is then quite ripe.

时令为九月和十月；但在后一个月制作更佳，因为那时南瓜已完全成熟。

Note.—Vegetable marrows are very good prepared in the same manner, but are not quite so rich.

注。--西葫芦用同样方法制作也很好，但不太浓郁。

QUINCE JELLY.

榲桲果冻

1585. INGREDIENTS.—To every pint of juice allow 1 lb. of loaf sugar.

1585. 配料--每品脱果汁配1磅块糖。

Mode.—Pare and slice the quinces, and put them into a preserving-pan with sufficient water to float them. Boil them until tender, and the fruit is reduced to a pulp; strain off the clear juice, and to each pint allow the above proportion of loaf sugar. Boil the juice and sugar together for about 3/4 hour; remove all the scum as it rises, and, when the jelly appears firm when a little is poured on a plate, it is done. The residue left on the sieve will answer to make a common marmalade, for immediate use, by boiling it with

Mode。- 将榲桲削皮切片，放入果酱熬煮锅，加足量水使其漂浮。煮至软烂、果肉成糊；滤出清汁，每pint按上述比例加 loaf sugar。将果汁与糖同煮约3/4小时；随时撇去浮沫，取少许滴于盘中，若果冻凝结即已成。筛上余渣可加糖煮成普通果酱，供即时食用。

1/2 lb. of common sugar to every lb. of pulp.

Time.—3 hours to boil the quinces in water; 3/4 hour to boil the jelly.

Average cost, from 8d. to 10d. per lb. pot.

Seasonable from August to October.

QUINCE MARMALADE.

1586. INGREDIENTS.—To every lb. of quince pulp allow 3/4 lb. of loaf sugar.

Mode.—Slice the quinces into a preserving-pan, adding sufficient water for them to float; place them on the fire to stew, until reduced to a pulp, keeping them stirred occasionally from the bottom, to prevent their burning; then pass the pulp through a hair sieve, to keep back the skin and seeds. Weigh the pulp, and to each lb. add lump sugar in the above proportion, broken very small. Place the whole on the fire, and keep it well stirred from the bottom of the pan with a wooden spoon, until reduced to a marmalade, which may be known by dropping a little on a cold plate, when, if it jellies, it is done. Put it into jars whilst hot; let it cool, and cover with pieces of oiled paper cut to the size of the mouths of the jars. The tops of them may be afterwards covered with pieces of bladder, or tissue-paper brushed over on both sides with the white of an egg.

Time.—3 hours to boil the quinces without the sugar; 3/4 hour to boil the pulp with the sugar.

Average cost, from 8d. to 9d. per lb. pot.

每磅果肉加二分之一磅普通糖。

时间。--在水中煮榲桲3小时；煮果冻3/4小时。

平均成本，每lb.罐8d.至10d.。时令为8月至10月。

榲桲**果酱**。

1586. 配料--每1 lb.榲桲果肉配3/4 lb.块糖。

Mode。- 将榲桲切片放入果酱熬煮锅，加足量水使其漂浮；置火上炖至成糊，不时自锅底搅动以防焦糊；然后将果糊过马尾筛，滤去果皮与种子。称果糊重量，每lb.按上述比例加敲碎的块糖。全部置火上，用木勺自锅底充分搅动，熬至成酱；取少许滴于冷盘上，若凝结即成。趁热装入罐中；待冷却，用剪成罐口大小的油纸覆盖。罐口 afterwards 可覆以膀胱膜，或两面刷蛋白的薄纸。

时间。--不加糖煮榲桲3小时；加糖煮果肉3/4小时。

平均成本，每磅锅装8便士至9便士。

Sufficient.—Allow 1 pint of sliced quinces for a lb. pot.

Seasonable in August, September, and October.

RAISIN CHEESE.

1587. INGREDIENTS.—To every lb. of raisins allow a lb. of loaf sugar; pounded cinnamon and cloves to taste.

Mode.—Stone the raisins; put them into a stewpan with the sugar, cinnamon, and cloves, and let them boil for 1-1/2 hour, stirring all the time. Let the preparation cool a little, pour it into a glass dish, and garnish with strips of candied lemon-peel and citron. This will remain good some time, if kept in a dry place.

Time.—1-1/2 hour. *Average cost,* 9d. *Sufficient.*—1 lb. for 4 or 5 persons. *Seasonable* at any time.

RASPBERRY JAM.

1588. INGREDIENTS.—To every lb. of raspberries allow 1 lb. of sugar, 1/4 pint of red-currant juice.

Mode.—Let the fruit for this preserve be gathered in fine weather, and used as soon after it is picked as possible. Take off the stalks, put the raspberries into a preserving-pan, break them well with a wooden spoon, and let them boil for 1/4 hour, keeping them well stirred. Then add the currant-juice and sugar, and boil again for 1/2 hour. Skim the jam well after the sugar is added, or the preserve will not be clear. The addition of the currant juice is a very great improvement to this preserve, as it gives it a piquant taste, which the flavour of the raspberries seems to require.

足够。--每磅罐装量配1品脱切片橄榄。

时令八月、九月和十月。

葡萄干奶酪。

1587. 配料--每1 lb.葡萄干配1 lb.块糖；肉桂粉和丁香粉按口味添加。

做法。--去葡萄干核；放入炖锅，加糖、肉桂和丁香，煮1-1/2小时，不断搅拌。让混合物稍冷却，倒入玻璃盘中，用糖渍柠檬皮和香橼皮丝装饰。如存放在干燥处，可保持一段时间不变质。

时间。--1-1/2小时。平均成本,9d.。足够。--1 lb.供4或5人食用。时令随时。

覆盆子果酱。

1588. 配料。--每lb.覆盆子配1 lb.糖，1/4 pint红醋栗汁。

Mode。- 此果酱所用果实应于晴天采摘，采后尽快使用。去梗，将覆盆子放入果酱熬煮锅，用木勺捣碎，煮1/4小时，不时搅动。然后加醋栗汁与糖，再煮1/2小时。加糖后须充分撇沫，否则果酱不清。加醋栗汁对此果酱大有裨益，可增添酸味，覆盆子风味似正需此味。

Time.—1/4 hour to simmer the fruit without the sugar; 1/4 hour after it is added.

时间。--不加糖微火煮水果1/4小时；加糖后再煮1/4小时。

Average cost, from 6d. to 8d. per lb. pot.

平均成本，每磅锅装6便士至8便士。

Sufficient.—Allow about 1 pint of fruit to fill a 1-lb. pot.

足够。--约需1 pint水果装满1 lb.罐。时令为七月和八月。

Seasonable in July and August.

RASPBERRY JELLY.

覆盆子果冻。

1589. INGREDIENTS.—To each pint of juice allow 3/4 lb. of loaf sugar.

1589. 配料--每品脱果汁配3/4磅块糖。

Mode.—Let the raspberries be freshly gathered, quite ripe, and picked from the stalks; put them into a large jar, after breaking the fruit a little with a wooden spoon, and place this jar, covered, in a saucepan of boiling water. When the juice is well drawn, which will be in from 3/4 to 1 hour, strain the fruit through a fine hair sieve or cloth; measure the juice, and to every pint allow the above proportion of loaf sugar. Put the juice and sugar into a preserving-pan, place it over the fire, and boil gently until the jelly thickens when a little is poured on a plate; carefully remove all the scum as it rises, pour the jelly into small pots, cover down, and keep in a dry place. This jelly answers for making raspberry cream, and for flavouring various sweet dishes, when, in winter, the fresh fruit is not obtainable.

Mode。- 覆盆子须新采、熟透、去梗；用木勺略捣碎后放入大罐，加盖置于盛沸水的锅中。约3/4至1小时汁液充分浸出后，将果实过细马尾筛或布滤；量取果汁，每pint按上述比例加 loaf sugar。将果汁与糖放入果酱熬煮锅，置火上，文火煮至取少许滴于盘中果冻变稠；随时仔细撇去浮沫，将果冻倒入小罐，封盖，置干燥处保存。此果冻可用于制作覆盆子奶油，冬季无鲜果时亦可为多种甜食调味。

Time.—3/4 to 1 hour to draw the juice.

时间。--熬出汤汁需3/4至1小时。

Average cost, from 9d. to 1s. per lb. pot.

平均成本，每磅锅装9便士至1先令。

Sufficient.—From 3 pints to 2 quarts of fruit should yield 1 pint of juice.

用量。- 3品脱至2夸脱的水果应可产出1品脱果汁。

Seasonable.—This should be made in July or August.

RHUBARB JAM.

1590. INGREDIENTS.—To every lb. of rhubarb allow 1 lb. of loaf sugar, the rind of 1/2 lemon.

Mode.—Wipe the rhubarb perfectly dry, take off the string or peel, and weigh it; put it into a preserving-pan, with sugar in the above proportion; mince the lemon-rind very finely, add it to the other ingredients, and place the preserving-pan by the side of the fire; keep stirring to prevent the rhubarb from burning, and when the sugar is well dissolved, put the pan more over the fire, and let the jam boil until it is done, taking care to keep it well skimmed and stirred with a wooden or silver spoon. Pour it into pots, and cover down with oiled and egged papers.

Time.—If the rhubarb is young and tender, 3/4 hour, reckoning from the time it simmers equally; old rhubarb, 1-1/4 to 1-1/2 hour.

Average cost, 5d. to 7d. per lb. pot.

Sufficient.—About 1 pint of sliced rhubarb to fill a lb. pot.

Seasonable from February to April.

RHUBARB AND ORANGE JAM, to resemble Scotch Marmalade.

1591. INGREDIENTS.—1 quart of finely-cut rhubarb, 6 oranges, 1-1/2 lb. of loaf sugar.

Mode.—Peel the oranges; remove as much of the white pith as possible, divide them, and take out the pips; slice the pulp into a

时令。--此菜宜在七月或八月制作。

大黄果酱。

1590. 配料。--每lb.大黄配1 lb.块糖，1/2个柠檬的皮。

Mode。- 将大黄擦至全干，去筋或去皮，称重；放入果酱熬煮锅，按上述比例加糖；将柠檬皮切极细，加入其余配料，将锅置于火旁；不断搅动以防大黄焦糊，糖完全溶化后，将锅移至火上，让果酱煮至成，注意充分撇沫，并用木勺或银勺搅动。倒入罐中，覆以刷油与蛋液的纸封盖。

时间。--如果大黄鲜嫩，从均匀微沸时算起需3/4小时；老大黄需1-1/4至1-1/2小时。

平均成本，每磅锅装5便士至7便士。

足量。--约1品脱切片大黄可装满一磅罐。

时令二月至四月。

大黄橙子果酱，仿苏格兰柑橘酱

1591. 配料。--1 quart切细的大黄，6个橙子，1-1/2 lb.块糖。

做法。--将橙子剥皮；尽量去除白色筋膜，分开瓣并去籽；将果肉切片放入

preserving-pan, add the rind of half the oranges cut into thin strips, and the loaf sugar, which should be broken small. Peel the rhubarb, cut it into thin pieces, put it to the oranges, and stir altogether over a gentle fire until the jam is done. Remove all the scum as it rises, put the preserve into pots, and, when cold, cover down. Should the rhubarb be very old, stew it alone for 1/4 hour before the other ingredients are added.

蜜饯锅，加入半个橙子的皮(切成细条)和块糖(应敲碎)。将大黄剥皮，切成薄片，与橙子同放，在文火上一起搅拌至果酱制成。随时撇去浮沫，将蜜饯装入罐中，冷却后封盖。若大黄很老，应在加入其他配料前单独炖1/4小时。

Time.—3/4 to 1 hour. *Average cost*, from 6d. to 8d. per lb. pot.

时间。--3/4至1小时。平均成本，每磅罐装6d.至8d.。

Seasonable from February to April.

时令二月至四月。

RASPBERRY AND CURRANT, or any Fresh Fruit Salad.

覆盆子与醋栗，或任何新鲜水果沙拉。

(*A Dessert Dish*.)

（一道甜点菜肴。）

1592. *Mode*.—Fruit salads are made by stripping the fruit from the stalks, piling it on a dish, and sprinkling over it finely-pounded sugar. They may be made of strawberries, raspberries, currants, or any of these fruits mixed; peaches also make a very good salad. After the sugar is sprinkled over, about 6 large tablespoonfuls of wine or brandy, or 3 tablespoonfuls of liqueur, should be poured in the middle of the fruit; and, when the flavour is liked, a little pounded cinnamon may be added. In helping the fruit, it should be lightly stirred, that the wine and sugar may be equally distributed.

1592. 做法。--水果沙拉的做法是：将水果从果梗上摘下，堆在盘中，撒上研细的糖。可用草莓、覆盆子、醋栗，或这些水果混合制成；桃子也能做成很好的沙拉。撒糖之后，应在水果中央倒入约6大汤匙葡萄酒或白兰地，或3汤匙利口酒；若喜欢这种风味，还可加少许研碎的肉桂。取食时宜轻轻搅动，使酒与糖分布均匀。

Sufficient.—1-1/2 pint of fruit, with 3 oz. of pounded sugar, for 4 or 5 persons.

足够量。--1-1/2 pint水果，配3 oz.研碎的糖，可供4或5人食用。

Seasonable in summer.

时令夏季。

STRAWBERRIES AND CREAM.

草莓与奶油。

1593. INGREDIENTS.—To every pint of picked strawberries allow 1/3 pint of cream, 2 oz. of finely-pounded sugar.

Mode.—Pick the stalks from the fruit, place it on a glass dish, sprinkle over it pounded sugar, and slightly stir the strawberries, that they may all be equally sweetened; pour the cream over the top, and serve. Devonshire cream, when it can be obtained, is exceedingly delicious for this dish; and, if very thick indeed, may be diluted with a little thin cream or milk.

Average cost for this quantity, with cream at 1s. per pint, 1s.

Sufficient for 2 persons.

Seasonable in June and July.

STRAWBERRY JAM.

1594. INGREDIENTS.—To every lb. of fruit allow 1/2 pint of red-currant juice, 1-1/4 lb. of loaf sugar.

Mode.—Strip the currants from the stalks, put them into a jar; place this jar in a saucepan of boiling water, and simmer until the juice is well drawn from the fruit; strain the currants, measure the juice, put it into a preserving-pan, and add the sugar. Select well-ripened but sound strawberries; pick them from the stalks, and when the sugar is dissolved in the currant juice, put in the fruit. Simmer the whole over a moderate fire, from 1/2 to 3/4 hour, carefully removing the scum as it rises. Stir the jam only enough to prevent it from burning at the bottom of the pan, as the fruit should be preserved as whole as possible. Put the jam into jars, and when cold, cover down.

1593. 配料。--每pint择好的草莓配1/3 pint奶油，2 oz.研细的糖。

做法。--将果实的蒂择去，放在玻璃盘中，撒上研碎的糖，轻轻搅拌草莓，使其均匀受甜；将奶油浇在上面，即可上桌。德文郡奶油若能取得，做此菜极为美味；若过于浓稠，可用少量稀奶油或牛奶稀释。

平均成本此数量，以每品脱1先令的奶油计，1先令。

足量供2人食用。

时令六月和七月。

草莓果酱。

1594. 配料。--每lb.水果配1/2 pint红醋栗汁，1-1/4 lb.块糖。

做法。--将醋栗从果梗上摘下，放入罐中；把罐置于盛有煮水的炖锅内，用小火慢煮，直至果汁充分煮出；滤去醋栗，量取果汁，倒入熬酱锅，加入糖。挑选熟透而完好的草莓，从果梗上摘下；待糖在醋栗汁中溶化后，放入水果。用中火将全部材料慢煮1/2至3/4小时，浮沫升起时仔细撇去。只须搅拌到足以防止锅底烧焦即可，因为水果应尽量保持完整。将果酱装入罐中，冷却后封盖。

Time.—1/2 to 3/4 hour, reckoning from the time the jam simmers all over.

Average cost, from 7d. to 8d. per lb. pot.

Sufficient.—12 pints of strawberries will make 12 lb. pots of jam.

Seasonable in June and July.

PRESERVED STRAWBERRIES IN WINE.

1595. INGREDIENTS.—To every quart bottle allow 1/4 lb. of finely-pounded loaf sugar; sherry or Madeira.

Mode.—Let the fruit be gathered in fine weather, and used as soon as picked. Have ready some perfectly dry glass bottles, and some nice soft corks or bungs. Pick the stalks from the strawberries, drop them into the bottles, sprinkling amongst them pounded sugar in the above proportion, and when the fruit reaches to the neck of the bottle, fill up with sherry or Madeira. Cork the bottles down with new corks, and dip them into melted resin.

Seasonable.—Make this in June or July.

TO PRESERVE STRAWBERRIES WHOLE.

1596. INGREDIENTS.—To every lb. of fruit allow 1-1/2 lb. of good loaf sugar, 1 pint of red-currant juice.

Mode.—Choose the strawberries not too ripe, of a fine large sort and of a good colour. Pick off the stalks, lay the strawberries in a dish, and sprinkle over them half the quantity of sugar, which must be finely pounded. Shake the dish gently, that the sugar may be equally distributed and touch the under-side of the fruit, and

时间。--从果酱整体微沸时算起，需1/2至3/4小时。

平均成本，每磅锅装7便士至8便士。

足够量。--12 pints草莓可制12 lb.罐装果酱。时令为六月和七月。

酒渍草莓

1595. 配料。--每quart瓶配1/4 lb.研细的块糖；雪利酒或马德拉酒。

做法。--在晴天采摘果实，采后尽快使用。备好完全干燥的玻璃瓶和优质的软木塞或瓶塞。将草莓的蒂择去，放入瓶中，按上述比例撒入研碎的糖，待果实装至瓶颈时，用雪利酒或马德拉酒注满。用新软木塞塞紧瓶口，浸入熔化的树脂中。

时令。--在六月或七月制作此菜。

保存完整草莓

1596. 配料。--每lb.水果配1-1/2 lb.优质块糖，1 pint红醋栗汁。

做法——选择不太熟、个头大且色泽好的草莓。摘去果梗，将草莓放入盘中，撒上一半的糖，糖必须磨得很细。轻轻晃动盘子，使糖均匀分布并接触到果实的底面，然后

let it remain for 1 day. Then have ready the currant-juice, drawn as for red-currant jelly No. 1533; boil it with the remainder of the sugar until it forms a thin syrup, and in this simmer the strawberries and sugar, until the whole is sufficiently jellied. Great care must be taken not to stir the fruit roughly, as it should be preserved as whole as possible. Strawberries prepared in this manner are very good served in glasses and mixed with thin cream.

静置1天。然后备好醋栗汁(按红醋栗果冻第1533号方法榨取)；与剩余的糖一起煮沸，至形成稀糖浆，将草莓和糖在此糖浆中微沸，直至整体充分凝结成冻。务必小心不要粗鲁搅拌果实，应尽量保持完整。如此制作的草莓，盛在玻璃杯中拌以稀奶油，非常美味。

Time.—1/4 hour to 20 minutes to simmer the strawberries in the syrup.

时间。--草莓在糖浆中微沸1/4小时至20分钟。

Seasonable in June and July.

时令六月和七月。

TO MAKE EVERTON TOFFEE.

制作埃弗顿太妃糖。

1597. INGREDIENTS.—1 lb. of powdered loaf sugar, 1 teacupful of water, 1/4 lb. of butter, 6 drops of essence of lemon.

1597. 配料。--1 lb.糖粉，1 teacupful水，1/4 lb.黄油，6滴柠檬香精。

Mode.—Put the water and sugar into a brass pan, and beat the butter to a cream. When the sugar is dissolved, add the butter, and keep stirring the mixture over the fire until it sets, when a little is poured on to a buttered dish; and just before the toffee is done, add the essence of lemon. Butter a dish or tin, pour on it the mixture, and when cool, it will easily separate from the dish. Butter-Scotch, an excellent thing for coughs, is made with brown, instead of white sugar, omitting the water, and flavoured with 1/2 oz. of powdered ginger. It is made in the same manner as toffee.

做法。--将水和糖放入黄铜锅中，把黄油搅打至奶油状。糖溶化后加入黄油，在火上不断搅拌混合物，直至取少许倒在涂了黄油的盘中能够凝固；在太妃糖即将熬好之前，加入柠檬香精。在盘或模子上涂黄油，倒入混合物，冷却后便很容易与盘分离。黄油苏格兰糖对咳嗽极有裨益，用红糖代替白糖制作，省去水，并以1/2 oz.姜粉调味。其做法与太妃糖相同。

Time.—18 to 35 minutes.

时间。--18至35分钟。

Average cost, 10d.

平均成本,10便士。

Sufficient to make a lb. of toffee.

DESSERT DISHES.

[Illustration: DISH OF NUTS.]

[Illustration: BOX OF FRENCH PLUMS.]

[Illustration: DISH OF MIXED FRUIT.]

1598. The tazza, or dish with stem, the same as that shown in our illustrations, is now the favourite shape for dessert-dishes. The fruit can be arranged and shown to better advantage on these tall high dishes than on the short flat ones. All the dishes are now usually placed down the centre of the table, dried and fresh fruit alternately, the former being arranged on small round or oval glass plates, and the latter on the dishes with stems. The fruit should always be gathered on the same day that it is required for table, and should be tastefully arranged on the dishes, with leaves between and round it. By purchasing fruits that are in season, a dessert can be supplied at a very moderate cost. These, with a few fancy biscuits, crystallized fruit, bon-bons, &c., are sufficient for an ordinary dessert. When fresh fruit cannot be obtained, dried and foreign fruits, compotes, baked pears, stewed Normandy pippins, &c. &c., must supply its place, with the addition of preserves, bon-bons, cakes, biscuits, &c. At fashionable tables, forced fruit is served growing in pots, these pots being hidden in more ornamental ones, and arranged with the other dishes.—(See coloured plate W1.) A few vases of fresh flowers, tastefully arranged, add very much to the appearance of the dessert; and, when these are not obtainable, a few paper ones, mixed with green leaves, answer very well as a substitute. In decorating a

足量可制作 1 lb.太妃糖。

甜点菜肴。

[插图：一盘坚果]

[插图：法国李子盒。]

[插图：什锦水果盘。]

1598. 高脚果盘，即带脚的盘子，与我们插图中所展示的相同，如今是盛放餐后水果的首选器皿。水果摆放在这些高脚大盘上比放在矮平的盘子上更能展现其优势。如今所有盘子通常沿餐桌中央摆放，干果与鲜果交替排列，前者置于小圆形或椭圆形玻璃盘中，后者则放在带脚的盘子里。水果应始终在需要上桌的当天采摘，并应雅致地摆放在盘中，其间及周围衬以叶片。通过购买当令水果，便能以十分适中的花费备好一道餐后水果。这些水果，再加上几样精致的饼干、糖渍水果、糖果等，便足以构成一道普通的餐后水果。当无法获得鲜果时，则须以干果和外国水果、糖煮水果、烤梨、炖诺曼底苹果等取而代之，并辅以蜜饯、糖果、蛋糕、饼干等。在讲究时尚的餐桌上，催熟水果连盆一同上桌，这些盆被藏在更为华丽的盆中，并与其他盘子一同摆放。--(见彩色图版W1。)几瓶雅致插放的鲜花能大大增添餐后水果的观感；当无法获得鲜花时，几枝纸花配以绿叶，作为替代品效果也颇佳。在装饰

table, whether for luncheon, dessert, or supper, a vase or two of flowers should never be forgotten, as they add so much to the elegance of the *tout ensemble*. In summer and autumn, ladies residing in the country can always manage to have a few freshly-gathered flowers on their tables, and should never be without this inexpensive luxury. On the continent, vases or epergnes filled with flowers are invariably placed down the centre of the dinner-table at regular distances. Ices for dessert are usually moulded: when this is not the case, they are handed round in glasses with wafers to accompany them. Preserved ginger is frequently handed round after ices, to prepare the palate for the delicious dessert wines. A basin or glass of finely-pounded lump sugar must never be omitted at a dessert, as also a glass jug of fresh cold water (iced, if possible), and two goblets by its side. Grape-scissors, a melon-knife and fork, and nutcrackers, should always be put on table, if there are dishes of fruit requiring them. Zests are sometimes served at the close of the dessert; such as anchovy toasts or biscuits. The French often serve plain or grated cheese with a dessert of fresh or dried fruit. At some tables, finger-glasses are placed at the right of each person, nearly half filled with cold spring water, and in winter with tepid water. These precede the dessert. At other tables, a glass or vase is simply handed round, filled with perfumed water, into which each guest dips the corner of his napkin, and, when needful, refreshes his lips and the tips of his fingers.

[Illustration: BOX OF CHOCOLATE.]

[Illustration: DISH OF APPLES.]

[Illustration: ALMONDS AND RAISINS.]

餐桌时，无论是为午餐、餐后水果还是晚餐，都绝不应忘记摆放一两瓶鲜花，因为它们能大大增添整体的优雅。在夏季和秋季，居住在乡间的女士总能设法在餐桌上摆上几枝新采摘的鲜花，绝不应缺少这一花费不多的奢侈品。在欧洲大陆，装满鲜花的瓶或分格果盘总是沿正餐餐桌中央以固定间距摆放。餐后水果用的冰品通常用模具塑形：若非如此，则盛在玻璃杯中传递，并配以薄脆饼。糖姜常在冰品之后传递，以为品尝美味的餐后甜酒做好准备。餐后水果时绝不可少一盆或一杯研碎的方糖，同样不可少一玻璃壶新鲜冷水(如可能则加冰)，旁边配两只高脚杯。若有需要用到工具的果品，桌上应始终摆放葡萄剪、切瓜刀叉和核桃夹。有时在餐后水果将尽时上些小食；如鲽鱼烤面包片或饼干。法国人常以鲜果或干果作餐后水果时配上原味或擦碎的奶酪。有些餐桌上，在每位客人右侧摆放洗指碗，盛以大半碗冷泉水，冬季则用温水。这些在餐后水果之前上桌。另一些餐桌上，则只是传递一只盛满香水的玻璃杯或瓶，每位客人将餐巾一角浸入其中，需要时用以清爽嘴唇和指尖。

[插图：一盒巧克力。]

[插图：一盘苹果。]

[插图：杏仁与葡萄干。]

[Illustration: DISH OF STRAWBERRIES.]

After the dishes are placed, and every one is provided with plates, glasses, spoons, &c., the wine should be put at each end of the table, cooled or otherwise, according to the season. If the party be small, the wine may be placed only at the top of the table, near the host.

DISH OF NUTS.

1599. These are merely arranged piled high in the centre of the dish, as shown in the engraving, with or without leaves round the edge. Filberts should always be served with the outer skin or husk on them; and walnuts should be well wiped with a damp cloth, and then—with a dry one, to remove the unpleasant sticky feeling the shells frequently have.

Seasonable.—Filberts from September to March, good; may be had after that time, but are generally shrivelled and dry. Walnuts from September to January.

HAZEL NUT AND FILBERT.—The common Hazel is the wild, and the Filbert the cultivated state of the same tree. The hazel is found wild, not only in forests and hedges, in dingles and ravines, but occurs in extensive tracts in the more northern and mountainous parts of the country. It was formerly one of the most abundant of those trees which are indigenous in this island. It is seldom cultivated as a fruit-tree, though perhaps its nuts are superior in flavour to the others. The Spanish nuts imported are a superior kind, but they are somewhat oily and rather indigestible. Filberts, both the red and the white, and the cob-nut, are supposed to be merely varieties of the common hazel, which have been produced,

[插图：一盘草莓。]

菜肴摆放完毕后，每人面前备好盘子、杯子、勺子等，酒应放在餐桌两端，根据时令决定是否冰镇。若宾客人数较少，酒可只放在餐桌上方靠近主人处。

坚果菜肴。

1599. 这些只需高高堆在盘子中央，如版画所示，边缘可围以或不围叶子。榛子应始终带外壳或外皮上桌；核桃应先用湿布擦净，再用干布擦拭，以去除外壳常有的令人不快的黏腻感。

时令。--榛子九月至三月为佳；此后亦可购得，但通常干瘪。核桃九月至一月。

榛子与大榛子。--普通榛子是野生状态，大榛子是同一树种的栽培状态。榛子不仅野生于森林和树篱、幽谷和沟壑之中，还大片分布于本国较北部和多山的地区。它曾是本岛原产树木中最为丰产的一种。它很少作为果树栽培，尽管其坚果的风味或许优于其他品种。进口的西班牙坚果是较优的品种，但略显油腻且较难消化。红白两种大榛子以及圆榛，据信都只是普通榛子的变种，其产生

partly by the superiority of soil and climate, and partly by culture. They were originally brought out of Greece to Italy, whence they have found their way to Holland, and from that country to England. It is supposed that, within a few miles of Maidstone, in Kent, there are more filberts grown than in all England besides; and it is from that place that the London market is supplied. The filbert is longer than the common nut, though of the same thickness, and has a larger kernel. The cob-nut is a still larger variety, and is roundish. Filberts are more esteemed at the dessert than common nuts, and are generally eaten with salt. They are very free from oil, and disagree with few persons.

部分是由于土壤和气候的优越，部分是由于栽培。它们最初从希腊传入意大利，又从那里传到荷兰，再从该国传入英格兰。据信，在肯特郡梅德斯通数英里范围内所产的大榛子，比英格兰其他地方的总和还多；伦敦市场即由该地供应。大榛子比普通坚果长，但粗细相同，果仁更大。圆榛是更大的变种，呈圆形。大榛子在餐后水果中比普通坚果更受推崇，通常加盐食用。它们含油极少，很少引起任何人不适。

WALNUTS.—The Walnut is a native of Persia, the Caucasus, and China, but was introduced to this kingdom from France. The ripe kernel is brought to the dessert on account of its agreeable flavour; and the fruit is also much used in the green state, but before the stone hardens, as a pickle. In Spain, grated walnuts are employed in tarts and other dishes. The Walnut abounds in oil which is expressed and which, being of a highly drying nature, and very limpid, is much employed for delicate painting. This, on the continent, is sometimes used as a substitute for olive-oil in cooking, but is very apt to turn rancid. It is also manufactured into a kind of soap. The mare, or refuse matter after the oil is extracted, proves very nutritious for poultry or other domestic animals. In Switzerland, this is eaten by poor people under the name of *pain amer*.

核桃。--核桃原产于波斯、高加索和中国，但经法国传入本王国。成熟的果仁因其宜人的风味而被端上餐后水果；该果实也常在青绿状态、即硬壳变硬之前大量用作腌渍。在西班牙，擦碎的核桃被用于果馅饼和其他菜肴。核桃富含油脂，可榨出，该油极具干性且十分清澈，大量用于精细绘画。在欧洲大陆，它有时被用作烹饪中橄榄油的替代品，但极易变哈喇。它还被制成一种肥皂。榨油后的渣滓或残渣对家禽或其他家畜极具营养。在瑞士，穷人将其称为苦面包食用。

BOX OF FRENCH PLUMS.

法国李子盒。

1600. If the box which contains them is exceedingly ornamental,

1600. 如果装它们的盒子极其华丽，

it may be placed on the table; if small, on a glass dish; if large, without one, French plums may also be arranged on a glass plate, and garnished with bright-coloured sweetmeats, which make a very good effect. All fancy boxes of preserved and crystallized fruit may be put on the table or not, at pleasure. These little matters of detail must, of course, be left to individual taste.

可放在桌上；若小，放在玻璃盘中；若大，不用盘子；法国李子也可摆在玻璃盘上，饰以色彩鲜艳的蜜饯，效果很好。所有装蜜饯和糖渍水果的花式盒子，可随意放上桌或不上桌。这些细节小事自然应留给个人品味决定。

Seasonable.—May be purchased all the year; but are in greater perfection in the winter, and are more suitable for that season, as fresh fruit cannot be obtained.

时令。--全年可购；但冬季品质更佳，也更适合该季节，因新鲜水果无法获得。

DISH OF MIXED FRUIT.

混合水果拼盘。

1601. For a centre dish, a mixture of various fresh fruits has a remarkably good effect, particularly if a pine be added to the list. A high raised appearance should be given to the fruit, which is done in the following manner. Place a tumbler in the centre of the dish, and, in this tumbler, the pine, crown uppermost; round the tumbler put a thick layer of moss, and, over this, apples, pears, plums, peaches, and such fruit as is simultaneously in season. By putting a layer of moss underneath, so much fruit is not required, besides giving a better shape to the dish. Grapes should be placed on the top of the fruit, a portion of some of the bunches hanging over the sides of the dish in a négligé kind of manner, which takes off the formal look of the dish. In arranging the plums, apples, &c., let the colours contrast well.

1601. 作为一道中央冷盘，将各种新鲜水果混合摆放效果极佳，若再添上一只菠萝则尤为出色。水果应堆得高耸隆起，做法如下。在盘子中央放一只玻璃杯，杯中竖立菠萝，冠部朝上；在玻璃杯周围铺一层厚厚的苔藓，其上摆放苹果、梨、李子、桃子等同时当令的水果。底下垫一层苔藓，既可少用些水果，又能使整盘造型更美观。葡萄应置于水果顶端，让部分果串随意垂搭在盘沿，以消除盘面的刻板之感。在摆放李子、苹果等时，应使颜色对比鲜明。

Seasonable.—Suitable for a dessert in September or October.

时令。--适合九月或十月的餐后甜点。

GRAPES.—France produces about a thousand varieties of the grape, which is cultivated more extensively in that country than in any other. Hygienists agree in pronouncing grapes as among the

葡萄。--法国出产约一千种葡萄，该国葡萄种植比任何其他国家都更广泛。卫生学家一致认为葡萄是

best of fruits. The grape possesses several rare qualities: it is nourishing and fattening, and its prolonged use has often overcome the most obstinate cases of constipation. The skins and pips of grapes should not be eaten.

最好的水果之一。葡萄具有几种罕见的品质：它滋养且使人发胖，长期食用常能克服最顽固的便秘。葡萄的皮和籽不应食用。

BOX OF CHOCOLATE.

一盒巧克力。

1602. This is served in an ornamental box, placed on a glass plate or dish.

1602. 这道菜盛放在装饰性盒子里，置于玻璃盘或碟上。

Seasonable.—May be purchased at any time.

时令。--随时可购得。

DISH OF APPLES.

苹果菜肴

1603. The apples should be nicely wiped with a dry cloth, and arranged on a dish, piled high in the centre, with evergreen leaves between each layer. The inferior apples should form the bottom layer, with the bright-coloured large ones at the top. The leaves of the laurel, bay, holly, or any shrub green in winter, are suitable for garnishing dessert dishes. Oranges may be arranged in the same manner; they should also be wiped with a dry cloth before being sent to table.

1603. 苹果应用干布仔细擦净，摆在盘中，中央高高堆起，每层之间夹常绿叶子。较差的苹果应放在底层，色泽鲜艳的大苹果放在顶部。月桂、月桂树、冬青或任何冬季常绿灌木的叶子都适合装饰餐后水果盘。橙子可同样摆放；上桌前也应用干布擦净。

DISH OF MIXED SUMMER FRUIT.

混合夏季水果拼盘。

1604. This dish consists of cherries, raspberries, currants, and strawberries, piled in different layers, with plenty of leaves between each layer; so that each fruit is well separated. The fruit should be arranged with a due regard to colour, so that they contrast nicely one with the other. Our engraving shows a layer of white cherries at the bottom, then one of red raspberries; over

1604. 这道菜由樱桃、覆盆子、醋栗和草莓组成，分层堆放，每层之间放大量叶子；使每种水果充分隔开。水果的摆放应适当注意颜色，使彼此形成好看的对比。我们的版画显示底层是白樱桃，然后是一层红覆盆子；上面

that a layer of white currants, and at the top some fine scarlet strawberries.

Seasonable in June, July, and August.

ALMONDS AND RAISINS.

1605. These are usually served on glass dishes, the fruit piled high in the centre, and the almonds blanched, and strewn over. To blanch the almonds, put them into a small mug or teacup, pour over them boiling water, let them remain for 2 or 3 minutes, and the skins may then be easily removed. Figs, dates, French plums, &c., are all served on small glass plates or oval dishes, but without the almonds.

Seasonable at any time, but more suitable in winter, when fresh fruit is not obtainable.

DATES.—Dates are imported into Britain, in a dried state, from Barbary and Egypt, and, when in good condition, they are much esteemed. An inferior kind has lately become common, which are dried hard, and have little or no flavour. They should be chosen large, softish, not much wrinkled, of a reddish-yellow colour on the outside, with a whitish membrane between the fruit and the stone.

DISH OF STRAWBERRIES.

1606. Fine strawberries, arranged in the manner shown in the engraving, look exceedingly well. The inferior ones should be placed at the bottom of the dish, and the others put in rows pyramidically, with the stalks downwards; so that when the whole

先铺一层白醋栗，最上面放一些上好的猩红草莓。

时令六月、七月和八月。

杏仁与葡萄干。

1605. 这些通常盛在玻璃盘中，水果高高堆在中央，杏仁去皮后撒在上面。杏仁去皮的方法是：放入小杯或茶杯中，倒入沸水，浸泡2至3分钟，然后皮就容易去除了。无花果、枣、法国李子等均盛在小玻璃盘或椭圆盘中，但不加杏仁。

任何时节皆宜，但冬季更合适，此时无法获得新鲜水果。

枣。--枣以干燥状态从巴巴里和埃及输入英国，品质良好者颇受珍视。近来有一种较差的品种变得常见，干硬且几乎无味。应选大而稍软、皱纹不多、外表呈红黄色、果肉与核之间有白色薄膜的。

草莓碟

1606. 优质草莓按版画所示方式摆放，极为美观。较差的应放在盘底，其余呈金字塔形排列成行，果柄朝下；这样当整个

is completed, nothing but the red part of the fruit is visible. The fruit should be gathered with rather long stalks, as there is then something to support it, and it can be placed more upright in each layer. A few of the finest should be reserved to crown the top.

摆放完成时，只能看到果实的红色部分。采摘时应留较长的果柄，这样有支撑，每层中也能放得更直立。应留几颗最好的放在顶部。

TO HAVE WALNUTS FRESH THROUGHOUT THE SEASON.

使核桃在整个季节保持新鲜。

1607. INGREDIENTS.—To every pint of water allow 1 teaspoonful of salt.

1607. 配料--每品脱水加1茶匙盐。

Mode.—Place the walnuts in the salt and water for 24 hours at least; then take them out, and rub them dry. Old nuts may be freshened in this manner; or walnuts, when first picked, may be put into an earthen pan with salt sprinkled amongst them, and with damped hay placed on the top of them, and then covered down with a lid. They must be well wiped before they are put on table.

做法。--将核桃放入盐水中至少24小时；然后取出擦干。陈核桃可如此复鲜；或核桃刚采摘时，放入陶罐，撒入盐，上面放湿草，然后盖紧盖子。上桌前必须仔细擦净。

Seasonable.—Should be stored away in September or October.

时令。--应在九月或十月贮藏起来。

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CHAPTER XXXII.

第三十二章

GENERAL OBSERVATIONS ON MILK, BUTTER, CHEESE, AND EGGS.

关于牛奶、黄油、奶酪和鸡蛋的一般观察

MILK.

牛奶。

1608. Milk is obtained only from the class of animals called Mammalia, and is intended by Nature for the nourishment of their

1608. 乳汁仅从称为哺乳动物的一类动物获得，是大自然为滋养其

young. The milk of each animal is distinguished by some peculiarities; but as that of the cow is by far the most useful to us in this part of the world, our observations will be confined to that variety.

幼崽而设。每种动物的乳汁都有某些特性；但由于在本地区牛奶对我们最为有用，我们的观察将限于这一品种。

1609. Milk, when drawn from the cow, is of a yellowish-white colour, and is the most yellow at the beginning of the period of lactation. Its taste is agreeable, and rather saccharine. The viscidity and specific gravity of milk are somewhat greater than that of water; but these properties vary somewhat in the milk procured from different individuals. On an average, the specific gravity of milk is 1.035, water being 1. The small cows of the Alderney breed afford the richest milk.

1609. 牛奶从牛身上挤出时呈黄白色，在泌乳期开始时最黄。味道宜人，略带甜味。牛奶的黏稠度和比重略大于水；但这些特性因不同个体所产的奶而略有差异。平均而言，牛奶的比重为1.035，水为1。奥尔德尼品种的小型奶牛所产乳汁最浓。

1610. Milk which is carried to a considerable distance, so as to be much agitated, and cooled before it is put into pans to settle for cream, never throws up so much, nor such rich cream, as if the same milk had been put into pans directly after it was milked.

1610. 牛奶若运送较远距离，受到充分摇动，并在倒入盘中静置取奶油之前冷却，则其浮起的奶油从不会像刚挤完奶就直接倒入盘中的同样牛奶那样多，也不那样浓。

1611. Milk, considered as an aliment, is of such importance in domestic economy as to render all the improvements in its production extremely valuable. To enlarge upon the antiquity of its use is unnecessary; it has always been a favourite food in Britain. "Lacte et carno vivunt," says Caesar, in his Commentaries; the English of which is, "the inhabitants subsist upon flesh and milk." The breed of the cow has received great improvement in modern times, as regards the quantity and quality of the milk which she affords; the form of milch-cows, their mode of nourishment, and progress, are also manifest in the management of the dairy.

1611. 牛奶作为食物，在家庭经济中极为重要，因此其生产方面的一切改良都极具价值。无须赘述其使用的古老历史；在不列颠，它历来是备受喜爱的食物。凯撒在《高卢战记》中写道："Lacte et carno vivunt"，意为"居民以肉和奶为食"。近代以来，奶牛品种在产奶量和奶质方面都有了很大改良；奶牛的体形、饲养方式及其发展，在奶制品间的管理中也显而易见。

1612. Although milk in its natural state be a fluid, yet, considered

1612. 尽管牛奶在自然状态下是液体，但考虑到

as an aliment, it is both solid and fluid: for no sooner does it enter the stomach, than it is coagulated by the gastric juice, and separated into curd and whey, the first of these being extremely nutritive.

作为食物，它既是固体又是液体：因为它一进入胃，就被胃液凝固，分离成凝乳和乳清，前者极具营养。

1613. Milk of the *human subject* is much thinner than cow's milk; *Ass's milk* comes the nearest to human milk of any other; *Goat's milk* is something thicker and richer than cow's milk; *Ewe's milk* has the appearance of cow's milk, and affords a larger quantity of cream; *Mare's milk* contains more sugar than that of the ewe; *Camel's milk* is used only in Africa; *Buffalo's milk* is employed in India.

1613. 人体的乳汁比牛奶稀薄得多；驴奶最接近人乳；羊奶比牛奶稍稠且更浓；母羊奶外观似牛奶，可提供更多奶油；马奶含糖量高于母羊奶；骆驼奶仅在非洲使用；水牛奶在印度使用。

1614. From no other substance, solid or fluid, can so great a number of distinct kinds of aliment be prepared as from milk; some forming food, others drink; some of them delicious, and deserving the name of luxuries; all of them wholesome, and some medicinal: indeed, the variety of aliments that seems capable of being produced from milk, appears to be quite endless. In every age this must have been a subject for experiment, and every nation has added to the number by the invention of some peculiarity of its own.

1614. 无论固体还是液体，没有其他任何物质能像牛奶那样制出如此众多不同种类的食物；有些制成食品，有些制成饮品；有些美味可口，堪称珍馐；全部有益健康，有些还具有药用价值：的确，似乎能从牛奶中制出的食物种类简直无穷无尽。无论哪个时代，这都必定是实验的课题，而每个民族都通过发明自身的某种特色而增添了种类。

BUTTER.

黄油。

1615. BECKMAN, in his "History of Inventions," states that butter was not used either by the Greeks or Romans in cooking, nor was it brought upon their tables at certain meals, as is the custom at present. In England it has been made from time immemorial, though the art of making cheese is said not to have been known to the ancient Britons, and to have been learned from their

1615. 贝克曼在其《发明史》中称，希腊人和罗马人在烹饪中均不使用黄油，也不像现在这样在某些餐食中将其端上餐桌。在英国，黄油自古以来就有制作，尽管据说古代不列颠人不知道制作奶酪的技艺，而是从他们的

conquerors.

1616. The taste of butter is peculiar, and very unlike any other fatty substance. It is extremely agreeable when of the best quality; but its flavour depends much upon the food given to the cows: to be good, it should not adhere to the knife.

1617. Butter, with regard to its dietetic properties, may be regarded nearly in the light of vegetable oils and animal fats; but it becomes sooner rancid than most other fat oils. When fresh, it cannot but be considered as very wholesome; but it should be quite free from rancidity. If slightly salted when it is fresh, its wholesomeness is probably not at all impaired; but should it begin to turn rancid, salting will not correct its unwholesomeness. When salt butter is put into casks, the upper part next the air is very apt to become rancid, and this rancidity is also liable to affect the whole cask.

1618. *Epping butter* is the kind most esteemed in London. *Fresh butter* comes to London from Buckinghamshire, Suffolk, Oxfordshire, Yorkshire, Devonshire, &c. *Cambridge butter* is esteemed next to fresh; *Devonshire butter* is nearly similar in quality to the latter; *Irish butter* sold in London is all salted, but is generally good. The number of firkins exported annually from Ireland amounts to 420,000, equal to a million of money. *Dutch butter* is in good repute all over Europe, America, and even India; and no country in the world is so successful in the manufacture of this article, Holland supplying more butter to the rest of the world than any country whatever.

1619. There are two methods pursued in the manufacture of butter. In one, the cream is separated from the milk, and in that

征服者。

1616. 黄油的味道独特，与任何其他脂肪物质都大不相同。品质最佳时极为宜人；但其风味很大程度上取决于喂给奶牛的食物：好的黄油不应粘刀。

1617. 黄油就其饮食特性而言，几乎可视为与植物油和动物脂肪同类；但它比大多数其他脂肪油更容易变哈喇。新鲜时，它无疑被认为非常有益健康；但应完全不带哈喇味。新鲜时若稍加盐腌，其有益健康的性质大概丝毫不会受损；但若它开始变哈喇，盐腌也无法纠正其不益健康之处。将咸黄油装入木桶时，靠近空气的上层极易变哈喇，而这种哈喇味也容易波及整桶。

1618. 埃平黄油是伦敦最受推崇的一种。新鲜黄油从白金汉郡、萨福克郡、牛津郡、约克郡、德文郡等地运往伦敦。剑桥黄油的声誉仅次于新鲜黄油；德文郡黄油的品质与后者相近；爱尔兰黄油在伦敦出售的全部经过盐腌，但通常品质良好。每年从爱尔兰出口的小木桶装黄油达420,000桶，价值相当于一百万英镑。荷兰黄油在全欧洲、美洲乃至印度都享有盛誉；世界上没有哪个国家在制造这一产品上如此成功，荷兰供应给世界其他地区的黄油超过任何国家。

1619. 制作黄油有两种方法。一种是将奶油从牛奶中分离出来，在这种

state it is converted into butter by churning, as is the practice about Epping; in the other, milk is subjected to the same process, which is the method usually followed in Cheshire. The first method is generally said to give the richest butter, and the latter the largest quantity, though some are of opinion that there is little difference either in quality or quantity.

状态下通过搅乳制成黄油，这是埃平一带的做法；另一种是对牛奶进行同样处理，这是柴郡通常采用的方法。一般认为第一种方法产出的黄油最浓，后一种产量最大，不过也有人认为质量或数量差别不大。

CHEESE.

奶酪。

1620. CHEESE is the curd formed from milk by artificial coagulation, pressed and dried for use. Curd, called also casein and caseous matter, or the basis of cheese, exists in the milk, and not in the cream, and requires only to be separated by coagulation. The coagulation, however, supposes some alteration of the curd. By means of the substance employed to coagulate it, it is rendered insoluble in water. When the curd is freed from the whey, kneaded and pressed to expel it entirely, it becomes cheese. This assumes a degree of transparency, and possesses many of the properties of coagulated albumen. If it be well dried, it does not change by exposure to the air; but if it contain moisture, it soon putrefies. It therefore requires some salt to preserve it, and this acts likewise as a kind of seasoning. All our cheese is coloured more or less, except that made from skim milk. The colouring substances employed are arnatto, turmeric, or marigold, all perfectly harmless unless they are adulterated; and it is said that arnatto sometimes contains red lead.

1620. 奶酪是牛奶经人工凝固后形成的凝乳，经压制和干燥后供食用。凝乳，又称酪蛋白和干酪物质，或称奶酪的基础，存在于牛奶中而非奶油中，只需通过凝固加以分离。然而，凝固作用意味着凝乳发生某种变化。借助用于使其凝固的物质，凝乳变得不溶于水。当凝乳脱去乳清，经揉捏和压制将其完全排出后，便成为奶酪。奶酪呈现出一定程度的透明度，并具有许多凝固蛋白的特性。如果充分干燥，它暴露于空气中也不会变质；但如果含有水分，则很快腐败。因此需要加些盐来保存它，盐同时也起到一种调味的作用。我们所有的奶酪或多或少都经过着色，唯独脱脂乳制成的奶酪除外。所用的着色物质为胭脂树红、姜黄或金盏花，只要不掺假便完全无害；据说胭脂树红有时含有红丹。

1621. Cheese varies in quality and richness according to the materials of which it is composed. It is made—1. Of entire milk, as in Cheshire; 2. of milk and cream, as at Stilton; 3. of new milk

1621. 奶酪的质量和浓郁程度因所用原料而异。它由以下材料制成--1. 全脂牛奶，如柴郡；2. 牛奶加奶油，如斯蒂尔顿；3. 新挤的牛奶

mixed with skimmed milk, as in Gloucestershire; 4. of skimmed milk only, as in Suffolk, Holland, and Italy.

1622. The principal varieties of cheese used in England are the following:—*Cheshire cheese*, famed all over Europe for its rich quality and fine piquant flavour. It is made of entire new milk, the cream not being taken off. *Gloucester cheese* is much milder in its taste than the Cheshire. There are two kinds of Gloucester cheese, —single and double. *Single Gloucester* is made of skimmed milk, or of the milk deprived of half the cream; *Double Gloucester* is a cheese that pleases almost every palate: it is made of the whole milk and cream. *Stilton cheese* is made by adding the cream of one day to the entire milk of the next: it was first made at Stilton, in Leicestershire. *Sage cheese* is so called from the practice of colouring some curd with bruised sage, marigold-leaves, and parsley, and mixing this with some uncoloured curd. With the Romans, and during the middle ages, this practice was extensively adopted. *Cheddar cheese* much resembles Parmesan. It has a very agreeable taste and flavour, and has a spongy appearance. *Brickbat cheese* has nothing remarkable except its form. It is made by turning with rennet a mixture of cream and new milk. The curd is put into a wooden vessel the shape of a brick, and is then pressed and dried in the usual way. *Dunlop cheese* has a peculiarly mild and rich taste: the best is made entirely from new milk. *New cheese* (as it is called in London) is made chiefly in Lincolnshire, and is either made of all cream, or, like Stilton. by adding the cream of one day's milking to the milk that comes immediately from the cow: they are extremely thin, and are compressed gently two or three times, turned for a few days, and then eaten new with radishes, salad, &c. *Skimmed Milk cheese* is made for sea

与脱脂牛奶混合，如格洛斯特郡；4. 仅用脱脂牛奶，如萨福克、荷兰和意大利。

1622. 英国所用的主要奶酪品种如下：-- 柴郡奶酪，因其品质醇厚、风味辛辣鲜美而闻名全欧洲。它以全脂新挤牛奶制成，奶油未曾撇去。格洛斯特奶酪的味道比柴郡奶酪温和得多。格洛斯特奶酪有两种--单料和双料。单料格洛斯特奶酪以脱脂乳制成，或用撇去一半奶油的牛奶制成；双料格洛斯特奶酪几乎适合所有人的口味：它以全脂牛奶和奶油制成。斯蒂尔顿奶酪是将一天的奶油加入次日全脂牛奶中制成：它最初产于莱斯特郡的斯蒂尔顿。鼠尾草奶酪因这种做法而得名：用捣碎的鼠尾草、金盏花叶和欧芹将部分凝乳着色，再与部分未着色的凝乳混合。在罗马人时期以及中世纪，这种做法被广泛采用。切达奶酪与帕尔马奶酪颇为相似。它具有非常宜人的味道和风味，并呈海绵状外观。砖块奶酪除形状外别无奇特之处。它是用凝乳酶使奶油与新挤牛奶的混合物凝固制成。凝乳被放入砖形的木制容器中，然后按常规方法压制和干燥。邓禄普奶酪具有格外温和醇厚的味道：最好的完全以新挤牛奶制成。新奶酪(伦敦如此称呼)主要在林肯郡制造，或用全奶油制成，或如斯蒂尔顿奶酪那样，将一天挤奶所得的奶油加入直接取自奶牛的新鲜牛奶中：它们极薄，经两三次轻轻压榨，翻转数日，然后趁新鲜配萝卜、沙拉等食用。脱脂乳奶酪主要供

voyages principally. *Parmesan cheese* is made in Parma and Piacenza. It is the most celebrated of all cheese: it is made entirely of skimmed cow's milk. The high flavour which it has, is supposed to be owing to the rich herbage of the meadows of the Po, where the cows are pastured. The best Parmesan is kept for three or four years, and none is carried to market till it is at least six months old. *Dutch cheese* derives its peculiar pungent taste from the practice adopted in Holland of coagulating the milk with muriatic acid instead of rennet. *Swiss cheeses* in their several varieties are all remarkable for their fine flavour. That from *Gruyère*, a bailiwick in the canton of Fribourg, is best known in England. It is flavoured by the dried herb of *Melilotos officinalis* in powder. Cheese from milk and potatoes is manufactured in Thuringia and Saxony. *Cream cheese*, although so called, is not properly cheese, but is nothing more than cream dried sufficiently to be cut with a knife.

航海之用。帕尔马奶酪产于帕尔马和皮亚琴察。它是所有奶酪中最负盛名的：完全以脱脂牛奶制成。它所具有的浓郁风味，据认为应归功于波河沿岸草地的丰美牧草，奶牛即在那里放牧。最好的帕尔马奶酪要存放三四年，至少陈化六个月才上市。荷兰奶酪的独特辛辣味道，源于荷兰采用盐酸而非凝乳酶使牛奶凝固的做法。瑞士奶酪的各品种都以风味绝佳而著称。其中产自弗里堡州一个行政区格吕耶尔的奶酪在英国最为知名。它以粉末状的干燥黄香草木犀调味。以牛奶和马铃薯制成的奶酪产于图林根和萨克森。奶油奶酪虽如此称呼，却并非真正的奶酪，不过是干燥到可用刀切开的奶油而已。

EGGS.

鸡蛋。

1623. There is only one opinion as to the nutritive properties of eggs, although the qualities of those belonging to different birds vary somewhat. Those of the common hen are most esteemed as delicate food, particularly when "new-laid." The quality of eggs depends much upon the food given to the hen. Eggs in general are considered most easily digestible when little subjected to the art of cookery. The lightest way of dressing them is by poaching, which is effected by putting them for a minute or two into brisk boiling water: this coagulates the external white, without doing the inner part too much. Eggs are much better when new-laid than a day or two afterwards. The usual time allotted for boiling eggs

1623. 关于鸡蛋的营养价值只有一种看法，尽管不同禽类的蛋在品质上略有差异。普通母鸡的蛋作为精美食品最受推崇，尤其是“新下的”蛋。鸡蛋的品质在很大程度上取决于喂给母鸡的饲料。一般来说，鸡蛋经烹饪处理越少，越被认为易于消化。最清淡的烹调方式是水波蛋，做法是将蛋放入滚沸的水中煮一两分钟：这使外层蛋白凝固，而不致使内部过熟。新下的蛋比过一两天后的蛋好得多。煮鸡蛋通常所需的时间

in the shell is 3 to 3-3/4 minutes: less time than that in boiling water will not be sufficient to solidify the white, and more will make the yolk hard and less digestible: it is very difficult to *guess* accurately as to the time. Great care should be employed in putting them into the water, to prevent cracking the shell, which inevitably causes a portion of the white to exude, and lets water into the egg. Eggs are often beaten up raw in nutritive beverages.

带壳煮需3至3-3/4分钟：在沸水中时间更短则不足以使蛋白凝固，时间更长则会使蛋黄变硬且更难消化：很难准确判断时间。将蛋放入水中时应格外小心，以防蛋壳破裂，蛋壳一旦破裂，必然会使一部分蛋白溢出，并让水渗入蛋内。鸡蛋也常被生打散加入营养饮料中。

1624. Eggs are employed in a very great many articles of cookery, entrées, and entremets, and they form an essential ingredient in pastry, creams, flip, &c. It is particularly necessary that they should be quite fresh, as nothing is worse than stale eggs. Cobbett justly says, stale, or even preserved eggs, are things to be run from, not after.

1624. 鸡蛋用于许多菜肴、正菜和配菜中，是糕点、奶油、蛋酒等的重要配料。特别需要它们非常新鲜，因为没有什么比不新鲜的鸡蛋更糟。科贝特说得对，不新鲜的、甚至保存过的鸡蛋，是应当避而远之的东西，而不是追求的东西。

1625. The Metropolis is supplied with eggs from all parts of the kingdom, and they are likewise largely imported from various places on the continent; as France, Holland, Belgium, Guernsey, and Jersey. It appears from official statements mentioned in McCulloch's "Commercial Dictionary," that the number imported from France alone amounts to about 60,000,000 a year; and supposing them on an average to cost fourpence a dozen, it follows that we pay our continental neighbours above £83,000 a year for eggs.

1625. 首都的鸡蛋由王国各地供应，同时也大量从欧洲大陆各地进口，如法国、荷兰、比利时、根西岛和泽西岛。据麦卡洛克《商业词典》中提到的官方统计，仅从法国进口的数量每年就约达60,000,000枚；假设平均每打四便士，那么我们每年为鸡蛋付给大陆邻国的款项便超过83,000英镑。

1626. The eggs of different birds vary much in size and colour. Those of the ostrich are the largest: one laid in the menagerie in Paris weighed 2 lbs. 14 oz., held a pint, and was six inches deep: this is about the usual size of those brought from Africa. Travellers describe *ostrich eggs* as of an agreeable taste: they keep longer than hen's eggs. Drinking-cups are often made of the shell, which is

1626. 不同鸟类的蛋在大小和颜色上差异很大。鸵鸟蛋最大：巴黎动物园产的一枚重2磅14盎司，容量一品脱，深六英寸：这大约是非洲所产蛋的通常大小。旅行者描述鸵鸟蛋味道宜人：比鸡蛋保存更久。蛋壳常被制成饮杯，它

very strong. The eggs of the *turkey* are almost as mild as those of the hen; the egg of the *goose* is large, but well-tasted. *Duck's eggs* have a rich flavour; the albumen is slightly transparent, or bluish, when set or coagulated by boiling, which requires less time than hen's eggs. *Guinea-fowl eggs* are smaller and more delicate than those of the hen. Eggs of *wild fowl* are generally coloured, often spotted; and the taste generally partakes somewhat of the flavour of the bird they belong to. Those of land birds that are eaten, as the *plover, lapwing, ruff*, &c., are in general much esteemed; but those of *sea-fowl* have, more or less, a strong fishy taste. The eggs of the *turtle* are very numerous: they consist of yolk only, without shell, and are delicious.

非常浓烈。火鸡的蛋几乎和母鸡蛋一样温和；鹅蛋很大，但味道很好。鸭蛋风味浓郁；煮凝固后蛋白略显透明或带蓝色，煮的时间比鸡蛋短。珍珠鸡蛋比鸡蛋小，也更细嫩。野禽蛋通常有颜色，常带斑点；味道一般多少带有该禽类的风味。可食用的陆禽蛋，如鸨、凤头麦鸡、流苏鹬等，普遍很受珍视；但海禽蛋或多或少带有强烈的鱼腥味。海龟蛋数量极多：只有蛋黄，没有壳，味道极美。

RECIPES.

食谱。

CHAPTER XXXIII.

第三十三章。

SEPARATION OF MILK AND CREAM.

牛奶与奶油的分离

1627. If it be desired that the milk should be freed entirely from cream, it should be poured into a very shallow broad pan or dish, not more than 1-1/2 inch deep, as cream cannot rise through a great depth of milk. In cold and wet weather, milk is not so rich as it is in summer and warm weather, and the morning's milk is always richer than the evening's. The last-drawn milk of each milking, at all times and seasons, is richer than the first-drawn, and on that account should be set apart for cream. Milk should be shaken as little as possible when carried from the cow to the dairy, and should be poured into the pans very gently. Persons not keeping cows, may always have a little cream, provided the milk

1627. 若希望牛奶完全不含奶油，应将其倒入很浅的宽盘或碟中，深度不超过1-1/2英寸，因为奶油无法穿过很深的牛奶浮起。在寒冷潮湿的天气里，牛奶不如夏季温暖天气时那样浓郁，早晨的牛奶总是比傍晚的更浓郁。每次挤奶最后挤出的牛奶，无论何时何季，都比最先挤出的更浓郁，因此应单独留作取奶油之用。牛奶从牛身上送到奶制品间时，应尽量少摇晃，倒入盘中时应非常轻缓。不养牛的人家，只要牛奶

they purchase be pure and unadulterated. As soon as it comes in, it should be poured into very shallow open pie-dishes, and set by in a very cool place, and in 7 or 8 hours a nice cream should have risen to the surface.

所购之物须纯净不掺假。一到货，就应倒入很浅的敞口馅饼盘，置于极凉爽处，7至8小时后表面应结出一层上好的奶油。

MILK is one of the most complete of all articles of food: that is to say, it contains a very large number of the elements which enter into the composition of the human body. It "disagrees" with fat, heavy, languid people, of slow circulation; and, at first, with many people of sedentary habits, and stomachs weakened by stimulants of different kinds. But, if exercise can be taken and a little patience shown, while the system accommodates itself to a new regimen, this bland and soothing article of diet is excellent for the majority of thin, nervous people; especially for those who have suffered much from emotional disturbances, or have relaxed their stomachs by too much tea or coffee, taken too hot. Milk is, in fact, a nutrient and a sedative at once. Stomachs, however, have their idiosyncrasies, and it sometimes proves an unwelcome and ill-digested article of food. As milk, when good, contains a good deal of respiratory material (fat),—material which *must* either be burnt off, or derange the liver, and be rejected in other ways, it may disagree because the lungs are not sufficiently used in the open air. But it is very probable that there are really "constitutions" which cannot take to it; and *they* should not be forced.

牛奶是所有食物中最完备的一种：也就是说，它含有构成人体成分的大量元素。它“不适合”肥胖、沉重、倦怠、循环缓慢的人；起初也不适合许多久坐习惯、胃被各种刺激物削弱的人。但是，如果能进行运动并稍加耐心，让身体适应新的饮食规律，这种温和而抚慰性的食物对大多数瘦削、神经质的人极为有益；尤其是对那些因情绪波动而深受其苦，或因饮用过热的茶或咖啡过多而使胃松弛的人。事实上，牛奶既是营养品又是镇静剂。然而，胃各有其特性，有时牛奶会被证明是一种不受欢迎且难以消化的食物。由于优质的牛奶含有大量呼吸性物质(脂肪)--这种物质要么必须被燃烧掉，要么使肝脏紊乱，并以其他方式排出--它可能因为肺在户外未得到充分使用而不适合。但很可能确实存在无法适应牛奶的“体质”；不应强迫他们饮用。

TO KEEP MILK AND CREAM IN HOT WEATHER.

在炎热天气中保存牛奶和奶油的方法。

1628. When the weather is very warm, and it is very difficult to prevent milk from turning sour and spoiling the cream, it should be scalded, and it will then remain good for a few hours. It must

1628. 天气很热时，极难防止牛奶变酸、奶油变质，此时应将牛奶烫过，如此可保鲜数小时。必须

on no account be allowed to boil, or there will be a skin instead of a cream upon the milk; and the slower the process, the safer will it be. A very good plan to scald milk, is to put the pan that contains it into a saucepan or wide kettle of boiling water. When the surface looks thick, the milk is sufficiently scalded, and it should then be put away in a cool place in the same vessel that it was scalded in. Cream may be kept for 24 hours, if scalded without sugar; and by the addition of the latter ingredient, it will remain good double the time, if kept in a cool place. All pans, jugs, and vessels intended for milk, should be kept beautifully clean, and well scalded before the milk is put in, as any negligence in this respect may cause large quantities of it to be spoiled; and milk should never be kept in vessels of zinc or copper. Milk may be preserved good in hot weather, for a few hours, by placing the jug which contains it in ice, or very cold water; or a pinch of bicarbonate of soda may be introduced into the liquid.

无论如何都不应让它煮沸，否则牛奶表面会形成一层皮而不是奶油；过程越慢越安全。烫牛奶的一个很好的方法，是把盛牛奶的锅放入盛有沸水的炖锅或宽水壶中。当表面看起来变厚时，牛奶就烫得足够了，然后应将其连同烫牛奶的容器一起放在阴凉处。奶油如果不加糖烫过，可以保存24小时；如果加入糖这一配料并放在阴凉处，保存时间可延长一倍。所有用于牛奶的锅、罐和容器都应保持非常清洁，并在倒入牛奶前充分烫过，因为在这方面任何疏忽都可能导致大量牛奶变质；牛奶绝不应保存在锌或铜制容器中。在炎热天气里，把盛牛奶的罐放在冰或非常冷的水中，或向液体中加入一小撮碳酸氢钠，可以使牛奶在几小时内保持良好。

MILK, when of good quality, is of an opaque white colour: the cream always comes to the top; the well-known milky odour is strong; it will boil without altering its appearance, in these respects; the little bladders which arise on the surface will renew themselves if broken by the spoon. To boil milk is, in fact, the simplest way of testing its quality. The commonest adulterations of milk are not of a hurtful character. It is a good deal thinned with water, and sometimes thickened with a little starch, or colored with yolk of egg, or even saffron; but these processes have nothing murderous in them.

优质牛奶呈不透明的白色：奶油总是浮到表面；众所周知的奶味浓烈；在这些方面煮沸后外观不变；表面产生的小泡如果被勺子打破会重新形成。事实上，煮沸牛奶是检验其质量最简单的方法。牛奶最常见的掺假并不具有危害性。它常被大量加水稀释，有时用少量淀粉增稠，或用蛋黄甚至藏红花着色；但这些做法并无害处。

CURDS AND WHEY.

凝乳与乳清。

1629. INGREDIENTS.—A very small piece of rennet, 1/2 gallon of milk.

Mode.—Procure from the butcher's a small piece of rennet, which is the stomach of the calf, taken as soon as it is killed, scoured, and well rubbed with salt, and stretched on sticks to dry. Pour some boiling water on the rennet, and let it remain for 6 hours; then use the liquor to turn the milk. The milk should be warm and fresh from the cow: if allowed to cool, it must be heated till it is of a degree quite equal to new milk; but do not let it be too hot. About a tablespoonful or rather more, would be sufficient to turn the above proportion of milk into curds and whey; and whilst the milk is turning, let it be kept in rather a warm place.

Time.—From 2 to 3 hours to turn the milk.

Seasonable at any time.

DEVONSHIRE CREAM.

1630. The milk should stand 24 hours in the winter, half that time when the weather is very warm. The milkpan is then set on a stove, and should there remain until the milk is quite hot; but it must not boil, or there will be a thick skin on the surface. When it is sufficiently done, the undulations on the surface look thick, and small rings appear. The time required for scalding cream depends on the size of the pan and the heat of the fire; but the slower it is done, the better. The pan should be placed in the dairy when the cream is sufficiently scalded, and skimmed the following day. This cream is so much esteemed that it is sent to the London markets in small square tins, and is exceedingly delicious eaten with fresh fruit. In Devonshire, butter is made from this cream, and is usually

1629. 配料--极少量凝乳酶，1/2加仑牛奶。

Mode。--从肉铺购得一小块凝乳酶，即小牛的胃，宰杀后立即取出，擦洗干净，充分搓盐，撑在棍上晾干。将一些沸水浇在凝乳酶上，静置6小时；然后用此液体使牛奶凝结。牛奶应温热并刚挤出母牛：若已冷却，必须加热至与新挤牛奶完全相同的温度；但不要让它太热。大约一汤匙或稍多，就足以将上述比例的牛奶凝成凝乳与乳清；在牛奶凝结期间，应将其置于较温暖的地方。

时间。--将牛奶搅动2至3小时。

时令任何时候皆宜。

德文郡奶油

1630. 牛奶在冬天应静置24小时，天气很热时静置一半时间。然后将奶锅置于炉上，应一直放在那里直到牛奶相当热；但绝不能煮沸，否则表面会结一层厚皮。当它充分加热后，表面的波动看起来浓稠，并出现小环。烫奶油所需的时间取决于锅的大小和火的温度；但做得越慢越好。奶油充分烫好后，应将锅放入奶制品间，次日撇取。这种奶油备受推崇，以至于被装入小方形铁罐运往伦敦市场，与新鲜水果一起食用极为美味。在德文郡，人们用这种奶油制作黄油，通常

very firm.

DEVONSHIRE JUNKET.

1631. INGREDIENTS.—To every pint of new milk allow 2 dessertspoonfuls of brandy, 1 dessertspoonful of sugar, and 1-1/2 dessertspoonful of prepared rennet; thick cream, pounded cinnamon, or grated nutmeg.

Mode.—Make the milk blood-warm; put it into a deep dish with the brandy, sugar, and rennet; stir it altogether, and cover it over until it is set. Then spread some thick or clotted cream over the top, grate some nutmeg, and strew some sugar over, and the dish will be ready to serve.

Time.—About 2 hours to set the milk. *Seasonable* at any time.

TO KEEP AND CHOOSE FRESH BUTTER.

1632. Fresh butter should be kept in a dark, cool place, and in as large a mass as possible. Mould as much only as is required, as the more surface is exposed, the more liability there will be to spoil; and the outside very soon becomes rancid. Fresh butter should be kept covered with white paper. For small larders, butter-coolers of red brick are now very much used for keeping fresh butter in warm weather. These coolers are made with a large bell-shaped cover, into the top of which a little cold water should be poured, and in summer time very frequently changed; and the butter must be kept covered. These coolers keep butter remarkably firm in hot weather, and are extremely convenient for those whose larder accommodation is limited.

非常坚定。

德文郡凝乳甜点

1631. 配料--每品脱新鲜牛奶配2甜点匙白兰地、1甜点匙糖、1-1/2甜点匙制备好的凝乳酶；浓奶油、捣碎的肉桂或磨碎的肉豆蔻。

做法--将牛奶加热至微温；放入深盘中，加入白兰地、糖和凝乳酶；全部搅匀，盖上盖子直至凝固。然后在表面铺上一些浓稠或凝结的奶油，磨些肉豆蔻撒上，再撒些糖，即可上桌。

时间--牛奶凝固约需2小时。时令--任何时节皆宜。

如何保存和挑选新鲜黄油。

1632. 新鲜黄油应保存在阴暗凉爽的地方，并且尽可能保持大块。只取用所需的分量塑形，因为暴露的表面越多，变质的可能性就越大；而且外层很快就会变味发哈。新鲜黄油应盖上白纸保存。对于小型食品储藏室，红砖制成的黄油冷却器如今在温暖天气里被广泛用于保存新鲜黄油。这种冷却器配有一个大钟形罩盖，罩盖顶部应倒入少量冷水，夏季时须频繁更换；黄油必须保持遮盖。这种冷却器在炎热天气里能使黄油保持极好的硬度，对于食品储藏室空间有限的人来说极为方便。

[Illustration: BUTTER-DISH.]

In choosing fresh butter, remember it should smell deliciously, and be of an equal colour all through: if it smells sour, it has not been sufficiently washed from the buttermilk; and if veiny and open, it has probably been worked with a staler or an inferior sort.

TO PRESERVE AND TO CHOOSE SALT BUTTER.

1633. In large families, where salt butter is purchased a tub at a time, the first thing to be done is to turn the whole of the butter out, and, with a clean knife, to scrape the outside; the tub should then be wiped with a clean cloth, and sprinkled all round with salt, the butter replaced, and the lid kept on to exclude the air. It is necessary to take these precautions, as sometimes a want of proper cleanliness in the dairymaid causes the outside of the butter to become rancid, and if the scraping be neglected, the whole mass would soon become spoiled. To choose salt butter, plunge a knife into it, and if, when drawn out, the blade smells rancid or unpleasant, the butter is bad. The layers in tubs will vary greatly, the butter being made at different times; so, to try if the whole tub be good, the cask should be unhooped, and the butter tried between the staves.

It is not necessary to state that butter is extracted from cream, or from unskimmed milk, by the churn. Of course it partakes of the qualities of the milk, and winter butter is said not to be so good as spring butter.

A word of caution is necessary about *rancid* butter. Nobody eats it on bread, but it is sometimes used in cooking, in forms in which

[插图：黄油碟]

挑选新鲜黄油时，切记它应气味芬芳，且通体颜色均匀：若气味发酸，说明脱脂乳未洗净；若纹理纵横、孔隙多，则可能掺入了较陈或较次的黄油。

保存与挑选盐渍黄油

1633. 在大家庭中，盐渍黄油一次购买一整桶，首先要做的是把整块黄油取出，用干净的刀刮去外层；然后用干净的布擦拭木桶，四周撒上盐，将黄油放回，盖上桶盖以隔绝空气。采取这些预防措施是必要的，因为有时奶制品间女工缺乏适当的清洁，会导致黄油外层变味发哈，如果疏于刮除，整块黄油很快就会变质。挑选盐渍黄油时，将刀插入其中，如果拔出时刀刃有哈喇味或异味，则黄油已坏。桶中的层次会因制作时间不同而差异很大；因此，要检验整桶是否良好，应将桶箍卸下，在桶板之间取样检验。

无须赘言，黄油是用搅乳器从奶油或未脱脂的牛奶中提取的。它自然带有牛奶的品质，据说冬季黄油不如春季黄油好。

关于哈喇黄油，须提醒一句。没人会把它涂在面包上吃，但有时用于烹饪，以某些形式

the acidity can be more or less disguised. So much the worse; it is almost poisonous, disguise it as you may. Never, under any exigency whatever, be tempted into allowing butter with even a *soupçon* of "turning" to enter into the composition of any dish that appears on your table. And, in general, the more you can do without the employment of butter that has been subjected to the influence of heat, the better. The woman of modern times is not a "leech;" but she might often keep the "leech" from the door, if she would give herself the trouble to invent *innocent* sauces.

酸味多少可以被掩盖。但那样只会更糟；无论你怎样掩盖，它几乎是有毒的。无论遇到什么紧急情况，绝不要受诱惑而让哪怕有一丝*soupçon*“变味”的黄油进入你餐桌上任何一道菜的配料中。而且，一般来说，你能不用受过热影响的黄油就尽量不用，这样越好。现代女性不是“水蛭”；但如果她愿意费心去发明无害的酱汁，她往往就能把“水蛭”挡在门外。

BUTTER-MOULDS, for Moulding Fresh Butter.

黄油模具，用于塑形新鲜黄油。

[Illustration: DISH OF ROLLED BUTTER.]

[插图：卷状黄油盘]

1634. Butter-moulds, or wooden stamps for moulding fresh butter, are much used, and are made in a variety of forms and shapes. In using them, let them be kept scrupulously clean, and before the butter is pressed in, the interior should be well wetted with cold water; the butter must then be pressed in, the mould opened, and the perfect shape taken out. The butter may be then dished, and garnished with a wreath of parsley, if for a cheese course; if for breakfast, put it into an ornamental butter-dish, with a little water at the bottom, should the weather be very warm.

1634. 黄油模具，即用于塑造新鲜黄油的木制印模，使用很广，有各种形式和形状。使用时，须保持模具一尘不染，在压入黄油之前，内部应先用冷水充分润湿；然后将黄油压入，打开模具，取出成形的黄油。随后可将黄油装盘，如果是用于奶酪那道菜，可用一圈欧芹装饰；如果是用于早餐，则放入装饰性的黄油碟中，若天气很热，碟底可放少量水。

CURLED BUTTER.

卷曲黄油。

1635. Tie a strong cloth by two of the corners to an iron hook in the wall; make a knot with the other two ends, so that a stick might pass through. Put the butter into the cloth; twist it tightly over a dish, into which the butter will fall through the knot, so forming small and pretty little strings. The butter may then be garnished with parsley, if to serve with a cheese course; or it may

1635. 将一块结实的布的两个角系在墙上的铁钩上；另两端打一个结，使一根棍子可以穿过。把黄油放入布中；在盘子上方紧紧拧绞，黄油便从结处落入盘中，形成细小美观的条状。若配奶酪一道上桌，可用欧芹点缀黄油；也可

be sent to table plain for breakfast, in an ornamental dish. Squirted butter for garnishing hams, salads, eggs, &c., is made by forming a piece of stiff paper in the shape of a cornet, and squeezing the butter in fine strings from the hole at the bottom. Scooped butter is made by dipping a teaspoon or scooper in warm water, and then scooping the butter quickly and thin. In warm weather, it would not be necessary to heat the spoon.

盛在装饰盘中，原样送上早餐桌。用于点缀火腿、沙拉、鸡蛋等的挤花黄油，做法是用硬纸做成锥形，从底部的孔中将黄油挤成细条。挖球黄油的做法是将茶匙或挖球器蘸温水，然后迅速而薄地挖取黄油。天热时不必加热匙子。

BUTTER may be kept fresh for ten or twelve days by a very simple process. Knead it well in cold water till the buttermilk is extracted; then put it in a glazed jar, which invert in another, putting into the latter a sufficient quantity of water to exclude the air. Renew the water every day.

黄油可用极简单的方法保鲜十至十二天。在冷水中充分揉捏，直至脱脂乳析出；然后放入上釉的罐中，再将此罐倒置于另一罐内，后者中放入足量的水以隔绝空气。每天换水。

FAIRY BUTTER.

仙女黄油。

1636. INGREDIENTS.—The yolks of 2 hard-boiled eggs, 1 tablespoonful of orange-flower water, 2 tablespoonfuls of pounded sugar, 1/4 lb. of good fresh butter.

1636. 配料--2个煮硬鸡蛋的蛋黄、1汤匙橙花水、2汤匙捣碎的糖、1/4 lb.优质新鲜黄油。

Mode.—Beat the yolks of the eggs smoothly in a mortar, with the orange-flower water and the sugar, until the whole is reduced to a fine paste; add the butter, and force all through an old but clean cloth by wringing the cloth and squeezing the butter very hard. The butter will then drop on the plate in large and small pieces, according to the holes in the cloth. Plain butter may be done in the same manner, and is very quickly prepared, besides having a very good effect.

做法--将蛋黄与橙花水、糖一同在研钵中磨匀，直至全部成为细腻的糊状；加入黄油，用一块旧而干净的布包好，拧绞并用力挤压，使全部透过布。黄油便按布孔大小，成大小不等的块状滴落在盘中。普通黄油也可用同样方法制作，既快捷，效果也很好。

BUTTER.—White-coloured butter is said not to be so good as the yellow; but the yellow colour is often artificially produced, by the introduction of colouring matter into the churn.

黄油--据说白色黄油不如黄色黄油好；但黄色常是人为产生的，即在搅乳器中加入着色物质。

ANCHOVY BUTTER.

1637. INGREDIENTS.—To every lb. of butter allow 6 anchovies, 1 small bunch of parsley.

Mode.—Wash, bone, and pound the anchovies well in a mortar; scald the parsley, chop it, and rub through a sieve; then pound all the ingredients together, mix well, and make the butter into pats immediately. This makes a pretty dish, if fancifully moulded, for breakfast or supper, and should be garnished with parsley.

Average cost, 1s. 8d.

Sufficient to make 2 dishes, with 4 pats each.

Seasonable at any time.

CHEESE.

1638. In families where much cheese is consumed, and it is bought in large quantities, a piece from the whole cheese should be cut, the larger quantity spread with a thickly-buttered sheet of white paper, and the outside occasionally wiped. To keep cheeses moist that are in daily use, when they come from table a damp cloth should be wrapped round them, and the cheese put into a pan with a cover to it, in a cool but not very dry place. To ripen cheeses, and bring them forward, put them into a damp cellar; and, to check too large a production of mites, spirits may be poured into the parts affected. Pieces of cheese which are too near the rind, or too dry to put on table, may be made into Welsh rarebits, or grated down and mixed with macaroni. Cheeses may be preserved in a perfect state for years, by covering them with

鳀鱼黄油。

1637. 配料--每 lb.黄油配6条鳀鱼、1小束欧芹。

做法--将鳀鱼洗净、去骨，在研钵中充分捣碎；将欧芹烫过，切碎，过筛擦碎；然后将所有配料一同捣碎，充分拌匀，立即将黄油做成小饼状。若模制成花式，可作早餐或晚餐的漂亮菜肴，并应以欧芹点缀。

平均成本,1先令8便士。

足量可做2份，每份4小块。

时令任何时候皆宜。

奶酪。

1638. 在奶酪消耗量大、且大批量购买奶酪的家庭中，应从整块奶酪上切下一块，较大的一块用涂有厚厚黄油的白色纸覆盖，并偶尔擦拭外层。为使日常食用的奶酪保持湿润，从餐桌取回后应用湿布包裹，放入带盖的锅中，置于凉爽但不太干燥的地方。为使奶酪成熟、催熟，可将其放入潮湿的地窖；为抑制螨虫过多滋生，可在受影响的部分倒入烈酒。过于靠近外皮或太干不宜上桌的奶酪块，可做成威尔士干酪吐司，或擦碎后与通心粉混合。奶酪若用以下方法覆盖，可完好保存数年：

parchment made pliable by soaking in water, or by rubbing them over with a coating of melted fat. The cheeses selected should be free from cracks or bruises of any kind.

CHEESE.—It is well known that some persons like cheese in a state of decay, and even "alive." There is no accounting for tastes, and it maybe hard to show why mould, which is vegetation, should not be eaten as well as salad, or maggots as well as eels. But, generally speaking, decomposing bodies are not wholesome eating, and the line must be drawn somewhere.

STILTON CHEESE.

[Illustration: STILTON CHEESE.]

1639. Stilton cheese, or British Parmesan, as it is sometimes called, is generally preferred to all other cheeses by those whose authority few will dispute. Those made in May or June are usually served at Christmas; or, to be in prime order, should be kept from 10 to 12 months, or even longer. An artificial ripeness in Stilton cheese is sometimes produced by inserting a small piece of decayed Cheshire into an aperture at the top. From 3 weeks to a month is sufficient time to ripen the cheese. An additional flavour may also be obtained by scooping out a piece from the top, and pouring therein port, sherry, Madeira, or old ale, and letting the cheese absorb these for 2 or 3 weeks. But that cheese is the finest which is ripened without any artificial aid, is the opinion of those who are judges in these matters. In serving a Stilton cheese, the top of it should be cut off to form a lid, and a napkin or piece of white paper, with a frill at the top, pinned round. When the cheese goes from table, the lid should be replaced.

将羊皮纸浸水使其柔软，或在其上涂一层融化的油脂。所选奶酪应无任何裂纹或碰伤。

奶酪--众所周知，有些人喜欢腐败状态甚至"活的"奶酪。口味之事无从解释，也很难说明为何霉菌(属植物)不能像沙拉一样吃，蛆虫不能像鳗鱼一样吃。但一般来说，腐败变质的食物不宜食用，总得有个界限。

斯蒂尔顿奶酪。

[插图：斯蒂尔顿奶酪。]

1639.斯蒂尔顿奶酪，或有时被称为英国帕尔马奶酪，在那些其权威鲜有人质疑的人看来，通常比所有其他奶酪更受青睐。五月或六月制作的奶酪通常在圣诞节供应；或者，若要处于最佳状态，应保存10至12个月，甚至更久。斯蒂尔顿奶酪的人工成熟有时是通过在顶部开口处插入一小块腐败的柴郡奶酪来产生的。3周到一个月的时间足以使奶酪成熟。还可以通过从顶部挖出一块，向其中倒入波特酒、雪利酒、马德拉酒或陈年麦芽酒，让奶酪吸收2至3周，从而获得额外的风味。但那些对此类事务有判断力的人认为，未经任何人工辅助而成熟的奶酪才是最好的。上桌斯蒂尔顿奶酪时，应切去其顶部形成盖子，并用餐巾或白纸在顶部打褶后别在周围。奶酪从桌上撤下时，应重新盖上盖子。

MODE OF SERVING CHEESE.

[Illustration: CHEESE-GLASS.]

1640. The usual mode of serving cheese at good tables is to cut a small quantity of it into neat square pieces, and to put them into a glass cheese-dish, this dish being handed round. Should the cheese crumble much, of course this method is rather wasteful, and it may then be put on the table in the piece, and the host may cut from it. When served thus, the cheese must always be carefully scraped, and laid on a white d'oyley or napkin, neatly folded. Cream cheese is often served in a cheese course, and, sometimes, grated Parmesan: the latter should he put into a covered glass dish. Rusks, cheese-biscuits, pats or slices of butter, and salad, cucumber, or water-cresses, should always form part of a cheese course.

SMOKING CHEESES.—The Romans smoked their cheeses, to give them a sharp taste. They possessed public places expressly for this use, and subject to police regulations which no one could evade.

A celebrated gourmand remarked that a dinner without cheese is like a woman with one eye.

CHEESE SANDWICHES.

1641. INGREDIENTS.—Slices of brown bread-and-butter, thin slices of cheese.

Mode.—Cut from a nice fat Cheshire, or any good rich cheese, some slices about 1/2 inch thick, and place them between some slices of brown bread-and-butter, like sandwiches. Place them on a

供应奶酪的方式。

[插图：奶酪玻璃罩]

1640.在讲究的餐桌上供应奶酪的通常方式是将少量奶酪切成整齐的方形小块，放入玻璃奶酪碟中，然后将此碟传递供人取用。如果奶酪碎得厉害，这种方法当然相当浪费，此时可以将整块奶酪放在桌上，由主人切取。这样供应时，必须始终仔细刮净奶酪，放在整齐折叠的白色垫布或餐巾上。奶油奶酪常在奶酪课程中供应，有时也供应磨碎的帕尔马奶酪：后者应放入带盖的玻璃碟中。面包干、奶酪饼干、黄油小块或薄片，以及沙拉、黄瓜或水田芥，应始终构成奶酪课程的一部分。

熏奶酪--罗马人熏制奶酪，以赋予其辛辣之味。他们有专供此用的公共场所，受无人能规避的治安条例管辖。

一位著名的美食家曾说，没有奶酪的正餐就像独眼女人。

奶酪三明治。

1641. 配料--棕色面包黄油切片、薄奶酪片。

做法--从一块上好的肥切希尔奶酪或任何优质浓郁的奶酪上切下约1/2英寸厚的片，夹在几片涂了黄油的棕色面包之间，如三明治一般。将其放在

plate in the oven, and, when the bread is toasted, serve on a napkin very hot and very quickly.

盘中，放入烤箱，待面包烤热后，垫着餐巾趁极热时尽快上桌。

Time.—10 minutes in a brisk oven.

时间。- 在旺火烤箱中烤10分钟。

Average cost, 1-1/2d. each sandwich.

平均成本，每个三明治1-1/2便士。

Sufficient.—Allow a sandwich for each person.

足量。--每人一份三明治。

Seasonable at any time.

时令任何时候皆宜。

CHEESE.—One of the most important products of coagulated milk is cheese. Unfermented, or cream-cheese, when quite fresh, is good for subjects with whom milk does not disagree; but cheese, in its commonest shape, is only fit for sedentary people as an after-dinner stimulant, and in very small quantity. Bread and cheese, as a meal, is only fit for soldiers on march or labourers in the open air, who like it because it "holds the stomach a long time."

奶酪--凝乳最重要的产品之一是奶酪。未发酵奶酪或奶油奶酪，新鲜时对牛奶无不适者有益；但普通形态的奶酪，仅适合久坐之人作为餐后刺激品，且用量极少。面包配奶酪作为一餐，只适合行军中的士兵或户外劳动者，他们喜欢它是因为它"耐饥"。

CAYENNE CHEESES.

卡宴奶酪。

1642. INGREDIENTS.—1/2 lb. of butter, 1/2 lb. of flour, 1/2 lb. of grated cheese, 1/3 teaspoonful of cayenne, 1/3 teaspoonful of salt; water.

1642. 配料--1/2 lb.黄油、1/2 lb.面粉、1/2 lb.擦碎的奶酪、1/3茶匙卡宴辣椒粉、1/3茶匙盐；水。

Mode.—Rub the butter in the flour; add the grated cheese, cayenne. and salt; and mix these ingredients well together. Moisten with sufficient water to make the whole into a paste; roll out, and cut into fingers about 4 inches in length. Bake them in a moderate oven a very light colour, and serve very hot.

做法--将黄油揉入面粉；加入擦碎的奶酪、卡宴辣椒粉和盐；将这些配料充分拌匀。加适量水调成面团；擀开，切成约4英寸长的条。放入中等温度的烤箱烤至颜色极浅，趁热上桌。

Time.—15 to 20 minutes. *Average cost*, 1s. 4d.

时间。--15至20分钟。平均成本,1先令4便士。

Sufficient for 6 or 7 persons. *Seasonable* at any time.

足够供6或7人食用。时令任何时候皆宜。

TO MAKE A FONDUE.

1643. INGREDIENTS.—4 eggs, the weight of 2 in Parmesan or good Cheshire cheese, the weight of 2 in butter; pepper and salt to taste.

Mode.—Separate the yolks from the whites of the eggs; beat the former in a basin, and grate the cheese, or cut it into *very thin* flakes. Parmesan or Cheshire cheese may be used, whichever is the most convenient, although the former is considered more suitable for this dish; or an equal quantity of each may be used. Break the butter into small pieces, add it to the other ingredients, with sufficient pepper and salt to season nicely, and beat the mixture thoroughly. Well whisk the whites of the eggs, stir them lightly in, and either bake the fondue in a soufflé-dish or small round cake-tin. Fill the dish only half full, as the fondue should rise very much. Pin a napkin round the tin or dish, and serve very hot and very quickly. If allowed to stand after it is withdrawn from the oven, the beauty and lightness of this preparation will be entirely spoiled.

Time.—From 15 to 20 minutes. *Average cost,* 10d.

Sufficient for 4 or 5 persons. *Seasonable* at any time.

BRILLAT SAVARIN'S FONDUE.

(*An excellent Recipe.*)

1644. INGREDIENTS.—Eggs, cheese, butter, pepper and salt.

Mode.—Take the same number of eggs as there are guests; weigh the eggs in the shell, allow a third of their weight in Gruyère

制作芝士火锅

1643. 配料--4个鸡蛋，帕尔马干酪或优质切希尔奶酪的重量相当于2个鸡蛋，黄油的重量相当于2个鸡蛋；胡椒和盐适量。

做法。--将蛋黄与蛋白分离；将蛋黄在盆中打散，将奶酪磨碎，或切成极薄的薄片。可使用帕尔马奶酪或柴郡奶酪， whichever 最方便，尽管前者被认为更适合这道菜；或两者等量使用。将黄油掰成小块，与其他配料一起加入，加入足够的胡椒和盐以调好味，彻底搅打混合物。将蛋白充分打发，轻轻拌入，然后将火锅蛋糕放入舒芙蕾碟或小圆形蛋糕模中烘烤。只将碟子装至半满，因为火锅蛋糕应膨胀很多。用别针将餐巾别在模具或碟子周围，趁非常热时尽快上桌。如果从烤箱取出后放置不动，这道制品的美观和轻盈将完全被破坏。

时间。--15至20分钟。平均成本，10便士。

足够供4或5人食用。时令任何时候皆宜。

布里亚-萨瓦兰的火锅

(一份出色的食谱。)

1644. 配料--鸡蛋、奶酪、黄油、胡椒和盐。

做法--按客人数取鸡蛋；将带壳鸡蛋称重，配以其重量三分之一的格吕耶尔奶酪

cheese, and a piece of butter one-sixth of the weight of the cheese. Break the eggs into a basin, beat them well; add the cheese, which should be grated, and the butter, which should be broken into small pieces. Stir these ingredients together with a wooden spoon; put the mixture into a lined saucepan, place it over the fire, and stir until the substance is thick and soft. Put in a little salt, according to the age of the cheese, and a good sprinkling of pepper, and serve the fondue on a very hot silver or metal plate. Do not allow the fondue to remain on the fire after the mixture is set, as, if it boils, it will be entirely spoiled. Brillat Savarin recommends that some choice Burgundy should he handed round with this dish. We have given this recipe exactly as he recommends it to be made; but we have tried it with good Cheshire cheese, and found it answer remarkably well.

奶酪，以及一块重量为奶酪六分之一的黄油。将鸡蛋打入盆中，充分打散；加入应磨碎的奶酪和应掰成小块的黄油。用木勺将这些配料搅拌在一起；将混合物放入衬里的炖锅中，置于火上，搅拌至物质变稠且柔软。根据奶酪的陈年程度加入少许盐，并撒上大量胡椒，将火锅蛋糕盛在非常热的银盘或金属盘中。混合物凝固后不要让火锅蛋糕继续留在火上，因为如果煮沸，就会完全被破坏。布里亚-萨瓦兰建议随这道菜传递一些上等勃艮第葡萄酒。我们给出的这份食谱完全按照他建议的制作方法；但我们用上好的柴郡奶酪试过，发现效果非常好。

Time.—About 4 minutes to set the mixture.

时间。--约4分钟使混合物凝固。

Average cost for 4 persons, 10d.

平均费用 4人份，10便士。

Sufficient.—Allow 1 egg, with the other ingredients in proportion, for one person.

份量--每人配1个鸡蛋，其他配料按比例。

Seasonable at any time.

时令任何时候皆宜。

MACARONI, as usually served with the CHEESE COURSE.

通心粉，通常与奶酪一道作为一道菜上桌。

I.

1645. INGREDIENTS.—1/2 lb. of pipe macaroni, 1/4 lb. of butter, 6 oz. of Parmesan or Cheshire cheese, pepper and salt to taste, 1 pint of milk, 2 pints of water, bread crumbs.

1645. 配料--1/2 lb.管状通心粉、1/4 lb.黄油、6 oz.帕尔马干酪或切希尔奶酪、胡椒和盐适量、1品脱牛奶、2品脱水、面包屑。

Mode.—Put the milk and water into a saucepan with sufficient salt

方式。--将牛奶和水倒入锅中，加入适量的盐

to flavour it; place it on the fire, and, when it boils quickly, drop in the macaroni. Keep the water boiling until it is quite tender; drain the macaroni, and put it into a deep dish. Have ready the grated cheese, either Parmesan or Cheshire; sprinkle it amongst the macaroni and some of the butter cut into small pieces, reserving some of the cheese for the top layer. Season with a little pepper, and cover the top layer of cheese with some very fine bread crumbs. Warm, without oiling, the remainder of the butter, and pour it gently over the bread crumbs. Place the dish before a bright fire to brown the crumbs; turn it once or twice, that it may be equally coloured, and serve very hot. The top of the macaroni may be browned with a salamander, which is even better than placing it before the fire, as the process is more expeditious; but it should never be browned in the oven, as the butter would oil, and so impart a very disagreeable flavour to the dish. In boiling the macaroni, let it be perfectly tender but firm, no part beginning to melt, and the form entirely preserved. It may be boiled in plain water, with a little salt instead of using milk, but should then have a small piece of butter mixed with it.

为其调味；置于火上，当水快速沸腾时，放入通心粉。保持水沸腾直到通心粉非常软嫩；沥干通心粉，放入深碟中。准备好磨碎的奶酪，可用帕尔马奶酪或柴郡奶酪；将其撒在通心粉中，并加入一些切成小块的黄油，留一些奶酪用于顶层。用少许胡椒调味，并在顶层奶酪上覆盖一些非常细的面包屑。将剩余的黄油加热而不使其出油，轻轻浇在面包屑上。将碟子放在明火前使面包屑呈棕色；翻转一两次，使其颜色均匀，并趁非常热时上桌。通心粉的顶部可以用烤炉铁板烤至棕色，这甚至比放在火前更好，因为过程更迅速；但绝不应在烤箱中烤至棕色，因为黄油会出油，从而给这道菜带来非常令人不快的味道。煮通心粉时，要让它完全软嫩但保持形状，没有任何部分开始融化，且形状完全保持。可以用清水加少许盐代替牛奶来煮，但此时应拌入一小块黄油。

Time.—1-1/2 to 1-3/4 hour to boil the macaroni, 5 minutes to brown it before the fire.

时间--通心粉煮1-1/2至1-3/4小时，在火前烤5分钟至呈棕色。

Average cost, 1s. 6d.

平均费用,1先令6便士。

Sufficient for 6 or 7 persons. *Seasonable* at any time.

足够供6或7人食用。时令任何时候皆宜。

Note.—Riband macaroni may be dressed in the same manner, but does not require boiling so long a time.

注。--带状通心粉可按同样方法调制，但煮的时间不必那么长。

II.

二
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1646. INGREDIENTS.—1/4 lb. of pipe or riband macaroni, 1/2 pint of milk, 1/2 pint of veal or beef gravy, the yolks of 2 eggs, 4 tablespoonfuls of cream, 3 oz. of grated Parmesan or Cheshire cheese, 1 oz. of butter.

Mode.—Wash the macaroni, and boil it in the gravy and milk until quite tender, without being broken. Drain it, and put it into rather a deep dish. Beat the yolks of the eggs with the cream and 2 tablespoonfuls of the liquor the macaroni was boiled in; make this sufficiently hot to thicken, but do not allow it to boil; pour it over the macaroni, over which sprinkle the grated cheese and the butter broken into small pieces; brown with a salamander, or before the fire, and serve.

Time.—1-1/2 to 1-3/4 hour to boil the macaroni, 5 minutes to thicken the eggs and cream, 5 minutes to brown.

Average cost, 1s. 2d.

Sufficient for 3 or 4 persons. *Seasonable* at any time.

III.

1647. INGREDIENTS.—1/4 lb. of pipe macaroni, 1/2 pint of brown gravy No. 436, 6 oz. of grated Parmesan cheese.

Mode.—Wash the macaroni, and boil it in salt and water until quite tender; drain it, and put it into rather a deep dish. Have ready a pint of good brown gravy, pour it hot over the macaroni, and send it to table with grated Parmesan served on a separate dish. When the flavour is liked, a little pounded mace may be added to the water in which the macaroni is boiled; but this must always be sparingly added, as it will impart a very strong flavour.

1646.配料。--1/4 lb.管状或带状通心粉，1/2 pint牛奶，1/2 pint小牛肉或牛肉肉汁，2个蛋黄，4汤匙奶油，3 oz.磨碎的帕尔马干酪或柴郡干酪，1 oz.黄油。

做法。--洗净通心粉，放入肉汁和牛奶中煮至十分软烂，但不要煮断。沥干后放入较深的盘子。将蛋黄与奶油及2汤匙煮通心粉的汤汁打匀；加热至足够浓稠，但不要煮沸；浇在通心粉上，撒上磨碎的干酪和掰成小块的黄油；用烤炉或炉火前烘至表面呈棕色，即可上桌。

时间。--煮通心粉需1-1/2至1-3/4小时，加热蛋黄奶油糊需5分钟，烘至棕色需5分钟。

平均成本,1先令2便士。

足够供三四人食用。时令随时皆宜。

三
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1647.配料。--1/4 lb.管状通心粉，1/2 pint第436号棕色肉汁，6 oz.磨碎的帕尔马干酪。

做法。--将通心粉洗净，放入盐水中煮至十分软烂；沥干后放入较深的盘中。备好一品脱上好的棕色肉汁，趁热浇在通心粉上，连同另盘盛装的帕尔马干酪碎一同上桌。若喜欢这种风味，可在煮通心粉的水中加入少许捣碎的肉豆蔻；但务必少加，因其味道极为浓烈。

Time.—1-1/2 to 1-3/4 hour to boil the macaroni.

Average cost, with the gravy and cheese, 1s. 3d.

Sufficient for 3 or 4 persons. *Seasonable* at any time.

POUNDED CHEESE.

1648. INGREDIENTS.—To every lb. of cheese allow 3 oz. of fresh butter.

Mode.—To pound cheese is an economical way of using it, if it has become dry; it is exceedingly good spread on bread, and is the best way of eating it for those whose digestion is weak. Cut up the cheese into small pieces, and pound it smoothly in a mortar, adding butter in the above proportion. Press it down into a jar, cover with clarified butter, and it will keep for several days. The flavour may be very much increased by adding mixed mustard (about a teaspoonful to every lb.), or cayenne, or pounded mace. Curry-powder is also not unfrequently mixed with it.

RAMAKINS, to serve with the CHEESE COURSE.

1649. INGREDIENTS.—1/4 lb. of Cheshire cheese, 1/4 lb. of Parmesan cheese, 1/4 lb. of fresh butter, 4 eggs, the crumb of a small roll; pepper, salt, and pounded mace to taste.

Mode.—Boil the crumb of the roll in milk for 5 minutes; strain, and put it into a mortar; add the cheese, which should be finely scraped, the butter, the yolks of the eggs, and seasoning, and pound these ingredients well together. Whisk the whites of the eggs, mix them with the paste, and put it into small pans or saucers, which should not be more than half filled. Bake them

时间。- 煮通心粉需1-1/2至1-3/4小时。

平均成本，含肉汁和奶酪，1先令3便士。

足够供三四人食用。时令随时皆宜。

捣碎干酪。

1648. 配料--每1 lb.奶酪配3 oz.新鲜黄油。

模式。把奶酪捣碎是经济利用干硬奶酪的方法；涂在面包上非常美味，对消化功能弱的人来说也是最好的食用方式。将奶酪切成小块，放入研钵中捣至顺滑，同时按上述比例加入黄油。将其压入罐中，覆上澄清黄油，可保存数日。加入混合芥末(每 lb.约一茶匙)、卡宴辣椒或捣碎的肉豆蔻，可大大提升风味。咖喱粉也常被混入其中。

拉马金，配奶酪课程食用。

1649.配料。--1/4 lb.柴郡干酪，1/4 lb.帕尔马干酪，1/4 lb.新鲜黄油，4个鸡蛋，一个小面包卷的面包心；胡椒、盐和捣碎的肉豆蔻适量。

做法。--将面包心放入牛奶中煮5分钟；滤出后放入研钵；加入应细细刮碎的干酪、黄油、蛋黄和调味，将这些配料一同捣匀。将蛋清打散，拌入糊中，然后装入小烤盘或小碟，装至不超过半满。烘烤

from 10 to 12 minutes, and serve them very hot and very quickly. This batter answers equally well for macaroni after it is boiled tender.

Time—10 to 12 minutes. *Average cost,* 1s. 4d.

Sufficient for 7 or 8 persons. *Seasonable* at any time.

PASTRY RAMAKINS, to serve with the CHEESE COURSE.

1650. INGREDIENTS.—Any pieces of very good light puff-paste Cheshire, Parmesan, or Stilton cheese.

Mode.—The remains or odd pieces of paste left from large tarts, &c. answer for making these little dishes. Gather up the pieces of paste, roll it out evenly, and sprinkle it with grated cheese of a nice flavour. Fold the paste in three, roll it out again, and sprinkle more cheese over; fold the paste, roll it out, and with a paste-cutter shape it in any way that may be desired. Bake the ramakins in a brisk oven from 10 to 15 minutes, dish them on a hot napkin, and serve quickly. The appearance of this dish may be very much improved by brushing the ramakins over with yolk of egg before they are placed in the oven. Where expense is not objected to, Parmesan is the best kind of cheese to use for making this dish.

Time.—10 to 15 minutes. *Average cost*, with 1/2 lb. of paste, 10d.

Sufficient for 6 or 7 persons. *Seasonable* at any time.

TOASTED CHEESE, or SCOTCH RARE-BIT.

1651. INGREDIENTS.—A few slices of rich cheese, toast, mustard, and pepper.

[Illustration: HOT-WATER CHEESE-DISH.]

10至12分钟，趁极热时尽快上桌。这种面糊同样适用于煮至软嫩的通心粉。

时间 - 10至12分钟。平均成本,1先令4便士。

足量供7或8人食用。时令随时皆宜。

奶酪课程配餐的糕点拉玛金斯。

1650. 配料--任意几块极好的轻型起酥面团、柴郡奶酪、帕尔马奶酪或斯蒂尔顿奶酪。

Mode。- 大馅饼等留下的残渣或零碎面皮，可用来制作这些小菜。将面皮碎块聚拢，均匀擀开，撒上风味上佳的磨碎干酪。将面皮折三折，再次擀开，再撒上更多干酪；折叠面皮，擀开，用面皮刀切成任何所需的形状。将拉马金斯放入旺烤箱中烤10至15分钟，盛在热餐巾上，迅速上桌。若在放入烤箱前在拉马金斯表面刷上蛋黄，这道菜的外观可大为改善。若不计较费用，帕尔马干酪是制作此菜的最佳干酪品种。

时间--10至15分钟。平均费用，配1/2 lb.面团，10便士。

足够供6或7人食用。时令任何时候皆宜。

烤奶酪，即苏格兰珍馐。

1651. 配料--几片浓郁奶酪、吐司、芥末和胡椒。

[插图：热水奶酪碟。]

Mode.—Cut some nice rich sound cheese into rather thin slices; melt it in a cheese-toaster on a hot plate, or over steam, and, when melted, add a small quantity of mixed mustard and a seasoning of pepper; stir the cheese until it is completely dissolved, then brown it before the fire, or with a salamander. Fill the bottom of the cheese-toaster with hot water, and serve with dry or buttered toasts, whichever may be preferred. Our engraving illustrates a cheese-toaster with hot-water reservoir: the cheese is melted in the upper tin, which is placed in another vessel of boiling water, so keeping the preparation beautifully hot. A small quantity of porter, or port wine, is sometimes mixed with the cheese; and, if it be not very rich, a few pieces of butter may be mixed with it to great advantage. Sometimes the melted cheese is spread on the toasts, and then laid in the cheese-dish at the top of the hot water. Whichever way it is served, it is highly necessary that the mixture be very hot, and very quickly sent to table, or it will be worthless.

Mode。- 将一些优质浓郁、质地坚实的干酪切成较薄的片；在干酪烤盘中于热盘上或隔蒸汽融化，融化后加入少量芥末酱和胡椒调味；搅拌干酪直至完全溶解，然后在火前或用烤铁板将其表面烤至焦黄。在干酪烤盘底部注入热水，配以干吐司或黄油吐司上桌，任选其一。我们的插图展示的是带热水储层的干酪烤盘：干酪在上层锡盘中融化，该锡盘置于另一盛沸水的容器中，从而使成品保持极佳的热度。有时会在干酪中混入少量波特啤酒或波特酒；若干酪不够浓郁，可混入几块黄油，效果极佳。有时将融化的干酪涂抹在吐司上，然后放入热水顶部的干酪碟中。无论以何种方式上桌，都必须保证混合物非常热并迅速送至餐桌，否则便毫无价值。

Time.—About 5 minutes to melt the cheese.

时间。--约5分钟使奶酪融化。

Average cost, 1-1/2d. per slice.

平均成本，每片1-1/2便士。

Sufficient.—Allow a slice to each person. *Seasonable* at any time.

足够量--每人一片。时令 anytime。

TOASTED CHEESE, or WELSH RARE-BIT.

烤奶酪，或称威尔士干酪吐司。

1652. INGREDIENTS.—Slices of bread, butter, Cheshire or Gloucester cheese, mustard, and pepper.

1652. 配料--面包片、黄油、柴郡或格洛斯特奶酪、芥末和胡椒。

Mode.—Cut the bread into slices about 1/2 inch in thickness; pare off the crust, toast the bread slightly without hardening or burning it, and spread it with butter. Cut some slices, not quite so large as the bread, from a good rich fat cheese; lay them on the toasted

做法--将面包切成约1/2英寸厚的片；削去面包皮，将面包略微烘烤，不要烤硬或烤焦，然后涂上黄油。从一块优质肥厚的奶酪上切下几片，比面包片略小；将它们铺在烤好的

bread in a cheese-toaster; be careful that the cheese does not burn, and let it be equally melted. Spread over the top a little made mustard and a seasoning of pepper, and serve very hot, with very hot plates. To facilitate the melting of the cheese, it may be cut into thin flakes or toasted on one side before it is laid on the bread. As it is so essential to send this dish hot to table, it is a good plan to melt the cheese in small round silver or metal pans, and to send these pans to table, allowing one for each guest. Slices of dry or buttered toast should always accompany them, with mustard, pepper, and salt.

面包放入干酪烤盘中；注意不要让干酪烧焦，并使其均匀融化。在表面涂抹少量调制芥末并撒上胡椒调味，趁极热时上桌，配以极热的餐盘。为便于干酪融化，可将其切成薄片，或在铺于面包上之前先烤一面。由于此菜必须热着上桌，一个好办法是将干酪在小圆形银盘或金属盘中融化，然后将这些盘子直接上桌，每位客人一份。应始终配以干吐司或黄油吐司片，以及芥末、胡椒和盐。

Time.—About 5 minutes to melt the cheese.

时间。--约5分钟使奶酪融化。

Average cost, 1-1/2d. each slice.

平均成本，每片1-1/2便士。

Sufficient.—Allow a slice to each person. *Seasonable* at any time.

足够量--每人一片。时令 anytime。

Note.—Should the cheese be dry, a little butter mixed with it will be an improvement.

注--若奶酪较干，拌入少许黄油会更好。

"COW CHEESE."—It was only fifty years after Aristotle—the fourth century before Christ—that butter began to be noticed as an aliment. The Greeks, in imitation of the Parthians and Scythians, who used to send it to them, had it served upon their tables, and called it at first "oil of milk," and later, *bouturos*, "cow cheese."

“牛奶酪”--亚里士多德之后仅五十年--即公元前四世纪--黄油才开始被注意为一种食物。希腊人仿效帕提亚人和斯基泰人(他们常送黄油给希腊人)，将黄油摆上餐桌，起初称之为“奶之油”，后来称为*bouturos*，即“牛奶酪”。

SCOTCH WOODCOCK.

苏格兰山鹬

1653. INGREDIENTS.—A few slices of hot buttered toast; allow 1 anchovy to each slice. For the sauce,—1/4 pint of cream, the yolks of 3 eggs.

1653. 配料--几片热黄油吐司；每片配1条鳀鱼。酱汁用料--1/4 pint奶油，3个蛋黄。

Mode.—Separate the yolks from the whites of the eggs; beat the former, stir to them the cream, and bring the sauce to the boiling-point, but do not allow it to boil, or it will curdle. Have ready some hot buttered toast, spread with anchovies pounded to a paste; pour a little of the hot sauce on the top, and serve very hot and very quickly.

做法--将蛋黄与蛋白分离；打散蛋黄，拌入奶油，将酱汁加热至沸点，但不要让其沸腾，否则会凝结。备好一些热黄油吐司，涂上捣成糊的鳀鱼；在顶部浇上少许热酱汁，趁极热时尽快上桌。

Time.—5 minutes to make the sauce hot.

时间。- 5分钟使酱汁变热。

Sufficient.—Allow 1/2 slice to each person. *Seasonable* at any time.

足量。--每人配1/2片。时令 anytime.

TO CHOOSE EGGS.

如何挑选鸡蛋。

1654. In choosing eggs, apply the tongue to the large end of the egg, and, if it feels warm, it is new, and may be relied on as a fresh egg. Another mode of ascertaining their freshness is to hold them before a lighted candle, or to the light, and if the egg looks clear, it will be tolerably good; if thick, it is stale; and if there is a black spot attached to the shell, it is worthless. No egg should be used for culinary purposes with the slightest taint in it, as it will render perfectly useless those with which it has been mixed. Eggs that are purchased, and that cannot be relied on, should always be broken in a cup, and then put into a basin: by this means stale or bad eggs may be easily rejected, without wasting the others.

1654. 挑选鸡蛋时，用舌尖接触鸡蛋的大端，若感觉温热，则为新蛋，可放心视为新鲜鸡蛋。另一种判断新鲜度的方法是将鸡蛋对着点燃的蜡烛或光线照看，若蛋看起来清澈，则品质尚可；若浑浊，则不新鲜；若蛋壳上附着黑斑，则毫无价值。任何带有丝毫异味的鸡蛋都不应用于烹饪，因为它会使与之混合的其他食材完全失效。购买的、无法确信其品质的鸡蛋，应始终先打入杯中，再倒入盆中：如此便可轻易剔除不新鲜或变质的鸡蛋，而不浪费其他鸡蛋。

EGGS contain, for their volume, a greater quantity of nutriment than any other article of food. But it does not follow that they are always good for weak stomachs; quite the contrary; for it is often a great object to give the stomach a large surface to work upon, a considerable volume of *ingesta*, over which the nutritive matter is diffused, and so exposed to the action of the gastric juice at many points. There are many persons who cannot digest eggs, however

鸡蛋就其体积而言，所含营养比任何其他食物都多。但这并不意味着它们总是对弱胃有益；恰恰相反；因为常常重要的是给胃一个较大的工作面，即相当体积的*ingesta*，营养物质分散其上，从而在许多点上暴露于胃液的作用。有许多人无论怎样

cooked. It is said, however, that their digestibility decreases in proportion to the degree in which they are hardened by boiling.

TO KEEP EGGS FRESH FOR SEVERAL WEEKS.

1655. Have ready a large saucepan, capable of holding 3 or 4 quarts, full of boiling water. Put the eggs into a cabbage-net, say 20 at a time, and hold them in the water (which must be kept boiling) *for* 20 *seconds*. Proceed in this manner till you have done as many eggs as you wish to preserve; then pack them away in sawdust. We have tried this method of preserving eggs, and can vouch for its excellence: they will be found, at the end of 2 or 3 months, quite good enough for culinary purposes; and although the white may be a little tougher than that of a new-laid egg, the yolk will be nearly the same. Many persons keep eggs for a long time by smearing the shells with butter or sweet oil: they should then be packed in plenty of bran or sawdust, and the eggs not allowed to touch each other. Eggs for storing should be collected in fine weather, and should not be more than 24 hours old when they are packed away, or their flavour, when used, cannot be relied on. Another simple way of preserving eggs is to immerse them in lime-water soon after they have been laid, and then to put the vessel containing the lime-water in a cellar or cool outhouse.

Seasonable.—The best time for preserving eggs is from July to September.

EGGS.—The quality of eggs is said to be very much affected by the food of the fowls who lay them. Herbs and grain together make a better food than grain only. When the hens eat too many insects, the eggs have a disagreeable flavour.

烹制都无法消化鸡蛋。然而据说，鸡蛋的消化性随煮硬程度的增加而降低。

如何使鸡蛋保鲜数周。

1655. 准备一口能盛3至4 quarts的大深锅，装满煮沸的水。把鸡蛋放进一个卷心菜网兜里，比如一次放20个，然后把它们浸在(必须保持沸腾的)水里达20 秒。照此办理，直到处理完你希望保存的全部鸡蛋；然后把它们用锯末包藏起来。我们试过这种保存鸡蛋的方法，可以担保其效果极佳：在2至3个月之后，这些蛋用于烹饪仍相当好；虽然蛋白可能比新下的蛋稍韧一些，蛋黄却几乎一样。许多人用黄油或清油涂抹蛋壳来长期保存鸡蛋：然后应当用大量麦麸或锯末把它们包藏起来，并且不让鸡蛋彼此接触。用于贮存的鸡蛋应在好天气收集，而且在包藏时不得超过24小时，否则使用时其风味就靠不住了。另一种保存鸡蛋的简单办法是，在蛋生下后不久就把它们浸入石灰水中，然后把盛石灰水的容器放在地窖或阴凉的附属屋里。

时令--保存鸡蛋的最佳时间是七月至九月。

鸡蛋--据说鸡蛋的品质受产蛋母鸡饲料的很大影响。草药与谷物混合比仅用谷物是更好的饲料。当母鸡吃太多昆虫时，鸡蛋会有令人不快的味道。

TO BOIL EGGS FOR BREAKFAST, SALADS, &c.

[Illustration: EGG-STAND FOR THE BREAKFAST-TABLE.]

1656. Eggs for boiling cannot be too fresh, or boiled too soon after they are laid; but rather a longer time should be allowed for boiling a new-laid egg than for one that is three or four days old. Have ready a saucepan of boiling water; put the eggs into it gently with a spoon, letting the spoon touch the bottom of the saucepan before it is withdrawn, that the egg may not fall, and consequently crack. For those who like eggs lightly boiled, 3 minutes will be found sufficient; 3-3/4 to 4 minutes will be ample time to set the white nicely; and, if liked hard, 6 to 7 minutes will not be found too long. Should the eggs be unusually large, as those of black Spanish fowls sometimes are, allow an extra 1/2 minute for them. Eggs for salads should be boiled from 10 minutes to 1/4 hour, and should be placed in a basin of cold water for a few minutes; they should then be rolled on the table with the hand, and the shell will peel off easily.

Time.—To boil eggs lightly, for invalids or children, 3 minutes; to boil eggs to suit the generality of tastes, 3-3/4 to 4 minutes; to boil eggs hard, 6 to 7 minutes; for salads, 10 to 15 minutes.

Note.—Silver or plated egg-dishes, like that shown in our engraving, are now very much used. The price of the one illustrated is £2. 2s., and may be purchased of Messrs. R. & J. Slack, 336, Strand.

EGGS.—When fresh eggs are dropped into a vessel *full* of boiling water, they crack, because the eggs being well filled, the shells give way to the efforts of the interior fluids, dilated by heat. If the

煮鸡蛋作早餐、沙拉等

[插图：早餐桌上的蛋架。]

1656. 煮鸡蛋的鸡蛋不能太新鲜，也不能在产下后太快煮；新下的蛋应比下了三四天的蛋煮更长时间。准备一锅沸水；用勺子将鸡蛋轻轻放入，勺子抽出前先触到锅底，以免鸡蛋掉落而破裂。喜欢嫩煮鸡蛋的人，3分钟就足够了；3-3/4至4分钟足以使蛋白恰到好处地凝固；如果喜欢硬煮，6至7分钟也不会太长。如果鸡蛋特别大，如有时西班牙黑鸡所产的那样，则额外多煮1/2分钟。做沙拉用的鸡蛋应煮10分钟至1/4小时，并应放入冷水盆中几分钟；然后用手在桌上滚动，蛋壳就会容易剥落。

时间--为病人或儿童煮嫩蛋，3分钟；煮适合大多数人口味的蛋，3-3/4至4分钟；煮硬蛋，6至7分钟；用于沙拉，10至15分钟。

注--银质或镀银蛋盘，如我们插图所示，现在非常流行。图示那只的价格为£2. 2s.，可向R.& J.Slack先生公司购买，地址：336, Strand。

鸡蛋--将新鲜鸡蛋投入满沸水的容器中时，蛋会裂开，因为蛋内充满液体，受热膨胀，蛋壳抵挡不住内部液体的力量。如果

volume of hot water be small, the shells do not crack, because its temperature is reduced by the eggs before the interior dilation can take place. Stale eggs, again, do not crack, because the air inside is easily compressed.

热水体积小，蛋壳不会裂开，因为在内部膨胀发生之前，水温已被鸡蛋降低。另一方面，陈蛋不会裂开，因为里面的空气容易被压缩。

BUTTERED EGGS.

黄油炒蛋。

1657. INGREDIENTS.—4 new-laid eggs, 2 oz. of butter.

1657. 配料--4个新鲜鸡蛋，2盎司黄油。

Mode.—Procure the eggs new-laid if possible; break them into a basin, and beat them well; put the butter into another basin, which place in boiling water, and stir till the butter is melted. Pour that and the eggs into a lined saucepan; hold it over a gentle fire, and, as the mixture begins to warm, pour it two or three times into the basin, and back again, that the two ingredients may be well incorporated. Keep stirring the eggs and butter one way until they are hot, *without boiling*, and serve on hot buttered toast. If the mixture is allowed to boil, it will curdle, and so be entirely spoiled.

做法。--尽可能选用新下的鸡蛋；将蛋打入盆中，充分搅打；将黄油放入另一盆中，置于沸水上，搅拌至黄油融化。将黄油和鸡蛋倒入衬里的炖锅中；置于文火上，当混合物开始变温时，将其倒入盆中两三次，再倒回，使两种配料充分融合。始终朝一个方向搅拌鸡蛋和黄油，直到变热，不要煮沸，然后盛在涂了黄油的热吐司上。如果让混合物煮沸，就会凝结，从而完全毁掉。

Time.—About 5 minutes to make the eggs hot. *Average cost*, 7d.

时间--约5分钟使蛋变热。平均费用,7便士。

Sufficient.—Allow a slice to each person. *Seasonable* at any time.

足够量--每人一片。时令 anytime。

DUCKS' EGGS.

鸭蛋。

1658. Ducks' eggs are usually so strongly flavoured that, plainly boiled, they are not good for eating; they answer, however, very well for various culinary preparations where eggs are required; such as custards, &c. &c. Being so large and highly-flavoured, 1 duck's egg will go as far as 2 small hen's eggs; besides making whatever they are mixed with exceedingly rich. They also are

1658. 鸭蛋通常味道太重，白煮后不宜食用；然而它们非常适合各种需要鸡蛋的烹饪制作，如蛋奶糊等。由于鸭蛋大且味道浓，1个鸭蛋抵得上2个小鸡蛋；此外还能使所混合的任何食物格外肥美。它们也

admirable when used in puddings.

PRIMITIVE METHOD OF COOKING EGGS.—The shepherds of Egypt had a singular manner of cooking eggs without the aid of fire. They placed them in a sling, which they turned so rapidly that the friction of the air heated them to the exact point required for use.

FRIED EGGS.

1659. INGREDIENTS.—4 eggs, 1/4 lb. of lard, butter or clarified dripping.

[Illustration: FRIED EGGS ON BACON.]

Mode.—Place a delicately-clean frying-pan over a gentle fire; put in the fat, and allow it to come to the boiling-point. Break the eggs into cups, slip them into the boiling fat, and let them remain until the whites are delicately set; and, whilst they are frying, ladle a little of the fat over them. Take them up with a slice, drain them for a minute from their greasy moisture, trim them neatly, and serve on slices of fried bacon or ham; or the eggs may be placed in the middle of the dish, with the bacon put round as a garnish.

Time.—2 to 3 minutes. Average cost, 1d. each; 2d. when scarce.

Sufficient for 2 persons. *Seasonable* at any time.

VENERATION FOR EGGS.—Many of the most learned philosophers held eggs in a kind of respect, approaching to veneration, because they saw in them the emblem of the world and the four elements. The shell, they said, represented the earth;

用于布丁中时令人赞叹。

原始的煮蛋方法--埃及牧羊人有一种不用火煮蛋的奇特方法。他们把蛋放入投石器，快速旋转，使空气摩擦产生的热量将蛋加热到恰好可食用的程度。

煎蛋。

1659. 配料--4个鸡蛋，1/4 lb.猪油、黄油或澄清的滴油。

[插图：培根煎蛋。]

做法。--将一只极其干净的煎锅置于文火上；放入油脂，让其达到沸点。将鸡蛋打入杯中，滑入沸腾的油脂中，让它们保持到蛋白恰到好处地凝固；在煎的过程中，用勺将少许油脂浇在蛋上。用铲子取出，沥去油汁一分钟，修整整齐，盛在煎培根或火腿片上；或者将鸡蛋放在盘子中央，周围以培根作装饰。

时间。--2至3分钟。平均成本每个1便士；稀缺时每个2便士。

足够供2人食用。时令任何时候皆宜。

对鸡蛋的崇敬--许多最博学的哲学家对鸡蛋怀有一种近乎崇敬的尊重，因为他们在蛋中看到了世界和四元素的象征。他们说，蛋壳代表大地；

the white, water; the yolk, fire; and air was found under the shell at one end of the egg.

EGGS A LA MAITRE D'HOTEL.

1660. INGREDIENTS.—1/4 lb. of fresh butter, 1 tablespoonful of flour, 1/2 pint of milk, pepper and salt to taste, 1 tablespoonful of minced parsley, the juice of 1/2 lemon, 6 eggs.

Mode.—Put the flour and half the butter into a stewpan; stir them over the fire until the mixture thickens; pour in the milk, which should be boiling; add a seasoning of pepper and salt, and simmer the whole for 5 minutes. Put the remainder of the butter into the sauce, and add the minced parsley; then boil the eggs hard, strip off the shells, cut the eggs into quarters, and put them on a dish. Bring the sauce to the boiling-point, add the lemon-juice, pour over the eggs, and serve.

Time.—5 minutes to boil the sauce; the eggs, 10 to 15 minutes.

Average cost, 1s.

Sufficient for 4 or 5 persons. *Seasonable* at any time.

OEUFS AU PLAT, or AU MIROIR, served on the Dish in which they are
Cooked.

1661. INGREDIENTS.—4 eggs, 1 oz. of butter, pepper and salt to taste.

Mode.—Butter a dish rather thickly with good fresh butter; melt it, break the eggs into it the same as for poaching, sprinkle them with white pepper and fine salt, and put the remainder of the

蛋白代表水；蛋黄代表火；空气则在蛋一端的壳下。

总管式鸡蛋

1660. 配料--1/4 lb.新鲜黄油，1汤匙面粉，1/2 pint牛奶，适量胡椒和盐，1汤匙切碎的欧芹，1/2个柠檬的汁，6个鸡蛋。

做法。--将面粉和一半黄油放入炖锅中；在火上搅拌至混合物变稠；倒入应已煮沸的牛奶；加入胡椒和盐调味，将全部材料煨5分钟。将剩余的黄油加入酱汁中，加入切碎的欧芹；然后将鸡蛋煮硬，剥去蛋壳，将鸡蛋切成四块，放在盘子上。将酱汁煮沸，加入柠檬汁，浇在鸡蛋上，即可上桌。

时间。--酱汁煮5分钟；鸡蛋煮10至15分钟。

平均成本,1先令。

足够供4或5人食用。时令任何时候皆宜。

带壳水煮蛋，或称镜面蛋，盛于烹制所用的盘中

已烹饪。

1661. 配料--4个鸡蛋，1 oz.黄油，胡椒和盐适量。

做法--用优质新鲜黄油厚厚地涂抹一个盘子；将其融化，像做水波蛋一样把鸡蛋打入其中，撒上白胡椒和细盐，并将剩余的

butter, cut into very small pieces, on the top of them. Put the dish on a hot plate, or in the oven, or before the fire, and let it remain until the whites become set, but not hard, when serve immediately, placing the dish they were cooked in on another. To hasten the cooking of the eggs, a salamander may be held over them for a minute; but great care must be taken that they are not too much done. This is an exceedingly nice dish, and one very easily prepared for breakfast.

黄油切成极小的块放在上面。将盘子放在热盘上，或放入烤箱，或置于火前，让其停留至蛋白凝固但不硬，然后立即上桌，将烹制用的盘子放在另一个盘子上。为加速鸡蛋的烹制，可在其上用烤炙铁板烤一分钟；但必须非常小心，不要做得过熟。这是一道极好的菜，而且非常容易为早餐准备。

Time.—3 minutes. *Average cost*, 5d.

时间。- 3分钟。平均费用,5便士。

Sufficient for 2 persons. *Seasonable* at any time.

足够供2人食用。时令任何时候皆宜。

PLOVERS' EGGS.

鸻鸟蛋。

1662. Plovers' eggs are usually served boiled hard, and sent to table in a napkin, either hot or cold. They may also be shelled, and served the same as eggs à la Tripe, with a good Béchamel sauce, or brown gravy, poured over them. They are also used for decorating salads, the beautiful colour of the white being generally so much admired.

1662. 鸻鸟蛋通常煮硬后上桌，用餐巾包裹，热食或冷食均可。也可以去壳，像à la Tripe式鸡蛋一样，浇上好的贝夏梅尔酱汁或棕色肉汁食用。它们也用于装饰沙拉，蛋白的美丽颜色通常备受赞赏。

POACHED EGGS.

水波蛋。

[Illustration: EGGS POACHED ON TOAST.]

[Illustration: TIN EGG-POACHER.]

[插图：吐司上的水波蛋。][插图：锡制水波蛋器。]

1663. INGREDIENTS.—Eggs, water. To every pint of water allow 1 tablespoonful of vinegar.

1663. 配料--鸡蛋、水。每1 pint水加1汤匙醋。

Mode.—Eggs for poaching should be perfectly fresh, but not quite new-laid; those that are about 36 hours old are the best for the

做法--做水波蛋的鸡蛋应非常新鲜，但不要刚下的；约36小时的蛋最适合

purpose. If quite new-laid, the white is so milky it is almost impossible to set it; and, on the other hand, if the egg be at all stale, it is equally difficult to poach it nicely. Strain some boiling water into a deep clean frying-pan; break the egg into a cup without damaging the yolk, and, when the water boils, remove the pan to the side of the fire, and gently slip the egg into it. Place the pan over a gentle fire, and keep the water simmering until the white looks nicely set, when the egg is ready. Take it up gently with a slice, cut away the ragged edges of the white, and serve either on toasted bread or on slices of ham or bacon, or on spinach, &c. A poached egg should not be overdone, as its appearance and taste will be quite spoiled if the yolk be allowed to harden. When the egg is slipped into the water, the white should be gathered together, to keep it a little in form, or the cup should be turned over it for 1 minute. To poach an egg to perfection is rather a difficult operation; so, for inexperienced cooks, a tin egg-poacher may be purchased, which greatly facilitates this manner of dressing ecgs. Our illustration clearly shows what it is: it consists of a tin plate with a handle, with a space for three perforated cups. An egg should be broken into each cup, and the machine then placed in a stewpan of boiling water, which has been previously strained. When the whites of the eggs appear set, they are done, and should then be carefully slipped on to the toast or spinach, or with whatever they are served. In poaching eggs in a frying-pan, never do more than four at a time; and, when a little vinegar is liked mixed with the water in which the eggs are done, use the above proportion.

Time.—2-1/2 to 3-1/2 minutes, according to the size of the egg.

Sufficient.—Allow 2 eggs to each person.

用途。如果非常新鲜，蛋白如此乳白，几乎不可能使其凝固；另一方面，如果鸡蛋完全不新鲜，也同样难以漂亮地水波煮。将一些沸水滤入深而干净的煎锅中；将鸡蛋打入杯中，不要弄破蛋黄，当水沸腾时，将锅移到火边，轻轻将鸡蛋滑入。将锅置于文火上，保持水微沸，直到蛋白看起来恰到好处地凝固，鸡蛋就好了。用铲子轻轻取出，切去蛋白的毛边，盛在烤面包上，或火腿片、培根片上，或菠菜上等。水波蛋不应过熟，因为如果让蛋黄变硬，其外观和味道都会完全毁掉。当鸡蛋滑入水中时，应将蛋白聚拢，使其稍具形状，或将杯子倒扣其上1分钟。将水波蛋做到完美是相当困难的操作；因此，对于没有经验的厨师，可以购买锡制水波蛋器，这大大方便了这种鸡蛋的烹调方式。我们的插图清楚地显示了它是什么：它由一个带手柄的锡盘组成，有三个穿孔杯的空间。每个杯中打入一个鸡蛋，然后将器具放入预先滤过的沸水炖锅中。当鸡蛋的蛋白看起来凝固时，就熟了，然后应小心地滑到吐司或菠菜上，或与任何搭配的食物一起。在煎锅中水波煮鸡蛋时，一次绝不要超过四个；如果喜欢在煮蛋的水中加一点醋，按上述比例使用。

时间。- 2-1/2 至 3-1/2 分钟，视鸡蛋大小而定。

足量。--每人配给2个鸡蛋。

Seasonable at any time, but less plentiful in winter.

时令任何时候都有，但冬季较少。

POACHED EGGS, WITH CREAM.

奶油水波蛋

1664. INGREDIENTS.—1 pint of water, 1 teaspoonful of salt, 4 teaspoonfuls of vinegar, 4 fresh eggs, 1/2 gill of cream, salt, pepper, and pounded sugar to taste, 1 oz. of butter.

1664. 配料。--1 pint水，1茶匙盐，4茶匙醋，4个新鲜鸡蛋，1/2 gill奶油，盐、胡椒和适量砂糖，1 oz.黄油。

Mode.—Put the water, vinegar, and salt into a frying-pan, and break each egg into a separate cup; bring the water, &c. to boil, and slip the eggs gently into it without breaking the yolks. Simmer them from 3 to 4 minutes, but not longer, and, with a slice, lift them out on to a hot dish, and trim the edges. Empty the pan of its contents, put in the cream, add a seasoning to taste of pepper, salt, and pounded sugar; bring the whole to the boiling-point; then add the butter, broken into small pieces; toss the pan round and round till the butter is melted; pour it over the eggs, and serve. To insure the eggs not being spoiled whilst the cream, &c., is preparing, it is a good plan to warm the cream with the butter, &c., before the eggs are poached, so that it may be poured over them immediately after they are dished.

Mode。- 将水、醋和盐放入煎锅，把每个蛋分别打入单独的杯子中；将水等煮沸，然后将蛋轻轻滑入其中，不要弄破蛋黄。用文火煮3至4分钟，但不要更久，然后用铲子将它们捞出放在热盘中，修整边缘。倒空锅中的内容物，加入奶油，加入适量的胡椒、盐和捣碎的糖调味；将全部煮沸；然后加入切成小块的黄油；反复转动锅子直到黄油融化；将其倒在蛋上即可食用。为确保在准备奶油等时蛋不会变坏，一个好办法是在煮蛋之前先将奶油与黄油等加热，以便蛋装盘后能立即浇上。

Time.—3 to 4 minutes to poach the eggs, 5 minutes to warm the cream.

时间。--煮鸡蛋3至4分钟，温热奶油5分钟。

Average cost for the above quantity, 9d.

平均成本上述数量为9便士。

Sufficient for 2 persons. *Seasonable* at any time.

足够供2人食用。时令任何时候皆宜。

1665. COMPARATIVE SIZES OF EGGS.

1665. 蛋的比较大小。

[Illustration: 1 SWAN'S EGG. 2 TURKEY'S EGG. 3 DUCK'S EGG. 4

[插图：1 天鹅蛋。2 火鸡蛋。3 鸭蛋。4

PLOVER'S
EGG.]

SCOTCH EGGS.

1666. INGREDIENTS.—6 eggs, 6 tablespoonfuls of forcemeat No. 417, hot lard, 1/2 pint of good brown gravy.

Mode.—Boil the eggs for 10 minutes; strip them from the shells, and cover them with forcemeat made by recipe No. 417; or substitute pounded anchovies for the ham. Fry the eggs a nice brown in boiling lard, drain them before the fire from their greasy moisture, dish them, and pour round from 1/4 to 1/2 pint of good brown gravy. To enhance the appearance of the eggs, they may be rolled in beaten egg and sprinkled with bread crumbs; but this is scarcely necessary if they are carefully fried. The flavour of the ham or anchovy in the forcemeat must preponderate, as it should be very relishing.

Time.—10 minutes to boil the eggs, 5 to 7 minutes to fry them.

Average cost, 1s. 4d.

Sufficient for 3 or 4 persons. *Seasonable* at any time.

EGGS A LA TRIPE.

1667. INGREDIENTS.—8 eggs, 3/4 pint of Béchamel sauce No. 368, dessertspoonful of finely-minced parsley.

Mode.—Boil the eggs hard; put them into cold water, peel them, take out the yolks whole, and shred the whites. Make 3/4 pint of Béchamel sauce by recipe No. 368; add the parsley, and, when the

[凤头麦鸡
蛋。]

苏格兰蛋

1666. 配料。--6个鸡蛋，6汤匙第417号馅料，热猪油，1/2 pint优质棕色肉汁。

Mode。- 将蛋煮10分钟；剥去蛋壳，用食谱第417号制作的馅料覆盖；或用捣碎的鲽鱼代替火腿。在沸腾的猪油中将蛋煎至漂亮的棕色，在火上沥去油腻的水分，装盘，并浇上1/4至1/2品脱上好的棕色肉汁。为增加蛋的美观，可以将它们裹上打散的蛋液并撒上面包屑；但如果煎得仔细，这几乎没有必要。馅料中火腿或鲽鱼的味道必须占主导，因为它应该非常开胃。

时间。--煮蛋需10分钟，煎蛋需5至7分钟。

平均成本,1先令4便士。

足够供三四人食用。时令随时皆宜。

蛋烩洋葱

1667. 配料。--8个鸡蛋，3/4 pint 白汁酱 No.368，一甜点匙切碎的欧芹。

做法。--将鸡蛋煮至全熟；放入冷水中，剥壳，完整取出蛋黄，将蛋白切丝。按第368号食谱制作3/4 pint贝夏梅尔酱汁；加入欧芹，当

sauce is quite hot, put the yolks of the eggs into the middle of the dish, and the shred whites round them; pour over the sauce, and garnish with leaves of puff-paste or fried croûtons. There is no necessity for putting the eggs into the saucepan with the Béchamel; the sauce, being quite hot, will warm the eggs sufficiently.

酱汁相当热时，将蛋黄放在盘子中央，周围放蛋白丝；浇上酱汁，用千层酥皮叶片或炸面包丁装饰。无需将鸡蛋与贝夏梅尔酱汁一起放入锅中；酱汁相当热，足以温热鸡蛋。

Time.—10 minutes to boil the eggs.

时间。--煮蛋需10分钟。

Average cost, 1s.

平均成本,1先令。

Sufficient for 5 or 6 persons.

足量供5或6人食用。

Seasonable at any time.

时令任何时候皆宜。

[Illustration]

[Illustration]

[Illustration]

[Illustration]

CHAPTER XXXIV.

第三十四章

GENERAL OBSERVATIONS ON BREAD, BISCUITS, AND CAKES.

关于面包、饼干和蛋糕的一般性观察

BREAD AND BREAD-MAKING.

面包与面包制作。

1668. AMONG the numerous vegetable products yielding articles of food for man, the Cereals hold the first place. By means of skilful cultivation, mankind have transformed the original forms of these growths, poor and ill-flavoured as they perhaps were, into various fruitful and agreeable species, which yield an abundant and pleasant supply. Classified according to their respective richness in alimentary elements, the Cereals stand thus:—Wheat, and its varieties, Rye, Barley, Oats, Rice, Indian Corn. Everybody knows it is wheat flour which yields the best bread. Rye-bread is

1668. 在众多为人类提供食物的植物产品中，谷物居于首位。通过巧妙的耕作，人类将这些生长物的原始形态--尽管可能贫瘠且味道不佳--转变为各种丰产而宜人的品种，提供丰富而令人愉悦的供应。按照各自营养元素的丰富程度分类，谷物的排列如下：小麦及其变种、黑麦、大麦、燕麦、稻米、玉米。众所周知，小麦面粉能制成最好的面包。黑麦面包是

viscous, hard, less easily soluble by the gastric juice, and not so rich in nutritive power. Flour produced from barley, Indian corn, or rice, is not so readily made into bread; and the article, when made, is heavy and indigestible.

1669. On examining a grain of corn from any of the numerous cereals [Footnote: *Cereal,* a corn-producing plant; from Ceres, the goddess of agriculture.] used in the preparation of flour, such as wheat, maize, rye, barley, &c., it will be found to consist of two parts,—the husk, or exterior covering, which is generally of a dark colour, and the inner, or albuminous part, which is more or less white. In grinding, these two portions are separated, and the husk being blown away in the process of winnowing, the flour remains in the form of a light brown powder, consisting principally of starch and gluten. In order to render it white, it undergoes a process called "bolting." It is passed through a series of fine sieves, which separate the coarser parts, leaving behind fine white flour, —the "fine firsts" of the corn-dealer. The process of bolting, as just described, tends to deprive flour of its gluten, the coarser and darker portion containing much of that substance; while the lighter part is peculiarly rich in starch. Bran contains a large proportion of gluten; hence it will be seen why brown broad is so much more nutritious than white; in fact, we may lay it down as a general rule, that the whiter the bread the less nourishment it contains. Majendie proved this by feeding a dog for forty days with white wheaten bread, at the end of which time he died; while another dog, fed on brown bread made with flour mixed with bran, lived without any disturbance of his health. The "bolting" process, then, is rather injurious than beneficial in its result; and is one of the numerous instances where fashion has

黏稠、坚硬、较不易被胃液溶解，且营养价值不那么丰富。由大麦、印第安玉米或大米制成的面粉，不那么容易做成面包；而且成品沉重难消化。

1669. 检查任何用于制粉的众多谷物[脚注：*Cereal*,产谷物的植物；源自农业女神刻瑞斯。]的一粒谷粒，如小麦、玉米、黑麦、大麦等，会发现它由两部分组成--外壳或外皮，通常颜色较深，以及内部或蛋白质部分，颜色较白。在研磨时，这两部分被分离，外壳在扬场过程中被吹走，面粉以浅棕色粉末的形式留存，主要由淀粉和面筋组成。为了使其变白，它要经过一个称为“筛分”的过程。它通过一系列细筛，分离出较粗的部分，留下精细的白面粉--即粮商的“上等精粉”。如上所述的筛分过程，倾向于剥夺面粉中的面筋，较粗较深的部分含有大量该物质；而较浅的部分则特别富含淀粉。麸皮含有大量面筋；因此可以看出为什么棕色面包比白面包营养丰富得多；事实上，我们可以将其作为一条通则：面包越白，所含营养越少。马让迪通过用白小麦面包喂狗四十天证明了这一点，四十天后狗死了；而另一只用混合麸皮的面粉制成的棕色面包喂养的狗，则健康无碍地活着。因此，“筛分”过程的结果与其说有益不如说有害；这是众多时尚

chosen a wrong standard to go by. In ancient times, down to the Emperors, no bolted flour was known. In many parts of Germany the entire meal is used; and in no part of the world are the digestive organs of the people in a better condition. In years of famine, when corn is scarce, the use of bolted flour is most culpable, for from 18 to 20 per cent, is lost in bran. Brown bread has, of late years, become very popular; and many physicians have recommended it to invalids with weak digestions with great success. This rage for white bread has introduced adulterations of a very serious character, affecting the health of the whole community. Potatoes are added for this purpose; but this is a comparatively harmless cheat, only reducing the nutritive property of the bread; but bone-dust and alum are also put in, which are far from harmless.

选择了错误标准的例子之一。在古代，直到皇帝时期，都不知道筛过的面粉。在德国的许多地方使用全麦粉；世界上没有任何地方的人的消化器官比那里更好。在饥荒年份，当谷物稀缺时，使用筛过的面粉是最应受谴责的，因为麸皮中损失了18%至20%。近年来，棕色面包变得非常流行；许多医生将其推荐给消化虚弱的病人，取得了巨大成功。这种对白面包的狂热引入了性质非常严重的掺假，影响了整个社区的健康。为此目的添加了马铃薯；但这是一种相对无害的欺骗，只是降低了面包的营养价值；但还加入了骨粉和明矾，这些远非无害。

1670. Bread-making is a very ancient art indeed. The Assyrians, Egyptians, and Greeks, used to make bread, in which oil, with aniseed and other spices, was an element; but this was unleavened. Every family used to prepare the bread for its own consumption, the *trade* of baking not having yet taken shape. It is said, that somewhere about the beginning of the thirtieth Olympiad, the slave of an archon, at Athens, made leavened bread by accident. He had left some wheaten dough in an earthen pan, and forgotten it; some days afterwards, he lighted upon it again, and found it turning sour. His first thought was to throw it away; but, his master coming up, he mixed this now acescent dough with some fresh dough, which he was working at. The bread thus produced, by the introduction of dough in which alcoholic fermentation had begun, was found delicious by the archon and his friends; and the slave, being summoned and catechised, told

1670. 面包制作确实是一门非常古老的手艺。亚述人、埃及人和希腊人都曾制作面包，其中以油、茴芹籽和其他香料为配料；但那是未经发酵的面包。每个家庭都自行准备供自家食用的面包，烘烤这一行业尚未成形。据说，大约在第三十届奥林匹亚赛会之初，雅典一位执政官的奴隶偶然做出了发酵面包。他把一些小麦面团留在一个陶盆里，忘了这回事；几天之后，他又偶然发现了它，发现它已经变酸。他最初的想法是把它扔掉；但他的男主人走了过来，他便把这已经发酸的面团与他正在揉的一些新鲜面团混合在一起。这样制作出来的面包，由于加入了已经开始酒精发酵的面团，被执政官和他的朋友们发现十分美味；那奴隶被叫来盘问，便说道

the secret. It spread all over Athens; and everybody wanting leavened bread at once, certain persons set up as bread-makers, or bakers. In a short time bread-baking became quite an art, and "Athenian bread" was quoted all over Greece as the best bread, just as the honey of Hyamettus was celebrated as the best honey.

这个秘密传遍了整个雅典；人人都想立刻得到发酵面包，于是有些人便做起面包师来。不久，烘面包便成了一门相当讲究的技艺，“雅典面包”在希腊全境被公认为最好的面包，正如海梅图斯的蜂蜜被誉为最好的蜂蜜一样。

1671. In our own times, and among civilized peoples, bread has become an article of food of the first necessity; and properly so, for it constitutes of itself a complete life-sustainer, the gluten, starch, and sugar, which it contains, representing azotized and hydro-carbonated nutrients, and combining the sustaining powers of the animal and vegetable kingdoms in one product.

1671. 在我们这个时代，在文明民族中间，面包已成为头等必需的食品；这很合理，因为它本身就是一种完整的维持生命之物，它所含的面筋、淀粉和糖，代表着含氮的和含碳氢的养分，把动物界与植物界的滋养力结合于同一产品之中。

1672. WHEATEN BREAD.—The finest, wholesomest, and most savoury bread is made from wheaten flour. There are, of wheat, three leading qualities,— the soft, the medium, and the hard wheat; the last of which yields a kind of bread that is not so white as that made from soft wheat, but is richer in gluten, and, consequently, more nutritive.

1672. 小麦面包。--最精细、最卫生、最可口的面包是用小麦面粉做的。小麦有三大类--软小麦、中等小麦和硬小麦；最后一类所制的面包不如软小麦制的那么白，但面筋更丰富，因而更有营养。

1673. RYE BREAD.—This comes next to wheaten bread: it is not so rich in gluten, but is said to keep fresh longer, and to have some laxative qualities.

1673. 黑麦面包。--这仅次于小麦面包：它的面筋不那么丰富，但据说能更久地保持新鲜，并有一些通便的作用。

1674. BARLEY BREAD, INDIAN-CORN BREAD, &c.—Bread made from barley, maize, oats, rice, potatoes, &c. "rises" badly, because the grains in question contain but little gluten, which makes the bread heavy, close in texture, and difficult of digestion; in fact, corn-flour has to be added before panification can take place. In countries where wheat is scarce and maize abundant, the people make the latter a chief article of sustenance, when prepared in different forms.

1674. 大麦面包、玉米面包等。--用大麦、玉米、燕麦、稻米、马铃薯等做的面包“发”得不好，因为上述谷物所含面筋很少，这使面包发硬、质地紧密、难以消化；事实上，必须掺入谷物面粉才能进行面包制作。在小麦稀少而玉米丰富的国家，人们把玉米制成各种形式，作为主要食物。

BREAD-MAKING.

1675. PANIFICATION, or bread-making, consists of the following processes, in the case of Wheaten Flour. Fifty or sixty per cent. of water is added to the flour, with the addition of some leavening matter, and, preferably, of yeast from malt and hops. All kinds of leavening matter have, however, been, and are still used in different parts of the world: in the East Indies, "toddy," which is a liquor that flows from the wounded cocoa-nut tree; and, in the West Indies, "dunder," or the refuse of the distillation of rum. The dough then undergoes the well-known process called *kneading*. The yeast produces fermentation, a process which may be thus described:—The dough reacting upon the leavening matter introduced, the starch of the flour is transformed into saccharine matter, the saccharine matter being afterwards changed into alcohol and carbonic acid. The dough must be well "bound," and yet allow the escape of the little bubbles of carbonic acid which accompany the fermentation, and which, in their passage, cause the numerous little holes which are seen in light bread.

1676. The yeast must be good and fresh, if the bread is to be digestible and nice. Stale yeast produces, instead of vinous fermentation, an acetous fermentation, which flavours the bread and makes it disagreeable. A poor thin yeast produces an imperfect fermentation, the result being a heavy unwholesome loaf.

1677. When the dough is well kneaded, it is left to stand for some time, and then, as soon as it begins to swell, it is divided into loaves; after which it is again left to stand, when it once more swells up, and manifests, for the last time, the symptoms of

面包制作。

1675. 面包制作，即做面包，就小麦面粉而言，包括以下过程。在面粉中加入百分之五十或六十的水，并加入某种发酵物，最好是加入由麦芽和啤酒花制成的酵母。然而，世界各地过去和现在仍在使用各种发酵物：在东印度群岛，使用“toddy”，即从受伤的椰子树流出的汁液；在西印度群岛，使用“dunder”，即蒸馏朗姆酒后的残渣。然后面团经过众所周知的称为揉面的过程。酵母产生发酵，这一过程可以这样描述：面团与加入的发酵物发生反应，面粉中的淀粉转化为糖类物质，糖类物质随后转化为酒精和碳酸。面团必须充分“结合”，同时又要允许伴随发酵产生的碳酸小气泡逸出，这些气泡在逸出过程中造成了松软面包中可见的众多小孔。

1676. 酵母必须良好而新鲜，面包才能易消化而美味。陈酵母产生的不是酒精发酵，而是醋酸发酵，这会使面包带上异味，变得令人不快。稀薄的劣质酵母产生不完全的发酵，结果是得到一个沉重而不卫生的面包。

1677. 面团揉好后，放置一段时间，然后一等它开始膨胀，就分成一个个面包；此后再次放置，当它再度膨胀起来，并最后一次显出

fermentation. It is then put into the oven, where the water contained in the dough is partly evaporated, and the loaves swell up again, while a yellow crust begins to form upon the surface. When the bread is sufficiently baked, the bottom crust is hard and resonant if struck with the finger, while the crumb is elastic, and rises again after being pressed down with the finger. The bread is, in all probability, baked sufficiently if, on opening the door of the oven, you are met by a cloud of steam which quickly passes away.

发酵。然后将其放入烤箱，面团中所含的水分部分蒸发，面包膨胀起来，同时表面开始形成黄色的外壳。当面包烘烤充分时，底部外壳坚硬，用手指敲击会发出响声，而面包瓤有弹性，用手指按压后会重新弹起。打开烤箱门时，如果遇到一团迅速消散的蒸汽，面包就极有可能已经烘烤充分了。

1678. One word as to the unwholesomeness of new bread and hot rolls. When bread is taken out of the oven, it is full of moisture; the starch is held together in masses, and the bread, instead of being crusted so as to expose each grain of starch to the saliva, actually prevents their digestion by being formed by the teeth into leathery poreless masses, which lie on the stomach like so many bullets. Bread should always be at least a day old before it is eaten; and, if properly made, and kept in a *cool dry* place, ought to be perfectly soft and palatable at the end of three or four days. Hot rolls, swimming in melted butter, and new bread, ought to be carefully shunned by everybody who has the slightest respect for that much-injured individual—the Stomach.

1678. 关于新面包和热卷饼不益健康，略说几句。面包从烤箱取出时充满水分；淀粉结成一团团，面包非但没有形成外壳使每一粒淀粉接触唾液，反而被牙齿咬成皮革般无孔的一团团，像许多子弹一样停留在胃里，实际上妨碍了消化。面包食用前应至少放置一天；如果制作得当，并保存在阴凉干燥的地方，三四天后应当仍然完全柔软可口。浸在融化黄油中的热卷饼和新面包，凡是稍有一点尊重那个饱受伤害的个体--胃--的人，都应当小心避开。

1679. AERATED BREAD.—It is not unknown to some of our readers that Dr. Dauglish, of Malvern, has recently patented a process for making bread "light" without the use of leaven. The ordinary process of bread-making by fermentation is tedious, and much labour of human hands is requisite in the kneading, in order that the dough may be thoroughly interpenetrated with the leaven. The new process impregnates the bread, by the application of machinery, with carbonic acid gas, or fixed air. Different opinions are expressed about the bread; but it is curious to note,

1679. 充气面包。--我们的部分读者并非不知道，马尔文的道格利什博士最近获得了一项专利，用一种不用发酵剂使面包“松软”的方法制作面包。普通的发酵制面包方法费时，揉面时需要大量人工劳动，以使面团充分渗透发酵剂。新方法通过机械装置使面包充满碳酸气或固定空气。人们对这种面包有不同看法；但值得注意的是，

that, as corn is now reaped by machinery, and dough is baked by machinery, the whole process of bread-making is probably in course of undergoing changes which will emancipate both the housewife and the professional baker from a large amount of labour.

由于如今谷物用机器收割，面团用机器烘烤，整个面包制作过程大概正在经历变革，这些变革将使主妇和专业面包师都从大量劳动中解放出来。

1680. In the production of Aërated Bread, wheaten flour, water, salt, and carbonic acid gas (generated by proper machinery), are the only materials employed. We need not inform our readers that carbonic acid gas is the source of the effervescence, whether in common water coming from a depth, or in lemonade, or any aërated drink. Its action, in the new bread, takes the place of fermentation in the old.

1680. 在充气面包的制作中，小麦面粉、水、盐和碳酸气(由适当的机器产生)是所用的唯一材料。我们无需告诉读者，碳酸气是冒泡现象的来源，无论是在来自深处的一般泉水中，还是在柠檬水中，或在任何充气饮料中。它在新式面包中的作用，取代了旧式面包中的发酵。

1681. In the patent process, the dough is mixed in a great iron ball, inside which is a system of paddles, perpetually turning, and doing the kneading part of the business. Into this globe the flour is dropped till it is full, and then the common atmospheric air is pumped out, and the pure gas turned on. The gas is followed by the water, which has been aërated for the purpose, and then begins the churning or kneading part of the business.

1681. 在专利工艺中，面团在一个大铁球内混合，球内有一套不断转动的桨叶，承担揉面的工作。面粉被投入这个球体中直到装满，然后抽出普通的大气空气，通入纯净的煤气。煤气之后是为此充过气的水，接着便开始搅拌或揉面的工作。

1682. Of course, it is not long before we have the dough, and very "light" and nice it looks. This is caught in tins, and passed on to the floor of the oven, which is an endless floor, moving slowly through the fire. Done to a turn, the loaves emerge at the other end of the apartment,—and the Aërated Bread is made.

1682. 当然，不用多久我们就得到了面团，它看起来非常“轻”而好看。这被接在铁皮模子里，送到炉底，那是一个无端的炉底，缓缓穿过炉火。烤到恰到好处时，面包从房间的另一端出来--充气面包就做好了。

1683. It may be added, that it is a good plan to change one's baker from time to time, and so secure a change in the quality of the bread that is eaten.

1683. 还可以补充说，不时更换自己的面包师是个好办法，这样就能使所吃的面包质量有所变化。

1684. MIXED BREADS.—Rye bread is hard of digestion, and requires longer and slower baking than wheaten bread. It is better when made with leaven of wheaten flour rather than yeast, and turns out lighter. It should not be eaten till two days old. It will keep a long time.

1684. 混合面包。--黑麦面包难消化，需要比小麦面包更长时间、更慢的烘烤。用小麦面粉的酵子而非酵母来做更好，成品也更松软。应放两天后再吃。它能保存很长时间。

1685. A good bread may be made by mixing rye-flour, wheat-flour, and rice-paste in equal proportions; also by mixing rye, wheat, and barley. In Norway, it is said that they only bake their barley broad once a year, such is its "keeping" quality.

1685. 将黑麦面粉、小麦面粉和米糊等量混合，可以做出好面包；将黑麦、小麦和大麦混合亦可。据说在挪威，他们一年只烤一次大麦面包，其“保存”性能就是如此之好。

1686. Indian-corn flour mixed with wheat-flour (half with half) makes a nice bread; but it is not considered very digestible, though it keeps well.

1686. 玉米面粉与小麦面粉混合(各半)可做出好吃的面包；但它被认为不太易消化，虽然保存得好。

1687. Rice cannot be made into bread, nor can potatoes; but one-third potato flour to three-fourths wheaten flour makes a tolerably good loaf.

1687. 稻米不能做成面包，马铃薯也不能；但三分之一马铃薯粉加四分之三小麦面粉，可以做出一个还算不错的面包。

1688. A very good bread, better than the ordinary sort, and of a delicious flavour, is said to be produced by adopting the following recipe:—Take ten parts of wheat-flour, five parts of potato-flour, one part of rice-paste; knead together, add the yeast, and bake as usual. This is, of course, cheaper than wheaten bread.

1688. 据说采用以下食谱可以做出一种非常好的面包，比普通面包更好，风味美妙：取小麦面粉十份、马铃薯粉五份、米糊一份；揉在一起，加入酵母，照常烘烤。这当然比小麦面包便宜。

1689. Flour, when freshly ground, is too glutinous to make good bread, and should therefore not be used immediately, but should be kept dry for a few weeks, and stirred occasionally, until it becomes dry, and crumbles easily between the fingers.

1689. 面粉刚磨出来时过于黏，做不出好面包，因此不应立即使用，而应干燥保存几周，不时搅拌，直到它变干，在指间容易碎散。

1690. Flour should be perfectly dry before being used for bread or cakes; if at all damp, the preparation is sure to be heavy. Before mixing it with the other ingredients, it is a good plan to place it

1690. 面粉在用于做面包或蛋糕之前应完全干燥；如果稍有潮湿，成品必定发硬。在与其他配料混合之前，一个好办法是把它放置

for an hour or two before the fire, until it feels warm and dry.

在炉火前放一两个小时，直到它摸起来温暖干燥为止。

1691. Yeast from home-brewed beer is generally preferred to any other: it is very bitter, and, on that account, should be well washed, and put away until the thick mass settles. If it still continues bitter, the process should be repeated; and, before being used, all the water floating at the top must be poured off. German yeast is now very much used, and should be moistened, and thoroughly mixed with the milk or water with which the bread is to be made.

1691. 家酿啤酒的酵母通常比其他任何酵母都更受青睐：它很苦，因此应好好冲洗，放置到浓稠的团块沉淀下来。如果仍然发苦，应重复这一过程；在使用之前，必须把浮在上面的水全部倒掉。德国酵母如今用得很多，应将其润湿，与做面包所用的牛奶或水充分混合。

1692. The following observations are extracted from a valuable work on Bread-making, [Footnote: "The English Bread-Book." By Eliza Acton. London: Longman.] and will be found very useful to our readers:—

1692. 以下论述摘自一部关于面包制作的珍贵著作，[脚注：“The English Bread-Book.” 伊莱扎·阿克顿著。伦敦：朗曼。]读者会发现它非常有用：--

1693. The first thing required for making wholesome bread is the utmost cleanliness; the next is the soundness and sweetness of all the ingredients used for it; and, in addition to these, there must be attention and care through the whole process.

1693. 制作卫生面包首先要求的是极度的清洁；其次是所用一切配料的完好与新鲜；除此以外，整个过程中还必须细心留意。

1694. An almost certain way of spoiling dough is to leave it half-made, and to allow it to become cold before it is finished. The other most common causes of failure are using yeast which is no longer sweet, or which has been frozen, or has had hot liquid poured over it.

1694. 几乎必定会毁掉面团的做法，是把它做到一半就搁下，任其在完成之前变凉。其他最常见的失败原因，是使用不再新鲜、或已冻结、或被浇过滚烫液体的酵母。

1695. Too small a proportion of yeast, or insufficient time allowed for the dough to rise, will cause the bread to be heavy.

1695. 酵母比例太小，或留给面团发酵的时间不足，会使面包发硬。

1696. Heavy bread will also most likely be the result of making the dough very hard, and letting it become quite, cold, particularly in winter.

1696. 把面团和得很硬，并让它完全变凉，尤其是在冬天，也很可能导致面包发硬。

1697. If either the sponge or the dough be permitted to overwork itself, that is to say, if the mixing and kneading be neglected when it has reached the proper point for either, sour bread will probably be the consequence in warm weather, and bad bread in any. The goodness will also be endangered by placing it so near a fire as to make any part of it hot, instead of maintaining the gentle and equal degree of heat required for its due fermentation.

1697. 如果酵头或面团被允许过度发酵，也就是说，当它已达到适宜的程度时却疏忽了搅拌和揉面，那么在暖天很可能做出酸面包，在任何天气都会做出坏面包。把它放得离火太近，以致任何部分变热，而不是保持其充分发酵所需的温和均匀的温度，也会危及成品的优良。

1698. MILK OR BUTTER.—Milk which is not perfectly sweet will not only injure the flavour of the bread, but, in sultry weather, will often cause it to be quite uneatable; yet either of them, if fresh and good, will materially improve its quality.

1698. 牛奶或黄油。--不十分新鲜的牛奶不仅会损害面包的风味，而且在闷热天气里常会使它完全不能吃；然而二者中任何一种，只要新鲜良好，都会大大改善其品质。

1699. To keep bread sweet and fresh, as soon as it is cold it should be put into a clean earthen pan, with a cover to it: this pan should be placed at a little distance from the ground, to allow a current of air to pass underneath. Some persons prefer keeping bread on clean wooden shelves, without being covered, that the crust may not soften. Stale bread may be freshened by warming it through in a gentle oven. Stale pastry, cakes, &c., may also be improved by this method.

1699. 为使面包保持新鲜，应在一凉下来就把它放入干净的带盖陶盆中：这盆应放置得离地稍远，让空气从下面流通。有些人喜欢把面包放在干净的木架上，不加覆盖，以免外壳变软。陈面包可在温和的炉中热透而恢复新鲜。陈糕点、蛋糕等也可用此法改善。

1700. The utensils required for making bread, on a moderate scale, are a kneading-trough or pan, sufficiently large that the dough may be kneaded freely without throwing the flour over the edges, and also to allow for its rising; a hair sieve for straining yeast, and one or two strong spoons.

1700. 在中等规模上做面包所需的器具是：一个揉面槽或盆，要足够大，使面团能自由揉制而不致把面粉抛到边缘之外，并且能容其膨胀；一个滤酵母的马毛筛，以及一两只结实的勺子。

1701. Yeast must always be good of its kind, and in a fitting state to produce ready and proper fermentation. Yeast of strong beer or ale produces more effect than that of milder kinds; and the fresher the yeast, the smaller the quantity will be required to raise the

1701. 酵母必须本身良好，并处于适宜状态，以产生迅速而适当的发酵。浓啤酒或淡啤酒的酵母比温和种类的酵母效果更大；酵母越新鲜，所需用来发起

dough.

面团。

1702. As a general rule, the oven for baking bread should be rather quick, and the heat so regulated as to penetrate the dough without hardening the outside. The oven door should not be opened after the bread is put in until the dough is set, or has become firm, as the cool air admitted will have an unfavourable effect on it.

1702. 作为一般规则，烘面包的烤炉应当相当快热，并且热度要调节得能穿透面团而不使外表变硬。面包放入后，在面团定型或变硬之前不应打开炉门，因为进入的冷空气会对其产生不利影响。

1703. Brick ovens are generally considered the best adapted for baking bread: these should be heated with wood faggots, and then swept and mopped out, to cleanse them for the reception of the bread. Iron ovens are more difficult to manage, being apt to burn the surface of the bread before the middle is baked. To remedy this, a few clean bricks should be set at the bottom of the oven, close together, to receive the tins of bread. In many modern stoves the ovens are so much improved that they bake admirably; and they can always be brought to the required temperature, when it is higher than is needed, by leaving the door open for a time.

1703. 砖砌烤箱通常被认为最适合烘烤面包：应先用木柴束将其加热，然后清扫并擦洗，使其清洁以便放入面包。铁制烤箱较难掌控，容易在面包中间烤熟之前烧焦表面。为补救这一点，应在烤箱底部紧挨着放置几块干净的砖，用来承接面包烤模。在许多现代炉灶中，烤箱已大为改进，烘烤效果极佳；当温度高于所需时，只需将门打开一段时间，总能使其降到所需温度。

A FEW HINTS respecting the Making and Baking of CAKES.

关于蛋糕制作与烘焙的几点提示。

1704. *Eggs* should always be broken into a cup, the whites and yolks separated, and they should always be strained. Breaking the eggs thus, the bad ones may be easily rejected without spoiling the others, and so cause no waste. As eggs are used instead of yeast, they should be very thoroughly whisked; they are generally sufficiently beaten when thick enough to carry the drop that falls from the whisk.

1704. 鸡蛋应始终打入杯中，将蛋白和蛋黄分开，并且应始终过滤。这样打蛋，坏蛋可以轻易剔除而不破坏其他蛋，从而不会造成浪费。由于鸡蛋代替酵母使用，应非常彻底地搅打；通常打至浓稠到能承载从打蛋器上滴落的液滴即可。

1705. *Loaf Sugar* should be well pounded, and then sifted through a fine sieve.

1705. 块糖应充分捣碎，然后用细筛筛过。

1706. *Currants* should be nicely washed, picked, dried in a cloth, and then carefully examined, that no pieces of grit or stone may be left amongst them. They should then be laid on a dish before the fire, to become thoroughly dry; as, if added damp to the other ingredients, cakes will be liable to be heavy.

1706. 加仑子应好好洗净、拣选、用布擦干，然后仔细检查，确保其中不留下砂粒或石子。然后应将它们放在盘中置于火前，使其彻底干燥；因为如果潮湿时加入其他配料，蛋糕容易发硬。

1707. *Good Butter* should always be used in the manufacture of cakes; and if beaten to a cream, it saves much time and labour to warm, but not melt, it before beating.

1707. 优质黄油应始终用于制作蛋糕；如果将其打至奶油状，在搅打前稍微加热但不熔化，可节省大量时间和劳力。

1708. Less butter and eggs are required for cakes when yeast is mixed with the other ingredients.

1708. 当酵母与其他配料混合时，蛋糕所需的黄油和鸡蛋较少。

1709. The heat of the oven is of great importance, especially for large cakes. If the heat be not tolerably fierce, the batter will not rise. If the oven is too quick, and there is any danger of the cake burning or catching, put a sheet of clean paper over the top. Newspaper, or paper that has been printed on, should never be used for this purpose.

1709. 烤炉的热度非常重要，尤其是对大蛋糕。如果热度不够猛烈，面糊就不会发起。如果烤炉太急，有蛋糕烧焦或粘底的危险，就在上面盖一张干净的纸。绝不应为此目的使用报纸或印过字的纸。

1710. To know when a cake is sufficiently baked, plunge a clean knife into the middle of it; draw it quickly out, and if it looks in the least sticky, put the cake back, and close the oven door until the cake is done.

1710. 要知道蛋糕是否烤好，将一把干净的刀插入蛋糕中央；迅速拔出，如果看起来有一点粘，就把蛋糕放回，关上炉门直到蛋糕烤熟。

1711. Cakes should be kept in closed tin canisters or jars, and in a dry place. Those made with yeast do not keep so long as those made without it.

1711. 蛋糕应保存在密闭的铁罐或罐子中，置于干燥处。用酵母制作的蛋糕不如不用酵母的保存得久。

BISCUITS.

饼干。

1712. Since the establishment of the large modern biscuit manufactories, biscuits have been produced both cheap and

1712. 自从大型现代饼干制造厂建立以来，饼干的生产既便宜又

wholesome, in, comparatively speaking, endless variety. Their actual component parts are, perhaps, known only to the various makers; but there are several kinds of biscuits which have long been in use, that may here be advantageously described.

有益健康，品种相对而言无穷无尽。其实际成分也许只有各制造商知道；但有几种饼干已使用很久，可在此有益地加以描述。

1713. Biscuits belong to the class of unfermented bread, and are, perhaps, the most wholesome of that class. In cases where fermented bread does not agree with the human stomach, they may be recommended: in many instances they are considered lighter, and less liable to create acidity and flatulence. The name is derived from the French *bis cuit*, "twice-baked," because, originally, that was the mode of entirely depriving them of all moisture, to insure their keeping; but, although that process is no longer employed, the name is retained. The use of this kind of bread on land is pretty general, and some varieties are luxuries; but, at sea, biscuits are articles of the first necessity.

1713.饼干属于不经发酵的面包一类，或许可说是这一类中最有益健康的。在发酵面包不适于人的胃的情况下，可以推荐饼干：在许多情况下，人们认为饼干更轻淡，不易产生酸性和胀气。这个名称源自法语*bis cuit*，意为“两次烘烤”，因为最初就是用这种方法完全除去饼干中的所有水分，以确保其保存；不过，虽然这种方法已不再使用，名称却保留了下来。在陆地上，这种面包的使用相当普遍，有些品种还是奢侈品；但在海上，饼干却是头等必需品。

1714. SEA, or SHIP BISCUITS, are made of wheat-flour from which only the coarsest bran has been separated. The dough is made up as stiff as it can be worked, and is then formed into shapes, and baked in an oven; after which, the biscuits are exposed in lofts over the oven until perfectly dry, to prevent them from becoming mouldy when stored.

1714. 海上饼干或船用饼干，用只去除了最粗麸皮的小麦面粉制成。面团揉得尽可能硬，然后做成形状，在烤炉中烘烤；之后，将饼干放在烤炉上方的阁楼中暴露直到完全干燥，以防储存时发霉。

1715. CAPTAINS' BISCUITS are made in a similar manner, only of fine flour.

1715. 船长饼干(CAPTAINS' BISCUITS)的制作方法与此类似，只是使用细面粉。

RECIPES.

食谱。

CHAPTER XXXV.

第三十五章

TO MAKE YEAST FOR BREAD.

1716. INGREDIENTS.—1-1/2 oz. of hops, 3 quarts of water, 1 lb. of bruised malt, 1/2 pint of yeast.

Mode.—Boil the hops in the water for 20 minutes; let it stand for about 5 minutes, then add it to 1 lb. of bruised malt prepared as for brewing. Let the mixture stand covered till about lukewarm; then put in not quite 1/2 pint of yeast; keep it warm, and let it work 3 or 4 hours; then put it into small 1/2-pint bottles (ginger-beer bottles are the best for the purpose), cork them well, and tie them down. The yeast is now ready for use; it will keep good for a few weeks, and 1 bottle will be found sufficient for 18 lbs. of flour. When required for use, boil 3 lbs. of potatoes without salt, mash them in the same water in which they were boiled, and rub them through a colander. Stir in about 1/2 lb. of flour; then put in the yeast, pour it in the middle of the flour, and let it stand warm on the hearth all night, and in the morning let it be quite warm when it is kneaded. The bottles of yeast require very careful opening, as it is generally exceedingly ripe.

Time.—20 minutes to boil the hops and water, the yeast to work 3 or 4 hours.

Sufficient.—1/2 pint sufficient for 18 lbs. of flour.

KIRKLEATHAM YEAST.

1717. INGREDIENTS.—2 oz. of hops, 4 quarts of water, 1/2 lb. of flour, 1/2 pint of yeast.

Mode.—Boil the hops and water for 20 minutes; strain, and mix

制作面包用酵母。

1716. 配料--1-1/2 oz.啤酒花，3 quarts 水，1 lb.捣碎的麦芽，1/2 pint 酵母。

做法。--将啤酒花在水中煮20分钟；静置约5分钟，然后将其加入1 lb.按酿造方法准备好的碎麦芽中。让混合物加盖静置至约微温；然后放入不到1/2 pint的酵母；保持温暖，让其发酵3或4小时；然后装入小的1/2 pint瓶中(姜啤酒瓶最适合此用途)，塞好瓶塞，并扎紧。酵母现在即可使用；可保存数周，1瓶足够用于18 lbs.面粉。需要使用时，将3 lbs.马铃薯不加盐煮熟，在煮马铃薯的水中捣碎，并通过滤器擦成泥。拌入约1/2 lb.面粉；然后放入酵母，将其倒入面粉中间，放在炉边温暖处过夜，早晨揉面时要让它相当温热。打开酵母瓶时必须非常小心，因为酵母通常发得非常透。

时间--煮啤酒花和水 20 分钟，酵母发酵 3 或 4 小时。

足够。 - 1/2 pint 足够用于 18 lbs.面粉。

柯克利瑟姆酵母。

1717. 配料--2 oz.啤酒花，4 quarts 水，1/2 lb.面粉，1/2 pint 酵母。

方式。--将啤酒花和水煮沸20分钟；过滤后混合

with the liquid 1/2 lb. of flour and not quite 1/2 pint of yeast. Bottle it up, and tie the corks down. When wanted for use, boil potatoes according to the quantity of bread to be made (about 3 lbs. are sufficient for about a peck of flour); mash them, add to them 1/2 lb. of flour, and mix about 1/2 pint of the yeast with them; let this mixture stand all day, and lay the bread to rise the night before it is wanted.

在液体中加入 1/2 lb.面粉和不到 1/2 pint 的酵母。装瓶，将软木塞扎紧。使用时，根据要制作的面包数量煮土豆(约 3 lbs.足够约一配克面粉)；将土豆捣碎，加入 1/2 lb.面粉，并混入约 1/2 pint 的酵母；让此混合物静置一整天，并在需要的前一晚放置面包使其发起。

Time.—20 minutes to boil the hops and water.

时间。- 煮沸啤酒花和水需20分钟。

Sufficient.—1/2 pint of this yeast sufficient for a peck of flour, or rather more.

足够--1/2 pint 此酵母足够一配克面粉，或稍多。

TO MAKE GOOD HOME-MADE BREAD.

制作优质自制面包

(*Miss Acton's Recipe*.)

(阿克顿小姐的食谱。)

1718. INGREDIENTS.—1 quartern of flour, 1 large tablespoonful of solid brewer's yeast, or nearly 1 oz. of fresh German yeast, 1-1/4 to 1-1/2 pint of warm milk-and-water.

1718. 配料--1 quartern 面粉，1 大汤匙固体啤酒酵母，或近 1 oz.新鲜德国酵母，1-1/4 至 1-1/2 pint 温牛奶和水。

[Illustration: COTTAGE LOAF.]

[插图：农家面包]

[Illustration: TIN BREAD.]

[插图：锡纸面包。]

Mode.—Put the flour into a large earthenware bowl or deep pan; then, with a strong metal or wooden spoon, hollow out the middle; but do not clear it entirely away from the bottom of the pan, as, in that case, the sponge (or leaven, as it was formerly termed) would stick to it, which it ought not to do. Next take either a large tablespoonful of brewer's yeast which has been rendered solid by mixing it with plenty of cold water, and letting it afterwards stand to settle for a day and night; or nearly an

做法。--将面粉放入一个大陶碗或深锅中；然后，用结实的金属或木勺在中间挖一个凹坑；但不要把它完全挖到锅底，因为那样的话，面引子(或旧时所称的酵头)会粘在锅底，而它不应如此。接着取一大汤匙酿造酵母，将其与大量冷水混合使其凝固，然后静置一昼夜使其沉淀；或者取将近一

ounce of German yeast; put it into a large basin, and proceed to mix it, so that it shall be as smooth as cream, with 3/4 pint of warm milk-and-water, or with water only; though even a very little milk will much improve the bread. Pour the yeast into the hole made in the flour, and stir into it as much of that which lies round it as will make a thick batter, in which there must be no lumps. Strew plenty of flour on the top; throw a thick clean cloth over, and set it where the air is warm; but do not place it upon the kitchen fender, for it will become too much heated there. Look at it from time to time: when it has been laid for nearly an hour, and when the yeast has risen and broken through the flour, so that bubbles appear in it, you will know that it is ready to be made up into dough. Then place the pan on a strong chair, or dresser, or table, of convenient height; pour into the sponge the remainder of the warm milk-and-water; stir into it as much of the flour as you can with the spoon; then wipe it out clean with your fingers, and lay it aside. Next take plenty of the remaining flour, throw it on the top of the leaven, and begin, with the knuckles of both hands, to knead it well. When the flour is nearly all kneaded in, begin to draw the edges of the dough towards the middle, in order to mix the whole thoroughly; and when it is free from flour and lumps and crumbs, and does not stick to the hands when touched, it will be done, and may again be covered with the cloth, and left to rise a second time. In 3/4 hour look at it, and should it have swollen very much, and begin to crack, it will be light enough to bake. Turn it then on to a paste-board or very clean dresser, and with a large sharp knife divide it in two; make it up quickly into loaves, and dispatch it to the oven: make one or two incisions across the tops of the loaves, as they will rise more easily if this be done. If

盎司德国酵母；放入一个大盆中，然后将其与3/4 pint温牛奶和水，或仅用水，搅拌至如奶油般光滑；不过，即使很少一点牛奶也会大大改善面包。将酵母倒入面粉中挖出的凹坑里，并拌入周围足够多的面粉，使其成为浓稠的面糊，其中不得有疙瘩。在上面撒上大量面粉；盖上一块厚而干净的布，放在空气温暖的地方；但不要放在厨房炉围上，因为那里会变得太热。不时查看：当它静置将近一小时，并且酵母已经发起并冲破面粉，表面出现气泡时，你就知道它可以揉成面团了。然后将锅放在高度合适的结实椅子、案台或桌子上；将剩余的温牛奶和水倒入面引子中；用勺子尽可能拌入更多的面粉；然后用手指把锅擦干净，放到一边。接着取大量剩余面粉，撒在酵头上面，开始用双手的指关节好好揉面。当面粉几乎全部揉进去时，开始把面团边缘向中间折拢，以便将全部材料彻底混合；当它没有干面粉、没有疙瘩和碎屑，触摸时不粘手时，就揉好了，可以再次盖上布，让它第二次发起。3/4小时后查看，如果它已经膨胀得很厉害并开始开裂，就说明发得足够可以烘烤了。然后把它移到揉面板或非常干净的案台上，用一把锋利的大刀将其分成两份；迅速做成面包，并送入烤箱：在面包顶部划一两道口子，因为这样做会使它们更容易膨胀。如果

baked in tins or pans, rub them with a tiny piece of butter laid on a piece of clean paper, to prevent the dough from sticking to them. All bread should be turned upside down, or on its side, as soon as it is drawn from the oven: if this be neglected, the under part of the loaves will become wet and blistered from the steam, which cannot then escape from them. *To make the dough without setting a sponge*, merely mix the yeast with the greater part of the warm milk-and-water, and wet up the whole of the flour at once after a little salt has been stirred in, proceeding exactly, in every other respect, as in the directions just given. As the dough will *soften* in the rising, it should be made quite firm at first, or it will be too lithe by the time it is ready for the oven.

在铁模或锅中烘烤，用一小块放在干净纸上的黄油擦拭它们，以防面团粘住。所有面包一出炉就应立即倒扣或侧放：如果忽略这一点，面包底部会因蒸汽而变得潮湿并起泡，因为蒸汽无法从中逸出。不先做面引子而直接揉面团，只需将酵母与大部分温牛奶和水混合，并在拌入少许盐后一次将全部面粉和好，其他各方面完全按照刚才的说明操作。由于面团在发起时会变软，所以一开始就应揉得相当硬，否则等到可以入炉时就会太软。

[Illustration: ITALIAN MILLET.]

[插图：意大利小米。]

Time.—To be left to rise an hour the first time, 3/4 hour the second time; to be baked from 1 to 1-1/4 hour, or baked in one loaf from 1-1/2 to 2 hours.

时间--第一次发酵放置一小时，第二次 3/4 小时；烘烤 1 至 1-1/4 小时，或做成一整条面包烘烤 1-1/2 至 2 小时。

ITALIAN MILLET, or Great Indian Millet, is cultivated in Egypt and Nubia, where it is called *dhourra*, and is used as human food, as well as for the fermentation of beer. It will grow on poor soils, and is extremely productive. It has been introduced into Italy, where they make a coarse bread from it; and it is also employed in pastry and puddings: they also use it for feeding horses and domestic fowls. It is the largest variety, growing to the height of six feet; but it requires a warm climate, and will not ripen in this country. A yellow variety, called Golden Millet, is sold in the grocers' shops, for making puddings, and is very delicate and wholesome.

意大利黍，或称大印度黍，在埃及和努比亚有种植，当地称之为*dhourra*，既供人食用，也用于发酵啤酒。它能在贫瘠的土壤上生长，产量极高。它已被引入意大利，当地人用它制作粗面包；它也用于糕点和布丁：他们还用它喂养马匹和家禽。它是最大的品种，可长到六英尺高；但它需要温暖的气候，在这个国家无法成熟。一种被称为金黍的黄色品种在杂货店出售，用于制作布丁，非常精致且有益健康。

TO MAKE A PECK OF GOOD BREAD.

制作一配克优质面包

1719. INGREDIENTS.—3 lbs. of potatoes, 6 pints of cold water, 1/2 pint of good yeast, a peck of flour, 2 oz. of salt.

Mode.—Peel and boil the potatoes; beat them to a cream while warm; then add 1 pint of cold water, strain through a colander, and add to it 1/2 pint of good yeast, which should have been put in water over-night, to take off its bitterness. Stir all well together with a wooden spoon, and pour the mixture into the centre of the flour; mix it to the substance of cream, cover it over closely, and let it remain near the fire for an hour; then add the 5 pints of water, milk-warm, with 2 oz. of salt; pour this in, and mix the whole to a nice light dough. Let it remain for about 2 hours; then make it into 7 loaves, and bake for about 1-1/2 hour in a good oven. When baked, the bread should weigh nearly 20 lbs.

Time.—About 1-1/2 hour.

THE RED VARIETIES OF WHEAT are generally hardier and more easily grown than the white sorts, and, although of less value to the miller, they are fully more profitable to the grower, in consequence of the better crops which they produce. Another advantage the red wheats possess is their comparative immunity from the attacks of mildew and fly. The best English wheat comes from the counties of Kent and Essex; the qualities under these heads always bearing a higher price than others, as will be seen by the periodical lists in the journals.

RICE BREAD.

1720. INGREDIENTS.—To every lb. of rice allow 4 lbs. of wheat flour, nearly 3 tablespoonfuls of yeast, 1/4 oz. of salt. *Mode*.—Boil the rice in water until it is quite tender; pour off the water, and

1719. 配料--3 lbs.土豆，6 pints 冷水，1/2 pint 优质酵母，一配克面粉，2 oz. 盐。

做法。--将土豆去皮并煮熟；趁热将其捣成糊状；然后加入1品脱冷水，用滤锅过滤，再加入1/2品脱优质酵母，酵母应在前一晚放入水中以去除苦味。用木勺将所有材料充分搅拌均匀，将混合物倒入面粉中央；搅拌至奶油状，严密盖好，放在火边静置一小时；然后加入5品脱温水及2盎司盐；将其倒入，将全部材料揉成松软的面团。静置约2小时；然后做成7个面包，在良好的烤炉中烘约1-1/2小时。烘好后，面包重量应接近20磅。

时间。--约1-1/2小时。

红皮小麦品种通常比白皮品种更耐寒、更易种植，虽然对磨坊主来说价值较低，但由于产量更高，对种植者来说利润更高。红皮小麦的另一个优点是比较不受霉病和蝇虫的侵害。最好的英国小麦来自肯特郡和埃塞克斯郡；这两个品类的品质总是比其他地区的小麦价格更高，从期刊上的定期列表可以看出。

米饭面包。

1720. 配料--每 lb.大米配 4 lbs.小麦面粉，近 3 大汤匙酵母，1/4 oz.盐。做法--将大米在水中煮至非常软烂；倒掉水，然后

put the rice, before it is cold, to the flour. Mix these well together with the yeast, salt, and sufficient warm water to make the whole into a smooth dough; let it rise by the side of the fire, then form it into loaves, and bake them from 1-1/2 to 2 hours, according to their size. If the rice is boiled in milk instead of water, it makes very delicious bread or cakes. When boiled in this manner, it may be mixed with the flour without straining the liquid from it. *Time*.—1-1/2 to 2 hours.

趁米饭还未凉，将其放入面粉中。将米饭与面粉同酵母、盐以及足量温水充分混合，揉成光滑的面团；置于火边使其发酵，然后做成面包形状，依其大小烘1-1/2至2小时。若用牛奶而非水煮米饭，可制成非常美味的面包或蛋糕。以这种方式煮饭时，可连同液体一起与面粉混合，无需滤去汁液。时间--1-1/2至2小时。

INDIAN-CORN-FLOUR BREAD.

印第安玉米面面包

1721. INGREDIENTS.—To 4 lbs. of flour allow 2 lbs. of Indian-corn flour, 2 tablespoonfuls of yeast, 3 pints of warm water, 1/4 oz. of salt. *Mode*.—Mix the two flours well together, with the salt; make a hole in the centre, and stir the yeast up well with 1/2 pint of the warm water; put this into the middle of the flour, and mix enough of it with the yeast to make a thin batter; throw a little flour over the surface of this batter, cover the whole with a thick cloth, and set it to rise in a warm place. When the batter has nicely risen, work the whole to a nice smooth dough, adding the water as required; knead it well, and mould the dough into loaves; let them rise for nearly 1/2 hour, then put them into a well-heated oven. If made into 2 loaves, they will require from 1-1/2 to 2 hours baking.

1721. 配料--4 lb.面粉配2 lb.印第安玉米粉、2汤匙酵母、3品脱温水、1/4 oz.盐。做法--将两种面粉与盐充分混合；在中央挖一个洞，用1/2品脱温水将酵母调匀；将其倒入面粉中央，取足量面粉与酵母混合调成稀面糊；在面糊表面撒少许面粉，用厚布盖住全部，置于温暖处发酵。待面糊发酵良好后，将全部材料揉成光滑的面团，视需要加水；充分揉捏，将面团做成面包形状；让其发酵近1/2小时，然后放入充分预热的烤箱。若做成2个面包，需烘1-1/2至2小时。

Time.—1-1/2 to 2 hours.

时间。- 1-1/2 至 2 小时。

[Illustration: MAIZE PLANT.]

[插图：玉米植株。]

[Illustration: EAR OF MAIZE.]

[插图：玉米穗]

MAIZE.—Next to wheat and rice, maize is the grain most used in

玉米--仅次于小麦和大米，玉米是使用最广的谷物，在

the nourishment of man. In Asia, Africa, and America, it is the principal daily food of a large portion of the population, especially of the colonists. In some of the provinces of France, too, it is consumed in large quantities. There are eight varieties of the maize; the most productive is the maize of Cusco. The flour of maize is yellow, and it contains an oily matter, which, when fresh, gives it an agreeable flavour and odour; but the action of the air on it soon develops rancidity. If carried any distance, it should be stored away in air-tight vessels. An excellent soup is prepared with meat and maize-flour. The inhabitants of some countries, where wheat is scarce, make, with maize and water, or milk and salt, a kind of biscuit, which is pleasant in taste, but indigestible. Some of the preparations of maize-flour are very good, and, when partaken in moderation, suitable food for almost everybody.

人类的营养。在亚洲、非洲和美洲，它是大部分人口、尤其是殖民地居民的主要日常食物。在法国的一些省份，它也大量被食用。玉米有八个品种；产量最高的是库斯科玉米。玉米粉是黄色的，含有一种油性物质，新鲜时赋予它宜人的风味和气味；但空气的作用很快会使其产生酸败。若要长途运输，应储存在密封容器中。用肉和玉米粉可以制成一种极好的汤。在一些小麦稀缺的国家，居民用玉米和水，或牛奶和盐，制成一种饼干，味道可口，但不易消化。玉米粉的一些制品非常好，适量食用时，几乎适合所有人。

SODA BREAD.

苏打面包

1722. INGREDIENTS.—To every 2 lbs. of flour allow 1 teaspoonful of tartaric acid, 1 teaspoonful of salt, 1 teaspoonful of carbonate of soda, 2 breakfast-cupfuls of cold milk.

1722. 配料--每2 lbs.面粉配1茶匙酒石酸、1茶匙盐、1茶匙碳酸钠、2早餐杯冷牛奶。

Mode.—Let the tartaric acid and salt be reduced to the finest possible powder; then mix them well with the flour. Dissolve the soda in the milk, and pour it several times from one basin to another, before adding it to the flour. Work the whole quickly into a light dough, divide it into 2 loaves, and put them into a well-heated oven immediately, and bake for an hour. Sour milk or buttermilk may be used, but then a little less acid will be needed.

做法--将酒石酸和盐研成尽可能细的粉末，然后与面粉充分混合。将碳酸钠溶于牛奶中，在加入面粉之前，从一个盆中反复倒入另一个盆中数次。将全部材料迅速揉成轻盈的面团，分成2个面包，立即放入充分预热的烤箱中，烘一小时。也可使用酸牛奶或酪乳，但那时所需的酸量要少一些。

Time.—1 hour.

时间。--1小时。

POLISH AND POMERANIAN WHEAT are accounted by authorities

波兰小麦与波美拉尼亚小麦被权威认定为

most excellent. Large raft-like barges convey this grain down the rivers, from the interior of the country to the seaports. This corn is described as being white, hard, and thin-skinned; and it yields a large quantity of flour, having a small proportion of bran.

极为优良。大型筏状驳船将这种谷物从内陆沿河运往海港。这种谷物被描述为白色、坚硬、皮薄；它能产出大量面粉，麸皮比例很小。

EXCELLENT ROLLS.

上等面包卷。

1723. INGREDIENTS.—To every lb. of flour allow 1 oz. of butter, 1/4 pint of milk, 1 large teaspoonful of yeast, a little salt.

1723. 配料--每lb.面粉配1 oz.黄油、1/4 pint牛奶、1大茶匙酵母、少许盐。

[Illustration: ROLLS.]

[插图：面包卷]

Mode.—Warm the butter in the milk, add to it the yeast and salt, and mix these ingredients well together. Put the flour into a pan, stir in the above ingredients, and let the dough rise, covered in a warm place. Knead it well, make it into rolls, let them rise again for a few minutes, and bake in a quick oven. Richer rolls may be made by adding 1 or 2 eggs and a larger proportion of butter, and their appearance improved by brushing the tops over with yolk of egg or a little milk.

做法--将黄油在牛奶中温热，加入酵母和盐，将这些配料充分混合。将面粉放入盆中，拌入上述配料，将面团盖好放在温暖处发酵。充分揉面，做成小圆面包，再发酵几分钟，放入旺烤箱中烘烤。加入1或2个鸡蛋和更多比例的黄油可做出更丰盛的小圆面包，在表面刷上蛋黄或少许牛奶可改善外观。

Time—1 lb. of flour, divided into 6 rolls, from 15 to 20 minutes.

时间 - 1 lb.面粉，分成6个面团，15至20分钟。

HOT ROLLS.

热卷面包

1724. This dish, although very unwholesome and indigestible, is nevertheless a great favourite, and eaten by many persons. As soon as the rolls come from the baker's, they should be put into the oven, which, in the early part of the morning, is sure not to be very hot; and the rolls must not be buttered until wanted. When they are quite hot, divide them lengthwise into three; put some thin flakes of good butter between the slices, press the rolls

1724. 这道食物虽然很不卫生且难以消化，却仍然大受欢迎，许多人食用。小圆面包一从面包师那里送来，就应放入烤箱，清晨时分烤箱肯定不会太热；小圆面包必须等到食用时才涂黄油。当它们还很热时，纵向切成三片；在切片之间放入一些优质黄油的薄片，压紧小圆面包

together, and put them in the oven for a minute or two, but not longer, or the butter would oil; take them out of the oven, spread the butter equally over, divide the rolls in half, and put them on to a very hot clean dish, and send them instantly to table.

合拢，放入烤箱一两分钟，但不可更久，否则黄油会出油；从烤箱取出，将黄油均匀涂抹，把小圆面包分成两半，放在一只非常热的干净盘子上，立即端上桌。

TO MAKE DRY TOAST.

制作干吐司。

1725. To make dry toast properly, a great deal of attention is required; much more, indeed, than people generally suppose. Never use new bread for making any kind of toast, as it eats heavy, and, besides, is very extravagant. Procure a loaf of household bread about two days old; cut off as many slices as may be required, not quite 1/4 inch in thickness; trim off the crusts and ragged edges, put the bread on a toasting-fork, and hold it before a very clear fire. Move it backwards and forwards until the bread is nicely coloured; then turn it and toast the other side, and do not place it so near the fire that it blackens. Dry toast should be more gradually made than buttered toast, as its great beauty consists in its crispness, and this cannot be attained unless the process is slow and the bread is allowed gradually to colour. It should never be made long before it is wanted, as it soon becomes tough, unless placed on the fender in front of the fire. As soon as each piece is ready, it should be put into a rack, or stood upon its edges, and sent quickly to table.

1725. 要正确制作干吐司，需要非常用心；事实上，比人们通常以为的要用心得多。制作任何种类的吐司都不要用新鲜面包，因为它吃起来沉重，而且非常浪费。取一条约两天大的家常面包；切下所需数量的片，厚度不到1/4英寸；切去面包皮和参差不齐的边缘，将面包放在吐司叉上，举在非常明亮的火前。来回移动，直到面包上色均匀；然后翻转，烤另一面，不要放得离火太近以致烤黑。干吐司应比黄油吐司更缓慢地制作，因为它的主要优点在于酥脆，除非过程缓慢并让面包逐渐上色，否则无法达到。不要过早制作，因为它很快会变硬，除非放在炉前的挡板上。每片烤好后，应立即放入面包架，或竖立放置，并迅速送到餐桌上。

TO MAKE HOT BUTTERED TOAST.

制作热黄油吐司。

1726. A loaf of household bread about two days old answers for making toast better than cottage bread, the latter not being a good shape, and too crusty for the purpose. Cut as many nice even

1726. 一条约两天大的家常面包比农家面包更适合做吐司，后者形状不佳，且外皮太硬，不适合此用途。切出尽可能多片整齐均匀的

slices as may be required, rather more than 1/4 inch in thickness, and toast them before a very bright fire, without allowing the bread to blacken, which spoils the appearance and flavour of all toast. When of a nice colour on both sides, put it on a hot plate; divide some good butter into small pieces, place them on the toast, set this before the fire, and when the butter is just beginning to melt, spread it lightly over the toast. Trim off the crust and ragged edges, divide each round into 4 pieces, and send the toast quickly to table. Some persons cut the slices of toast across from corner to corner, so making the pieces of a three-cornered shape. Soyer recommends that each slice should be cut into pieces as soon as it is buttered, and when all are ready, that they should be piled lightly on the dish they are intended to be served on. He says that by cutting through 4 or 5 slices at a time, all the butter is squeezed out of the upper ones, while the bottom one is swimming in fat liquid. It is highly essential to use good butter for making this dish.

切下所需数量的片，厚度略超过1/4英寸，在非常明亮的火前烤，不要让面包烤黑，因为那会破坏所有吐司的外观和风味。两面都呈漂亮的颜色后，放在热盘上；将一些优质黄油分成小块，放在吐司上，置于火前，当黄油刚开始融化时，轻轻涂抹在吐司上。切去面包皮和参差不齐的边缘，将每片分成4块，迅速送到餐桌上。有些人将吐司片对角切开，使每块呈三角形。索耶建议，每片涂好黄油后立即切成小块，全部准备好后，轻轻堆叠在要上菜的盘子上。他说，如果一次切4到5片，上面几片的黄油都会被挤出，而最下面一片则泡在油脂液体中。制作这道菜必须使用优质黄油。

MUFFINS.

松饼。

1727. INGREDIENTS.—To every quart of milk allow 1-1/2 oz. of German yeast, a little salt; flour.

1727. 配料--每quart牛奶配1-1/2 oz.德国酵母、少许盐；面粉。

[Illustration: MUFFINS.]

[插图：松饼]

Mode.—Warm the milk, add to it the yeast, and mix these well together; put them into a pan, and stir in sufficient flour to make the whole into a dough of rather a soft consistence; cover it over with a cloth, and place it in a warm place to rise, and, when light and nicely risen, divide the dough into pieces, and round them to the proper shape with the hands; place them, in a layer of flour

做法--将牛奶温热，加入酵母，充分混合；放入盆中，拌入足量面粉，使全部材料成为相当软的面团；盖上布，放在温暖处发酵，当面团发起来且发酵良好时，将面团分成小块，用手揉圆成适当形状；将它们放在一层面粉上

about two inches thick, on wooden trays, and let them rise again; when this is effected, they each will exhibit a semi-globular shape. Then place them carefully on a hot-plate or stove, and bake them until they are slightly browned, turning them when they are done on one side. Muffins are not easily made, and are more generally purchased than manufactured at home. *To toast them*, divide the edge of the muffin all round, by pulling it open, to the depth of about an inch, with the fingers. Put it on a toasting-fork, and hold it before a very clear fire until one side is nicely browned, but not burnt; turn, and toast it on the other. Do not toast them too quickly, as, if this is done, the middle of the muffin will not be warmed through. When done, divide them by pulling them open; butter them slightly on both sides, put them together again, and cut them into halves: when sufficient are toasted and buttered, pile them on a very hot dish, and send them very quickly to table.

约两英寸厚，放在木托盘上，让它们再次发酵；发酵完成后，每个都会呈现半球形。然后小心地放在热盘或炉子上，烘烤至微微变黄，一面烤好后翻转。松饼不易制作，通常购买而非家中自制。烤松饼时，用手指将松饼边缘整圈拉开约一英寸深。放在吐司叉上，举在非常明亮的火前，直到一面均匀上色但不烧焦；翻转，烤另一面。不要烤得太快，否则松饼中间不会热透。烤好后，拉开分成两半；两面都轻轻涂上黄油，再合在一起，切成两半：烤好并涂好黄油的数量足够后，堆在非常热的盘子上，迅速送到餐桌上。

Time.—From 20 minutes to 1/2 hour to bake them.

时间。--烘焙需20分钟至半小时。

Sufficient.—Allow 1 muffin to each person.

足量。--每人配给1个松饼。

CRUMPETS.

烤面饼。

[Illustration: CRUMPETS.]

[插图：烤面饼]

1728. These are made in the same manner as muffins; only, in making the mixture, let it be more like batter than dough. Let it rise for about 1/2 hour; pour it into iron rings, which should be ready on a hot-plate; bake them, and when one side appears done, turn them quickly on the other. *To toast them*, have ready a very *bright clear* fire; put the crumpet on a toasting-fork, and hold it before the fire, *not too close*, until it is nicely brown on one side, but do not allow it to blacken. Turn it, and brown the other side;

1728. 这些的制作方法与松饼相同；只是在调制面糊时，要比面团更稀。发酵约1/2小时；倒入铁圈中，铁圈应已放在热盘上备好；烘烤，当一面看起来熟了，迅速翻转烤另一面。烤制时，准备好非常明亮清澈的火；将烤饼放在吐司叉上，举在火前，不要太近，直到一面均匀上色，但不要让它烤黑。翻转，将另一面烤至棕色；

then spread it with good butter, cut it in half, and, when all are done, pile them on a hot dish, and send them quickly to table. Muffins and crumpets should always be served on separate dishes, and both toasted and served as expeditiously as possible.

然后涂上优质黄油，切成两半，全部做好后，堆放在一只热盘子上，迅速端上桌。松饼和薄煎饼应始终分盘供应，且都应尽可能迅速地烤制和上桌。

Time.—From 10 to 15 minutes to bake them.

时间。--烘烤需10至15分钟。

Sufficient.—Allow 2 crumpets to each person.

充足。--每人配2个烤面饼。

PLAIN BUNS.

普通小圆面包

1729. INGREDIENTS.—To every 2 lbs. of flour allow 6 oz. of moist sugar, 1/2 gill of yeast, 1/2 pint of milk, 1/2 lb. of butter, warm milk.

1729. 配料--每2 lbs.面粉配6 oz.湿糖、1/2 gill酵母、1/2 pint牛奶、1/2 lb.黄油、温牛奶。

Mode.—Put the flour into a basin, mix the sugar well with it, make a hole in the centre, and stir in the yeast and milk (which should be lukewarm), with enough of the flour to make it the thickness of cream. Cover the basin over with a cloth, and let the sponge rise in a warm place, which will be accomplished in about 1-1/2 hour. Melt the butter, but do not allow it to oil; stir it into the other ingredients, with enough warm milk to make the whole into a soft dough; then mould it into buns about the size of an egg; lay them in rows quite 3 inches apart; set them again in a warm place, until they have risen to double their size; then put them into a good brisk oven, and just before they are done, wash them over with a little milk. From 15 to 20 minutes will be required to bake them nicely. These buns may be varied by adding a few currants, candied peel, or caraway seeds to the other ingredients; and the above mixture answers for hot cross buns, by putting in a little ground allspice; and by pressing a tin mould in the form of a cross in the centre of the bun.

做法。--将面粉放入盆中，加入砂糖充分拌匀，在中央挖一个洞，拌入酵母和牛奶(牛奶应微温)，并加入足量面粉使其呈奶油般的稠度。用布盖住盆，放在温暖处让面糊发酵，约需1-1/2小时即可完成。融化黄油，但不要让它变成油状；将其拌入其他配料中，加入足量温牛奶使整体成为柔软的面团；然后塑成鸡蛋大小的圆面包；将它们排成行，间隔足足3英寸；再次放在温暖处，直到膨胀至两倍大；然后放入旺烤箱，在即将烤好前，在表面刷少许牛奶。烤好约需15至20分钟。可在其他配料中加入少许醋栗、糖渍果皮或葛缕子籽，使这些小圆面包有所变化；上述混合物也可用来制作十字面包，只需加入少许磨碎的多香果；并用十字形的锡模压在面包中央。

Time.—15 to 20 minutes. *Average cost*, 1d. each.

Sufficient to make 18 buns.

TO MAKE GOOD PLAIN BUNS.

1730. INGREDIENTS.—1 lb. of flour, 6 oz. of good butter, 1/4 lb. of sugar, 1 egg, nearly 1/4 pint of milk, 2 small teaspoonfuls of baking-powder, a few drops of essence of lemon.

Mode.—Warm the butter, without oiling it; beat it with a wooden spoon; stir the flour in gradually with the sugar, and mix these ingredients well together. Make the milk lukewarm, beat up with it the yolk of the egg and the essence of lemon, and stir these to the flour, &c. Add the baking-powder, beat the dough well for about 10 minutes, divide it into 24 pieces, put them into buttered tins or cups, and bake in a brisk oven from 20 to 30 minutes.

Time.—20 to 30 minutes. *Average cost*, 1s.

Sufficient to make 12 buns. *Seasonable* at any time.

LIGHT BUNS.

[Illustration: BUNS.]

1731. INGREDIENTS.—1/2 teaspoonful of tartaric acid, 1/2 teaspoonful of bicarbonate of soda, 1 lb. of flour, 2 oz. of butter, 2 oz. of loaf sugar, 1/4 lb. of currants or raisins,—when liked, a few caraway seeds, 1/2 pint of cold new milk, 1 egg.

Mode.—Rub the tartaric acid, soda, and flour all together through a hair sieve; work the butter into the flour; add the sugar, currants, and caraway seeds, when the flavour of them latter is

时间。--15至20分钟。平均成本，每个1d.。

足量可制作18个小圆面包。

制作上好的普通小圆面包。

1730. 配料--1 lb.面粉、6 oz.优质黄油、1/4 lb.糖、1个鸡蛋、近1/4 pint牛奶、2小茶匙发酵粉、几滴柠檬香精。

做法--将黄油温热，但不要使其出油；用木勺搅打；逐渐拌入面粉和糖，将这些配料充分混合。将牛奶微温，与蛋黄和柠檬香精一起打匀，拌入面粉等中。加入发酵粉，将面团充分搅打约10分钟，分成24份，放入涂了黄油的模具或杯中，在旺烤箱中烘20至30分钟。

时间。--20至30分钟。平均费用,1先令。

足以为十二个小圆面包之用。随时皆宜。

松软小圆面包

[插图：小圆面包。]

1731. 配料--1/2茶匙酒石酸、1/2茶匙碳酸氢钠、1 lb.面粉、2 oz.黄油、2 oz.块糖、1/4 lb.醋栗或葡萄干--如喜欢，可加少许葛缕子籽、1/2 pint冷鲜牛奶、1个鸡蛋。

做法--将酒石酸、碳酸钠和面粉一起用毛发筛筛过；将黄油揉入面粉中；加入糖、醋栗和葛缕子籽(如喜欢后者风味

liked. Mix all these ingredients well together; make a hole in the middle of the flour, and pour in the milk, mixed with the egg, which should be well beaten; mix quickly, and set the dough, with a fork, on baking-tins, and bake the buns for about 20 minutes. This mixture makes a very good cake, and if put into a tin, should be baked 1-1/2 hour. The same quantity of flour, soda, and tartaric acid, with 1/2 pint of milk and a little salt, will make either bread or teacakes, if wanted quickly.

Time.—20 minutes for the buns; if made into a cake, 1-1/2 hour.

Sufficient to make about 12 buns.

VICTORIA BUNS.

1732. INGREDIENTS.—2 oz. of pounded loaf sugar, 1 egg, 1-1/2 oz. of ground rice, 2 oz. of butter, 1-1/2 oz. of currants, a few thin slices of candied peel; flour.

Mode.—Whisk the egg, stir in the sugar, and beat these ingredients well together; beat the butter to a cream, stir in the ground rice, currants, and candied peel, and as much flour as will make it of such a consistency that it may be rolled into 7 or 8 balls. Put these on to a buttered tin, and bake them from 1/2 to 3/4 hour. They should be put into the oven immediately, or they will become heavy; and the oven should be tolerably brisk.

Time.—1/2 to 3/4 hour. *Average cost*, 6d.

Sufficient to make 7 or 8 buns. *Seasonable* at any time.

ITALIAN RUSKS.

的话)。将所有配料充分混合；在面粉中央挖一个洞，倒入与鸡蛋混合的牛奶，鸡蛋应充分打散；迅速混合，用叉子将面团放在烤盘上，烘烤小圆面包约20分钟。此混合物可做出很好的蛋糕，若放入模具中，应烘1-1/2小时。同样数量的面粉、碳酸钠和酒石酸，加1/2 pint牛奶和少许盐，如需快速制作，可做出面包或下午茶蛋糕。

时间。- 小圆面包需20分钟；若做成蛋糕，则需1-1/2小时。

足量约可制作12个小圆面包。

维多利亚面包。

1732. 配料--2 oz.捣碎的块糖、1个鸡蛋、1-1/2 oz.米粉、2 oz.黄油、1-1/2 oz.醋栗、几片薄糖渍果皮；面粉。

做法--将鸡蛋打散，拌入糖，将这些配料充分搅打；将黄油搅打成奶油状，拌入米粉、醋栗和糖渍果皮，加入足量面粉使其稠度可以搓成7或8个球。将它们放在涂了黄油的烤盘上，烘1/2至3/4小时。应立即放入烤箱，否则会变硬；烤箱应相当旺。

时间。--1/2至3/4小时。平均成本,6便士。

足量可做7或8个小圆面包。时令任何时候皆宜。

意大利脆面包

1733. A stale Savoy or lemon cake may be converted into very good rusks in the following manner. Cut the cake into slices, divide each slice in two; put them on a baking-sheet, in a slow oven, and when they are of a nice brown and quite hard, they are done. They should be kept in a closed tin canister in a dry place, to preserve their crispness.

[Illustration: PANNICLED MILLET.]

PANNICLED MILLET.—This is the smallest-seeded of the corn-plants, being a true grass; but the number of the seeds in each ear makes up for their size. It grows in sandy soils that will not do for the cultivation of many other kinds of grain, and forms the chief sustenance in the arid districts of Arabia, Syria, Nubia, and parts of India. It is not cultivated in England, being principally confined to the East. The nations who make use of it grind it, in the primitive manner, between two stones, and make it into a diet which, cannot be properly called bread, but rather a kind of soft thin cake half-baked. When we take into account that the Arabians are fond of lizards and locusts as articles of food, their *cuisine*, altogether, is scarcely a tempting one.

TO MAKE RUSKS.

(*Suffolk Recipe.*)

1734. INGREDIENTS.—To every lb. of flour allow 2 oz. of butter, 1/4 pint of milk, 2 oz. of loaf sugar, 3 eggs, 1 tablespoonful of yeast.

[Illustration: RUSKS.]

Mode.—Put the milk and butter into a saucepan, and keep shaking

1733. 不新鲜的萨伏依蛋糕或柠檬蛋糕可按以下方法制成很好的面包干。将蛋糕切成片，每片分成两半；放在烤盘上，放入慢烤箱中，当它们呈漂亮的棕色且完全变硬时即已做好。应保存在干燥处的密封铁罐中，以保持其酥脆。

[插图：散穗黍。]

圆锥花序黍。--这是谷类植物中种子最小的，是一种真正的禾草；但每穗的种子数量弥补了其体积之小。它生长在许多其他谷物无法栽培的沙质土壤中，是阿拉伯、叙利亚、努比亚和印度部分干旱地区的主要食物。英格兰不栽培它，主要限于东方。食用它的民族以原始方式用两块石头将其磨碎，制成一种不能恰当称为面包的食物，而更像是一种半烤的柔软薄饼。考虑到阿拉伯人喜欢蜥蜴和蝗虫作为食物，他们的烹饪整体上几乎不诱人。

制作面包干。

(萨福克食谱。)

1734. 配料--每lb.面粉配2 oz.黄油、1/4 pint牛奶、2 oz.块糖、3个鸡蛋、1汤匙酵母。

[插图：面包干]

方式。--将牛奶和黄油放入平底锅中，并不断摇动

it round until the latter is melted. Put the flour into a basin with the sugar, mix these well together, and beat the eggs. Stir them with the yeast to the milk and butter, and with this liquid work the flour into a smooth dough. Cover a cloth over the basin, and leave the dough to rise by the side of the fire; then knead it, and divide it into 12 pieces; place them in a brisk oven, and bake for about 20 minutes. Take the rusks out, break them in half, and then set them in the oven to get crisp on the other side. When cold, they should be put into tin canisters to keep them dry; and, if intended for the cheese course, the sifted sugar should be omitted.

将其转动直至后者融化。将面粉与砂糖放入盆中，充分拌匀，并将鸡蛋打散。将鸡蛋与酵母一起拌入牛奶和黄油中，用此液体将面粉揉成光滑的面团。在盆上盖一块布，将面团放在火边发酵；然后揉面，分成12份；放入旺烤箱，烤约20分钟。取出面包干，掰成两半，再放入烤箱使另一面变脆。冷却后，应放入锡罐中保持干燥；若用于奶酪环节，则应省略筛过的糖。

Time.—20 minutes to bake the rusks; 5 minutes to render them crisp after being divided.

时间--烘面包干20分钟；切开后使其酥脆需5分钟。

Average cost, 8d.

平均费用,8便士。

Sufficient to make 2 dozen rusks. *Seasonable* at any time.

足够量可做2打面包干。时令任何时候皆宜。

ALMOND ICING FOR CAKES.

蛋糕用杏仁糖霜。

1735. INGREDIENTS.—To every lb. of finely-pounded loaf sugar allow 1 lb. of sweet almonds, the whites of 4 eggs, a little rose-water.

1735. 配料--每lb.细捣块糖配1 lb.甜杏仁、4个鸡蛋的蛋白、少许玫瑰水。

Mode.—Blanch the almonds, and pound them (a few at a time) in a mortar to a paste, adding a little rose-water to facilitate the operation. Whisk the whites of the eggs to a strong froth; mix them with the pounded almonds, stir in the sugar, and beat altogether. When the cake is sufficiently baked, lay on the almond icing, and put it into the oven to dry. Before laying this preparation on the cake, great care must be taken that it is nice

做法--将杏仁去皮，在研钵中(每次少量)捣成糊状，加入少许玫瑰水以便操作。将蛋白打至硬性发泡；与捣碎的杏仁混合，拌入糖，全部搅打均匀。蛋糕烘好后，铺上杏仁糖霜，放入烤箱烘干。在将此糖霜铺在蛋糕上之前，必须特别注意它要美观

and smooth, which is easily accomplished by well beating the mixture.

SUGAR ICING FOR CAKES.

1736. INGREDIENTS.—To every lb. of loaf sugar allow the whites of 4 eggs, 1 oz. of fine starch.

Mode.—Beat the eggs to a strong froth, and gradually sift in the sugar, which should be reduced to the finest possible powder, and gradually add the starch, also finely powdered. Beat the mixture well until the sugar is smooth; then with a spoon or broad knife lay the icing equally over the cakes. These should then be placed in a very cool oven, and the icing allowed to dry and harden, but not to colour. The icing may be coloured with strawberry or currant-juice, or with prepared cochineal. If it be put on the cakes as soon as they are withdrawn from the oven, it will become firm and hard by the time the cakes are cold. On very rich cakes, such as wedding, christening cakes, &c., a layer of almond icing, No. 1735, is usually spread over the top, and over that the white icing as described. All iced cakes should be kept in a very dry place.

BISCUIT POWDER, generally used for Infants' Food.

1737. This powder may be purchased in tin canisters, and may also be prepared at home. Dry the biscuits well in a slow oven; roll them and grind them with a rolling-pin on a clean board, until they are reduced to powder; sift it through a close hair sieve, and it is fit for use. It should be kept in well-covered tins, and in a dry place.

ARROWROOT BISCUITS OR DROPS.

并且光滑，这通过充分搅打混合物即可轻松实现。

蛋糕糖霜。

1736. 配料--每lb.块糖配4个鸡蛋的蛋白、1 oz.细淀粉。

做法。--将鸡蛋打至浓稠起泡，逐渐筛入砂糖(砂糖应磨成尽可能细的粉末)，并逐渐加入同样磨成细粉的淀粉。充分搅打混合物直至砂糖完全融合；然后用勺子或宽刀将糖霜均匀地铺在蛋糕上。然后将蛋糕放入非常凉的烤箱中，让糖霜干燥变硬，但不要上色。糖霜可用草莓汁或醋栗汁，或用制备的胭脂虫红着色。如果在蛋糕刚出炉时立即涂上，待蛋糕冷却时糖霜就会变得坚实硬挺。在非常丰富的蛋糕上，如婚礼蛋糕、洗礼蛋糕等，通常先在顶部铺一层杏仁糖霜，第1735号，然后再铺上所述的白色糖霜。所有糖霜蛋糕应存放在非常干燥的地方。

饼干粉，通常用于婴儿食品。

1737. 此粉可购买铁罐装的，也可在家自制。将饼干在慢烤箱中充分烘干；在干净的木板上用擀面杖擀碎研磨，直至成粉；用细毛发筛筛过，即可使用。应保存在盖严的铁罐中，置于干燥处。

竹芋饼干或滴饼

1738. INGREDIENTS.—1/2 lb. of butter, 6 eggs, 1/2 lb. of flour, 6 oz. of arrowroot, 1/2 lb. of pounded loaf sugar.

Mode.—Beat the butter to a cream; whisk the eggs to a strong froth, add them to the butter, stir in the flour a little at a time, and beat the mixture well. Break down all the lumps from the arrowroot, and add that with the sugar to the other ingredients. Mix all well together, drop the dough on a buttered tin, in pieces the size of a shilling, and bake the biscuits about 1/4 hour in a slow oven.

Time.—1/4 hour.

Average cost, 2*s*. 6d.

Sufficient to make from 3 to 4 dozen biscuits.

Seasonable at any time.

NICE BREAKFAST CAKES.

1739. INGREDIENTS.—1 lb. of flour, 1/2 teaspoonful of tartaric acid, 1/2 teaspoonful of salt, 1/2 teaspoonful of carbonate of soda, 1-1/2 breakfast-cupful of milk, 1 oz. of sifted loaf sugar, 2 eggs.

Mode.—These cakes are made in the same manner as the soda bread No. 1722, with the addition of eggs and sugar. Mix the flour, tartaric acid, and salt well together, taking care that the two latter ingredients are reduced to the finest powder, and stir in the sifted sugar, which should also be very fine. Dissolve the soda in the milk, add the eggs, which should be well whisked, and with this liquid work the flour, &c. into a light dough. Divide it into

1738. 配料--1/2 lb.黄油、6个鸡蛋、1/2 lb.面粉、6 oz.竹芋粉、1/2 lb.捣碎块糖。

做法--将黄油搅打成奶油状；将鸡蛋打至硬性发泡，加入黄油中，逐渐拌入面粉，充分搅打混合物。将竹芋粉中的所有结块捏碎，与糖一起加入其他配料中。全部充分混合，将面团一先令硬币大小的小块滴在涂了黄油的烤盘上，在慢烤箱中烘饼干约1/4小时。

时间。- 1/4小时。

平均费用,2先令6便士。

足量可制作三至四打饼干。

时令任何时候皆宜。

美味早餐蛋糕

1739. 配料--1 lb.面粉、1/2茶匙酒石酸、1/2茶匙盐、1/2茶匙碳酸钠、1-1/2早餐杯牛奶、1 oz.筛过的块糖、2个鸡蛋。

做法。--这些蛋糕的制作方法与第1722号苏打面包相同，另加鸡蛋和糖。将面粉、酒石酸和盐充分混合，注意后两种配料须研成极细的粉末，再拌入同样极细的糖粉。将苏打溶于牛奶，加入打发的鸡蛋，用此液体将面粉等揉成松软的面团。将其分成

small cakes, put them into the oven immediately, and bake for about 20 minutes.

Time.—20 minutes.

COCOA-NUT BISCUITS OR CAKES.

1740. INGREDIENTS.—10 oz. of sifted sugar, 3 eggs, 6 oz. of grated cocoa-nut.

Mode.—Whisk the eggs until they are very light; add the sugar gradually; then stir in the cocoa-nut. Roll a tablespoonful of the paste at a time in your hands in the form of a pyramid; place the pyramids on paper, put the paper on tins, and bake the biscuits in rather a cool oven until they are just coloured a light brown.

Time.—About 1/4 hour. *Seasonable* at any time.

CRISP BISCUITS.

1741. INGREDIENTS.—1 lb. of flour, the yolk of 1 egg, milk.

Mode.—Mix the flour and the yolk of the egg with sufficient milk to make the whole into a very stiff paste; beat it well, and knead it until it is perfectly smooth. Roll the paste out very thin; with a round cutter shape it into small biscuits, and bake them a nice brown in a slow oven from 12 to 18 minutes.

Time.—12 to 18 minutes. *Average cost*, 4d.

Seasonable at any time.

DESSERT BISCUITS, which may be flavoured with Ground Ginger, Cinnamon, &c. &c.

小蛋糕，立即放入烤箱，烘烤约20分钟。

时间。--20分钟。

椰子饼干或蛋糕。

1740. 配料--10 oz.筛过的糖，3 个鸡蛋，6 oz.磨碎的椰蓉。

做法。--将鸡蛋打至非常蓬松；逐渐加入糖；然后拌入椰丝。每次取一汤匙糊，在手中搓成金字塔形；将金字塔放在纸上，把纸放在烤盘上，用较凉的烤箱烘烤饼干，至微微呈浅棕色即可。

时间--约1/4小时。时令随时皆宜。

脆饼干。

1741. 配料--1 lb.面粉，1 个蛋黄，牛奶。

做法。--将面粉和蛋黄与足量牛奶混合，使整体成为很硬的面团；充分搅打并揉至完全光滑。将面团擀得很薄；用圆形模具切成小饼干，用慢烤箱烘烤12至18分钟，至呈漂亮的棕色。

时间。--12至18分钟。平均成本,4便士。

时令任何时候皆宜。

甜点饼干，可用姜粉、肉桂等调味。

1742. INGREDIENTS.—1 lb. of flour, 1/2 lb. of butter, 1/2 lb. of sifted sugar, the yolks of 6 eggs, flavouring to taste.

Mode.—Put the butter into a basin; warm it, but do not allow it to oil; then with the hand beat it to a cream. Add the flour by degrees, then the sugar and flavouring, and moisten the whole with the yolks of the eggs, which should previously be well beaten. When all the ingredients are thoroughly incorporated, drop the mixture from a spoon on to a buttered paper, leaving a distance between each cake, as they spread as soon as they begin to get warm. Bake in rather a slow oven from 12 to 18 minutes, and do not let the biscuits acquire too much colour. In making the above quantity, half may be flavoured with ground ginger and the other half with essence of lemon or currants, to make a variety. With whatever the preparation is flavoured, so are the biscuits called; and an endless variety may be made in this manner.

Time.—12 to 18 minutes, or rather longer, in a very slow oven.

Average cost, 1s. 6d.

Sufficient to make from 3 to 4 dozen cakes.

Seasonable at any time.

LEMON BISCUITS.

1743—INGREDIENTS.—1-1/4 lb. of flour, 3/4 lb. of loaf sugar, 6 oz. of fresh butter, 4 eggs, 1 oz. of lemon-peel, 2 dessertspoonfuls of lemon-juice.

Mode.—Rub the flour into the butter; stir in the pounded sugar and very finely-minced lemon-peel, and when these ingredients

1742. 配料。--1 lb.面粉，1/2 lb.黄油，1/2 lb.糖粉，6个蛋黄，调味料适量。

做法。--将黄油放入盆中；加热，但不要让它变成油状；然后用手将其搅打成奶油状。逐渐加入面粉，然后加入砂糖和调味料，用蛋黄将整体润湿，蛋黄应事先充分打散。当所有配料完全混合后，用勺子将混合物滴在涂了黄油的纸上，每个饼干之间留出距离，因为它们一开始变热就会摊开。在较慢的烤箱中烤12至18分钟，不要让饼干上色过多。制作上述分量时，可将一半用姜粉调味，另一半用柠檬精或醋栗调味，以增加变化。用什么调味，饼干就叫什么名字；用这种方法可以做出无穷无尽的变化。

时间。--12至18分钟，或在极慢的烤箱中稍久一些。

平均费用,1先令6便士。

足量可制作三至四打蛋糕。

时令任何时候皆宜。

柠檬饼干。

1743--配料。--1-1/4 lb.面粉，3/4 lb.块糖，6 oz.新鲜黄油，4个鸡蛋，1 oz.柠檬皮，2甜点匙柠檬汁。

做法。--将面粉揉入黄油；拌入捣碎的糖和切得极细的柠檬皮，待这些配料

are thoroughly mixed, add the eggs, which should be previously well whisked, and the lemon-juice. Beat the mixture well for a minute or two, then drop it from a spoon on to a buttered tin, about 2 inches apart, as the cakes will spread when they get warm; place the tin in the oven, and bake the cakes of a pale brown from 15 to 20 minutes.

完全混合后，加入事先打发的鸡蛋和柠檬汁。将混合物充分搅打一两分钟，然后用勺子舀到涂了黄油的烤盘上，间隔约2英寸，因为蛋糕遇热会摊开；将烤盘放入烤箱，烘烤15至20分钟，至蛋糕呈浅棕色。

Time.—15 to 20 minutes. *Average cost*, 1s. 6d.

时间。--15至20分钟。平均费用，1先令6便士。

Seasonable at any time.

时令任何时候皆宜。

MACAROONS.

马卡龙。

1744. INGREDIENTS.—1/2 lb. of sweet almonds, 1/2 lb. of sifted loaf sugar, the whites of 3 eggs, wafer-paper.

1744. 配料。--1/2 lb.甜杏仁，1/2 lb.糖粉，3个蛋清，糯米纸。

[Illustration: MACAROONS.]

[插图：马卡龙]

Mode.—Blanch, skin, and dry the almonds, and pound them well with a little orange-flower water or plain water; then add to them the sifted sugar and the whites of the eggs, which should be beaten to a stiff froth, and mix all the ingredients well together. When the paste looks soft, drop it at equal distances from a biscuit-syringe on to sheets of wafer-paper; put a strip of almond on the top of each; strew some sugar over, and bake the macaroons in rather a slow oven, of a light brown colour when hard and set, they are done, and must not be allowed to get very brown, as that would spoil their appearance. If the cakes, when baked, appear heavy, add a little more white of egg, but let this always be well whisked before it is added to the other ingredients. We have given a recipe for making these cakes, but we think it almost or quite as economical to purchase such articles as these at

做法。--将杏仁烫去外皮、剥净并擦干，加少许橙花水或清水捣烂；然后加入筛过的糖和蛋白，蛋白应打至硬性发泡，将所有配料充分拌匀。当面糊显得柔软时，用饼干挤筒将其等距挤在薄脆纸片上；每块上面放一条杏仁；撒上一些糖，用较慢的炉温烘烤马卡龙，待其坚硬定型、呈浅棕色时即已烤熟，不可让其烤得过焦，否则会破坏外观。若蛋糕烤好后显得厚重，可再加少许蛋白，但加入其他配料之前务必将其充分搅打。我们已给出制作这些蛋糕的食谱，但我们认为购买这类食品几乎或完全同样经济，可在

a good confectioner's.

Time.—From 15 to 20 minutes, in a slow oven.

Average cost, 1s. 8d. per lb.

RATAFIAS.

[Illustration: RATAFIAS.]

1745. INGREDIENTS.—1/2 lb. of sweet almonds, 1/4 lb. of bitter ones, 3/4 lb. of sifted loaf sugar, the whites of 4 eggs.

Mode.—Blanch, skin, and dry the almonds, and pound them in a mortar with the white of an egg; stir in the sugar, and gradually add the remaining whites of eggs, taking care that they are very thoroughly whisked. Drop the mixture through a small biscuit-syringe on to cartridge paper, and bake the cakes from 10 to 12 minutes in rather a quicker oven than for macaroons. A very small quantity should be dropped on the paper to form one cake, as, when baked, the ratafias should be about the size of a large button.

Time.—10 to 12 minutes. *Average cost*, 1s. 8d. per lb.

RICE BISCUITS OR CAKES.

1746. INGREDIENTS.—To every 1/2 lb. of rice-flour allow 1/4 lb. of pounded lump sugar, 1/4 lb. of butter, 2 eggs.

Mode.—Beat the butter to a cream, stir in the rice-flour and pounded sugar, and moisten the whole with the eggs, which should be previously well beaten. Roll out the paste, shape it with a round paste-cutter into small cakes, and bake them from 12 to

一名优秀的糖果师。

时间。--在慢烤箱中烤15至20分钟。

平均成本，每磅1先令8便士。

杏仁饼干。

[插图：拉塔菲亚斯]

1745. 配料。--1/2 lb.甜杏仁，1/4 lb.苦杏仁，3/4 lb.糖粉，4个蛋清。

做法。--将杏仁烫去外皮、剥净并擦干，在研钵中加一个蛋白捣烂；拌入糖，逐渐加入剩余的蛋白，注意将其充分搅打。将混合物通过小饼干挤筒挤在卡纸纸上，用比马卡龙稍快的炉温烘烤蛋糕10至12分钟。挤在纸上的量应很少，以形成一块蛋糕，因为烤好后，拉塔菲亚饼干应约如大纽扣大小。

时间。- 10至12分钟。平均成本，每磅1先令8便士。

米饭饼干或米饼。

1746. 配料。--每1/2 lb.米粉配1/4 lb.捣碎的块糖，1/4 lb.黄油，2个鸡蛋。

做法。--将黄油打至奶油状，拌入米粉和捣碎的糖，用事先打好的鸡蛋使整体湿润。将面团擀开，用圆形切模切成小蛋糕，烘烤12至

18 minutes in a very slow oven.

Time.—12 to 18 minutes. *Average cost*, 9d.

Sufficient to make about 18 cakes. *Seasonable* at any time.

GROUND RICE, or rice-flour, is used for making several kinds of cakes, also for thickening soups, and for mixing with wheaten flour in producing Manna Kroup. The Americans make rice-bread, and prepare the flour for it in the following manner:—When the rice is thoroughly cleansed, the water is drawn off, and the rice, while damp, bruised in a mortar: it is then dried, and passed through a hair sieve.

ROCK BISCUITS.

1747. INGREDIENTS.—6 eggs, 1 lb. of sifted sugar, 1/2 lb. of flour, a few currants.

Mode.—Break the eggs into a basin, beat them well until very light, add the pounded sugar, and when this is well mixed with the eggs, dredge in the flour gradually, and add the currants. Mix all well together, and put the dough, with a fork, on the tins, making it look as rough as possible. Bake the cakes in a moderate oven from 20 minutes to 1/2 hour; when they are done, allow them to get cool, and store them away in a tin canister, in a dry place.

Time.—20 minutes to 1/2 hour. *Average cost*, 1s. 2d.

Seasonable at any time.

SAVOY BISCUITS OR CAKES.

在极慢火烤箱中烤18分钟。

时间。--12至18分钟。平均成本,9便士。

足量可制作约18个蛋糕。四季皆宜。

米粉，或称米面，用于制作数种蛋糕，也用于给汤增稠，以及与小面粉混合制成甘露碎麦片。美国人制作米面包，其面粉的制备方法如下：将米彻底洗净后，倒去水，趁米尚湿时在研钵中捣碎；然后干燥，用马尾筛筛过。

岩饼。

1747. 配料--6个鸡蛋，1 lb.筛过的糖，1/2 lb.面粉，少许醋栗。

做法--将鸡蛋打入盆中，充分搅打至非常蓬松，加入研碎的糖，待糖与鸡蛋充分混合后，逐渐撒入面粉，并加入醋栗。将所有材料充分拌匀，用叉子将面团放在烤盘上，使其表面尽可能粗糙。在中等温度的炉中烘烤20分钟至1/2小时；烤好后，待其冷却，存放在干燥处的铁罐中。

时间。--20分钟至半小时。平均费用,1先令2便士。

时令任何时候皆宜。

萨伏依饼干或蛋糕。

1748. INGREDIENTS.—4 eggs, 6 oz. of pounded sugar, the rind of 1 lemon, 6 oz. of flour.

Mode.—Break the eggs into a basin, separating the whites from the yolks; beat the yolks well, mix with them the pounded sugar and grated lemon-rind, and beat these ingredients together for 1/4 hour. Then dredge in the flour gradually, and when the whites of the eggs have been whisked to a solid froth, stir them to the flour, &c.; beat the mixture well for another 5 minutes, then draw it along in strips upon thick cartridge paper to the proper size of the biscuit, and bake them in rather a hot oven; but let them be carefully watched, as they are soon done, and a few seconds over the proper time will scorch and spoil them. These biscuits, or ladies'-fingers, as they are called, are used for making Charlotte russes, and for a variety of fancy sweet dishes.

Time.—5 to 8 minutes, in a quick oven.

Average cost, 1s. 8d. per lb., or 1/2d. each.

SEED BISCUITS.

1749. INGREDIENTS.—1 lb. of flour, 1/4 lb. of sifted sugar, 1/4 lb. of butter, 1/2 oz. of caraway seeds, 3 eggs.

Mode.—Beat the butter to a cream; stir in the flour, sugar, and caraway seeds; and when these ingredients are well mixed, add the eggs, which should be well whisked. Roll out the paste, with a round cutter shape out the biscuits, and bake them in a moderate oven from 10 to 15 minutes. The tops of the biscuits may be brushed over with a little milk or the white of an egg, and then a little sugar strewn over.

1748. 配料--4个鸡蛋，6 oz.研碎的糖，1个柠檬的皮，6 oz.面粉。

做法。--将鸡蛋磕入盆中，把蛋白与蛋黄分开；将蛋黄充分打散，加入捣碎的糖和擦碎的柠檬皮与之混合，将这些配料一起搅打1/4小时。然后逐渐撒入面粉，待蛋白被打成坚实的泡沫状后，将其拌入面粉等料中；再将混合物充分搅打5分钟，然后将其挤成长条状，置于厚卡纸(cartridge paper)上，做成饼干应有的尺寸，放入相当热的炉中烘烤；但须仔细看管，因为它们很快就熟，超过适当时间几秒钟便会烤焦而毁掉。这种饼干，或称“淑女指”(ladies'-fingers)，用于制作夏洛特俄式蛋糕(Charlotte russes)，以及各种花色甜点。

时间。--5至8分钟，用急火烤箱。

平均成本，每磅1先令8便士，或每个半便士。

种子饼干。

1749. 配料--1 lb.面粉，1/4 lb.筛过的糖，1/4 lb.黄油，1/2 oz.葛缕子，3个鸡蛋。

做法--将黄油搅打至奶油状；拌入面粉、糖和葛缕子；待这些配料充分混合后，加入已充分搅打的鸡蛋。将面团擀开，用圆形切模切出饼干，在中等温度的炉中烘烤10至15分钟。饼干表面可刷上少许牛奶或蛋清，然后撒上少许糖。

Time.—10 to 15 minutes. *Average cost*, 1s.

Sufficient to make 3 dozen biscuits. *Seasonable* at any time.

SIMPLE HARD BISCUITS.

1750. INGREDIENTS.—To every lb. of flour allow 2 oz. of butter, about 1/2 pint of skimmed milk.

Mode.—Warm the butter in the milk until the former is dissolved, and then mix it with the flour into a very stiff paste; beat it with a rolling-pin until the dough looks perfectly smooth. Roll it out thin; cut it with the top of a glass into round biscuits; prick them well, and bake them from 6 to 10 minutes. The above is the proportion of milk which we think would convert the flour into a stiff paste; but should it be found too much, an extra spoonful or two of flour must be put in. These biscuits are very nice for the cheese course.

Time.—6 to 10 minutes.

Seasonable at any time.

SODA BISCUITS.

1751. INGREDIENTS.—1 lb. of flour, 1/2 lb. of pounded loaf sugar, 1/4 lb. of fresh butter, 2 eggs, 1 small teaspoonful of carbonate of soda.

Mode.—Put the flour (which should be perfectly dry) into a basin; rub in the butter, add the sugar, and mix these ingredients well together. Whisk the eggs, stir them into the mixture, and beat it well, until everything is well incorporated. Quickly stir in the soda, roll the paste out until it is about 1/2 inch thick, cut it into

时间。--10至15分钟。平均成本,1先令。

足量可制作三打饼干。时令四季皆宜。

简易硬饼干。

1750. 配料--每1 lb.面粉配2 oz.黄油，约1/2 pint 脱脂牛奶。

做法。--将黄油在牛奶中加热至融化，然后与面粉混合，揉成很硬的面团；用擀面杖捶打，直至面团看上去完全光滑。将其擀薄；用玻璃杯口切成圆形饼干；充分扎孔，烘烤6至10分钟。以上是我们认为足以将面粉调成硬面团所需的牛奶比例；但若发现牛奶过多，须再加一两勺面粉。这种饼干配奶酪一道食用非常可口。

时间。--6至10分钟。

时令任何时候皆宜。

苏打饼干

1751. 配料--1 lb.面粉，1/2 lb.研碎的块糖，1/4 lb.新鲜黄油，2个鸡蛋，1小茶匙碳酸钠。

做法--将面粉(应完全干燥)放入盆中；揉入黄油，加入糖，将这些配料充分混合。搅打鸡蛋，拌入混合物中，充分搅打，直至所有材料完全融合。迅速拌入碳酸钠，将面团擀至约1/2英寸厚，切成

small round cakes with a tin cutter, and bake them from 12 to 18 minutes in rather a brisk oven. After the soda is added, great expedition is necessary in rolling and cutting out the paste, and in putting the biscuits *immediately* into the oven, or they will be heavy.

Time.—12 to 18 minutes. *Average cost*, 1s.

Sufficient to make about 3 dozen cakes. *Seasonable* at any time.

ALMOND CAKE.

1752. INGREDIENTS.—1/2 lb. of sweet almonds, 1 oz. of bitter almonds, 6 eggs, 8 tablespoonfuls of sifted sugar, 5 tablespoonfuls of fine flour, the grated rind of 1 lemon, 3 oz. of butter.

Mode.—Blanch and pound the almonds to a paste; separate the whites from the yolks of the eggs; beat the latter, and add them to the almonds. Stir in the sugar, flour, and lemon-rind; add the butter, which should be beaten to a cream; and when all these ingredients are well mixed, put in the whites of the eggs, which should be whisked to a stiff froth. Butter a cake-mould, put in the mixture, and bake in a good oven from 1-1/4 to 1-3/4 hour.

Time.—1-1/4 to 1-3/4 hour. *Average cost*, 1s.

Seasonable at any time.

RICH BRIDE OR CHRISTENING CAKE.

1753. INGREDIENTS.—5 lbs. of the finest flour, 3 lbs. of fresh butter, 5 lbs. of currants, 2 lbs. of sifted loaf sugar, 2 nutmegs, 1/4 oz. of mace, half 1/4 oz. of cloves, 16 eggs, 1 lb. of sweet

小圆饼，用铁皮切模切出，在较旺的炉中烘烤12至18分钟。加入碳酸钠后，必须非常迅速地擀开、切出饼干，并立即放入炉中，否则饼干会发硬。

时间。--12至18分钟。平均成本,1先令。

足量约可制作3打蛋糕。时令随时皆宜。

杏仁蛋糕。

1752. 配料--1/2 lb.甜杏仁，1 oz.苦杏仁，6个鸡蛋，8汤匙筛过的糖，5汤匙细面粉，1个柠檬的擦碎皮，3 oz.黄油。

做法--将杏仁去皮研成糊状；将蛋清与蛋黄分开；搅打蛋黄，加入杏仁中。拌入糖、面粉和柠檬皮；加入已搅打至奶油状的黄油；待所有这些配料充分混合后，加入已搅打至硬性发泡的蛋清。在蛋糕模具中抹上黄油，倒入混合物，在旺炉中烘烤1-1/4至1-3/4小时。

时间。- 1-1/4 至 1-3/4 小时。平均成本,1s。

时令任何时候皆宜。

丰盛的婚礼或洗礼蛋糕。

1753. 配料--5 lbs.最细的面粉，3 lbs.新鲜黄油，5 lbs.醋栗，2 lbs.筛过的块糖，2个肉豆蔻，1/4 oz.肉豆蔻衣，半1/4 oz.丁香，16个鸡蛋，1 lb.甜

almonds, 1/2 lb. of candied citron, 1/2 lb. each of candied orange and lemon peel, 1 gill of wine, 1 gill of brandy.

Mode.—Let the flour be as fine as possible, and well dried and sifted; the currants washed, picked, and dried before the fire; the sugar well pounded and sifted; the nutmegs grated, the spices pounded; the eggs thoroughly whisked, whites and yolks separately; the almonds pounded with a little orange-flower water, and the candied peel cut in neat slices. When all these ingredients are prepared, mix them in the following manner. Begin working the butter with the hand till it becomes of a cream-like consistency; stir in the sugar, and when the whites of the eggs are whisked to a solid froth, mix them with the butter and sugar; next, well beat up the yolks for 10 minutes, and, adding them to the flour, nutmegs, mace, and cloves, continue beating the whole together for 1/2 hour or longer, till wanted for the oven. Then mix in lightly the currants, almonds, and candied peel with the wine and brandy; and having lined a hoop with buttered paper, fill it with the mixture, and bake the cake in a tolerably quick oven, taking care, however, not to burn it: to prevent this, the top of it may be covered with a sheet of paper. To ascertain whether the cake is done, plunge a clean knife into the middle of it, withdraw it directly, and if the blade is not sticky, and looks bright, the cake is sufficiently baked. These cakes are usually spread with a thick layer of almond icing, and over that another layer of sugar icing, and afterwards ornamented. In baking a large cake like this, great attention must be paid to the heat of the oven; it should not be too fierce, but have a good soaking heat.

Time.—5 to 6 hours. *Average cost*, 2*s*. per lb.

杏仁，1/2 lb.糖渍香橼，糖渍橙皮和柠檬皮各1/2 lb.,1 gill 葡萄酒，1 gill 白兰地。

做法。--面粉须尽可能细，并充分干燥、过筛；加仑子(currants)须洗净、拣选，并在火前烘干；糖须充分捣碎并过筛；肉豆蔻须擦碎，香料须捣碎；鸡蛋须充分打散，蛋白与蛋黄分开；杏仁须与少许橙花水一同捣碎，糖渍果皮须切成整齐的薄片。待所有这些配料备妥后，按以下方法混合。先用手揉搓黄油，直至其呈奶油般的稠度；拌入糖，待蛋白被打成坚实的泡沫状后，将其与黄油和糖混合；接着将蛋黄充分搅打10分钟，加入面粉、肉豆蔻、肉豆蔻衣和丁香中，继续将全部材料一起搅打1/2小时或更久，直至准备入炉。然后轻轻拌入加仑子、杏仁和糖渍果皮，并加入葡萄酒和白兰地；用涂过黄油的纸衬在一个圆模内，将混合物填入，放入相当旺的炉中烘烤蛋糕，但须注意不要烤焦：为防止烤焦，可在其表面盖一张纸。要确定蛋糕是否烤熟，可将一把干净的刀插入蛋糕中央，立即抽出，若刀身不粘且光亮，则蛋糕已烤熟。这种蛋糕通常涂一层厚厚的杏仁糖霜，其上再涂一层糖霜，然后加以装饰。烘烤这样大的蛋糕时，必须十分注意炉温；炉火不宜过猛，但须有充足而均匀的热力。

时间--5至6小时。平均成本，每磅2先令。

CHRISTMAS CAKE.

1754. INGREDIENTS.—5 teacupfuls of flour, 1 teacupful of melted butter, 1 teacupful of cream, 1 teacupful of treacle, 1 teacupful of moist sugar, 2 eggs, 1/2 oz. of powdered ginger, 1/2 lb. of raisins, 1 teaspoonful of carbonate of soda, 1 tablespoonful of vinegar.

Mode.—Make the butter sufficiently warm to melt it, but do not allow it to oil; put the flour into a basin; add to it the sugar, ginger, and raisins, which should be stoned and cut into small pieces. When these dry ingredients are thoroughly mixed, stir in the butter, cream, treacle, and well-whisked eggs, and beat the mixture for a few minutes. Dissolve the soda in the vinegar, add it to the dough, and be particular that these latter ingredients are well incorporated with the others; put the cake into a buttered mould or tin, place it in a moderate oven immediately, and bake it from 1-3/4 to 2-1/4 hours.

Time.—1-3/4 to 2-1/4 hours. *Average cost*, 1s. 6d.

COMMON CAKE, suitable for sending to Children at School.

1755. INGREDIENTS.—2 lbs. of flour, 4 oz. of butter or clarified dripping, 1/2 oz. of caraway seeds, 1/4 oz. of allspice, 1/2 lb. of pounded sugar, 1 lb. of currants, 1 pint of milk, 3 tablespoonfuls of fresh yeast.

Mode.—Rub the butter lightly into the flour; add all the dry ingredients, and mix these well together. Make the milk warm, but not hot; stir in the yeast, and with this liquid make the whole into a light dough; knead it well, and line the cake-tins with strips of buttered paper; this paper should be about 6 inches higher than the top of the tin. Put in the dough; stand it in a warm place to

圣诞蛋糕

1754. 配料--5茶杯面粉，1茶杯融化的黄油，1茶杯奶油，1茶杯糖蜜，1茶杯湿糖，2个鸡蛋，1/2 oz.姜粉，1/2 lb.葡萄干，1茶匙碳酸钠，1汤匙醋。

做法。--将黄油加热至足以融化，但不要让它变成油状；将面粉放入盆中；加入糖、姜和葡萄干，葡萄干须去核并切成小块。待这些干性配料充分混合后，拌入黄油、奶油、糖蜜和充分打散的鸡蛋，将混合物搅打几分钟。将苏打溶于醋中，加入面团，并特别注意后加的这些配料与其他配料充分融合；将蛋糕放入涂过黄油的模子或铁盘中，立即放入中等温度的炉中，烘烤1-3/4至2-1/4小时。

时间--1又3/4至2又1/4小时。平均成本,1先令6便士。

普通蛋糕，适合寄给在学校的孩子。

1755. 配料--2 lbs.面粉，4 oz.黄油或澄清的滴油，1/2 oz.葛缕子，1/4 oz.多香果，1/2 lb.研碎的糖，1 lb.醋栗，1 pint 牛奶，3汤匙新鲜酵母。

做法--将黄油轻轻揉入面粉中；加入所有干性配料，充分混合。将牛奶加热至温热，但不要烫；拌入酵母，用此液体将全部材料揉成轻盈的面团；充分揉捏，用涂过黄油的纸条衬在蛋糕模具内；纸条应高出模具顶部约6英寸。放入面团；置于温暖处

rise for more than an hour; then bake the cakes in a well-heated oven. If this quantity be divided in two, they will take from 1-1/2 to 2 hours' baking.

Time.—1-3/4 to 2-1/4 hours. *Average cost*, 1s. 9d.

Sufficient to make 2 moderate-sized cakes.

ECONOMICAL CAKE.

[Illustration: CAKE-MOULD.]

1756. INGREDIENTS.—1 lb. of flour, 1/4 lb. of sugar, 1/4 lb. of butter or lard, 1/2 lb. of currants, 1 teaspoonful of carbonate of soda, the whites of 4 eggs, 1/2 pint of milk.

Mode,—In making many sweet dishes, the whites of eggs are not required, and if well beaten and added to the above ingredients, make an excellent cake, with or without currants. Beat the butter to a cream, well whisk the whites of the eggs, and stir all the ingredients together but the soda, which must not be added until all is well mixed, and the cake is ready to be put into the oven. When the mixture has been well beaten, stir in the soda, put the cake into a buttered mould, and bake it in a moderate oven for 1-1/2 hour.

Time.—1-1/2 hour. *Average cost*, 1s. 3d.

A NICE USEFUL CAKE.

1757. INGREDIENTS.—1/4 lb. of butter, 6 oz. of currants, 1/4 lb. of sugar 1 lb. of dried flour, 2 teaspoonfuls of baking-powder, 3 eggs, 1 teacupful of milk, 2 oz. of sweet almonds, 1 oz. of candied

发酵一个多小时；然后在充分加热的炉中烘烤蛋糕。若将此分量分为两份，需烘烤1-1/2至2小时。

时间--1-3/4至2-1/4小时。平均费用,1先令9便士。足量可制作2个中等大小的蛋糕。

经济蛋糕

[插图：蛋糕模具。]

1756. 配料--1 lb.面粉，1/4 lb.糖，1/4 lb.黄油或猪油，1/2 lb.醋栗，1茶匙碳酸钠，4个鸡蛋的蛋清，1/2 pint 牛奶。

做法。--制作许多甜点时并不需要蛋白，若将蛋白充分打散并加入上述配料中，可做成极好的蛋糕，加或不加加仑子均可。将黄油打至奶油状，充分打散蛋白，将所有配料搅拌在一起，但苏打除外，苏打须待全部材料充分混合、蛋糕准备入炉时方可加入。待混合物充分搅打后，拌入苏打，将蛋糕放入涂过黄油的模子中，在中等温度的炉中烘烤1-1/2小时。

时间。--1-1/2小时。平均成本,1先令3便士。

一款美味实用的蛋糕。

1757. 配料--1/4 lb.黄油，6 oz.醋栗，1/4 lb.糖，1 lb.干面粉，2茶匙发酵粉，3个鸡蛋，1茶杯牛奶，2 oz.甜杏仁，1 oz.糖渍

peel.

Mode.—Beat the butter to a cream; wash, pick, and dry the currants; whisk the eggs; blanch and chop the almonds, and cut the peel into neat slices. When all these are ready, mix the dry ingredients together; then add the butter, milk, and eggs, and beat the mixture well for a few minutes. Put the cake into a buttered mould or tin, and bake it for rather more than 1-1/2 hour. The currants and candied peel may be omitted, and a little lemon or almond flavouring substituted for them: made in this manner, the cake will be found very good.

Time.—Rather more than 1-1/2 hour. *Average cost,* 1s. 9d.

HONEY CAKE.

1758. INGREDIENTS.—1/2 breakfast-cupful of sugar, 1 breakfast-cupful of rich sour cream, 2 breakfast-cupfuls of flour, 1/2 teaspoonful of carbonate of soda, honey to taste.

Mode.—Mix the sugar and cream together; dredge in the flour, with as much honey as will flavour the mixture nicely; stir it well, that all the ingredients may be thoroughly mixed; add the carbonate of soda, and beat the cake well for another 5 minutes; put it into a buttered tin, bake it from 1/2 to 3/4 hour, and let it be eaten warm.

Time.—1/2 to 3/4 hour. *Average cost,* 8d.

Sufficient for 3 or 4 persons. *Seasonable* at any time.

RICH SWEETMEAT GINGERBREAD NUTS.

剥皮。

做法。--将黄油搅打至奶油状；将加仑子洗净、拣选并晾干；将鸡蛋打散；将杏仁烫去外皮并切碎，将果皮切成整齐的薄片。待这一切准备就绪，将干性配料混合在一起；然后加入黄油、牛奶和鸡蛋，将混合物充分搅打几分钟。将蛋糕放入涂了黄油的模子或烤盘中，烘烤略多于1-1/2小时。可以省略加仑子和糖渍果皮，代之以少许柠檬或杏仁调味：按此法制作，蛋糕会非常美味。

时间--略多于1-1/2小时。平均费用,1先令9便士。

蜂蜜蛋糕。

1758. 配料--1/2早餐杯糖，1早餐杯浓酸奶油，2早餐杯面粉，1/2茶匙碳酸钠，蜂蜜适量。

做法--将糖和奶油混合；撒入面粉，加入适量蜂蜜使混合物风味适宜；充分搅拌，使所有配料彻底混合；加入碳酸钠，再将蛋糕搅打5分钟；倒入涂过黄油的模具中，烘烤1/2至3/4小时，趁热食用。

时间。--1/2至3/4小时。平均成本,8便士。

足够供三四人食用。时令随时皆宜。

浓郁甜食姜饼坚果。

1759. INGREDIENTS.—1 lb. of treacle, 1/4 lb. of clarified butter, 1 lb. of coarse brown sugar, 2 oz. of ground ginger, 1 oz. of candied orange-peel, 1 oz. of candied angelica, 1/2 oz. of candied lemon-peel, 1/2 oz. of coriander seeds, 1/2 oz. of caraway seeds, 1 egg; flour.

Mode.—Put the treacle into a basin, and pour over it the butter, melted so as not to oil, the sugar, and ginger. Stir these ingredients well together, and whilst mixing, add the candied peel, which should be cut into very small pieces, but not bruised, and the caraway and coriander seeds, which should be pounded. Having mixed all thoroughly together, break in an egg, and work the whole up with as much fine flour as may be necessary to form a paste. Make this into nuts of any size, put them on a tin plate, and bake in a slow oven from 1/4 to 1/2 hour.

Time.—1/4 to 1/2 hour. *Average cost,* from 1s. to 1s. 4d. per lb.

Seasonable at any time.

THICK GINGERBREAD.

1760. INGREDIENTS.—1 lb. of treacle, 1/4 lb. of butter, 1/4 lb. of coarse brown sugar, 1-1/2 lb. of flour, 1 oz. of ginger, 1/2 oz. of ground allspice, 1 teaspoonful of carbonate of soda, 1/4 pint of warm milk, 3 eggs.

[Illustration: GINGERBREAD.]

Mode.—Put the flour into a basin, with the sugar, ginger, and allspice; mix these together; warm the butter, and add it, with the treacle, to the other ingredients. Stir well; make the milk just warm, dissolve the carbonate of soda in it, and mix the whole into

1759. 配料--1 lb.糖蜜，1/4 lb.澄清黄油，1 lb.粗红糖，2 oz.姜粉，1 oz.糖渍橙皮，1 oz.糖渍当归，1/2 oz.糖渍柠檬皮，1/2 oz.芫荽籽，1/2 oz.葛缕子，1个鸡蛋；面粉。

做法。--将糖蜜倒入盆中，浇上融化但未至油状的黄油，再加入糖和姜。将这些配料充分搅拌在一起，在搅拌的同时加入糖渍果皮(应切成极小的碎块，但不要捣碎)以及应捣碎的葛缕子和芫荽籽。全部彻底混合后，打入一个鸡蛋，并用适量细面粉将其揉成面团。将此做成任意大小的坚果状，放在锡盘上，在慢火烤箱中烘烤1/4至1/2小时。

时间--1/4至1/2小时。平均费用，每 lb.1先令至1先令4便士。

时令任何时候皆宜。

厚姜饼。

1760. 配料--1 lb.糖蜜，1/4 lb.黄油，1/4 lb.粗红糖，1-1/2 lb.面粉，1 oz.姜，1/2 oz.多香果粉，1茶匙碳酸钠，1/4 pint 温牛奶，3个鸡蛋。

[插图：姜饼。]

做法--将面粉放入盆中，加入糖、姜和多香果；混合均匀；加热黄油，与糖蜜一同加入其他配料中。充分搅拌；将牛奶加热至微温，在其中溶解碳酸钠，与事先充分搅打的鸡蛋一起将全部材料混合成

a nice smooth dough with the eggs, which should be previously well whisked; pour the mixture into a buttered tin, and bake it from 3/4 to 1 hour, or longer, should the gingerbread be very thick. Just before it is done, brush the top over with the yolk of an egg beaten up with a little milk, and put it back in the oven to finish baking.

Time.—3/4 to 1 hour. *Average cost*, 1s. per square.

Seasonable at any time.

SUNDERLAND GINGERBREAD NUTS.

(*An Excellent Recipe*.)

1761. INGREDIENTS.—1-3/4 lb. treacle, 1 lb. of moist sugar, 1 lb. of butter, 2-3/4 lbs. of flour, 1-1/2 oz. of ground ginger, 1-1/2 oz. of allspice, 1-1/2 oz. of coriander seeds.

Mode.—Let the allspice, coriander seeds, and ginger be freshly ground; put them into a basin, with the flour and sugar, and mix these ingredients well together; warm the treacle and butter together; then with a spoon work it into the flour, &c., until the whole forms a nice smooth paste. Drop the mixture from the spoon on to a piece of buttered paper, and bake in rather a slow oven from 20 minutes to 1/2 hour. A little candied lemon-peel mixed with the above is an improvement, and a great authority in culinary matters suggests the addition of a little cayenne pepper in gingerbread. Whether it be advisable to use this latter ingredient or not, we leave our readers to decide.

Time.—20 minutes to 1/2 hour. *Average cost*, 1s. to 1s. 4d. per lb.

光滑细腻的面团；将混合物倒入涂过黄油的模具中，烘烤3/4至1小时，若姜饼很厚则需更长时间。烤好前，用蛋黄加少许牛奶打匀刷在表面，放回炉中烘烤完成。

时间。--3/4至1小时。平均成本，每平方1先令。

时令任何时候皆宜。

桑德兰姜饼坚果

(一份极佳的食谱。)

1761. 配料。--1-3/4 lb.糖蜜，1 lb.湿糖，1 lb.黄油，2-3/4 lbs.面粉，1-1/2 oz.姜粉，1-1/2 oz.多香果，1-1/2 oz.芫荽籽。

做法。--将多香果、芫荽籽和姜新鲜研磨；与面粉和糖一同放入盆中，将这些配料充分混合；将糖蜜和黄油一同加热；然后用勺子将其拌入面粉等物中，直至全部形成光滑细腻的面团。用勺子将混合物滴在涂了黄油的纸上，在较慢的烤箱中烘烤20分钟至1/2小时。在上述混合物中加入少许糖渍柠檬皮可使之更佳，一位烹饪界的权威人士建议在姜饼中加入少许辣椒粉。是否宜用后一种配料，我们留待读者决定。

时间。--20分钟至1/2小时。平均成本，每lb.1s.至1s.4d.。

Seasonable at any time.

WHITE GINGERBREAD.

1762. INGREDIENTS.—1 lb. of flour, 1/2 lb. of butter, 1/2 lb. of loaf sugar, the rind of 1 lemon, 1 oz. of ground ginger, 1 nutmeg grated, 1/2 teaspoonful of carbonate of soda, 1 gill of milk.

Mode.—Rub the butter into the flour; add the sugar, which should be finely pounded and sifted, and the minced lemon-rind, ginger, and nutmeg. Mix these well together; make the milk just warm, stir in the soda, and work the whole into a nice smooth paste; roll it out, cut it into cakes, and bake in a moderate oven from 15 to 20 minutes.

Time.—15 to 20 minutes. *Average cost*, 1s. 3d.

Seasonable at any time.

GOOD HOLIDAY CAKE.

1763. INGREDIENTS.—1-1/2d. worth of Borwick's German baking-powder, 2 lbs. of flour, 6 oz. of butter, 1/4 lb. of lard, 1 lb. of currants, 1/2 lb. of stoned and cut raisins, 1/4 lb. of mixed candied peel, 1/2 lb. of moist sugar, 3 eggs, 3/4 pint of cold milk.

Mode.—Mix the baking-powder with the flour; then rub in the butter and lard; have ready the currants, washed, picked, and dried the raisins stoned and cut into small pieces (not chopped), and the peel cut into neat slices. Add these with the sugar to the flour, &c., and mix all the dry ingredients well together. Whisk the eggs, stir to them the milk, and with this liquid moisten the cake;

时令任何时候皆宜。

白姜饼。

1762. 配料。--1 lb.面粉，1/2 lb.黄油，1/2 lb.块糖，1个柠檬的皮，1 oz.姜粉，1个磨碎的肉豆蔻，1/2茶匙碳酸钠，1 gill牛奶。

做法。--将黄油搓入面粉中；加入糖(应细细捣碎并过筛)、切碎的柠檬皮、姜和肉豆蔻。将这些充分混合；将牛奶稍加热，拌入碳酸钠，将全部揉成光滑的面团；擀开，切成蛋糕状，在中等温度的炉中烘15至20分钟。

时间。--15至20分钟。平均成本,1先令3便士。

时令任何时候皆宜。

节日蛋糕

1763. 配料。--价值1-1/2d.的博威克德国烘粉，2 lbs.面粉，6 oz.黄油，1/4 lb.猪油，1 lb.加仑子，1/2 lb.去核切碎的葡萄干，1/4 lb.混合糖渍果皮，1/2 lb.湿糖，3个鸡蛋，3/4 pint冷牛奶。

做法。--将烘粉与面粉混合；然后搓入黄油和猪油；备好加仑子(洗净、拣选并晾干)、葡萄干(去核并切成小块，不要切碎)以及果皮(切成整齐的薄片)。将这些与糖一起加入面粉等中，将所有干配料充分混合。将鸡蛋打散，拌入牛奶，用此液体润湿蛋糕；

beat it up well, that all may be very thoroughly mixed; line a cake-tin with buttered paper, put in the cake, and bake it from 2-1/4 to 2-3/4 hours in a good oven. To ascertain when it is done, plunge a clean knife into the middle of it, and if, on withdrawing it, the knife looks clean, and not sticky, the cake is done. To prevent its burning at the top, a piece of clean paper may be put over whilst the cake is soaking, or being thoroughly cooked in the middle. A steamer, such as is used for steaming potatoes, makes a very good cake-tin, if it be lined at the bottom and sides with buttered paper.

将其充分搅打，使所有材料彻底混合；在蛋糕烤盘中铺上涂了黄油的纸，放入蛋糕，在火力充足的烤箱中烘烤2-1/4至2-3/4小时。要确定是否烤熟，可将一把干净的刀插入蛋糕中央，若拔出时刀面干净而不粘黏，蛋糕即已烤熟。为防止顶部烤焦，可在蛋糕内部慢慢烘透时在其上覆盖一张干净的纸。蒸土豆用的蒸笼，若在底部和四周铺上涂了黄油的纸，便是很好的蛋糕烤盘。

Time.—2-1/4 to 2-3/4 hours. *Average cost*, 2s. 6d.

时间。- 2-1/4 至 2-3/4 小时。平均成本,2s.6d.

Seasonable at any time.

时令任何时候皆宜。

LEMON CAKE.

柠檬蛋糕。

1764. INGREDIENTS.—10 eggs, 3 tablespoonfuls of orange-flower water, 3/4 lb. of pounded loaf sugar, 1 lemon, 3/4 lb. of flour.

1764. 配料。--10个鸡蛋，3汤匙橙花水，3/4 lb.捣碎的块糖，1个柠檬，3/4 lb.面粉。

[Illustration: CAKE-MOULD.]

[插图：蛋糕模具。]

Mode.—Separate the whites from the yolks of the eggs whisk the former to a stiff froth; add the orange-flower water, the sugar, grated lemon-rind, and mix these ingredients well together. Then beat the yolks of the eggs, and add them, with the lemon-juice, to the whites, &c.; dredge in the flour gradually; keep beating the mixture well; put it into a buttered mould, and bake the cake about an hour, or rather longer. The addition of a little butter, beaten to a cream, we think, would improve this cake.

做法。--将蛋清与蛋黄分离，将蛋清搅打至硬性发泡；加入橙花水、糖、擦碎的柠檬皮，将这些配料充分混合。然后打散蛋黄，与柠檬汁一同加入蛋清等物中；逐渐撒入面粉；持续充分搅打混合物；将其放入涂了黄油的模子中，烘烤约一小时或稍久。我们认为，加入少许搅打至奶油状的黄油会使这款蛋糕更佳。

Time.—About 1 hour. *Average cost*, 1s. 4d.

时间。--约1小时。平均费用,1先令4便士。

Seasonable at any time.

LUNCHEON CAKE.

1765. INGREDIENTS.—1/2 lb. of butter, 1 lb. of flour, 1/2 oz. of caraway seeds, 1/4 lb. of currants, 6 oz. of moist sugar, 1 oz. of candied peel, 3 eggs, 1/2 pint of milk, 1 small teaspoonful of carbonate of soda.

Mode.—Rub the butter into the flour until it is quite fine; add the caraway seeds, currants (which should be nicely washed, picked, and dried), sugar, and candied peel cut into thin slices; mix these well together, and moisten with the eggs, which should be well whisked. Boil the milk, and add to it, whilst boiling, the carbonate of soda, which must be well stirred into it, and, with the milk, mix the other ingredients. Butter a tin, pour the cake into it, and bake it in a moderate oven from 3/4 to 1 hour.

Time.—1 to 14 hour. *Average cost*, 1s. 8d. *Seasonable* at any time.

CARBONATE OF SODA—Soda was called the mineral alkali, because it was originally dug up out of the ground in Africa and other countries: this state of carbonate of soda is called *natron.* But carbonate of soda is likewise procured from the combustion of marine plants, or such as grow on the sea-shore. Pure carbonate of soda is employed for making effervescing draughts, with lemon-juice, citric acid, or tartaric acid. The chief constituent of soda, the alkali, has been used in France from time immemorial in the manufacture of soap and glass, two chemical productions which employ and keep in circulation an immense amount of capital. A small pinch of carbonate of soda will give an extraordinary lightness to puff pastes; and, introduced into the teapot, will

时令任何时候皆宜。

午餐蛋糕

1765. 配料。--1/2 lb.黄油，1 lb.面粉，1/2 oz.葛缕子籽，1/4 lb.加仑子，6 oz.湿糖，1 oz.糖渍果皮，3个鸡蛋，1/2 pint牛奶，1小茶匙碳酸钠。

做法--将黄油揉进面粉中，直到完全细腻；加入葛缕子籽、醋栗(应充分洗净、拣选并晾干)、糖以及切成薄片的糖渍果皮；将这些材料充分混合，用打散的鸡蛋液调湿，鸡蛋应充分搅打。将牛奶煮沸，在沸腾时加入碳酸钠，必须充分搅拌使其溶入，然后将牛奶与其他配料混合。在烤模中涂上黄油，将蛋糕糊倒入其中，在中等温度的烤箱中烘烤3/4至1小时。

时间。--1至14小时。平均成本,1s.8d.。时令随时皆宜。

碳酸钠--苏打曾被称为矿物碱，因为它最初是从非洲和其他国家的土地中挖掘出来的：碳酸钠的这种状态被称为天然碱。但碳酸钠同样可以从海洋植物或生长在海岸边的植物的燃烧中获取。纯碳酸钠用于制作起泡饮剂，配以柠檬汁、柠檬酸或酒石酸。苏打的主要成分即碱，自古以来在法国就被用于制造肥皂和玻璃，这两种化学产品雇用并维持着巨额资本的流通。一小撮碳酸钠能给酥皮面团带来非凡的轻盈感；将其放入茶壶中，则能

extract the full strength of the tea. But its qualities have a powerful effect upon delicate constitutions, and it is not to be used incautiously in any preparation.

提取出茶的十足浓度。但其性质对娇弱的体质有强烈影响，在任何配制中都不宜不加谨慎地使用。

A NICE PLAIN CAKE.

一款美味的朴素蛋糕。

1766. INGREDIENTS.—1 lb. of flour, 1 teaspoonful of Borwick's baking-powder, 1/4 lb. of good dripping, 1 teacupful of moist sugar, 3 eggs, 1 breakfast-cupful of milk, 1 oz. of caraway seeds, 1/2 lb. of currants.

1766. 配料。--1 lb.面粉，1茶匙博威克烘粉，1/4 lb.优质滴油，1茶杯湿糖，3个鸡蛋，1早餐杯牛奶，1 oz.葛缕子籽，1/2 lb.加仑子。

Mode.—Put the flour and baking-powder into a basin; stir those together; then rub in the dripping, add the sugar, caraway seeds, and currants; whisk the eggs with the milk, and beat all together very thoroughly until the ingredients are well mixed. Butter a tin, put in the cake, and bake it from 11/2 to 2 hours. Let the dripping be quite clean before using: to insure this, it is a good plan to clarify it. Beef dripping is better than any other for cakes, &c., as mutton dripping frequently has a very unpleasant flavour, which would be imparted to the preparation.

做法--将面粉和发酵粉放入盆中；将它们搅拌在一起；然后揉入滴油，加入糖、葛缕子籽和醋栗；将鸡蛋与牛奶搅打，将所有材料一起充分搅打，直到配料混合均匀。在烤模中涂上黄油，放入蛋糕糊，烘烤11/2至2小时。使用前滴油应非常干净：为确保这一点，最好将其澄清。牛滴油比其他任何滴油更适合制作蛋糕等，因为羊滴油往往带有一种非常令人不快的味道，会传递给所制作的食品。

Time.—1-1/2 to 2 hours. *Average cost*, 1s.

时间。--1-1/2至2小时。平均成本,1先令。

Seasonable at any time.

时令任何时候皆宜。

A NICE PLAIN CAKE FOR CHILDREN.

一款适合儿童的简易原味蛋糕。

1767. INGREDIENTS.—1 quartern of dough, 1/4 lb. of moist sugar, 1/4 lb. of butter or good beef dripping, 1/4 pint of warm milk, 1/2 grated nutmeg or 1/2 oz. of caraway seeds.

1767. 配料。--1 quartern面团，1/4 lb.湿糖，1/4 lb.黄油或优质牛脂滴油，1/4 pint温牛奶，1/2个磨碎的肉豆蔻或1/2 oz.葛缕子籽。

Mode.—If you are not in the habit of making bread at home,

方式。--如果你没有在家制作面包的习惯，

procure the dough from the baker's, and, as soon as it comes in, put it into a basin near the fire; cover the basin with a thick cloth, and let the dough remain a little while to rise. In the mean time, beat the butter to a cream, and make the milk warm; and when the dough has risen, mix with it thoroughly all the above ingredients, and knead the cake well for a few minutes. Butter some cake-tins, half fill them, and stand them in a warm place, to allow the dough to rise again. When the tins are three parts full, put the cakes into a good oven, and bake them from 13/4 to 2 hours. A few currants might be substituted for the caraway seeds when the flavour of the latter is disliked.

从面包师处购得面团，一到手便将其放入靠近炉火的盆中；用厚布盖住盆，让面团静置片刻以发酵。与此同时，将黄油搅打至奶油状，并将牛奶温热；当面团发酵好后，将上述所有配料充分混入其中，并将蛋糕面团揉几分钟。在几个蛋糕烤模中涂上黄油，装至半满，放在温暖处，让面团再次发酵。当烤模装至四分之三满时，将蛋糕放入良好的烤箱中，烘烤13/4至2小时。如果不喜欢葛缕子籽的味道，可以用少量醋栗代替。

Time.—1-3/4 to 2 hours. *Average cost, 1s. 2d.*

时间。--1-3/4至2小时。平均成本,*1s.2d.*

Seasonable at any time.

时令任何时候皆宜。

COMMON PLUM CAKE.

普通李子蛋糕

1768. INGREDIENTS.—3 lbs. of flour, 6 oz. of butter or good dripping, 6 oz. of moist sugar, 6 oz. of currants, 4 oz. of pounded allspice, 2 tablespoonfuls of fresh yeast, 1 pint of new milk.

1768. 配料。--3 lbs.面粉，6 oz.黄油或优质滴油，6 oz.湿糖，6 oz.加仑子，4 oz.捣碎的多香果，2汤匙新鲜酵母，1 pint新牛奶。

Mode.—Rub the butter into the flour; add the sugar, currants, and allspice; warm the milk, stir to it the yeast, and mix the whole into a dough; knead it well, and put it into 6 buttered tins; place them near the fire for nearly an hour for the dough to rise, then bake the cakes in a good oven from 1 to 11/4 hour. To ascertain when they are done, plunge a clean knife into the middle, and if on withdrawal it comes out clean, the cakes are done.

做法。--将黄油搓入面粉中；加入糖、加仑子和多香果；将牛奶加热，拌入酵母，将全部混合成面团；充分揉捏，放入6个涂了黄油的模子中；将它们放在火边近一小时让面团发起，然后在良好的炉中烘蛋糕1至11/4小时。要确定是否烤好，将一把干净的刀插入中央，若拔出时刀是干净的，蛋糕即已烤好。

Time.—1 to 1-1/4 hour.

时间。- 1至1-1/4小时。

Average cost, 1s. 8d.

平均成本,1先令8便士。

Sufficient to make 6 small cakes.

A NICE PLUM CAKE.

1769. INGREDIENTS.—1 lb. of flour, 1/4 lb. of butter, 1/2 lb. of sugar, 1/2 lb. of currants, 2 oz. of candied lemon-peel, 1/2 pint of milk, 1 teaspoonful of ammonia or carbonate of soda.

Mode.—Put the flour into a basin with the sugar, currants, and sliced candied peel; beat the butter to a cream, and mix all these ingredients together with the milk. Stir the ammonia into 2 tablespoonfuls of milk and add it to the dough, and beat the whole well, until everything is thoroughly mixed. Put the dough into a buttered tin, and bake the cake from 1-1/2 to 2 hours.

Time.—1-1/2 to 2 hours.

Average cost, 1s. 3d.

Seasonable at any time.

POUND CAKE.

[Illustration: POUND CAKE.]

1770. INGREDIENTS.—1 lb. of butter, 1-1/4 lb. of flour, 1 lb. of pounded loaf sugar, 1 lb. of currants, 9 eggs, 2 oz. of candied peel, 1/2 oz. of citron, 1/2 oz. of sweet almonds; when liked, a little pounded mace.

Mode.—Work the butter to a cream; dredge in the flour; add the sugar, currants, candied peel, which should be cut into neat slices, and the almonds, which should be blanched and chopped, and mix all these well together; whisk the eggs, and let them be

足量可制作6个小蛋糕。

美味的李子蛋糕。

1769. 配料。--1 lb.面粉，1/4 lb.黄油，1/2 lb.糖，1/2 lb.加仑子，2 oz.糖渍柠檬皮，1/2 pint牛奶，1茶匙氨或碳酸钠。

做法。--将面粉放入盆中，加入糖、加仑子和切片的糖渍果皮；将黄油打至奶油状，将所有配料与牛奶一起混合。将氨拌入2汤匙牛奶中，加入面团，充分搅打，直至全部彻底混合。将面团放入涂了黄油的模子中，烘蛋糕1-1/2至2小时。

时间。- 1-1/2 至 2 小时。

平均费用,1先令3便士。

时令任何时候皆宜。

磅蛋糕。

[插图：磅蛋糕]

1770. 配料。--1 lb.黄油，1-1/4 lb.面粉，1 lb.捣碎的块糖，1 lb.加仑子，9个鸡蛋，2 oz.糖渍果皮，1/2 oz.香橼，1/2 oz.甜杏仁；如喜欢，可加少许捣碎的肉豆蔻皮。

做法。--将黄油打至奶油状；撒入面粉；加入糖、加仑子、糖渍果皮(应切成整齐的薄片)和杏仁(应去皮并切碎)，将所有这些充分混合；将鸡蛋打散，让它们

thoroughly blended with the dry ingredients. Beat the cake well for 20 minutes, and put it into a round tin, lined at the bottom and sides with a strip of white buttered paper. Bake it from 1-1/2 to 2 hours, and let the oven be well heated when the cake is first put in, as, if this is not the case, the currants will all sink to the bottom of it. To make this preparation light, the yolks and whites of the eggs should be beaten separately, and added separately to the other ingredients. A glass of wine is sometimes added to the mixture; but this is scarcely necessary, as the cake will be found quite rich enough without it.

与干配料充分混合。将蛋糕糊搅打20分钟，然后倒入一个圆形烤模，模底和模壁铺上一条涂了黄油的白色纸条。烘烤1-1/2至2小时，蛋糕刚放入时烤箱必须充分预热，否则所有加仑子都会沉到蛋糕底部。为使这份制品松软，蛋黄和蛋白应分别搅打，并分别加入其他配料中。有时会在混合物中加入一杯葡萄酒；但这几乎没有必要，因为不加酒蛋糕也已经足够浓郁了。

Time.—1-1/2 to 2 hours.

时间。- 1-1/2 至 2 小时。

Average cost, 3s. 6d.

平均成本,3先令6便士。

Sufficient.—The above quantity divided in two will make two nice-sized cakes.

足够。--将上述分量分成两份，可做成两个大小适中的蛋糕。

Seasonable at any time.

时令任何时候皆宜。

A PAVINI CAKE.

帕维尼蛋糕

1771. INGREDIENTS.—1/2 lb. of flour, 1/2 lb. of ground rice, 1/2 lb. of raisins stoned and cut into small pieces, 1/4 lb. of currants, 1/4 lb. of butter, 2 oz. of sweet almonds, 1/4 lb. of sifted loaf sugar, 1/2 nutmeg grated, 1 pint of milk, 1 teaspoonful of carbonate of soda.

1771. 配料--1/2 lb.面粉，1/2 lb.米粉，1/2 lb.葡萄干(去核并切成小块),1/4 lb.加仑子，1/4 lb.黄油，2 oz.甜杏仁，1/4 lb.筛过的块糖，1/2颗肉豆蔻(磨碎),1 pint牛奶，1茶匙碳酸钠。

Mode.—Stone and cut the raisins into small pieces; wash, pick, and dry the currants; melt the butter to a cream, but without oiling it; blanch and chop the almonds, and grate the nutmeg. When all these ingredients are thus prepared, mix them well together; make the milk warm, stir in the soda, and with this

做法--将葡萄干去核并切成小块；将加仑子洗净、拣选并晾干；将黄油化开搅成奶油状，但不要使其出油；将杏仁烫去外皮并切碎，将肉豆蔻磨碎。所有配料如此备好后，将它们充分混合；将牛奶温热，拌入碳酸钠，用这

liquid make the whole into a paste. Butter a mould, rather more than half fill it with the dough, and bake the cake in a moderate oven from 1-1/2 to 2 hours, or less time should it be made into 2 cakes.

Time.—1-1/2 to 2 hours. *Average cost*, 1s. 8d.

Seasonable at any time.

[Illustration: CAKE-MOULD.]

液体将全部材料调成面糊。在模具中抹上黄油，将面糊倒入至略多于半满，将蛋糕放入中等温度的烤箱中烘烤1-1/2至2小时，若做成2个蛋糕则时间可短些。

时间--1-1/2至2小时。平均费用,1先令8便士。时令随时皆宜。

[插图：蛋糕模具。]

RICE CAKE.

米糕

1772. INGREDIENTS.—1/2 lb. of ground rice, 1/2 lb. of flour, 1/2 lb. of loaf sugar, 9 eggs, 20 drops of essence of lemon, or the rind of 1 lemon, 1/4 lb. of butter.

Mode.—Separate the whites from the yolks of the eggs; whisk them both well, and add to the latter the butter beaten to a cream. Stir in the flour, rice, and lemon (if the rind is used, it must be very finely minced), and beat the mixture well; then add the whites of the eggs, beat the cake again for some time, put it into a buttered mould or tin, and bake it for nearly 1-1/2 hour. It may be flavoured with essence of almonds, when this is preferred.

1772. 配料--1/2 lb.米粉，1/2 lb.面粉，1/2 lb.块糖，9个鸡蛋，20滴柠檬香精，或1个柠檬的皮，1/4 lb.黄油。

做法--将蛋清与蛋黄分开；分别充分搅打，将黄油搅成奶油状后加入蛋黄中。拌入面粉、米粉和柠檬(若使用柠檬皮，须切得极细)，将混合物充分搅打；然后加入蛋清，再将蛋糕搅打一段时间，放入抹了黄油的模具或烤盘中，烘烤近1-1/2小时。若喜欢，可用杏仁香精调味。

Time.—Nearly 1-1/2 hour. *Average cost*, 1s. 6d.

Seasonable at any time.

时间。--近1-1/2小时。平均成本,1先令6便士。

时令任何时候皆宜。

QUEEN-CAKES.

女王蛋糕。

1773. INGREDIENTS.—1 lb. of flour, 1/2 lb. of butter, 1/2 lb. of pounded loaf sugar, 3 eggs, 1 teacupful of cream, 1/2 lb. of currants, 1 teaspoonful of carbonate of soda, essence of lemon, or

1773. 配料--1 lb.面粉，1/2 lb.黄油，1/2 lb.捣碎的块糖，3个鸡蛋，1茶杯奶油，1/2 lb.加仑子，1茶匙碳酸钠，柠檬香精，或

almonds to taste.

Mode.—Work the butter to a cream; dredge in the flour, add the sugar and currants, and mix the ingredients well together. Whisk the eggs, mix them with the cream and flavouring, and stir these to the flour; add the carbonate of soda, beat the paste well for 10 minutes, put it into small buttered pans, and bake the cake from 1/4 to 1/2 hour.

Grated lemon-rind may be substituted for the lemon and almond flavouring, which will make the cakes equally nice.

Time. 1/4 to 1/2 hour.

Average cost, 1s. 9d.

Seasonable at any time.

SAUCER-CAKE FOR TEA.

1774. INGREDIENTS.—1/4 lb. of flour, 1/4 lb. of *tous-les-mois*, 1/4 lb. of pounded white sugar, 1/4 lb. of butter, 2 eggs, 1 oz. of candied orange or lemon-peel.

Mode.—Mix the flour and *tous-les-mois* together; add the sugar, the candied peel cut into thin slices, the butter beaten to a cream, and the eggs well whisked. Beat the mixture for 10 minutes, put it into a buttered cake-tin or mould, or, if this is not obtainable, a soup-plate answers the purpose, lined with a piece of buttered paper. Bake the cake in a moderate oven from 1 to 1-1/4 hour, and when cold, put it away in a covered canister. It will remain good some weeks, even if it be cut into slices.

Time.—1 to 1-1/4 hour.

杏仁适量。

做法--将黄油搅成奶油状；撒入面粉，加入糖和加仑子，将配料充分混合。将鸡蛋搅打，与奶油和调味料混合，拌入面粉中；加入碳酸钠，将面糊充分搅打10分钟，倒入抹了黄油的小烤盘中，将蛋糕烘烤1/4至1/2小时。

可用磨碎的柠檬皮代替柠檬和杏仁调味料，做出的蛋糕同样美味。

时间。1/4至1/2小时。

平均成本,1先令9便士。

时令任何时候皆宜。

茶点碟形蛋糕

1774. 配料--1/4 lb.面粉，1/4 lb.*tous-les-mois*,1/4 lb.捣碎的白糖，1/4 lb.黄油，2个鸡蛋，1 oz.糖渍橙皮或柠檬皮。

做法。--将面粉和*tous-les-mois*混合在一起；加入糖、切成薄片的糖渍果皮、搅打成奶油状的黄油，以及充分搅打的鸡蛋。将混合物搅打10分钟，倒入涂了黄油的蛋糕模或模具中，如果没有模具，一只汤盘也可代用，盘内铺一张涂了黄油的纸。在中等温度的烤箱中烘烤蛋糕1至1-1/4小时，冷却后放入带盖的罐中保存。即使切成片，也能保持数周不变质。

时间。- 1至1-1/4小时。

Average cost, 1s.

Seasonable at any time.

COMMON SEED-CAKE.

1775. INGREDIENTS.—1/2 quartern of dough, 1/4 lb. of good dripping, 6 oz. of moist sugar, 1/2 oz. of caraway seeds, 1 egg.

Mode.—If the dough is sent in from the baker's, put it in a basin covered with a cloth, and set it in a warm place to rise. Then with a wooden spoon beat the dripping to a liquid; add it, with the other ingredients, to the dough, and beat it until everything is very thoroughly mixed. Put it into a buttered tin, and bake the cake for rather more than 2 hours.

Time.—Rather more than 2 hours.

Average cost, 8d.

Seasonable at any time.

A VERY GOOD SEED-CAKE.

1776. INGREDIENTS.—1 lb. of butter, 6 eggs, 3/4 lb. of sifted sugar, pounded mace and grated nutmeg to taste, 1 lb. of flour, 3/4 oz. of caraway seeds, 1 wineglassful of brandy.

Mode.—Beat the butter to a cream; dredge in the flour; add the sugar, mace, nutmeg, and caraway seeds, and mix these ingredients well together. Whisk the eggs, stir to them the brandy, and beat the cake again for 10 minutes. Put it into a tin lined with buttered paper, and bake it from 1-1/2 to 2 hours. This cake would be equally nice made with currants, and omitting the

平均成本,1先令。

时令任何时候皆宜。

普通籽饼。

1775. 配料--1/2 quartern面团，1/4 lb.优质板油，6 oz.湿糖，1/2 oz.葛缕子籽，1个鸡蛋。

做法--若面团是从面包师处送来的，将其放入盖有布的盆中，置于温暖处发酵。然后用木勺将板油搅成液体；连同其他配料一起加入面团中，搅打至所有材料完全混合均匀。放入抹了黄油的烤盘中，将蛋糕烘烤略多于2小时。

时间。--两个多小时。

平均费用,8便士。

时令任何时候皆宜。

一款非常好的籽蛋糕。

1776. 配料--1 lb.黄油，6个鸡蛋，3/4 lb.筛过的糖，肉豆蔻衣(捣碎)和肉豆蔻(磨碎)适量，1 lb.面粉，3/4 oz.葛缕子籽，1酒杯白兰地。

做法--将黄油搅成奶油状；撒入面粉；加入糖、肉豆蔻衣、肉豆蔻和葛缕子籽，将这些配料充分混合。将鸡蛋搅打，拌入白兰地，再将蛋糕搅打10分钟。放入铺有黄油纸的烤盘中，烘烤1-1/2至2小时。此蛋糕若用加仑子制作并省略

caraway seeds.

Time.—1-1/2 to 2 hours. *Average cost*, 2s. 6d.

Seasonable at any time.

BREAD-MAKING IN SPAIN.—The bread in the south of Spain is delicious: it is white as snow, close as cake, and yet very light; the flavour is most admirable, for the wheat is good and pure, and the bread well kneaded. The way they make this bread is as follows:—From large round panniers filled with wheat they take out a handful at a time, sorting it most carefully and expeditiously, and throwing every defective grain into another basket. This done, the wheat is ground between two circular stones, as it was ground in Egypt 2,000 years ago (see No. 117), the requisite rotary motion being given by a blindfolded mule, which paces round and round with untiring patience, a bell being attached to his neck, which, as long as he is in movement, tinkles on; and when it stops, he is urged to his duty by the shout of "*Arre, mula*," from some one within hearing. When ground, the wheat is sifted through three sieves, the last of these being so fine that only the pure flour can pass through it: this is of a pale apricot-colour. The bread is made in the evening. It is mixed with only sufficient water, with a little salt in it, to make it into dough: a very small quantity of leaven, or fermenting mixture is added. The Scripture says, "A little leaven leaveneth the whole lump;" but in England, to avoid the trouble of kneading, many put as much leaven or yeast in one batch of household bread as in Spain would last them a week for the six or eight donkey-loads of bread they send every night from their oven. The dough made, it is put into sacks, and carried on the donkeys' backs to the oven in the centre of the village, so as to

葛缕子籽。

时间。--1-1/2至2小时。平均费用,2先令6便士。

时令任何时候皆宜。

西班牙的面包制作。--西班牙南部的面包十分美味：它白如雪，紧实如蛋糕，却又非常松软；风味极佳，因为小麦品质优良纯净，面包也揉得充分。他们制作这种面包的方法如下：--从装满小麦的大圆筐里，他们一次取出一把，极其仔细而迅速地挑选，把每一粒有缺陷的谷粒扔进另一个篮子。挑选完毕后，小麦在两块圆石之间磨碎，就像两千年前埃及的磨法一样(见第117号)，所需的旋转运动由一头蒙住眼睛的骡子提供，它不知疲倦地一圈又一圈地走着，脖子上系着一个铃铛，只要它在走动，铃铛就叮当作响；当铃声停止时，听到的人便喊一声"*Arre, mula*"催促它干活。磨碎后，小麦要过三道筛子，最后一道筛子极细，只有纯净的面粉才能通过：这面粉呈淡杏色。面包在晚上制作。只加入足够的水--水中放少许盐--把它揉成面团：再加入极少量的酵头或发酵混合物。经文说："一点面酵能使全团发起来；"但在英国，为了避免揉面的麻烦，许多人在一批家常面包里放的酵头或酵母，在西班牙足够他们用一星期，用来制作他们每晚从炉子里送出的六七驴载的面包。面团做好后，装进袋子，驮在驴背上运到村中心的炉子去，以便

bake it immediately it is kneaded. On arriving there, the dough is divided into portions weighing 3 lbs. each. Two long narrow wooden tables on trestles are then placed down the room; and now a curious sight may be seen. About twenty men (bakers) come in and range themselves on one side of the tables. A lump of dough is handed to the nearest, which he commences kneading and knocking about with all his might for about 3 or 4 minutes, and then passes it on to his neighbour, who does the same; and so on successively until all have kneaded it, when it becomes as soft as new putty, and ready for the oven. Of course, as soon as the first baker has handed the first lump to his neighbour, another is given to him, and so on till the whole quantity of dough is successively kneaded by them all. The bakers' wives and daughters shape the loaves for the oven, and some of them are very small, and they are baked immediately. The ovens are very large, and not heated by fires *under* them; but a quantity of twigs of the herbs of sweet marjoram and thyme, which cover the hills in great profusion, are put in the oven and ignited. They heat the oven to any extent required; and, as the bread gets baked, the oven gets gradually colder; so the bread is never burned. They knead the bread in Spain with such force, that the palm of the hand and the second joints of the fingers of the bakers are covered with corns; and it so affects the chest, that they cannot work more than two hours at a time.

揉好后就立即烘烤。到达那里后，面团被分成每块重3 lbs.的份。然后沿房间摆放两张架在支架上的长窄木桌；这时可以看到一幅奇特的景象。大约二十名男子(面包师)走进来，在桌子的一侧排成一列。一块面团被递给最近的人，他开始用尽全力揉捏摔打约3至4分钟，然后传给旁边的人，旁边的人也照样做；如此依次传递，直到所有人都揉过一遍，面团变得像新油灰一样柔软，可以入炉了。当然，第一个面包师刚把第一块面团递给旁边的人，就又有一块递给了他，如此继续，直到全部面团依次被所有人揉过。面包师的妻子和女儿们把面包塑成入炉的形状，其中有些非常小，然后立即烘烤。烤炉非常大，不是用炉下的火加热的；而是把大量甜马郁兰和百里香的枝条放入炉中点燃，这些香草漫山遍野茂盛地生长着。它们能将烤炉加热到所需的任何温度；而且随着面包烤熟，烤炉逐渐变凉；所以面包永远不会烤焦。西班牙人揉面时用力极大，面包师的手掌和手指的第二关节上都磨出了茧子；而且这对胸部影响很大，他们一次最多只能干两个小时。

SNOW-CAKE.

1777. INGREDIENTS.—1/2 lb. of *tous-les-mois*, 1/4 lb. of white pounded sugar, 1/4 lb. of fresh or washed salt butter, 1 egg, the juice of 1 lemon.

雪蛋糕

1777. 配料--1/2 lb.*tous-les-mois*,1/4 lb.捣碎的白糖，1/4 lb.新鲜黄油或水洗盐黄油，1个鸡蛋，1个柠檬的汁。

Mode.—Beat the butter to a cream; then add the egg, previously well beaten, and then the other ingredients; if the mixture is not light, add another egg, and beat for 1/4 hour, until it turns white and light. Line a flat tin, with raised edges, with a sheet of buttered paper; pour in the cake, and put it into the oven. It must be rather slow, and the cake not allowed to brown at all. If the oven is properly heated, 1 to 1-1/4 hour will be found long enough to bake it. Let it cool a few minutes, then with a clean sharp knife cut it into small square pieces, which should be gently removed to a large flat dish to cool before putting away. This will keep for several weeks.

做法。--将黄油搅打成奶油状；然后加入事先充分打散的鸡蛋，再加入其他配料；如果混合物不够松软，再加一个鸡蛋，搅打1/4小时，直到变白变松。在一个有凸起边缘的平底烤盘上铺一张涂了黄油的纸；倒入蛋糕糊，放入烤箱。烤箱必须相当慢火，蛋糕完全不能上色。如果烤箱加热适当，1至1-1/4小时就足够烤熟。让它冷却几分钟，然后用一把干净锋利的刀切成小方块，轻轻移到一个大平盘中冷却后再收起来。这可保存数周。

Time.—1 to 1-1/4 hour. *Average cost,* 1s. 3d.

时间。- 1 至 1-1/4 小时。平均成本,1s.3d.

Seasonable at any time.

时令任何时候皆宜。

SNOW-CAKE.

雪蛋糕

(*A genuine Scotch Recipe.*)

(一份地道的苏格兰食谱。)

1778. INGREDIENTS.—1 lb. of arrowroot, 1/2 lb. of pounded white sugar, 1/2 lb. of butter, the whites of 6 eggs; flavouring to taste, of essence of almonds, or vanilla, or lemon.

1778. 配料--1 lb.竹芋粉，1/2 lb.捣碎的白糖，1/2 lb.黄油，6个鸡蛋的蛋清；调味料适量，可用杏仁香精、香草香精或柠檬香精。

Mode.—Beat the butter to a cream; stir in the sugar and arrowroot gradually, at the same time beating the mixture. Whisk the whites of the eggs to a stiff froth, add them to the other ingredients, and beat well for 20 minutes. Put in whichever of the above flavourings may be preferred; pour the cake into a buttered mould or tin and bake it in a moderate oven from 1 to 1-1/2 hour.

做法--将黄油搅成奶油状；逐渐拌入糖和竹芋粉，同时搅打混合物。将蛋清搅打至硬性发泡，加入其他配料中，充分搅打20分钟。加入上述调味料中任选一种；将蛋糕倒入抹了黄油的模具或烤盘中，放入中等温度的烤箱烘烤1至1-1/2小时。

Time.—1 to 1-1/2 hour.

时间。--1至1-1/2小时。

Average cost, with the best Bermuda arrowroot, 4s. 6d.; with St. Vincent ditto, 2s. 9d.

Sufficient to make a moderate-sized cake. *Seasonable* at any time.

平均费用，用最好的百慕大竹芋粉为4先令6便士；用圣文森特竹芋粉为2先令9便士。

足够制作一个中等大小的蛋糕。时令随时皆宜。

SCRAP-CAKES.

碎蛋糕。

1779. INGREDIENTS.—2 lbs. of leaf, or the inside fat of a pig; 1-1/2 lb. of flour, 1/4 lb. of moist sugar, 1/2 lb. of currants, 1 oz. of candied lemon-peel, ground allspice to taste.

1779. 配料--2 lbs.猪板油或猪内脏脂肪；1-1/2 lb.面粉，1/4 lb.湿糖，1/2 lb.加仑子，1 oz.糖渍柠檬皮，多香果粉适量。

Mode.—Cut the leaf, or flead, as it is sometimes called, into small pieces; put it into a large dish, which place in a quick oven; be careful that it does not burn, and in a short time it will be reduced to oil, with the small pieces of leaf floating on the surface; and it is of these that the cakes should be made. Gather all the scraps together, put them into a basin with the flour, and rub them well together. Add the currants, sugar, candied peel, cut into thin slices, and the ground allspice. When all these ingredients are well mixed, moisten with sufficient cold water to make the whole into a nice paste; roll it out thin, cut it into shapes, and bake the cakes in a quick oven from 15 to 20 minutes. These are very economical and wholesome cakes for children, and the lard, melted at home, produced from the flead, is generally better than that you purchase. To prevent the lard from burning, and to insure its being a good colour, it is better to melt it in a jar placed in a saucepan of boiling water; by doing it in this manner, there will be no chance of its discolouring.

模式。--将叶子，或有时所称的板油膜，切成小块；放入一个大盘子，置于快速烤箱中；小心不要让它烧焦，短时间内它就会化为油脂，小块叶子浮在表面；蛋糕就应该用这些小块制作。将所有碎屑收集起来，与面粉一起放入盆中，充分揉搓。加入醋栗、糖、切成薄片的蜜饯果皮和磨碎的多香果。当所有这些配料充分混合后，用足够的冷水润湿，使整个混合物成为好的面团；将其擀薄，切成形状，在快速烤箱中烘烤蛋糕15至20分钟。这些是非常经济且有益健康的儿童蛋糕，而家中融化的猪油，由板油膜制成，通常比购买的更好。为了防止猪油烧焦并确保其色泽良好，最好将其放在罐中，置于装有沸水的平底锅中融化；这样做就不会有变色的可能。

Time.—15 to 20 minutes.

时间。--15至20分钟。

Sufficient to make 3 or 4 dozen cakes.

足量可制作三四十块饼。

Seasonable from September to March.

[Illustration: WHEAT.]

Wheat is liable to several diseases, which affect the flour made from it, and render it unfit for good bread. The principal of these are the blight, mildew, and smut, which are occasioned by microscopic fungi, which sow themselves and grow upon the stems and ears, destroying the nutritive principles, and introducing matter of a deleterious kind. The farmer is at the utmost pains to keep away these intruders. Wheat, as well as all kinds of corn, is also very liable to be injured by being stacked before it is quite dry; in which case it will heat, and become musty in the ricks. In wet harvests it is sometimes impossible to get it sufficiently dried, and a great deal of corn is thus often spoiled. It is generally reckoned that the sweetest bread is made from wheat threshed out before it is stacked; which shows the importance of studying the best modes of preserving it.

The erudite are not agreed as to the aboriginal country of corn: some say it is Egypt, others Tartary; and the learned Bailly, as well as the traveller Pallas, affirms that it grows spontaneously in Siberia. Be that as it may, the Phocians brought it to Marseilles before the Romans had penetrated into Gaul. The Gauls ate the corn cooked or bruised in a mortar: they did not know, for a long time, how to make fermented bread.

SCOTCH SHORTBREAD.

1780. INGREDIENTS.—2 lbs. of flour, 1 lb. of butter, 1/4 lb. of pounded loaf sugar, 1/2 oz. of caraway seeds, 1 oz. of sweet almonds, a few strips of candied orange-peel.

时令九月至三月。

[插图：小麦。]

小麦易患多种病害，这些病害会影响由其制成的面粉，使其不适合制作优质面包。其中主要的是枯萎病、霉病和黑穗病，这些病害由微小的真菌引起，真菌自行播种并在茎和穗上生长，破坏营养要素并引入有害物质。农夫竭尽全力防止这些入侵者。小麦以及所有种类的谷物，也非常容易在尚未完全干燥时堆垛而受损；在这种情况下，它会在垛中发热并发霉。在潮湿的收获季节，有时无法使其充分干燥，大量谷物常常因此变质。一般认为，最甜的面包是用在堆垛前脱粒的小麦制成的；这表明研究最佳保存方法的重要性。

博学之士对玉米的原产地意见不一：有人说是埃及，有人说是鞑靼；博学的贝利以及旅行家帕拉斯都断言它野生于西伯利亚。无论如何，福西亚人在罗马人进入高卢之前就已将其带到马赛。高卢人食用煮熟或在臼中捣碎的玉米：他们很长时间都不知道如何制作发酵面包。

苏格兰酥饼

1780. 配料--2 lbs.面粉，1 lb.黄油，1/4 lb.捣碎的块糖，1/2 oz.葛缕子籽，1 oz.甜杏仁，少许糖渍橙皮条。

[Illustration: SHORTBREAD.]

Mode.—Beat the butter to a cream, gradually dredge in the flour, and add the sugar, caraway seeds, and sweet almonds, which should be blanched and cut into small pieces. Work the paste until it is quite smooth, and divide it into six pieces. Put each cake on a separate piece of paper, roll the paste out square to the thickness of about an inch, and pinch it upon all sides. Prick it well, and ornament with one or two strips of candied orange-peel. Put the cakes into a good oven, and bake them from 25 to 30 minutes.

Time.—25 to 30 minutes.

Average cost, for this quantity, 2*s*.

Sufficient to make 6 cakes.

Seasonable at any time.

Note.—Where the flavour of the caraway seeds is disliked, omit them, and add rather a larger proportion of candied peel.

SODA-CAKE.

1781. INGREDIENTS.—1/4 lb. of butter, 1 lb. of flour, 1/2 lb. of currants, 1/2 lb. of moist sugar, 1 teacupful of milk, 3 eggs, 1 teaspoonful of carbonate of soda.

Mode.—Rub the butter into the flour, add the currants and sugar, and mix these ingredients well together. Whisk the eggs well, stir them to the flour, &c., with the milk, in which the soda should be previously dissolved, and beat the whole up together with a wooden spoon or beater. Divide the dough into two pieces, put them into buttered moulds or cake-tins, and bake in a moderate

[插图：酥饼]

模式。--将黄油搅打至奶油状，逐渐撒入面粉，加入糖、葛缕子籽和甜杏仁，甜杏仁应去皮并切成小块。揉搓面团至完全光滑，分成六份。将每个蛋糕放在单独的一张纸上，将面团擀成约一英寸厚的方形，四周捏紧。充分扎孔，用一两条蜜饯橙皮装饰。将蛋糕放入良好的烤箱中，烘烤25至30分钟。

时间。--25至30分钟。

平均成本，此数量为2先令。

足量可制作6个蛋糕。

时令任何时候皆宜。

注--若不喜欢葛缕子籽的味道，可省略，并加入稍多比例的糖渍果皮。

苏打饼。

1781. 配料--1/4 lb.黄油，1 lb.面粉，1/2 lb.加仑子，1/2 lb.湿糖，1茶杯牛奶，3个鸡蛋，1茶匙碳酸钠。

做法--将黄油揉入面粉中，加入加仑子和糖，将这些配料充分混合。将鸡蛋充分搅打，连同牛奶拌入面粉等材料中，碳酸钠应事先溶于牛奶中，然后用木勺或搅拌器将全部材料搅打均匀。将面团分成两块，放入抹了黄油的模具或蛋糕烤盘中，放入中等温度的

oven for nearly an hour. The mixture must be extremely well beaten up, and not allowed to stand after the soda is added to it, but must be placed in the oven immediately. Great care must also be taken that the cakes are quite done through, which may be ascertained by thrusting a knife into the middle of them: if the blade looks bright when withdrawn, they are done. If the tops acquire too much colour before the inside is sufficiently baked, cover them over with a piece of clean white paper, to prevent them from burning.

烤箱中近一小时。混合物必须搅打得非常充分，加入苏打后不得静置，必须立即放入烤箱。还必须特别注意蛋糕要完全烤透，可通过将刀插入蛋糕中心来确认：如果拔出时刀面光亮，即已烤熟。如果内部尚未充分烘烤而顶部已上色过深，用一张干净的白纸覆盖，以防烧焦。

Time.—1 hour.

时间。--1小时。

Average cost, 1s. 6d.

平均费用,1先令6便士。

Sufficient to make 2 small cakes.

足量可制作2个小蛋糕。

Seasonable at any time.

时令任何时候皆宜。

SAVOY CAKE.

萨伏依蛋糕。

1782. INGREDIENTS.—The weight of 4 eggs in pounded loaf sugar, the weight of 7 in flour, a little grated lemon-rind, or essence of almonds, or orange-flower water.

1782. 配料--4个鸡蛋重量的捣碎块糖，7个鸡蛋重量的面粉，少许磨碎的柠檬皮，或杏仁香精，或橙花香精。

Mode.—Break the 7 eggs, putting the yolks into one basin and the whites into another. Whisk the former, and mix with them the sugar, the grated lemon-rind, or any other flavouring to taste; beat them well together, and add the whites of the eggs, whisked to a froth. Put in the flour by degrees, continuing to beat the mixture for 1/4 hour, butter a mould, pour in the cake, and bake it from 1-1/4 to 1-1/2 hour. This is a very nice cake for dessert, and may be iced for a supper-table, or cut into slices and spread with jam, which converts it into sandwiches.

模式。--打碎7个鸡蛋，将蛋黄放入一个盆中，蛋白放入另一个盆中。搅打蛋黄，加入糖、磨碎的柠檬皮或任何其他调味品调味；充分搅打，加入打至起泡的蛋白。逐渐加入面粉，继续搅打混合物1/4小时，在模具上涂黄油，倒入蛋糕糊，烘烤1-1/4至1-1/2小时。这是一款非常适合做餐后甜点的蛋糕，可以为晚餐桌加上糖霜，或切成薄片涂上果酱，使其变成三明治。

Time.—1-1/4 to 1-1/2 hour.

Average cost, 1s.

Sufficient for 1 cake.

Seasonable at any time.

SPONGE-CAKE.

I.

[Illustration: SPONGE-CAKE.]

1783. INGREDIENTS.—The weight of 8 eggs in pounded loaf sugar, the weight of 5 in flour, the rind of 1 lemon, 1 tablespoonful of brandy.

Mode.—Put the eggs into one side of the scale, and take the weight of 8 in pounded loaf sugar, and the weight of 5 in good *dry* flour. Separate the yolks from the whites of the eggs; beat the former, put them into a saucepan with the sugar, and let them remain over the fire until *milk-warm,* keeping them well stirred. Then put them into a basin, add the grated lemon-rind mixed with the brandy, and stir these well together, dredging in the flour very gradually. Whisk the whites of the eggs to a very stiff froth, stir them to the flour, &c., and beat the cake well for 1/4 hour. Put it into a buttered mould strewn with a little fine sifted sugar, and bake the cake in a quick oven for 1-1/2 hour. Care must be taken that it is put into the oven immediately, or it will not be light. The flavouring of this cake may be varied by adding a few drops of essence of almonds instead of the grated lemon-rind.

Time.—1-1/2 hour.

时间。--1-1/4至1-1/2小时。

平均成本,1先令。

足量可做1个蛋糕。

时令任何时候皆宜。

海绵蛋糕

[插图：海绵蛋糕。]

1783. 配料--8个鸡蛋重量的捣碎块糖，5个鸡蛋重量的面粉，1个柠檬的皮，1汤匙白兰地。

模式。- 将鸡蛋放在天平的一侧，取重量相当于8个鸡蛋的捣碎块糖，再取重量相当于5个鸡蛋的优质干面粉。将蛋黄与蛋白分离；将蛋黄打散，放入平底锅中加入糖，置于火上加热至微温，并不断搅拌。然后将其倒入盆中，加入擦碎的柠檬皮并与白兰地混合，充分搅拌均匀，非常缓慢地撒入面粉。将蛋白打至非常浓稠的泡沫状，拌入面粉等混合物中，将蛋糕搅打1/4小时。将其放入涂有黄油并撒有少许细筛糖的模具中，在旺烤箱中烘烤1-1/2小时。务必立即放入烤箱，否则蛋糕不会松软。此蛋糕的风味可以变化，用几滴杏仁香精代替擦碎的柠檬皮即可。

时间。- 1-1/2小时。

Average cost, 1s. 3d.

Sufficient for 1 cake.

Seasonable at any time.

[Illustration: EGYPTIAN WHEAT.]

The Egyptian, or Mummy Wheat, is not grown to any great extent, owing to its inferior quality; but it is notable for its large produce, and is often cultivated on allotment grounds and on small farms, where quantity rather than quality is desired. At Wix, in Essex, the seed of this wheat has produced, without artificial assistance, four thousandfold; some of the ears have had eleven offshoots, and have contained, altogether, eleven grains in one ear.

II.

1784. INGREDIENTS.—1/2 lb. of loaf sugar, not quite 1/4 pint of water, 5 eggs, 1 lemon, 1/2 lb. of flour, 1/4 teaspoonful of carbonate of soda.

Mode.—Boil the sugar and water together until they form a thick syrup; let it cool a little, then pour it to the eggs, which should be previously well whisked; and after the eggs and syrup are mixed together, continue beating them for a few minutes. Grate the lemon-rind, mix the carbonate of soda with the flour, and stir these lightly to the other ingredients; then add the lemon-juice, and, when the whole is thoroughly mixed, pour it into a buttered mould, and bake in rather a quick oven for rather more than 1 hour. The remains of sponge or Savoy cakes answer very well for trifles, light puddings, &c.; and a very stale one (if not mouldy) makes an excellent tipsy-cake.

平均费用,1先令3便士。

足量可做1个蛋糕。

时令任何时候皆宜。

[插图：埃及小麦]

埃及小麦或称木乃伊小麦，因其品质较差而种植不广；但其产量之高值得注意，常种植于份地和小型农场，那里追求的是数量而非质量。在埃塞克斯郡的威克斯，这种小麦的种子在无人工辅助的情况下产量达到四千倍；有些麦穗有十一个分蘖，一个麦穗中共含有十一粒麦粒。

二。

1784. 配料--1/2 lb.块糖，不到1/4 pint水，5个鸡蛋，1个柠檬，1/2 lb.面粉，1/4茶匙碳酸钠。

做法。--将糖和水一起煮沸，直至形成浓稠的糖浆；稍冷却后，将其倒入事先充分打发的鸡蛋中；待鸡蛋与糖浆混合后，继续搅打几分钟。擦碎柠檬皮，将碳酸钠与面粉混合，轻轻拌入其他配料中；然后加入柠檬汁，待全部充分混合后，倒入涂过黄油的模具中，在较旺的烤箱中烘烤1小时多一点。海绵蛋糕或萨伏依蛋糕的剩余部分非常适合制作松糕、清淡布丁等；而一个非常陈旧的蛋糕(只要没有发霉)可以做成极好的醉蛋糕。

Time.—Rather more than 1 hour.

Average cost, 10d.

Sufficient to make 1 cake.

Seasonable at any time.

TO MAKE SMALL SPONGE-CAKES.

1785. INGREDIENTS.—The weight of 5 eggs in flour, the weight of 8 in pounded loaf sugar; flavouring to taste.

Mode.—Let the flour be perfectly dry, and the sugar well pounded and sifted. Separate the whites from the yolks of the eggs, and beat the latter up with the sugar; then whisk the whites until they become rather stiff, and mix them with the yolks, but do not stir them more than is just necessary to mingle the ingredients well together. Dredge in the flour by degrees, add the flavouring; batter the tins well, pour in the batter, sift a little sugar over the cakes, and bake them in rather a quick oven, but do not allow them to take too much colour, as they should be rather pale. Remove them from the tins before they get cold, and turn them on their faces, where let them remain until quite cold, when store them away in a closed tin canister or wide-mouthed glass bottle.

Time.—10 to 15 minutes in a quick oven.

Average cost, 1d. each.

Seasonable at any time.

TEA-CAKES.

时间。--略多于1小时。

平均成本,10便士。

足量可制作1个蛋糕。

时令任何时候皆宜。

制作小海绵蛋糕

1785. 配料--5个鸡蛋重量的面粉，8个鸡蛋重量的研碎块糖；香料适量。

做法。--让面粉完全干燥，糖要充分捣碎并过筛。将蛋白与蛋黄分开，将蛋黄与糖一起打发；然后将蛋白打至较为浓稠，与蛋黄混合，但只需搅拌到足以使配料充分混合即可，不要过度搅拌。逐渐撒入面粉，加入调味料；将模具涂好黄油，倒入面糊，在蛋糕表面筛少许糖，在较旺的烤箱中烘烤，但不要让它们上色过深，因为它们应当颜色较浅。在变冷之前从模具中取出，翻转正面朝下放置，待完全冷却后，收入密封的铁罐或广口玻璃瓶中存放。

时间。--在快速烤箱中烤10至15分钟。

平均成本，每个1便士。

时令任何时候皆宜。

茶饼。

1786. INGREDIENTS.—2 lbs. of flour, 1/2 teaspoonful of salt, 1/4 lb. of butter or lard, 1 egg, a piece of German yeast the size of a walnut, warm milk.

Mode.—Put the flour (which should be perfectly dry) into a basin mix with it the salt, and rub in the butter or lard; then beat the egg well, stir to it the yeast, and add these to the flour with as much warm milk as will make the whole into a smooth paste, and knead it well. Let it rise near the fire, and, when well risen, form it into cakes; place them on tins, let them rise again for a few minutes before putting them into the oven, and bake from 1/4 to 1/2 hour in a moderate oven. These are very nice with a few currants and a little sugar added to the other ingredients: they should be put in after the butter is rubbed in. These cakes should be buttered, and eaten hot as soon as baked; but, when stale, they are very nice split and toasted; or, if dipped in milk, or even water, and covered with a basin in the oven till hot, they will be almost equal to new.

Time.—1/4 to 1/2 hour.

Average cost, 10d.

Sufficient to make 8 tea-cakes.

Seasonable at any time.

TO TOAST TEA-CAKES.

[Illustration: TEA-CAKES.]

1787. Cut each tea-cake into three or four slices, according to its thickness; toast them on both sides before a nice clear fire, and as

1786. 配料--2 lb.面粉，1/2茶匙盐，1/4 lb.黄油或猪油，1个鸡蛋，一块核桃大小的德国酵母，温牛奶。

做法。--将面粉(应完全干燥)放入盆中，加入盐混合，揉入黄油或猪油；然后将鸡蛋充分打散，拌入酵母，连同足量温牛奶一起加入面粉中，使全部混合成光滑的面团，并充分揉捏。将其放在火边发酵，待充分发起后，做成小饼；放在烤盘上，放入烤箱前再发酵几分钟，在中等温度的烤箱中烘烤1/4至1/2小时。如果在其他配料中加入少许醋栗和少量糖，味道非常好：应在揉入黄油之后加入。这些小饼应涂上黄油，烤好后趁热食用；但陈旧时，将其剖开烤热也非常美味；或者浸入牛奶甚至水中，用盆盖住在烤箱中加热至热透，几乎可与新鲜出炉的媲美。

时间。- 1/4 至 1/2 小时。

平均成本,10便士。

足量可制作 8 个茶饼。

时令任何时候皆宜。

烤茶饼

[插图：茶点蛋糕]

1787. 将每个下午茶蛋糕按厚度切成三或四片；在明亮洁净的炉火前将两面烤至焦黄，然后

each slice is done, spread it with butter on both sides. When a cake is toasted, pile the slices one on the top of the other, cut them into quarters, put them on a very hot plate, and send the cakes immediately to table. As they are wanted, send them in hot, one or two at a time, as, if allowed to stand, they spoil, unless kept in a muffin-plate over a basin of boiling water.

每片烤好后，两面都涂上黄油。一个蛋糕烤好后，将各片叠放起来，切成四块，放在极热的盘子上，立即将蛋糕送上餐桌。按需趁热送上，一次一或两个，因为若放置不动，它们会变坏，除非放在松饼盘中并置于一碗煮水之上保温。

A NICE YEAST-CAKE.

美味酵母蛋糕

1788. INGREDIENTS.—1-1/2 lb. of flour, 1/2 lb. of butter, 1/2 pint of milk, 1-1/2 tablespoonful of good yeast, 3 eggs, 3/4 lb. of currants, 1/2 lb. of white moist sugar, 2 oz. of candied peel.

1788. 配料--1-1/2 lb.面粉，1/2 lb.黄油，1/2 pint牛奶，1-1/2汤匙优质酵母，3个鸡蛋，3/4 lb.加仑子，1/2 lb.白色湿糖，2 oz.糖渍果皮。

Mode.—Put the milk and butter into a saucepan, and shake it round over a fire until the butter is melted, but do not allow the milk to get very hot. Put the flour into a basin, stir to it the milk and butter, the yeast, and eggs, which should be well beaten, and form the whole into a smooth dough. Let it stand in a warm place, covered with a cloth, to rise, and, when sufficiently risen, add the currants, sugar, and candied peel cut into thin slices. When all the ingredients are thoroughly mixed, line 2 moderate-sized cake-tins with buttered paper, which should be about six inches higher than the tin; pour in the mixture, let it stand to rise again for another 1/2 hour, and then bake the cakes in a brisk oven for about 1-1/2 hour. If the tops of them become too brown, cover them with paper until they are done through. A few drops of essence of lemon, or a little grated nutmeg, may be added when the flavour is liked.

做法。--将牛奶和黄油放入平底锅中，在火上晃动加热直至黄油融化，但不要让牛奶变得太热。将面粉放入盆中，拌入牛奶和黄油、酵母以及充分打散的鸡蛋，将全部混合成光滑的面团。将其放在温暖处，盖上布发酵，待充分发起后，加入醋栗、糖和切成薄片的糖渍果皮。待所有配料充分混合后，用涂过黄油的纸衬在两个中等大小的蛋糕模具中，纸应比模具高出约六英寸；倒入混合物，静置再次发酵1/2小时，然后在旺烤箱中烘烤约1-1/2小时。如果蛋糕顶部上色过深，用纸覆盖直至完全烤熟。如喜欢该风味，可加入几滴柠檬香精或少许擦碎的肉豆蔻。

Time.—From 1-1/4 to 1-1/2 hour. *Average cost*, 2s.

时间。--1-1/4至1-1/2小时。平均成本,2先令。

Sufficient to make 2 moderate-sized cakes.

足量可制作 2 个中等大小的蛋糕。

Seasonable at any time.

[Illustration]

[Illustration]

CHAPTER XXXVI.

GENERAL OBSERVATIONS ON BEVERAGES.

1789. Beverages are innumerable in their variety; but the ordinary beverages drunk in the British isles, may be divided into three classes:—1. Beverages of the simplest kind not fermented. 2. Beverages, consisting of water, containing a considerable quantity of carbonic acid. 3. Beverages composed partly of fermented liquors. Of the first class may be mentioned,—water, toast-and-water, barley-water, eau sucré, lait sucré, cheese and milk whey, milk-and-water, lemonade, orangeade, sherbet, apple and pear juice, capillaire, vinegar-and-water, raspberry vinegar and water.

1790. Of the common class of beverages, consisting of water impregnated with carbonic acid gas, we may name soda-water, single and double, ordinary effervescing draughts, and ginger-beer.

1791. The beverages composed partly of fermented liquors, are hot spiced wines, bishop, egg-flip, egg-hot, ale posset, sack posset, punch, and spirits-and-water.

1792. We will, however, forthwith treat on the most popular of our beverages, beginning with the one which makes "the cup that cheers but not inebriates."

1793. The beverage called tea has now become almost a necessary

时令任何时候皆宜。

[Illustration]

[Illustration]

第三十六章

关于饮料的一般观察。

1789. 饮料的种类数不胜数；但英伦三岛日常饮用的饮料，可分为三类：一、最简单的不经发酵的饮料。二、由水构成、含有大量碳酸的饮料。三、部分由发酵液组成的饮料。第一类可提及的有--水、烤面包水、大麦水、加糖水、加糖奶、奶酪与牛奶乳清、牛奶兑水、柠檬水、橙子水、果子露、苹果与梨汁、铁线蕨糖浆、醋兑水、覆盆子醋兑水。

1790. 在普通类饮料中，即由充入碳酸气的水所构成的饮料，我们可以举出苏打水(单倍与双倍)、普通起泡饮剂以及姜汁啤酒。

1791. 部分由发酵酒类构成的饮料，有热香料葡萄酒、主教酒、蛋酒、热蛋酒、麦酒乳酒、萨克乳酒、潘趣酒以及烈酒兑水。

1792. 不过，我们接下来将论述我们最受欢迎的饮料，从那种被称为“令人欢欣而不致醉的杯中物”的饮料开始。

1793. 茶这种饮料如今几乎已成为一种必需品

of life. Previous to the middle of the 17th century it was not used in England, and it was wholly unknown to the Greeks and Romans. Pepys says, in his Diary,—"September 25th, 1661.—I sent for a cup of tea (a China drink), of which I had never drunk before." Two years later it was so rare a commodity in England, that the English East-India Company bought 2 lbs. 2 oz. of it, as a present for his majesty. In 1666 it was sold in London for sixty shillings a pound. From that date the consumption has gone on increasing from 5,000 lbs. to 50,000,000 lbs.

人生。在17世纪中叶之前，英国并不使用茶，希腊人和罗马人对它更是一无所知。佩皮斯在日记中写道：“1661年9月25日--我派人去取了一杯茶(一种中国饮料)，此前我从未喝过。”两年后，茶在英国仍是一种极为稀罕的商品，英国东印度公司为此购买了2磅2盎司，作为献给国王的礼物。1666年，它在伦敦的售价为每磅六十先令。自那以后，消费量便不断增长，从5,000磅增至50,000,000磅。

1794. Linnaeus was induced to think that there were two species of tea-plant, one of which produced the black, and the other the green teas; but later observations do not confirm this. When the leaves of black and green tea are expanded by hot water, and examined by the botanist, though a difference of character is perceived, yet this is not sufficient to authorize considering them as distinct species. The tea-tree flourishes best in temperate regions; in China it is indigenous. The part of China where the best tea is cultivated, is called by us the "tea country." The cultivation of the plant requires great care. It is raised chiefly on the sides of hills; and, in order to increase the quantity and improve the quality of the leaves, the shrub is pruned, so as not to exceed the height of from two to three feet, much in the same manner as the vine is treated in France. They pluck the leaves, one selecting them according to the kinds of tea required; and, notwithstanding the tediousness of the operation, each labourer is able to gather from four to ten or fifteen pounds a day. When the trees attain to six or seven years of age, the produce becomes so inferior that they are removed to make room for a fresh succession, or they are cut down to allow of numerous young

1794. 林奈曾认为茶树有两个物种，一个产红茶，另一个产绿茶；但后来的观察并未证实这一点。当红茶和绿茶的叶子被热水泡开，由植物学家检验时，虽然能看出性状上的差异，但这不足以将它们视为不同的物种。茶树在温带地区生长最好；在中国它是本土植物。中国种植最好茶叶的地区，被我们称为“茶乡”。这种植物的栽培需要极其小心。它主要种在山坡上；为了增加叶子的数量并改善其品质，灌木会被修剪，使其高度不超过二至三英尺，处理方式与法国对待葡萄藤大致相同。他们采摘叶子，按所需茶叶种类进行挑选；尽管操作繁琐，每个劳工每天仍能采四到十磅或十五磅。当茶树长到六七岁时，产量变得如此低劣，以致它们被移除以腾出地方给新一茬，或者被砍倒，让大量幼

shoots. Teas of the finest flavour consist of the youngest leaves; and as these are gathered at four different periods of the year, the younger the leaves the higher flavoured the tea, and the scarcer, and consequently the dearer, the article.

嫩芽。最上等的茶叶由最幼嫩的叶子构成；由于这些叶子在一年中四个不同时期采摘，叶子越嫩，茶的香味越佳，也越稀少，因而价格越贵。

1795. The various names by which teas are sold in the British market are corruptions of Chinese words. There are about a dozen different kinds; but the principal are Bohea, Congou, and Souchong, and signify, respectively, inferior, middling, and superior. Teas are often perfumed and flavoured with the leaves of different kinds of plants grown on purpose. Different tea-farms in China produce teas of various qualities, raised by skilful cultivation on various soils.

1795. 英国市场上出售茶叶所用的各种名称，都是汉语词汇的讹变。大约有十几种不同的种类；但主要的是武夷、工夫和小种，分别表示下等、中等和上等。茶叶常常用专门种植的不同种类植物的叶子来熏香和调味。中国不同的茶场出产品质各异的茶叶，是靠在不同土壤上巧妙栽培而培育出来的。

1796. Tea, when chemically analyzed, is found to contain woody fibre, mucilage, a considerable quantity of the astringent principle, or tannin, a narcotic principle, which is, perhaps, connected with a peculiar aroma. The tannin is shown by its striking a black colour with sulphate of iron, and is the cause of the dark stain which is always formed when tea is spilt upon buff-coloured cottons dyed with iron. A constituent called *Theine* has also been discovered in tea, supposed to be identical with *Caffeine*, one of the constituents of coffee. Liebig says, "Theine yields, in certain processes of decomposition, a series of most remarkable products, which have much analogy with those derived from uric acid in similar circumstances. The infusion of tea differs from that of coffee, by containing iron and manganese. We have in tea, of many kinds, a beverage which contains the active constituents of the most powerful mineral springs, and, however small the amount of iron may be which we daily take in this form, it cannot be destitute of influence on the vital processes."

1796. 茶经化学分析后，发现含有木质纤维、黏液、大量涩味成分即单宁、一种麻醉性成分，后者也许与一种特殊的香气有关。单宁遇硫酸亚铁会显出明显的黑色，这正是茶洒在染有铁质的浅黄色棉布上总会留下深色污渍的原因。茶中还发现了一种称为茶碱的成分，据信与咖啡因相同，咖啡因是咖啡的成分之一。李比希说：“茶碱在某些分解过程中会产生一系列极其显著的产物，这些产物与类似情况下由尿酸衍生的产物颇为相似。茶的浸液与咖啡浸液不同，含有铁和锰。我们在许多种茶中拥有一种饮料，它含有最强效矿泉的活性成分，而且，无论我们每天以这种方式摄入的铁量多么微小，它都不可能对生命过程毫无影响。”

1797. Chinese tea has frequently been adulterated in this country, by the admixture of the dried leaves of certain plants. The leaves of the sloe, white thorn, ash, elder, and some others, have been employed for this purpose; such as the leaves of the speedwell, wild germander, black currants, syringa, purple-spiked willow-herb, sweet-brier, and cherry-tree. Some of these are harmless, others are to a certain degree poisonous; as, for example, are the leaves of all the varieties of the plum and cherry tribe, to which the sloe belongs. Adulteration by means of these leaves is by no means a new species of fraud; and several acts of parliament, from the time of George II., have been passed, specifying severe penalties against those guilty of the offence, which, notwithstanding numerous convictions, continues to the present time.

1797. 中国的茶在这个国家经常被掺假，方法是混入某些植物的干叶。黑刺李、白刺山楂、白蜡树、接骨木以及其他一些植物的叶子曾被用于此目的；例如婆婆纳、野生石蚕、黑加仑、丁香、紫穗柳叶菜、甜蔷薇和樱桃树的叶子。其中一些无害，另一些则在一定程度上是有毒的；例如，李属和樱桃属所有变种的叶子都是如此，黑刺李也属于这一类。用这些叶子掺假绝不是一种新的欺诈行为；自乔治二世时代以来，已通过若干议会法案，对犯此罪行的人规定了严厉惩罚，尽管有许多人被定罪，这种行为至今仍在继续。

1798. In the purchase of tea, that should be chosen which possesses an agreeable odour and is as whole as possible, in order that the leaf may be easily examined. The greatest care should be taken that it has not been exposed to the air, which destroys its flavour.

1798. 购买茶叶时，应选择气味宜人且尽可能完整的，以便容易检视叶片。应极其小心它未曾暴露于空气中，因为空气会破坏其香味。

1799. It would be impossible, in the space at our command, to enumerate the various modes adopted in different countries for "making coffee;" that is, the phrase commonly understood to mean the complete preparation of this delicious beverage for drinking. For performing this operation, such recipes or methods as we have found most practical will be inserted in their proper place; but the following facts connected with coffee will be found highly interesting.

1799. 在我们所限的篇幅内，不可能列举不同国家为“冲泡咖啡”所采用的各种方法；也就是说，这个说法通常被理解为把这种美味饮料完全制备好以供饮用。为完成这一操作，我们所发现的最实用的食谱或方法将插入其适当位置；但以下与咖啡有关的事实将会显得极为有趣。

1800. The introduction of coffee into this country is comparatively

1800. 咖啡传入这个国家相对较晚

of recent date. We are assured by Bruce that the coffee-tree is a native of Abyssinia, and it is said to have been cultivated in that country from time immemorial.

是近期的。布鲁斯向我们保证，咖啡树原产于阿比西尼亚，据说该国自古以来就栽培咖啡。

1801. It appears that coffee was first introduced into England by Daniel Edwards, a Turkey merchant, whose servant, Pasqua, a Greek, understood the manner of roasting it. This servant, under the patronage of Edwards, established the first coffee-house in London, in George Yard, Lombard Street. Coffee was then sold at four or five guineas a pound, and a duty was soon afterwards laid upon it of fourpence a gallon, when made into a beverage. In the course of two centuries, however, this berry, unknown originally as an article of food, except to some savage tribes on the confines of Abyssinia, has made its way through the whole of the civilized world. Mahommedans of all ranks drink coffee twice a day; it is in universal request in France; and the demand for it throughout the British isles is daily increasing, the more especially since so much attention has been given to mechanical contrivances for roasting and grinding the berry and preparing the beverage.

1801. 咖啡似乎最初是由土耳其商人丹尼尔·爱德华兹引入英格兰的，他的仆人帕斯夸是个希腊人，懂得烤制咖啡的方法。这个仆人在爱德华兹的赞助下，在伦敦伦巴第街的乔治巷开设了第一家咖啡馆。当时咖啡每磅售价四至五几尼，不久之后又对制成饮品的咖啡征收每加仑四便士的税。然而，在两个世纪的时间里，这种浆果--最初除了阿比西尼亚边境的一些野蛮部落外，并不为人所知为一种食品--已经传遍了整个文明世界。各阶层的穆罕默德教徒每天喝两次咖啡；它在法国普遍受到欢迎；而在整个不列颠群岛，对它的需求日益增长，尤其是因为人们在烤制、研磨咖啡豆和调制饮品方面投入了大量精力来改进机械装置。

1802. Of the various kinds of coffee the Arabian is considered the best. It is grown chiefly in the districts of Aden and Mocha; whence the name of our Mocha coffee. Mocha coffee has a smaller and rounder bean than any other, and likewise a more agreeable smell and taste. The next in reputation and quality is the Java and Ceylon coffee, and then the coffees of Bourbon and Martinique, and that of Berbice, a district of the colony of British Guiana. The Jamaica and St. Domingo coffees are less esteemed.

1802. 在各种咖啡中，阿拉伯咖啡被认为是最好的。它主要种植在亚丁和摩卡地区，我们的摩卡咖啡即由此得名。摩卡咖啡的豆子比其他任何咖啡都更小更圆，气味和味道也更宜人。在声誉和品质上仅次于它的是爪哇咖啡和锡兰咖啡，然后是波旁咖啡、马提尼克咖啡，以及英属圭亚那殖民地伯比斯地区的咖啡。牙买加咖啡和圣多明各咖啡则不太受重视。

1803. A considerable change takes place in the arrangement of the constituents of coffee by the application of heat in roasting it.

1803. 咖啡在烤制时受热，其成分的排列会发生相当大的变化。

Independently of one of the objects of roasting, namely, that of destroying its toughness and rendering it easily ground, its tannin and other principles are rendered partly soluble in water; and it is to the tannin that the brown colour of the decoction of coffee is owing. An aromatic flavour is likewise developed during torrefaction, which is not perceived in the raw berry, and which is not produced in the greatest perfection until the heat has arrived at a certain degree of temperature; but, if the heat be increased beyond this, the flavour is again dissipated, and little remains but a bitter and astringent matter with carbon.

烤制的目的之一，是破坏其韧性使其易于研磨，除此之外，其单宁和其他成分也部分变得可溶于水；咖啡煮液的褐色正是由于单宁所致。在烘焙过程中还会产生一种生豆中所没有的芳香风味，这种风味只有在加热达到一定温度时才能达到最完美的程度；但如果热量超过这个程度，风味又会消散，剩下的就只有苦涩和收敛性物质以及碳了。

1804. The roasting of coffee in the best manner requires great nicety, and much of the qualities of the beverage depends upon the operation. The roasting of coffee for the dealers in London and Paris has now become a separate branch of business, and some of the roasters perform the operation on a great scale, with considerable skill. Roasted coffee loses from 20 to 30 per cent, by sufficient roasting, and the powder suffers much by exposure to the air; but, while raw, it not only does not lose its flavour for a year or two, but improves by keeping. If a cup of the best coffee be placed upon a table boiling hot, it will fill the room with its fragrance; but the coffee, when warmed again after being cold, will be found to have lost most of its flavour.

1804. 以最佳方式烤咖啡需要极其精细，饮料的许多品质取决于这一操作。如今在伦敦和巴黎，为商人烤咖啡已成为一项独立的业务，一些烤制者以相当大的规模进行操作，技艺相当娴熟。充分烤制后，烤过的咖啡会损失百分之二十至三十，而咖啡粉暴露于空气中会大受损害；但在生咖啡状态下，它不仅一两年内不会失去风味，反而因存放而更佳。若将一杯最好的咖啡沸腾滚烫地置于桌上，它会令满室生香；但咖啡冷却后再加热，便会发现其风味已大部分丧失。

1805. To have coffee in perfection, it should be roasted and ground just before it is used, and more should not be ground at a time than is wanted for immediate use, or, if it be necessary to grind more, it should be kept closed from the air. Coffee readily imbibes exhalations from other substances, and thus often acquires a bad flavour: brown sugar placed near it will communicate a disagreeable flavour. It is stated that the coffee in

1805. 要得到完美的咖啡，应在使用前才烤制和研磨，一次研磨的量不应超过立即使用的需要，或者，如果必须多磨，则应密封避空气保存。咖啡很容易吸收其他物质的挥发物，因而常常带有不良气味：放在它附近的红糖会传给它一种令人不快的味道。据说西印度的咖啡

the West Indies has often been injured by being laid in rooms near the sugar-works, or where rum is distilled; and the same effect has been produced by bringing over coffee in the same ships with rum and sugar. Dr. Moseley mentions that a few bags of pepper, on board a ship from India, spoiled a whole cargo of coffee.

1806. With respect to the quantity of coffee used in making the decoction, much depends upon the taste of the consumer. The greatest and most common fault in English coffee is the too small quantity of the ingredient. Count Rumford says that to make good coffee for drinking after dinner, a pound of good Mocha coffee, which, when roasted and ground, weighs only thirteen ounces, serves to make fifty-six full cups, or a little less than a quarter of an ounce to a coffee-cup of moderate size.

常常因为被放置在糖厂附近或蒸馏朗姆酒的房间里而受损；用同一艘船同时运送咖啡与朗姆酒和糖，也产生了同样的效果。莫斯利博士提到，从印度开来的一艘船上，几袋胡椒毁掉了整船咖啡。

1806. 关于冲泡煎液所用咖啡的数量，很大程度上取决于饮用者的口味。英国咖啡最大也最常见的毛病是配料用量太少。拉姆福德伯爵说，要冲泡正餐后饮用的好咖啡，一磅上好的摩卡咖啡(烤制并研磨后仅重十三盎司)可冲五十六满杯，即每杯中等大小的咖啡杯略少于四分之一盎司。

RECIPES.

食谱。

CHAPTER XXXVII.

第三十七章

TO MAKE CHOCOLATE.

制作巧克力。

1807. INGREDIENTS.—Allow 1/2 oz. of chocolate to each person; to every oz. allow 1/2 pint of water, 1/2 pint of milk.

1807. 配料。--每人配给1/2 oz.巧克力；每1 oz.配给1/2 pint水、1/2 pint牛奶。

Mode.—Make the milk-and-water hot; scrape the chocolate into it, and stir the mixture constantly and quickly until the chocolate is dissolved; bring it to the boiling-point, stir it well, and serve directly with white sugar. Chocolate prepared with in a mill, as shown in the engraving, is made by putting in the scraped chocolate, pouring over it the boiling milk-and-water, and milling it over the fire until hot and frothy.

做法。--将牛奶和水加热；把巧克力刨入其中，不断快速地搅拌混合物，直到巧克力溶解；将其煮沸，充分搅拌，立即配白糖上桌。用研磨机(如图所示)调制的巧克力，做法是放入刨好的巧克力，浇上煮沸的牛奶和水，在火上研磨至热而起泡。

Sufficient.—Allow 1/2 oz. of cake chocolate to each person.

[Illustration: MILL.]

CHOCOLATE AND COCOA.—Both these preparations are made from the seeds or beans of the cacao-tree, which grows in the West Indies and South America. The Spanish, and the proper name, is cacao, not cocoa, as it is generally spelt. From this mistake, the tree from which the beverage is procured has been often confounded with the palm that produces the edible cocoa-nuts, which are the produce of the cocoa-tree (*Cocos nucifera*), whereas the tree from which chocolate is procured is very different (the *Theobroma cacao*). The cocoa-tree was cultivated by the aboriginal inhabitants of South America, particularly in Mexico, where, according to Humboldt, it was reared by Montezuma. It was transplanted thence into other dependencies of the Spanish monarchy in 1520; and it was so highly esteemed by Linnaeus receive from him the name now conferred upon it, of Theobroma, a term derived from the Greek, and signifying "*food for gods*." Chocolate has always been a favourite beverage among the Spaniards and Creoles, and was considered here as a great luxury when first introduced, after the discovery of America; but the high duties laid upon it, confined it long almost entirely to the wealthier classes. Before it was subjected to duty, Mr. Bryan Edwards stated that cocoa plantations were numerous in Jamaica, but that the duty caused their almost entire ruin. The removal of this duty has increased their cultivation. (For engraving of cocoa-bean, *see* No. 1816.)

TO MAKE ESSENCE OF COFFEE.

足量。--每人配给1/2 oz.蛋糕巧克力。

[插图：磨坊。]

巧克力和可可--这两种制品都是由可可树的种子或豆子制成的，这种树生长在西印度群岛和南美洲。西班牙语中的正名是 cacao，而非通常拼写的 cocoa。由于这一错误，出产这种饮品的树常常与出产可食用可可坚果的棕榈树相混淆，后者是可可树的产物(*Cocos nucifera*)，而出产巧克力的树则大不相同(*Theobroma cacao*)。可可树由南美洲的原住民栽培，尤其是在墨西哥，据洪堡所说，它是由蒙特祖马种植的。1520年，它从那里被移植到西班牙君主国的其他属地；它受到林奈的高度推崇，因而从他那里获得了现在赋予它的名称 Theobroma，这个词源自希腊语，意为“众神的食物”。巧克力一直是西班牙人和克里奥尔人喜爱的饮品，在美洲发现后最初引入时，在这里被视为一种极大的奢侈享受；但对它征收的高额关税，长期以来几乎使它仅限于较富裕的阶层。在对它征税之前，布赖恩·爱德华兹先生曾指出，牙买加的可可种植园很多，但关税几乎使它们全部破产。这项关税的取消增加了它们的种植。(关于可可豆的版画，见第1816号。)

制作咖啡精。

1808. INGREDIENTS.—To every 1/4 lb. of ground coffee allow 1 small teaspoonful of powdered chicory, 3 small teacupfuls, or 1 pint, of water.

1808. 配料。--每1/4 lb.研磨咖啡配给1小茶匙菊苣粉、3小茶杯或1 pint水。

Mode.—Let the coffee be freshly ground, and, if possible, freshly roasted; put it into a percolater, or filter, with the chicory, and pour *slowly* over it the above proportion of boiling water. When it has all filtered through, warm the coffee sufficiently to bring it to the simmering-point, but do not allow it to boil; then filter it a second time, put it into a clean and dry bottle, cork it well, and it will remain good for several days. Two tablespoonfuls of this essence are quite sufficient for a breakfast-cupful of hot milk. This essence will be found particularly useful to those persons who have to rise extremely early; and having only the milk to make boiling, is very easily and quickly prepared. When the essence is bottled, pour another 3 tea-cupfuls of *boiling* water slowly on the grounds, which, when filtered through, will be a very weak coffee. The next time there is essence to be prepared, make this weak coffee boiling, and pour it on the ground coffee instead of plain water: by this means a better coffee will be obtained. Never throw away the grounds without having made use of them in this manner; and always cork the bottle well that contains this preparation, until the day that it is wanted for making the fresh essence.

模式。--咖啡应现磨，如有可能，现烤；将其与菊苣一同放入渗滤壶或滤器中，并将上述比例的沸水缓慢浇在其上。待全部滤过后，将咖啡加热至恰好达到微沸点，但不要让其煮沸；然后再次过滤，装入干净干燥的瓶中，塞紧瓶塞，可保鲜数日。两汤匙此浓缩液足以冲泡一杯早餐用热牛奶。此浓缩液对于必须极早起床的人尤为有用；只需将牛奶煮沸，制作非常简便快捷。装瓶时，再向咖啡渣上缓慢浇入3茶杯沸水，滤过后即为极淡的咖啡。下次制备浓缩液时，将此淡咖啡煮沸，代替清水浇在磨好的咖啡上：如此可得更佳的咖啡。切勿丢弃咖啡渣而不加以此方式利用；并且务必塞紧盛装此制品的瓶塞，直至需要用其制作新鲜浓缩液之日。

Time.—To be filtered once, then brought to the boiling-point, and filtered again.

时间。--过滤一次，然后煮沸，再过滤一次。

Average cost, with coffee at 1s. 8d. per lb., 6d.

平均成本，咖啡每磅1先令8便士，6便士。

Sufficient'-Allow 2 tablespoonfuls for a breakfast-cupful of hot milk.

足量。--每早餐杯热牛奶配给2汤匙。

TO ROAST COFFEE.

(*A French Recipe*.)

1809. It being an acknowledged fact that French coffee is decidedly superior to that made in England, and as the roasting of the berry is of great importance to the flavour of the preparation, it will be useful and interesting to know how they manage these things in France. In Paris, there are two houses justly celebrated for the flavour of their coffee,—*La Maison Corcellet* and *La Maison Royer de Chartres*; and to obtain this flavour, before roasting they add to every 3 lbs. of coffee a piece of butter the size of a nut, and a dessert-spoonful of powdered sugar: it is then roasted in the usual manner. The addition of the butter and sugar develops the flavour and aroma of the berry; but it must be borne in mind, that the quality of the butter must be of the very best description.

TO MAKE COFFEE.

1810. INGREDIENTS.—Allow 4 oz., or 1 tablespoonful, of ground coffee to each person; to every oz. of coffee allow 1/3 pint of water.

Mode.—To make coffee good, *it should never be boiled*, but the boiling water merely poured on it, the same as for tea. The coffee should always be purchased in the berry,—if possible, freshly roasted; and it should never be ground long before it is wanted for use. There are very many new kinds of coffee-pots, but the method of making the coffee is nearly always the same; namely, pouring the boiling water on the powder, and allowing it to filter through. Our illustration shows one of Loysel's Hydrostatic Urns,

烘焙咖啡。

(一道法式食谱。)

1809.法国咖啡明显优于英国所制咖啡，此乃公认之事实，而咖啡豆的烘焙对成品的风味至关重要，因此了解法国人如何操作此事将既有用又有趣。在巴黎，有两家因咖啡风味而理应闻名遐迩的商号--科尔塞莱商号和沙特尔罗耶商号；为获得此种风味，他们在烘焙前每3 lb.咖啡中加入一块坚果大小的黄油和一甜点匙糖粉：然后按常规方法烘焙。加入黄油和糖可激发咖啡豆的风味和香气；但必须牢记，黄油的质量必须是最上等的。

制作咖啡。

1810. 配料。--每人配给4 oz.或1汤匙研磨咖啡；每1 oz.咖啡配给1/3 pint水。

做法。--要制出好咖啡，绝不可将其煮沸，只需将沸水浇在其上，与泡下午茶相同。咖啡应始终购买咖啡豆--如有可能，购买新烘焙的；且绝不应在需要使用之前很久就磨成粉。现今有许多新型咖啡壶，但制作咖啡的方法几乎总是相同的；即将沸水浇在咖啡粉上，让其滤过。我们的插图展示的是卢瓦泽尔静水压壶之一，

which are admirably adapted for making good and clear coffee, which should be made in the following, manner:—Warm the urn with boiling water, remove the lid and movable filter, and place the ground coffee at the bottom of the urn. Put the movable filter over this, and screw the lid, inverted, tightly on the end of the centre pipe. Pour into the inverted lid the above proportion of boiling water, and when all the water so poured has disappeared from the funnel, and made its way down the centre pipe and up again through the ground coffee by *hydrostatic pressure*, unscrew screw the lid and cover the urn. Pour back direct into the urn, *not through the funnel*, one, two, or three cups, according to the size of the percolater, in order to make the infusion of uniform strength; the contents will then be ready for use, and should run from the tap strong, hot, and clear. The coffee made in these urns generally turns out very good, and there is but one objection to them,—the coffee runs rather slowly from the tap. This is of no consequence where there is a small party, but tedious where there are many persons to provide for. A remedy for this objection may be suggested; namely, to make the coffee very strong, so that not more than 1/3 of a cup would be required, as the rest would be filled up with milk. Making coffee in filters or percolaters does away with the necessity of using isinglass, white of egg, and various other preparations to clear it. Coffee should always be served very hot, and, if possible, in the same vessel in which it is made, as pouring it from one pot to another cools, and consequently spoils it. Many persons may think that the proportion of water we have given for each oz. of coffee is rather small; it is so, and the coffee produced from it will be very strong; 1/3 of a cup will be found quite sufficient, which should be filled

此类壶极适于制作优质清澈的咖啡，制作方法如下：--先用沸水温热壶身，取下壶盖和活动滤器，将磨好的咖啡置于壶底。将活动滤器盖在其上，将壶盖倒置，紧紧旋在中心管末端。向倒置的壶盖中注入上述比例的沸水，待漏斗中的水全部消失，经由中心管下行，又借流体静压上行穿过咖啡渣后，旋开壶盖，盖上壶身。直接倒回壶中，不要经过漏斗，一、二或三杯，视渗滤壶大小而定，以使浸出液浓度均匀；此时内容物即可使用，从龙头流出的咖啡应浓烈、滚烫且清澈。用此类壶制作的咖啡通常品质极佳，唯一的缺点是--咖啡从龙头流出相当缓慢。人少时无妨，但需供应多人时则令人厌烦。针对此缺点可提出一种补救办法；即把咖啡做得极浓，使每杯所需不超过1/3杯，其余以牛奶补满。用滤器或渗滤壶制作咖啡，便无需使用鱼胶、蛋白及各种其他澄清剂。咖啡应始终热饮，如有可能，应盛于制作它的同一容器中，因为从一个壶倒入另一个壶会使其变凉，从而破坏其风味。许多人可能认为我们为每oz.咖啡所给的水量偏少；确实如此，由此制出的咖啡会非常浓；1/3杯即足够，应补满

with nice hot milk, or milk and cream mixed. This is the 'cafe au lait' for which our neighbours over the Channel are so justly celebrated. Should the ordinary method of making coffee be preferred, use double the quantity of water, and, in pouring it into the cups, put in more coffee and less milk.

配以优质热牛奶，或牛奶与奶油混合。这就是海峡对岸的邻邦理应引以为荣的“牛奶咖啡”。如果更喜欢普通的冲泡方法，则用双倍的水，在倒入杯中时多放咖啡、少放牛奶。

[Illustration: LOYSEL'S HYDROSTATIC URN.]

[插图：卢瓦泽尔静水压瓮。]

Sufficient.—For very good coffee, allow 1/2 oz., or 1 tablespoonful, to each person.

足量。--要冲很好的咖啡，每人配给1/2 oz.或1汤匙。

A VERY SIMPLE METHOD OF MAKING COFFEE.

一种非常简单的咖啡制作方法。

1811. INGREDIENTS.—Allow 1/2 oz., or 1 tablespoonful, of coffee to each person; to every oz. allow 1 pint of water.

1811. 配料。--每人配给1/2 oz.或1汤匙咖啡；每1 oz.配给1 pint水。

Mode.—Have a small iron ring made to fit the top of the coffee-pot inside, and to this ring sew a small muslin bag (the muslin for the purpose must not be too thin). Fit the bag into the pot, pour some boiling water in it, and, when the pot is well warmed, put the ground coffee into the bag; pour over as much boiling water as is required, close the lid, and, when all the water has filtered through, remove the bag, and send the coffee to table. Making it in this manner prevents the necessity of pouring the coffee from one vessel to another, which cools and spoils it. The water should be poured on the coffee gradually, so that the infusion may be stronger; and the bag must be well made, that none of the grounds may escape through the seams, and so make the coffee thick and muddy.

做法。--制作一个小铁环，使其恰好嵌入咖啡壶内侧顶部，在此环上缝一个小细布袋(所用细布不可太薄)。将布袋装入壶中，倒入一些沸水，待壶充分温热后，将磨好的咖啡放入袋中；浇上所需量的沸水，盖上壶盖，待水全部滤过后，取出布袋，将咖啡送上餐桌。如此制作可免去将咖啡从一个容器倒入另一个容器的必要，因为那样会使其变凉并破坏品质。应将水逐渐浇在咖啡上，以使浸出液更浓；布袋必须缝制精良，以免咖啡渣从接缝处漏出，使咖啡浑浊不清。

Sufficient.—Allow 1 tablespoonful, or 1/2 oz., to each person.

足量。--每人配给1汤匙，即1/2 oz.。

[Illustration: COFFEE.]

[插图：咖啡。]

THE COFFEE PLANT grows to the height of about twelve or fifteen feet, with leaves not unlike those of the common laurel, although more pointed, and not so dry and thick. The blossoms are white, much like those of jasmine, and issue from the angles of the leaf-stalks. When the flowers fade, they are succeeded by the coffee-bean, or seed, which is inclosed in a berry of a red colour, when ripe resembling a cherry. The coffee-beans are prepared by exposing them to the sun for a few days, that the pulp may ferment and throw off a strong acidulous moisture. They are then gradually dried for about three weeks, and put into a mill to separate the husk from the seed.

咖啡树可长到约十二至十五英尺高，叶子与普通月桂树的叶子颇为相似，尽管更为尖细，也不那么干厚。花朵为白色，很像茉莉花，从叶柄的夹角处生出。花谢之后，便结出咖啡豆，即种子，包裹在一颗红色的浆果中，成熟时酷似樱桃。咖啡豆的制作方法是将其曝晒数日，使果肉发酵并散发出强烈的酸味湿气。然后逐渐干燥约三周，再放入磨坊中将外壳与种子分离。

CAFE AU LAIT.

牛奶咖啡

1812. This is merely very strong coffee added to a large proportion of good hot milk; about 6 tablespoonfuls of strong coffee being quite sufficient for a breakfast-cupful of milk. Of the essence No. 1808, which answers admirably for 'cafe an lait', so much would not be required. This preparation is infinitely superior to the weak watery coffee so often served at English tables. A little cream mixed with the milk, if the latter cannot be depended on for richness, improves the taste of the coffee, as also the richness of the beverage.

1812. 这不过是将极浓的咖啡加入大量优质热牛奶中；约6汤匙浓咖啡便足以配一早餐杯的牛奶。至于第1808号精华露，用于“牛奶咖啡”效果极佳，则不需如此之多。这种调制法远胜于英国餐桌上常供的淡薄如水的咖啡。若牛奶的浓郁度不可靠，可掺入少许奶油，既能改善咖啡的味道，也能增加饮品的浓郁度。

Sufficient.—6 tablespoonfuls of strong coffee, or 2 tablespoonfuls of the essence, to a breakfast-cupful of milk.

足量。--每早餐杯牛奶配6汤匙浓咖啡，或2汤匙咖啡精。

TEA AND COFFEE.—It is true, says Liebig, that thousands have lived without a knowledge of tea and coffee; and daily experience teaches us that, under certain circumstances, they may be dispensed with without disadvantage to the merely animal

茶与咖啡。--李比希说，确实有成千上万的人在不了解茶与咖啡的情况下生活；日常经验告诉我们，在某些情况下，不用它们也无损于纯粹的动物

functions; but it is an error, certainly, to conclude from this that they may be altogether dispensed with in reference to their effects; and it is a question whether, if we had no tea and no coffee, the popular instinct would not seek for and discover the means of replacing them. Science, which accuses us of so much in these respects, will have, in the first place, to ascertain whether it depends on sensual and sinful inclinations merely, that every people of the globe have appropriated some such means of acting on the nervous life, from the shore of the Pacific, where the Indian retires from life for days in order to enjoy the bliss of intoxication with koko, to the Arctic regions, where Kamtschatdales and Koriakes prepare an intoxicating beverage from a poisonous mushroom. We think it, on the contrary, highly probable, not to say certain, that the instinct of man, feeling certain blanks, certain wants of the intensified life of our times, which cannot be satisfied or filled up by mere quantity, has discovered, in these products of vegetable life the true means of giving to his food the desired and necessary quality.

功能；但由此断定它们在效果方面完全可以弃置不用，这无疑是错误的；而且，如果我们没有茶和没有咖啡，民众的本能是否会寻求并发现替代它们的手段，这也是一个问题。科学在这些方面对我们诸多指责，但它首先必须查明，是否仅仅出于肉欲和罪恶的倾向，全球每个民族都采用了某种此类作用于神经生命的手段--从太平洋沿岸印第安人退隐数日以享受科科醉人之乐，到北极地区堪察加人和科里亚克人用毒蘑菇制备醉人饮料。相反，我们认为极有可能--甚至可以说确定无疑--人类的本能感受到某些空白，感受到我们时代强化生活的某些需求，这些无法仅靠数量来满足或填补，于是从这些植物生命的产物中发现了赋予食物所期望和必要品质的真正手段。

CAFE NOIR.

1813. This is usually handed round after dinner, and should be drunk well sweetened, with the addition of a little brandy or liqueurs, which may be added or not at pleasure. The coffee should be made very strong, and served in very small cups, but never mixed with milk or cream. Cafe noir may be made of the essence of coffee No. 1808, by pouring a tablespoonful into each cup, and filling it up with boiling water. This is a very simple and expeditious manner of preparing coffee for a large party, but the essence for it must be made very good, and kept well corked until

黑咖啡。

1813. 这通常在正餐后传递奉上，应加足糖饮用，并加入少许白兰地或利口酒，可随意添加或不加。咖啡应冲得非常浓，盛于极小的杯中，但绝不掺入牛奶或奶油。黑咖啡可用第1808号咖啡精华露制作，每杯倒入一汤匙，再以沸水注满。这是为大型聚会制备咖啡的非常简单快捷的方法，但所用精华露必须制作精良，并塞紧瓶塞直至

required for use.

TO MAKE TEA.

1814. There is very little art in making good tea; if the water is boiling, and there is no sparing of the fragrant leaf, the beverage will almost invariably be good. The old-fashioned plan of allowing a teaspoonful to each person, and one over, is still practised. Warm the teapot with boiling water; let it remain for two or three minutes for the vessel to become thoroughly hot, then pour it away. Put in the tea, pour in from 1/2 to 3/4 pint of boiling water, close the lid, and let it stand for the tea to draw from 5 to 10 minutes; then fill up the pot with water. The tea will be quite spoiled unless made with water that is actually 'boiling', as the leaves will not open, and the flavour not be extracted from them; the beverage will consequently be colourless and tasteless,—in fact, nothing but tepid water. Where there is a very large party to make tea for, it is a good plan to have two teapots instead of putting a large quantity of tea into one pot; the tea, besides, will go farther. When the infusion has been once completed, the addition of fresh tea adds very little to the strength; so, when more is required, have the pot emptied of the old leaves, scalded, and fresh tea made in the usual manner. Economists say that a few grains of carbonate of soda, added before the boiling water is poured on the tea, assist to draw out the goodness: if the water is very hard, perhaps it is a good plan, as the soda softens it; but care must be taken to use this ingredient sparingly, as it is liable to give the tea a soapy taste if added in too large a quantity. For mixed tea, the usual proportion is four spoonfuls of black to one of green; more of the latter when the flavour is very much liked;

使用所需。

泡茶。

1814. 泡好茶并无多少技巧；若水是沸的，且不吝惜芳香的茶叶，饮品几乎总是好的。旧式方法--每人一茶匙，再多加一匙--至今仍在使用。用沸水温热茶壶；让其放置两三分钟使壶彻底变热，然后将水倒掉。放入茶叶，倒入1/2至3/4品脱沸水，盖上壶盖，让茶叶浸泡5至10分钟；然后用水注满茶壶。除非用真正“沸腾”的水冲泡，否则茶会完全走味，因为茶叶不会展开，香味也无法从中提取；饮品 consequently 将无色无味--事实上，不过是温水而已。若要为一大群人泡茶，好的办法是备两个茶壶，而不是将大量茶叶放入一个壶中；此外，茶也更经用。一旦浸泡完成，再添加新茶叶对浓度的提升微乎其微；因此，当需要更多时，应将壶中旧叶倒空，烫洗茶壶，按常规方法重新泡制。节俭者说，在倒入沸水之前加入几粒碳酸钠有助于浸出精华：若水很硬，这或许是个好办法，因为碳酸钠能软化水质；但必须注意少用此配料，因为若加入过多，容易使茶带有肥皂味。对于混合茶，通常的比例是四匙红茶对一匙绿茶；若非常喜欢绿茶的风味，则可多放一些；

but strong green tea is highly pernicious, and should never be partaken of too freely.

Time.—2 minutes to warm the teapot, 5 to 10 minutes to draw the strength from the tea.

Sufficient.—Allow 1 teaspoonful to each person, and one over.

TEA.—The tea-tree or shrub belongs to the class and order of Monadelphia polyandria in the Linnaean system, and to the natural order of Aurantiaceae in the system of Jussieu. Lately it has been made into a new order, the Theasia, which includes the Camellia and some other plants. It commonly grows to the height of from three to six feet; but it is said, that, in its wild or native state, it reaches twenty feet or more. In China it is cultivated in numerous small plantations. In its general appearance, and the form of its leaf, it resembles the myrtle. The blossoms are white and fragrant, not unlike those of the wild rose, but smaller; and they are succeeded by soft green capsules, containing each from one to three white seeds. These capsules are crushed for oil, which is in general use in China.

[Illustration: TEA.]

AN EXCELLENT SUBSTITUTE FOR MILK OR CREAM IN TEA OR COFFEE.

1815. INGREDIENTS.—Allow 1 new-laid egg to every large breakfast-cupful of tea or coffee.

Mode.—Beat up the whole of the egg in a basin, put it into a cup (or a portion of it, if the cup be small), and pour over it the tea or coffee very hot. These should be added very gradually, and stirred all the time, to prevent the egg from curdling. In point of

但浓绿茶极为有害，绝不应过量饮用。

时间。--2分钟温热茶壶，5至10分钟泡出茶味。

足量。--每人一茶匙，另多加一茶匙。

下午茶。--茶树或灌木在林奈系统中属于单雄蕊多雄蕊纲目，在朱西厄系统中属于橙科自然目。近来它被归入一个新的目，即茶目，其中包括山茶属及其他一些植物。它通常长到三至六英尺高；但据说在野生或原生状态下，可达二十英尺或更高。在中国，它被种植于众多小茶园中。就其整体外观和叶片形状而言，它类似桃金娘。花朵白色且芬芳，与野玫瑰的花相似但更小；花后结出柔软的绿色蒴果，每果含一至三粒白色种子。这些蒴果被压榨取油，该油在中国普遍使用。

[插图：茶。]

茶或咖啡中牛奶或奶油的绝佳替代品。

1815. 配料。--每大早餐杯茶或咖啡配给1个新鲜鸡蛋。

做法。--在盆中把整个鸡蛋打散，倒入杯中(若杯小则倒入一部分)，浇上极热的茶或咖啡。应非常缓慢地加入，并不断搅拌，以防鸡蛋凝结。就

nourishment, both these beverages are much improved by this addition.

Sufficient.—Allow 1 egg to every large breakfast-cupful of tea or coffee.

营养，加入此物后这两种饮品都大有改善。

足量。-每大号早餐杯的茶或咖啡配1个鸡蛋。

TO MAKE COCOA.

制作可可。

1816. INGREDIENTS.—Allow 2 teaspoonfuls of the prepared cocoa to 1 breakfast-cup; boiling milk and boiling water.

1816. 配料。-每1早餐杯配2茶匙备好的可可粉；煮牛奶和煮水。

[Illustration: COCOA-BEAN.]

[插图：可可豆。]

Mode.—Put the cocoa into a breakfast-cup, pour over it sufficient cold milk to make it into a smooth paste; then add equal quantities of boiling milk and boiling water, and stir all well together. Care must be taken not to allow the milk to get burnt, as it will entirely spoil the flavour of the preparation. The above directions are usually given for making the prepared cocoa. The rock cocoa, or that bought in a solid piece, should be scraped, and made in the same manner, taking care to rub down all the lumps before the boiling liquid is added.

模式。--将可可粉放入早餐杯，倒入足量冷牛奶，调成光滑的糊状；然后加入等量的煮沸牛奶和沸水，充分搅拌均匀。务必注意不要让牛奶烧焦，否则会完全破坏成品的风味。以上是制作调制可可的通常方法。块状可可，或购自整块的可可，应刮碎，以同样方法制作，注意在加入沸腾液体之前把所有结块都搓散。

Sufficient—2 teaspoonfuls of prepared cocoa for 1 breakfast-cup, or 1/4 oz. of the rock cocoa for the same quantity.

足量 -每1早餐杯配2茶匙备好的可可粉，或同量配1/4 oz.的可可块。

COWSLIP WINE.

黄花九轮草酒。

1817. INGREDIENTS.—To every gallon of water allow 3 lbs. of lump sugar, the rind of 2 lemons, the juice of 1, the rind and juice of 1 Seville orange, 1 gallon of cowslip pips. To every 4-1/2 gallons of wine allow 1 bottle of brandy.

1817. 配料。-每加仑水配3 lbs.块糖、2个柠檬的皮、1个柠檬的汁、1个塞维利亚橙的皮和汁、1加仑樱草花蕊。每4-1/2加仑酒配1瓶白兰地。

Mode.—Boil the sugar and water together for 1/2 hour, carefully removing all the scum as it rises. Pour this boiling liquor on the orange and lemon-rinds, and the juice, which should be strained; when milk-warm, add the cowslip pips or flowers, picked from the stalks and seeds; and to 9 gallons of wine 3 tablespoonfuls of good fresh brewers' yeast. Let it ferment 3 or 4 days; then put all together in a cask with the brandy, and let it remain for 2 months, when bottle it off for use.

做法。-将糖和水一起煮1/2小时，仔细撇去浮起的浮沫。将此煮沸的液体倒在橙皮、柠檬皮和应过滤的果汁上；待温如牛奶时，加入从茎和籽上摘下的樱草花蕊或花朵；每9加仑酒加3汤匙新鲜优质啤酒酵母。让其发酵3或4天；然后将全部与白兰地一起放入桶中，静置2个月，届时装瓶备用。

Time.—To be boiled 1/2 hour; to ferment 3 or 4 days; to remain in the cask 2 months.

时间。-煮1/2小时；发酵3或4天；在桶中静置2个月。

Average cost, exclusive of the cowslips, which may be picked in the fields, 2s. 9d. per gallon.

平均成本，不含可在田野采摘的樱草花，每加仑2s.9d.。

Seasonable.—Make this in April or May.

时令。-在四月或五月制作。

ELDER WINE.

接骨木酒。

1818. INGREDIENTS.—To every 3 gallons of water allow 1 peck of elderberries; to every gallon of juice allow 3 lbs. of sugar, 1/2 oz. of ground ginger, 6 cloves, 1 lb. of good Turkey raisins; 1/2 pint of brandy to every gallon of wine. To every 9 gallons of wine 3 or 4 tablespoonfuls of fresh brewer's yeast.

1818. 配料。-每3加仑水配1配克接骨木果；每加仑果汁配3 lbs.糖、1/2 oz.姜粉、6粒丁香、1 lb.优质土耳其葡萄干；每加仑酒配1/2品脱白兰地。每9加仑酒配3或4汤匙新鲜啤酒酵母。

Mode.—Pour the water, quite boiling, on the elderberries, which should be picked from the stalks, and let these stand covered for 24 hours; then strain the whole through a sieve or bag, breaking the fruit to express all the juice from it. Measure the liquor, and to every gallon allow the above proportion of sugar. Boil the juice and sugar with the ginger, cloves, and raisins for 1 hour, skimming the liquor the whole time; let it stand until milk-warm,

做法。-将完全沸腾的水倒在应从茎上摘下的接骨木果上，加盖静置24小时；然后将全部通过筛子或布袋过滤，压碎果实以榨出全部果汁。量取液体，每加仑按上述比例配糖。将果汁和糖与姜、丁香、葡萄干一起煮1小时，全程撇去浮沫；静置至温如牛奶，

then put it into a clean dry cask, with 3 or 4 tablespoonfuls of good fresh yeast to every 9 gallons of wine. Let it ferment for about a fortnight; then add the brandy, bung up the cask, and let it stand some months before it is bottled, when it will be found excellent. A bunch of hops suspended to a string from the bung, some persons say, will preserve the wine good for several years. Elder wine is usually mulled, and served with sippets of toasted bread and a little grated nutmeg.

然后放入干净干燥的桶中，每9加仑酒加3或4汤匙新鲜优质酵母。让其发酵约两周；然后加入白兰地，塞紧桶口，静置数月后再装瓶，届时会发现其品质极佳。有人说，从桶塞上垂下一串啤酒花可保酒质数年不变。接骨木酒通常加香料温热后饮用，配烤面包丁和少许磨碎的肉豆蔻。

Time.—To stand covered 24 hours; to be boiled 1 hour.

时间。- 浸泡24小时；煮1小时。

Average cost, when made at home, 3s. 6d. per gallon.

平均成本，家中自制时，每加仑3先令6便士。

Seasonable.—Make this in September.

时令。--在九月制作此菜。

[Illustration: ELDER-BERRIES.]

[插图：接骨木莓。]

ELDER-BERRY WINE.—The elder-berry is well adapted for the production of wine; its juice contains a considerable portion of the principle necessary for a vigorous fermentation, and its beautiful colour communicates a rich tint to the wine made from it. It is, however, deficient in sweetness, and therefore demands an addition of sugar. It is one of the very best of the genuine old English wines; and a cup of it mulled, just previous to retiring to bed on a winter night, is a thing to be "run for," as Cobbett would say: it is not, however, agreeable to every taste.

接骨木果酒。--接骨木果非常适合酿酒；其汁液含有相当比例促进旺盛发酵所需的成分，其美丽的色泽赋予所酿之酒浓郁的色调。然而它缺乏甜味，因此需要加糖。它是最上等的纯正古老英国葡萄酒之一；在冬夜临睡前喝一杯加香料热饮的接骨木果酒，正如科贝特所说，是值得"争相索取"的东西：不过，它并非合乎每个人的口味。

GINGER WINE.

姜汁酒

1819. INGREDIENTS.—To 9 gallons of water allow 27 lbs. of loaf sugar, 9 lemons, 12 oz. of bruised ginger, 3 tablespoonfuls of yeast, 2 lbs. of raisins stoned and chopped, 1 pint of brandy.

1819. 配料。-每9加仑水配27 lbs.块糖、9个柠檬、12 oz.捣碎的姜、3汤匙酵母、2 lbs.去核切碎的葡萄干、1品脱白兰地。

Mode.—Boil together for 1 hour in a copper (let it previously be well scoured and beautifully clean) the water, sugar, *lemon-rinds*, and bruised ginger; remove every particle of scum as it rises, and when the liquor is sufficiently boiled, put it into a large tub or pan, as it must not remain in the copper. When nearly cold, add the yeast, which must be thick and very fresh, and, the next day, put all in a dry cask with the strained lemon-juice and chopped raisins. Stir the wine every day for a fortnight; then add the brandy, stop the cask down by degrees, and in a few weeks it will be fit to bottle.

模式。--将水、糖、柠檬皮和捣碎的姜一起在铜锅中煮1小时(铜锅须事先擦洗得十分干净光亮)；浮沫升起时撇去每一丝浮沫，酒液煮好后，将其倒入大木盆或大锅中，因为不能留在铜锅里。待其将近冷却时，加入酵母，酵母必须浓稠且非常新鲜；次日，将所有材料连同滤过的柠檬汁和切碎的葡萄干一起放入干燥的木桶中。每天搅拌酒液，持续两周；然后加入白兰地，逐步封紧木桶，数周后即可装瓶。

Average cost, 2s. per gallon. *Sufficient* to make 9 gallons of wine.

平均成本，每加仑2s.。足量可制9加仑酒。

Seasonable.—The best time for making this wine is either in March or September.

时令。-酿制此酒的最佳时间是三月或九月。

Note.—Wine made early in March will be fit to bottle in June.

注。- 三月初酿制的葡萄酒到六月即可装瓶。

GOOSEBERRY VINEGAR.

醋栗醋。

(*An Excellent Recipe*.)

(一份极佳的食谱。)

1820. INGREDIENTS.—2 pecks of crystal gooseberries, 6 gallons of water, 12 lbs. of foots sugar of the coarsest brown quality.

1820. 配料。-2配克水晶醋栗、6加仑水、12 lbs.最粗级棕色劣质糖。

Mode.—Mash the gooseberries (which should be quite ripe) in a tub with a mallet; put to them the water nearly milk-warm; let this stand 24 hours; then strain it through a sieve, and put the sugar to it; mix it well, and tun it. These proportions are for a 9-gallon cask; and if it be not quite full, more water must be added. Let the mixture be stirred from the bottom of the cask two or three times daily for three or four days, to assist the melting of the sugar; then paste a piece of linen cloth over the bunghole, and set

模式。--将醋栗(应完全成熟)在木盆中用木槌捣碎；加入近乎温热的牛奶温度的水；静置24小时；然后用筛子过滤，加入糖；充分搅拌，装入桶中。此比例为9加仑桶的用量；若未装满，必须再加些水。每天从桶底向上搅拌两三次，持续三四天，以助糖溶化；然后用一块亚麻布封住桶口，将

the cask in a warm place, *but not in the sun*; any corner of a warm kitchen is the best situation for it. The following spring it should be drawn off into stone bottles, and the vinegar will be fit for use twelve months after it is made. This will be found a most excellent preparation, greatly superior to much that is sold under the name of the best white wine vinegar. Many years' experience has proved that pickle made with this vinegar will keep, when bought vinegar will not preserve the ingredients. The cost per gallon is merely nominal, especially to those who reside in the country and grow their own gooseberries; the coarse sugar is then the only ingredient to be purchased.

木桶置于温暖处，但不可曝晒于阳光下；温暖厨房的任何角落都是最佳位置。次年春天应将其灌入石瓶中，醋制成十二个月后即可使用。这将被证明是一种极佳的制品，远胜于许多以最佳白葡萄酒醋之名出售的产品。多年的经验证明，用这种醋腌制的泡菜能够保存，而买来的醋则无法保存配料。每加仑的成本微不足道，尤其是对于住在乡下、自己种植醋栗的人而言；粗糖便是唯一需要购买的配料。

Time.—To remain in the cask 9 months.

时间。--在桶中存放9个月。

Average cost, when the gooseberries have to be purchased, 1s. per gallon; when they are grown at home, 6d. per gallon.

平均成本，需购买醋栗时每加仑1s.；自家种植时每加仑6d.。

Seasonable.—This should be made the end of June or the beginning of July, when gooseberries are ripe and plentiful.

时令。-应在六月底或七月初醋栗成熟且丰盛时酿制。

EFFERVESCING GOOSEBERRY WINE.

起泡醋栗酒

1821. INGREDIENTS.—To every gallon of water allow 6 lbs. of green gooseberries, 3 lbs. of lump sugar.

1821. 配料。-每加仑水配6 lbs.青醋栗、3 lbs.块糖。

Mode.—This wine should be prepared from unripe gooseberries, in order to avoid the flavour which the fruit would give to the wine when in a mature state. Its briskness depends more upon the time of bottling than upon the unripe state of the fruit, for effervescing wine can be made from fruit that is ripe as well as that which is unripe. The fruit should be selected when it has nearly attained its full growth, and consequently before it shows any tendency to

做法。-此酒应使用未成熟的醋栗酿制，以避免果实成熟后给酒带来的风味。其起泡性更多取决于装瓶时间而非果实未成熟的状态，因为起泡酒既可用成熟果实也可用未成熟果实酿制。应选择几乎长到最大、因而尚未显出任何

ripen. Any bruised or decayed berries, and those that are very small, should be rejected. The blossom and stalk ends should be removed, and the fruit well bruised in a tub or pan, in such quantities as to insure each berry being broken without crushing the seeds. Pour the water (which should be warm) on the fruit, squeeze and stir it with the hand until all the pulp is removed from the skin and seeds, and cover the whole closely for 24 hours; after which, strain it through a coarse bag, and press it with as much force as can be conveniently applied, to extract the whole of the juice and liquor the fruit may contain. To every 40 or 50 lbs. of fruit one gallon more of hot water may be passed through the marc, or husks, in order to obtain any soluble matter that may remain, and be again pressed. The juice should be put into a tub or pan of sufficient size to contain all of it, and the sugar added to it. Let it be well stirred until the sugar is dissolved, and place the pan in a warm situation; keep it closely covered, and let it ferment for a day or two. It must then be drawn off into clean casks, placed a little on one side for the scum that arises to be thrown out, and the casks kept filled with the remaining "must," that should be reserved for that purpose. When the active fermentation has ceased, the casks should be plugged upright, again filled, if necessary, the bungs be put in loosely, and, after a few days, when the fermentation is a little more languid (which may be known, by the hissing noise ceasing), the bungs should be driven in tight, and a spile-hole made, to give vent if necessary. About November or December, on a clear fine day, the wine should he racked from its lees into clean casks, which may be rinsed with brandy. After a month, it should be examined to see if it is sufficiently clear for bottling; if not, it must be fined with isinglass, which may be

成熟。任何碰伤或腐烂的浆果，以及那些非常小的浆果，都应剔除。应去除花端和果梗端，并将果实放在盆或锅中充分捣碎，每次处理的数量要确保每颗浆果都被破碎而不压碎种子。将水(应为温水)倒在果实上，用手挤压并搅拌，直到果皮和种子上的果肉全部脱落，然后将全部物料严密盖好，静置24小时；之后，用粗布袋过滤，并尽可能用力压榨，以提取果实所含的全部汁液和液体。每40或50 lbs.果实，可再向果渣或果皮中注入一加仑热水，以获取其中可能残留的可溶性物质，并再次压榨。汁液应放入足以容纳全部的盆或锅中，并加入糖。充分搅拌至糖溶解，将锅置于温暖处；保持严密盖好，让其发酵一两天。然后必须将其倒入干净的木桶中，木桶稍微倾斜放置，以便撇去产生的浮沫，并用预留的“葡萄汁”保持木桶装满。当剧烈发酵停止后，应将木桶直立并塞紧，必要时再次装满，轻轻放入桶塞，几天后，当发酵稍趋缓和(可通过嘶嘶声停止来判断)时，应将桶塞紧紧打入，并开一个通气孔，以便必要时排气。大约在十一月或十二月，选择一个晴朗的好天气，应将酒从酒泥中倒出，转入干净的桶中，桶可用白兰地冲洗。一个月后，应检查酒是否足够清澈以便装瓶；若不够清澈，必须用鱼胶澄清，可用

dissolved in some of the wine: 1 oz. will be sufficient for 9 gallons. In March or April, or when the gooseberry bushes begin to blossom, the wine must be bottled, in order to insure its being effervescing.

溶于部分酒中：1 oz.足以用于9加仑。在三月或四月，或当醋栗树开始开花时，必须装瓶，以确保其起泡。

Seasonable.—Make this the end of May or beginning of June, before the berries ripen.

时令。-应在五月底或六月初浆果成熟前酿制。

LEMON SYRUP.

柠檬糖浆。

1822. INGREDIENTS.—2 lbs. of loaf sugar, 2 pints of water, 1 oz. of citric acid, 12 drachm of essence of lemon.

1822. 配料。-2 lbs.块糖、2品脱水、1 oz.柠檬酸、12打兰柠檬香精。

Mode.—Boil the sugar and water together for 1/4 hour, and put it into a basin, where let it remain till cold. Beat the citric acid to a powder, mix the essence of lemon with it, then add these two ingredients to the syrup; mix well, and bottle for use. Two tablespoonfuls of the syrup are sufficient for a tumbler of cold water, and will be found a very refreshing summer drink.

做法。-将糖和水一起煮1/4小时，倒入盆中，静置至冷。将柠檬酸研成粉，与柠檬香精混合，然后将这两种配料加入糖浆中；拌匀，装瓶备用。两汤匙糖浆足以配一玻璃杯冷水，是一种非常清爽的夏季饮品。

Sufficient—2 tablespoonfuls of syrup to a tumbler-ful of cold water.

足量 - 2汤匙糖浆兑一玻璃杯冷水。

LEMON WINE.

柠檬酒。

1823. INGREDIENTS.—To 4-1/2 gallons of water allow the pulp of 50 lemons, the rind of 25, 16 lbs. of loaf sugar,—1/2 oz. of isinglass, 1 bottle of brandy.

1823. 配料。-每4-1/2加仑水配50个柠檬的果肉、25个柠檬的皮、16 lbs.块糖、1/2 oz.鱼胶、1瓶白兰地。

Mode.—Peel and slice the lemons, but use only the rind of 25 of them, and put them into the cold water. Let it stand 8 or 9 days, squeezing the lemons well every day; then strain the water off and

做法。-将柠檬去皮切片，但只用其中25个的皮，放入冷水中。静置8或9天，每天将柠檬充分挤压；然后滤去水，

put it into a cask with the sugar. Let it work some time, and when it has ceased working, put in the isinglass. Stop the cask down; in about six months put in the brandy and bottle the wine off.

Seasonable.—The best time to make this is in January or February, when lemons are best and cheapest.

MALT WINE.

1824. INGREDIENTS.—5 gallons of water, 28 lbs. of sugar, 6 quarts of sweet-wort, 6 quarts of tun, 3 lbs. of raisins, 1/2 lb. of candy, 1 pint of brandy.

Mode.—Boil the sugar and water together for 10 minutes; skim it well, and put the liquor into a convenient-sized pan or tub. Allow it to cool; then mix it with the sweet-wort and tun. Let it stand for 3 days, then put it into a barrel; here it will work or ferment for another three days or more; then bung up the cask, and keep it undisturbed for 2 or 3 months. After this, add the raisins (whole), the candy, and brandy, and, in 6 months' time, bottle the wine off. Those who do not brew, may procure the sweet-wort and tun from any brewer. Sweet-wort is the liquor that leaves the mash of malt before it is boiled with the hops; tun is the new beer after the whole of the brewing operation has been completed.

Time.—To be boiled 10 minutes; to stand 3 days after mixing; to ferment 3 days; to remain in the cask 2 mouths before the raisins are added; bottle 6 months after.

Seasonable.—Make this in March or October.

HOME-MADE NOYEAU.

与糖一起放入桶中。让其发酵一段时间，待停止发酵后放入鱼胶。塞紧桶口；约六个月后加入白兰地，将酒装瓶。

时令。-酿制此酒的最佳时间是一月或二月，此时柠檬最佳且最便宜。

麦芽酒。

1824. 配料。-5加仑水、28 lbs.糖、6夸脱甜麦芽汁、6夸脱酒花麦芽汁、3 lbs.葡萄干、1/2 lb.冰糖、1品脱白兰地。

Mode。--将糖和水一起煮10分钟；充分撇去浮沫，将液体倒入大小合适的锅或盆中。让其冷却；然后与甜麦芽汁和tun混合。静置3天，然后装入桶中；在这里再发酵三天或更长时间；然后塞紧木桶，静置2至3个月不要搅动。此后，加入葡萄干(整粒)、冰糖和 brandy,6个月后，将酒装瓶。不酿酒的人可以从任何酿酒师处购得甜麦芽汁和tun。甜麦芽汁是麦芽醪在与啤酒花一起煮沸之前流出的液体；tun是整个酿造过程完成后得到的新啤酒。

时间。-煮10分钟；混合后静置3天；发酵3天；在桶中静置2个月后加入葡萄干；再过6个月装瓶。

时令。--在三月或十月制作此菜。

自制诺约酒。

1825. INGREDIENTS.—2 oz. of bitter almonds, 1 oz. of sweet ditto, 1 lb. of loaf sugar, the rinds of 3 lemons, 1 quart of Irish whiskey or gin, 1 tablespoonful of clarified honey, 4 pint of new milk.

Mode.—Blanch and pound the almonds, and mix with them the sugar, which should also be pounded. Boil the milk; let it stand till quite cold; then mix all the ingredients together, and let them remain for 10 days, shaking them every day. Filter the mixture through blotting-paper, bottle off for use in small bottles, and seal the corks down. This will be found useful for flavouring many sweet dishes.

Average cost, 2s. 9d.

Sufficient to make about 24 pints of Noyeau.

Seasonable.—May be made at any time.

ORANGE BRANDY.

(*Excellent.*)

1826. INGREDIENTS.—To every 1 gallon of brandy allow 3/4 pint of Seville orange-juice, 1-1/4 lb. of loaf sugar.

Mode.—To bring out the full flavour of the orange-peel, rub a few lumps of the sugar on 2 or 3 unpared oranges, and put these lumps to the rest. Mix the brandy with the orange-juice, strained, the rinds of 6 of the oranges pared very thin, and the sugar. Let all stand in a closely-covered jar for about 3 days, stirring it 3 or 4 times a day. When clear, it should be bottled and closely corked for a year; it will then be ready for use, but will keep any length

1825. 配料。-2 oz.苦杏仁、1 oz.甜杏仁、1 lb.块糖、3个柠檬的皮、1夸脱爱尔兰威士忌或金酒、1汤匙澄清蜂蜜、4品脱新鲜牛奶。

做法。-将杏仁去皮捣碎，与同样应捣碎的糖混合。煮沸牛奶；静置至完全冷却；然后将所有配料混合在一起，静置10天，每天摇动。用吸墨纸过滤混合物，装入小瓶备用，并将软木塞封蜡。此物可用于为多种甜点调味。

平均成本,2先令9便士。

足量约可制成24品脱诺约酒。

时令。--随时可制。

橙味白兰地。

(*Excellent.*)

1826. 配料。--每1加仑白兰地，配3/4品脱塞维利亚橙汁、1-1/4磅块糖。

做法。--为充分引出橙皮的风味，取2至3个未削皮的橙子，用几块糖在其上摩擦，再将这几块糖放入其余糖中。将白兰地与滤过的橙汁、6个橙子削得极薄的皮以及糖混合。将所有材料置于密闭罐中静置约3天，每天搅拌3至4次。待其澄清后，装瓶并紧密塞住瓶口存放一年；届时即可饮用，但可无限期保存

of time. This is a most excellent stomachic when taken pure in small quantities; or, as the strength of the brandy is very little deteriorated by the other ingredients, it may be diluted with water.

。此酒纯饮少量，是极佳的健胃剂；又因白兰地的烈度几乎未因其他配料而减弱，亦可兑水稀释饮用。

Time.—To be stirred every day for 3 days.

时间。--连续3天每天搅拌。平均成本,7先令。

Average cost, 7s.

Sufficient to make 2 quarts. *Seasonable*.—Make this in March.

足量可制2夸脱。时令。--在三月制作。

A VERY SIMPLE AND EASY METHOD OF MAKING A VERY SUPERIOR ORANGE WINE.

一种非常简单容易的制作上等橙子酒的方法。

1827. INGREDIENTS.—90 Seville oranges, 32 lbs. of lump sugar, water.

1827. 配料--90个塞维利亚橙子，32磅块糖，水。

Mode.—Break up the sugar into small pieces, and put it into a dry, sweet 9-gallon cask, placed in a cellar or other storehouse, where it is intended to be kept. Have ready close to the cask two large pans or wooden keelers, into one of which put the peel of the oranges pared quite thin, and into the other the pulp after the juice has been squeezed from it. Strain the juice through a piece of double muslin, and put it into the cask with the sugar. Then pour about 1-1/2 gallon of cold spring water on both the peels and pulp; let it stand for 24 hours, and then strain it into the cask; add more water to the peels and pulp when this is done, and repeat the same process every day for a week: it should take about a week to fill up the cask. Be careful to apportion the quantity as nearly as possible to the seven days, and to stir the contents of the cask each day. On the "third' day after the cask is full,—that is, the 'tenth' day after the commencement of making,—the cask may be

Mode。--将糖敲成小块，放入一个干燥、气味清新的9加仑木桶中，木桶放在地窖或其他打算存放它的储藏室中。在桶旁准备好两个大盆或木制keeler，其中一个放入削得很薄的橙皮，另一个放入榨汁后的果肉。将汁液用双层细布过滤，与糖一起放入桶中。然后在橙皮和果肉上倒入约1-1/2加仑冷泉水；静置24小时，然后过滤到桶中；完成后，再向橙皮和果肉中加水，每天重复同样的过程，持续一周：大约需要一周时间装满木桶。注意尽可能将用量大致分配到七天中，并每天搅拌桶中内容物。木桶装满后的第三天--即开始制作后的第十天--木桶可以

securely bunged down. This is a very simple and easy method, and the wine made according to it will be pronounced to be most excellent. There is no troublesome boiling, and all fermentation takes place in the cask. When the above directions are attended to, the wine cannot fail to be good. It should be bottled in 8 or 9 months, and will be fit for use in a twelve month after the time of making. Ginger wine may be made in precisely the same manner, only, with the 9-gallon cask for ginger wine, 2 lbs. of the best whole ginger, 'bruised', must be put with the sugar. It will be found convenient to tie the ginger loosely in a muslin bag.

牢牢塞紧。这是一种非常简单容易的方法，按照此法酿成的酒将被认为是最上等的。没有麻烦的煮沸过程，所有发酵都在桶中进行。只要遵循上述指示，酒就一定会好。应在8或9个月后装瓶，制作后满十二个月即可饮用。姜酒可以用完全相同的方法制作，只是在用于姜酒的9加仑木桶中，必须将2 lbs.最好的整姜捣碎后与糖一起放入。将姜松散地系在细布袋中会很方便。

Time.—Altogether, 10 days to make it.

时间。--总共需要10天才能制成。

Average cost, 2s. 6d. per gallon. *Sufficient* for 9 gallons.

平均成本，每加仑2先令6便士。足量可制9加仑。

Seasonable.—Make this in March, and bottle it the following January.

时令。--在三月制作，次年一月装瓶。

RASPBERRY VINEGAR.

覆盆子醋。

1828. INGREDIENTS.—To every 3 pints of the best vinegar allow 4-1/2 pints of freshly-gathered raspberries; to each pint of liquor allow 1 lb. of pounded loaf sugar, 1 wineglassful of brandy.

1828. 配料。--每3品脱上等醋，配4-1/2品脱新采的覆盆子；每品脱汁液配1磅捣碎的块糖、1酒杯白兰地。

Mode.—Let the raspberries be freshly gathered; pick them from the stalks, and put 1-1/2 pint of them into a stone jar; pour 3 pints of the best vinegar over them, and let them remain for 24 hours; then strain the liquor over another 1-1/2 pint of fresh raspberries. Let them remain another 24 hours, and the following day repeat the process for the third time; then drain off the liquor without pressing, and pass it through a jelly-bag (previously wetted with plain vinegar), into a stone jar. Add to every pint of the liquor 1

Mode。--将覆盆子新鲜采集；从果梗上摘下，取1-1/2 pint放入石罐中；将3 pints最好的醋倒在上面，静置24小时；然后将液体过滤到另外1-1/2 pint新鲜覆盆子上。再静置24小时，次日第三次重复该过程；然后不挤压地沥出液体，并通过一个果冻袋(事先用普通醋浸湿)过滤到石罐中。每1 pint液体加入1

lb. of pounded loaf sugar; stir them together, and, when the sugar is dissolved, cover the jar; set it upon the fire in a saucepan of boiling water, and let it boil for an hour, removing the scum as fast as it rises; add to each pint a glass of brandy, bottle it, and seal the corks. This is an excellent drink in cases of fevers and colds: it should be diluted with cold water, according to the taste or requirement of the patient.

Time.—To be boiled 1 hour. Average cost, 1s. per pint.

Sufficient to make 2 quarts.

Seasonable.—Make this in July or August, when raspberries are most plentiful.

RHUBARB WINE.

1829. INGREDIENTS.—To every 5 lbs. of rhubarb pulp allow 1 gallon of cold spring water; to every gallon of liquor allow 3 lbs. of loaf sugar, 1/2 oz. of isinglass, the rind of 1 lemon.

Mode.—Gather the rhubarb about the middle of May; wipe it with a wet cloth, and, with a mallet, bruise it in a large wooden tub or other convenient means. When reduced to a pulp, weigh it, and to every 5 lbs. add 1 gallon of cold spring water; let these remain for 3 days, stirring 3 or 4 times a day; and, on the fourth day, press the pulp through a hair sieve; put the liquor into a tub, and to every gallon put 3 lbs. of loaf sugar; stir in the sugar until it is quite dissolved, and add the lemon-rind; let the liquor remain, and, in 4, 5, or 6 days, the fermentation will begin to subside, and a crust or head will be formed, which should be skimmed off, or the liquor drawn from it, when the crust begins to crack or

磅捣碎的块糖；将它们搅拌在一起，待糖溶解后盖住罐子；将罐子置于盛有沸水的炖锅中上火，煮沸一小时，随时撇去浮沫；每品脱加一杯白兰地，装瓶并封蜡塞住瓶口。此饮在患热病和感冒时极为有益：应按病人的口味或需要以冷水稀释。

时间。--煮1小时。平均成本，每品脱1先令。

足量可制成 2 quarts。

时令。--在七月或八月覆盆子最丰盛时制作。

大黄酒。

1829. 配料。--每5磅大黄果肉，配1加仑冷泉水；每加仑汁液配3磅块糖、1/2盎司鱼胶、1个柠檬的皮。

做法。--在五月中旬左右采集大黄；用湿布擦拭干净，再用木槌在大木盆或其他便利的容器中将其捣碎。待其成为糊状后称重，每5磅加入1加仑冷的泉水；静置3天，每天搅拌3至4次；第四天，将糊状物用马尾筛压滤；将滤液倒入木盆中，每加仑加入3磅块糖；搅拌至糖完全溶解，加入柠檬皮；让液体静置，在4、5或6天内，发酵将开始减弱，表面会形成一层结壳或浮沫，应在结壳开始开裂时将其撇去，或将液体从结壳下引出，当结壳开始开裂或

separate. Put the wine into a cask, and if, after that, it ferments, rack it off into another cask, and in a fortnight stop it down. If the wine should have lost any of its original sweetness, add a little more loaf sugar, taking care that the cask is full. Bottle it off in February or March, and in the summer it should be fit to drink. It will improve greatly by keeping; and, should a very brilliant colour be desired, add a little currant-juice.

Seasonable.—Make this about the middle of May.

WELSH NECTAR.

1830. INGREDIENTS.—1 lb. of raisins, 3 lemons, 2 lbs. of loaf sugar, 2 gallons of boiling water.

Mode.—Cut the peel of the lemons very thin, pour upon it the boiling water, and, when cool, add the strained juice of the lemons, the sugar, and the raisins, stoned and chopped very fine. Let it stand 4 or 5 days, stirring it every day; then strain it through a jelly-bag, and bottle it for present use.

Time.—4 or 5 days. *Average cost*, 1s. 9d.

Sufficient to make 2 gallons.

CLARET-CUP.

[Illustration: CLARET CUP.]

1831. INGREDIENTS.—1 bottle of claret, 1 bottle of soda-water, about 1/2 lb. of pounded ice, 4 tablespoonfuls of powdered sugar, 1/4 teaspoonful of grated nutmeg, 1 liqueur-glass of Maraschino, a sprig of green borage.

分离。将酒装入桶中，若此后仍发酵，则倒桶换入另一桶，两周后封塞。若酒失去原有的甜味，可再加少许块糖，注意桶须装满。二月或三月装瓶，夏季应可饮用。存放愈久愈佳；若欲得极为鲜亮的色泽，可加少许醋栗汁。

时令。--约在五月中旬制作。

威尔士甘露。

1830. 配料。--1磅葡萄干、3个柠檬、2磅块糖、2加仑沸水。

做法。--将柠檬皮削得极薄，浇上沸水，待凉后加入滤过的柠檬汁、糖以及去核并切得极细的葡萄干。静置4至5天，每天搅拌；然后用果冻袋过滤，装瓶供即时饮用。

时间。--4或5天。平均成本,1先令9便士。

足量可制作 2 加仑。

红葡萄酒杯

[插图：红葡萄酒杯]

1831. 配料。--1瓶波尔多红葡萄酒、1瓶苏打水、约1/2磅碎冰、4大匙糖粉、1/4小匙磨碎的肉豆蔻、1利口酒杯马里亚奇诺樱桃酒、一小枝绿琉璃苣。

Mode.—Put all the ingredients into a silver cup, regulating the proportion of ice by the state of the weather: if very warm, a larger quantity would be necessary. Hand the cup round with a clean napkin passed through one of the handles, that the edge of the cup may be wiped after each guest has partaken of the contents thereof.

做法。--将所有配料放入银杯，按天气状况调节冰的用量：若天气很热，则需多用。用一块干净餐巾穿过一侧杯柄，将杯子依次传递，以便每位客人饮后擦拭杯沿。

Seasonable in summer.

时令夏季。

CLARETS.—All those wines called in England clarets are the produce of the country round Bordeaux, or the Bordelais; but it is remarkable that there is no pure wine in France known by the name of claret, which is a corruption of *clairet*, a term that is applied there to any red or rose-coloured wine. Round Bordeaux are produced a number of wines of the first quality, which pass under the name simply of *vins de Bordeaux*, or have the designation of the particular district where they are made; as Lafitte, Latour, &c. The clarets brought to the English market are frequently prepared for it by the wine-growers by mixing together several Bordeaux wines, or by adding to them a portion of some other wines; but in France the pure wines are carefully preserved distinct. The genuine wines of Bordeaux are of great variety, that part being one of the most distinguished in France; and the principal vineyards are those of Medoc, Palus, Graves, and Blanche, the product of each having characters considerably different.

波尔多红葡萄酒。--在英国被称为波尔多红葡萄酒的所有那些葡萄酒，都是波尔多周边地区即波尔多的产物；但值得注意的是，在法国没有任何一种纯葡萄酒以波尔多红葡萄酒之名而为人所知，该名称是*clairet*的讹变，在那里该词用于指任何红色或玫瑰色的葡萄酒。波尔多周边出产若干种一流品质的葡萄酒，它们仅以*vins de Bordeaux*之名流通，或以出产它们的特定地区的名称命名，如拉菲、拉图等。运往英国市场的波尔多红葡萄酒，常由种植者为其调配，方法是将数种波尔多葡萄酒混合在一起，或向其加入一部分其他葡萄酒；但在法国，纯正的葡萄酒被小心地分别保存。波尔多的正宗葡萄酒种类繁多，该地区是法国最负盛名的地区之一；主要的葡萄园是梅多克、帕吕、格拉夫和布朗什的葡萄园，各自的产品特性差异很大。

CHAMPAGNE-CUP.

香槟杯

1832. INGREDIENTS.—1 quart bottle of champagne, 2 bottles of soda-water, 1 liqueur-glass of brandy or Curaçoa, 2 tablespoonfuls

1832. 配料。--1夸脱瓶装香槟、2瓶苏打水、1利口酒杯白兰地或库拉索酒、2大匙

of powdered sugar, 1 lb. of pounded ice, a sprig of green borage.

糖粉适量，1 lb.碎冰，一小枝绿色琉璃苣。

Mode.—Put all the ingredients into a silver cup; stir them together, and serve the same as claret-cup No. 1831. Should the above proportion of sugar not be found sufficient to suit some tastes, increase the quantity. When borage is not easily obtainable, substitute for it a few slices of cucumber-rind.

做法。--将所有配料放入银杯；搅拌在一起，按第1831号波尔多红葡萄酒杯饮法同样调制上桌。若上述糖量不合某些人的口味，可增加用量。若不易取得琉璃苣，可用几片黄瓜皮代替。

Seasonable.—Suitable for pic-nics, balls, weddings, and other festive occasions.

时令。--适于野餐、舞会、婚礼及其他喜庆场合。

CHAMPAGNE.—This, the most celebrated of French wines, is the produce chiefly of the province of that name, and is generally understood in England to be a brisk, effervescing, or sparkling white wine, of a very fine flavour; but this is only one of the varieties of this class. There is both red and white champagne, and each of these may be either still or brisk. There are the sparkling wines (mousseux), and the still wines (non-mousseux). The brisk are in general the most highly esteemed, or, at least, are the most popular in this country, on account of their delicate flavour and the agreeable pungency which they derive from the carbonic acid they contain, and to which they owe their briskness.

香槟。--这是法国葡萄酒中最著名的一种，主要产自同名省份，在英国通常被理解为一种味道极佳的、起泡的或发泡的白葡萄酒；但这只是此类酒中的一种。香槟有红有白，每一种又可以是无气泡的或有气泡的。有起泡酒(mousseux)和无气泡酒(non-mousseux)。起泡酒一般最受推崇，或者至少在我国最受欢迎，因为它们具有细腻的风味，以及因所含碳酸而带来的令人愉快的刺激性，它们正是由此而具有起泡性。

GINGER BEER.

姜汁啤酒

1833. INGREDIENTS.—2-1/2 lbs. of loaf sugar, 1-1/2 oz. of bruised ginger, 1 oz. of cream of tartar, the rind and juice of 2 lemons, 3 gallons of boiling water, 2 large tablespoonfuls of thick and fresh brewer's yeast.

1833. 配料。--2-1/2磅块糖、1-1/2盎司捣碎的姜、1盎司塔塔粉、2个柠檬的皮和汁、3加仑沸水、2大匙浓稠新鲜啤酒酵母。

Mode.—Peel the lemons, squeeze the juice, strain it, and put the peel and juice into a large earthen pan, with the bruised ginger,

做法。--将柠檬削皮，挤出汁液并过滤，将皮和汁放入大陶盆中，加入捣碎的姜、

cream of tartar, and loaf sugar. Pour over these ingredients 3 gallons of boiling water; let it stand until just warm, when add the yeast, which should be thick and perfectly fresh. Stir the contents of the pan well, and let them remain near the fire all night, covering the pan over with a cloth. The next day skim off the yeast, and pour the liquor carefully into another vessel, leaving the sediment; then bottle immediately, and tie the corks down, and in 3 days the ginger beer will be fit for use. For some tastes, the above proportion of sugar may be found rather too large, when it may be diminished; but the beer will not keep so long good.

酒石酸氢钾和块糖。在这些配料上倒入3加仑沸水；静置至微温，此时加入酵母，酵母应浓稠且完全新鲜。将锅中内容物充分搅拌，盖上布，置于火边过夜。第二天撇去酵母，将液体小心倒入另一容器，留下沉淀物；然后立即装瓶，将软木塞扎紧，3天后姜啤即可饮用。对某些口味而言，上述糖的比例可能显得过大，此时可以减少；但啤酒的保质期就不会那么长了。

Average cost for this quantity, 2s.; or 1/2d. per bottle.

平均成本此数量为2先令；或每瓶1/2便士。

Sufficient to fill 4 dozen ginger-beer bottles.

足量可装满四打姜汁啤酒瓶。

Seasonable.—This should be made during the summer months.

时令。--此菜应在夏季月份制作。

LEMONADE.

柠檬水。

1834. INGREDIENTS—The rind of 2 lemons, the juice of 3 large or 4 small ones, 1 lb. of loaf sugar, 1 quart of boiling water.

1834. 配料--2个柠檬的皮、3个大柠檬或4个小柠檬的汁、1磅块糖、1夸脱沸水。

Mode.—Rub some of the sugar, in lumps, on 2 of the lemons until they have imbibed all the oil from them, and put it with the remainder of the sugar into a jug; add the lemon-juice (but no pips), and pour over the whole a quart of boiling water. When the sugar is dissolved, strain the lemonade through a fine sieve or piece of muslin, and, when cool, it will be ready for use. The lemonade will be much improved by having the white of an egg beaten up in it; a little sherry mixed with it, also, makes this beverage much nicer.

做法。--取几块块糖在2个柠檬上擦磨，直到糖块吸尽柠檬上的全部油脂，将其与剩余的糖一起放入壶中；加入柠檬汁(但不要籽)，在全部材料上倒入一夸脱沸水。待糖溶解后，用细筛或一块细布过滤柠檬水，冷却后即可饮用。若在其中打散一个蛋清，柠檬水会大为改善；在其中加入少许雪利酒，也会使这种饮料更加美味。

Average cost, 6d. per quart.

LEMONADE—"There is a current opinion among women" says Brillat Savarin "which every year causes the death of many young women,—that acids, especially vinegar, are preventives of obesity. Beyond all doubt, acids have the effect of destroying obesity; but they also destroy health and freshness. Lemonade is, of all acids, the most harmless; but few stomachs can resist it long. I knew, in 1776, at Dijon, a young lady of great beauty, to whom I was attached by bonds of friendship, great, almost as those of love. One day, when she had for some time gradually grown pale and thin (previously she had a slight embonpoint), she told me in confidence, that as her young friends had ridiculed her for being fat, she had, to counteract the tendency, been in the habit every day of drinking a large glass of vinaigre. She died at eighteen years of age, from the effects of these potions."

平均成本，每夸脱6便士。

柠檬水--“女性中流行着一种观点，”布里亚-萨瓦兰说，“这种观点每年导致许多年轻女性死亡--即酸性物质，尤其是醋，能预防肥胖。毫无疑问，酸性物质确有消除肥胖之效；但它们也会摧毁健康与青春活力。柠檬水是所有酸性物质中最无害的；但很少有人的胃能长期承受它。1776年，我在第戎认识一位非常美丽的年轻女士，我与她以友谊相连，其深厚几乎堪比爱情。有一天，当她在一段时间里逐渐变得苍白消瘦(此前她略有丰腴之态)时，她私下告诉我，因为她的年轻朋友们嘲笑她胖，她为了抵消这一趋势，养成了每天喝一大杯醋的习惯。她十八岁时因这些饮剂的影响而去世。”

TO MAKE NEGUS.

1835. INGREDIENTS.—To every pint of port wine allow 1 quart of boiling water, 1/4 lb. of sugar, 1 lemon, grated nutmeg to taste.

Mode.—As this beverage is more usually drunk at children's parties than at any other, the wine need not be very old or expensive for the purpose, a new fruity wine answering very well for it. Put the wine into a jug, rub some lumps of sugar (equal to 1/4 lb.) on the lemon-rind until all the yellow part of the skin is absorbed, then squeeze the juice, and strain it. Add the sugar and lemon-juice to the port wine, with the grated nutmeg; pour over it the boiling water, cover the jug, and, when the beverage has cooled a little, it will be fit for use. Negus may also be made of

制作内格斯酒

1835. 配料。--每1品脱波特酒配1夸脱沸水、1/4磅糖、1个柠檬，肉豆蔻擦碎，用量随意。

模式。--由于这种饮品通常在儿童聚会上比在其他任何场合更常饮用，因此所用的葡萄酒不必非常陈年或昂贵，一款新的果味葡萄酒就非常适合。将葡萄酒倒入壶中，取几块方糖(相当于1/4 lb.)在柠檬皮上摩擦，直到糖块吸收完表皮上所有黄色的部分，然后挤出汁液并过滤。将糖和柠檬汁加入波特酒中，再加入磨碎的肉豆蔻；将沸水浇在上面，盖上壶盖，待饮品稍凉后即可饮用。内格斯酒也可以用

sherry, or any other sweet white wine, but is more usually made of port than of any other beverage.

Sufficient—Allow 1 pint of wine, with the other ingredients in proportion, for a party of 9 or 10 children.

雪利酒，或任何其他甜白葡萄酒，但通常多用波特酒，而非其他饮品。

分量--按9或10个儿童计，用1品脱酒，其他配料按比例增减。

A PLEASANT DRINK FOR WARM WEATHER.

温暖天气里的怡人饮品。

1836. INGREDIENTS.—To every 1-1/2 pint of good ale allow 1 bottle of ginger beer. *Mode*.—For this beverage the ginger beer must be in an effervescing state, and the beer not in the least turned or sour. Mix them together, and drink immediately. The draught is refreshing and wholesome, as the ginger corrects the action of the beer. It does not deteriorate by standing a little, but, of course, is better when taken fresh.

1836. 配料。--每1-1/2品脱优质麦芽酒配1瓶姜汁啤酒。做法。--制作此饮品，姜汁啤酒须处于起泡状态，麦芽酒不得有丝毫变味或发酸。将二者混合，立即饮用。此饮品提神有益，因姜能调节麦芽酒的作用。稍放置片刻亦不损其质，但新鲜饮用自然更佳。

FOR A SUMMER DRAUGHT.

夏日饮品

1837. INGREDIENTS.—The juice of 1 lemon, a tumbler-ful of cold water, pounded sugar to taste, 4 small teaspoonful of carbonate of soda.

1837. 配料。--1个柠檬的汁、一玻璃杯冷水、糖粉适量、4小茶匙碳酸钠。

Mode.—Squeeze the juice from the lemon; strain, and add it to the water, with sufficient pounded sugar to sweeten the whole nicely. When well mixed, put in the soda, stir well, and drink while the mixture is in an effervescing state.

做法。--将柠檬汁挤出，滤去果肉，加入水中，再加足量糖粉使整杯甜度适中。拌匀后加入碳酸钠，充分搅拌，趁混合液起泡时饮下。

TO MULL WINE.

热香甜酒

1838. INGREDIENTS.—To every pint of wine allow 1 large cupful of water, sugar and spice to taste.

1838. 配料。--每1品脱水配1大杯水，糖和香料适量。

Mode.—In making preparations like the above, it is very difficult to give the exact proportions of ingredients like sugar and spice, as what quantity might suit one person would be to another quite distasteful. Boil the spice in the water until the flavour is extracted, then add the wine and sugar, and bring the whole to the boiling-point, when serve with strips of crisp dry toast, or with biscuits. The spices usually used for mulled wine are cloves, grated nutmeg, and cinnamon or mace. Any kind of wine may be mulled, but port and claret are those usually selected for the purpose; and the latter requires a very large proportion of sugar. The vessel that the wine is boiled in must be delicately clean, and should be kept exclusively for the purpose. Small tin warmers may be purchased for a trifle, which are more suitable than saucepans, as, if the latter are not scrupulously clean, they will spoil the wine, by imparting to it a very disagreeable flavour. These warmers should be used for no other purposes.

TO MAKE HOT PUNCH.

1839. INGREDIENTS.—1/2 pint of rum, 1/2 pint of brandy, 1/4 lb. of sugar, 1 large lemon, 1/2 teaspoonful of nutmeg, 1 pint of boiling water.

[Illustration: PUNCH-BOWL AND LADLE.]

Mode.—Rub the sugar over the lemon until it has absorbed all the yellow part of the skin, then put the sugar into a punchbowl; add the lemon-juice (free from pips), and mix these two ingredients well together. Pour over them the boiling water, stir well together, add the rum, brandy, and nutmeg; mix thoroughly, and the punch will be ready to serve. It is very important in making good punch

模式。--在制作上述这类饮品时，很难给出糖和香料等配料的精确比例，因为适合一个人的分量对另一个人来说可能完全不合口味。将香料在水中煮至风味析出，然后加入葡萄酒和糖，将全部煮沸，此时配上酥脆的干吐司条或饼干食用。用于热葡萄酒的香料通常为丁香、磨碎的肉豆蔻以及肉桂或肉豆蔻衣。任何种类的葡萄酒都可以加热调制，但通常选用波特酒和波尔多红葡萄酒；后者需要加入很大比例的糖。煮酒所用的容器必须极其洁净，并应专用于此目的。花很少的钱就能买到小锡温酒器，它们比炖锅更合适，因为炖锅若非一尘不染，就会给酒染上一种非常令人不快的味道，从而毁掉这酒。这些温酒器不应作任何其他用途。

制作热潘趣酒

1839. 配料。--1/2品脱朗姆酒、1/2品脱白兰地、1/4磅糖、1个大柠檬、1/2茶匙肉豆蔻、1品脱沸水。

[插图：潘趣酒碗与长柄勺。]

做法。--用糖在柠檬上摩擦，直至糖吸尽柠檬皮的黄色部分，然后将糖放入潘趣碗中；加入柠檬汁(去籽)，将这两种配料充分混合。倒入沸水，搅拌均匀，加入朗姆酒、白兰地和肉豆蔻；彻底拌匀，潘趣酒即可上桌。制作优质潘趣酒，至关重要的一点是

that all the ingredients are thoroughly incorporated; and, to insure success, the processes of mixing must be diligently attended to.

所有配料须彻底融合；为确保成功，混合的各道工序必须用心操作。

Sufficient.—Allow a quart for 4 persons; but this information must be taken *cum grano salis*; for the capacities of persons for this kind of beverage are generally supposed to vary considerably.

足量。--按四人一quart计算；但此说须*cum grano salis*看待；因为各人对此类饮品的容量，一般认为差异颇大。

PUNCH is a beverage made of various spirituous liquors or wine, hot water, the acid juice of fruits, and sugar. It is considered to be very intoxicating; but this is probably because the spirit, being partly sheathed by the mucilaginous juice and the sugar, its strength does not appear to the taste so great as it really is. Punch, which was almost universally drunk among the middle classes about fifty or sixty years ago, has almost disappeared from our domestic tables, being superseded by wine. There are many different varieties of punch. It is sometimes kept cold in bottles, and makes a most agreeable summer drink. In Scotland, instead of the Madeira or sherry generally used in its manufacture, whiskey is substituted, and then its insidious properties are more than usually felt. Where fresh lemons cannot be had for punch or similar beverages, crystallized citric acid and a few drops of the essence of lemon will be very nearly the same thing. In the composition of "Regent's punch," champagne, brandy, and *veritable Martinique* are required; "Norfolk punch" requires Seville oranges; "Milk punch" may be extemporized by adding a little hot milk to lemonade, and then straining it through a jelly-bag. Then there are "Wine punch," "Tea punch," and "French punch," made with lemons, spirits, and wine, in fantastic proportions. But of all the compounds of these materials, perhaps, for a *summer* drink, the North-American "mint julep" is the most inviting. Captain Marryat gives the following recipe for its preparation:—"Put into a tumbler

潘趣是一种由各种烈酒或葡萄酒、热水、水果的酸汁和糖制成的饮品。它被认为非常容易致醉；但这可能是因为烈酒部分被黏滑的果汁和糖包裹，其烈度在口感上显得不如实际那么强烈。大约五六十年前，潘趣在中产阶级中几乎普遍饮用，如今已几乎从我们的家庭餐桌上消失，被葡萄酒所取代。潘趣有许多不同的品种。它有时装在瓶中冷藏，是一种非常宜人的夏日饮品。在苏格兰，人们不用通常制作潘趣所用的马德拉酒或雪利酒，而以威士忌代替，于是其暗藏的烈性比平时更易被感受到。若无法获得新鲜柠檬来制作潘趣或类似饮品，使用结晶柠檬酸和几滴柠檬香精，效果几乎相同。调制“摄政王潘趣”需要香槟、白兰地和真正的马提尼克;“诺福克潘趣”需要塞维利亚橙；“牛奶潘趣”可以临时用柠檬水加少量热牛奶，然后用果冻袋过滤制成。此外还有“葡萄酒潘趣”、“下午茶潘趣”和“法国潘趣”，以柠檬、烈酒和葡萄酒按奇特的比例调制而成。但在所有这些材料调成的混合饮品中，作为夏日饮品，也许北美的“薄荷朱利酒”最为诱人。马里亚特船长给出了以下制作食谱--“将大约十几枝嫩薄荷放入一个平底杯中

about a dozen sprigs of the tender shoots of mint; upon them put a spoonful of white sugar, and equal proportions of peach and common brandy, so as to fill up one third, or, perhaps, a little less; then take rasped or pounded ice, and fill up the tumbler. Epicures rub the lips of the tumbler with a piece of fresh pineapple; and the tumbler itself is very often encrusted outside with stalactites of ice. As the ice melts, you drink." The Virginians, say Captain Marryat, claim the merit of having invented this superb compound; but, from a passage in the "Comus" of Milton, he claims it for his own country.

在杯中放入大约十几枝嫩薄荷；在上面放一勺白糖，以及等比例的水蜜桃白兰地和普通白兰地，使液体达到杯子的三分之一，或许略少一些；然后取刨碎或捣碎的冰，将杯子填满。美食家会用一块新鲜菠萝摩擦杯口；杯子外面也常常结满钟乳石般的冰霜。随着冰融化，你就喝。"马里亚特船长说，弗吉尼亚人声称发明这种绝妙混合饮品的功劳属于他们；但他根据弥尔顿《科摩斯》中的一段文字，将其归功于自己的国家。

WHISKEY CORDIAL.

威士忌甘露酒。

1840. INGREDIENTS.—1 lb. of ripe white currants, the rind of 2 lemons, 1/4 oz. of grated ginger, 1 quart of whiskey, 1 lb. of lump sugar.

1840. 配料。--1磅成熟白醋栗、2个柠檬的皮、1/4盎司姜末、1夸脱威士忌、1磅方糖。

Mode.—Strip the currants from the stalks; put them into a large jug; add the lemon-rind, ginger, and whiskey; cover the jug closely, and let it remain covered for 24 hours. Strain through a hair sieve, add the lump sugar, and let it stand 12 hours longer; then bottle, and cork well.

做法。--将醋栗从梗上摘下，放入大壶中；加入柠檬皮、姜和威士忌；将壶盖严，静置24小时。用马尾筛过滤，加入方糖，再静置12小时；然后装瓶，塞紧瓶塞。

Time.—To stand 24 hours before being strained; 12 hours after the sugar is added.

时间。--过滤前静置24小时；加糖后再静置12小时。

Seasonable.—Make this in July.

时令。--在七月制作此菜。

[Illustration]

[Illustration]

INVALID COOKERY.

无效的烹饪

CHAPTER XXXVIII.

A FEW RULES TO BE OBSERVED IN COOKING FOR INVALIDS.

1841. LET all the kitchen utensils used in the preparation of invalids' cookery be delicately and 'scrupulously clean;' if this is not the case, a disagreeable flavour may be imparted to the preparation, which flavour may disgust, and prevent the patient from partaking of the refreshment when brought to him or her.

1842. For invalids, never make a large quantity of one thing, as they seldom require much at a time; and it is desirable that variety be provided for them.

1843. Always have something in readiness; a little beef tea, nicely made and nicely skimmed, a few spoonfuls of jelly, &c. &c., that it may be administered as soon almost as the invalid wishes for it. If obliged to wait a long time, the patient loses the desire to eat, and often turns against the food when brought to him or her.

1844. In sending dishes or preparations up to invalids, let everything look as tempting as possible. Have a clean tray-cloth laid smoothly over the tray; let the spoons, tumblers, cups and saucers, &c., be very clean and bright. Gruel served in a tumbler is more appetizing than when served in a basin or cup and saucer.

1845. As milk is an important article of food for the sick, in warm weather let it be kept on ice, to prevent its turning sour. Many other delicacies may also be preserved good in the same manner for some little time.

1846. If the patient be allowed to eat vegetables, never send them up undercooked, or half raw; and let a small quantity only be

第三十八章

为病人烹饪时应遵守的几条规则

1841. 凡用于制作病号餐的一切厨房用具，均须极其洁净、一丝不苟；若非如此，食物可能沾染异味，令病人厌恶，以致送到面前也不肯进食。

1842. 为病人备餐，切勿一次做大量同一种食物，因病人每次所需甚少；宜为其提供多种花样。

1843. 手边须常备现成食物：少许精心熬制、撇净浮沫的牛肉茶，几匙果冻等等，以便病人一想吃便能几乎立刻奉上。若被迫久等，病人便失去食欲，食物送到时往往反而厌恶。

1844. 给病人送菜或送食物时，一切须尽量显得诱人。托盘上铺一块洁净的托盘布，抹平；匙、玻璃杯、杯碟等须十分洁净光亮。燕麦糊盛在玻璃杯中，比盛在碗或杯碟中更令人开胃。

1845. 牛奶是病人的重要食品，天热时须置于冰上，以防变酸。许多其他精美食物亦可用此法保鲜一段时间。

1846. 若允许病人吃蔬菜，切勿送上未熟透或半生的；且只须取少量

temptingly arranged on a dish. This rule will apply to every preparation, as an invalid is much more likely to enjoy his food if small delicate pieces are served to him.

诱人地摆放在盘中。此规则适用于一切食物，因为若将少量精致的小份食物奉上，病人更可能吃得满意。

1847. Never leave food about a sick room; if the patient cannot eat it when brought to him, take it away, and bring it to him in an hour or two's time. Miss Nightingale says, "To leave the patient's untasted food by his side, from meal to meal, in hopes that he will eat it in the interval, is simply to prevent him from taking any food at all." She says, "I have known patients literally incapacitated from taking one article of food after another by this piece of ignorance. Let the food come at the right time, and be taken away, eaten or uneaten, at the right time, but never let a patient have 'something always standing' by him, if you don't wish to disgust him of everything."

1847. 切勿在病房里随处放置食物；如果病人端来时不能吃，就把它拿走，过一两个小时再给他送来。南丁格尔小姐说：“把病人未尝一口的食物放在他身旁，一餐又一餐，指望他在这期间会吃，这简直是使他完全吃不下任何食物。”她说：“我见过病人由于这种无知，一个接一个地吃不下任何食物，简直丧失了进食能力。让食物在适当的时候送来，并在适当的时候拿走，无论吃没吃，但千万不要让病人身边‘总摆着点东西’，除非你想让他对一切食物都感到厌恶。”

1848. Never serve beef tea or broth with the *smallest particle* of fat or grease on the surface. It is better, after making either of these, to allow them to get perfectly cold, when *all the fat* may be easily removed; then warm up as much as may be required. Two or three pieces of clean whity-brown paper laid on the broth will absorb any greasy particles that may be floating at the top, as the grease will cling to the paper.

1848. 牛肉茶或肉汤上桌时，表面绝不可有一丝一毫油脂。最好做好后让其完全冷却，届时全部油脂便可轻易除去；然后按所需量加热。在肉汤上铺两三张洁净的浅褐色纸，可吸去浮在表面的油滴，因油脂会附着于纸上。

1849. Roast mutton, chickens, rabbits, calves' feet or head, game, fish (simply dressed), and simple puddings, are all light food, and easily digested. Of course, these things are only partaken of, supposing the patient is recovering.

1849. 烤羊肉、鸡、兔、小牛脚或小牛头、野味、鱼(简单烹制)以及简单的布丁，均属清淡易消化的食物。当然，这些食物只宜在病人康复期间食用。

1850. A mutton chop, nicely cut, trimmed, and broiled to a turn, is a dish to be recommended for invalids; but it must not be served *with all the fat* at the end, nor must it be too thickly cut. Let

1850. 羊排，切得整齐、修整干净、烤得恰到好处，是值得向病人推荐的一道菜；但上桌时不可带着全部肥肉，也不可切得太厚。须

it be cooked over a fire free from smoke, and sent up with the gravy in it, between two very hot plates. Nothing is more disagreeable to an invalid than *smoked* food.

在无烟的炉火上烹制，连肉汁一起盛在两个极热的盘子之间送上。对病人来说，没有什么比烟熏的食物更令人厌恶了。

1851. In making toast-and-water, never blacken the bread, but toast it only a nice brown. Never leave toast-and-water to make until the moment it is required, as it cannot then be properly prepared,—at least, the patient will be obliged to drink it warm, which is anything but agreeable.

1851. 制作烤面包水时，切勿将面包烤焦，只烤至漂亮的棕色即可。切勿等到需用时才做烤面包水，因为那样便无法做得恰当--至少病人将不得不喝温的，而温的实在不合口味。

1852. In boiling eggs for invalids, let the white be just set; if boiled hard, they will be likely to disagree with the patient.

1852. 为病人煮鸡蛋时，蛋白须刚好凝固；若煮老，便可能使病人不适。

1853. In Miss Nightingale's admirable "Notes on Nursing," a book that no mother or nurse should be without, she says,—"You cannot be too careful as to quality in sick diet. A nurse should never put before a patient milk that is sour, meat or soup that is turned, an egg that is bad, or vegetables underdone." Yet often, she says, she has seen these things brought in to the sick, in a state perfectly perceptible to every nose or eye except the nurse's. It is here that the clever nurse appears,—she will not bring in the peccant article; but, not to disappoint the patient, she will whip up something else in a few minutes. Remember, that sick cookery should half do the work of your poor patient's weak digestion.

1853. 在南丁格尔小姐那本令人钦佩的《护理札记》中--这是一本任何母亲或护士都不应缺少的书--她说：“对于病号饮食的质量，你再小心也不为过。护士绝不应把变酸的牛奶、变质的肉或汤、坏鸡蛋或未煮熟的蔬菜端到病人面前。”然而她说，她常常看到这些东西被端给病人，其变质状态除了护士之外，任何人的鼻子或眼睛都能察觉。正是在这里，聪明的护士显出了本事--她不会把有问题的食物端进去；但为了不让病人失望，她会在几分钟内迅速做出别的东西。记住，病号烹饪应当替你可怜病人虚弱的消化分担一半的工作。

1854. She goes on to caution nurses, by saying,—"Take care not to spill into your patient's saucer; in other words, take care that the outside bottom rim of his cup shall be quite dry and clean. If, every time he lifts his cup to his lips, he has to carry the saucer with it, or else to drop the liquid upon and to soil his sheet, or bedgown, or pillow, or, if he is sitting up, his dress, you have no idea what a difference this minute want of care on your part

1854. 她接着告诫护士说：“当心不要洒到病人的杯碟里；换言之，当心使他的杯底外缘保持十分干燥洁净。如果他每次举杯就唇，都得连杯碟一起端起，否则便要把液体滴落，弄脏他的床单、睡衣、枕头，或者，若他坐起，便弄脏他的衣服，你简直想不到你这一时疏忽会造成多大的差别

makes to his comfort, and even to his willingness for food."

使他的舒适，甚至使他的食欲。

RECIPES.

食谱。

CHAPTER XXXIX.

第三十九章

TO MAKE ARROWROOT.

制作竹芋粉

1855. INGREDIENTS.—Two teaspoonfuls of arrowroot, 3 tablespoonfuls of cold water, 1/2 pint of boiling water.

1855. 配料。--两茶匙竹芋粉、3汤匙冷水、1/2品脱沸水。

Mode.—Mix the arrowroot smoothly in a basin with the cold water, then pour on it the *boiling* water, *stirring* all the time. The water must be *boiling* at the time it is poured on the mixture, or it will not thicken; if mixed with hot water only, it must be put into a clean saucepan, and boiled until it thickens; but this is more trouble, and quite unnecessary if the water is boiling at first. Put the arrowroot into a tumbler, sweeten it with lump sugar, and flavour it with grated nutmeg or cinnamon, or a piece of lemon-peel, or, when allowed, 3 tablespoonfuls of port or sherry. As arrowroot is in itself flavourless and insipid, it is almost necessary to add the wine to make it palatable. Arrowroot made with milk instead of water is far nicer, but is not so easily digested. It should be mixed in the same manner, with 3 tablespoonfuls of cold water, the boiling milk then poured on it, and well stirred. When made in this manner, no wine should be added, but merely sugar, and a little grated nutmeg or lemon-peel.

做法。--将竹芋粉放入盆中，用冷水调匀，然后倒入滚沸的水，同时不断搅拌。倒水时水必须是滚沸的，否则不会变稠；如果只用热水调和，就必须倒入干净的小锅中煮至变稠；但这样更麻烦，而且如果一开始就用滚水，则完全没有必要。将竹芋粉倒入玻璃杯中，用方糖加甜，用擦碎的肉豆蔻或肉桂，或一片柠檬皮调味，或者在允许的情况下，加3汤匙波特酒或雪利酒。由于竹芋粉本身无味寡淡，几乎必须加酒才可口。用牛奶代替水制成的竹芋粉要好得多，但不太容易消化。调和方法相同，用3汤匙冷水调匀，然后倒入滚沸的牛奶，充分搅拌。这样制作时，不应加酒，只加糖和少许擦碎的肉豆蔻或柠檬皮。

Time.—If obliged to be boiled, 2 minutes. *Average cost*, 2d. per pint.

时间。--若必须煮沸，煮2分钟。平均成本，每品脱2便士。

Sufficient to make 1/2 pint of arrowroot.

足量以制作1/2品脱竹芋粉。

MISS NIGHTINGALE says, in her "Notes on Nursing," that arrowroot is a grand dependence of the nurse. As a vehicle for wine, and as a restorative quickly prepared, it is all very well, but it is nothing but starch and water; flour is both more nutritive and less liable to ferment, and is preferable wherever it can be used.

南丁格尔小姐在《护理札记》中说，竹芋粉是护士的一大依赖。作为葡萄酒的载体，以及作为快速制备的恢复剂，它都很好，但它不过是淀粉和水；面粉既更有营养，又更不易发酵，凡能使用之处都更可取。

BARLEY GRUEL.

大麦粥。

1856. INGREDIENTS.—2 oz. of Scotch or pearl barley, 1/2 pint of port wine, the rind of 1 lemon, 1 quart and 1/2 pint of water, sugar to taste.

1856. 配料--2 oz.苏格兰大麦或珍珠大麦，1/2 pint 波特酒，1 个柠檬的皮，1 quart 又 1/2 pint 水，糖适量。

Mode.—After well washing the barley, boil it in 1/2 pint of water for 1/4 hour; then pour this water away; put to the barley the quart of fresh boiling water, and let it boil until the liquid is reduced to half; then strain it off. Add the wine, sugar, and lemon-peel; simmer for 5 minutes, and put it away in a clean jug. It can be warmed from time to time, as required.

做法。--将大麦充分洗净后，放入 1/2 pint 水中煮 1/4 小时；然后将此水倒掉；向大麦中加入 1 quart 新鲜沸水，煮至液体减半；然后滤出。加入葡萄酒、糖和柠檬皮；煨 5 分钟，倒入干净罐中存放。需要时可随时温热。

Time.—To be boiled until reduced to half. *Average cost*, 1s. 6d.

时间。--煮至减半。平均费用,1s.6d.

Sufficient with the wine to make 1-1/2 pint of gruel.

足够的酒，做成1-1/2品脱的麦糊。

TO MAKE BARLEY-WATER.

制作大麦水。

1857. INGREDIENTS.—2 oz. of pearl barley, 2 quarts of boiling water, 1 pint of cold water.

1857. 配料--2 oz.珍珠大麦，2 quarts 沸水，1 pint 冷水。

Mode.—Wash the barley in cold water; put it into a saucepan with the above proportion of cold water, and when it has boiled for about 1/4 hour, strain off the water, and add the 2 quarts of fresh boiling water. Boil it until the liquid is reduced one half; strain it,

做法。--用冷水洗大麦；将其放入炖锅，加入上述比例的冷水，煮约 1/4 小时后，将水滤掉，加入 2 quarts 新鲜沸水。煮至液体减半；滤出，

and it will be ready for use. It may be flavoured with lemon-peel, after being sweetened, or a small piece may be simmered with the barley. When the invalid may take it, a little lemon-juice gives this pleasant drink in illness a very nice flavour.

Time.—To boil until the liquid is reduced one half.

Sufficient to make 1 quart of barley-water.

TO MAKE BEEF TEA.

1858. INGREDIENTS.—1 lb. of lean gravy-beef, 1 quart of water, 1 saltspoonful of salt.

Mode.—Have the meat cut without fat and bone, and choose a nice fleshy piece. Cut it into small pieces about the size of dice, and put it into a clean saucepan. Add the water *cold* to it; put it on the fire, and bring it to the boiling-point; then skim well. Put in the salt when the water boils, and *simmer* the beef tea *gently* from 1/2 to 3/4 hour, removing any more scum should it appear on the surface. Strain the tea through a hair sieve, and set it by in a cool place. When wanted for use, remove every particle of fat from the top; warm up as much as may be required, adding, if necessary, a little more salt. This preparation is simple beef tea, and is to be administered to those invalids to whom flavourings and seasonings are not allowed. When the patient is very low, use double the quantity of meat to the same proportion of water. Should the invalid be able to take the tea prepared in a more palatable manner, it is easy to make it so by following the directions in the next recipe, which is an admirable one for making savoury beef tea. Beef tea is always better when made the day before it is wanted, and then warmed up. It is a good plan to

即可使用。加糖后可用柠檬皮调味，或与一小片柠檬皮同大麦一起煨。病人能饮用时，加少许柠檬汁会给这种病中饮品增添很好的风味。

时间。--煮至液体减半。

足量可制作 1 quart 大麦水。

制作牛肉茶。

1858. 配料--1 lb.瘦牛肉(做肉汁用),1 quart 水，1 盐匙盐。

方法。--将肉去除肥肉和骨头，挑选一块上好的多肉部位。切成骰子大小的小块，放入干净的小锅中。加入冷水；置于火上，煮至沸点；然后仔细撇去浮沫。水沸后放入盐，将牛肉茶文火慢煮1/2至3/4小时，若表面再出现浮沫则随时撇去。用马尾筛将茶滤过，置于阴凉处存放。需用时，去除表面所有脂肪颗粒；按所需量加热，必要时再加少许盐。此为简易牛肉茶，供不允许使用调味料和调味的病人饮用。若病人极为虚弱，可用双倍的肉配以同比例的水。若病人能够饮用调制得更为可口的茶，只需按照下一则食谱的指示即可轻松做到，那是一则制作美味牛肉茶的绝佳食谱。牛肉茶总是提前一天做好、再加热食用为佳。一个好办法是

put the tea into a small cup or basin, and to place this basin in a saucepan of boiling water. When the tea is warm, it is ready to serve.

Time.—1/4 to 3/4 hour. *Average cost*, 6d. per pint.

Sufficient.—Allow 1 lb. of meat for a pint of good beef tea.

MISS NIGHTINGALE says, one of the most common errors among nurses, with respect to sick diet, is the belief that beef tea is the most nutritive of all article. She says, "Just try and boil down a lb. of beef into beef tea; evaporate your beef tea, and see what is left of your beef: you will find that there is barely a teaspoonful of solid nourishment to 1/4 pint of water in beef tea. Nevertheless, there is a certain reparative quality in it,—we do not know what, —as there is in tea; but it maybe safely given in almost any inflammatory disease, and is as little to be depended upon with the healthy or convalescent, where much nourishment is required."

SAVOURY BEEF TEA.

(*Soyer's Recipe*.)

1859. INGREDIENTS.—1 lb. of solid beef, 1 oz. of butter, 1 clove, 2 button onions or 1/2 a large one, 1 saltspoonful of salt, 1 quart of water.

Mode.—Cut the beef into very small dice; put it into a stewpan with the butter, clove, onion, and salt; stir the meat round over the fire for a few minutes, until it produces a thin gravy; then add the water, and let it simmer gently from 1/2 to 3/4 hour, skimming off every particle of fat. When done, strain it through a

将茶叶放入小杯或小碗中，再将此碗放入盛沸水的炖锅中。茶温热时即可供食。

时间。- 1/4 至 3/4 小时。平均成本，每品脱 6d。

足量。--每品脱优质牛肉茶配1磅肉。

南丁格尔小姐说，护士在病号饮食方面最常见的错误之一，是相信牛肉茶是所有食物中最有营养的。她说：“不妨试着把一磅牛肉煮成牛肉茶；把牛肉茶蒸发掉，看看你的牛肉还剩什么：你会发现，牛肉茶中每1/4品脱水几乎只有一茶匙固体营养。尽管如此，它有一种某种修复作用--我们不知道是什么--就像茶一样；但它几乎可以安全地用于任何炎症性疾病，而对于需要大量营养的健康人或恢复期病人，则同样不可依赖。”

咸味牛肉茶。

(索耶的食谱。)

1859. 配料--1 lb.结实牛肉，1 oz.黄油，1 粒丁香，2 个小圆葱或 1/2 个大圆葱，1 盐匙盐，1 quart 水。

做法。--将牛肉切成很小的方丁；与黄油、丁香、圆葱和盐一起放入炖锅；在火上翻炒几分钟，直至产生少量肉汁；然后加水，轻轻煨 1/2 至 3/4 小时，撇去每一丝脂肪。做好后，用

sieve, and put it by in a cool place until required. The same, if wanted quite plain, is done by merely omitting the vegetables, salt, and clove; the butter cannot be objectionable, as it is taken out in skimming.

筛子滤过，放在阴凉处备用。若要做完全清淡的，只需省略蔬菜、盐和丁香；黄油不会有问题，因为撇沫时会将其除去。

Time.—1/2 to 3/4 hour. *Average cost*, 8d. per pint. *Sufficient*.—Allow 1 lb. of beef to make 1 pint of good beef tea.

时间。--1/2 至 3/4 小时。平均费用，每 pint 8d.。足量。--按 1 lb.牛肉制 1 pint 上好牛肉茶计算。

Note.—The meat loft from beef tea may be boiled a little longer, and pounded, with spices, &c., for potting. It makes a very nice breakfast dish.

注。--牛肉茶剩下的肉可再煮久一些，加香料等捣碎，做成肉酱。这是一道很好的早餐菜。

DR. CHRISTISON says that "every one will be struck with the readiness with which certain classes of patients will often take diluted meat juice, or beef tea repeatedly, when they refuse all other kinds of food." This is particularly remarkable in case of gastric fever, in which, he says, little or nothing else besides beef tea, or diluted meat juice, has been taken for weeks, or even months; and yet a pint of beef tea contains scarcely 1/4 oz. of anything but water. The result is so striking, that he asks, "What is its mode of action? Not simple nutriment; 1/4 oz. of the most nutritive material cannot nearly replace the daily wear and tear of the tissue in any circumstances." Possibly, he says, it belongs to a new denomination of remedies.

克里斯蒂森医生说，“任何人都会惊讶地发现，某些类别的病人往往愿意反复饮用稀释的肉汁或牛肉茶，而拒绝所有其他种类的食物。”他说，这在胃热症的情况下尤为显著，除了牛肉茶或稀释的肉汁外，几周甚至几个月几乎不吃或喝任何其他东西；然而一品脱牛肉茶中除了水之外，几乎不含四分之一盎司的任何东西。结果如此引人注目，以至于他问道：“它的作用方式是什么?不是简单的营养；四分之一盎司最具营养的物质在任何情况下都无法几乎替代组织每日的消耗。”他说，可能它属于一种新的药物类别。

BAKED BEEF TEA.

烤牛肉茶。

1860. INGREDIENTS.—1 lb. of fleshy beef, 1-1/2 pint of water, 1/4 saltspoonful of salt.

1860. 配料--1 lb.多肉牛肉，1-1/2 pint 水，1/4 盐匙盐。

Mode.—Cut the beef into small square pieces, after trimming off all the fat, and put it into a baking-jar, with the above proportion

做法。--将牛肉去掉全部脂肪后切成小方块，放入烤罐，加入上述比例的

of water and salt; cover the jar well, place it in a warm, but not hot oven, and bake for 3 or 4 hours. When the oven is very fierce in the daytime, it is a good plan to put the jar in at night, and let it remain till the next morning, when the tea will be done. It should be strained, and put by in a cool place until wanted. It may also be flavoured with an onion, a clove, and a few sweet herbs, &c., when the stomach is sufficiently strong to take those.

水和盐；将罐盖好，放入温暖但不过热的烤箱，烘 3 或 4 小时。若白天烤箱很猛，最好在夜间放入，留至次日早晨，茶即成。应滤过，放在阴凉处备用。胃足够强健时，也可用圆葱、丁香和少量香草等调味。

Time.—3 or 4 hours, or to be left in the oven all night.

时间。- 3或4小时，或留在烤箱中过夜。

Average cost, 6d. per pint.

平均成本，每品脱6便士。

Sufficient.—Allow 1 lb. of meat for 1 pint of good beef tea.

充足。--每1品脱优质牛肉茶配1磅肉。

BAKED OR STEWED CALF'S FOOT.

烤或炖小牛蹄。

1861. INGREDIENTS.—1 calf's foot, 1 pint of milk, 1 pint of water, 1 blade of mace, the rind of 1/4 lemon, pepper and salt to taste.

1861. 配料--1 只牛犊脚，1 pint 牛奶，1 pint 水，1 片肉豆蔻，1/4 个柠檬的皮，胡椒和盐适量。

Mode.—Well clean the foot, and either stew or bake it in the milk-and-water with the other ingredients from 3 to 4 hours. To enhance the flavour, an onion and a small quantity of celery may be added, if approved; 1/2 a teacupful of cream, stirred in just before serving, is also a great improvement to this dish.

做法。--将脚彻底洗净，与其他配料一起在牛奶和水中炖或烘 3 至 4 小时。为增味，如喜欢可加一个圆葱和少量芹菜；上桌前拌入 1/2 茶杯奶油，也会使这道菜大为增色。

Time.—3 to 4 hours. *Average cost*, in full season, 9d. each.

时间。--3 至 4 小时。平均费用，盛产季节每只 9d.。

Sufficient for 1 person. *Seasonable* from March to October.

足量供 1 人。时令为三月至十月。

CALF'S-FOOT BROTH.

牛蹄汤。

1862. INGREDIENTS.—1 calf's foot, 3 pints of water, 1 small lump of sugar, nutmeg to taste, the yolk of 1 egg, a piece of butter the

1862. 配料--1 只牛犊脚，3 pints 水，1 小块糖，肉豆蔻适量，1 个蛋黄，一块黄油，

size of a nut.

Mode.—Stew the foot in the water, with the lemon-peel, very gently, until the liquid is half wasted, removing any scum, should it rise to the surface. Set it by in a basin until quite cold, then take off every particle of fat. Warm up about 1/2 pint of the broth, adding the butter, sugar, and a very small quantity of grated nutmeg; take it off the fire for a minute or two, then add the beaten yolk of the egg; keep stirring over the fire until the mixture thickens, but do not allow it to boil again after the egg is added, or it will curdle, and the broth will be spoiled.

Time.—To be boiled until the liquid is reduced one half.

Average cost, in full season, 9d. each.

Sufficient to make 1-1/4 pint of broth.

Seasonable from March to October.

CHICKEN BROTH.

1863. INGREDIENTS.—1/2 fowl, or the inferior joints of a whole one; 1 quart of water, 1 blade of mace, 1/2 onion, a small bunch of sweet herbs, salt to taste, 10 peppercorns.

Mode.—An old fowl not suitable for eating may be converted into very good broth, or, if a young one be used, the inferior joints may be put in the broth, and the best pieces reserved for dressing in some other manner. Put the fowl into a saucepan, with all the ingredients, and simmer gently for 1-1/2 hour, carefully skimming the broth well. When done, strain, and put by in a cool place until wanted; then take all the fat off the top, warm up as much as may

一颗坚果大小。

Mode。--将猪脚与柠檬皮一同放入水中，非常轻柔地炖煮，直至汤汁耗去一半，如有浮沫浮至表面应撇去。将其盛入盆中放置至完全冷却，然后撇去每一丝油脂。取约1/2 pint肉汤加热，加入黄油、糖和极少量磨碎的肉豆蔻；离火静置一两分钟，然后加入打散的蛋黄；继续在火上搅拌至混合物变稠，但加入蛋黄后不可再让其煮沸，否则会凝结，肉汤就毁了。

时间。--煮至液体减半。

平均成本，盛产季节，每个9便士。

足量可制成 1-1/4 品脱肉汤。

时令三月至十月。

鸡汤。

1863. 配料--1/2 只鸡，或整鸡的较差部位；1 quart 水，1 片肉豆蔻，1/2 个圆葱，一小束香草，盐适量，10 粒胡椒。

做法。--不适合食用的老鸡可做成很好的肉汤；若用嫩鸡，可将较差部位放入汤中，好部位留作其他做法。将鸡与所有配料放入炖锅，轻轻煨 1-1/2 小时，仔细撇净汤沫。做好后滤过，放在阴凉处备用；然后撇去表面全部脂肪，按需温热

be required, and serve. This broth is, of course, only for those invalids whose stomachs are strong enough to digest it, with a flavouring of herbs, &c. It may be made in the same manner as beef tea, with water and salt only; but the preparation will be but tasteless and insipid. When the invalid cannot digest this chicken broth with the flavouring, we would recommend plain beef tea in preference to plain chicken tea, which it would be without the addition of herbs, onions, &c.

Time.—1-1/2 hour.

Sufficient to make rather more than 1 pint of broth.

NUTRITIOUS COFFEE.

1864. INGREDIENTS.—1/2 oz. of ground coffee, 1 pint of milk.

Mode.—Let the coffee be freshly ground; put it into a saucepan, with the milk, which should be made nearly boiling before the coffee is put in, and boil both together for 3 minutes; clear it by pouring some of it into a cup, and then back again, and leave it on the hob for a few minutes to settle thoroughly. This coffee may be made still more nutritious by the addition of an egg well beaten, and put into the coffee-cup.

Time.—5 minutes to boil, 5 minutes to settle.

Sufficient to make 1 large breakfast-cupful of coffee.

Our great nurse Miss Nightingale remarks, that "a great deal too much against tea is said by wise people, and a great deal too much of tea is given to the sick by foolish people. When you see the natural and almost universal craving in English sick for their

所需分量并上桌。当然，这种肉汤只适合胃足够强健、能消化加香草等调味的病人。也可只用清水和盐，按牛肉茶的方法制作；但这样会淡而无味。若病人不能消化这种加调味的鸡汤，我们建议用清淡牛肉茶，而不用清淡鸡汤--不加香草、圆葱等，鸡汤便是清淡的。

时间。- 1-1/2小时。

足够煮出略多于1品脱的肉汤。

营养咖啡。

1864. 配料--1/2 oz.研磨咖啡，1 pint 牛奶。

做法。--将咖啡现磨；放入炖锅，加入牛奶，牛奶应在放入咖啡前煮至将近沸腾，二者同煮 3 分钟；将其在杯中来回倾倒以澄清，然后在炉边放几分钟使其完全沉淀。若加入一个打散的鸡蛋放入咖啡杯中，此咖啡可更有营养。

时间。- 煮5分钟，静置5分钟。

足量可制成一大早餐杯的咖啡。

我们伟大的护士南丁格尔小姐说：“明智之人对茶的非议太多，而愚蠢之人给病人的茶也太多。当你看到英国病人对茶的天然且几乎普遍的渴望时

'tea,' you cannot but feel that Nature knows what she is about. But a little tea or coffee restores them quite as much as a great deal; and a great deal of tea, and especially of coffee, impairs the little power of digestion they have. Yet a nurse, because she sees how one or two cups of tea or coffee restore her patient, thinks that three or four cups will do twice as much. This is not the case at all; it is, however, certain that there is nothing yet discovered which is a substitute to the English patient for his cup of tea; he can take it when he can take nothing else, and he often can't take anything else, if he has it not. Coffee is a better restorative than tea, but a greater impairer of the digestion. In making coffee, it is absolutely necessary to buy it in the berry, and grind it at home; otherwise, you may reckon upon its containing a certain amount of chicory, at least. This is not a question of the taste, or of the wholesomeness of chicory; it is, that chicory has nothing at all of the properties for which you give coffee, and, therefore, you may as well not give it."

“下午茶”，你不得不感到自然明白自己在做什么。但少量的茶或咖啡与大量的茶或咖啡一样能让他们恢复；而大量的茶，尤其是咖啡，会损害他们本就微弱的消化能力。然而，一名护士因为看到一两杯茶或咖啡如何使她的病人恢复，便认为三四杯会有两倍的功效。这完全不是事实；然而，可以肯定的是，至今尚未发现任何东西能替代英国病人的那杯茶；当他什么都不能喝时，他能喝下它，而如果他没有它，他常常什么也喝不下。咖啡比茶更能提神，但更损害消化。在制作咖啡时，绝对必须购买咖啡豆并在家中研磨；否则，你可以料定它至少含有一定量的菊苣。这不是关于菊苣的味道或有益健康的问题；问题在于，菊苣完全不具备你为咖啡而给予它的那些特性，因此，你倒不如不给它。”

THE INVALID'S CUTLET.

1865. INGREDIENTS.—1 nice cutlet from a loin or neck of mutton, 2 teacupfuls of water, 1 very small stick of celery, pepper and salt to taste.

Mode.—Have the cutlet cut from a very nice loin or neck of mutton; take off all the fat; put it into a stewpan, with the other ingredients; stew *very gently* indeed for nearly 2 hours, and skim off every particle of fat that may rise to the surface from time to time. The celery should be cut into thin slices before it is added to the meat, and care must be taken not to put in too much of this

病号肉排

1865. 配料--1块上好的羊里脊或羊颈肉片，2茶杯水，1根极小的芹菜茎，胡椒和盐适量。

做法--将肉片从上好的羊里脊或羊颈肉上切下；去掉所有脂肪；放入炖锅，加入其余配料；非常轻柔地炖近2小时，并随时撇去浮到表面的每一丝脂肪。芹菜在加入肉之前应切成薄片，务必注意不要放太多这种

ingredient, or the dish will not be good. If the water is allowed to boil fast, the cutlet will be hard.

Time.—2 hours' very gentle stewing. *Average cost*, 6d.

Sufficient for 1 person. *Seasonable* at any time.

EEL BROTH.

1866. INGREDIENTS.—1/2 lb. of eels, a small bunch of sweet herbs, including parsley; 1/2 onion, 10 peppercorns, 3 pints of water, 2 cloves, salt and pepper to taste.

Mode.—After having cleaned and skinned the eel, cut it into small pieces, and put it into a stewpan, with the other ingredients; simmer gently until the liquid is reduced nearly half, carefully removing the scum as it rises. Strain it through a hair sieve; put it by in a cool place, and, when wanted, take off all the fat from the top, warm up as much as is required, and serve with sippets of toasted bread. This is a very nutritious broth, and easy of digestion.

Time.—To be simmered until the liquor is reduced to half.

Average cost, 6d.

Sufficient to make 1-1/2 pint of broth.

Seasonable from June to March.

EGG WINE.

1867. INGREDIENTS.—1 egg, 1 tablespoonful and 1/2 glass of cold water, 1 glass of sherry, sugar and grated nutmeg to taste.

配料，否则菜肴不佳。若让水快速沸腾，肉片会变硬。

时间--非常轻柔地炖2小时。平均费用,6便士。足够1人食用。
时令 anytime。

鳗鱼汤。

1866. 配料--1/2 lb.鳗鱼，一小束香草(包括欧芹);1/2个洋葱，10粒胡椒，3 pints水，2粒丁香，盐和胡椒适量。

做法--将鳗鱼清理去皮后，切成小块，放入炖锅，加入其余配料；轻轻煨至液体减少近一半，小心撇去浮起的浮沫。用毛筛过滤；置于阴凉处保存，需要时撇去表面所有脂肪，加热所需分量，配烤面包丁上桌。这是一种非常有营养的肉汤，易于消化。

时间。--炖至汤汁减半。

平均成本，6便士。

足量可制成 1-1/2 pint 肉汤。

时令从六月到三月。

蛋酒。

1867. 配料--1个鸡蛋，1汤匙加1/2杯冷水，1杯雪利酒，糖和磨碎的肉豆蔻适量。

Mode.—Beat the egg, mixing with it a tablespoonful of cold water; make the wine-and-water hot, but not boiling; pour it on the egg, stirring all the time. Add sufficient lump sugar to sweeten the mixture, and a little grated nutmeg; put all into a very clean saucepan, set it on a gentle fire, and stir the contents one way until they thicken, but *do not allow them to boil*. Serve in a glass with sippets of toasted bread or plain crisp biscuits. When the egg is not warmed, the mixture will be found easier of digestion, but it is not so pleasant a drink.

Sufficient for 1 person.

做法。--将鸡蛋打散，加入一汤匙冷水搅匀；将葡萄酒与水加热，但不要煮沸；将其倒在鸡蛋上，同时不断搅拌。加入足量的块糖使混合物变甜，并加入少许磨碎的肉豆蔻；将所有材料放入一个非常干净的平底锅中，置于文火上，朝一个方向搅拌内容物直至变稠，但不要让其煮沸。盛在玻璃杯中，配以烤面包丁或原味脆饼干。若鸡蛋未经加热，混合物会更易消化，但作为饮品则不那么宜人。

足量供1人食用。

TO MAKE GRUEL.

制作格鲁尔

1868. INGREDIENTS.—1 tablespoonful of Robinson's patent groats, 2 tablespoonfuls of cold water, 1 pint of boiling water.

1868. 配料--1汤匙罗宾逊专利燕麦片，2汤匙冷水，1 pint沸水。

Mode.—Mix the prepared groats smoothly with the cold water in a basin; pour over them the boiling water, stirring it all the time. Put it into a very clean saucepan; boil the gruel for 10 minutes, keeping it well stirred; sweeten to taste, and serve. It may be flavoured with a small piece of lemon-peel, by boiling it in the gruel, or a little grated nutmeg may be put in; but in these matters the taste of the patient should be consulted. Pour the gruel in a tumbler and serve. When wine is allowed to the invalid, 2 tablespoonfuls of sherry or port make this preparation very nice. In cases of colds, the same quantity of spirits is sometimes added instead of wine.

做法。--在盆中将准备好的燕麦片与冷水调匀；将沸水倒入其中，同时不断搅拌。将其放入一个非常干净的平底锅中；将麦片粥煮10分钟，保持充分搅拌；按口味加甜，即可食用。可以用一小片柠檬皮调味，将其在麦片粥中煮，或加入少许磨碎的肉豆蔻；但在这些事情上应顾及病人的口味。将麦片粥倒入玻璃杯中食用。当允许病人饮酒时，2汤匙雪利酒或波特酒会使此制品非常美味。在感冒的情况下，有时加入等量的烈酒代替葡萄酒。

Time.—10 minutes.

时间。- 10分钟。

Sufficient to make a pint of gruel.

足量可煮成一品脱麦片粥。

INVALID'S JELLY.

1869. INGREDIENTS.—12 shanks of mutton, 3 quarts of water, a bunch of sweet herbs, pepper and salt to taste, 3 blades of mace, 1 onion, 1 lb. of lean beef, a crust of bread toasted brown.

Mode.—Soak the shanks in plenty of water for some hours, and scrub them well; put them, with the beef and other ingredients, into a saucepan with the water, and let them simmer very gently for 5 hours. Strain the broth, and, when cold, take off all the fat. It may be eaten either warmed up or cold as a jelly.

Time.—5 hours. *Average cost*, 1s.

Sufficient to make from 1-1/2 to 2 pints of jelly.

Seasonable at any time.

LEMONADE FOR INVALIDS.

1870. INGREDIENTS.—1/2 lemon, lump sugar to taste, 1 pint of boiling water.

Mode.—Pare off the rind of the lemon thinly; cut the lemon into 2 or 3 thick slices, and remove as much as possible of the white outside pith, and all the pips. Put the slices of lemon, the peel, and lump sugar into a jug; pour over the boiling water; cover it closely, and in 2 hours it will be fit to drink. It should either be strained or poured off from the sediment.

Time.—2 hours. *Average cost*, 2d.

Sufficient to make 1 pint of lemonade. *Seasonable* at any time.

病人果冻

1869. 配料--12只羊小腿，3 quarts水，一束香草，胡椒和盐适量，3片肉豆蔻，1个洋葱，1 lb.瘦牛肉，一片烤至棕色的面包皮。

做法--将羊小腿在大量水中浸泡数小时，并刷洗干净；与牛肉及其他配料一起放入锅中，加水，非常轻柔地煨5小时。过滤肉汤，冷却后撇去所有脂肪。可加热食用，也可冷食如果冻。

时间--5小时。平均成本,1先令。

足量可制作 1-1/2 至 2 品脱果冻。

时令任何时候皆宜。

病人饮用的柠檬水。

1870. 配料--1/2个柠檬，块糖适量，1品脱沸水。

做法--将柠檬外皮薄薄削下；将柠檬切成2或3片厚片，尽可能去除白色外皮和所有籽。将柠檬片、果皮和块糖放入壶中；倒入沸水；盖紧，2小时后即可饮用。应过滤或倒出沉淀。

时间。- 2小时。平均成本,2便士。

足够制作1 pint柠檬水。时令 anytime。

NOURISHING LEMONADE.

1871. INGREDIENTS.—1-1/2 pint of boiling water, the juice of 4 lemons, the rinds of 2, 1/2 pint of sherry, 4 eggs, 6 oz. of loaf sugar.

Mode.—Pare off the lemon-rind thinly, put it into a jug with the sugar, and pour over the boiling water. Let it cool, then strain it; add the wine, lemon-juice, and eggs, previously well beaten, and also strained, and the beverage will be ready for use. If thought desirable, the quantity of sherry and water could be lessened, and milk substituted for them. To obtain the flavour of the lemon-rind properly, a few lumps of the sugar should be rubbed over it, until some of the yellow is absorbed.

Time.—Altogether 1 hour to make it. *Average cost*, 1s. 8d.

Sufficient to make 2-1/2 pints of lemonade. *Seasonable* at any time.

TO MAKE MUTTON BROTH.

1872. INGREDIENTS.—1 lb. of the scrag end of the neck of mutton, 1 onion, a bunch of sweet herbs, 4 turnip, 1/2 pints of water, pepper and salt to taste.

Mode.—Put the mutton into a stewpan; pour over the water cold and add the other ingredients. When it boils, skim it very carefully, cover the pan closely, and let it simmer very gently for an hour; strain it, let it cool, take off all the fat from the surface, and warm up as much as may be required, adding, if the patient be allowed to take it, a teaspoonful of minced parsley which has been previously scalded. Pearl barley or rice are very nice

滋养柠檬水。

1871. 配料--1-1/2 pint沸水，4个柠檬的汁，2个柠檬的皮，1/2 pint雪利酒，4个鸡蛋，6 oz.块糖。

做法。--将柠檬皮薄薄削下，与糖一起放入壶中，倒入沸水。让其冷却，然后过滤；加入葡萄酒、柠檬汁和鸡蛋(鸡蛋须事先充分打散并过滤)，饮品即可使用。如认为可取，可减少雪利酒和水的用量，并以牛奶代替。为充分获得柠檬皮的风味，应将几块糖在其上摩擦，直至吸收部分黄色。

时间。--总共需1小时制作。平均成本,1先令8便士。

足够制作2-1/2 pints柠檬水。时令 anytime。

制作羊肉汤。

1872. 配料--1 lb.羊颈肉末端，1个洋葱，一束香草，4个芜菁，1/2 pints水，胡椒和盐适量。

做法--将羊肉放入炖锅；倒入冷水并加入其余配料。煮沸后非常仔细地撇去浮沫，盖紧锅盖，非常轻柔地煨一小时；过滤，冷却，撇去表面所有脂肪，加热所需分量，若病人允许食用，可加入一茶匙事先焯过的碎欧芹。珍珠大麦或大米非常好

additions to mutton broth, and should be boiled as long as the other ingredients. When either of these is added, the broth must not be strained, but merely thoroughly skimmed. Plain mutton broth without seasoning is made by merely boiling the mutton, water, and salt together, straining it, letting the broth cool, skimming all the fat off, and warming up as much as is required. This preparation would be very tasteless and insipid, but likely to agree with very delicate stomachs, whereas the least addition of other ingredients would have the contrary effect.

羊肉肉汤的添加物，应与其他配料煮同样长的时间。当加入其中任何一种时，肉汤不得过滤，只需彻底撇去浮沫。不加调味的清羊肉肉汤，仅将羊肉、水和盐一起煮，过滤，让肉汤冷却，撇去所有脂肪，并按需加热即可制成。此制品会非常无味寡淡，但可能适合非常虚弱的胃，而加入其他配料的哪怕一点点，都会产生相反的效果。

Time.—1 hour. *Average cost, 7d.*

时间--1小时。平均费用,7便士。

Sufficient to make from 1-1/2 to 2 pints of broth.

足够制成1-1/2至2品脱的肉汤。

Seasonable at any time.

时令任何时候皆宜。

Note.—Veal broth may be made in the same manner; the knuckle of a leg or shoulder is the part usually used for this purpose. It is very good with the addition of the inferior joints of a fowl, or a few shank-bones.

注--小牛肉汤可用同样方法制作；通常使用腿或肩的关节部位。加入家禽的次等关节或几根小腿骨也非常好。

MUTTON BROTH, QUICKLY MADE.

快速制作的羊肉汤。

1873. INGREDIENTS.—1 or 2 chops from a neck of mutton, 1 pint of water, a small bunch of sweet herbs, 1/4 of an onion, pepper and salt to taste.

1873. 配料--1或2块羊颈肉排，1 pint水，一小束香草，1/4个洋葱，胡椒和盐适量。

Mode.—Cut the meat into small pieces, put it into a saucepan with the bones, but no skin or fat; add the other ingredients; cover the saucepan, and bring the water quickly to boil. Take the lid off, and continue the rapid boiling for 20 minutes, skimming it well during the process; strain the broth into a basin; if there should be any fat left on the surface, remove it by laying a piece of thin

做法--将肉切成小块，与骨头一起放入锅中，但不要皮或脂肪；加入其余配料；盖上锅盖，迅速将水煮沸。揭开锅盖，继续快速煮沸20分钟，期间充分撇去浮沫；将肉汤过滤到盆中；若表面仍有脂肪，可在上面放一张薄

paper on the top: the greasy particles will adhere to the paper, and so free the preparation from them. To an invalid nothing is more disagreeable than broth served with a quantity of fat floating on the top; to avoid this, it is always better to allow it to get thoroughly cool, the fat can then be so easily removed.

Time.—20 minutes after the water boils. *Average cost*, 5d.

Sufficient to make 1/2 pint of broth. *Seasonable* at any time.

STEWED RABBITS IN MILK.

1874. INGREDIENTS.—2 very young rabbits, not nearly half grown; 1-1/2 pint of milk, 1 blade of mace, 1 dessertspoonful of flour, a little salt and cayenne.

Mode.—Mix the flour very smoothly with 4 tablespoonfuls of the milk, and when this is well mixed, add the remainder. Cut up the rabbits into joints, put them into a stewpan, with the milk and other ingredients, and simmer them *very gently* until quite tender. Stir the contents from time to time, to keep the milk smooth and prevent it from burning. 1/2 hour will be sufficient for the cooking of this dish.

Time.—1/2 hour. *Average cost*, from 1s. to 1s. 6d. each.

Sufficient for 3 or 4 meals. *Seasonable* from September to February.

RICE-MILK.

1875. INGREDIENTS.—3 tablespoonfuls of rice, 1 quart of milk, sugar to taste; when liked, a little grated nutmeg.

Mode.—Well wash the rice, put it into a saucepan with the milk,

纸去除：油腻颗粒会附着在纸上，从而使其从汤中去除。对病人来说，没有什么比汤上浮着大量脂肪更令人不适的了；为避免这种情况，最好总是让其彻底冷却，这样脂肪就容易去除。

时间--水沸后20分钟。平均费用,5便士。

足够制作1/2 pint肉汤。时令 anytime。

牛奶炖兔肉

1874. 配料--2只非常幼小的兔子，远未长到半大；1-1/2 pint牛奶，1片肉豆蔻，1甜点匙面粉，少许盐和卡宴辣椒。

做法。--将面粉与4大匙牛奶调至非常均匀，待其充分混合后，加入剩余的牛奶。把兔肉切成块，放入炖锅中，加入牛奶和其他配料，非常轻柔地炖至完全软烂。不时搅拌锅中内容物，使牛奶保持顺滑并防止烧焦。烹制这道菜半小时即可。

时间--1/2小时。平均费用，每只1先令至1先令6便士。

足够3或4餐。时令九月至二月。

米乳

1875. 配料--3汤匙大米，1 quart牛奶，糖适量；喜欢的话，少许磨碎的肉豆蔻。

方式。--将米洗净，放入炖锅中，加入牛奶，

and simmer gently until the rice is tender, stirring it from time to time to prevent the milk from burning; sweeten it, add a little grated nutmeg, and serve. This dish is also very suitable and wholesome for children; it may be flavoured with a little lemon-peel, and a little finely-minced suet may be boiled with it, which renders it more strengthening and more wholesome. Tapioca, semolina, vermicelli, and macaroni, may all be dressed in the same manner.

轻轻煨至大米嫩熟，不时搅拌以防牛奶烧焦；加糖，加入少许磨碎的肉豆蔻，上桌。此菜也非常适合儿童食用且有益健康；可用少许柠檬皮调味，也可与少许切碎的板油同煮，使其更具滋补和有益健康。木薯、粗面粉、细面条和通心粉均可用同样方法烹制。

Time.—From 3/4 to 1 hour. *Seasonable* at any time.

时间。--3/4至1小时。时令随时皆宜。

TO MAKE TOAST-AND-WATER.

制作吐司加水。

1876. INGREDIENTS.—A slice of bread, 1 quart of boiling water.

1876. 配料--一片面包，1 quart 沸水。

Mode.—Cut a slice from a stale loaf (a piece of hard crust is better than anything else for the purpose), toast it of a nice brown on every side, but *do not allow it to burn or blacken*. Put it into a jug, pour the boiling water over it, cover it closely, and let it remain until cold. When strained, it will be ready for use. Toast-and-water should always be made a short time before it is required, to enable it to get cold: if drunk in a tepid or lukewarm state, it is an exceedingly disagreeable beverage. If, as is sometimes the case, this drink is wanted in a hurry, put the toasted bread into a jug, and only just cover it with the boiling water; when this is cool, cold water may be added in the proportion required,—the toast-and-water strained; it will then be ready for use, and is more expeditiously prepared than by the above method.

做法。--从一块不新鲜的面包上切下一片(一块硬面包皮用于此目的比任何东西都好)，将其每一面都烤成漂亮的棕色，但不要让它烧焦或变黑。将其放入一个罐中，把煮过的水浇在上面，紧密盖好，让它一直放到冷却。滤过后即可使用。烤面包水应始终在需要前不久制作，以便它能变凉：如果温吞或微温时饮用，它是一种极其令人不快的饮料。如果有时情况如此，需要匆忙制作这种饮料，可将烤过的面包放入罐中，只用煮过的水刚好盖住它；待其冷却后，可按所需比例加入冷水，--将烤面包水滤过；然后即可使用，且比上述方法制作得更迅速。

TOAST SANDWICHES.

烤三明治。

1877. INGREDIENTS.—Thin cold toast, thin slices of bread-and-butter, pepper and salt to taste.

Mode.—Place a very thin piece of cold toast between 2 slices of thin bread-and-butter in the form of a sandwich, adding a seasoning of pepper and salt. This sandwich may be varied by adding a little pulled meat, or very fine slices of cold meat, to the toast, and in any of these forms will be found very tempting to the appetite of an invalid.

1878. Besides the recipes contained in this chapter, there are, in the previous chapters on cookery, many others suitable for invalids, which it would be useless to repeat here. Recipes for fish simply dressed, light soups, plain roast meat, well-dressed vegetables, poultry, simple puddings, jelly, stewed fruits, &c. &c., all of which dishes may be partaken of by invalids and convalescents, will be found in preceding chapters.

DINNERS AND DINING.

CHAPTER XL.

1879. Man, it has been said, is a dining animal. Creatures of the inferior races eat and drink; man only dines. It has also been said that he is a cooking animal; but some races eat food without cooking it. A Croat captain said to M. Brillat Savarin, "When, in campaign, we feel hungry, we knock over the first animal we find, cut off a steak, powder it with salt, put it under the saddle, gallop over it for half a mile, and then eat it." Huntsmen in Dauphiny, when out shooting, have been known to kill a bird, pluck it, salt and pepper it, and cook it by carrying it some time in their caps. It

1877. 配料--薄冷烤面包片，薄片黄油面包，胡椒和盐适量。

方式。--在两片薄薄的黄油面包之间夹一片极薄的冷吐司，做成三明治的样子，再加一点胡椒和盐调味。这种三明治可以变化做法，在吐司上添一点撕碎的肉，或几片极薄的冷肉，无论哪种形式，都会十分合病人的胃口。

1878. 除了本章所载的食谱之外，前面论烹饪的各章中还有许多适合病人食用的食谱，此处重复便属无益。简单烹调的鱼、清淡的汤、 plain roast meat、调制得法的蔬菜、家禽、简单的布丁、果冻、炖水果等等的食谱，凡病人与康复者皆可食用者，均见于前几章。

晚餐与用餐。

第四十章

1879.据说，人是用餐的动物。较低等种族的生物吃喝；只有人才用正餐。也有人说人是烹饪的动物；但有些种族不烹饪就吃食物。一位克罗地亚上尉对布里亚-萨瓦兰先生说：“在战役中，当我们感到饥饿时，我们打倒遇到的第一只动物，切下一块肉排，撒上盐，把它放在马鞍下，骑马奔驰半英里，然后吃它。”据说多菲内的猎人在外出打猎时，会杀死一只鸟，拔去羽毛，撒上盐和胡椒，然后把它放在帽子里一段时间来烹制。这

is equally true that some races of men do not dine any more than the tiger or the vulture. It is not a *dinner* at which sits the aboriginal Australian, who gnaws his bone half bare and then flings it behind to his squaw. And the native of Terra-del-Fuego does not dine when he gets his morsel of red clay. Dining is the privilege of civilization. The rank which a people occupy in the grand scale may be measured by their way of taking their meals, as well as by their way of treating their women. The nation which knows how to dine has learnt the leading lesson of progress. It implies both the will and the skill to reduce to order, and surround with idealisms and graces, the more material conditions of human existence; and wherever that will and that skill exist, life cannot be wholly ignoble.

同样真实的是，有些种族的人并不比老虎或秃鹫更用正餐。澳大利亚原住民啃掉半根骨头，然后把骨头扔给身后的女人，他所坐的并不是正餐。而火地岛的原住民得到他那块红黏土时，也并不用正餐。用正餐是文明的特权。一个民族在宏大等级中所占的位次，可以通过他们进餐的方式以及他们对待妇女的方式来衡量。懂得如何用正餐的民族已经学会了进步的主要一课。它既意味着意志，也意味着技能：将人类生存中较为物质的条件整理成秩序，并以理想主义和优雅加以环绕；而只要这种意志和技能存在，生活就不可能完全卑劣。

1880. Dinner, being the grand solid meal of the day, is a matter of considerable importance; and a well-served table is a striking index of human, ingenuity and resource. "Their table," says Lord Byron, in describing a dinner-party given by Lord and Lady Amundevillo at Norman Abbey,—

1880. 正餐既是一日之中主要而实在的一餐，便事关重大；一桌侍奉得法的餐桌，正是人类才智与谋略的显著标志。拜伦勋爵在描述阿蒙德维洛勋爵夫妇于诺曼修道院所设的一次正餐聚会时说道--

"Their table was a board to tempt even ghosts
To pass the Styx for more substantial feasts.
I will not dwell upon ragouts or roasts,
Albeit all human history attests
That happiness for man—the hungry sinner!—
Since Eve ate apples, much depends on dinner."

“他们的餐桌是一块木板，足以引诱鬼魂渡过斯堤克
斯河来赴更实在的盛宴。我不愿细述炖菜或烤肉，尽
管全部人类历史都证明

人类的幸福--那饥饿的罪人!--自夏娃吃了苹果以来，多
半取决于正餐。”

And then he goes on to observe upon the curious complexity of the results produced by human cleverness and application catering for the modifications which occur in civilized life, one of the simplest of the primal instincts:—

接着他又评论起人类智慧与勤勉为适应文明生活中种种变化而产生的那些奇妙复杂的结果，而饮食本是最简单的原始本能之一--

"The mind is lost in mighty contemplation
Of intellect expended on two courses;
And indigestion's grand multiplication
Requires arithmetic beyond my forces.
Who would suppose, from Adam's simple ration,
That cookery could have call'd forth such resources,
As form a science and a nomenclature
From out the commonest demands of nature?"

And we may well say, Who, indeed, would suppose it? The gulf between the Croat, with a steak under his saddle, and Alexis Soyer getting up a great dinner at the Reform-Club, or even Thackeray's Mrs. Raymond Gray giving "a little dinner" to Mr. Snob (with one of those famous "roly-poly puddings" of hers),—what a gulf it is!

1881. That Adam's "ration," however, was "simple," is a matter on which we have contrary judgments given by the poets. When Raphael paid that memorable visit to Paradise,—which we are expressly told by Milton he did exactly at dinner-time,—Eve seems to have prepared "a little dinner" not wholly destitute of complexity, and to have added ice-creams and perfumes. Nothing can be clearer than the testimony of the poet on these points:—

"And Eve within, due at her home prepared
For dinner savoury fruits, of taste to please
True appetite, and not disrelish thirst
Of nectarous draughts between….
…. With dispatchful looks in haste
She turns, on hospitable thoughts intent,
What choice to choose for delicacy best,
What order so contrived as not to mix

“心智在宏大的沉思中迷失，思量耗费于两道菜上
的才智；而消化不良的巨大倍增，所需的算术非
我力所能及。

谁能想到，从亚当那简单的口粮，烹饪竟能引出如此丰富的
资源，形成一门科学和一套术语

难道不是出于天性最普通的需求吗?

我们大可以说，谁，当真谁能想到呢?那个把牛排夹在马鞍下带着的克罗地亚人，与在改革俱乐部筹办盛大宴会的亚历克西斯·索耶之间，甚或与萨克雷笔下那位雷蒙德·格雷夫人(以她那些著名的“卷筒布丁”之一)宴请斯诺布先生一顿“小正餐”之间--这是何等巨大的鸿沟啊!

1881. 然而亚当的“口粮”是否“简单”，诗人们对此的判断却莫衷一是。当拉斐尔对乐园进行那次值得纪念的访问时--弥尔顿明确告诉我们，他恰好在正餐时分到来--夏娃似乎备下了一顿并非全然简单的“小正餐”，还添上了冰淇淋和香料。关于这些，诗人的证言再清楚不过了--

“夏娃在内，按时在家备好了正餐，甘美的水果，
滋味足以取悦真正的食欲，又不致败坏了其间啜饮
琼浆的兴致……带着利落的神情匆匆

她转身，心怀好客之念，精心挑选最上等的珍
馐，安排次序，务使不相混杂

Tastes not well join'd, inelegant, but bring
Taste after taste, upheld with kindliest change—

* * * * *

"She *tempers dulcet creams*….
…. *then strews the ground*
With rose and odours."

It may be observed, in passing, that the poets, though they have more to say about wine than solid food, because the former more directly stimulates the intellect and the feelings, do not flinch from the subject of eating and drinking. There is infinite zest in the above passage from Milton, and even more in the famous description of a dainty supper, given by Keats in his "Eve of Saint Agnes." Could Queen Mab herself desire to sit down to anything nicer, both as to its appointments and serving, and as to its quality, than the collation served by Porphyro in the lady's bedroom while she slept?—

"There by the bedside, where the faded moon
Made a dim silver twilight, soft he set
A table, and, half-anguish'd, threw thereor
A cloth of woven crimson, gold, and jet.

* * * * *

"While he, from forth the closet, brought a heap
Of candied apple, quince, and plum, and gourd;
With jellies smoother than the creamy curd,
And lucent syrups tinct with cinnamon;
Manna and dates, in argosy transferr'd
From Fez; and spiced dainties, every one,
From silken Samarcand to cedar'd Lebanon."

口味搭配不佳，不够雅致，但请带来
滋味复滋味，以最亲切的变化相承--

* * * * *

她调和甜美的奶油……
……然后铺撒在地上
带着玫瑰与芬芳。

顺带可以注意到，诗人们虽然谈论酒比谈论固体食物更多，因为前者更直接地刺激智力和情感，但他们并不回避吃喝的主题。上面弥尔顿的那段文字中有无穷的兴味，而济慈在其《圣阿格尼斯节前夜》中对一顿精致晚餐的著名描写则更甚。无论是就其陈设与侍奉，还是就其品质而言，马布女王本人难道会希望坐下来享用比波菲罗在那位女士睡觉时于她卧室中备好的那顿便餐更好的东西吗?--

“在那里，床边，褪色的月亮洒下朦胧的银色暮光，
他轻轻摆好一张桌子，半带苦痛地铺上一块织有深
红、金色与黑色纹样的桌布。

* * * * *

“而他则从内室取出一堆蜜饯的苹果、榲桲、李子和葫
芦；还有比奶油凝乳更细腻的果冻，以及浸染着肉桂的
晶莹糖浆；还有从非斯商船运来的吗哪和枣子；以及各
色加香料的珍馐，从丝绸之乡撒马尔罕到雪松遍地的黎
巴嫩。”

But Tennyson has ventured beyond dates, and quinces, and syrups, which may be thought easy to be brought in by a poet. In his idyl of "Audley Court" he gives a most appetizing description of a pasty at a pic-nic:—

"There, on a slope of orchard, Francis laid
A damask napkin wrought with horse and hound;
Brought out a dusky loaf that smelt of home,
And, half cut down, a pasty costly made,
Where quail and pigeon, lark and leveret, lay
Like fossils of the rock, with golden yolks
Imbedded and injellied."

We gladly quote passages like these, to show how eating and drinking may be surrounded with poetical associations, and how man, using his privilege to turn any and every repast into a "feast of reason," with a warm and plentiful "flow of soul," may really count it as not the least of his legitimate prides, that he is "a dining animal."

1882. It has been said, indeed, that great men, in general, are great diners. This, however, can scarcely be true of any great men but men of action; and, in that case, it would simply imply that persons of vigorous constitution, who work hard, eat heartily; for, of course, a life of action *requires* a vigorous constitution, even though there may be much illness, as in such cases as William III. and our brave General Napier. Of men of thought, it can scarcely be true that they eat so much, in a general way, though even they eat more than they are apt to suppose they do; for, as Mr. Lewes observes, "nerve-tissue is very expensive." Leaving great men of all kinds, however, to get their own dinners, let us, who are not

但丁尼生却大胆越过了枣子、榲桲和糖浆--这些或许可算诗人容易引入的东西。在他的田园诗《奥德利庄园》中，他对一次野餐上的馅饼作了最令人垂涎的描述--

那里，在果园的斜坡上，弗朗西斯放置了
一块织有马与猎犬的锦缎餐巾；取出一只散发着家乡气息的暗色面包，还有一只切去一半、制作考究的馅饼，其中鹌鹑与鸽子、云雀与幼兔，宛如岩石中的化石，嵌着金黄的蛋黄，凝成果冻。”

我们乐于引用诸如此类的段落，以表明饮食之事如何可以环绕着诗意的联想，以及人如何运用其特权，将任何一餐都化为“理性的盛宴”，伴随着温暖而丰沛的“灵魂交流”，他实在可以把自己是“一种用餐的动物”算作他正当自豪之事中并非最不重要的一项。

1882.的确有人说过，伟人一般来说都是伟大的用餐者。然而，这几乎不可能适用于任何伟人，除非是行动型的人；而在那种情况下，这不过意味着体格强健、辛勤工作的人吃得很多；因为，当然，行动的生活需要强健的体格，即使可能有许多疾病，如威廉三世和我们勇敢的纳皮尔将军之类的情况。对于思想型的人，一般来说，他们吃得那么多几乎不可能是真的，尽管他们吃的也比他们容易以为的要多；因为，正如刘易斯先生所观察到的，“神经组织非常昂贵。”然而，让各类伟人去获取他们自己的正餐吧，让我们这些并非

great, look after ours. Dine we must, and we may as well dine elegantly as well as wholesomely.

1883. There are plenty of elegant dinners in modern days, and they were not wanting in ancient times. It is well known that the dinner-party, or symposium, was a not unimportant, and not unpoetical, feature in the life of the sociable, talkative, tasteful Greek. Douglas Jerrold said that such is the British humour for dining and giving of dinners, that if London were to be destroyed by an earthquake, the Londoners would meet at a public dinner to consider the subject. The Greeks, too, were great diners: their social and religious polity gave them many chances of being merry and making others merry on good eating and drinking. Any public or even domestic sacrifice to one of the gods, was sure to be followed by a dinner-party, the remains of the slaughtered "offering" being served up on the occasion as a pious *pièce de résistance;* and as the different gods, goddesses, and demigods, worshipped by the community in general, or by individuals, were very numerous indeed, and some very religious people never let a day pass without offering up something or other, the dinner-parties were countless. A birthday, too, was an excuse for a dinner; a birthday, that is, of any person long dead and buried, as well as of a living person, being a member of the family, or otherwise esteemed. Dinners were, of course, eaten on all occasions of public rejoicing. Then, among the young people, subscription dinners, very much after the manner of modern times, were always being got up; only that they would be eaten not at an hotel, but probably at the house of one of the *heterae*. A Greek dinner-party was a handsome, well-regulated affair. The guests came in elegantly dressed and crowned with flowers. A

伟人，照管我们吧。我们总得用餐，那么我们不妨既吃得卫生，也吃得雅致。

1883. 如今精美的正餐比比皆是，古代亦不匮乏。众所周知，正餐聚会，即会饮，在善于交际、健谈而富有情趣的希腊人的生活中，是一个并非无足轻重、亦非缺乏诗意的特色。道格拉斯·杰罗尔德说过，英国人如此热衷于用餐和设宴，以至于倘若伦敦被地震摧毁，伦敦人也会聚在一场公开的正餐上商讨此事。希腊人同样也是宴饮的好手：他们的社会与宗教体制给了他们许多机会，借佳肴美酒自得其乐，也让他人同乐。任何为某位神祇举行的公开乃至家庭祭祀，必定随后伴有一场正餐聚会，宰杀祭品的余肉便作为虔诚的主菜端上席面；而由于整个社群或各人所崇拜的神祇、女神和半神为数极多，有些虔诚之人甚至没有一天不献上点什么，正餐聚会便数不胜数。生日也是设宴的借口；所谓生日，既可以是某个早已入土之人的生日，也可以是活人的生日，只要是家庭成员或受敬重之人即可。每逢公共欢庆的场合，人们自然也要用餐。此外，在年轻人中间，凑份子的聚餐--方式颇似现代--总是不断有人张罗；只不过他们多半不在旅馆用餐，而可能在某位交际花家中。希腊人的正餐聚会是一场体面而井然有序的盛事。宾客们衣着雅致，头戴花冠而来。一名

slave, approaching each person as he entered, took off his sandals and washed his feet. During the repast, the guests reclined on couches with pillows, among and along which were set small tables. After the solid meal came the "symposium" proper, a scene of music, merriment, and dancing, the two latter being supplied chiefly by young girls. There was a chairman, or symposiarch, appointed by the company to regulate the drinking; and it was his duty to mix the wine in the "mighty bowl." From this bowl the attendants ladled the liquor into goblets, and, with the goblets, went round and round the tables, filling the cups of the guests.

奴隶在每人进门时上前为其脱下凉鞋并洗脚。用餐期间，宾客们倚卧在铺有靠垫的长榻上，榻间及榻旁摆着小桌。丰盛的一餐之后，才是名副其实的“会饮”，那是音乐、欢笑与舞蹈的场面，后两者主要由年轻姑娘提供。席间有一位由众人推举的主席，即会饮主持，负责节制饮酒；他的职责是在“巨碗”中调和酒水。侍从自碗中舀酒注入高脚杯，然后端着酒杯绕桌一圈又一圈，为宾客斟满。

1884. The elegance with which a dinner is served is a matter which depends, of course, partly upon the means, but still more upon the taste of the master and mistress of the house. It may be observed, in general, that there should always be flowers on the table, and as they form no item of expense, there is no reason why they should not be employed every day.

1884. 正餐侍奉的雅致，自然部分取决于财力，但更取决于宅中男主人与女主人的品味。一般而言，可以观察到，桌上应常有鲜花，而鲜花既不构成任何开销，便没有理由不每日使用。

1885. The variety in the dishes which furnish forth a modern dinner-table, does not necessarily imply anything unwholesome, or anything capricious. Food that is not well relished cannot be well digested; and the appetite of the over-worked man of business, or statesman, or of any dweller in towns, whose occupations are exciting and exhausting, is jaded, and requires stimulation. Men and women who are in rude health, and who have plenty of air and exercise, eat the simplest food with relish, and consequently digest it well; but those conditions are out of the reach of many men. They must suit their mode of dining to their mode of living, if they cannot choose the latter. It is in serving up food that is at once appetizing and wholesome that the skill of the modern housewife is severely tasked; and she has scarcely a more

1885. 摆满现代正餐桌的各色菜肴，未必意味着任何有害健康之物，也未必意味着任何任性之举。食物若不能好好品味，便不能好好消化；而过度劳累的商人、政治家，或任何居住在城市、职业令人兴奋又令人疲惫的人，其食欲已疲惫不堪，需要刺激。身体强健、又有充足空气与运动的男男女女，吃最简朴的食物也津津有味，因而消化良好；但许多人却无缘具备这些条件。他们若无法选择自己的生活方式，就必须让自己的用餐方式适应自己的生活方式。正是把既开胃又有益健康的食物端上桌，才严峻地考验着现代主妇的技艺；而她几乎没有比这更

important duty to fulfil. It is, in fact, her particular vocation, in virtue of which she may be said to hold the health of the family, and of the friends of the family, in her hands from day to day. It has been said that "the destiny of nations depends on the manner in which they are fed;" and a great gastronomist exclaims, "Tell me what kind of food you eat, and I will tell you what kind of man you are." The same writer has some sentences of the same kind, which are rather hyperbolical, but worth quoting:—"The pleasures of the table belong to all ages, to all conditions, to all countries, and to all eras; they mingle with all other pleasures, and remain, at last, to console us for their departure. The discovery of a new dish confers more happiness upon humanity than the discovery of a new star."

重要的职责要履行。事实上，这正是她的特殊天职，凭此可以说，她日复一日地把家人以及家人亲友的健康握在手中。有人说，“民族的命运取决于他们被喂养的方式”；一位伟大的美食家则宣称，“告诉我你吃什么样的食物，我就能说出你是什么样的人。”这位作家还有几句同类的话，虽略显夸张，却值得引用：“餐桌之乐属于一切年龄、一切境况、一切国家、一切时代；它们与所有其他乐趣交融，并最终留存下来，在那些乐趣消逝时安慰我们。发现一道新菜，给人类带来的幸福胜过发现一颗新星。”

1886. The gastronomist from whom we have already quoted, has some aphorisms and short directions in relation to dinner-parties, which are well deserving of notice:—"Let the number of your guests never exceed twelve, so that the conversation may be general. [Footnote: We have seen this varied by saying that the number should never exceed that of the Muses or fall below that of the Graces.] Let the temperature of the dining-room be about 68°. Let the dishes be few in number in the first course, but proportionally good. The order of food is from the most substantial to the lightest. The order of drinking wine is from the mildest to the most foamy and most perfumed. To invite a person to your house is to take charge of his happiness so long as he is beneath your roof. The mistress of the house should always be certain that the coffee be excellent; whilst the master should be answerable for the quality of his wines and liqueurs."

1886. 我们先前引述过的那位美食家，有一些关于正餐聚会的格言和简短指导，颇值得注意：“宾客人数切勿超过十二人，以便谈话人人皆可参与。[脚注：我们见过一种变通说法，称人数不应超过缪斯之数，也不应少于美惠三女神之数。] 餐室的温度宜在68°左右。第一道菜的品种宜少，但品质须相应精良。上菜的顺序由最丰盛至最清淡。饮酒的顺序由最温和至最起泡、最芳香。邀请一个人到家中，就是在他在你屋檐下期间对他的幸福负责。女主人应始终确保咖啡上乘；而男主人则应对其葡萄酒和利口酒的品质负责。”

BILLS OF FARE.

JANUARY.

1887.—DINNER FOR 18 PERSONS.

First Course.

Mock Turtle Soup,
removed by
Cod's Head and Shoulders.

Stewed Eels. Vase of Red Mullet. Flowers.

Clear Oxtail Soup,
removed by
Fried Filleted Soles.

Entrées.

Riz de Veau aux Tomates.

Ragoût of Lobster. Vase of Cotelettes de Pore Flowers. à la Roberts.

Poulet à la Marengo.

Second Course.

Roast Turkey.

Pigeon Pie.

Boiled Turkey and Vase of Boiled Ham.

菜单

一月。

1887.--十八人晚餐。

第一道菜。

仿甲鱼汤，
被移除
鳕鱼头与肩。

炖鳗鱼。红鲻鱼盘。鲜花。

清炖牛尾汤，
被移除
炸龙利鱼柳。

主菜。

牛核腰
番茄。

炖菜 花瓶 猪排 龙虾。鲜花。à la Roberts。

马伦戈炖鸡。

第二道菜。

烤火鸡。

鸽子派。

煮火鸡与煮火腿花瓶。

Celery Sauce. Flowers.

Tongue, garnished.

Saddle of Mutton.

Third Course.

Charlotte Pheasants, Apricot Jam
à la Parisienne. removed by Tartlets.
Plum-pudding.

Jelly.

Cream. Vase of Cream.
Flowers.

Jelly.

Snipes,
removed by
Pommes à la Condé.

We have given above the plan of placing the various dishes of the 1st Course, Entrées, 2nd Course, and 3rd Course. Following this will be found bills of fare for smaller parties; and it will be readily seen, by studying the above arrangement of dishes, how to place a less number for the more limited company. Several *menus* for dinners *à la Russe,* are also included in the present chapter.

1888.—DINNER FOR 12 PERSONS (January).

FIRST COURSE.
Carrot Soup à la Crécy.
Oxtail Soup.
Turbot and Lobster Sauce.

芹菜酱。花。

舌，配菜装饰。

羊脊肉。

第三道菜。

夏洛特野鸡，巴黎式杏子果酱。被馅饼移
除。
葡萄干布丁。

果冻。

奶油。奶油瓶。
鲜花。

果冻。

鹬，
被移除
孔代土豆

上文我们已经给出了第一道菜、小菜、第二道菜和第三道菜的各式菜肴摆放方案。接下来是供较小规模聚会使用的菜单；只要研究一下上述菜肴的摆放安排，就很容易看出，在人数较少的场合该如何摆放较少的菜肴。本章还收录了几份俄式正餐的菜单。

1888.--十二人晚餐(一月)。

第一道菜。
胡萝卜浓汤(Crécy风味)。
牛尾汤。
多宝鱼配龙虾酱。

Fried Smelts, with Dutch Sauce.

ENTREES.
Mutton Cutlets, with Soubise Sauce.
Sweetbreads.
Oyster Patties.
Fillets of Rabbits.

SECOND COURSE.
Roast Turkey.
Stewed Rump of Beef à la Jardinière.
Boiled Ham, garnished with Brussels Sprouts.
Boiled Chickens and Celery Sauce.

THIRD COURSE.
Roast Hare.
Teal.
Eggs à la Neige.
Vol-au-Vent of Preserved Fruit.
1 Jelly. 1 Cream.
Potatoes à la Maître d'Hôtel.
Grilled Mushrooms.

DESSERT AND ICES.

1889.—DINNER FOR 10 PERSONS (January).

FIRST COURSE.
Soup à la Reine.
Whitings au Gratin.
Crimped Cod and Oyster Sauce.

ENTREES.

炸胡瓜鱼配荷兰酱。

前菜。

羊肉排配苏比斯酱。甜面包。

生蚝酥盒。

兔肉柳。

第二道菜。

烤火鸡。

炖牛臀肉配时蔬。

煮火腿，配抱子甘蓝。煮鸡配芹菜酱。

第三道菜。

烤野兔。

水鸭。

雪蛋。

保鲜水果酥盒。1份果冻。1份奶油。

总管式土豆。烤蘑菇。

甜点与冰品。

1889.-十人晚餐(一月)。

第一道菜。

王后风味汤。

奶香烤鳕鱼

酥炸鳕鱼配牡蛎酱。

前菜。

Tendrons de Veau.
Curried Fowl and Boiled Rice.

SECOND COURSE.
Turkey, stuffed with Chestnuts, and Chestnut Sauce.
Boiled Leg of Mutton, English Fashion,
with Capers Sauce and Mashed Turnips.

THIRD COURSE.
Woodcocks or Partridges.
Widgeon.
Charlotte à la Vanille.
Cabinet Pudding.
Orange Jelly.
Blancmange.
Artichoke Bottoms.
Macaroni, with Parmesan Cheese.

DESSERT AND ICES.

1890.—DINNER FOR 8 PERSONS (January).

FIRST COURSE.
Mulligatawny Soup.
Brill and Shrimp Sauce.
Fried Whitings.

ENTREES.
Fricasseed Chicken.
Pork Cutlets, with Tomato Sauce.

SECOND COURSE.
Haunch of Mutton.

小牛肋肉。
咖喱鸡配白饭。

第二道菜。
栗子填火鸡，配栗子酱汁。英式煮羊腿，配刺山柑酱汁和萝卜泥。

第三道菜。
丘鹬或鹬鸪。
赤颈鸭。
夏洛特香草蛋糕。
橱柜布丁。
橙子果冻。
牛奶冻。
洋蓟底。
通心粉，配帕尔马干酪。

甜点与冰品。

1890.-八人晚餐(一月)。

第一道菜。
穆里加塔尼汤。
布里尔与虾酱。炸牙鳕。

前菜。
炖鸡。
猪排配番茄酱。

第二道菜。
羊腿肉。

Boiled Turkey and Celery Sauce.
Boiled Tongue, garnished with Brussels Sprouts.

THIRD COURSE.
Roast Pheasants.
Meringues à la Crême.
Compôte of Apples.
Orange Jelly.
Cheesecakes.
Soufflé of Rice.

DESSERT AND ICES.

1891.—DINNER FOR 6 PERSONS (January).—I.

FIRST COURSE.
Julienne Soup.
Soles à la Normandie.

ENTREES.
Sweetbreads, with Sauce Piquante.
Mutton Cutlets, with Mashed Potatoes.

SECOND COURSE.
Haunch of Venison.
Boiled Fowls and Bacon, garnished with Brussels Sprouts.

THIRD COURSE.
Plum-pudding.
Custards in Glasses.
Apple Tart.
Fondue à la Brillat Savarin.

煮火鸡配芹菜酱。
煮舌，配布鲁塞尔芽菜。

第三道菜。
烤野鸡。
奶油蛋白霜。
苹果蜜饯
橙子果冻。
芝士蛋糕。
米饭舒芙蕾。

甜点与冰品。

1891.--六人晚餐(一月)。--一。

第一道菜。
朱丽安汤。
诺曼底式鳎鱼。

前菜。
甜面包，配辣味酱汁。羊肉排，配土豆泥。

第二道菜。
鹿腿肉。
水煮鸡与培根，配抱子甘蓝点缀。

第三道菜。
葡萄干布丁。
玻璃杯蛋奶冻。
苹果挞。
布里亚-萨瓦兰式火锅。

DESSERT.

1892.—DINNER FOR 6 PERSONS (January).—II.

FIRST COURSE.
Vermicelli Soup.
Fried Slices of Codfish and Anchovy Sauce.
John Dory.

ENTREES.
Stewed Rump-steak à la Jardinière Rissoles.
Oyster Patties.

SECOND COURSE.
Leg of Mutton.
Curried Rabbit and Boiled Rice.

THIRD COURSE.
Partridges.
Apple Fritters.
Tartlets of Greengage Jam.
Orange Jelly.
Plum-pudding.

DESSERT.

1893.—DINNER FOR 6 PERSONS (January).—III.

FIRST COURSE.
Pea-soup.
Baked Haddock.
Soles à la Crême.

ENTREES.

甜点。

1892.-六人晚餐(一月)。--二。

第一道菜。
粉丝汤。
炸鳕鱼片配鲽鱼酱。海鲂。

前菜。
炖臀肉排配田园风味炸肉卷。牡蛎酥盒。

第二道菜。
羊腿。
咖喱兔肉配白饭。

第三道菜。
鹧鸪。
苹果炸糕。
青梅果酱小挞。橙子果冻。

葡萄干布丁。

甜点。

1893.六人晚餐(一月)--三

第一道菜。
豌豆汤。
烤黑线鳕。
奶油鳎鱼

前菜。

Mutton Cutlets and Tomato Sauce.
Fricasseed Rabbit.

SECOND COURSE.
Roast Pork and Apple Sauce.
Breast of Veal, Rolled and Stuffed.
Vegetables.

THIRD COURSE.
Jugged Hare.
Whipped Cream, Blancmange.
Mince Pies.
Cabinet Pudding.

1894.—DINNER FOR 6 PERSONS (January).—IV.

FIRST COURSE.
Palestine Soup.
Fried Smelts.
Stewed Eels.

ENTREES.
Ragoût of Lobster.
Broiled Mushrooms.
Vol-au-Vent of Chicken.

SECOND COURSE.
Sirloin of Beef.
Boiled Fowls and Celery Sauce.
Tongue, garnished with Brussels Sprouts.

THIRD COURSE.
Wild Ducks.
Charlotte aux Pommes.

羊肉排配番茄酱。炖兔肉。

第二道菜。

烤猪肉配苹果酱。卷馅小牛胸肉。蔬菜。

第三道菜。

罐焖野兔。

打发奶油、白奶冻。肉馅饼。

橱柜布丁。

1894.-六人晚餐(一月)。- IV.

第一道菜。

巴勒斯坦汤。

炸胡瓜鱼。

炖鳗鱼。

前菜。

炖龙虾。

烤蘑菇。

鸡肉酥盒。

第二道菜。

牛里脊肉。

白煮鸡配芹菜酱。

舌，配布鲁塞尔芽菜。

第三道菜。

野鸭。

夏洛特苹果派。

Cheesecakes.
Transparent Jelly, inlaid with Brandy Cherries.
Blancmange.
Nesselrode Pudding.

PLAIN FAMILY DINNERS FOR JANUARY.

1895. *Sunday.*—1, Boiled turbot and oyster sauce, potatoes. 2. Roast leg or griskin of pork, apple sauce, brocoli, potatoes. 3. Cabinet pudding, and damson tart made with preserved damsons.

1896. *Monday.*—1. The remains of turbot warmed in oyster sauce, potatoes. 2. Cold pork, stewed steak. 3. Open jam tart, which should have been made with the pieces of paste left from the damson tart; baked arrowroot pudding.

1897. *Tuesday.*—1. Boiled neck of mutton, carrots, mashed turnips, suet dumplings, and caper sauce: the broth should be served first, and a little rice or pearl barley should be boiled with it along with the meat. 2. Rolled jam pudding.

1898. *Wednesday.*—1. Roast rolled ribs of beef, greens, potatoes, and horseradish sauce. 2. Bread-and-butter pudding, cheesecakes.

1899. *Thursday.*—1. Vegetable soup (the bones from the ribs of beef should be boiled down with this soup), cold beef, mashed potatoes. 2. Pheasants, gravy, bread sauce. 3. Macaroni.

1900. *Friday.*—1. Fried whitings or soles. 2. Boiled rabbit and onion sauce, minced beef, potatoes. 3. Currant dumplings.

1901. *Saturday.*—1. Rump-steak pudding or pie, greens, and potatoes. 2. Baked custard pudding and stewed apples.

芝士蛋糕。
透明果冻，内嵌白兰地樱桃。布兰曼奇。

内塞尔罗德布丁。

一月家常正餐

1895. 星期日。--1. 煮多宝鱼配牡蛎酱汁、土豆。2. 烤猪腿或猪里脊、苹果酱汁、西兰花、土豆。3. 橱柜布丁，以及用糖渍青梅制成的青梅馅饼。

1896. 星期一。--1. 剩下的多宝鱼用牡蛎酱汁加热，土豆。2. 冷猪肉，炖牛排。3. 开口果酱馅饼，本应用制作达姆森馅饼剩下的面皮碎块制成；烤竹芋布丁。

1897. 星期二。 - 1. 煮羊颈肉、胡萝卜、萝卜泥、板油团子(suet dumplings)和刺山柑酱汁(caper sauce)：应先上肉汤，汤中应与肉一同煮少许大米或珍珠大麦。2. 果酱卷布丁(rolled jam pudding)。

1898年。星期三。——1. 烤卷肋排牛肉、青菜、土豆和辣根酱。2. 面包黄油布丁、芝士蛋糕。

1899. 星期四。 - 1. 蔬菜汤(牛肋肉剔下的骨头应与本汤一同熬煮)、冷牛肉、土豆泥。2. 野鸡、肉汁、面包酱汁(bread sauce)。3. 通心粉(macaroni)。

1900. 星期五。 - 1. 炸牙鳕或鳎鱼。2. 煮兔肉配洋葱酱汁、碎牛肉、土豆。3. 醋栗团子。

1901. 星期六。--1. 臀肉牛排布丁或馅饼，青菜，土豆。2. 烤蛋奶冻布丁和炖苹果。

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1902. *Sunday.*—1. Codfish and oyster sauce, potatoes. 2. Joint of roast mutton, either leg, haunch, or saddle; brocoli and potatoes, red-currant jelly. 3. Apple tart and custards, cheese.

1903. *Monday.*—1. The remains of codfish picked from the bone, and warmed through in the oyster sauce; if there is no sauce left, order a few oysters and make a little fresh; and do not let the fish boil, or it will be watery. 2. Curried rabbit, with boiled rice served separately, cold mutton, mashed potatoes. 3. Somersetshire dumplings with wine sauce.

1904. *Tuesday.*—1. Boiled fowls, parsley-and-butter; bacon garnished with Brussels sprouts, minced or hashed mutton. 2. Baroness pudding.

1905. *Wednesday.*—1. The remains of the fowls cut up into joints and fricasseed; joint of roast pork and apple sauce, and, if liked, sage-and-onion, served on a dish by itself; turnips and potatoes. 2. Lemon pudding, either baked or boiled.

1906. *Thursday.*—1. Cold pork and jugged hare, red-currant jelly, mashed potatoes. 2. Apple pudding.

1907. *Friday.*—1. Boiled beef, either the aitchbone or the silver side of the round; carrots, turnips, suet dumplings, and potatoes: if there is a marrowbone, serve the marrow on toast at the same time. 2. Rice snowballs.

1908. *Saturday.*—1. Pea-soup made from liquor in which beef was boiled; cold beef, mashed potatoes. 2. Baked batter fruit pudding.

FEBRUARY.

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1902. 星期日。--1. 鳕鱼配牡蛎酱汁，土豆。2. 烤羊肉(羊腿、羊臀或羊脊均可)，西兰花和土豆，红醋栗果冻。3. 苹果挞和蛋奶冻，奶酪。

1903. 星期一。--1. 将鳕鱼剔骨取肉，放入牡蛎酱汁中热透；若无剩余酱汁，可点几枚牡蛎现做少许；鱼不可煮沸，否则肉质发水。2. 咖喱兔肉，配另上的白饭，冷羊肉，土豆泥。3. 萨默塞特汤团配葡萄酒酱汁。

1904. 星期二。--1. 煮鸡配欧芹黄油；培根配布鲁塞尔芽菜，碎肉或回锅肉。2. 男爵夫人布丁。

1905. 星期三。--1. 将剩余的鸡切块做成烩鸡；烤猪肉配苹果酱，如喜欢，可另备鼠尾草洋葱馅单独装盘；芜菁和土豆。2. 柠檬布丁，烤或煮均可。

1906. 星期四。--1. 冷猪肉和罐焖野兔，红醋栗果冻，土豆泥。2. 苹果布丁。

1907. 星期五。--1. 煮牛肉，可用臀骨肉或圆腿的银侧；胡萝卜、芜菁、板油汤团和土豆：若有髓骨，同时上烤面包配骨髓。2. 米雪球。

1908. 星期六。 - 1. 用煮牛肉的汤汁制成的豌豆汤；冷牛肉、土豆泥。2. 烤面糊水果布丁。

二月。

1909.—DINNER FOR 18 PERSONS. *First Course.*

Hare Soup,
removed by
Turbot and Oyster Sauce.

Fried Eels. Vase of Fried Whitings.
Flowers.

Oyster Soup,
removed by
Crimped Cod à la Maître
d'Hôtel.

Entrées.

Lark Pudding.

Lobster Patties. Vase of Filets de Perdrix.
Flowers.

Fricasseed Chicken.

Second Course.

Braised Capon.
Boiled Ham, garnished.

Roast Fowls, garnished Vase of Boiled Fowls and
with Water-cresses. Flowers. White Sauce.

Pâté Chaud.
Haunch of Mutton.

Third Course

Ducklings, removed by Ice Pudding.

1909.--十八人晚餐。第一道菜。

兔肉汤，
被移除
多宝鱼配牡蛎酱。

炸鳗鱼。炸牙鳕鱼盘。
鲜花。

牡蛎汤，已移
开
香煎鳕鱼配大师酱
多特

主菜。

云雀布丁。

龙虾酥盒。山鹑柳酥盒。
鲜花。

炖鸡。

第二道菜。

焖阉鸡。
煮火腿，配菜装饰。

烤鸡，配水田芥点缀。煮鸡花瓶式摆盘配花饰。白酱
汁。

热肉馅饼。
羊腿肉。

第三道菜

小鸭，被冰布丁移除。

Meringues. Coffee Cream. Cheesecakes.

Orange Jelly. Vase of Clear Jelly.
Flowers.

Victoria Blancmange. Gâteau de
Sandwiches. Pommes.

Partridges,
removed by
Cabinet Pudding.

DESSERT AND ICES.

1910.—DINNER FOR 12 PERSONS (February).

FIRST COURSE.
Soup a la Reine.
Clear Gravy Soup.
Brill and Lobster Sauce.
Fried Smelts.

ENTREES.
Lobster Rissoles.
Beef Palates.
Pork Cutlets à la Soubise.
Grilled Mushrooms.

SECOND COURSE.
Braised Turkey.
Haunch of Mutton.
Boiled Capon and Oysters.
Tongue, garnished with tufts of Brocoli.

蛋白霜。咖啡奶油。芝士蛋糕。

橙汁果冻。透明果冻花瓶。
鲜花。

维多利亚式布兰曼奇。三明治蛋糕。
苹果。

鹧鸪，由内阁布丁
取代。

甜点与冰品。

1910.--十二人晚餐(二月)。

第一道菜。
王后风味汤。
清炖肉汁汤。
布里尔与龙虾酱。炸胡瓜
鱼。

前菜。
龙虾炸肉卷。
牛腭。
苏比斯猪排。烤蘑菇。

第二道菜。
烩火鸡。
羊腿肉。
煮阉鸡配牡蛎。
舌，以西兰花小簇点缀。

Vegetables and Salads.

THIRD COURSE.
Wild Ducks.
Plovers.
Orange Jelly.
Clear Jelly.
Charlotte Russe.
Nesselrode Pudding.
Gâteau de Riz.
Sea-kale.
Maids of Honour.

DESSERT AND ICES.

1911.—DINNER FOR 10 PERSONS (February).

FIRST COURSE.
Palestine Soup.
John Dory, with Dutch Sauce.
Red Mullet, with Sauce Génoise.

ENTREES.
Sweetbread Cutlets, with Poivrade Sauce.
Fowl au Béchamel.

SECOND COURSE.
Roast Saddle of Mutton.
Boiled Capon and Oysters.
Boiled Tongue, garnished with Brussels Sprouts.

THIRD COURSE.
Guinea-Fowls. Ducklings.

蔬菜与沙拉。

第三道菜。野鸭。

鸽。
橙子果冻。
清果冻。
夏洛特·鲁斯。
内塞尔罗德布丁。米
糕。
海甘蓝。
荣誉侍女

甜点与冰品。

1911.--十人份晚餐(二月)。

第一道菜。
巴勒斯坦汤。
约翰多利鱼，配荷兰酱。红鲻鱼，配
热那亚酱。

前菜。
甜面包切块配胡椒酱。白汁鸡肉。

第二道菜。
烤羊脊肉。
煮阉鸡配牡蛎。
煮舌，配布鲁塞尔芽菜。

第三道菜。
珍珠鸡。小鸭。

Pain de Rhubarb.
Orange Jelly.
Strawberry Cream.
Cheesecakes.
Almond Pudding.
Fig Pudding.

DESSERT AND ICES.

1912.—DINNER FOR 8 PERSONS (February).

FIRST COURSE.
Mock Turtle Soup.
Fillets of Turbot a la Crême.
Fried Filleted Soles and Anchovy Sauce.

ENTREES.
Larded Fillets of Rabbits.
Tendrons de Veau with Purée of Tomatoes.

SECOND COURSE.
Stewed Rump of Beef à la Jardinière.
Roast Fowls.
Boiled Ham.

THIRD COURSE.
Roast Pigeons or Larks.
Rhubarb Tartlets.
Meringues.
Clear Jelly. Cream.
Ice Pudding.
Soufflé.

大黄糕。橙子果
冻。

草莓奶油。芝士蛋
糕。

杏仁布丁。无花果
布丁。

甜点与冰品。

1912.--八人晚餐(二月)。

第一道菜。
仿甲鱼汤。
奶油比目鱼柳
炸龙利鱼柳配鲽鱼酱。

前菜。
猪油煎兔柳。
小牛肋排配番茄泥。

第二道菜。
炖牛臀肉配田园蔬菜。烤鸡。

煮火腿。

第三道菜。
烤乳鸽或云雀。大黄挞。

蛋白霜。
清果冻。奶油。
冰布丁。
舒芙蕾。

DESSERT AND ICES.

1913.—DINNER FOR 6 PERSONS (February)—I.

FIRST COURSE.
Rice Soup.
Red Mullet, with Génoise Sauce.
Fried Smelts.

ENTREES.
Fowl Pudding.
Sweetbreads.

SECOND COURSE.
Roast Turkey and Sausages.
Boiled Leg of Pork.
Pease Pudding.

THIRD COURSE.
Lemon Jelly.
Charlotte à la Vanille.
Maids of Honour.
Plum-pudding, removed by Ice Pudding.

DESSERT.

1914.—DINNER FOR 6 PERSONS (February).—II.

FIRST COURSE.
Spring Soup.
Boiled Turbot and Lobster Sauce.

ENTREES.
Fricasseed Rabbit.

甜点与冰品。

1913.-六人晚餐(二月)--一。

第一道菜。
米汤。
红鲻鱼，配热那亚酱。炸胡瓜鱼。

前菜。
家禽布丁。
甜面包。

第二道菜。
烤火鸡与香肠。煮猪腿。

豌豆布丁。

第三道菜。
柠檬果冻。
夏洛特香草蛋糕。
荣誉侍女
李子布丁，撤下后上冰布丁。

甜点。

1914.--六人晚餐(二月)。--二。

第一道菜。
春季汤。
水煮多宝鱼配龙虾酱。

前菜。
炖兔肉。

Oyster Patties.

SECOND COURSE.
Boiled Round of Beef and Marrow-bones.
Roast Fowls, garnished with Water-cresses and rolled Bacon.
Vegetables.

THIRD COURSE.
Marrow Pudding.
Cheesecakes.
Tartlets of Greengage Jam.
Lemon Cream.
Rhubarb Tart.

DESSERT.

1915.—DINNER FOR 6 PERSONS (February).—III.

FIRST COURSE.
Vermicelli Soup.
Fried Whitings. Stewed Eels.

ENTREES.
Poulet à la Marengo.
Breast of Veal stuffed and rolled.

SECOND COURSE.
Roast Leg of Pork and Apple Sauce.
Boiled Capon and Oysters.
Tongue, garnished with tufts of Brocoli.

THIRD COURSE.
Wild Ducks.

生蚝酥盒。

第二道菜。
煮圆牛肉配牛髓骨。
烤鸡，配以水田芥和卷培根作点缀。
蔬菜。

第三道菜。骨髓布丁。奶酪蛋糕。

青梅果酱小挞。柠檬奶油。

大黄挞。

甜点。

1915.--六人晚餐(二月)。--三。

第一道菜。
粉丝汤。
炸牙鳕。炖鳗鱼。

前菜。
马伦戈炖鸡。
小牛胸肉填馅卷。

第二道菜。
烤猪腿配苹果酱。煮阉鸡配牡蛎。

舌，以西兰花小簇点缀。

第三道菜。
野鸭。

Lobster Salad.
Charlotte aux Pommes.
Pain de Rhubarb.
Vanilla Cream.
Orange Jelly.

DESSERT.

1916.—DINNER FOR 6 PERSONS (February).—IV.

FIRST COURSE.
Ox-tail Soup.
Cod à la Crême.
Fried Soles.

ENTREES.
Lark Pudding.
Fowl Scollops.

SECOND COURSE.
Roast Leg of Mutton.
Boiled Turkey and Celery Sauce.
Pigeon Pie.
Small Ham, boiled and garnished.
Vegetables.

THIRD COURSE.
Game, when liked.
Tartlets of Raspberry Jam.
Vol-au-Vent of Rhubarb.
Swiss Cream. Cabinet Pudding.
Brocoli and Sea-kale.

龙虾沙拉。
苹果夏洛特。大黄面包。
香草奶油。

橙子果冻。

甜点。

1916.六人晚餐(二月)。--四。

第一道菜。
牛尾汤。
奶油鳕鱼
炸鳎鱼。

前菜。
云雀布丁。
家禽扇贝

第二道菜。
烤羊腿。
煮火鸡配芹菜酱。鸽子派。

小火腿，煮制并配菜。蔬菜。

第三道菜。
猎物，合意时。
覆盆子果酱小塔。大黄酥皮
盒。
瑞士奶油。橱柜布丁。西兰花与海
甘蓝。

DESSERT.

PLAIN FAMILY DINNERS FOR FEBRUARY.

1917. *Sunday*.—1. Ox-tail soup. 2 Roast beef, Yorkshire pudding, brocoli, and potatoes. 3. Plum-pudding, apple tart. Cheese.

1918. *Monday*.—1. Fried soles, plain melted butter, and potatoes. 2. Cold roast beef, mashed potatoes. 3. The remains of plum-pudding cut in slices, warmed, and served with sifted sugar sprinkled over it. Cheese.

1919. *Tuesday*.—1. The remains of ox-tail soup from Sunday. 2. Pork cutlets with tomato sauce; hashed beef. 3. Boiled jam pudding. Cheese.

1920. *Wednesday*.—1. Boiled haddock and plain melted butter. 2. Rump-steak pudding, potatoes, greens. 3. Arrowroot, blancmange, garnished with jam.

1921. *Thursday*.—1. Boiled leg of pork, greens, potatoes, pease pudding. 2. Apple fritters, sweet macaroni.

1922. *Friday*.—1. Pea-soup made with liquor that the pork was boiled in. 2. Cold pork, mashed potatoes. 3. Baked rice pudding.

1923. *Saturday*.—1. Broiled herrings and mustard sauce. 2. Haricot mutton. 3. Macaroni, either served as a sweet pudding or with cheese.

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1924. *Sunday*.—1. Carrot soup. 2. Boiled leg of mutton and caper sauce, mashed turnips, roast fowls, and bacon. 3. Damson tart made with bottled fruit, ratafia pudding.

甜点。

二月份的家常便餐

1917. 星期日。- 1. 牛尾汤。2 烤牛肉、约克郡布丁、西兰花和土豆。3. 李子布丁、苹果馅饼。奶酪。

1918. 星期一。- 1. 炸鳎鱼、清融黄油和土豆。2. 冷烤牛肉、土豆泥。3. 剩余的李子布丁切片加热，撒上糖粉食用。奶酪。

1919. 星期二。- 1. 星期日剩余的牛尾汤。2. 番茄酱汁猪排；碎牛肉。3. 煮果酱布丁。奶酪。

1920. 星期三。- 1. 煮黑线鳕和清融黄油。2. 牛臀肉布丁、土豆、青菜。3. 竹芋粉、牛奶冻，以果酱装饰。

1921. 星期四。- 1. 煮猪腿、青菜、土豆、豌豆布丁。2. 苹果炸饼、甜通心粉。

1922. 星期五。- 1. 用煮猪肉的汤水制成的豌豆汤。2. 冷猪肉、土豆泥。3. 烤米布丁。

1923. 星期六。- 1. 烤鲱鱼和芥末酱汁。2. 烩羊肉。3. 通心粉，可作甜布丁或配奶酪食用。

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1924. 星期日。- 1. 胡萝卜汤。2. 煮羊腿和刺山柑酱汁、萝卜泥、烤禽肉和培根。3. 用瓶装水果制成的乌荆子馅饼、果仁布丁。

1925. *Monday*.—1. The remainder of fowl curried and served with rice; rump-steaks and oyster sauce, cold mutton. 2. Rolled jam pudding.

1926. *Tuesday*.—1. Vegetable soup made with liquor that the mutton was boiled in on Sunday. 2. Roast sirloin of beef, Yorkshire pudding, brocoli, and potatoes. 3. Cheese.

1927. *Wednesday*.—1. Fried soles, melted butter. 2. Cold beef and mashed potatoes: if there is any cold boiled mutton left, cut it into neat slices and warm it in a little caper sauce. 3. Apple tart.

1928. *Thursday*.—1. Boiled rabbit and onion sauce, stewed beef and vegetables, made with the remains of cold beef and bones. 2. Macaroni.

1929. *Friday*.—1. Roast leg of pork, sage and onions and apple sauce; greens and potatoes. 2. Spinach and poached eggs instead of pudding. Cheese and water-cresses.

1930. *Saturday*.—1. Rump-steak-and-kidney pudding, cold pork and mashed potatoes. 2. Baked rice pudding.

MARCH.

1931.—DINNER FOR 18 PERSONS.

First Course.

Turtle or Mock Turtle Soup,
removed by
Salmon and dressed
Cucumber.

1925. 星期一。- 1. 剩余的禽肉做成咖喱配米饭；牛臀肉排和牡蛎酱汁、冷羊肉。2. 卷果酱布丁。

1926. 星期二。- 1. 用星期日煮羊肉的汤水制成的蔬菜汤。2. 烤牛里脊、约克郡布丁、西兰花和土豆。3. 奶酪。

1927. 星期三。- 1. 炸鳎鱼、融黄油。2. 冷牛肉和土豆泥：如有剩余的冷煮羊肉，切成整齐的片，在少量刺山柑酱汁中加热。3. 苹果馅饼。

1928. 星期四。- 1. 煮兔肉和洋葱酱汁、炖牛肉和蔬菜，用剩余的冷牛肉和骨头制成。2. 通心粉。

1929. 星期五。- 1. 烤猪腿、鼠尾草和洋葱及苹果酱汁；青菜和土豆。2. 菠菜和水波蛋代替布丁。奶酪和水田芥。

1930. 星期六。- 1. 牛臀肉腰子布丁、冷猪肉和土豆泥。2. 烤米布丁。

三月。

1931. **供18人食用。**

第一道菜。

甲鱼汤或仿甲鱼汤，
已移除
三文鱼与调味
黄瓜。

Red Mullet. Vase of Filets of Whitings.
Flowers.

Spring Soup,
removed by
Boiled Turbot and Lobster
Sauce.

Entrées

Fricasseed Chicken.

Vol-au-Vent. Vase of Compôte of Pigeons.
Flowers.

Larded Sweetbreads.

Second Course.

Fore-quarter of Lamb.

Braised Capon.

Boiled Tongue, Vase of Ham. garnished. Flowers.

Roast Fowls.

Rump of Beef à la
Jardinière.

Third Course.

Guinea-Fowls, larded,
removed by
Cabinet Pudding.

Apricot Wine Jelly. Rhubarb
Tartlets. Tart.

红鲻鱼。白鱼柳花瓶。

鲜花。

春季汤，
已移除
煮多宝鱼与龙虾
酱汁。

主菜

炖鸡。

Vol-au-Vent。鸽子炖菜盅。
鲜花。

填馅甜面包。

第二道菜。

羊前四分之一。

焖阉鸡。

煮舌，火腿花瓶，配菜。鲜花。烤鸡。

蔬菜炖牛臀肉。

第三道菜。

珍珠鸡，涂脂
已移除
橱柜布丁。

杏子酒果冻。大黄挞。挞。

Custards. Vase of Jelly in
Flowers. glasses.

Italian Cream.

Damson Tart. Ducklings, Cheesecakes.
removed by
Nesselrode Pudding.

DESSERT AND ICES.

1932.—DINNER FOR 12 PERSONS (March).

FIRST COURSE.
White Soup.
Clear Gravy Soup.
Boiled Salmon, Shrimp Sauce, and dressed Cucumber.
Baked Mullets in paper cases.

ENTREES.
Filet de Boeuf and Spanish Sauce.
Larded Sweetbreads.
Rissoles.
Chicken Patties.

SECOND COURSE.
Roast Fillet of Veal and Béchamel Sauce.
Boiled Leg of Lamb.
Roast Fowls, garnished with Water-cresses.
Boiled Ham, garnished with Carrots and mashed Turnips.
Vegetables—Sea-kale, Spinach, or Brocoli.

THIRD COURSE.

蛋奶冻。果冻瓶在
花。玻璃杯。

意大利奶油。

达姆森果挞。小鸭，奶酪蛋糕。
已移除
内塞尔罗德布丁。

甜点与冰品。

1932. -十二人晚餐(三月)。

第一道菜。
白汤。
清炖肉汁汤。
水煮鲑鱼、虾酱与调味黄瓜。纸包烤鲻鱼。

前菜。
菲力牛排配西班牙酱汁。镶猪油牛胰。

肉饼。
鸡肉饼。

第二道菜。
烤小牛里脊配白汁酱。煮羊腿。

烤鸡，配水芹点缀。
煮火腿，以胡萝卜和萝卜泥装饰。蔬菜--海甘蓝、菠菜或西兰花。

第三道菜。

Two Ducklings.
Guinea-Fowl, larded.
Orange Jelly.
Charlotte Russe.
Coffee Cream.
Ice Pudding.
Macaroni with Parmesan Cheese.
Spinach, garnished with Croutons.

DESSERT AND ICES.

1933.—DINNER FOR 10 PERSONS (March).

FIRST COURSE.
Macaroni Soup.
Boiled Turbot and Lobster Sauce.
Salmon Cutlets.

ENTREES.
Compôte of Pigeons.
Mutton Cutlets and Tomato Sauce.

SECOND COURSE.
Roast Lamb.
Boiled Half Calf's Head, Tongue, and Brains.
Boiled Bacon-cheek, garnished with spoonfuls of Spinach.
Vegetables.

THIRD COURSE.
Ducklings.
Plum-pudding.
Ginger Cream.

两只小鸭。
珍珠鸡，涂油烤制。橙子果冻。
夏洛特·鲁斯。
咖啡奶油。
冰布丁。
通心粉配帕玛森奶酪。菠菜，配油炸面包丁点缀。

甜点与冰品。

1933.--十人份晚餐(三月)。

第一道菜。
通心粉汤。
煮多宝鱼配龙虾酱。三文鱼排。

前菜。
鸽子蜜饯
羊肉排配番茄酱。

第二道菜。
烤羔羊肉。
煮半只小牛头、牛舌和牛脑。
煮咸肉颊，配以数勺菠菜作点缀。蔬菜类。

第三道菜。
小鸭。
葡萄干布丁。
姜汁奶油。

Trifle.
Rhubarb Tart.
Cheesecakes.
Fondues, in cases.

DESSERT AND ICES.

1934.—DINNER FOR 8 PERSONS (March).

FIRST COURSE.
Calf's-Head Soup.
Brill and Shrimp Sauce.
Broiled Mackerel à la Maître d'Hôtel.

ENTREES.
Lobster Cutlets.
Calf's Liver and Bacon, aux fines herbes.

SECOND COURSE.
Roast Loin of Veal.
Two Boiled Fowls à la Béchamel.
Boiled Knuckle of Ham.
Vegetables—Spinach or Brocoli.

THIRD COURSE.
Wild Ducks.
Apple Custards.
Blancmange.
Lemon Jelly.
Jam Sandwiches.
Ice Pudding.
Potatoes à la Maître d'Hôtel.

松糕。
大黄挞。
芝士蛋糕。
干酪火锅，盒装。

甜点与冰品。

1934.--八人晚餐(三月)。

第一道菜。
牛头汤。
布里尔与虾酱。
烤鲭鱼配总管黄油

前菜。
龙虾肉饼。
小牛肝配培根，香草风味。

第二道菜。
烤小牛里脊。
两只白汁煮鸡。煮火腿肘。

蔬菜--菠菜或西兰花。

第三道菜。
野鸭。
苹果蛋奶冻。
牛奶冻。
柠檬果冻。
果酱三明治。
冰布丁。
主厨风味土豆。

DESSERT AND ICES.

1935.—DINNER FOR 6 PERSONS (March).—I.

FIRST COURSE.
Vermicelli Soup.
Soles à la Crême.

ENTREES.
Veal Cutlets.
Small Vols-au-Vent.

SECOND COURSE.
Small Saddle of Mutton.
Half Calf's Head.
Boiled Bacon-cheek, garnished with Brussels Sprouts.

THIRD COURSE.
Cabinet Pudding.
Orange Jelly.
Custards, in glasses.
Rhubarb Tart.
Lobster Salad.

DESSERT.

1936.—DINNER FOR 6 PERSONS (March).—II.

FIRST COURSE.
Julienne Soup.
Baked Mullets.

ENTREES.
Chicken Cutlets.

甜点与冰品。

1935.六人晚餐(三月)--一

第一道菜。
粉丝汤。
奶油鳎鱼

前菜。
小牛肉片。
小沃尔-au-旺。

第二道菜。
小羊脊肉。
半个小牛头。
水煮培根脸颊肉，配抱子甘蓝装饰。

第三道菜。
橱柜布丁。
橙子果冻。
蛋奶冻，盛于玻璃杯中。
大黄挞。
龙虾沙拉。

甜点。

1936.--六人晚餐(三月)。--二。

第一道菜。
朱丽安汤。
烤鲻鱼。

前菜。
鸡排。

Oyster Patties.

SECOND COURSE.
Roast Lamb and Mint Sauce.
Boiled Leg of Pork.
Pease Pudding.
Vegetables.

THIRD COURSE.
Ducklings.
Swiss Cream.
Lemon Jelly.
Cheesecakes.
Rhubarb Tart.
Macaroni.

Dessert.

1937.—DINNER FOR 6 PERSONS (March).—III.

FIRST COURSE.
Oyster Soup.
Boiled Salmon and dressed Cucumber.

ENTREES.
Rissoles. Fricasseed Chicken.

SECOND COURSE.
Boiled Leg of Mutton, Caper Sauce.
Roast Fowls, garnished with
Water-cresses.
Vegetables.

THIRD COURSE.

生蚝酥盒。

第二道菜。

烤羊肉配薄荷酱。煮猪腿。

豌豆布丁。

蔬菜。

第三道菜。

小鸭。

瑞士奶油。

柠檬果冻。

芝士蛋糕。

大黄挞。

通心粉。

甜点。

1937.-六人晚餐(三月)。- III.

第一道菜。

牡蛎汤。

水煮鲑鱼配黄瓜。

前菜。

炸肉丸。炖鸡。

第二道菜。

煮羊腿，配刺山柑酱。烤鸡，配水田芥
点缀。

蔬菜。

第三道菜。

Charlotte aux Pommes.
Orange Jelly.
Lemon Cream.
Soufflé of Arrowroot.
Sea-kale.

DESSERT.

1938.—DINNER FOR 6 PERSONS (March).—IV.

FIRST COURSE.
Ox-tail Soup.
Boiled Mackerel.

ENTREES.
Stewed Mutton Kidneys.
Minced Veal and Oysters.

SECOND COURSE.
Stewed Shoulder of Veal.
Roast Ribs of Beef and Horseradish Sauce.
Vegetables.

THIRD COURSE.
Ducklings.
Tartlets of Strawberry Jam.
Cheesecakes.
Gateau de Riz.
Carrot Pudding.
Sea-kale.

DESSERT.

夏洛特苹果。橙子果冻。

柠檬奶油。

箭根粉舒芙蕾。海甘
蓝。

甜点。

1938.-六人晚餐(三月)。-四。

第一道菜。
牛尾汤。
煮鲭鱼。

前菜。
炖羊腰。碎小牛肉与牡蛎。

第二道菜。
炖小牛肩肉。
烤牛肋排与辣根酱。蔬菜。

第三道菜。
小鸭。
草莓酱小挞。奶酪蛋糕。

米糕
胡萝卜布丁。
海甘蓝。

甜点。

PLAIN FAMILY DINNERS FOR MARCH.

1939. *Sunday*.—1. Boiled 1/2 calf's head, pickled pork, the tongue on a small dish with the brains round it; mutton cutlets and mashed potatoes. 2. Plum tart made with bottled fruit, baked custard pudding, Baroness pudding.

1940. *Monday*.—1. Roast shoulder of mutton and onion sauce, brocoli, baked potatoes. 2. Slices of Baroness pudding warmed, and served with sugar sprinkled over. Cheesecakes.

1941. *Tuesday*.—1. Mock turtle soup, made with liquor that calf's head was boiled in, and the pieces of head. 2. Hashed mutton, rump-steaks and oyster sauce. 3. Boiled plum-pudding.

1942. *Wednesday*.—1. Fried whitings, melted butter, potatoes. 2. Boiled beef, suet dumplings, carrots, potatoes, marrow-bones. 3. Arrowroot blancmange, and stewed rhubarb.

1943. *Thursday*.—1. Pea-soup made from liquor that beef was boiled in. 2. Stewed rump-steak, cold beef, mashed potatoes. 3. Rolled jam pudding.

1944. *Friday*.—1. Fried soles, melted butter, potatoes. 2. Roast loin of mutton, brocoli, potatoes, bubble-and-squeak. 3. Rice pudding.

1945. *Saturday*.—1.—Rump-steak pie, haricot mutton made with remains of cold loin. 2. Pancakes, ratafia pudding.

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1946. *Sunday*.—1. Roast fillet of veal, boiled ham, spinach and potatoes. 2. Rhubarb tart, custards in glasses, bread-and-butter

三月家庭正餐

1939. 星期日。- 1. 煮半个小牛头、腌猪肉，舌头放在小碟上，周围摆脑；羊排和土豆泥。2. 用瓶装水果制成的李子馅饼、烤蛋奶布丁、男爵夫人布丁。

1940. 星期一。- 1. 烤羊肩和洋葱酱汁、西兰花、烤土豆。2. 男爵夫人布丁切片加热，撒糖食用。奶酪蛋糕。

1941. 星期二。- 1. 仿龟汤，用煮小牛头的汤水和头肉块制成。2. 碎羊肉、牛臀肉排和牡蛎酱汁。3. 煮李子布丁。

1942. 星期三。- 1. 炸牙鳕、融黄油、土豆。2. 煮牛肉、板油团子、胡萝卜、土豆、骨髓骨。3. 竹芋粉牛奶冻和炖大黄。

1943. 星期四。- 1. 用煮牛肉的汤水制成的豌豆汤。2. 炖牛臀肉排、冷牛肉、土豆泥。3. 卷果酱布丁。

1944. 星期五。- 1. 炸鳎鱼、融黄油、土豆。2. 烤羊腰肉、西兰花、土豆、bubble-and-squeak。3. 米布丁。

1945. 星期六。- 1. 牛臀肉馅饼、用剩余冷腰肉制成的烩羊肉。2. 煎饼、果仁布丁。

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1946. 星期日。- 1. 烤小牛肉片、煮火腿、菠菜和土豆。2. 大黄馅饼、玻璃杯装蛋奶冻、面包黄油

pudding.

1947. *Monday*.—1. Baked soles, potatoes. 2. Minced veal and rump-steak pie. 3. Somersetshire dumplings with the remains of custards poured round them; marmalade tartlets.

1948. *Tuesday*.—1. Gravy soup. 2. Boiled leg of mutton, mashed turnips, suet dumplings, caper sauce, potatoes, veal rissoles made with remains of fillet of veal. 3. Cheese.

1949. *Wednesday*.—1. Stewed mullets. 2. Roast fowls, bacon, gravy, and bread sauce, mutton pudding, made with a few slices of the cold meat and the addition of two kidneys. 3. Baked lemon pudding.

1950. *Thursday*.—1. Vegetable soup made with liquor that the mutton was boiled in, and mixed with the remains of gravy soup. 2. Roast ribs of beef, Yorkshire pudding, horseradish sauce, brocoli and potatoes. 3. Apple pudding or macaroni.

1951. *Friday*.—1. Stewed eels, pork cutlets and tomato sauce. 2. Cold beef, mashed potatoes. 3. Plum tart made with bottled fruit.

1952. *Saturday*.—1. Rump-steak-and-kidney pudding, broiled beef-bones, greens and potatoes. 2. Jam tartlets made with pieces of paste from plum tart, baked custard pudding.

APRIL.

1953.—DINNER FOR 18 PERSONS.

First Course.

Spring Soup,

布丁。

1947. 星期一。- 1. 烤鳎鱼、土豆。2. 碎小牛肉和牛臀肉馅饼。3. 萨默塞特郡团子，周围浇上剩余的蛋奶冻；果酱小馅饼。

1948. 星期二。- 1. 肉汁汤。2. 煮羊腿、萝卜泥、板油团子、刺山柑酱汁、土豆、用剩余小牛肉片制成的小牛肉炸丸。3. 奶酪。

1949. 星期三。- 1. 炖鲻鱼。2. 烤禽肉、培根、肉汁和面包酱汁、羊肉布丁，用几片冷肉加两个腰子制成。3. 烤柠檬布丁。

1950. 星期四。- 1. 用煮羊肉的汤水制成并混入剩余肉汁汤的蔬菜汤。2. 烤牛肋排、约克郡布丁、辣根酱汁、西兰花和土豆。3. 苹果布丁或通心粉。

1951. 星期五。- 1. 炖鳗鱼、猪排和番茄酱汁。2. 冷牛肉、土豆泥。3. 用瓶装水果制成的李子馅饼。

1952. 星期六。- 1. 牛臀肉腰子布丁、烤牛骨、青菜和土豆。2. 用李子馅饼剩余面皮制成的小果酱馅饼、烤蛋奶布丁。

四月。

1953. **供18人食用。**

第一道菜。

春季汤，

removed by
Salmon and Lobster Sauce.

Fillet of Mackerel. Vase of Fried Smelts.
Flowers.

Soles a la Crême.

Entrées.

Lamb Cutlets and Asparagus Peas.

Curried Lobster. Vase of Oyster Patties.
Flowers.

Grenadines de Veau.

Second Course.

Roast Ribs of Lamb.

Larded Capon.

Stewed Beef A la Vase of Boiled Ham.
Jardinière. Flowers.

Spring Chickens.

Braised Turkey.

Third Course.

Ducklings,
removed by
Cabinet Pudding.

Clear Jelly. Charlotte a la Parisienne. Orange Jelly.

Raspberry Jam Turtles. Vase of Cheese-Cakes.

已移除
三文鱼与龙虾酱。

鲭鱼柳。炸胡瓜鱼盘。
鲜花。

奶油鳎鱼

主菜。

羊排与芦笋豌豆。

咖喱龙虾。牡蛎馅饼盘。
鲜花。

小牛肉格勒纳丁

第二道菜。

烤羊肋排。

填馅阉鸡。

罐焖牛肉配煮火腿花瓶式。什锦蔬菜。花卉。

春鸡。

烩火鸡。

第三道菜。

小鸭，由内阁布丁
移除。

透明果冻。巴黎式夏洛特(Charlotte a la Parisienne)。橙子果冻。覆盆子果酱龟。奶酪蛋糕花瓶。

Victoria Sandwiches. Flowers. Rhubarb Tart.

Raspberry Cream.

Nesselrode Pudding.

DESSERT AND ICES.

1954.—DINNER FOR 12 PERSONS (April).

FIRST COURSE.
Soup à la Reine.
Julienne Soup.
Turbot and Lobster Sauce.
Slices of Salmon a la Genévése.

ENTREES.
Croquettes of Leveret.
Fricandeau de Veau.
Vol-au-Vent.
Stewed Mushrooms.

SECOND COURSE.
Fore-quarter of Lamb.
Saddle of Mutton.
Boiled Chickens and Asparagus Peas.
Boiled Tongue garnished with Tufts of Brocoli.
Vegetables.

THIRD COURSE.
Ducklings. Larded Guinea-Fowls.
Charlotte a la Parisienne.
Orange Jelly.

维多利亚三明治。鲜花。大黄挞。

覆盆子奶油。

内塞尔罗德布丁。

甜点与冰品。

1954.--十二人晚餐(四月)。

第一道菜。
王后风味汤。
朱丽安汤。
多宝鱼配龙虾酱。日内瓦式三文鱼片。

前菜。
小兔肉可乐饼。
小牛肉弗里康多
酥皮馅饼。
炖蘑菇。

第二道菜。
羊前四分之一。
羊脊肉。
煮鸡与芦笋豌豆。
煮舌配西兰花簇。蔬菜。

第三道菜。
小鸭。肥猪肉片包珍珠鸡。巴黎式夏洛特。橙汁果冻。

Meringues.
Ratafia Ice Pudding.
Lobster Salad.
Sea-kale.

DESSERT AND ICES.

1955.—DINNER FOR 10 PERSONS (April).

FIRST COURSE
Gravy Soup.
Salmon and Dressed Cucumber.
Shrimp Sauce.
Fillets of Whitings.

ENTREES.
Lobster Cutlets.
Chicken Patties.

SECOND COURSE.
Roast Fillet of Veal.
Boiled Leg of Lamb.
Ham, garnished with Brocoli.
Vegetables.

THIRD COURSE.
Ducklings.
Compôte of Rhubarb.
Custards.
Vanilla Cream.
Orange Jelly.
Cabinet Pudding.

蛋白霜。
拉塔菲亚冰布丁。龙虾沙拉。
海甘蓝。

甜点与冰品。

1955.--十人晚餐(四月)。

第一道菜
肉汁汤。
三文鱼配黄瓜沙拉。虾酱。

牙鳕鱼柳。

前菜。
龙虾肉饼。
鸡肉饼。

第二道菜。
烤小牛里脊。
煮羊腿。
火腿，配西兰花。蔬菜。

第三道菜。
小鸭。
大黄蜜饯
蛋奶冻。
香草奶油。
橙子果冻。
橱柜布丁。

Ice Pudding.

DESSERT.

1956.—DINNER FOR 8 PERSONS (April).

FIRST COURSE.
Spring Soup.
Slices of Salmon and Caper Sauce.
Fried Filleted Soles.

ENTREES.
Chicken Vol-au-Vent.
Mutton Cutlets and Tomato Sauce.

SECOND COURSE.
Roast Loin of Veal.
Boiled Fowls à la Béchamel.
Tongue.
Vegetables.

THIRD COURSE.
Guinea-Fowl.
Sea-kale.
Artichoke Bottoms.
Cabinet Pudding.
Blancmange.
Apricot Tartlets.
Rice Fritters.
Macaroni and Parmesan Cheese.

DESSERT.

冰布丁。

甜点。

1956.--八人晚餐(四月)。

第一道菜。
春季汤。
三文鱼片配刺山柑酱。炸去骨鳎鱼片。

前菜。
鸡肉酥皮馅饼。
羊肉排配番茄酱。

第二道菜。
烤小牛里脊。
白汁煮鸡。舌肉。

蔬菜。

第三道菜。
珍珠鸡。
海甘蓝。
洋蓟底。
橱柜布丁。
牛奶冻。
杏子小馅饼。
米饭炸饼。
通心粉与帕尔马干酪。

甜点。

1957.—DINNER FOR 6 PERSONS (April).

FIRST COURSE.
Tapioca Soup.
Boiled Salmon and Lobster Sauce.

ENTREES.
Sweetbreads.
Oyster Patties.

SECOND COURSE.
Haunch of Mutton.
Boiled Capon and White Sauce.
Tongue.
Vegetables.

THIRD COURSE.
Soufflé of Rice.
Lemon Cream.
Charlotte & la Parisienne.
Rhubarb Tart.

DESSERT.

1958.—DINNER FOR 6 PERSONS (April).—II.

FIRST COURSE.
Julienne Soup.
Fried Whitings.
Red Mullet.

ENTREES.
Lamb Cutlets and Cucumbers.

1957.--六人晚餐(四月)。

第一道菜。
木薯汤。
水煮三文鱼配龙虾酱。

前菜。
甜面包。
生蚝酥盒。

第二道菜。
羊腿肉。
煮阉鸡配白汁。舌肉。

蔬菜。

第三道菜。
米饭舒芙蕾。
柠檬奶油。
夏洛特与巴黎式。大黄挞。

甜点。

1958.-六人晚餐(四月)。- II.

第一道菜。
朱丽安汤。
炸牙鳕
红鲻鱼。

前菜。
羊排与黄瓜。

Rissoles.

SECOND COURSE.
Roast Ribs of Beef.
Neck of Veal à la Béchamel.
Vegetables.

THIRD COURSE.
Ducklings.
Lemon Pudding.
Rhubarb Tart.
Custards.
Cheesecakes.

DESSERT.

1959.—DINNER FOR 6 PERSONS (April).—III.

FIRST COURSE.
Vermicelli Soup.
Brill and Shrimp Sauce.

ENTREES.
Fricandeau of Veal.
Lobster Cutlets.

SECOND COURSE.
Roast Fore-quarter of Lamb.
Boiled Chickens.
Tongue.
Vegetables.

THIRD COURSE.

肉饼。

第二道菜。烤牛肋
排。

小牛颈肉配白汁。蔬菜。

第三道菜。小鸭。

柠檬布丁。
大黄挞。
蛋奶冻。
芝士蛋糕。

甜点。

1959.--六人晚餐(四月)--三。

第一道菜。
粉丝汤。
布里尔与虾酱。

前菜。
小牛肉弗里康多
龙虾肉饼。

第二道菜。
烤羊前四分之一。煮鸡。

舌头。
蔬菜。

第三道菜。

Goslings.

Sea-kale.
Plum-pudding.
Whipped Cream.
Compôte of Rhubarb.
Cheesecakes.

DESSERT.

1960.—DINNER FOR 6 PERSONS (April).—IV.

FIRST COURSE.
Ox-tail Soup.
Crimped Salmon.

ENTREES.
Croquettes of Chicken.
Mutton Cutlets and Soubise Sauce.

SECOND COURSE.
Roast Fillet of Veal.
Boiled Bacon-cheek garnished with Sprouts.
Boiled Capon. Vegetables.

THIRD COURSE.
Sea-kale. Lobster Salad.
Cabinet Pudding.
Ginger Cream.
Raspberry Jam Tartlets.
Rhubarb Tart. Macaroni.

DESSERT.

小鹅。

海甘蓝。

葡萄干布丁。

掼奶油。大黄蜜饯。奶
酪蛋糕。

甜点。

1960.-六人晚餐(四月)。- IV.

第一道菜。

牛尾汤。

卷边鲑鱼。

前菜。

鸡肉可乐饼。

羊肉排与苏比斯酱。

第二道菜。

烤小牛里脊。

水煮培根脸颊肉配抱子甘蓝。水煮阉鸡。蔬菜。

第三道菜。

海甘蓝。龙虾沙拉。内阁
布丁。

姜汁奶油。

覆盆子果酱小挞。大黄挞。
通心粉。

甜点。

PLAIN FAMILY DINNERS FOR APRIL.

1961. *Sunday.*—1. Clear gravy soup. 2. Roast haunch of mutton, sea-kale, potatoes. 3. Rhubarb tart, custards in glasses.

1962. *Monday.*—1. Crimped skate and caper sauce. 2. Boiled knuckle of veal and rice, cold mutton, mashed potatoes. 3. Baked plum-pudding.

1963. *Tuesday.*—1. Vegetable soup. 2. Toad-in-the-hole, made from remains of cold mutton. 3. Stewed rhubarb and baked custard pudding.

1964. *Wednesday.*—1. Fried soles, anchovy sauce. 2. Boiled beef, carrots, suet dumplings. 3. Lemon pudding.

1965. *Thursday.*—1. Pea-soup made with liquor that beef was boiled in. 2. Cold beef, mashed potatoes, mutton cutlets and tomato sauce. 3. Macaroni.

1966. *Friday.*—1. Bubble-and-squeak, made with remains of cold beef. Roast shoulder of veal stuffed, spinach, potatoes. 2. Boiled batter pudding and sweet sauce.

1967. *Saturday.*—1. Stewed veal with vegetables, made from the remains of the shoulder. Broiled rump-steaks and oyster sauce. 2. Yeast-dumplings.

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1968. *Sunday.*—1. Boiled salmon and dressed cucumber, anchovy sauce 2. Roast fore-quarter of lamb, spinach, potatoes, mint sauce. 2. Rhubarb tart, cheesecakes.

1969. *Monday.*—1. Curried salmon, made with remains of salmon,

四月家常便餐

1961. 星期日。 - 1. 清肉汁汤。2. 烤羊腿，海甘蓝，土豆。3. 大黄馅饼，玻璃杯装蛋奶冻。

1962. 星期一。 - 1. 皱叶鳐鱼配刺山柑酱汁。2. 煮小牛膝配米饭，冷羊肉，土豆泥。3. 烤李子布丁。

1963. 星期二。 - 1. 蔬菜汤。2. 面糊烤香肠(toad-in-the-hole)，用冷羊肉剩余部分制作。3. 炖大黄和烤蛋奶冻布丁。

1964. 星期三。 - 1. 炸鳎鱼，鲽鱼酱汁。2. 煮牛肉，胡萝卜，板油饺子。3. 柠檬布丁。

1965. 星期四。 - 1. 豌豆汤，用煮牛肉的汤汁制作。2. 冷牛肉，土豆泥，羊肉肉排配番茄酱汁。3. 通心粉。

1966. 星期五。 - 1. 泡泡吱吱(bubble-and-squeak)，用冷牛肉剩余部分制作。烤填馅小牛肩肉，菠菜，土豆。2. 煮面糊布丁配甜酱汁。

1967. 星期六。 - 1. 炖小牛肉配蔬菜，用肩肉剩余部分制作。烤臀肉牛排配牡蛎酱汁。2. 酵母饺子。

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1968. 星期日。 - 1. 煮鲑鱼配凉拌黄瓜，鲽鱼酱汁。2. 烤羔羊前四分之一，菠菜，土豆，薄荷酱汁。2. 大黄馅饼，奶酪蛋糕。

1969. 星期一。 - 1. 咖喱鲑鱼，用鲑鱼剩料制成，

dish of boiled rice. 2. Cold lamb, Rump-steak-and-kidney pudding, potatoes. 3. Spinach and poached eggs.

1970. *Tuesday.*—1. Scotch mutton broth with pearl barley. 2. Boiled neck of mutton, caper sauce, suet dumplings, carrots. 3. Baked rice-pudding.

1971. *Wednesday.*—1. Boiled mackerel and melted butter or fennel sauce, potatoes. 2. Roast fillet of veal, bacon, and greens. 3. Fig pudding.

1972. *Thursday.*—1. Flemish soup. 2. Roast loin of mutton, brocoli, potatoes; veal rolls made from remains of cold veal. 3. Boiled rhubarb pudding.

1973. *Friday.*—1. Irish stew or haricot, made from cold mutton, minced veal. 2. Half-pay pudding.

1974. *Saturday.*—1. Rump-steak pie, broiled mutton-chops. 2. Baked arrowroot pudding.

MAY.

1975.—DINNER FOR 18 PERSONS.

First Course.

Asparagus Soup,
removed by
Salmon and Lobster
Sauce.

Fried Filleted Vase of Fillets of Mackerel,
Soles Flowers. à la Maître d'Hôtel.

一盘煮米饭。2. 冷羔羊肉，臀肉牛排腰子布丁，土豆。3. 菠菜和水波蛋。

1970. 星期二。 - 1. 苏格兰羊肉肉汤配珍珠大麦。2. 煮羊颈肉，刺山柑酱汁，板油饺子，胡萝卜。3. 烤米布丁。

1971. 星期三。 - 1. 煮鲭鱼配融化黄油或茴香酱汁，土豆。2. 烤小牛里脊，培根，绿叶蔬菜。3. 无花果布丁。

1972. 星期四。 - 1. 佛兰芒汤。2. 烤羊腰肉，西兰花，土豆；小牛肉卷，用冷小牛肉剩余部分制作。3. 煮大黄布丁。

1973. 星期五。 - 1. 爱尔兰炖菜或蔬菜炖羊肉(haricot)，用冷羊肉制作，碎小牛肉。2. 半薪布丁(half-pay pudding)。

1974. 星期六。 - 1. 臀肉牛排馅饼，烤羊排。2. 烤竹芋粉布丁。

五月。

1975. **供18人食用。**

第一道菜。

芦笋汤，撤下后

三文鱼与龙虾
酱汁。

炸鱼柳鲭鱼柳盘，
鳎鱼柳配总管黄油。

Oxtail Soup,
removed by
Brill & Shrimp Sauce.

Entrées.

Lamb Cutlets and
Cucumbers.

Lobster Pudding. Vase of Curried Fowl.
Flowers.

Veal Ragoût.

Second Course.

Saddle of Lamb.

Raised Pie.

Roast Fowls. Vase of Boiled Capon
Flowers. and White Sauce.

Braised Ham.

Roast Veal.

Third Course.

Almond Goslings, Lobster Salad.
Cheesecake removed by
College Puddings.

Noyeau Jelly.

Italian Vase of Charlotte à la
Cream. Flowers. Parisienne.

牛尾汤，撇去

布里尔与虾酱。

主菜。

羊排和
黄瓜。

龙虾布丁。咖喱鸡花瓶。
鲜花。

小牛肉炖菜。

第二道菜。

羊脊肉。

烤派。

烤鸡。煮阉鸡盘
花。和白酱。

烩火腿。

烤小牛肉。

第三道菜。

杏仁醋栗鹅、龙虾沙拉。芝士蛋糕已
撤下
学院布丁。

诺约果冻。

意大利夏洛特奶油花瓶。花卉。
巴黎式。

Inlaid Jelly.

Plovers' Ducklings,
Eggs. removed by Tartlets.
Nesselrode Pudding.

DESSERT AND ICES.

1976.—DINNER FOR 12 PERSONS (May).

FIRST COURSE.
White Soup.
Asparagus Soup.
Salmon Cutlets. Boiled Turbot and Lobster Sauce.

ENTREES.
Chicken Vol-au-Vent.
Lamb Cutlets and Cucumbers.
Fricandeau of Veal.
Stewed Mushrooms.

SECOND COURSE.
Roast Lamb. Haunch of Mutton.
Boiled and Roast Fowls.
Vegetables.

THIRD COURSE.
Ducklings.
Goslings.
Charlotte Russe.
Vanilla Cream.
Gooseberry Tart. Custards.
Cheesecakes.

镶嵌果冻。

凤头麦鸡的雏鸟，
鸡蛋。由馅饼移除。
内塞尔罗德布丁。

甜点与冰品。

1976.--十二人晚餐(五月)。

第一道菜。
白汤。
芦笋汤。
鲑鱼排。煮比目鱼配龙虾酱。

前菜。
鸡肉酥皮馅饼。
羊排配黄瓜。小牛肉弗里康多。

炖蘑菇。

第二道菜。
烤羔羊。羊腿。煮鸡与烤鸡。

蔬菜。

第三道菜。
小鸭。
小鹅。
夏洛特·鲁斯。
香草奶油。
醋栗挞。蛋奶冻。奶酪蛋糕。

Cabinet Pudding and Iced Pudding.

DESSERT AND ICES.

1977.—DINNER FOR 10 PERSONS (May).

FIRST COURSE.
Spring Soup.
Salmon à la Genévése.
Red Mullet.

ENTREES.
Chicken Vol-au-Vent.
Calf's Liver and Bacon aux Fines Herbes.

SECOND COURSE.
Saddle of Mutton.
Half Calf's Head, Tongue, and Brains.
Braised Ham.
Asparagus.

THIRD COURSE.
Roast Pigeons.
Ducklings.
Sponge-cake Pudding.
Charlotte à la Vanille.
Gooseberry Tart.
Cream.
Cheesecakes.
Apricot-jam Tart.

DESSERT AND ICES.

橱柜布丁与冰镇布丁。

甜点与冰品。

1977.--十人晚餐(五月)。

第一道菜。
春季汤。
热内瓦式鲑鱼。红鲻鱼。

前菜。
鸡肉酥皮馅饼。
小牛肝与培根配香草。

第二道菜。
羊脊肉。
半个小牛头、牛舌和牛脑。烩火腿。

芦笋。

第三道菜。
烤鸽子。
小鸭。
海绵蛋糕布丁。香草夏洛
特。醋栗挞。

奶油。
芝士蛋糕。
杏子酱挞。

甜点与冰品。

1978.—DINNER FOR 8 PERSONS (May).

FIRST COURSE.
Julienne Soup.
Brill and Lobster Sauce.
Fried Fillets of Mackerel.

ENTREES
Lamb Cutlets and Cucumbers.
Lobster Patties.

SECOND COURSE.
Roast Fillet of Veal.
Boiled Leg of Lamb.
Asparagus.

THIRD COURSE.
Ducklings.
Gooseberry Tart.
Custards.
Fancy Pastry.
Soufflé.

DESSERT AND ICES.

1979.—DINNER FOR 6 PERSONS (May).—I.

FIRST COURSE.
Vermicelli Soup.
Boiled Salmon and Anchovy Sauce.

ENTREES.
Fillets of Beef and Tomato Sauce.

1978.--八人晚餐(五月)。

第一道菜。
朱丽安汤。
布里尔与龙虾酱。炸鲭鱼柳。

主菜
羊排配黄瓜。龙虾酥盒。

第二道菜。
烤小牛里脊。
煮羊腿。
芦笋。

第三道菜。
小鸭。
醋栗挞。
蛋奶冻。
花式糕点。
舒芙蕾。

甜点与冰品。

1979.--六人晚餐(五月)--一。

第一道菜。
粉丝汤。
水煮三文鱼配鲽鱼酱。

前菜。
牛柳配番茄酱。

Sweetbreads.

SECOND COURSE.
Roast Lamb.
Boiled Capon.
Asparagus.

THIRD COURSE.
Ducklings.
Cabinet Pudding.
Compôte of Gooseberries.
Custards in Glasses.
Blancmange.
Lemon Tartlets.
Fondue.

DESSERT.

1980.—DINNER FOR 6 PERSONS (May).—II.

FIRST COURSE.
Macaroni Soup.
Boiled Mackerel à la Maitre d'Hôtel.
Fried Smelts.

ENTREES.
Scollops of Fowl.
Lobster Pudding.

SECOND COURSE.
Boiled Leg of Lamb and Spinach.
Roast Sirloin of Beef and Horseradish Sauce.
Vegetables.

甜面包。

第二道菜。烤羔羊
肉。
煮阉鸡。
芦笋。

第三道菜。小鸭。

橱柜布丁。
醋栗糖渍。玻璃杯蛋奶冻。白
奶冻。

柠檬小挞。
芝士火锅。

甜点。

1980.-六人晚餐(五月)。--二。

第一道菜。
通心粉汤。
水煮鲭鱼配总管酱。炸胡瓜鱼。

前菜。
家禽扇贝。
龙虾布丁。

第二道菜。
煮羊腿配菠菜。
烤牛里脊配辣根酱。蔬菜。

THIRD COURSE.
Roast Leveret.
Salad.
Soufflé of Rice.
Ramekins.
Strawberry-jam Tartlets.
Orange Jelly.

DESSERT.

1981.—DINNER FOR 6 PERSONS (May).—III.

FIRST COURSE.
Julienne Soup.
Trout with Dutch Sauce.
Salmon Cutlets.

ENTREES.
Lamb Cutlets and Mushrooms.
Vol-au-Vent of Chicken.

SECOND COURSE.
Roast Lamb.
Calf's Head à la Tortue.
Vegetables.

THIRD COURSE.
Spring Chickens.
Iced Pudding.
Vanilla Cream.
Clear Jelly.
Tartlets.

第三道菜。烤小野兔。

沙拉。

米饭舒芙蕾。

小烤盅。

草莓酱小挞。橙子果冻。

甜点。

1981.-六人晚餐(五月)--三。

第一道菜。

朱丽安汤。

鳟鱼配荷兰酱。三文鱼排。

前菜。

羊排配蘑菇。鸡肉酥盒。

第二道菜。

烤羔羊肉。

牛头龟式。蔬菜。

第三道菜。

春鸡。

冰镇布丁。

香草奶油。

清果冻。

小馅饼。

Cheesecakes.

DESSERT.

1982.—DINNER FOR 6 PERSONS (May).—IV.

FIRST COURSE.
Soup à la Reine.
Crimped Trout and Lobster Sauce.
Baked Whitings aux Fines Herbes.

ENTREES.
Braised Mutton Cutlets and Cucumbers.
Stewed Pigeons.

SECOND COURSE.
Roast Fillet of Veal.
Bacon-cheek and Greens.
Fillet of Beef à la Jardinière.

THIRD COURSE.
Ducklings.
Soufflé à la Vanille.
Compôte of Oranges.
Meringues.
Gooseberry Tart.
Fondue.

DESSERT.

PLAIN FAMILY DINNERS FOR MAY.

1983. *Sunday*.—1. Vegetable soup. 2. Saddle of mutton, asparagus

芝士蛋糕。

甜点。

1982.-六人晚餐(五月)。- IV。

第一道菜。
王后风味汤。
卷边鳟鱼配龙虾酱。香草烤牙鳕。

前菜。
焖羊肉片配黄瓜。炖鸽子。

第二道菜。
烤小牛里脊。
培根颊肉配绿叶菜。菜园式牛里
脊。

第三道菜。
小鸭。
香草舒芙蕾。
橙子蜜饯。
蛋白霜。
醋栗挞。
芝士火锅。

甜点。

五月家庭便餐

1983. 星期日。--1. 蔬菜汤。2. 羊脊肉，芦笋

and potatoes. 3. Gooseberry tart, custards.

1984. *Monday*.—1. Fried whitings, anchovy sauce. 2. Cold mutton, mashed potatoes, stewed veal. 3. Fig pudding.

1985. *Tuesday*.—1. Haricot mutton, made from remains of cold mutton, rump-steak pie. 2. Macaroni.

1986. *Wednesday*.—1. Roast loin of veal and spinach, boiled bacon, mutton cutlets and tomato sauce. 2. Gooseberry pudding and cream.

1987. *Thursday*.—1. Spring soup. 2. Roast leg of lamb, mint sauce, spinach, curried veal and rice. 3. Lemon pudding.

1988. *Friday*.—1. Boiled mackerel and parsley-and-butter. 2. Stewed rump-steak, cold lamb and salad. 3. Baked gooseberry pudding.

1989. *Saturday*.—1. Vermicelli. 2. Rump-steak pudding, lamb cutlets, and cucumbers. 3. Macaroni.

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1990. *Sunday*.—1. Boiled salmon and lobster or caper sauce. 2. Roast lamb, mint sauce, asparagus, potatoes. 3. Plum-pudding, gooseberry tart.

1991. *Monday*.—1. Salmon warmed in remains of lobster sauce and garnished with croûtons. 2. Stewed knuckle of veal and rice, cold lamb and dressed cucumber. 3. Slices of pudding warmed, and served with sugar sprinkled over. Baked rice pudding.

1992. *Tuesday*.—1. Roast ribs of beef, horseradish sauce, Yorkshire pudding, spinach and potatoes. 2. Boiled lemon

以及土豆。3. 醋栗挞，蛋奶冻。

1984. 星期一。- 1. 炸牙鳕，鲽鱼酱汁。2. 冷羊肉，土豆泥，炖小牛肉。3. 无花果布丁。

1985. 星期二。- 1. 蔬菜炖羊肉(haricot mutton)，用冷羊肉剩余部分制作，臀肉牛排馅饼。2. 通心粉。

1986. 星期三。- 1. 烤小牛腰肉配菠菜，煮培根，羊肉肉排配番茄酱汁。2. 醋栗布丁配奶油。

1987. 星期四。- 1. 春季汤。2. 烤羔羊腿，薄荷酱汁，菠菜，咖喱小牛肉配米饭。3. 柠檬布丁。

1988. 星期五。- 1. 煮鲭鱼配欧芹黄油。2. 炖臀肉牛排，冷羔羊肉和沙拉。3. 烤醋栗布丁。

1989. 星期六。- 1. 细面条。2. 臀肉牛排布丁，羔羊肉排，黄瓜。3. 通心粉。

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1990. 星期日。- 1. 煮鲑鱼配龙虾酱汁或刺山柑酱汁。2. 烤羔羊肉，薄荷酱汁，芦笋，土豆。3. 李子布丁，醋栗馅饼。

1991. 星期一。- 1. 鲑鱼在剩余龙虾酱汁中加热，配油炸面包丁装饰。2. 炖小牛膝配米饭，冷羔羊肉和凉拌黄瓜。3. 布丁切片加热，撒糖食用。烤米布丁。

1992. 星期二。- 1. 烤牛肋排，辣根酱汁，约克郡布丁，菠菜和土豆。2. 煮柠檬

pudding.

1993. *Wednesday*.—1. Fried soles, melted butter. 2. Cold beef and dressed cucumber or salad, veal cutlets and bacon. 3. Baked plum-pudding.

1994. *Thursday*.—1. Spring soup. 2. Calf's liver and bacon, broiled beef-bones, spinach and potatoes. 3. Gooseberry tart.

1995. *Friday*.—1. Roast shoulder of mutton, baked potatoes, onion sauce, spinach. 2. Currant dumplings.

1996. *Saturday*.—1. Broiled mackerel, fennel sauce or plain melted butter. 2. Rump-steak pie, hashed mutton, vegetables. 3. Baked arrowroot pudding.

JUNE.

1997.—DINNER FOR 18 PERSONS.

First Course.

Asparagus Soup,
removed by
Crimped Salmon.

Fillets of Garnets. Vase of Soles aux fines herbes.
Flowers.

Vermicelli Soup,
removed by Whitebait.

Entrées.

Lamb Cutlets and Peas.

布丁。

1993. 星期三。- 1. 炸鳎鱼，融化黄油。2. 冷牛肉和凉拌黄瓜或沙拉，小牛肉排和培根。3. 烤李子布丁。

1994. 星期四。- 1. 春季汤。2. 小牛肝配培根，烤牛骨，菠菜和土豆。3. 醋栗馅饼。

1995. 星期五。- 1. 烤羊肩肉，烤土豆，洋葱酱汁，菠菜。2. 醋栗饺子。

1996. 星期六。- 1. 烤鲭鱼，茴香酱汁或原味融化黄油。2. 臀肉牛排馅饼，烩羊肉，蔬菜。3. 烤竹芋粉布丁。

六月。

1997. **供18人食用。**

第一道菜。

芦笋汤，配皱叶鲑
鱼。

加内特鱼柳。香草鳗鱼盅。
鲜花。

细面汤，随白饭鱼上桌后
撤下。

主菜。

羊排和豌豆。

Lobster Patties. Vase of Tendrons de Veau
Flowers. à la Jardinière.

Larded Sweetbreads.

Second Course.

Saddle of Lamb.

Tongue.

Roast Spring Vase of Boiled Capon.
Chickens. Flowers.

Ham.

Boiled Calf's Head.

Third Course.

Prawns. Leveret, Tartlets. removed by Ice Pudding.

Wine Jelly.

Vol-au-Vent of Straw- Vase of Custards in berries and Cream.
Flowers. glasses.

Blancmange.

Goslings,
removed by
Cheesecake Fondues, in cases. Plover's Eggs.

DESSERT AND ICES.

1998.—DINNER FOR 12 PERSONS (June).

FIRST COURSE.

龙虾酥盒。小牛肉肋排盅
花饰。园丁式。

填馅甜面包。

第二道菜。

羊脊肉。

舌头。

烤春瓶水煮阉鸡。鸡。花。

火腿。

煮小牛头。

第三道菜。

对虾。小野兔，小馅饼。撤下，换上冰布丁。葡萄酒果冻。

草莓奶油酥盒。花形玻璃杯中的蛋奶冻。

牛奶冻。

小鹅，取出
内脏后
奶酪蛋糕火锅，带壳。鸻鸟蛋。

甜点与冰品。

1998.--十二人晚餐(六月)。第一道菜。

Green-Pea Soup.
Rice Soup.
Salmon and Lobster Sauce.
Trout à la Genévése.
Whitebait.

ENTREES.
Lamb Cutlets and Cucumbers.
Fricasseed Chicken.
Lobster Rissoles.
Stewed Veal and Peas.

SECOND COURSE.
Roast Quarter of Lamb and Spinach.
Filet de Boeuf à la Jardinière.
Boiled Fowls.
Braised Shoulder of Lamb.
Tongue.
Vegetables.

THIRD COURSE.
Goslings.
Ducklings.
Nesselrode Pudding.
Charlotte à la Parisienne.
Gooseberry Tartlets.
Strawberry Cream.
Raspberry-and-Currant Tart.
Custards.

DESSERT AND ICES.

青豌豆汤。
米汤。
三文鱼配龙虾酱。日内瓦式鳟鱼。银鱼。

前菜。
羊排配黄瓜。烩鸡。龙虾炸丸。

炖小牛肉配豌豆。

第二道菜。
烤羊肩肉配菠菜。时蔬牛柳。白煮鸡。

炖羊肩肉。舌肉。

蔬菜。

第三道菜。
小鹅。
小鸭。
内塞尔罗德布丁。巴黎式夏洛特。醋栗小挞。草莓奶油。

覆盆子醋栗挞。蛋奶冻。

甜点与冰品。

1999.—DINNER FOR 10 PERSONS (June).

FIRST COURSE.
Julienne Soup.
Salmon Trout and Parsley-and-Butter.
Red Mullet.

ENTREES.
Stewed Breast of Veal and Peas.
Mutton Cutlets à la Maintenon.

SECOND COURSE.
Roast Fillet of Veal.
Boiled Leg of Lamb, garnished with young Carrots.
Boiled Bacon-cheek.
Vegetables.

THIRD COURSE.
Roast Ducks.
Leveret.
Gooseberry Tart.
Strawberry Cream.
Strawberry Tartlets,
Meringues.
Cabinet Pudding.
Iced Pudding.

DESSERT AND ICES.

2000.—DINNER FOR 8 PERSONS (June).

FIRST COURSE.
Vermicelli Soup.

1999.--十人晚餐(六月)

第一道菜。

朱丽安汤。

鲑鳟鱼配欧芹黄油。红鲻鱼。

前菜。

炖小牛胸肉配豌豆。曼特农式羊肉片。

第二道菜。

烤小牛里脊。

煮羊腿，配嫩胡萝卜。煮培根脸颊。

蔬菜。

第三道菜。

烤鸭。

小野兔。

醋栗挞。

草莓奶油。

草莓小挞，

蛋白霜。

橱柜布丁。

冰镇布丁。

甜点与冰品。

2000.-八人晚餐(六月)。第一道菜。

粉丝汤。

Trout à la Genévése
Salmon Cutlets.

ENTREES.
Lamb Cutlets and Peas.
Fricasseed Chicken.

SECOND COURSE.
Roast Ribs of Beef.
Half Calf's Head, Tongue, and Brains.
Boiled Ham.
Vegetables.

THIRD COURSE.
Roast Ducks.
Compôte of Gooseberries.
Strawberry Jelly.
Pastry.
Iced Pudding.
Cauliflower with Cream Sauce.

DESSERT AND ICES.

2001.—DINNER FOR 6 PERSONS (June).—I.

FIRST COURSE.
Spring Soup.
Boiled Salmon and Lobster Sauce.

ENTREES. Veal Cutlets and Endive.
Ragoût of Duck and Green Peas.

SECOND COURSE.

热内瓦式鳟鱼三文鱼块

前菜。
羊排配豌豆。炖鸡。

第二道菜。烤牛肋
排。
半个牛头、牛舌与牛脑。煮火腿。

蔬菜。

第三道菜。
烤鸭。
醋栗糖渍。草莓果冻。

糕点。
冰镇布丁。
奶油酱花椰菜。

甜点与冰品。

2001.-六人晚餐(六月)。- 一、第一道菜。

春季汤。
水煮三文鱼配龙虾酱。

前菜。小牛肉片配苦苣。鸭肉炖菜配青
豆。

第二道菜。

Roast Loin of Veal.
Boiled Leg of Lamb and White Sauce.
Tongue, garnished.
Vegetables.

THIRD COURSE.
Strawberry Cream.
Gooseberry Tartlets.
Almond Pudding.
Lobster Salad.

DESSERT.

2002.—DINNER FOR 6 PERSONS (JUNE).—II.

FIRST COURSE.
Calf's-Head Soup.
Mackerel à la Maître d'Hôtel.
Whitebait.

ENTREES.
Chicken Cutlets.
Curried Lobster.

SECOND COURSE.
Fore-quarter of Lamb and Salad.
Stewed Beef à la Jardinière.
Vegetables.

THIRD COURSE.
Goslings.
Green-Currant Tart.

烤小牛里脊。
煮羊腿配白汁。饰以舌肉。蔬菜。

第三道菜。
草莓奶油。醋栗小馅
饼。杏仁布丁。

龙虾沙拉。

甜点。

2002.--六人晚餐(六月)。--II.

第一道菜。
牛头汤。
鲭鱼配总管黄油。银鱼。

前菜。
鸡排。
咖喱龙虾。

第二道菜。
羊前四分之一肉与沙拉。炖牛肉配田
园蔬菜。蔬菜。

第三道菜。
小鹅。
绿醋栗挞。

Custards, in glasses.
Strawberry Blancmange.
Soufflé of Rice.

DESSERT.

2003.—DINNER FOR 6 PERSONS (JUNE).—III.

FIRST COURSE.
Green-Pea Soup.
Baked Soles aux fines herbes.
Stewed Trout.

ENTREES.
Calf's Liver and Bacon.
Rissoles.

SECOND COURSE.
Roast Saddle of Lamb and Salad.
Calf's Head à la Tortue.
Vegetables.

THIRD COURSE.
Roast Ducks.
Vol-au-Vent of Strawberries and Cream.
Strawberry Tartlets.
Lemon Blancmange.
Baked Gooseberry Pudding.

DESSERT.

2004.—DINNER FOR 6 PERSONS (JUNE).—IV.

蛋奶冻，盛于玻璃杯中。草
莓布兰曼奇。米饭舒芙蕾。

甜点。

2003.--六人晚餐(六月)。--三。

第一道菜。
青豌豆汤。
烤鳎鱼配香草。炖鳟鱼。

前菜。
小牛肝与培根。
肉饼。

第二道菜。
烤羊脊肉与沙拉。甲鱼式小牛头。

蔬菜。

第三道菜。
烤鸭。
草莓奶油酥盒。草莓小挞。

柠檬牛奶冻。
烤醋栗布丁。

甜点。

2004.--六人晚餐(六月)。--四。

FIRST COURSE.
Spinach Soup.
Soles à la Crême.
Red Mullet.

ENTREES.
Roast Fillet of Veal.
Braised Ham and Spinach.

SECOND COURSE.
Boiled Fowls and White Sauce.
Vegetables.

THIRD COURSE.
Leveret.
Strawberry Jelly.
Swiss Cream.
Cheesecakes.
Iced Pudding.

DESSERT.

PLAIN FAMILY DINNERS FOR JUNE.

2005. *Sunday*.—1. Salmon trout and parsley-and-butter, new potatoes. 2. Roast fillet of veal, boiled bacon-cheek and spinach, vegetables. 3. Gooseberry tart, custards.

2006. *Monday*.—1. Light gravy soup. 2. Small meat pie, minced veal, garnished with rolled bacon, spinach and potatoes. 3. Raspberry-and-currant tart.

2007. *Tuesday*.—1. Baked mackerel, potatoes. 2. Boiled leg of

第一道菜。
菠菜汤。
奶油鳎鱼。红鲻
鱼。

前菜。
烤小牛里脊。
烩火腿菠菜。

第二道菜。
煮鸡与白汁。蔬菜。

第三道菜。小野
兔。
草莓果冻。瑞士奶
油。
芝士蛋糕。
冰镇布丁。

甜点。

六月的家常晚餐。

2005. 星期日。--1. 鲑鳟鱼与欧芹黄油，新土豆。2. 烤小牛肉里脊，煮培根颊肉与菠菜，蔬菜。3. 醋栗馅饼，蛋奶冻。

2006. 星期一。--1. 清淡肉汁汤。2. 小肉馅饼，碎小牛肉，配卷培根、菠菜和土豆。3. 覆盆子与醋栗馅饼。

2007. 星期二。--1. 烤鲭鱼、土豆。2. 煮羊腿

lamb, garnished with young carrots. 3. Lemon pudding.

2008. *Wednesday*.—1. Vegetable soup. 2. Calf's liver and bacon, peas, hashed lamb from remains of cold joint. 3. Baked gooseberry pudding.

2009. *Thursday*—1. Roast ribs of beef, Yorkshire pudding, peas, potatoes. 2. Stewed rhubarb and boiled rice.

2010. *Friday*.—1. Cold beef and salad, lamb cutlets and peas. 2. Boiled gooseberry pudding and baked custard pudding.

2011. *Saturday*.—1. Rump-steak pudding, broiled beef-bones and cucumber, vegetables. 2. Bread pudding.

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2012. *Sunday*.—1. Roast fore-quarter of lamb, mint sauce, peas, and new potatoes. 2. Gooseberry pudding, strawberry tartlets. Fondue.

2013. *Monday*.—1. Cold lamb and salad, stewed neck of veal and peas, young carrots, and new potatoes. 2. Almond pudding.

2014. *Tuesday*.—1. Green-pea soup. 2. Roast ducks stuffed, gravy, peas and new potatoes. 3. Baked ratafia pudding.

2015. *Wednesday*.—1. Roast leg of mutton, summer cabbage, potatoes. 2. Gooseberry and rice pudding.

2016. *Thursday*.—1. Fried soles, melted butter, potatoes. 2. Sweetbreads, hashed mutton, vegetables. 3. Bread-and-butter pudding.

2017. *Friday*.—1. Asparagus soup. 2. Boiled beef, young carrots and new potatoes, suet dumplings. 3. College puddings.

羔羊肉，配嫩胡萝卜。3. 柠檬布丁。

2008. 星期三。--1. 蔬菜汤。2. 小牛肝与培根，豌豆，冷烤肉余料做的碎羊肉。3. 烤醋栗布丁。

2009. 星期四--1. 烤牛肋排，约克郡布丁，豌豆，土豆。2. 炖大黄与煮米饭。

2010. 星期五。--1. 冷牛肉与沙拉，羊排与豌豆。2. 煮醋栗布丁与烤蛋奶冻布丁。

2011. 星期六。--1. 臀肉牛排布丁，烤牛骨与黄瓜，蔬菜。2. 面包布丁。

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2012. 星期日。--1. 烤羊前四分之一，薄荷酱汁，豌豆，新土豆。2. 醋栗布丁，草莓小馅饼。奶酪火锅。

2013. 星期一。--1. 冷羊肉与沙拉，炖小羊颈肉与豌豆，小胡萝卜，新土豆。2. 杏仁布丁。

2014. 星期二。--1. 青豌豆汤。2. 烤填馅鸭，肉汁，豌豆与新土豆。3. 烤拉塔菲亚布丁。

2015. 星期三。--1. 烤羊腿，夏季卷心菜，土豆。2. 醋栗米饭布丁。

2016. 星期四。--1. 煎鳎鱼，融化黄油，土豆。2. 甜面包，碎羊肉，蔬菜。3. 面包黄油布丁。

2017. 星期五。--1. 芦笋汤。2. 煮牛肉，小胡萝卜与新土豆，板油饺子。3. 学院布丁。

2018. *Saturday*.—1. Cold boiled beef and salad, lamb cutlets and green peas. 2. Boiled gooseberry pudding and plain cream.

JULY.

2019.—DINNER FOR 18 PERSONS.

First Course.

Green-Pea Soup,
removed by
Salmon and dressed
Cucumber.

Whitebait. Vase of Stewed Trout
Flowers.

Soup à la Reine,
removed by
Mackerel à la Maitre
d'Hôtel.

Entrées

Lamb Cutlets and
Peas.

Lobster Curry Vase of Scollops of
en Casserole. Flowers. Chickens.

Chicken Patties.

Second Course.

Haunch of Venison.

2018. 星期六。--1. 冷煮牛肉与沙拉，羊排与青豌豆。2. 煮醋栗布丁与淡奶油。

七月。

2019.--十八人晚餐

第一道菜。

豌豆汤，撤下

三文鱼与调味
黄瓜。

炸银鱼。炖鳟鱼盅
鲜花。

女王风味浓汤，撤
下时配

鲭鱼配大师酱
多特

主菜

羊排和
豌豆。

龙虾咖喱扇贝砂锅。鲜花。鸡。

鸡肉饼。

第二道菜。

鹿腿肉。

Pigeon Pie.

Boiled Capons. Vase of Spring Chickens.
Flowers.

Braised Ham.

Saddle of Lamb.

Third Course.

Prawns. Roast Ducks, Custards.
removed by Vanilla Soufflé.
Raspberry Cream.

Cherry Tart. Vase of Raspberry-and-
Flowers. Currant Tart.

Strawberry Cream.

Green Goose,
removed by
Creams. Iced Pudding. Tartlets.

DESSERT AND ICES.

2020.—DINNER FOR 12 PERSONS (July).

FIRST COURSE.

Soup à la Jardinière.
Chicken Soup.
Crimped Salmon and Parsley-and-Butter.
Trout aux fines herbes, in cases.

鸽子派。

煮阉鸡。一盆春鸡。
鲜花。

烩火腿。

羊脊肉。

第三道菜。

对虾。烤鸭、蛋奶冻。
由香草舒芙蕾移除。
覆盆子奶油。

樱桃挞。覆盆子花瓶与--
花。醋栗挞。

草莓奶油。

青鹅，去除内
脏后
奶油。冰布丁。小馅饼。

甜点与冰品。

2020.--十二人晚餐(七月)。

第一道菜。

田园蔬菜汤。
鸡汤。
皱叶鲑鱼配欧芹黄油。香草鳟鱼，盒装。

ENTREES.
Tendrons de Veau and Peas.
Lamb Cutlets and Cucumbers.

SECOND COURSE.
Loin of Veal à la Béchamel.
Roast Fore-quarter of Lamb.
Salad.
Braised Ham, garnished with Broad Beans.
Vegetables.

THIRD COURSE.
Roast Ducks.
Turkey Poult.
Stewed Peas à la Francaise.
Lobster Salad.
Cherry Tart.
Raspberry-and-Currant Tart.
Custards, in glasses.
Lemon Creams.
Nesselrode Pudding.
Marrow Pudding.

DESSERT AND ICES.

2021.—DINNER FOR 8 PERSONS (July)

FIRST COURSE.
Green-Pea Soup.
Salmon and Lobster Sauce.
Crimped Perch and Dutch Sauce.

前菜。
小牛腱与豌豆。羊排与黄瓜。

第二道菜。
小牛肉腰肉配白汁。烤羊前四分之一。沙拉。

红烧火腿，配蚕豆。蔬菜。

第三道菜。
烤鸭。
火鸡雏。
法式炖豌豆。龙虾沙拉。

樱桃挞。
覆盆子醋栗挞。玻璃杯装蛋奶冻。
柠檬奶油
内塞尔罗德布丁。
骨髓布丁。

甜点与冰品。

2021.-八人晚餐(七月)

第一道菜。
青豌豆汤。
三文鱼与龙虾酱。
香煎鲈鱼配荷兰酱。

ENTREES.
Stewed Veal and Peas.
Lamb Cutlets and Cucumbers.

SECOND COURSE.
Haunch of Venison.
Boiled Fowls à la Béchamel.
Braised Ham.
Vegetables.

THIRD COURSE.
Roast Ducks.
Peas à la Française.
Lobster Salad.
Strawberry Cream.
Blancmange.
Cherry Tart.
Cheesecakes.
Iced Pudding.

DESSERT AND ICES.

2022.—DINNER FOR 6 PERSONS (July).—I.

FIRST COURSE.
Soup à la Jardinière.
Salmon Trout and Parsley-and-Butter.
Fillets of Mackerel à la Maître d'Hôtel.

ENTREES.
Lobster Cutlets.
Beef Palates à la Italienne.

前菜。
炖小牛肉配豌豆。
羊排与黄瓜。

第二道菜。鹿腿肉。

白汁煮鸡。烩火腿。

蔬菜。

第三道菜。烤鸭。

法式豌豆。龙虾沙
拉。
草莓奶油。布兰曼
奇。
樱桃挞。
芝士蛋糕。
冰镇布丁。

甜点与冰品。

2022.六人晚餐(七月)--一

第一道菜。
田园蔬菜汤。
鲑鳟鱼与欧芹黄油。总管式鲭鱼柳。

前菜。
龙虾肉饼。
意式牛腭

SECOND COURSE.
Roast Lamb.
Boiled Capon and White Sauce.
Boiled Tongue, garnished with small Vegetable Marrows.
Bacon and Beans.

THIRD COURSE.
Goslings.
Whipped Strawberry Cream.
Raspberry-and-Currant Tart.
Meringues.
Cherry Tartlets.
Iced Pudding.

DESSERT AND ICES.

2023.—DINNER FOR 6 PERSONS (July).—II.

FIRST COURSE.
Julienne Soup.
Crimped Salmon and Caper Sauce.
Whitebait.

ENTREES.
Croquettes à la Reine.
Curried Lobster.

SECOND COURSE.
Roast Lamb.
Rump of Beef à la Jardinière.

THIRD COURSE.
Larded Turkey Poult.

第二道菜。
烤羔羊肉。
煮阉鸡配白汁。
煮舌，配小西葫芦装饰。培根与豆子。

第三道菜。
小鹅。
打发草莓奶油。
覆盆子与醋栗挞。
蛋白霜。
樱桃小挞。
冰镇布丁。

甜点与冰品。

2023.-六人晚餐(七月)。- 二。

第一道菜。
朱丽安汤。
卷边鲑鱼配刺山柑酱。银鱼。

前菜。
王后炸丸子。
咖喱龙虾。

第二道菜。
烤羔羊肉。
蔬菜炖牛臀肉。

第三道菜。
填馅火鸡雏。

Raspberry Cream.
Cherry Tart.
Custards, in glasses.
Gâteaux à la Genévése.
Nesselrode Pudding.

DESSERT.

PLAIN FAMILY DINNERS FOR JULY.

2024. *Sunday*.—1. Salmon trout and parsley-and-butter. 2. Roast fillet of real, boiled bacon-cheek, peas, potatoes. 3. Raspberry-and-currant tart, baked custard pudding.

2025. *Monday*.—1. Green-pea soup. 2. Roast fowls garnished with water-cresses; gravy, bread sauce; cold veal and salad. 3. Cherry tart.

2026. *Tuesday*.—1. John dory and lobster sauce. 2. Curried fowl with remains of cold fowls, dish of rice, veal rolls with remains of cold fillet. 3. Strawberry cream.

2027. *Wednesday*.—1. Roast leg of mutton, vegetable marrow, and potatoes, melted butter. 2. Black-currant pudding.

2028. *Thursday*.—1. Fried soles, anchovy sauce. 2. Mutton cutlets and tomato sauce, bashed mutton, peas, potatoes. 3. Lemon dumplings.

2029. *Friday*.—1. Boiled brisket of beef, carrots, turnips, suet dumplings, peas, potatoes. 2. Baked semolina pudding.

2030. *Saturday*.—1. Cold beef and salad, lamb cutlets and peas. 2. Rolled jam pudding.

覆盆子奶油。樱桃
挞。

玻璃杯装蛋奶冻。热那亚
蛋糕。内塞尔罗德布丁。

甜点。

七月家常便餐

2024. 星期日。--1. 鲑鳟鱼与欧芹黄油。2. 烤小牛肉里脊，煮培根颊肉，豌豆，土豆。3. 覆盆子与醋栗馅饼，烤蛋奶冻布丁。

2025. 星期一。--1. 青豌豆汤。2. 烤鸡配水田芥；肉汁，面包酱汁；冷小牛肉与沙拉。3. 樱桃馅饼。

2026. 星期二。--1. 海鲂与龙虾酱汁。2. 用冷鸡余料做的咖喱鸡，一盘米饭，用冷里脊余料做的小牛肉卷。3. 草莓奶油。

2027. 星期三。--1. 烤羊腿，西葫芦，土豆，融化黄油。2. 黑醋栗布丁。

2028. 星期四。--1. 煎鳎鱼，鲽鱼酱汁。2. 羊肉排与番茄酱汁，碎羊肉，豌豆，土豆。3. 柠檬饺子。

2029. 星期五。--1. 煮牛胸肉，胡萝卜，芜菁，板油饺子，豌豆，土豆。2. 烤粗粒小麦粉布丁。

2030. 星期六。--1. 冷牛肉与沙拉，羊排与豌豆。2. 卷果酱布丁。

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2031. *Sunday*.—1. Julienne soup. 2. Roast lamb, half calf's head, tongue and brains, boiled ham, peas and potatoes. 3. Cherry tart, custards.

2032. *Monday*.—1. Hashed calf's head, cold lamb and salad. 2. Vegetable marrow and white sauce, instead of pudding.

2033. *Tuesday*.—1. Stewed veal, with peas, young carrots, and potatoes. Small meat pie. 2. Raspberry-and-currant pudding.

2034. *Wednesday*.—1. Roast ducks stuffed, gravy, peas, and potatoes; the remains of stewed veal rechauffé. 2. Macaroni served as a sweet pudding.

2035. *Thursday*.—1. Slices of salmon and caper sauce. 2. Boiled knuckle of veal, parsley-and-butter, vegetable marrow and potatoes. 3. Black-currant pudding.

2036. *Friday*.—1. Roast shoulder of mutton, onion sauce, peas and potatoes. 2. Cherry tart, baked custard pudding.

2037. *Saturday*.—1. Minced mutton, Rump-steak-and-kidney pudding. 2. Baked lemon pudding.

AUGUST.

2038.—DINNER FOR 18 PERSONS.

First Course.

Mock-Turtle Soup,
removed by
Broiled Salmon and

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2031. 星期日。--1. 儒利安汤。2. 烤羊肉，半个小牛头，舌与脑，煮火腿，豌豆与土豆。3. 樱桃馅饼，蛋奶冻。

2032. 星期一。--1. 碎小牛头，冷羊肉与沙拉。2. 西葫芦与白酱汁，代替布丁。

2033. 星期二。--1. 炖小牛肉，配豌豆、小胡萝卜和土豆。小肉馅饼。2. 覆盆子与醋栗布丁。

2034. 星期三。--1. 烤填馅鸭，肉汁，豌豆，土豆；炖小牛肉余料回锅。2. 通心粉作甜布丁。

2035. 星期四。--1. 鲑鱼片与刺山柑酱汁。2. 煮小牛膝，欧芹黄油，西葫芦与土豆。3. 黑醋栗布丁。

2036. 星期五。--1. 烤羊肩，洋葱酱汁，豌豆与土豆。2. 樱桃馅饼，烤蛋奶冻布丁。

2037. 星期六。--1. 碎羊肉，臀肉牛排与腰子布丁。2. 烤柠檬布丁。

八月。

2038. **供18人食用。**

第一道菜。

仿甲鱼汤，
已移除
烤鲑鱼和

Caper Sauce.

Red Mullet. Vase of Perch.
Flowers.

Soup à la Julienne,
removed by
Brill and Shrimp Sauce.

Entrées.

Fricandeau de Veau
à la Jardinière.

Curried Lobster. Vase of Lamb Cutlets à la Purée
Flowers. de Pommes de Terre.

Fillets of Ducks
and Peas.

Second Course.

Haunch of Venison.

Ham, garnished.

Capon à la Vase of Roast Fowl.
Financière Flowers.

Leveret Pie.

Saddle of Mutton.

Third Course.

Grouse,
removed by
Cabinet Pudding.

刺山柑酱。

红鲻鱼。鲈鱼瓶。
鲜花。

朱丽安汤，
已移除
布里尔与虾酱。

主菜。

小牛肉弗里康多配时蔬

咖喱龙虾。羊排配菜泥
花。马铃薯。

鸭柳
以及豌豆。

第二道菜。

鹿腿肉。

火腿，配菜装饰。

阉鸡，烤禽肉汁壶式。金融家花饰。

小兔派。

羊脊肉。

第三道菜。

松鸡，
已移除
橱柜布丁。

Lobster Salad. Fruit Jelly. Cheesecakes.

Charlotte à la Vase of Custards.
Vanille. Flowers.

Raspberry Vol-au-Vent Prawns.
Tartlets. of Pears.

Larded Peahen,
removed by
Iced Pudding.

DESSERT AND ICES.

2039.—DINNER FOR 12 PERSONS (August)

FIRST COURSE.
Vermicelli Soup.
Soup à la Reine.
Boiled Salmon.
Fried Flounders.
Trout en Matelot.

ENTREES.
Stewed Pigeons.
Sweetbreads.
Ragoût of Ducks.
Fillets of Chickens and Mushrooms.

SECOND COURSE.
Quarter of Lamb.
Cotelette de Boeuf à la Jardinière.
Roast Fowls and Boiled Tongue.

龙虾沙拉。水果冻。奶酪蛋糕。

夏洛特奶油杯
香草。花。

覆盆子酥盒大虾。小塔。梨。

肥鹅(Larded Peahen)，撤下后上冰布丁。

甜点与冰品。

2039.-十二人份晚餐(八月)

第一道菜。
粉丝汤。
王后风味汤。
煮鲑鱼。
炸比目鱼。
鳟鱼船夫式

前菜。
炖鸽子。
甜面包。
鸭肉炖菜。
鸡肉蘑菇柳

第二道菜。
羊肩肉四分之一。
园艺式牛肉排。烤鸡与煮牛舌。

Bacon and Beans.

THIRD COURSE.
Grouse.
Wheatears.
Greengage Tart.
Whipped Cream.
Vol-au-Vent of Plums.
Fruit Jelly.
Iced Pudding.
Cabinet Pudding.

DESSERTS AND ICES.

2040.—DINNER FOR 8 PERSONS (August).

FIRST COURSE.
Julienne Soup.
Fillets of Turbot and Dutch Sauce.
Red Mullet.

ENTREES.
Riz de Veau aux Tomates.
Fillets of Ducks and Peas.

SECOND COURSE.
Haunch of Venison.
Boiled Capon and Oysters.
Ham, garnished.
Vegetables.

THIRD COURSE.
Leveret.

培根和豆子。

第三道菜。松鸡。

麦穗鸟。
青梅挞。
打发奶油。李子酥盒。水果冻。

冰镇布丁。
橱柜布丁。

甜点与冰品。

2040.--八人晚餐(八月)。

第一道菜。
朱丽安汤。
比目鱼柳配荷兰酱。红鲻鱼。

前菜。
小牛胸腺配番茄。鸭柳配豌豆。

第二道菜。
鹿腿肉。
煮阉鸡配牡蛎。火腿，配菜。

蔬菜。

第三道菜。
小野兔。

Fruit Jelly.
Compote of Greengages.
Plum Tart. Custards, in glasses.
Omelette soufflé.

DESSERT AND ICES.

2041.—DINNER FOR 6 PERSONS (August).—I.

FIRST COURSE.
Macaroni Soup.
Crimped Salmon and Sauce Hollandaise.
Fried Fillets of Trout.

ENTREES.
Tendrons de Veau and Stewed Peas.
Salmi of Grouse.

SECOND COURSE.
Roast Loin of Veal.
Boiled Bacon, garnished with French Beans.
Stewed Beef à la Jardinière.
Vegetables.

THIRD COURSE.
Turkey Poult.
Plum Tart.
Custard Pudding.
Vol-au-Vent of Pears.
Strawberry Cream.
Ratafia Soufflé.

水果冻。
青梅蜜饯。
李子挞。玻璃杯装蛋奶冻。舒芙蕾
煎蛋卷。

甜点与冰品。

2041. -六人晚餐(八月)。-一。

第一道菜。
通心粉汤。
皱褶鲑鱼与荷兰酱。炸鳟鱼柳。

前菜。
牛犊筋与炖豌豆。松鸡萨尔米。

第二道菜。
烤小牛里脊。
煮培根，配法国豆。炖牛肉配蔬菜。蔬菜。

第三道菜。
火鸡雏。
李子挞。
卡士达布丁。
梨肉酥盒。
草莓奶油。
拉塔菲亚蛋奶酥。

DESSERT.

2042.—DINNER FOR 6 PERSONS (August).—II.

FIRST COURSE.
Vegetable-Marrow Soup.
Stowed Mullet.
Fillets of Salmon and Ravigotte Sauce.

ENTREES.
Curried Lobster.
Fricandeau de Veau à la Jardinière.

SECOND COURSE.
Roast Saddle of Mutton.
Stewed Shoulder of Veal, garnished with Forcemeat Balls.
Vegetables.

THIRD COURSE.
Roast Grouse and Bread Sauce.
Vol-au-Vent of Greengages.
Fruit Jolly.
Raspberry Cream.
Custards.
Fig Pudding.

DESSERT.

PLAIN FAMILY DINNERS FOR AUGUST.

2043. *Sunday*.—1. Vegetable-marrow soup. 2. Roast quarter of lamb, mint sauce, French beans and potatoes. 3. Raspberry-and-currant tart, custard pudding.

甜点。

2042.-六人晚餐(八月)。- II.

第一道菜。
蔬菜西葫芦汤。
腌渍鳐鱼。
三文鱼柳配拉维戈特酱。

前菜。
咖喱龙虾。
小牛肉弗里康多配时蔬

第二道菜。
烤羊脊肉。
炖小牛肩，配以肉馅丸子装饰。
蔬菜。

第三道菜。
烤松鸡配面包酱。青梅酥盒。水果
果冻。

覆盆子奶油。蛋奶
冻。
无花果布丁。

甜点。

八月的家常家庭正餐

2043. 星期日。--1. 蔬菜瓤汤。2. 烤四分之一羔羊，薄荷酱汁，法国豆和土豆。3. 覆盆子与醋栗馅饼，蛋奶布丁。

2044. *Monday*.—1. Cold lamb and salad, small meat pie, vegetable marrow and white sauce. 2. Lemon dumplings.

2045. *Tuesday*.—1. Boiled mackerel. 2. Stewed loin of veal, French beans and potatoes. 3. Baked raspberry pudding.

2046. *Wednesday*.—1. Vegetable soup. 2. Lamb cutlets and French beans; the remains of stewed shoulder of veal, mashed vegetable marrow. 3. Black-currant pudding.

2047. *Thursday*.—1. Roast ribs of beef, Yorkshire pudding, French beans and potatoes. 2. Bread-and-butter pudding.

2048. *Friday*.—1. Fried soles and melted butter. 2. Cold beef and salad, lamb cutlets and mashed potatoes. 3. Cauliflowers and white sauce instead of pudding.

2049. *Saturday*.—1. Stewed beef and vegetables, with remains of cold beef; mutton pudding. 2. Macaroni and cheese.

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2050. *Sunday*.—1. Salmon pudding. 2. Roast fillet of veal, boiled bacon-cheek garnished with tufts of cauliflowers, French beans and potatoes. 3. Plum tart, boiled custard pudding.

2051. *Monday*.—1. Baked soles. 2. Cold veal and bacon, salad, mutton cutlets and tomato sauce. 3. Boiled currant pudding.

2052. *Tuesday*.—1. Rice soup. 2. Roast fowls and water-cresses, boiled knuckle of ham, minced veal garnished with croutons; vegetables. 3. College puddings.

2053. *Wednesday*.—1. Curried fowl with remains of cold fowl; dish of rice, stewed rump-steak and vegetables. 2. Plum tart.

2044. 星期一。--1. 冷羔羊肉和沙拉，小肉馅饼，蔬菜瓤和白酱汁。2. 柠檬团子。

2045. 星期二。--1. 煮鲭鱼。2. 炖小牛腰肉，法国豆和土豆。3. 烤覆盆子布丁。

2046. 星期三。--1. 蔬菜汤。2. 羔羊排骨和法国豆；炖小牛肩肉剩余部分，蔬菜瓤泥。3. 黑醋栗布丁。

2047. 星期四。--1. 烤牛肋排，约克郡布丁，法国豆和土豆。2. 面包黄油布丁。

2048. 星期五。--1. 炸鳎鱼和融化黄油。2. 冷牛肉和沙拉，羔羊排骨和土豆泥。3. 花椰菜和白酱汁代替布丁。

2049. 星期六。--1. 炖牛肉和蔬菜，配冷牛肉剩余部分；羊肉布丁。2. 通心粉和奶酪。

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2050. 星期日。--1. 鲑鱼布丁。2. 烤小牛里脊，煮培根颊肉配花椰菜簇，法国豆和土豆。3. 李子馅饼，煮蛋奶布丁。

2051. 星期一。--1. 烤鳎鱼。2. 冷小牛肉和培根，沙拉，羊肉排骨和番茄酱汁。3. 煮醋栗布丁。

2052. 星期二。--1. 米汤。2. 烤鸡和水田芥，煮火腿肘，碎小牛肉配面包丁；蔬菜。3. 学院布丁。

2053. 星期三。--1. 咖喱鸡配冷鸡剩余部分；一盘米饭，炖牛臀排和蔬菜。2. 李子馅饼。

2054. *Thursday*.—1. Boiled brisket of beef, carrots, turnips, suet dumplings, and potatoes. 2. Baked bread pudding.

2055. *Friday*.—1. Vegetable soup, made from liquor that beef was boiled in. 2. Cold beef and dressed cucumber, veal cutlets and tomato sauce. 3. Fondue.

2056. *Saturday*.—1. Bubble-and-squeak, made from remains of cold beef; cold veal-and-ham pie, salad. 2. Baked raspberry pudding.

SEPTEMBER.

2057.—DINNER FOR 18 PERSONS.

First Course.

Julienne Soup,
removed by
Brill and Shrimp Sauce.

Red Mullet & Vase of Fried Eels.
Italian Sauce. Flowers.

Giblet Soup,
removed by
Salmon and Lobster Sauce.

Entrées.

Lamb Cutlets and
French Beans.

Fillets of Chicken Vase of Oysters au gratin.
and Truffles. Flowers.

2054. 星期四。--1. 煮牛胸肉，胡萝卜，芜菁，板油团子和土豆。2. 烤面包布丁。

2055. 星期五。--1. 蔬菜汤，用煮牛肉的汤水制成。2. 冷牛肉和拌黄瓜，小牛肉排骨和番茄酱汁。3. 奶酪火锅。

2056. 星期六。--1. 泡泡吱吱，用冷牛肉剩余部分制成；冷小牛肉火腿馅饼，沙拉。2. 烤覆盆子布丁。

九月。

2057. **供18人食用。**

第一道菜。

儒利安汤，移去

布里尔与虾酱。

红鲻鱼与炸鳗鱼花瓶。意大利酱汁。
花卉。

吉布利特汤，
已移除
三文鱼与龙虾酱。

主菜。

羊排和法国豆。

鸡柳焗蚝盅及松露。鲜花。

Sweetbreads and
Tomata Sauce.

Second Course.

Saddle of Mutton.

Veal-and-Ham Pie.

Chickens à la Vase of Braised Goose.
Béchamel. Flowers.

Broiled Ham, garnished
with Cauliflowers.

Filet of Veal.

Third Course.

Custards. Partridges, Apple Tart. removed by Plum-pudding.

Compôte of Greengages.

Noyeau Jelly. Vase of Lemon Cream.
Flowers.

Pastry Sandwiches.

Grouse & Bread Sauce,
removed by
Plum Tart. Nesselrode Pudding. Custards.

DESSERTS AND ICES.

2058.—DINNER FOR 12 PERSONS (September).

FIRST COURSE.

甜面包与番茄酱。

第二道菜。

羊脊肉。

小牛肉火腿派。

瓦兹焖鹅式童子鸡。贝夏梅尔酱。花卉。

烤火腿，配菜装饰
配花椰菜。

小牛肉里脊。

第三道菜。

蛋奶。鹧鸪，苹果馅饼。撤下后上李子布丁。青梅蜜饯。

诺亚奥果冻。柠檬奶油花瓶。
鲜花。

糕点三明治。

松鸡配面包酱，
已移除
李子挞。内斯尔罗德布丁。蛋奶冻。

甜点与冰品。

2058.--十二人份晚餐(九月)。

第一道菜。

Mock-Turtle Soup.
Soup à la Jardinière
Salmon and Lobster Sauce.
Fried Whitings.
Stewed Eels.

ENTREES.
Veal Cutlets.
Scalloped Oysters.
Curried Fowl.
Grilled Mushrooms.

SECOND COURSE.
Haunch of Mutton.
Boiled Calf's Head à la Béchamel.
Braised Ham.
Roast Fowls aux Cressons.

THIRD COURSE.
Leveret.
Grouse.
Cabinet Pudding.
Iced Pudding.
Compôte of Plumbs.
Damson Tart.
Cream.
Fruit Jelly.
Prawns.
Lobster Salad.

DESSERTS AND ICES.

仿甲鱼汤。田园蔬菜汤

三文鱼与龙虾酱。炸牙鳕。

炖鳗鱼。

前菜。
小牛肉片。
扇贝牡蛎。咖喱鸡。

烤蘑菇。

第二道菜。羊腿肉。

白汁煮小牛头。烩火腿。

烤鸡配水芹。

第三道菜。小野
兔。
松鸡。
布丁柜。冰布丁。

李子蜜饯。达姆森果
挞。
奶油。
水果冻。
对虾。
龙虾沙拉。

甜点与冰品。

2059.—DINNER FOR 8 PERSONS (September).

FIRST COURSE.
Flemish Soup.
Turbot, garnished with Fried Smelts.
Red Mullet and Italian Sauce.

ENTREES.
Tendrons de Veau and Truffles.
Lamb Cutlets and Sauce Piquante.

SECOND COURSE.
Loin of Veal à la Béchamel.
Roast Haunch of Venison.
Braised Ham.
Grouse Pie.
Vegetables.

THIRD COURSE.
Roast Hare.
Plum Tart.
Whipped Cream.
Punch Jelly.
Compôte of Damsons.
Marrow Pudding.

DESSERT.

2060.—DINNER FOR 6 PERSONS (September).

FIRST COURSE.
Game Soup.
Crimped Skate.

2059. -八人晚餐(九月)。

第一道菜。

佛兰芒汤。

多宝鱼，配炸胡瓜鱼。红鲻鱼配意大利酱。

前菜。

小牛肉筋与松露。羊排与酸辣酱。

第二道菜。

小牛肉腰肉配白汁。烤鹿腿。
炖火腿。

松鸡派。

蔬菜。

第三道菜。

烤野兔。

李子挞。

打发奶油。

潘趣果冻。

达姆森李子蜜饯。

骨髓布丁。

甜点。

2060.--六人晚餐(九月)。

第一道菜。

野味汤。

香脆鳐鱼。

Slices of Salmon a la Genévése.

ENTREES.
Fricasseed Sweetbreads.
Savoury Rissoles.

SECOND COURSE.
Sirloin of Beef and Horseradish Sauce.
Boiled Leg of Mutton and Caper Sauce.
Vegetables.

THIRD COURSE.
Roast Partridges.
Charlotte Russe.
Apricots and Rice.
Fruit Jelly.
Cabinet Pudding.

DESSERT.

2061.—DINNER FOR 6 PERSONS (September).—II.

FIRST COURSE.
Thick Gravy Soup.
Fillets of Turbot à la Crême.
Stewed Eels.

ENTREES.
Vol-au-Vent of Lobster.
Salmi of Grouse.

SECOND COURSE.
Haunch of Venison.

热那亚式鲑鱼片。

前菜。

炒甜面包。咸味炸肉卷。

第二道菜。

牛里脊和辣根酱汁。煮羊腿和刺山柑酱汁。
蔬菜。

第三道菜。
烤山鹑。
夏洛特·鲁斯。
杏子与米饭。
水果冻。
橱柜布丁。

甜点。

2061.-六人晚餐(九月)。--二。

第一道菜。
浓肉汁汤。
奶油比目鱼柳。炖鳗鱼。

前菜。
龙虾酥盒。
松鸡萨尔米。

第二道菜。
鹿腿肉。

Rump of Beef à la Jardinière.
Hare, boned and larded, with Mushrooms.

THIRD COURSE.
Roast Grouse.
Apricot Blancmange.
Compôte of peaches.
Plum Tart.
Custards.
Plum-pudding.

DESSERT.

PLAIN FAMILY DINNERS FOR SEPTEMBER.

2062. *Sunday*.—1. Julienne soup. 2. Roast ribs of beef, Yorkshire pudding, horseradish sauce, French beans, and potatoes. 3. Greengage pudding, vanilla cream.

2063. *Monday*.—1. Crimped skate and crab sauce. 2. Cold beef and salad; small veal-and-ham pie. 3. Vegetable marrow and white sauce.

2064. *Tuesday*.—1. Fried solos, melted butter. 2. Boiled fowls, parsley-and-butter; bacon-check, garnished with French beans; beef rissoles, made from remains of cold beef. 3. Plum tart and cream.

2065. *Wednesday*.—1. Boiled round of beef, carrots, turnips, and suet dumplings; marrow on toast. 2. Baked damsons and rice.

2066. *Thursday*.—1. Vegetable soup, made from liquor that beef was boiled in. 2. Lamb cutlets and cucumbers, cold beef and salad.

蔬菜炖牛臀肉。
去骨并填以肥膘的野兔，配蘑菇。

第三道菜。
烤松鸡。
杏子布兰曼奇。
蜜桃糖渍。
李子挞。
蛋奶冻。
葡萄干布丁。

甜点。

九月家常便餐

2062. 星期日。--1. 儒利安汤。2. 烤牛肋排，约克郡布丁，辣根酱汁，法国豆和土豆。3. 青梅布丁，香草奶油。

2063. 星期一。--1. 卷曲鳐鱼和蟹酱汁。2. 冷牛肉和沙拉；小牛肉火腿馅饼。3. 蔬菜瓤和白酱汁。

2064. 星期二。--1. 炸鳎鱼，融化黄油。2. 煮鸡，欧芹黄油；培根颊肉配法国豆；牛肉炸丸子，用冷牛肉剩余部分制成。3. 李子馅饼和奶油。

2065. 星期三。--1. 煮牛圆腿肉，胡萝卜，芜菁和板油团子；骨髓配吐司。2. 烤乌荆子和米饭。

2066. 星期四。--1. 蔬菜汤，用煮牛肉的汤水制成。2. 羔羊排骨和黄瓜，冷牛肉和沙拉。

3. Apple pudding.

2067. *Friday*.—1. Baked soles. 2. Bubble-and-squeak, made from cold beef; veal cutlets and rolled bacon. 3. Damson tart.

2068. *Saturday*.—1. Irish stew, rump-steaks and oyster sauce. 2. Somersetshire dumplings.

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2069. *Sunday*.—1. Fried filleted soles and anchovy sauce. 2. Roast leg of mutton, brown onion sauce, French beans, and potatoes; half calf's head, tongue, and brains. 3. Plum tart; custards, in glasses.

2070. *Monday*.—1. Vegetable-marrow soup. 2. Calf's head à la maitre d'hôtel, from remains of cold head; boiled brisket of beef and vegetables. 3. Stewed fruit and baked rice pudding.

1071. *Tuesday*.—1. Roast fowls and water-cresses; boiled bacon, garnished with tufts of cauliflower; hashed mutton, from remains of mutton of Sunday. 2. Baked plum-pudding.

2072. *Wednesday*.—1. Boiled knuckle of veal and rice, turnips, potatoes; small ham, garnished with French beans. 2. Baked apple pudding.

2073. *Thursday*.—1. Brill and shrimp sauce. 2. Roast hare, gravy, and red-currant jelly; mutton cutlets and mashed potatoes. 3. Scalloped oysters, instead of pudding.

2074. *Friday*.—1. Small roast loin of mutton; the remains of hare, jugged; vegetable marrow and potatoes. 2. Damson pudding.

2075. *Saturday*.—1. Rump-steaks, broiled, and oyster sauce,

3. 苹果布丁。

2067. 星期五。--1. 烤鳎鱼。2. 泡泡吱吱，用冷牛肉制成；小牛肉排骨和卷培根。3. 乌荆子馅饼。

2068. 星期六。--1. 爱尔兰炖菜，牛臀排和牡蛎酱汁。2. 萨默塞特郡团子。

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2069. 星期日。--1. 炸鳎鱼片和鲽鱼酱汁。2. 烤羊腿，棕色洋葱酱汁，法国豆和土豆；半只小牛头，舌和脑。3. 李子馅饼；蛋奶，盛于玻璃杯中。

2070. 星期一。--1. 蔬菜瓤汤。2. 总管式小牛头，用冷牛头剩余部分制成；煮牛胸肉和蔬菜。3. 炖水果和烤米布丁。

1071. 星期二。--1. 烤鸡和水田芥；煮培根配花椰菜簇；烩羊肉，用星期日羊肉剩余部分制成。2. 烤李子布丁。

2072. 星期三。--1. 煮小牛肘和米饭，芜菁，土豆；小火腿配法国豆。2. 烤苹果布丁。

2073. 星期四。--1. 菱鲆和虾酱汁。2. 烤野兔，肉汁和红醋栗果冻；羊肉排骨和土豆泥。3. 扇贝烤牡蛎，代替布丁。

2074. 星期五。--1. 小烤羊腰肉；野兔剩余部分，炖罐；蔬菜瓤和土豆。2. 乌荆子布丁。

2075. 星期六。--1. 烤臀肉牛排，配牡蛎酱，

mashed potatoes; veal-and-ham pie,—the ham may be cut from that boiled on Wednesday, if not all eaten cold for breakfast. 2, Lemon pudding.

OCTOBER.

2076.—DINNER FOR 18 PERSONS.

First Course

Mock-Turtle Soup,
removed by
Crimped Cod and Oyster
Sauce.

Soles à la Vase of Red Mullet.
Normandie. Flowers.

Julienne Soup,
removed by
John Dory and Dutch
Sauce.

Entrées

Sweetbreads and Tomata
Sauce.

Oyster Patties. Vase of Stewed Mushrooms.
Flowers.

Fricandeau de Veau and
Celery Sauce.

Second Course.

土豆泥；小牛肉火腿馅饼--火腿可从星期三煮的火腿中切取，若未全部冷食作早餐。2. 柠檬布丁。

十月。

2076.--十八人晚餐。

第一道菜

仿甲鱼汤，移开

皱鳕鱼配牡蛎
酱汁。

红鲻鱼瓶饰比目鱼。诺曼底。花卉。

儒利安汤，移去

约翰多利鱼与荷兰酱
酱汁。

主菜

甜面包与番茄
酱汁。

牡蛎馅饼。炖蘑菇盅。
鲜花。

小牛肉炖肉和
芹菜酱。

第二道菜。

Roast Saddle of
Mutton.

Grouse Pie.

Roast Goose. Vase of Boiled Fowls and
Flowers. Oyster Sauce.

Ham.

Larded Turkey.

Third Course.

Custards. Pheasants, Prawns.
removed by
Cabinet Pudding.

Italian Cream.

Gâteau de Vase of Compôte of
Pommes. Flowers. Plums.

Peach Jelly.

Roast Hare,
removed by
Lobster Salad. Iced Pudding. Apple Tart.

DESSERT AND ICES.

2077.—DINNER FOR 12 PERSONS (OCTOBER).

FIRST COURSE.
Carrot Soup à la Créci.
Soup à la Reine.

烤马鞍
羊肉。

松鸡派。

烤鹅。一盆煮家禽和
花。蚝油。

火腿。

填馅火鸡。

第三道菜。

蛋奶冻。雉鸡，对虾。
被内阁布丁移除。

意大利奶油。

果酱花瓶蛋糕配苹果蜜饯。花卉。
李子。

桃子果冻。

烤野兔，移
开由
龙虾沙拉。冰布丁。苹果挞。

甜点与冰品。

2077.--十二人晚餐(十月)。

第一道菜。
胡萝卜汤(Créci风味)
王后风味汤。

Baked Cod.
Stewed Eels.

ENTREES.
Riz de Veau and Tomata Sauce.
Vol-au-Vent of Chicken.
Pork Cutlets and Sauce Robert.
Grilled Mushrooms.

SECOND COURSE.
Rump of Beef à la Jardinière.
Roast Goose.
Boiled Fowls and Celery Sauce.
Tongue, garnished.
Vegetables.

THIRD COURSE.
Grouse.
Pheasants.
Quince Jelly.
Lemon Cream.
Apple Tart.
Compote of Peaches.
Nesselrode Pudding.
Cabinet Pudding.
Scalloped Oysters.

DESSERT AND ICES.

2078.—DINNER FOR 8 PERSONS (October).

FIRST COURSE.

烤鳕鱼。
炖鳗鱼。

前菜。
小牛胸腺配番茄酱。鸡肉酥盒。

猪排与罗贝尔酱。烤蘑菇。

第二道菜。
牛臀肉配时蔬。烤鹅。

水煮鸡配芹菜酱。舌肉，配菜装饰。蔬菜。

第三道菜。松鸡。

野鸡。
榲桲果冻。
柠檬奶油。
苹果挞。
桃子蜜饯。内塞罗德布丁。内阁布丁。扇贝牡蛎。

甜点与冰品。

2078.--八人晚餐(十月)。第一道菜。

Calf's-Head Soup.
Crimped Cod and Oyster Sauce.
Stewed Eels.

ENTREES.
Stewed Mutton Kidneys.
Curried Sweetbreads.

SECOND COURSE.
Boiled Leg of Mutton, garnished with Carrots and Turnips. Roast Goose.

THIRD COURSE.
Partridges.
Fruit Jelly. Italian Cream.
Vol-au-Vent of Pears.
Apple Tart.
Cabinet Pudding.

DESSERT AND ICES.

2079.—DINNER FOR 6 PERSONS (October).—I.

FIRST COURSE.
Hare Soup.
Broiled Cod à la Maître d'Hôtel.
Haddocks and Egg Sauce.

ENTREES.
Veal Cutlets, garnished with French Beans.
Haricot Mutton.

SECOND COURSE.

牛头汤。
酥炸鳕鱼配牡蛎酱。
炖鳗鱼。

前菜。
炖羊腰子。
咖喱甜面包。

第二道菜。
煮羊腿，配胡萝卜和芜菁作装饰。烤鹅。

第三道菜。
鹧鸪。
水果冻。意大利奶油。
梨肉酥盒。
苹果挞。
橱柜布丁。

甜点与冰品。

2079.--六人晚餐(十月)--一。

第一道菜。
兔肉汤。
烤鳕鱼配总管黄油。烤黑线鳕配鸡蛋酱。

前菜。
小牛肉片，配法国豆。哈里科羊肉。

第二道菜。

Roast Haunch of Mutton.
Boiled Capon and Rice.
Vegetables.

THIRD COURSE.
Pheasants.
Punch Jelly. Blancmange.
Apples à la Portugaise.
Charlotte à la Vanille.
Marrow Pudding.

DESSERT.

2080.—DINNER FOR 6 PERSONS (October).—II.

FIRST COURSE.
Mock-Turtle Soup.
Brill and Lobster Sauce.
Fried Whitings.

ENTREES.
Fowl à la Béchamel.
Oyster Patties.

SECOND COURSE.
Roast Sucking-Pig.
Stewed Hump of Beef à la Jardinière.
Vegetables.

THIRD COURSE.
Grouse.
Charlotte aux Pommes.
Coffee Cream.

烤羊腿。煮阉鸡配米饭。蔬菜。

第三道菜。雉鸡。

潘趣果冻。布兰曼奇。葡式苹果。香草夏洛特。骨髓布丁。

甜点。

2080.-六人晚餐(十月)。--二。

第一道菜。
仿甲鱼汤
布里尔与龙虾酱。
炸牙鳕

前菜。
贝夏梅尔酱禽肉。
生蚝酥盒。

第二道菜。
烤乳猪。
炖牛峰配田园蔬菜。蔬菜。

第三道菜。
松鸡。
夏洛特苹果派。
咖啡奶油。

Cheesecakes.
Apricot Tart.
Iced Pudding.

DESSERT.

PLAIN FAMILY DINNERS FOR OCTOBER.

2081. *Sunday*.—1. Roast sucking-pig, tomata sauce and brain sauce; small boiled leg of mutton, caper sauce, turnips, and carrots. 2. Damson tart, boiled batter pudding.

2082. *Monday*.—1. Vegetable soup, made from liquor that mutton was boiled in. 2. Sucking-pig en blanquette, small meat pie, French beans, and potatoes. 3. Pudding, pies.

2083. *Tuesday*.—1. Roast partridges, bread sauce, and gravy; slices of mutton warmed in caper sauce; vegetables. 2. Baked plum-pudding.

2084. *Wednesday*.—1. Roast ribs of beef, Yorkshire pudding, vegetable marrow, and potatoes. 2. Damson pudding.

2085. *Thursday*.—1. Fried soles, melted butter. 2. Cold beef and salad; mutton cutlets and tomata sauce. 3. Macaroni.

2086. *Friday*.—1. Carrot soup. 2. Boiled fowls and celery sauce; bacon-check, garnished with greens; beef rissoles, from remains of cold beef. 3. Baroness pudding.

2087. *Saturday*.—1. Curried fowl, from remains of cold ditto; dish of rice, Rump-steak-and-kidney pudding, vegetables. 2. Stewed pears and sponge cakes.

芝士蛋糕。
杏子挞。
冰镇布丁。

甜点。

十月家常便餐

2081. 星期日。--1. 烤乳猪，番茄酱汁与脑酱汁；小煮羊腿，刺山柑酱汁，芜菁和胡萝卜。2. 乌梅馅饼，煮面糊布丁。

2082. 星期一。--1. 蔬菜汤，用煮羊肉的汤水制成。2. 白汁乳猪，小肉馅饼，法国豆和土豆。3. 布丁，馅饼。

2083. 星期二。--1. 烤鹧鸪，面包酱汁和肉汁；在刺山柑酱汁中加热的羊肉片；蔬菜。2. 烤李子布丁。

2084. 星期三。--1. 烤牛肋排，约克郡布丁，西葫芦和土豆。2. 乌梅布丁。

2085. 星期四。--1. 炸鳎鱼，融化黄油。2. 冷牛肉和沙拉；羊肉片和番茄酱汁。3. 通心粉。

2086. 星期五。--1. 胡萝卜汤。2. 煮鸡和芹菜酱汁；培根颊肉，配以青菜；牛肉炸丸子，用冷牛肉的剩余部分制成。3. 男爵夫人布丁。

2087. 星期六。--1. 咖喱鸡，用上述冷鸡的剩余部分制成；一盘米饭，臀肉牛排腰子布丁，蔬菜。2. 炖梨和海绵蛋糕。

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2088. *Sunday*.—1. Crimped cod and oyster sauce. 2. Roast haunch of mutton, brown onion sauce, and vegetables. 3. Bullace pudding, baked custards in cups.

2089. *Monday*.—1. The remains of codfish, flaked, and warmed in a maître d'hôtel sauce. 2. Cold mutton and salad, veal cutlets and rolled bacon, French beans and potatoes. 3. Arrowroot blancmange and stewed damsons. 2090. *Tuesday*.—1. Roast hare, gravy, and red-currant jelly; hashed mutton, vegetables. 2. Currant dumplings.

2091. *Wednesday*.—1. Jugged hare, from remains of roast ditto; boiled knuckle of veal and rice; boiled bacon-cheek. 2. Apple pudding.

2092. *Thursday*.—1. Roast leg of pork, apple sauce, greens, and potatoes. 2. Rice snowballs.

2093. *Friday*.—1. Slices of pork, broiled, and tomata sauce, mashed potatoes; roast pheasants, bread sauce, and gravy. 2. Baked apple pudding.

2094. *Saturday*.—1. Rump-steak pie, sweetbreads. 2. Ginger pudding.

NOVEMBER. 2095.—DINNER FOR 18 PERSONS.

First Course.

Thick Grouse Soup,
removed by
Crimped Cod and Oyster

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2088. 星期日。--1. 皱皮鳕鱼和牡蛎酱汁。2. 烤羊腿，棕色洋葱酱汁和蔬菜。3. 野李布丁，杯中烤蛋奶冻。

2089. 星期一。--1. 鳕鱼的剩余部分，片成薄片，在总管酱汁中加热。2. 冷羊肉和沙拉，小牛肉片和卷培根，法国豆和土豆。3. 竹芋白奶冻和炖乌梅。
2090. 星期二。--1. 烤野兔，肉汁和红醋栗果冻；烩羊肉，蔬菜。2. 醋栗饺子。

2091. 星期三。--1. 罐焖野兔，用上述烤野兔的剩余部分制成；煮小牛膝和米饭；煮培根颊肉。2. 苹果布丁。

2092. 星期四。--1. 烤猪腿，苹果酱汁，青菜和土豆。2. 米雪球。

2093. 星期五。--1. 猪肉片，炙烤，番茄酱汁，土豆泥；烤野鸡，面包酱汁和肉汁。2. 烤苹果布丁。

2094. 星期六。- 1. 臀肉牛排馅饼，甜面包。2. 姜布丁。

十一月。2095。--十八人晚餐。

第一道菜。

浓松鸡汤，撇去

皱鳕鱼配牡蛎

Sauce.

Baked Whitings. Vase of Fried Smelts.
Flowers.

Clear Ox-tail Soup,
removed by
Fillets of Turbot à la
Crême.

Entrées.

Poulet à la Marengo.

Fillets of Leveret. Vase of Ragoût of Lobster.
Flowers.

Mushrooms sautés.

Second Course.

Haunch of Mutton.

Cold Game Pie.

Lark Pudding. Vase of Roast Fowls.
Flowers.

Boiled Ham.

Boiled Turkey and Celery
Sauce.

Third Course.

Apple Tart. Partridges, Shell-Fish.
removed by
Plum-pudding.

酱汁。

烤牙鳕。炸胡瓜鱼。
鲜花。

清炖牛尾汤，
已移除
比目鱼柳配
奶油

主菜。

马伦戈炖鸡。

小兔里脊肉。龙虾炖菜盅。
鲜花。

炒蘑菇。

第二道菜。

羊腿肉。

冷食野味派。

云雀布丁。烤禽盘。
鲜花。

煮火腿。

煮火鸡配芹菜
酱汁。

第三道菜。

苹果挞。鹧鸪、贝类。
去皮葡萄干布
丁。

Wine Jelly.

Pommes à la Vase of Vol-au-Vent
Condé. Flowers. of Pears.

Snipes,
removed by
Prawns. Charlotte glacée. Apricot
Tartlets.

DESSERT AND ICES.

2096.—DINNER FOR 12 PERSONS (November).

FIRST COURSE.
Hare Soup.
Julienne Soup.
Baked Cod.
Soles à la Normandie.

ENTREES.
Riz de Veau aux Tomates.
Lobster Patties.
Mutton Cutlets and Soubise Sauce.
Croûtades of Marrow aux fines herbes.

SECOND COURSE.
Roast Sirloin of Beef.
Braised Goose.
Boiled Fowls and Celery Sauce.
Bacon-cheek, garnished with Sprouts.

THIRD COURSE.

葡萄酒果冻。

酥皮盅花瓶土豆
孔代。花。梨的。

鹬，
已移除
大虾。夏洛特冰糕。杏子小馅饼。

甜点与冰品。

2096.--十二人晚餐(十一月)。

第一道菜。
兔肉汤。
朱丽安汤。
烤鳕鱼。
诺曼底式鳎鱼。

前菜。
小牛胸腺番茄饭。龙虾酥盒。

羊肉排与苏比斯酱。骨髓香草酥盒。

第二道菜。
烤牛里脊。
红烧鹅。
白煮鸡配芹菜酱。
培根颊肉，配抱子甘蓝。

第三道菜。

Wild Ducks.
Partridges.
Apples à la Portugaise.
Bavarian Cream.
Apricot-jam Sandwiches.
Cheesecakes.
Charlotte à la Vanille.
Plum-pudding.

DESSERT AND ICES.

2097.—DINNER FOR 8 PERSONS (NOVEMBER).

FIRST COURSE.
Mulligatawny Soup.
Fried slices of Codfish and Oyster Sauce.
Eels en Matelote.

ENTREES.
Broiled Pork Cutlets and Tomata Sauce.
Tendrons de Veau à la Jardinière.

SECOND COURSE.
Boiled Leg of Mutton and Vegetables.
Roast Goose.
Cold Game Pie.

THIRD COURSE.
Snipes.
Teal.
Apple Soufflé.
Iced Charlotte.

野鸭。
鹧鸪。
葡萄牙式苹果。巴伐利亚奶油。
杏子酱三明治。奶酪蛋糕。

夏洛特香草布丁。葡萄干布丁。

甜点与冰品。

2097.--八人晚餐(十一月)。

第一道菜。
穆里加塔尼汤。
炸鳕鱼片配牡蛎酱。鳗鱼水手式炖锅。

前菜。
烤猪排配番茄酱。嫩小牛肉配时蔬。

第二道菜。
煮羊腿配蔬菜。烤鹅。

冷食野味派。

第三道菜。
鹬。
水鸭。
苹果舒芙蕾。
冰镇夏洛特。

Tartlets.
Champagne Jelly.
Coffee Cream.
Mince Pies.

DESSERT AND ICES.

2098.—DINNER FOR 6 PERSONS (NOVEMBER).

FIRST COURSE.
Oyster Soup.
Crimped Cod and Oyster Sauce.
Fried Perch and Dutch Sauce.

ENTREES.
Pigs' Feet à la Béchamel.
Curried Rabbit.

SECOND COURSE.
Roast Sucking-Pig.
Boiled Fowls and Oyster Sauce.
Vegetables.

THIRD COURSE.
Jugged Hare.
Meringues à la Crême.
Apple Custard.
Vol-au-Vent of Pears.
Whipped Cream.
Cabinet Pudding.

DESSERT.

小馅饼。
香槟果冻。咖啡奶
油。

肉馅饼。

甜点与冰品。

2098.--六人晚餐(十一月)。

第一道菜。
牡蛎汤。
香煎鳕鱼配牡蛎酱。炸鲈鱼配荷兰
酱。

前菜。
比沙梅尔酱猪蹄。
咖喱兔肉。

第二道菜。
烤乳猪。
煮鸡与牡蛎酱。蔬菜。

第三道菜。
罐焖野兔。
奶油蛋白霜。
苹果蛋奶冻。
梨肉酥盒。
打发奶油。
橱柜布丁。

甜点。

2099.—DINNER FOR 6 PERSONS (NOVEMBER).—II.

FIRST COURSE.
Game Soup.
Slices of Codfish and Dutch Sauce.
Fried Eels.

ENTREES.
Kidneys à la Maître d'Hôtel.
Oyster Patties.

SECOND COURSE.
Saddle of Mutton.
Boiled Capon and Rice.
Small Ham.
Lark Pudding.

THIRD COURSE.
Roast Hare.
Apple Tart.
Pineapple Cream.
Clear Jelly.
Cheesecakes.
Marrow Pudding.
Nesselrode Pudding.

DESSERT.

PLAIN FAMILY DINNERS FOR NOVEMBER.

2100. *Sunday*.—1. White soup. 2. Roast haunch of mutton, haricot beans, potatoes. 3. Apple tart, ginger pudding.

2099.--六人晚餐(十一月)。--II.

第一道菜。
野味汤。
鳕鱼片配荷兰酱。炸鳗鱼。

前菜。
旅店老板式腰子。牡蛎酥盒。

第二道菜。
羊脊肉。
水煮阉鸡配米饭。
小火腿。
云雀布丁。

第三道菜。
烤野兔。
苹果挞。
菠萝奶油。
清果冻。
芝士蛋糕。
骨髓布丁。
内塞尔罗德布丁。

甜点。

十一月家常便餐

2100. 星期日。--1. 白汤。2. 烤羊腿，配四季豆、土豆。3. 苹果挞、姜汁布丁。

2101. *Monday*.—1. Stewed eels. 2. Veal cutlets garnished with rolled bacon; cold mutton and winter salad. 3. Baked rice pudding.

2101. 星期一。--1. 炖鳗鱼。2. 小牛肉片配卷培根；冷羊肉与冬季沙拉。3. 烤米布丁。

2102. *Tuesday*.—1. Roast fowls, garnished with water-cresses; boiled bacon-cheek; hashed mutton from remains of haunch. 2. Apple pudding.

2102. 星期二。--1. 烤鸡，配水芹；煮培根颊肉；羊腿余肉切碎回锅。2. 苹果布丁。

2103. *Wednesday*.—1. Boiled leg of pork, carrots, parsnips, and pease-pudding; fowl croquettes made with remainder of cold fowl. 2. Baroness pudding.

2103. 星期三。--1. 煮猪腿，配胡萝卜、欧防风、豌豆布丁；冷鸡余肉做炸鸡卷。2. 男爵夫人布丁。

2104. *Thursday*.—1. Cold pork and mashed potatoes; roast partridges, bread sauce and gravy. 2. The remainder of pudding cut into neat slices, and warmed through, and served with sifted sugar sprinkled over; apple fritters.

2104. 星期四。--1. 冷猪肉与土豆泥；烤山鹑，配面包酱汁与肉汁。2. 布丁余料切成整齐薄片，加热透，撒糖粉上桌；苹果炸饼。

2105. *Friday*.—1. Roast hare, gravy, and currant jelly; rump-steak and oyster sauce; vegetables. 2. Macaroni.

2105. 星期五。--1. 烤野兔，配肉汁与醋栗果冻；臀肉牛排配牡蛎酱汁；蔬菜。2. 通心粉。

2106. *Saturday*.—1. Jugged hare; small mutton pudding. 2. Fig pudding.

2106. 星期六。--1. 罐焖野兔；小羊肉布丁。2. 无花果布丁。

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2107. *Sunday*.—1. Crimped cod and oyster sauce. 2. Roast fowls, small boiled ham, vegetables; rump-steak pie. 3. Baked apple pudding, open jam tart.

2107. 星期日。--1. 卷切鳕鱼配牡蛎酱汁。2. 烤鸡、小煮火腿、蔬菜；臀肉牛排馅饼。3. 烤苹果布丁、敞口果酱挞。

2108. *Monday*.—1. The remainder of cod warmed in maître d'hôtel sauce. 2. Boiled aitchbone of beef, carrots, parsnips, suet dumplings. 3. Baked bread-and-butter pudding.

2108. 星期一。--1. 鳕鱼余料用主厨酱汁加热。2. 煮牛臀骨肉，配胡萝卜、欧防风、板油团子。3. 烤面包黄油布丁。

2109. *Tuesday*.—1. Pea-soup, made from liquor in which beef was boiled. 2. Cold beef, mashed potatoes; mutton cutlets and tomata

2109. 星期二。--1. 豌豆汤，用煮牛肉的汤水制成。2. 冷牛肉、土豆泥；羊肉片配番茄

sauce. 3. Carrot pudding.

2110. *Wednesday*.—1. Fried soles and melted butter. 2. Roast leg of pork, apple sauce, vegetables. 3. Macaroni with Parmesan cheese.

2111. *Thursday*.—1. Bubble-and-squeak from remains of cold beef; curried pork. 2. Baked Semolina pudding.

2112. *Friday*.—1. Roast leg of mutton, stewed Spanish onions, potatoes. 2. Apple tart.

2113. *Saturday*.—1. Hashed mutton; boiled rabbit and onion sauce; vegetables. 2. Damson pudding made with bottled fruit.

DECEMBER.

2114.—DINNER FOR 18 PERSONS.

First Course.

Mock-Turtle Soup,
removed by
Cod's Head and Shoulders
and Oyster Sauce.

Stewed Eels. Vase of Fried Whitings.
Flowers.

Julienne Soup,
removed by
Soles aux fines herbes.

Entrées.

酱汁。3. 胡萝卜布丁。

2110. 星期三。--1. 炸鳎鱼配融化黄油。2. 烤猪腿，配苹果酱汁、蔬菜。3. 通心粉配帕尔马干酪。

2111. 星期四。--1. 冷牛肉余料做土豆煎牛肉；咖喱猪肉。2. 烤粗粒小麦粉布丁。

2112. 星期五。--1. 烤羊腿，配炖西班牙洋葱、土豆。2. 苹果挞。

2113. 星期六。--1. 碎羊肉回锅；煮兔肉配洋葱酱汁；蔬菜。2. 用瓶装水果做的乌梅布丁。

十二月。

2114. **供18人食用。**

第一道菜。

仿甲鱼汤，
已移除
鳕鱼头与肩
以及牡蛎酱。

炖鳗鱼。炸牙鳕鱼盘。
鲜花。

儒利安汤，移去

香草比目鱼。

主菜。

Fillets of Grouse and
Sauce Piquante.

Curried Lobster. Vase of Mutton Cutlets and
Flowers. Soubise Sauce.

Sweetbreads.

Second Course.

Haunch of Mutton.

Ham and Brussels
Sprouts.

Roast Goose. Vase of Stewed Beef à la
Flowers. Jardinière.

Game Pie.

Boiled Turkey and
Celery Sauce.

Third Course.

Apricot Torte. Pheasants, Victoria removed by Sandwiches.

Plum-pudding.

Vanilla Cream.

Lemon Jelly. Vase of Champagne Jelly.
Flowers.

Blancmange.

Wild Ducks,
removed by

松鸡柳配辣酱。

咖喱龙虾。羊肉片花瓶及
花。苏比斯酱。

甜面包。

第二道菜。

羊腿肉。

火腿与布鲁塞尔
豆芽。

烤鹅。炖牛肉盅，按
花。花盆。

野味派。

煮火鸡与
芹菜酱。

第三道菜。

杏子蛋糕。野鸡，维多利亚三明治。李子布丁。

香草奶油。

柠檬果冻。香槟果冻瓶。
鲜花。

牛奶冻。

野鸭，去除内
脏后

Tipsy Cake. Iced Pudding. Mince Pies.

DESSERT AND ICES.

2115.—DINNER FOR 12 PERSONS (December).

FIRST COURSE.
Game Soup.
Clear Vermicelli Soup.
Codfish au gratin.
Fillets of Whitings à la Maître d'Hôtel.

ENTREES.
Filet de Boeuf and Sauce Piquante.
Fricasseed Chicken.
Oyster Patties.
Curried Rabbit.

SECOND COURSE.
Roast Turkey and Sausages.
Boiled Leg of Pork and Vegetables.
Roast Goose.
Stewed Beef à la Jardinière.

THIRD COURSE.
Widgeon.
Partridges.
Charlotte aux Pommes.
Mince Pies.
Orange Jelly.
Lemon Cream.
Apple Tart.

醉蛋糕。冰布丁。百果馅饼。

甜点与冰品。

2115.-十二人份晚餐(十二月)。

第一道菜。
野味汤。
清汤粉丝
奶汁烤鳕鱼。
鳕鱼柳配总管酱。

前菜。
菲力牛排与辣酱。炖鸡。

生蚝酥盒。
咖喱兔肉。

第二道菜。
烤火鸡与香肠。
煮猪腿配蔬菜。烤鹅。

罐焖牛肉配时蔬。

第三道菜。
赤颈鸭。
鹧鸪。
夏洛特苹果派。
肉馅饼。
橙子果冻。
柠檬奶油。
苹果挞。

Cabinet Pudding.

DESSERT AND ICES.

2116.—DINNER FOR 10 PERSONS (December).

FIRST COURSE.
Mulligatawny Soup.
Fried Slices of Codfish.
Soles à la Crême.

ENTREES.
Croquettes of Fowl.
Pork Cutlets and Tomata Sauce.

SECOND COURSE.
Roast Ribs of Beef.
Boiled Turkey and Celery Sauce.
Tongue, garnished.
Lark Pudding. Vegetables.

THIRD COURSE.
Roast Hare. Grouse.
Plum-pudding. Mince Pies.
Charlotte à la Parisienne.
Cheesecakes.
Apple Tart.
Nesselrode Pudding.

DESSERT AND ICES.

2117.—DINNER FOR 8 PERSONS (December).

橱柜布丁。

甜点与冰品。

2116.--十人晚餐(十二月)。

第一道菜。
穆里加塔尼汤。
炸鳕鱼片。
奶油鳎鱼

前菜。
家禽炸肉饼。
猪排与番茄酱。

第二道菜。
烤牛肋排。
煮火鸡配芹菜酱。舌肉，配菜装饰。

云雀布丁。蔬菜。

第三道菜。
烤野兔。松鸡。
李子布丁。肉馅饼。巴黎式夏洛特。奶酪蛋糕。

苹果挞。
内塞尔罗德布丁。

甜点与冰品。

2117.--八人晚餐(十二月)。

FIRST COURSE.
Carrot Soup.
Crimped Cod and Oyster Sauce.
Baked Soles.

ENTREES.
Mutton Kidneys à la Française.
Oyster Patties.

SECOND COURSE.
Boiled Beef and Vegetables.
Marrow-bones.
Roast Fowls and Water-cresses
Tongue, garnished.
Game Pie.

THIRD COURSE.
Partridges.
Blancmange.
Compôte of Apples.
Vol-au-Vent of Pears.
Almond Cheesecakes.
Lemon Pudding.

DESSERT AND ICES.

2118.—DINNER FOR 6 PERSONS (December).—I.

FIRST COURSE.
Rabbit Soup.
Brill and Shrimp Sauce.

ENTREES.

第一道菜。
胡萝卜汤。
皱褶鳕鱼配牡蛎酱。烤鳎鱼。

前菜。
法式羊腰。牡蛎酥盒。

第二道菜。
煮牛肉与蔬菜。髓骨。

烤鸡和豆瓣菜舌，配菜。野味派。

第三道菜。鹧鸪。

牛奶冻。
苹果蜜饯。梨肉酥盒。
杏仁奶酪蛋糕。柠檬布
丁。

甜点与冰品。

2118.--六人晚餐(十二月)。--一、第一道菜。

兔肉汤。
布里尔与虾酱。

前菜。

Curried Fowl. Oyster Patties.

SECOND COURSE.
Roast Turkey and Sausages.
Boiled Leg of Pork. Vegetables.

THIRD COURSE.
Hunters' Pudding.
Lemon Cheesecakes.
Apple Tart. Custards, in glasses.
Raspberry Cream.

DESSERT.

2119.—DINNER FOR, 6 PERSONS (December).—II.

FIRST COURSE.
Ox-tail Soup.
Crimped Cod and Oyster Sauce.

ENTREES.
Savoury Rissoles.
Fowl Scollops à la Béchamel.

SECOND COURSE.
Haunch of Mutton.
Boiled Chickens and Celery Sauce.
Bacon-cheek, garnished with Brussels Sprouts.
Vegetables.

THIRD COURSE.
Snipes.
Orange Jelly. Cheesecakes.

咖喱鸡。牡蛎酥盒。

第二道菜。

烤火鸡与香肠。煮猪腿。蔬菜。

第三道菜。猎人布丁。
柠檬奶酪蛋糕。

苹果挞。玻璃杯装蛋奶冻。覆盆子奶油。

甜点。

2119.-六人晚餐(十二月)。--二。

第一道菜。

牛尾汤。

酥炸鳕鱼配牡蛎酱。

前菜。

咸味炸肉丸。

家禽扇贝配白汁。

第二道菜。

羊腿肉。

煮鸡与芹菜酱。

培根颊肉，配抱子甘蓝。蔬菜。

第三道菜。

鹬。

橙子果冻。奶酪蛋糕。

Apples à la Portugaise.
Apricot-jam Tartlets.
Soufflé of Rice.

DESSERT.

2120.—DINNER FOR 6 PERSONS (December).—III.

FIRST COURSE.
Vermicelli Soup.
Soles à la Maître d'Hôtel.
Fried Eels.

ENTREES.
Pork Cutlets and Tomato Sauce.
Ragoût of Mutton à la Jardinière.

SECOND COURSE.
Roast Goose.
Boiled Leg of Mutton and Vegetables.

THIRD COURSE.
Pheasants.
Whipped Cream.
Meringues. Compôte of Normandy Pippins.
Mince Pies. Plum-pudding.

Dessert.

2121.—DINNER FOR 6 PERSONS (December).—IV.

FIRST COURSE.
Carrot Soup.
Baked Cod.

葡式苹果。杏酱小塔。米饭舒芙蕾。

甜点。

2120.六人晚餐(十二月)。--三。

第一道菜。
粉丝汤。
主厨风味板鱼。
炸鳗鱼。

前菜。
猪排配番茄酱。田园风味炖羊肉。

第二道菜。
烤鹅。
水煮羊腿配蔬菜。

第三道菜。
野鸡。
打发奶油。
蛋白霜。诺曼底苹果盅。百果馅饼。葡萄干布丁。

甜点。

2121.-六人晚餐(十二月)。-四。

第一道菜。
胡萝卜汤。
烤鳕鱼。

Fried Smelts.

ENTREES.
Stewed Rump-steak à la Jardinière.
Fricasseed Chicken.

SECOND COURSE.
Roast Leg of Mutton, boned and stuffed.
Boiled Turkey and Oyster Sauce.
Vegetables.

THIRD COURSE.
Wild Ducks.
Fancy Pastry.
Lemon Cream.
Damson Tart, with bottled fruit.
Custards, in glasses.
Cabinet Pudding.

Dessert.

PLAIN FAMILY DINNERS FOR DECEMBER.

2122. *Sunday*.—1. Carrot soup. 2. Roast beef, horseradish sauce, vegetables. 3. Plum-pudding, mince pies.

2123. *Monday*.—1. Fried whitings, melted butter. 2. Rabbit pie, cold beef, mashed potatoes. 3. Plum-pudding cut in slices and warmed; apple tart.

2124. *Tuesday*.—1. Hashed beef and broiled bones, pork cutlets and tomata sauce; vegetables. 2. Baked lemon pudding.

2125. *Wednesday*.—1. Boiled neck of mutton and vegetables; the

炸胡瓜鱼。

前菜。

烩臀肉牛排配时蔬。炖鸡。

第二道菜。

去骨填馅烤羊腿。煮火鸡配牡蛎酱汁。蔬菜。

第三道菜。

野鸭。

花式糕点。

柠檬奶油。

达姆森李子挞，配瓶装水果。蛋奶
冻，盛于玻璃杯中。

橱柜布丁。

甜点。

十二月家常晚餐。

2122. 星期日。--1. 胡萝卜汤。2. 烤牛肉，配辣根酱汁、蔬菜。3. 葡萄干布丁、百果馅饼。

2123. 星期一。--1. 炸牙鳕，配融化黄油。2. 兔肉馅饼、冷牛肉、土豆泥。3. 葡萄干布丁切片加热；苹果挞。

2124. 星期二。--1. 碎牛肉回锅与烤骨，猪排配番茄酱汁；蔬菜。2. 烤柠檬布丁。

2125. 星期三。--1. 煮羊颈肉配蔬菜；

broth served first with a little pearl barley or rice boiled in it 2. Bakewell pudding.

2126. *Thursday*.—1. Roast leg of pork, apple sauce, vegetables. 2. Rice snowballs.

2127. *Friday*.—1. Soles à la Crime. 2. Cold pork and mashed potatoes, broiled rump-steaks and oyster sauce. 3. Rolled jam pudding.

2128. *Saturday*.—1. The remains of cold pork curried, dish of rice, mutton cutlets, and mashed potatoes. 2. Baked apple dumplings.

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2129. *Sunday*.—1. Roast turkey and sausages, boiled leg of pork, pease pudding, vegetables. 2. Baked apple pudding, mince pies.

2130. *Monday*.—1. Hashed turkey, cold pork, mashed potatoes. 2. Mince-meat pudding.

2131. *Tuesday*.—1. Pea-soup made from liquor in which pork was boiled. 2. Boiled fowls and celery sauce, vegetables. 3. Baked rice pudding.

2132. *Wednesday*.—1. Roast leg of mutton, stewed Spanish onions, potatoes. 2. Baked rolled jam pudding.

2133. *Thursday*.—1. Baked cod's head. 2. Cold mutton, roast hare, gravy and red-currant jelly. 3. Macaroni.

2134. *Friday*.—1. Hare soup, made with stock and remains of roast hare. 2. Hashed mutton, pork cutlets, and mashed potatoes. 3. Open tarts, rice blancmange.

2135. *Saturday*.—1. Rump-steak-and-kidney pudding, vegetables.

先上肉汤，汤中煮有少许珍珠大麦或大米 2. 贝克韦尔布丁。

2126. 星期四。--1. 烤猪腿，苹果酱汁，蔬菜。2. 米雪球。

2127. 星期五。--1. 克里姆式鳎鱼。2. 冷猪肉与土豆泥，烤臀肉牛排与牡蛎酱汁。3. 卷筒果酱布丁。

2128. 星期六。--1. 冷猪肉做成咖喱，一盘米饭，羊排，土豆泥。2. 烤苹果饺子。

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2129. 星期日。--1. 烤火鸡与香肠，煮猪腿，豌豆布丁，蔬菜。2. 烤苹果布丁，百果馅饼。

2130. 星期一。--1. 火鸡烩肉，冷猪肉，土豆泥。2. 百果馅布丁。

2131. 星期二。--1. 用煮猪肉的汤水制成的豌豆汤。2. 煮家禽与芹菜酱汁，蔬菜。3. 烤米布丁。

2132. 星期三。--1. 烤羊腿，炖西班牙洋葱，土豆。2. 烤卷筒果酱布丁。

2133. 星期四。--1. 烤鳕鱼头。2. 冷羊肉，烤野兔，肉汁与红醋栗果冻。3. 通心粉。

2134. 星期五。--1. 野兔汤，用高汤和烤野兔的余肉制成。2. 羊肉烩肉，猪排，土豆泥。3. 敞口馅饼，米制牛奶冻。

2135. 星期六。--1. 臀肉牛排腰子布丁，蔬菜。

2. Mince pies, baked apple dumplings.

2136.—BILL OF FARE FOR A GAME DINNER FOR 30 PERSONS (November).

First course.

Hare Soup.

Purée of Grouse. Vase of Pheasant Soup.
Flowers.

Soup á la Reine.

Entrées.

Salmi of Fillets of Hare Salmi of
Widgeon. en Chevereuil. Woodcock.

Perdrixaux Choux.

Lark Pudding. Vase of Game Patties.
Flowers.

Curried Rabbit.

Salmi of Fillet of Pheasant Salmi of
Woodcock. and Truffles. Widgeon.

Second Course.

Larded Pheasants.
Leveret, larded and
stuffed.

Cold Pheasant Pie Vase of Hot raised Pie of
á la Périgord. Flowers. mixed Game.

2. 肉馅饼、烤苹果饺子。

2136.-三十人份野味晚宴菜单(十一月)

头盘。

兔肉汤。

松鸡泥汤。雉鸡汤盅。
鲜花。

王后风味汤。

主菜。

野兔柳萨米野鸭萨米雪维莱风味丘鹬

佩尔德里奥卷心菜。

云雀布丁。野味馅饼盘。
鲜花。

咖喱兔肉。

雉鸡柳萨尔米山鹬萨尔米及松露赤颈鸭

第二道菜。

填馅野鸡。
小兔，涂油并
填馅的。

冷雉肉派热 raised 派 à la Périgord 花瓶。鲜花。
混合野味。

Grouse.

Larded Partridges.

Third Course.

Snipes. Pintails. Ortolans.

Quails.

Golden Vase of Widgeon.
Plovers. Flowers.

Teal.

Wild Duck. Woodcock. Snipes.

Entremets and Removes.

Apricot Boudin à la Nesselrode. Maids of
Tart. Honour.

Dantzic Jelly.

Vol-au-Vent Vase of Gâteau. of Pears. Flowers. Génoise glacé.

Charlotte Russe.

Maids of Plum Pudding. Compôte of
Honour. Apples.

Dessert.

Olives. Strawberry-Ice Figs.
Cream.

Preserved Pineapples. Dried
Cherries. Fruit.
Grapes.

松鸡。

穿膘鹬鸪。

第三道菜。

鹬。针尾鸭。圃鹀。

鹌鹑。

金凫金瓶。
千鸟。花。

水鸭。

野鸭。丘鹬。鹬类。

配菜与撤席菜。

内塞爾羅德式杏子布丁。塔特少女。榮譽。

但泽果冻

Vol-au-Vent 酥皮盒花瓶蛋糕梨鲜花热那亚冰蛋糕俄式夏洛特

李子布丁女仆。荣誉蜜饯。苹果。

甜点。

橄榄。草莓冰无花果。
奶油。

糖渍菠萝。樱桃干。水果。

葡萄。

Filberts. Pears. Walnuts.
Wafers. Biscuits.

Ginger-Ice Cream. Vase of Orange-Water Ice.
Flowers.

Apples.

Dried Grapes. Preserved
Fruit. Cherries.
Pears.

Figs. Lemon-Water Ice. Olives.

MENU.

2137.—SERVICE A LA RUSSE (July).

Julienne Soup.
Vermicelli Soup.

Boiled Salmon.
Turbot and Lobster Sauce.

Soles-Water Souchy.
Perch-Water Souchy.

Matelote d'Anguilles à la Toulouse.
Filets de Soles à la Normandie.

Red Mullet.
Trout.

Lobster Rissoles.
Whitebait.

榛子。梨。核桃。薄脆饼。
饼干。

姜汁冰淇淋。橙花水冰盏。
鲜花。

苹果。

葡萄干。蜜饯果品。樱桃。

梨。

无花果。柠檬水冰。橄榄。

菜单。

2137.-俄式上菜(七月)

朱丽安汤。
粉丝汤。

煮鲑鱼。
多宝鱼配龙虾酱。

鳎鱼--水煮鳎鱼。鲈鱼--
水煮鲈鱼。

图卢兹式鳗鱼炖锅。诺曼底式龙利鱼
柳。

红鲻鱼。
鳟鱼。

龙虾炸肉卷。
银鱼。

Riz de Veau à la Banquière.
Filets de Poulets aux Coucombres.

Canards à la Rouennaise.
Mutton Cutlets à la Jardinière.

Braised Beef à la Flamande.
Spring Chickens.

Roast Quarter of Lamb.
Roast Saddle of Mutton.

Tongue.
Ham and Peas.

Quails, larded.
Roast Ducks.
Turkey Poult, larded.

Mayonnaise of Chicken.
Tomatas.
Green Peas à la Française.

Suédoise of Strawberries.
Charlotte Russe.
Compôte of Cherries.

Neapolitan Cakes.
Pastry.
Madeira Wine Jelly.

Iced Pudding à la Nesselrode.

DESSERT AND ICES.

银行家式小牛胸腺
黄瓜鸡柳。

鲁昂式鸭。园丁式羊排。

佛兰芒式焖牛肉。春鸡。

烤羊羔四分之一。烤羊脊
肉。

舌头。
火腿与豌豆。

鹌鹑，肥肉片包裹。

烤鸭。

火鸡雏，涂油。

鸡肉蛋黄酱。番茄。

法式青豆。

草莓瑞典式蛋糕。俄式夏洛
特。

樱桃蜜饯。

那不勒斯蛋糕。糕
点。

马德拉葡萄酒果冻。

内塞尔罗德冰布丁。

甜点与冰品。

Note.—Dinners à la Russe differ from ordinary dinners in the mode of serving the various dishes. In a dinner à la Russe, the dishes are cut up on a sideboard, and handed round to the guests, and each dish may be considered a course. The table for a dinner à la Russe should be laid with flowers and plants in fancy flowerpots down the middle, together with some of the dessert dishes. A menu or bill of fare should be laid by the side of each guest.

注。--俄式正餐与普通正餐的区别在于上菜方式。在俄式正餐中，菜肴在餐边柜上切好，然后传递给客人，每道菜可视为一道菜序。俄式正餐的餐桌应在中央摆放鲜花和植物，置于精美的花盆中，连同一些甜点盘。每位客人旁边应放置一份菜单或菜单。

MENU.

菜单。

2138.—SERVICE A LA RUSSE (November).

2138.-俄式上菜(十一月)。牛尾汤。

Ox-tail Soup.
Soup à la Jardinière.

田园蔬菜汤。

Turbot and Lobster Sauce.
Crimped Cod and Oyster Sauce.

多宝鱼配龙虾酱。脆炸鳕鱼配牡蛎酱。

Stewed Eels.
Soles à la Normandie.

炖鳗鱼。
诺曼底式鳎鱼。

Pike and Cream Sauce.
Fried Filleted Soles.

狗鱼配奶油酱。炸鳎鱼柳。

Filets de Boeuf à la Jardinière.
Croquettes of Game aux Champignons.

花坛式牛里脊
蘑菇野味炸丸子

Chicken Cutlets.
Mutton Cutlets and Tomata Sauce.

鸡排。
羊肉排与番茄酱。

Lobster Rissoles.
Oyster Patties.

龙虾炸肉卷。
生蚝酥盒。

Partridges aux fines herbes.
Larded Sweetbreads.

Roast Beef.
Poulets aux Cressons.

Haunch of Mutton.
Roast Turkey.

Boiled Turkey and Celery Sauce.
Ham.

Grouse.
Pheasants.
Hare.

Salad.
Artichokes.
Stewed Celery.

Italian Cream.
Charlotte aux Pommes.
Compôte of Pears.

Croûtes madrées aux Fruits.
Pastry.
Punch Jelly.

Iced Pudding.

香草鹧鸪。肥膘甜面包。

烤牛肉。
水芹鸡。

羊腿。烤火鸡。

煮火鸡与芹菜酱。火腿。

松鸡。
野鸡。
野兔。

沙拉。
洋蓟。
炖芹菜。

意大利奶油。
夏洛特苹果。梨子蜜饯。

水果马德拉烤面包片。糕点。

潘趣果冻。

冰镇布丁。

DESSERT AND ICES.

甜点与冰品。

Note.—Dinners à la Russe are scarcely suitable for small establishments; a large number of servants being required to

注。--俄式正餐几乎不适合小型家庭；需要大量仆人

carve; and to help the guests; besides there being a necessity for more plates, dishes, knives, forks, and spoons, than are usually to be found in any other than a very large establishment. Where, however, a service à la Russe is practicable, there it, perhaps, no mode of serving a dinner so enjoyable as this.

来切肉，并为客人分菜；此外还需要比一般家庭通常拥有的更多的盘子、碟子、刀、叉和勺子，除非是极大型的家庭。然而，在俄式上菜方式可行的地方，也许没有哪种上菜方式比这更令人愉快了。

SUPPERS.

晚餐。

2139. Much may be done in the arrangement of a supper-table, at a very small expense, provided *taste* and *ingenuity* are exercised. The colours and flavours of the various dishes should contrast nicely; there should be plenty of fruit and flowers on the table, and the room should be well lighted. We have endeavoured to show how the various dishes may be placed; but of course these little matters entirely depend on the length and width of the table used, on individual taste, whether the tables are arranged round the room, whether down the centre, with a cross one at the top, or whether the supper is laid in two separate rooms, &c. &c. The garnishing of the dishes has also much to do with the appearance of a supper-table. Hams and tongues should be ornamented with cut vegetable flowers, raised pies with aspic jelly cut in dice, and all the dishes garnished sufficiently to be in good taste without looking absurd. The eye, in fact, should be as much gratified as the palate. Hot soup is now often served at suppers, but is not placed on the table. The servants fill the plates from a tureen on the buffet, and then hand them to the guests: when these plates are removed, the business of supper commences.

2139. 只要运用品味和巧思，花很少的费用就能在晚餐桌的布置上做出许多文章。各色菜肴的颜色和风味应当形成美妙的对比；桌上应当有充足的水果和鲜花，房间应当灯光明亮。我们已尽力说明各种菜肴可以如何摆放；但这些小事当然完全取决于所用桌子的长度和宽度、个人的品味，以及桌子是沿房间四周摆放、沿中央摆放并在上首加一张横桌，还是晚餐分设在两个房间，等等等等。菜肴的装饰也与晚餐桌的外观大有关系。火腿和口条应当用刻花蔬菜点缀，发面馅饼应当用切成骰子块的肉冻装饰，所有菜肴的装饰都应恰到好处，既显品味又不显荒唐。事实上，眼睛应当和味觉一样得到满足。如今晚餐上常供应热汤，但并不摆在桌上。仆人们从餐边柜上的汤盆里把汤盛入盘子，然后递给客人：这些盘子撤下后，晚餐便开始了。

2140. Where small rooms and large parties necessitate having a standing supper, many things enumerated in the following bill of

2140.当小房间和大型聚会使得必须举办站立式晚餐时，以下菜单中列举的许多东西

fare may be placed on the buffet. Dishes for these suppers should be selected which may be eaten standing without any trouble. The following list may, perhaps, assist our readers in the arrangement of a buffet for a standing supper.

2141. Beef, ham, and tongue sandwiches, lobster and oyster patties, sausage rolls, meat rolls, lobster salad, dishes of fowls, the latter *all cut up*; dishes of sliced ham, sliced tongue, sliced beef, and galantine of veal; various jellies, blancmanges, and creams; custards in glasses, compôtes of fruit, tartlets of jam, and several dishes of small fancy pastry; dishes of fresh fruit, bonbons, sweetmeats, two or three sponge cakes, a few plates of biscuits, and the buffet ornamented with vases of fresh or artificial flowers. The above dishes are quite sufficient for a standing supper; where more are desired, a supper must then be laid and arranged in the usual manner.

2142.—BILL OF FARE FOR A BALL SUPPER FOR 60 PERSONS (For Winter)

Boar's Head,
garnished with Aspic Jelly.
Lobster Salad Lobster Salad.
Fruited Jelly. Mayonnaise of Fowl. Charlotte Russe.

Small Ham, garnished.

Small Pastry. Iced Savoy Cake. Biscuits.

Vanilla Cream EPERGNE, WITH FRUIT. Fruited Jelly.

Two Roast Fowls, cut up. Two Roast Fowls, cut up.

Prawns Two Boiled Fowls, with Béchamel Prawns

可以放在餐台上。此类晚餐的菜肴应选择可以站立食用而毫不费力的。以下清单或许可以帮助我们的读者为站立式晚餐安排餐台。

2141. 牛肉、火腿和口条三明治，龙虾和牡蛎酥盒，香肠卷，肉卷，龙虾沙拉，几盘鸡肉，后者全部切好；几盘切片火腿、切片口条、切片牛肉和小牛肉肉冻；各式果冻、牛奶冻和奶油；玻璃杯装的蛋奶冻、水果蜜饯、果酱小馅饼，以及几盘精致的小糕点；几盘新鲜水果、糖果、蜜饯，两三个海绵蛋糕，几盘饼干，餐边柜用插着鲜花或人造花的花瓶装饰。以上菜肴对于立食晚餐已十分充足；若想要更多，则须按常规方式摆设和布置晚餐。

2142.-六十人舞会晚宴菜单(冬季)

猪头，
饰以肉冻。
龙虾沙拉龙虾沙拉。
水果冻。禽肉蛋黄酱。夏洛特·鲁斯。装饰小火腿。

小糕点。糖霜萨伏依蛋糕。饼干。

香草奶油果盘，配水果。水果果冻。两只烤鸡，切好。

大虾两只水煮鸡，配白汁大虾

Sauce.

Biscuits Small Pastry

Tongue, ornamented.

Custards, TRIFLE, ORNAMENTED. Custards,
in glasses. in glasses.

Raised Chicken Pie.

Tipsy Cake

Lobster Salad. Lobster Salad.
Fruited Jelly. Swiss Cream.

Roast Pheasant.

Meringues. EPERGNE, WITH FRUIT. Meringues.

Raspberry Cream. Galantine of Veal. Fruited Jelly.

Tipsy Cake.

Small Pastry. Biscuits.

Raised Game Pie.

Custards, TRIFLE, ORNAMENTED Custards,
in glasses. in glasses.

Two Roast Fowls, cut up. Two Roast Fowls, cut up.

Tongue, ornamented.

Prawns. Prawns.

Two Boiled Fowls, with Béchamel

Sauce.

Biscuits. Small Pastry.

EPERGNE, WITH FRUIT.

Lobster Salad. Lobster Salad.

Fruited Jelly. Iced Savoy Cake. Blancmange.

酱汁。

饼干小糕点

舌，装饰。

蛋奶冻，TRIFLE，装饰。蛋奶冻，装杯。装杯。

烤鸡馅饼。

醉蛋糕

龙虾沙拉。水果冻。瑞士奶油。

烤野鸡。

蛋白霜。果盘，配水果。蛋白霜。覆盆子奶油。小牛肉肉冻。水果果冻。

醉蛋糕。

小糕点。饼干。

烤野味派。

蛋奶冻、水果松糕、装饰蛋奶冻，装杯。装杯。

两只烤鸡，切块。

舌，装饰。

对虾。对虾。

两只煮鸡，配贝夏梅尔酱

酱汁。

饼干。小糕点。

埃佩尔涅水果盘。

龙虾沙拉。

水果果冻。冰萨伏侬蛋糕。Blancmange。

Small Ham, garnished.

Mayonnaise of Fowl.
Charlotte Russe. Fruited Jelly.
Larded Capon.

Note: When soup is served from the buffet, Mock Turtle and Julienne may be selected. Besides the articles enumerated above, Ices, Wafers, Biscuits, Tea, Coffee, Wines and Liqueurs will be required. Punch a la Romaine may also be added to the list of beverages.

2143.—BILL OF FARE FOR A BALL SUPPER,

Or a Cold Collation for a Summer Entertainment, or Wedding or Christening Breakfast for 70 or 80 Persons (July).

[Illustration: Containing the following—]

[Columns 1 and 5] 4 Blancmanges, to be placed down the table. 4 Jellies, to be placed down the table. 3 Dishes of Small Pastry. 3 Fruit Tarts. 3 Cheesecakes. 3 Compotes of Fruit. 3 English Pines. 20 Small Dishes of various Summer Fruits.

[Column 2]
Dish of Lobster, cut up.
Charlotte Russe à la Vanille.
Lobster Salad
Pigeon Pie.
Lobster Salad.
Dish of Lobster, cut up.
Larded Capon.
Lobster Salad.

小火腿，配菜装饰。

家禽蛋黄酱。
夏洛特露丝。水果果冻。
填馅阉鸡。

注：当汤从餐台供应时，可选择仿龟汤和儒利安汤。除上述列举的物品外，还需要冰淇淋、薄脆饼、饼干、下午茶、咖啡、葡萄酒和利口酒。罗马式潘趣酒也可加入饮品清单。

2143.--舞会晚宴菜单，

或夏季宴会、婚礼或洗礼早餐的冷餐，供70或80人享用(七月)。

[插图：包含以下内容--]

[第1栏和第5栏] 4份牛奶冻，沿餐桌摆放。4份果冻，沿餐桌摆放。3盘小糕点。3个水果馅饼。3个奶酪蛋糕。3份水果蜜饯。3个英国菠萝。20小盘各种夏季水果。

[Column 2]
龙虾切块菜
夏洛特·吕斯香草蛋糕。
龙虾沙拉
鸽子派。
龙虾沙拉。
龙虾切块菜
填馅阉鸡。
龙虾沙拉。

Pigeon Pie.
Dish of Lobster, cut up.
Savoy Cake.
Lobster Salad.

[Column 3]
Tongue.
Ribs of Lamb.
Two Roast Fowls.
Mayonnaise of Salmon.
Epergne, with Flowers.
Mayonnaise of Trout.
Tongue, garnished.
Boiled Fowls and Béchamel Sauce.
Collared Eel.
Ham.
Raised Pie.
Two Roast Fowls.
Shoulder of Lamb, stuffed.
Mayonnaise of Salmon.
Epergne, with Flowers.
Mayonnaise of Trout.
Tongue.
Boiled Fowls and Béchamel Sauce.
Raised Pie.
Ham, decorated.
Shoulder of Lamb, stuffed.
Two Roast Fowls.
Mayonnaise of Salmon.
Epergne, with Flowers.

鸽子派。
龙虾切块一盘。萨伏依蛋糕。

龙虾沙拉。

[Column 3]

舌头。

羊肋排。

两只烤鸡。

鲑鱼蛋黄酱。果盘，配鲜花。鳟鱼蛋黄酱。牛舌，配菜装饰。

煮鸡与贝夏梅尔酱。鳗鱼卷。

火腿。

烤派。

两只烤鸡。

填馅羊肩。鲑鱼蛋黄酱。果盘，配鲜花。鳟鱼蛋黄酱。牛舌。

煮鸡与贝夏梅尔酱。凸派。

火腿，装饰。

羊肩，填馅。两只烤鸡。

三文鱼蛋黄酱。花饰餐桌中央摆件。

Mayonnaise of Trout.
Tongue, garnished.
Boiled Fowls and Béchamel Sauce.
Collared Eel.

[Column 4]
Veal-and-Ham Pie.
Lobster Salad.
Savoy Cake.
Dish of Lobster, cut up.
Lobster Salad.
Boar's Head.
Pigeon Pie.
Lobster Salad.
Dish of Lobster, cut up.
Lobster Salad.
Charlotte Russe à la Vanille.
Veal and Ham Pie.
Dish of Lobster, cut up.

Note.—The length of the page will not admit of our giving the dishes as they should be placed on the table; they should be arranged with the large and high dishes down the centre, and the spaces filled up with the smaller dishes, fruit, and flowers, taking care that the flavours and colours contrast nicely, and that no two dishes of a sort come together. This bill of fare may be made to answer three or four purposes, placing a wedding cake or christening cake in the centre on a high stand, if required for either of these occasions. A few dishes of fowls, lobster salads, &c. &c., should be kept in reserve to replenish those that are most likely to be eaten first. A joint of cold roast and boiled beef should

鳟鱼蛋黄酱。
舌，配菜装饰。
煮鸡与贝夏梅尔酱。鳗鱼卷。

[Column 4]
小牛肉火腿派。
龙虾沙拉。
萨伏依蛋糕。
龙虾切块菜
龙虾沙拉。
猪头。
鸽子派。
龙虾沙拉。
龙虾切块菜
龙虾沙拉。
夏洛特·吕斯香草蛋糕。
小牛肉火腿派。
龙虾切块菜

注。--本页篇幅不允许我们按应有的摆放方式列出各道菜肴；应当把大盘和高盘沿中央摆放，空处用小盘、水果和鲜花填补，注意使风味和颜色形成美妙的对比，并且不要让两道同类菜肴挨在一起。这份菜单可以派三四种用场，若为婚礼或洗礼所需，可在中央的高架上放置一个婚礼蛋糕或洗礼蛋糕。应当留几盘鸡肉、龙虾沙拉等备用，以补充那些最可能先被吃光的菜肴。一份冷烤牛肉和煮牛肉应当

be placed on the buffet, as being something substantial for the gentlemen of the party to partake of. Besides the articles enumerated in the bill of fare, biscuits and wafers will be required, cream-and-water ices, tea, coffee, wines, liqueurs, soda-water, ginger-beer, and lemonade.

放在餐台上，作为供聚会中男士们享用的实在食物。除菜单中列举的物品外，还需要饼干和薄脆饼、奶油水冰淇淋、下午茶、咖啡、葡萄酒、利口酒、苏打水、姜啤和柠檬水。

BREAKFASTS.

早餐。

2144. It will not be necessary to give here a long bill of fare of cold joints, &c., which may be placed on the side-board, and do duty at the breakfast-table. Suffice it to say, that any cold meat the larder may furnish, should be nicely garnished, and be placed on the buffet. Collared and potted meats or fish, cold game or poultry, veal-and-ham pies, game-and-Rump-steak pies, are all suitable dishes for the breakfast-table; as also cold ham, tongue, &c. &c.

2144.此处不必给出冷切肉等的长菜单，这些可以放在餐边柜上，在早餐桌上发挥作用。只需说，食品储藏室能提供的任何冷肉，都应精美地配菜装饰，并放在餐台上。卷制肉和罐装肉或鱼、冷野味或家禽、小牛肉火腿馅饼、野味臀肉牛排馅饼，都是适合早餐桌的菜肴；冷火腿、牛舌等也是如此。

2145. The following list of hot dishes may perhaps assist our readers in knowing what to provide for the comfortable meal called breakfast. Broiled fish, such as mackerel, whiting, herrings, dried haddocks, &c.; mutton chops and rump-steaks, broiled sheep's kidneys, kidneys à la maître d'hôtel, sausages, plain rashers of bacon, bacon and poached eggs, ham and poached eggs, omelets, plain boiled eggs, oeufs-au-plat, poached eggs on toast, muffins, toast, marmalade, butter, &c. &c.

2145.以下热菜清单或许可以帮助我们的读者了解为这顿称为早餐的舒适餐食应准备什么。烤鱼，如鲭鱼、牙鳕、鲱鱼、干鳕鱼等；羊排和臀肉牛排、烤羊腰、总管式腰子、香肠、纯培根片、培根和水煮蛋、火腿和水煮蛋、煎蛋卷、纯煮蛋、盘装蛋、吐司上的水煮蛋、英式松饼、吐司、橘子酱、黄油等。

2146. In the summer, and when they are obtainable, always have a vase of freshly-gathered flowers on the breakfast-table, and, when convenient, a nicely-arranged dish of fruit: when strawberries are in season, these are particularly refreshing; as also grapes, or even currants.

2146.在夏季，当能获得时，总是在早餐桌上放一瓶新摘的鲜花，并在方便时放一盘精心摆放的水果：当草莓当令时，这些特别清爽；葡萄，甚至醋栗也是如此。

LUNCHEONS AND SUPPERS.

2147. The remains of cold joints, nicely garnished, a few sweets, or a little hashed meat, poultry or game, are the usual articles placed on the table for luncheon, with bread and cheese, biscuits, butter, &c. If a substantial meal is desired, rump-steaks or mutton chops may he served, as also veal cutlets, kidneys, or any dish of that kind. In families where there is a nursery, the mistress of the house often partakes of the meal with the children, and makes it her luncheon. In the summer, a few dishes of fresh fruit should be added to the luncheon, or, instead of this, a compote of fruit or fruit tart, or pudding.

2148. Of suppers we have little to say, as we have already given two bills of fare for a large party, which will answer very well for a smaller number, by reducing the quantity of dishes and by omitting a few. Hot suppers are now very little in request, as people now generally dine at an hour which precludes the possibility of requiring supper; at all events, not one of a substantial kind. Should, however, a bill of fare be required, one of those under the head of DINNERS, with slight alterations, will be found to answer for a hot supper.

BILL OF FARE FOR A PICNIC FOR 40 PERSONS.

2149. A joint of cold roast beef, a joint of cold boiled beef, 2 ribs of lamb, 2 shoulders of lamb, 4 roast fowls, 2 roast ducks, 1 ham, 1 tongue, 2 veal-and-ham pies, 2 pigeon pies, 6 medium-sized lobsters, 1 piece of collared calf's head, 18 lettuces, 6 baskets of salad, 6 cucumbers.

午餐与晚餐。

2147. 冷烤肉和冷煮肉的余料，装饰精美，外加几样甜食，或一点烩肉、家禽或野味，是通常摆在桌上供午餐之用的食物，还有面包和奶酪、饼干、黄油等。若想要一顿丰盛的饭食，可上臀肉牛排或羊排，也可上小牛肉片、腰子或任何这类菜肴。在有育婴室的家庭里，女主人常与孩子们一同进餐，以此作为她的午餐。夏季，午餐应加几盘新鲜水果，或者以水果蜜饯、水果挞或布丁代替。

2148. 关于晚餐我们没有什么可说的，因为我们已经为大型聚会给出了两份菜单，只要减少菜肴的数量并略去几样，就完全适用于人数较少的场合。如今热晚餐已很少有人问津，因为人们现在通常在一个不可能需要晚餐的时间用正餐；无论如何，不会需要丰盛的那种。不过，若需要一份菜单，在正餐标题下的那些菜单中任选一份，稍加改动，便可适用于热晚餐。

四十人野餐菜单

2149.一块冷烤牛肉、一块冷煮牛肉、2扇羊肋排、2个羊肩、4只烤鸡、2只烤鸭、1个火腿、1个牛舌、2个小牛肉火腿馅饼、2个鸽子馅饼、6只中等大小的龙虾、1块卷制小牛头肉、18棵生菜、6篮沙拉、6根黄瓜。

2150. Stewed fruit well sweetened, and put into glass bottles well corked; 3 or 4 dozen plain pastry biscuits to eat with the stewed fruit, 2 dozen fruit turnovers, 4 dozen cheesecakes, 2 cold cabinet puddings in moulds, 2 blancmanges in moulds, a few jam puffs, 1 large cold plum-pudding (this must be good), a few baskets of fresh fruit, 3 dozen plain biscuits, a piece of cheese, 6 lbs. of butter (this, of course, includes the butter for tea), 4 quartern loaves of household broad, 3 dozen rolls, 6 loaves of tin bread (for tea), 2 plain plum cakes, 2 pound cakes, 2 sponge cakes, a tin of mixed biscuits, 1/2 lb, of tea. Coffee is not suitable for a picnic, being difficult to make.

2150. 炖水果加足糖，装入玻璃瓶并塞紧瓶塞；3或4打原味糕点饼干，与炖水果同食，2打水果翻角酥，4打奶酪饼，2个模制冷橱柜布丁，2个模制白奶冻，若干果酱泡芙，1个大冷李子布丁(这个必须做得好)，几篮新鲜水果，3打原味饼干，一块奶酪，6磅黄油(这当然包括下午茶用的黄油),4个四磅重家常面包，3打小圆面包，6个锡模面包(供下午茶用),2个原味李子蛋糕，2个磅蛋糕，2个海绵蛋糕，一罐混合饼干，1/2磅下午茶。咖啡不适合野餐，因为不易制作。

Things not to be forgotten at a Picnic.

野餐时不可忘记的物品。

2151. A stick of horseradish, a bottle of mint-sauce well corked, a bottle of salad dressing, a bottle of vinegar, made mustard, pepper, salt, good oil, and pounded sugar. If it can be managed, take a little ice. It is scarcely necessary to say that plates, tumblers, wine-glasses, knives, forks, and spoons, must not be forgotten; as also teacups and saucers, 3 or 4 teapots, some lump sugar, and milk, if this last-named article cannot be obtained in the neighbourhood. Take 3 corkscrews.

2151.一根辣根、一瓶封好软木塞的薄荷酱汁、一瓶沙拉调料、一瓶醋、芥末酱、胡椒、盐、优质油和研碎的糖。如果能够办到，带一点冰。几乎不必说，盘子、平底杯、酒杯、刀、叉和勺子不可忘记；下午茶杯和茶碟、3或4个茶壶、一些方糖和牛奶(如果附近买不到牛奶的话)也是如此。带3个开瓶器。

2152. *Beverages*.—3 dozen quart bottles of ale, packed in hampers; ginger-beer, soda-water, and lemonade, of each 2 dozen bottles; 6 bottles of sherry, 6 bottles of claret, champagne à discrétion, and any other light wine that may be preferred, and 2 bottles of brandy. Water can usually be obtained so it is useless to take it.

2152.饮品。--3打夸脱瓶装麦芽酒，装在篮筐中；姜啤、苏打水和柠檬水各2打瓶；6瓶雪利酒、6瓶波尔多红葡萄酒、香槟随意，以及任何其他可能喜欢的淡葡萄酒，还有2瓶白兰地。水通常可以获得，所以带水是无用的。

DOMESTIC SERVANTS.

家仆。

CHAPTER XLI.

2153. It is the custom of "Society" to abuse its servants,—*a façon de parler*, such as leads their lords and masters to talk of the weather, and, when rurally inclined, of the crops,—leads matronly ladies, and ladies just entering on their probation in that honoured and honourable state, to talk of servants, and, as we are told, wax eloquent over the greatest plague in life while taking a quiet cup of tea. Young men at their clubs, also, we are told, like to abuse their "fellows," perhaps not without a certain pride and pleasure at the opportunity of intimating that they enjoy such appendages to their state. It is another conviction of "Society" that the race of good servants has died out, at least in England, although they do order these things better in France; that there is neither honesty, conscientiousness, nor the careful and industrious habits which distinguished the servants of our grandmothers and great-grandmothers; that domestics no longer know their place; that the introduction of cheap silks and cottons, and, still more recently, those ambiguous "materials" and tweeds, have removed the landmarks between the mistress and her maid, between the master and his man.

2154. When the distinction really depends on things so insignificant, this is very probably the case; when the lady of fashion chooses her footman without any other consideration than his height, shape, and *tournure* of his calf, it is not surprising that she should find a domestic who has no attachment for the family, who considers the figure he cuts behind her carriage, and the late hours he is compelled to keep, a full compensation for the wages he exacts, for the food he wastes, and for the perquisites he can

第四十一章

2153. “社交界”的习惯是诋毁它的仆人--*a façon de parler*，这种说法使得他们的老爷和男主人谈论天气，若在乡间则谈论收成--使得主妇们以及刚刚进入那受人尊敬且光荣身份的试用期的女士们谈论仆人，并且据我们所知，在安静地喝一杯下午茶时，对生活中最大的祸害滔滔不绝。据说，年轻人在俱乐部里也喜欢诋毁他们的“伙计”，也许不无某种自豪和乐趣，因为有机会暗示他们享有这种身份的附属品。“社交界”的另一个信念是，好仆人的种族已经灭绝，至少在英国如此，尽管他们在法国把这些事情安排得更好；既没有诚实、尽责，也没有曾使我们的祖母和曾祖母时代的仆人与众不同的细心和勤劳的习惯；家仆不再知道自己的位置；廉价丝绸和棉布的引入，以及更近来的那些含糊的“材料”和花呢，已经消除了女主人与她的女仆之间、男主人与他的男仆之间的界限。

2154. 当区别真正取决于如此微不足道的事情时，情况很可能就是如此；当时尚女士选择她的男仆时，除了他的身高、体型和小腿的*tournure*之外别无其他考虑，那么她发现一个对家庭没有感情、认为自己在她的马车后面所摆的姿态以及被迫熬到深夜的时间足以补偿他所索取的工钱、所浪费的食物以及他能

lay his hands on. Nor should the fast young man, who chooses his groom for his knowingness in the ways of the turf and in the tricks of low horse-dealers, be surprised if he is sometimes the victim of these learned ways. But these are the exceptional cases, which prove the existence of a better state of things. The great masses of society among us are not thus deserted; there are few families of respectability, from the shopkeeper in the next street to the nobleman whose mansion dignifies the next square, which do not contain among their dependents attached and useful servants; and where these are absent altogether, there are good reasons for it. The sensible master and the kind mistress know, that if servants depend on them for their means of living, in their turn they are dependent on their servants for very many of the comforts of life; and that, with a proper amount of care in choosing servants, and treating them like reasonable beings, and making slight excuses for the shortcomings of human nature, they will, save in some exceptional case, be tolerably well served, and, in most instances, surround themselves with attached domestics.

染指的外快，也就不足为奇了。那个为他的马夫精通赛马场之道和低劣马贩子的伎俩而选择他的时髦年轻人，如果有时成为这些博学之道的受害者，也不应感到惊讶。但这些是例外情况，恰恰证明了更好的事物状态的存在。我们中间的社会大众并非如此被遗弃；很少有体面家庭--从邻街的店主到其宅邸为下一个广场增光的贵族--的依附者中没有忠诚有用的仆人；而在完全没有这些人的地方，也是有充分理由的。明智的男主人和仁慈的女主人知道，如果仆人依赖他们谋生，那么反过来，他们在生活的许多舒适方面也依赖仆人；并且，只要在选择仆人时给予适当的谨慎，像对待理性的人一样对待他们，并对人性的缺点稍加宽容，那么除了一些例外情况，他们将得到相当好的服务，并且在大多数情况下，身边会有忠诚的家仆。

2155. This remark, which is applicable to all domestics, is especially so to men-servants. Families accustomed to such attendants have always about them humble dependents, whose children have no other prospect than domestic service to look forward to; to them it presents no degradation, but the reverse, to be so employed; they are initiated step by step into the mysteries of the household, with the prospect of rising in the service, if it is a house admitting of promotion,—to the respectable position of butler or house-steward. In families of humbler pretensions, where they must look for promotion elsewhere, they know that can only be attained by acquiring the goodwill of their employers. Can

2155. 这句话适用于所有家仆，尤其适用于男仆。习惯于这类侍从的家庭身边总有卑微的依附者，他们的孩子除了家仆服务之外没有其他前景可盼；对他们来说，受雇于此并不带来屈辱，反而相反；他们一步步被引入家政的奥秘，如果这是一个有晋升机会的家庭，就有望在服务中升到男管家或家务管家的体面职位。在期望较低的家庭中，他们必须在别处寻求晋升，他们知道只有赢得雇主的善意才能实现。

there be any stronger security for their good conduct,—any doubt that, in the mass of domestic servants, good conduct is the rule, the reverse the exception?

2156. The number of the male domestics in a family varies according to the wealth and position of the master, from the owner of the ducal mansion, with a retinue of attendants, at the head of which is the chamberlain and house-steward, to the occupier of the humbler house, where a single footman, or even the odd man-of-all-work, is the only male retainer. The majority of gentlemen's establishments probably comprise a servant out of livery, or butler, a footman, and coachman, or coachman and groom, where the horses exceed two or three.

DUTIES OF THE BUTLER.

2157. The domestic duties of the butler are to bring in the eatables at breakfast, and wait upon the family at that meal, assisted by the footman, and see to the cleanliness of everything at table. On taking away, he removes the tray with the china and plate, for which he is responsible. At luncheon, he arranges the meal, and waits unassisted, the footman being now engaged in other duties. At dinner, he places the silver and plated articles on the table, sees that everything is in its place, and rectifies what is wrong. He carries in the first dish, and announces in the drawing-room that dinner is on the table, and respectfully stands by the door until the company are seated, when he takes his place behind his master's chair on the left, to remove the covers, handing them to the other attendants to carry out. After the first course of plates is supplied, his place is at the sideboard to serve the wines, but

对于他们品行良好，是否有任何更强有力的保证--是否还有任何疑问，在庞大的家仆群体中，品行良好是常态，反之则是例外？

2156. 一个家庭中男仆的人数，视男主人的财富与地位而有所不同：从拥有公爵府邸、仆从成群、以侍从长和府内总管为首的豪门，到仅有一名男仆、甚至只有一名打杂男仆的寒素之家。多数绅士府第大致包括一名不穿号衣的仆人，即男管家，一名男仆，一名马车夫；若马匹超过两三匹，则另有马车夫和马夫。

管家的职责。

2157. 男管家的家务职责是：早餐时端上食物，侍候全家用膳，由男仆协助，并负责餐桌一切器皿的洁净。撤席时，他撤走盛有瓷器和金银餐具的托盘，并对此负责。午餐时，他安排膳食并独自侍候，此时男仆另有他务。正餐时，他将银器和镀银器皿摆上餐桌，查看一切是否各就其位，并纠正错置之处。他端上第一道菜，到客厅通报正餐已备好，恭敬地立于门旁，待众人入座后，便站到男主人座椅左后方，揭去菜盖，递给其他仆人端出。第一道菜上完后，他站到餐边柜旁斟酒，但

only when called on.

仅在受邀时。

2158. The first course ended, he rings the cook's bell, and hands the dishes from the table to the other servants to carry away, receiving from them the second course, which he places on the table, removing the covers as before, and again taking his place at the sideboard.

2158. 第一道菜结束后，他摇响厨师的铃，将桌上的菜肴递给其他仆人端走，从他们手中接过第二道菜，摆放在桌上，像之前一样揭开盖子，然后再次回到餐具柜旁的位置。

2159. At dessert, the slips being removed, the butler receives the dessert from the other servants, and arranges it on the table, with plates and glasses, and then takes his place behind his master's chair to hand the wines and ices, while the footman stands behind his mistress for the same purpose, the other attendants leaving the room. Where the old-fashioned practice of having the dessert on the polished table, without any cloth, is still adhered to, the butler should rub off any marks made by the hot dishes before arranging the dessert.

2159. 用甜点时，撤去桌布，男管家从其他仆人手中接过甜点，连同盘子和酒杯一并摆上餐桌，然后站到男主人椅后递送酒水和冰品，男仆则站在女主人身后做同样的事，其余仆人退出房间。若仍沿用旧式做法，将甜点直接摆在擦亮的桌面上而不铺桌布，男管家应先擦去热菜留下的痕迹，再摆放甜点。

2160. Before dinner, he has satisfied himself that the lamps, candles, or gas-burners are in perfect order, if not lighted, which will usually be the case. Having served every one with their share of the dessert, put the fires in order (when these are used), and seen the lights are all right, at a signal from his master, he and the footman leave the room.

2160. 正餐前，他已确认灯、蜡烛或煤气灯完好无损，若尚未点亮--通常此时还未点亮。在给每人分完各自的甜点份额、整理好炉火(若使用炉火)、并确认灯光一切正常之后，听到男主人的信号，他便与男仆离开房间。

2161. He now proceeds to the drawing-room, arranges the fireplace, and sees to the lights; he then returns to his pantry, prepared to answer the bell, and attend to the company, while the footman is clearing away and cleaning the plate and glasses.

2161. 他随即前往客厅，整理壁炉并查看灯光；然后回到他的备餐室，准备应答铃声、照应宾客，与此同时男仆正在收拾清理餐具和玻璃器皿。

2162. At tea he again attends. At bedtime he appears with the candles; he locks up the plate, secures doors and windows, and

2162. 下午茶时他再次侍奉。就寝时分，他端着蜡烛出现；他锁好银器，关好门窗，并且

sees that all the fires are safe.

检查所有炉火是否安全。

2163. In addition to these duties, the butler, where only one footman is kept, will be required to perform some of the duties of the valet, to pay bills, and superintend the other servants. But the real duties of the butler are in the wine-cellar; there he should be competent to advise his master as to the price and quality of the wine to be laid in; "fine," bottle, cork, and seal it, and place it in the binns. Brewing, racking, and bottling malt liquors, belong to his office, as well as their distribution. These and other drinkables are brought from the cellar every day by his own hands, except where an under-butler is kept; and a careful entry of every bottle used, entered in the cellar-book; so that the book should always show the contents of the cellar.

2163. 除上述职责外，若家中只雇一名男仆，男管家还须承担部分贴身男仆的职责，支付账单，并监督其他仆人。但男管家的真正职责在地窖之中；在那里，他应能就购入葡萄酒的价格与品质向男主人提出建议；将“上等”酒装瓶、塞软木塞、加封，并放入酒架。酿造、倒桶和装瓶麦芽酒也属其职掌，酒的分配亦然。除另设副男管家外，这些及其他饮品每日均由他亲手从地窖取出；每用一瓶都须仔细记入地窖账簿，使账簿始终反映地窖的存货。

2164. The office of butler is thus one of very great trust in a household. Here, as elsewhere, honesty is the best policy: the butler should make it his business to understand the proper treatment of the different wines under his charge, which he can easily do from the wine-merchant, and faithfully attend to it; his own reputation will soon compensate for the absence of bribes from unprincipled wine-merchants, if he serves a generous and hospitable master. Nothing spreads more rapidly in society than the reputation of a good wine-cellar, and all that is required is wines well chosen and well cared for; and this a little knowledge, carefully applied, will soon supply.

2164. 因此，男管家之职在家庭中极为受托。此处亦如他处，诚实乃上策：男管家应把弄懂所管各种葡萄酒的正确处理方法当作分内之事，这很容易从酒商处学到，并应忠实照办；若他侍奉的是一位慷慨好客的男主人，他自己的名声很快就会弥补因不收无良酒商贿赂而受的损失。社会上传播最快的莫过于一座好酒窖的名声，而所需者不过是选酒得当、保管得法；稍加知识，用心施行，很快便能做到。

2165. The butler, we have said, has charge of the contents of the cellars, and it is his duty to keep them in a proper condition, to fine down wine in wood, bottle it off, and store it away in places suited to the sorts. Where wine comes into the cellar ready

2165. 我们说过，男管家负责管理地窖中的物品，他的职责是保持地窖处于适当状态，对木桶中的葡萄酒进行澄清、装瓶，并按适合各类酒的条件储藏。若葡萄酒是以

bottled, it is usual to return the same number of empty bottles; the butler has not, in this case, the same inducements to keep the bottles of the different sorts separated; but where the wine is bottled in the house, he will find his account, not only in keeping them separate, but in rinsing them well, and even washing them with clean water as soon as they are empty.

已装瓶的状态送入地窖，通常要如数归还同等数量的空瓶；在这种情况下，男管家就没有同样的动机将不同种类的酒瓶分开存放；但若葡萄酒是在宅中装瓶的，他会发现分开存放不仅对他有利，而且好好冲洗瓶子--甚至一空出来就用清水洗净--也大有好处。

2166. There are various modes of fining wine: isinglass, gelatine, and gum Arabic are all used for the purpose. Whichever of these articles is used, the process is always the same. Supposing eggs (the cheapest) to be used,—Draw a gallon or so of the wine, and mix one quart of it with the whites of four eggs, by stirring it with a whisk; afterwards, when thoroughly mixed, pour it back into the cask through the bunghole, and stir up the whole cask, in a rotatory direction, with a clean split stick inserted through the bunghole. Having stirred it sufficiently, pour in the remainder of the wine drawn off, until the cask is full; then stir again, skimming off the bubbles that rise to the surface. When thoroughly mixed by stirring, close the bunghole, and leave it to stand for three or four days. This quantity of clarified wine will fine thirteen dozen of port or sherry. The other clearing ingredients are applied in the same manner, the material being cut into small pieces, and dissolved in the quart of wine, and the cask stirred in the same manner.

2166. 澄清葡萄酒有各种方法：鱼胶、明胶和阿拉伯胶都可用于此目的。无论使用其中哪一种材料，过程总是相同的。假设使用鸡蛋(最便宜的方法)--取出一加仑左右的葡萄酒，将一夸脱的酒与四个蛋清混合，用搅拌器搅打；之后，待充分混合，通过桶孔将其倒回木桶中，并用一根干净的劈开的棍子插入桶孔，沿旋转方向搅动整桶。搅动充分后，倒入剩余取出的酒，直到木桶装满；然后再次搅动，撇去浮到表面的泡沫。搅拌充分混合后，封住桶孔，静置三到四天。这一数量的澄清酒可澄清十三打波特酒或雪利酒。其他澄清配料以相同方式施用，将材料切成小块，溶解在那夸脱酒中，木桶以同样方式搅动。

2167. *To Bottle Wine*.—Having thoroughly washed and dried the bottles, supposing they have been before used for the same kind of wine, provide corks, which will be improved by being slightly boiled, or at least steeped in hot water,—a wooden hammer or mallet, a bottling-boot, and a squeezer for the corks. Bore a hole in the lower part of the cask with a gimlet, receiving the liquid

2167. 装瓶葡萄酒。--将瓶子彻底洗净擦干，假设这些瓶子此前曾用于同一种葡萄酒，备好软木塞--稍加煮沸或在热水中浸泡过的软木塞会更好--一把木槌或木锤、一只装瓶靴，以及一个软木塞压榨器。用锥子在酒桶下部钻一个孔，将流出的酒液

stream which follows in the bottle and filterer, which is placed in a tub or basin. This operation is best performed by two persons, one to draw the wine, the other to cork the bottles. The drawer is to see that the bottles are up to the mark, but not too full, the bottle being placed in a clean tub to prevent waste. The corking-boot is buckled by a strap to the knee, the bottle placed in it, and the cork, after being squeezed in the press, driven in by a flat wooden mallet.

接入置于盆或桶中的瓶子和滤器中。此操作最好由两人完成，一人取酒，一人塞瓶。取酒者须注意瓶子装至标记处，但不可过满，瓶子应放在干净的盆中以防浪费。装瓶靴用带子扣在膝上，将瓶子放入其中，软木塞在压榨器中压过之后，用扁平木槌敲入。

2168. As the wine draws near to the bottom of the cask, a thick piece of muslin is placed in the strainer, to prevent the viscous grounds from passing into the bottle.

2168. 当酒接近桶底时，在滤器中放一块厚细布，以防黏稠的酒渣进入瓶中。

2169. Having carefully counted the bottles, they are stored away in their respective binns, a layer of sand or sawdust being placed under the first tier, and another over it; a second tier is laid over this, protected by a lath, the head of the second being laid to the bottom of the first; over this another bed of sawdust is laid, not too thick, another lath; and so on till the binn is filled.

2169. 仔细清点瓶数后，将它们分别存入各自的酒格中，第一层下面铺一层沙或锯末，上面再铺一层；在此之上放置第二层，用木条隔开，第二层的瓶头朝第一层的瓶底方向放置；其上再铺一层不太厚的锯末，再放一根木条；如此反复，直至酒格装满。

2170. Wine so laid in will be ready for use according to its quality and age. Port wine, old in the wood, will be ready to drink in five or six months; but if it is a fruity wine, it will improve every year. Sherry, if of good quality, will be fit to drink as soon as the "sickness" (as its first condition after bottling is called) ceases, and will also improve; but the cellar must be kept at a perfectly steady temperature, neither too hot nor too cold, but about 55° or 60°, and absolutely free from draughts of cold air.

2170. 如此装瓶的酒将根据其品质和年份适时可饮。在木桶中陈年的波特酒，五六个月后即可饮用；但如果是果香浓郁的葡萄酒，则逐年改善。雪利酒，若品质良好，一旦“病态”(装瓶后最初的状态如此称呼)消失即可饮用，并且也会继续改善；但地窖必须保持完全恒定的温度，既不太热也不太冷，约55°或60°，且绝对避免冷风直吹。

DUTIES OF THE FOOTMAN.

男仆的职责。

2171. Where a single footman, or odd man, is the only male

2171. 在只有一个男仆或杂役是唯一男性的情况下

servant, then, whatever his ostensible position, he is required to make himself generally useful. He has to clean the knives and shoes, the furniture, the plate; answer the visitors who call, the drawing-room and parlour bells; and do all the errands. His life is no sinecure; and a methodical arrangement of his time will be necessary, in order to perform his many duties with any satisfaction to himself or his master.

因此，无论仆人的名义职位是什么，他都被要求使自己各方面都有用。他必须擦净刀子和鞋子、家具和银器；应答来访客人、客厅和起居室的铃声；并跑所有的差事。他的生活绝非闲职；为了让自己或男主人满意地履行诸多职责，有条理地安排时间将是必要的。

2172. The footman only finds himself in stockings, shoes, and washing. Where silk stockings, or other extra articles of linen are worn, they are found by the family, as well as his livery, a working dress, consisting of a pair of overalls, a waistcoat, a fustian jacket, with a white or jean one for times when he is liable to be called to answer the door or wait at breakfast; and, on quitting his service, he is expected to leave behind him any livery had within six months.

2172. 男仆只需自备袜子、鞋子和换洗衣物。若需穿丝袜或其他额外衣物，则由主家提供，制服亦然；此外还有一套工作服，包括一条罩裤、一件背心、一件粗布夹克，另有一件白色或斜纹布夹克，供他可能被叫去应门或在早餐时侍奉时穿着；离职时，他应将六个月内领取的任何制服留下。

2173. The footman is expected to rise early, in order to get through all his dirty work before the family are stirring. Boots and shoes, and knives and forks, should be cleaned, lamps in use trimmed, his master's clothes brushed, the furniture rubbed over; so that he may put aside his working dress, tidy himself, and appear in a clean jean jacket to lay the cloth and prepare breakfast for the family.

2173. 男仆应早起，以便在家人起床前完成所有脏活。靴子和鞋子、刀叉应擦净，使用中的灯应修剪灯芯，男主人的衣服应刷净，家具应擦拭一遍；这样他才能脱下工作服，整理仪容，换上干净的斜纹布夹克，铺好桌布，为家人准备早餐。

2174. We need hardly dwell on the boot-cleaning process: three good brushes and good blacking must be provided; one of the brushes hard, to brush off the mud; the other soft, to lay on the blacking; the third of a medium hardness, for polishing; and each should be kept for its particular use. The blacking should be kept corked up, except when in use, and applied to the brush with a

2174. 擦鞋过程无需赘述：须备三把好刷子和优质鞋油；一把刷子硬，用于刷去泥污；另一把软，用于涂抹鞋油；第三把硬度适中，用于抛光；每把刷子应各司其用。鞋油除使用时外应塞紧瓶塞，用

sponge tied to a stick, which, when put away, rests in a notch cut in the cork. When boots come in very muddy, it is a good practice to wash off the mud, and wipe them dry with a sponge; then leave them to dry very gradually on their sides, taking care they are not placed near the fire, or scorched. Much delicacy of treatment is required in cleaning ladies' boots, so as to make the leather look well-polished, and the upper part retain a fresh appearance, with the lining free from hand-marks, which are very offensive to a lady of refined tastes.

海绵绑在棍子上，放置时搁在软木塞上切出的凹槽中。当靴子沾满泥泞时，一个好做法是洗去泥巴，用海绵擦干；然后将其侧放，让其非常缓慢地干燥，注意不要放在火边或烤焦。清洁女士靴子需要非常细致的处理，使皮革看起来光泽良好，上部保持新鲜外观，衬里没有手印，这对品味高雅的女士来说是非常令人反感的。

2175. Patent leather boots require to be wiped with a wet sponge, and afterwards with a soft dry cloth, and occasionally with a soft cloth and sweet oil, blacking and polishing the edge of the soles in the usual way, but so as not to cover the patent polish with blacking. A little milk may also be used with very good effect for patent leather boots.

2175. 漆皮靴需用湿海绵擦拭，然后用柔软的干布擦，偶尔用软布蘸甜油擦拭，鞋底边缘按常规方法上油抛光，但注意不要将鞋油涂到漆面上。漆皮靴也可用少许牛奶擦拭，效果极佳。

2176. Top boots are still occasionally worn by gentlemen. While cleaning the lower part in the usual manner, protect the tops, by inserting a cloth or brown paper under the edges and bringing it over them. In cleaning the tops, let the covering fall down over the boot; wash the tops clean with soap and flannel, and rub out any spots with pumice-stone. If the tops are to be whiter, dissolve an ounce of oxalic acid and half an ounce of pumice-stone in a pint of soft water; if a brown colour is intended, mix an ounce of muriatic acid, half an ounce of alum, half an ounce of gum Arabic, and half an ounce of spirit of lavender, in a pint and a half of skimmed milk "turned." These mixtures apply by means of a sponge, and polish, when dry, with a rubber made of soft flannel.

2176. 男士们偶尔仍会穿长筒靴。在按常规方式清洁下部时，保护靴筒上部，可在边缘下插入一块布或牛皮纸并将其翻盖其上。清洁靴筒上部时，让覆盖物垂落在靴子上；用肥皂和法兰绒将靴筒上部洗净，并用浮石擦去任何斑点。如果希望靴筒上部更白，将一盎司草酸和半盎司浮石溶解在一品脱软水中；如果希望呈棕色，将一盎司盐酸、半盎司明矾、半盎司阿拉伯胶和半盎司薰衣草精油混合在一品脱半的“变酸”脱脂牛奶中。这些混合物用海绵涂抹，干燥后用软法兰绒制成的擦具抛光。

2177. Knives are now generally cleaned by means of Kent's or

2177. 如今刀具一般用肯特式或

Masters's machine, which gives very little trouble, and is very effective; before, however, putting the knives into the machine, it is highly necessary that they be first washed in a little warm (not hot) water, and then thoroughly wiped: if put into the machine with any grease on them, it adheres to the brushes, and consequently renders them unfit to use for the next knives that may be put in. When this precaution is not taken, the machine must come to pieces, so causing an immense amount of trouble, which may all be avoided by having the knives thoroughly free from grease before using the machine. Brushes are also used for cleaning forks, which facilitate the operation. When knives are so cleaned, see that they are carefully polished, wiped, and with a good edge, the ferules and prongs free from dirt, and place them in the basket with the handles all one way.

男主人牌机器，使用非常省事，且非常有效；然而，在将刀具放入机器之前，非常必要的是先用少量温水(非热水)清洗，然后彻底擦干：如果带有任何油脂放入机器，油脂会粘附在刷子上，从而使刷子不适合用于下一批放入的刀具。若不采取此预防措施，机器必须拆开，造成极大的麻烦，而只要在使用机器前确保刀具完全无油脂，这一切都可避免。刷子也用于清洁叉子，这便于操作。当刀具如此清洁后，确保它们被仔细抛光、擦净，刃口良好，刀箍和叉齿无污垢，并将它们放入篮子中，手柄全部朝向同一方向。

2178. Lamp-trimming requires a thorough acquaintance with the mechanism; after that, constant attention to cleanliness, and an occasional entire clearing out with hot water: when this is done, all the parts should be carefully dried before filling again with oil. When lacquered, wipe the lacquered parts with a soft brush and cloth, and wash occasionally with weak soapsuds, wiping carefully afterwards. Brass lamps may be cleaned with oil and rottenstone every day when trimmed. With bronze, and other ornamental lamps, more care will be required, and soft flannel and oil only used, to prevent the removal of the bronze or enamel. Brass-work, or any metal-work not lacquered, is cleaned by a little oil and rottenstone made into a paste, or with fine emery-powder and oil mixed in the same manner. A small portion of sal ammoniac, beat into a fine powder and moistened with soft water, rubbed over brass ornaments, and heated over a charcoal fire, and rubbed dry

2178. 修剪灯芯需要彻底熟悉其机械结构；此后则需持续注意清洁，并偶尔用热水彻底冲洗：完成此步骤后，在重新注油前应仔细擦干所有部件。若为漆面，用软刷和布擦拭漆面部分，偶尔用淡皂水清洗，之后仔细擦干。黄铜灯在修剪时每日可用油和腐石粉清洁。对于青铜及其他装饰性灯具，则需更加小心，仅使用软法兰绒和油，以防青铜或珐琅脱落。黄铜制品或任何非漆面金属制品，可用少量油与腐石粉调成糊状清洁，或用细金刚砂粉与油以同样方式混合清洁。取少量氯化铵，研成细粉，用软水润湿，涂抹于黄铜饰件上，在炭火上加热，再用麂皮或白垩粉擦干，可使黄铜制品呈现黄金般的光泽。修剪调节灯时，应将灯芯四周均匀剪齐；若一处留得比另一处高，会导致冒烟和燃烧不良。然后应通过注油器为灯注油，随后用专用布或抹布仔细擦拭。如能避免，切勿清洗灯罩，因为灯罩受热时会因此破裂。清洁内部玻璃的最佳工具是覆有洗皮垫的小棍，外部抛光则用干净的掸布。调节灯的球形玻璃罩应偶尔在温皂水中清洗，然后用冷水充分冲洗，擦干或沥干。使用烛台灯时，应偶尔取出弹簧，彻底清除附着其上的油脂。

with bran or whitening, will give to brass-work the brilliancy of gold. In trimming moderator lamps, let the wick be cut evenly all round; as, if left higher in one place than it is in another, it will cause it to smoke and burn badly. The lamp should then be filled with oil from a feeder, and afterwards well wiped with a cloth or rag kept for the purpose. If it can be avoided, never wash the chimneys of a lamp, as it causes them to crack when they become hot. Small sticks, covered with wash-leather pads, are the best things to use for cleaning the glasses inside, and a clean duster for polishing the outside. The globe of a moderator lamp should be occasionally washed in warm soap-and-water, then well rinsed in cold water, and either wiped dry or left to drain. Where candle-lamps are used, take out the springs occasionally, and free them well from the grease that adheres to them.

用麸皮或白垩粉擦干，可使黄铜制品呈现黄金般的光泽。修剪调节灯时，应将灯芯四周均匀剪齐；若一处留得比另一处高，会导致冒烟和燃烧不良。然后应通过注油器为灯注油，随后用专用布或抹布仔细擦拭。如能避免，切勿清洗灯罩，因为灯罩受热时会因此破裂。清洁内部玻璃的最佳工具是覆有洗皮垫的小棍，外部抛光则用干净的掸布。调节灯的球形玻璃罩应偶尔在温皂水中清洗，然后用冷水充分冲洗，擦干或沥干。使用烛台灯时，应偶尔取出弹簧，彻底清除附着其上的油脂。

2179. French polish, so universally applied to furniture, is easily kept in condition by dusting and rubbing with a soft cloth, or a rubber of old silk; but dining-tables can only be kept in order by hard rubbing, or rather by quick rubbing, which warms the wood and removes all spots.

2179. 法国抛光剂普遍用于家具，只需掸尘并用软布或旧丝绸擦布擦拭即可保持良好状态；但餐桌只能通过用力擦拭--或者更确切地说，快速擦拭--来保养，这样可以摩擦生热，去除所有污渍。

2180. Brushing clothes is a very simple but very necessary operation. Fine cloths require to be brushed lightly, and with rather a soft brush, except where mud is to be removed, when a hard one is necessary, being previously beaten lightly to dislodge the dirt. Lay the garment on a table, and brush it in the direction of the nap. Having brushed it properly, turn the sleeves back to the collar, so that the folds may come at the elbow-joints; next turn the lappels or sides back over the folded sleeves; then lay the skirts over level with the collar, so that the crease may fall about the centre, and double one half over the other, so as the fold

2180. 刷衣是一项非常简单但极为必要的操作。精细布料需轻刷，并使用较软的刷子，除非需去除泥污，此时需用硬刷，并先轻拍以震松污物。将衣物平铺于桌上，顺绒毛方向刷拭。刷净后，将袖子翻向衣领，使折痕落在肘关节处；接着将翻领或两侧翻折于叠好的袖子之上；然后将下摆翻至与衣领齐平，使折痕落在中央，再将一半叠于另一半之上，使折痕

comes in the centre of the back.

2181. Having got through his dirty work, the single footman has now to clean himself and prepare the breakfast. He lays the cloth on the table; over it the breakfast-cloth, and sets the breakfast things in order, and then proceeds to wait upon his master, if he has any of the duties of a valet to perform.

2182. Where a valet is not kept, a portion of his duties falls to the footman's share,—brushing the clothes among others. When the hat is silk, it requires brushing every day with a soft brush; after rain, it requires wiping the way of the nap before drying, and, when nearly dry, brushing with the soft brush and with the hat-stick in it. If the footman is required to perform any part of a valet's duties, he will have to see that the housemaid lights a fire in the dressing-room in due time; that the room is dusted and cleaned; that the washhand-ewer is filled with soft water; and that the bath, whether hot or cold, is ready when required; that towels are at hand; that hair-brushes and combs are properly cleansed, and in their places; that hot water is ready at the hour ordered; the dressing-gown and slippers in their place, the clean linen aired, and the clothes to be worn for the day in their proper places. After the master has dressed, it will be the footman's duty to restore everything to its place properly cleansed and dry, and the whole restored to order.

2183. At breakfast, when there is no butler, the footman carries up the tea-urn, and, assisted by the housemaid, he waits during breakfast. Breakfast over, he removes the tray and other things off the table, folds up the breakfast-cloth, and sets the room in order, by sweeping up all crumbs, shaking the cloth, and laying it on the

位于背部中央。

2181. 完成脏活之后，单身男仆现在须清洁自己并准备早餐。他在桌上铺好桌布，上面再铺早餐布，摆好早餐用具，然后去侍奉男主人--如果他需履行任何贴身男仆的职责。

2182. 若不设贴身男仆，其部分职责便落到男仆肩上--刷衣便是其中之一。若为丝质帽子，需每日用软刷拂拭；遇雨后，需在晾干前顺绒毛方向擦拭，将近干燥时，用软刷并插入帽撑刷拭。若男仆需履行贴身男仆的部分职责，他须确保女仆按时在更衣室生火；房间已除尘打扫；洗手壶注满软水；浴水无论冷热，均在需要时备好；毛巾在手边；发刷和梳子已妥善清洁并归位；热水在指定时间备好；晨衣和拖鞋在各自位置，干净亚麻衣物已晾晒，当日所穿衣物放在适当位置。男主人着装完毕后，男仆的职责是将一切物品清洁干燥后妥善归位，使整个房间恢复整洁。

2183. 早餐时，若无男管家，由男仆端上茶壶，并在女仆协助下于早餐期间侍奉。早餐结束后，他将托盘及其他物品从桌上撤下，叠好早餐布，清扫所有面包屑，抖净桌布并铺在

table again, making up the fire, and sweeping up the hearth.

2184. At luncheon-time nearly the same routine is observed, except where the footman is either out with the carriage or away on other business, when, in the absence of any butler, the housemaid must assist.

2185. For dinner, the footman lays the cloth, taking care that the table is not too near the fire, if there is one, and that passage-room is left. A tablecloth should be laid without a wrinkle; and this requires two persons: over this the slips are laid, which are usually removed preparatory to placing dessert on the table. He prepares knives, forks, and glasses, with five or six plates for each person. This done, he places chairs enough for the party, distributing them equally on each side of the table, and opposite to each a napkin neatly folded, within it a piece of bread or small roll, and a knife on the right side of each plate, a fork on the left, and a carving-knife and fork at the top and bottom of the table, outside the others, with the rests opposite to them, and a gravy-spoon beside the knife. The fish-slice should be at the top, where the lady of the house, with the assistance of the gentleman next to her, divides the fish, and the soup-ladle at the bottom: it is sometimes usual to add a dessert-knife and fork; at the same time, on the right side also of each plate, put a wine-glass for as many kinds of wine as it is intended to hand round, and a finger-glass or glass-cooler about four inches from the edge. The latter are frequently put on the table with the dessert.

2186. About half an hour before dinner, he rings the dinner-bell, where that is the practice, and occupies himself with carrying up everything he is likely to require. At the expiration of the time,

再次摆好餐桌，生好炉火，并清扫炉边。

2184. 午餐时大致遵循同样的程序，除非男仆随马车外出或因其他事务离开，此时若无男管家，则须由女仆协助。

2185. 正餐时，男仆铺设桌布，注意桌子若靠近炉火则不可太近，并留出通行空间。桌布应铺得没有皱褶；这需要两人协作：其上再铺上托盘垫布，通常在摆放甜点前会将其撤去。他备好刀、叉、玻璃杯，每人五至六只盘子。准备就绪后，他按人数摆放足够的椅子，均匀分布于桌子两侧，每人对面放置一条折叠整齐的餐巾，内放一块面包或小圆面包，每只盘子右侧放一把刀，左侧放一把叉，桌子首尾两端在其他餐具外侧各放一把切肉刀和叉，对面放置刀叉架，刀旁放一把肉汁勺。切鱼刀应放在上首，由女主人借助身旁男士之力分鱼，汤勺放在下首：有时还会加放甜点刀叉；同时，每只盘子右侧也放一只酒杯，备好打算斟上的各种酒，距桌边约四英寸处放一只洗指碗或玻璃冷却器。后者常与甜点一同上桌。

2186. 正餐前约半小时，他摇响正餐铃(若行此惯例)，并忙于将可能需要的所有物品端上来。时间一到，

having communicated with the cook, he rings the real dinner-bell, and proceeds to take it up with such assistance as he can obtain. Having ascertained that all is in order, that his own dress is clean and presentable, and his white cotton gloves are without a stain, he announces in the drawing-room that dinner is served, and stands respectfully by the door until the company are seated: he places himself on the left, behind his master, who is to distribute the soup; where soup and fish are served together, his place will be at his mistress's left hand; but he must be on the alert to see that whoever is assisting him, whether male or female, are at their posts. If any of the guests has brought his own servant with him, his place is behind his master's chair, rendering such assistance to others as he can, while attending to his master's wants throughout the dinner, so that every guest has what he requires. This necessitates both activity and intelligence, and should be done without bustle, without asking any questions, except where it is the custom of the house to hand round dishes or wine, when it will be necessary to mention, in a quiet and unobtrusive manner, the dish or wine you present.

与厨师沟通后，他摇响正式的正餐铃，并尽其所能地找人帮忙将饭菜端上去。在确认一切就绪、自己的衣着干净得体、白棉手套毫无污渍之后，他到客厅通报正餐已备好，并恭敬地站在门旁，直到众人入座：他站到男主人左后方，因为男主人负责分汤；若汤与鱼同时上桌，他的位置便在女主人左手边；但他必须警醒，确保无论男女，凡协助他的人都各就各位。若有客人自带仆人，那仆人的位置在其主人椅后，在照料主人正餐期间所需之余，尽力协助他人，使每位客人都能得到所需之物。这既需要敏捷，也需要机敏，且应不慌不忙，不追问任何问题，除非本宅习惯传递菜肴或酒水，此时须以安静而不张扬的方式报出你所呈上的菜或酒。

2187. Salt-cellars should be placed on the table in number sufficient for the guests, so that each may help themselves, or, at least, their immediate neighbours.

2187. 桌上应摆放足够宾客数量的盐瓶，以便每人可自行取用，或至少供其近旁的宾客取用。

DINNERS À LA RUSSE.

俄式正餐

2188. In some houses the table is laid out with plate and glass, and ornamented with flowers, the dessert only being placed on the table, the dinner itself being placed on the sideboard, and handed round in succession, in courses of soup, fish, entries, meat,

2188. 有些人家桌上摆好银器和玻璃器皿，并以鲜花装饰，只将甜点放在桌上，正餐本身则置于餐具柜上，按汤、鱼、小菜、肉、

game, and sweets. This is not only elegant but economical, as fewer dishes are required, the symmetry of the table being made up with the ornaments and dessert. The various dishes are also handed round when hot; but it involves additional and superior attendance, as the wines are also handed round; and unless the servants are very active and intelligent, many blunders are likely to be made. (See p. 954.)

野味和甜食的顺序依次传递。这种做法不仅雅致而且经济，因为所需菜肴较少，桌面的对称美感由装饰品和甜点来补足。各种菜肴也趁热传递；但这需要额外且更高水平的侍奉，因为葡萄酒也需传递；除非仆人非常敏捷机灵，否则很可能出许多差错。(见第954页。)

GENERAL OBSERVATIONS.

总论。

2189. While attentive to all, the footman should be obtrusive to none; he should give nothing but on a waiter, and always hand it with the left hand and on the left side of the person he serves, and hold it so that the guest may take it with ease. In lifting dishes from the table, he should use both hands, and remove them with care, so that nothing is spilt on the table-cloth or on the dresses of the guests.

2189. 男仆在照应所有人的同时，不应冒犯任何人；他递送任何物品都应使用托盘，并且始终用左手、从所侍奉之人的左侧递上，持盘的方式应使宾客能轻松取用。从桌上端起菜肴时，他应使用双手，小心撤下，以免洒在桌布上或宾客的衣物上。

2190. Masters as well as servants sometimes make mistakes; but it is not expected that a servant will correct any omissions, even if he should have time to notice them, although with the best intentions: thus it would not be correct, for instance, if he observed that his master took wine with the ladies all round, as some gentlemen still continue to do, but stopped at some one:—to nudge him on the shoulder and say, as was done by the servant of a Scottish gentleman, "What ails you at her in the green gown?" It will be better to leave the lady unnoticed than for the servant thus to turn his master into ridicule.

2190. 男主人与仆人有时都会出错；但即便仆人注意到了疏漏，也不应去纠正，哪怕他有时间、出于最好的用意：譬如，若他看见主人向在座各位女士一一敬酒，如某些绅士至今仍做的那样，却在某一位面前停了下来--他就不该像一位苏格兰绅士的仆人那样，捅捅主人的肩膀说："您对那位穿绿袍的女士有什么不满?"与其让仆人这样使主人成为笑柄，不如对那位女士不予理会。

2191. During dinner each person's knife, fork, plate, and spoon should be changed as soon as he has done with it; the vegetables

2191. 正餐期间，每人的刀、叉、盘和勺用完后应立即更换；各道菜配的蔬菜

and sauces belonging to the different dishes presented without remark to the guests; and the footman should tread lightly in moving round, and, if possible, should bear in mind, if there is a wit or humorist of the party, whose good things keep the table in a roar, that they are not expected to reach his ears.

和酱汁应不动声色地呈给宾客；男仆走动时应脚步轻捷，如有可能，应记住：若席间有妙语连珠、令满座哄堂的才子或幽默家，他们并不指望那些妙语传入自己耳中。

2192. In opening wine, let it be done quietly, and without shaking the bottle; if crusted, let it be inclined to the crusted side, and decanted while in that position. In opening champagne, it is not necessary to discharge it with a pop; properly cooled, the cork is easily extracted without an explosion; when the cork is out, the mouth of the bottle should be wiped with the napkin over the footman's arm.

2192. 开酒时应安静进行，不要摇晃酒瓶；若有沉淀，应将瓶倾向沉淀一侧，并在该姿势下浐酒。开香槟时，不必发出砰的一声；适当冷却后，软木塞很容易取出而不会爆响；软木塞取出后，应用搭在男仆臂上的餐巾擦拭瓶口。

2193. At the end of the first course, notice is conveyed to the cook, who is waiting to send up the second, which is introduced in the same way as before; the attendants who remove the fragments, carrying the dishes from the kitchen, and handing them to the footman or butler, whose duty it is to arrange them on the table. After dinner, the dessert-glasses and wines are placed on the table by the footman, who places himself behind his master's chair, to supply wine and hand round the ices and other refreshments, all other servants leaving the room.

2193. 第一道菜结束时，通知传到厨师那里，他正等着送上第二道菜，其上菜方式与先前相同；撤走残羹的侍者将菜盘从厨房端出，递给男仆或男管家，其职责是将菜盘摆上餐桌。正餐之后，男仆将甜点杯与酒水摆上餐桌，自己站到男主人椅后，以便斟酒并传递冰品及其他茶点，其余仆人则离开房间。

2194. As soon as the drawing-room bell rings for tea, the footman enters with the tray, which has been previously prepared; hands the tray round to the company, with cream and sugar, the tea and coffee being generally poured out, while another attendant hands cakes, toast, or biscuits. If it is an ordinary family party, where this social meal is prepared by the mistress, he carries the urn or kettle, as the case may be; hands round the toast, or such other

2194. 客厅的茶铃一响，男仆便端着事先备好的托盘进来；将托盘依次呈给宾客，附上奶油和糖，茶和咖啡通常已斟好，同时另一名侍者递上蛋糕、吐司或饼干。若是普通家庭聚会，这顿社交茶点由女主人准备，他便端上茶壶或水壶(视情况而定)；递上吐司或其他所需

eatable as may be required, removing the whole in the same manner when tea is over.

食物，下午茶结束后以同样方式将全部物品撤走。

2195. After each meal, the footman's place is in his pantry: here perfect order should prevail—a place for everything and everything in its place. A sink, with hot and cold water laid on, is very desirable,—cold absolutely necessary. Wooden bowls or tubs of sufficient capacity are required, one for hot and another for cold water. Have the bowl three parts full of clean hot water; in this wash all plate and plated articles which are greasy, wiping them before cleaning with the brush.

2195. 每餐之后，男仆的岗位在他的餐具室：这里应保持完美的秩序--每样东西都有其位置，每样东西都在其位置上。一个装有冷热自来水的洗涤槽是非常理想的--冷水则绝对必要。需要容量足够的木盆或木桶，一个盛热水，另一个盛冷水。将盆装三分之二的干净热水；在此清洗所有油腻的盘子和镀银器皿，在刷洗清洁之前先擦一遍。

2196. The footman in small families, where only one man is kept, has many of the duties of the upper servants to perform as well as his own, and more constant occupation; he will also have the arrangement of his time more immediately under his own control, and he will do well to reduce it to a methodical division. All his rough work should be done before breakfast is ready, when he must appear clean, and in a presentable state. After breakfast, when everything belonging to his pantry is cleaned and put in its place, the furniture in the dining and drawing rooms requires rubbing. Towards noon, the parlour luncheon is to be prepared; and he must be at his mistress's disposal to go out with the carriage, or follow her if she walks out.

2196. 在只雇一名男仆的小户人家，男仆除自身职责外，还须履行许多上等仆人的职责，且更为忙碌；他的时间安排也更直接地由自己掌控，最好将其划分为有条理的分段。所有粗活都应在早餐备好之前做完，届时他必须衣着整洁、仪容得体。早餐之后，待其餐具室的一切器皿擦净归位，餐厅与客厅的家具便需擦拭。临近中午，须备好客厅午餐；他还须随时听候女主人差遣，随车外出，或在她步行出门时跟随。

2197. Glass is a beautiful and most fragile article: hence it requires great care in washing. A perfectly clean wooden bowl is best for this operation, one for moderately hot and another for cold water. Wash the glasses well in the first and rinse them in the second, and turn them down on a linen cloth folded two or three times, to drain for a few minutes. When sufficiently drained, wipe

2197. 玻璃器皿是美丽而极其易碎的物品：因此清洗时需要格外小心。最好使用完全干净的木盆进行此操作，一个盛中等温度的热水，另一个盛冷水。先在第一个盆中把玻璃杯洗净，再在第二个盆中冲洗，然后将它们倒扣在折叠两三次的亚麻布上，沥水几分钟。待充分沥干后，用一块布擦拭

them with a cloth and polish with a finer one, doing so tenderly and carefully. Accidents will happen; but nothing discredits a servant in the drawing-room more than continual reports of breakages, which, of course, must reach that region.

它们，再用更细的布抛光，动作要轻柔仔细。意外总会发生；但没有什么比不断传出打破器皿的报告更能让仆人在客厅里丢脸的了，这些报告当然必定会传到那个地方。

2198. Decanters and water-jugs require still more tender treatment in cleaning, inasmuch as they are more costly to replace. Fill them about two-thirds with hot but not boiling water, and put in a few pieces of well-soaped brown paper; leave them thus for two or three hours; then shake the water up and down in the decanters; empty this out, rinse them well with clean cold water, and put them in a rack to drain. When dry, polish them outside and inside, as far as possible, with a fine cloth. To remove the crust of port or other wines, add a little muriatic acid to the water, and let it remain for some time.

2198. 细颈玻璃瓶与水罐在清洁时更需小心对待，因为更换它们代价更高。将其灌入约三分之二的热水(但非沸水)，放入几片涂满肥皂的棕色纸；如此放置两三个小时；然后在瓶中上下摇晃，倒空后以洁净冷水充分冲洗，置于架上沥干。干燥后，尽可能用细布将内外擦亮。若要除去波特酒或其他葡萄酒的沉垢，可在水中加少许盐酸，并放置一段时间。

2199. When required to go out with the carriage, it is the footman's duty to see that it has come to the door perfectly clean, and that the glasses, and sashes, and linings, are free from dust. In receiving messages at the carriage door, he should turn his ear to the speaker, so as to comprehend what is said, in order that he may give his directions to the coachman clearly. When the house he is to call at is reached, he should knock, and return to the carriage for orders. In closing the door upon the family, he should see that the handle is securely turned, and that no part of the ladies' dress is shut in.

2199. 当奉命随马车外出时，男仆有责任确保马车干干净净地驶到门前，并确保车窗玻璃、窗框和内饰不沾灰尘。在马车门旁接收口信时，他应将耳朵转向说话人，以便听清所说的话，从而能够清楚地向马车夫传达指示。到达要拜访的人家时，他应先敲门，然后回到马车旁等候吩咐。在为家人关上车门时，他应确认门把手已牢牢转紧，并且没有夹住女士衣裙的任何部分。

2200. It is the footman's duty to carry messages or letters for his master or mistress to their friends, to the post, or to the tradespeople; and nothing is more important than dispatch and exactness in doing so, although writing even the simplest message

2200. 男仆的职责是为男主人或女主人送信或送信给他们的朋友、去邮局或去商家；在 doing so 时，没有什么比迅速和准确更重要了，尽管写最简单的信息

is now the ordinary and very proper practice. Dean Swift, among his other quaint directions, all of which are to be read by contraries, recommends a perusal of all such epistles, in order that you may be the more able to fulfil your duty to your master. An old lady of Forfarshire had one of those odd old Caleb Balderston sort of servants, who construed the Dean of St. Patrick more literally. On one occasion, when dispatch was of some importance, knowing his inquiring nature, she called her Scotch Paul Pry to her, opened the note, and read it to him herself, saying, "Now, Andrew, you ken a' aboot it, and needna' stop to open and read it, but just take it at once." Probably most of the notes you are expected to carry might, with equal harmlessness, be communicated to you; but it will be better not to take so lively an interest in your mistress's affairs.

如今这已是寻常且十分得体的做法。斯威夫特院长在他那些古怪的指示中--所有这些指示都应当反着读--建议把所有这类信件都看一遍，以便你更能履行对男主人的职责。福法尔郡有一位老太太，有一个像老凯莱布·鲍尔德斯通那样的古怪仆人，他把圣帕特里克院长的意思理解得更为字面化。有一次，事情有些紧急，她知道他生性爱打听，便把她的苏格兰包打听叫来，拆开便条，亲自读给他听，说道："安德鲁，你现在全知道了，不必停下来拆开再读，直接拿去就是了。"也许你要送的大多数便条，同样无害地讲给你听也无妨；但最好还是不要对女主人的事情表现出如此浓厚的兴趣。

2201. Politeness and civility to visitors is one of the things masters and mistresses have a right to expect, and should exact rigorously. When visitors present themselves, the servant charged with the duty of opening the door will open it promptly, and answer, without hesitation, if the family are "not at home," or "engaged;" which generally means the same thing, and might be oftener used with advantage to morals. On the contrary, if he has no such orders, he will answer affirmatively, open the door wide to admit them, and precede them to open the door of the drawing-room. If the family are not there, he will place chairs for them, open the blinds (if the room is too dark), and intimate civilly that he goes to inform his mistress. If the lady is in her drawing-room, he announces the name of the visitors, having previously acquainted himself with it. In this part of his duty it is necessary to be very careful to repeat the names correctly; mispronouncing names is

2201. 对来访者彬彬有礼、殷勤周到，是男女主人有权期待的事情，并且应当严格做到。当客人到来时，负责开门的仆人应迅速开门，若家人"不在家"或"有事"，应毫不犹豫地如此回答；这两种说法通常意思相同，而且若能更经常地使用，对世道人心或许更有益处。反之，如果他并未接到此类吩咐，就应肯定地回答，把门开大让他们进来，并走在前面为他们打开客厅的门。如果家人不在那里，他就为他们摆好椅子，打开百叶窗(如果房间太暗)，并礼貌地表示他去通报女主人。如果女士在客厅里，他就通报来访者的姓名，此前须先弄清楚姓名。在这一职责上，必须非常小心地准确重复姓名；念错姓名

very apt to give offence, and leads sometimes to other disagreeables. The writer was once initiated into some of the secrets on the "other side" of a legal affair in which he took an interest, before he could correct a mistake made by the servant in announcing him. When the visitor is departing, the servant should be at hand, ready, when rung for, to open the door; he should open it with a respectful manner, and close it gently when the visitors are fairly beyond the threshold. When several visitors arrive together, he should take care not to mix up the different names together, where they belong to the same family, as Mr., Mrs., and Miss; if they are strangers, he should announce each as distinctly as possible.

2202. *Receptions and Evening Parties*.—The drawing-rooms being prepared, the card-tables laid out with cards and counters, and such other arrangements as are necessary made for the reception of the company, the rooms should be lighted up as the hour appointed approaches. Attendants in the drawing-room, even more than in the dining-room, should move about actively but noiselessly; no creaking of shoes, which is an abomination; watching the lights from time to time, so as to keep up their brilliancy. But even if the attendant likes a game of cribbage or whist himself, he must not interfere in his master or mistress's game, nor even seem to take an interest in it. We once knew a lady who had a footman, and both were fond of a game of cribbage,—John in the kitchen, the lady in her drawing-room. The lady was a giver of evening parties, where she frequently enjoyed her favourite amusement. While handing about the tea and toast, John could not always suppress his disgust at her mistakes. "There is more in that hand, ma'am," he has been known to say; or,

很容易得罪人，有时还会引起其他不快。笔者曾有一次，在他所关注的一桩法律事务中，还没能纠正仆人通报他时犯的错误，就被引入了“另一边”的某些内情。当客人告辞时，仆人应在一旁等候，听到铃声便去开门；他应以恭敬的态度开门，并在客人完全走出门槛后轻轻把门关上。当几位客人一同到来时，他应注意不要把属于同一家人的不同称呼混在一起，如先生、太太和小姐；如果他们是陌生人，则应尽可能清楚地逐一通报。

2202. 招待会与晚会。--客厅布置妥当，牌桌上摆好纸牌和筹码，并做好接待宾客所需的其他安排之后，随着约定时刻临近，各房间应灯火通明。客厅里的侍者，甚至比餐厅里的侍者更应动作勤快而无声无息；鞋子吱吱作响是可憎之事；要不时留意灯火，以保持其明亮。但即使侍者本人喜欢玩一局克里比奇牌或惠斯特牌，他也绝不能干涉男女主人的牌局，甚至不可显出感兴趣的样子。我们曾认识一位女士，她有一个男仆，两人都喜欢玩一局克里比奇牌--约翰在厨房里玩，女士在客厅里玩。这位女士常举办晚会，在那里她时常享受自己喜爱的消遣。在端送下午茶和烤面包时，约翰有时忍不住对她出牌的失误表示厌恶。人们曾听他说：“太太，那手牌里还有文章呢；”或者，

"Ma'am, you forgot to count his nob;" in fact, he identified himself with his mistress's game, and would have lost twenty places rather than witness a miscount. It is not necessary to adopt his example on this point, although John had many qualities a good servant might copy with advantage.

“夫人，您忘了数他的‘贵族’了”；事实上，他把自己与女主人的赌局视为一体，宁可输掉二十个地方，也不愿看到数错。在这一点上不必效仿他的榜样，尽管约翰有许多品质，一个好仆人若能效法，将大有裨益。

THE COACHHOUSE AND STABLES.

马车房与马厩。

2203. THE HORSE is the noblest of quadrupeds, whether we view him in his strength, his sagacity, or his beauty. He is also the most useful to man of all the animal creation; but his delicacy is equal to his power and usefulness. No other animal, probably, is so dependent on man in the state of domestication to which he has been reduced, or deteriorates so rapidly under exposure, bad feeding, or bad grooming. It is, therefore, a point of humanity, not to speak of its obvious impolicy, for the owner of horses to overlook any neglect in their feeding or grooming. His interest dictates that so valuable an animal should be well housed, well fed, and well groomed; and he will do well to acquire so much of stable lore as will enable him to judge of these points himself. In a general way, where a horse's coat is habitually rough and untidy, there is a sad want of elbow-grease in the stable. When a horse of tolerable breeding is dull and spiritless, he is getting ill or badly fed; and where he is observed to perspire much in the stables, is overfed, and probably eats his litter in addition to his regular supply of food.

2203. 马是四足动物中最尊贵的，无论从力量、聪慧还是美貌来看都是如此。它也是所有动物中对人最有用的；但它的娇弱与它的力量和用处不相上下。在人类使其所处的驯养状态下，大概没有别的动物如此依赖人，也没有别的动物在暴露、劣质饲养或劣质刷拭之下退化得如此迅速。因此，对马主来说，忽视马的饲养或刷拭，不仅显然不明智，而且关乎人道。自身的利益也要求如此宝贵的动物应当有好的马厩、好的饲料和好的刷拭；他最好学些马厩方面的知识，以便自己能判断这些方面。一般来说，如果马的皮毛长期粗糙不整，那马厩里就严重缺乏力气活儿。一匹品种尚可的马如果无精打采、没有生气，那它是病了或喂得不好；如果观察到它在马厩里大量出汗，那是喂得过饱，而且很可能在正常饲料之外还吃自己的垫草。

2204. *Stables.*—The architectural form of the stables will be subject to other influences than ours; we confine ourselves, therefore, to their internal arrangements. They should be roomy in

2204. 马厩。--马厩的建筑形式将受制于我们之外的其他因素；因此，我们仅限于讨论其内部布置。它们应当宽敞，与

proportion to the number of stalls; warm, with good ventilation, and perfectly free from cold draughts; the stalls roomy, without excess, with good and well-trapped drainage, so as to exclude bad smells; a sound ceiling to prevent the entrance of dust from the hayloft, which is usually above them; and there should be plenty of light, coming, however, either from above or behind, so as not to glare in the horse's eye.

马位的数量成比例；温暖，通风良好，完全不受冷风侵袭；马位宽敞而不过度，排水良好且设有存水弯，以排除恶臭；坚固的天花板以防止干草棚的灰尘进入，干草棚通常位于马厩上方；并且应当有充足的光线，然而光线应来自上方或后方，以免刺射马眼。

2205. *Heat*.—The first of these objects is attained, if the stables are kept within a degree or two of 50° in winter, and 60° in summer; although some grooms insist on a much higher temperature, in the interests of their own labour.

2205. 温度。--若马厩在冬季保持在50°上下，夏季保持在60°上下，则第一个目标即可达成；尽管有些马夫为了自身劳作的便利，坚持要求高得多的温度。

2206. *Ventilation* is usually attained by the insertion of one or more tubes or boxes of wood or iron through the ceiling and the roof, with a sloping covering over the opening, to keep out rain, and valves or ventilators below to regulate the atmosphere, with openings in the walls for the admission of fresh air: this is still a difficulty, however; for the effluvium of the stable is difficult to dispel, and draughts must be avoided. This is sometimes accomplished by means of hollow walls with gratings at the bottom outside, for the exit of bad air, which is carried down through the hollow walls and discharged at the bottom, while, for the admission of fresh air, the reverse takes place: the fresh by this means gets diffused and heated before it is discharged into the stable.

2206. 通风通常是通过在天花板和屋顶上插入一根或多根木制或铁制的管子或箱子来实现的，开口上方有一个倾斜的盖子以挡雨，下方有阀门或通风器来调节空气，墙壁上留有开口以引入新鲜空气：然而这仍然是个难题；因为马厩的臭气难以驱散，而穿堂风又必须避免。有时通过空心墙来实现这一点，墙底部外侧设有格栅，用于排出污浊空气，污浊空气向下穿过空心墙并从底部排出，而新鲜空气的进入则相反：新鲜空气通过这种方式在进入马厩之前先得到扩散和加热。

2207. *The Stalls* should be divided by partitions of wood-work eight or nine feet high at the head and six at the heels, and nine feet deep, so as to separate each horse from its neighbour. A hay-rack placed within easy reach of the horse, of wood or iron,

2207. 马位应以木制隔板分隔，头部高八或九英尺，尾部高六英尺，深九英尺，以便将每匹马与其邻马隔开。一个置于马匹易于够及之处的干草槽，木制或铁制，

occupies either a corner or the whole breadth of the stall, which should be about six feet for on ordinary-sized horse. A manger, formerly of wood, but of late years more generally of iron lined with enamel, occupies a corner of the stall. The pavement of the stall should be nearly level, with a slight incline towards the gutter, to keep the bed dry, paved with hard Dutch brick laid on edge, or asphalte, or smithy clinkers, or rubble-stones, laid in strong cement. In the centre, about five feet from the wall, a grating should be firmly fixed in the pavement, and in communication with a well-trapped drain to carry off the water; the gutter outside the stall should also communicate with the drains by trapped openings. The passage between the stall and the hall should be from five to six feet broad at least; on the wall, opposite to each stall, pegs should be placed for receiving the harness and other things in daily use.

占据隔间的一角或整个宽度，对于一匹普通体型的马，隔间应约为六英尺。一个食槽占据隔间的一角，过去用木头制成，但近年来更常见的是内衬搪瓷的铁制食槽。隔间的地面应大致水平，向排水沟方向略有倾斜，以保持垫草干燥，地面用竖立铺设的硬质荷兰砖、沥青、锻铁渣或碎石铺成，用强力水泥粘合。在中央，距墙约五英尺处，应在地面牢固地固定一个格栅，并与一个带有良好存水弯的排水管连通以排出积水；隔间外的排水沟也应通过带存水弯的开口与排水管连通。隔间与过道之间的通道宽度至少应为五到六英尺；在与每个隔间相对的墙上，应设置挂钩，用于挂放马具和其他日常使用的物品。

2208. *A Harness-room* is indispensable to every stable. It should be dry and airy, and furnished with a fireplace and boiler, both for the protection of the harness and to prepare mashes for the horses when required. The partition-wall should be boarded where the harness goes, with pegs to hang the various pieces of harness on, with saddle-trees to rest the saddles on, a cupboard for the brushes, sponges, and leathers, and a lock-up corn-bin.

2208. 马具室对每个马厩都是不可或缺的。它应当干燥通风，并配备壁炉和锅炉，既用于保护马具，也用于在需要时为马匹准备糠麸糊。挂马具处的隔墙应铺以木板，钉上木钉以悬挂各件马具，设有鞍架以放置马鞍，一个橱柜用于存放刷子、海绵和皮革，以及一个可锁的燕麦箱。

2209. *The furniture* of a stable with coachhouse, consists of coach-mops, jacks for raising the wheels, horse-brushes, spoke-brushes, water-brushes, crest and bit-brushes, dandy-brushes, currycombs, birch and heath brooms, trimming-combs, scissors and pickers, oil-cans and brushes, harness-brushes of three sorts, leathers, sponges for horse and carriage, stable-forks, dung-baskets or wheelbarrow, corn-sieves and measures, horse-cloths and stable

2209. 家具，连同马车房，包括马车拖把、升轮千斤顶、马刷、辐条刷、水刷、鬃毛与衔铁刷、梳刷、马梳、桦木与石南扫帚、修剪梳、剪刀与剔具、油壶与刷子、三种马具刷、皮革、马与马车用海绵、马厩叉、粪筐或独轮车、谷物筛与量器、马衣与马厩

pails, horn or glass lanterns. Over the stables there should be accommodation for the coachman or groom to sleep. Accidents sometimes occur, and he should be at hand to interfere.

水桶、角制或玻璃提灯。马厩上方应设有供马车夫或马夫睡觉的住所。事故有时会发生，他应当近在咫尺以便干预。

DUTIES OF THE COACHMAN, GROOM, AND STABLE-BOY.

马车夫、马夫和马厩少年的职责。

2210. *The Establishment* we have in view will consist of coachman, groom, and stable-boy, who are capable of keeping in perfect order four horses, and perhaps the pony. Of this establishment the coachman is chief. Besides skill in driving, he should possess a good general knowledge of horses; he has usually to purchase provender, to see that the horses are regularly fed and properly groomed, watch over their condition, apply simple remedies to trifling ailments in the animals under his charge, and report where he observes symptoms of more serious ones which he does not understand. He has either to clean the carriage himself, or see that the stable-boy does it properly.

2210. 我们所设想的人员配置将包括马车夫、马夫和马厩杂役，他们能够将四匹马--也许还有小马--保持得井然有序。在这套人员配置中，马车夫是首领。除了驾驭技能之外，他还应具备良好的马匹综合知识；他通常需要采购饲料，确保马匹按时喂食和适当刷洗，留意它们的状况，对管辖下动物的轻微疾病施用简单的疗法，并在观察到他不理解的更严重症状时予以报告。他要么亲自清洁马车，要么监督马厩杂役妥善完成。

2211. *The Groom's* first duties are to keep his horses in condition; but he is sometimes expected to perform the duties of a valet, to ride out with his master, on occasions, to wait at table, and otherwise assist in the house: in these cases, he should have the means of dressing himself, and keeping his clothes entirely away from the stables. In the morning, about six o'clock, or rather before, the stables should be opened and cleaned out, and the horses fed, first by cleaning the rack and throwing in fresh hay, putting it lightly in the rack, that the horses may get it out easily; a short time afterwards their usual morning feed of oats should be put into the manger. While this is going on, the stable-boy has been removing the stable-dung, and sweeping and washing out

2211. 马夫的首要职责是使马匹保持良好的状态；但有时也期望他履行贴身男仆的职责，在某些场合随男主人骑马外出，在餐桌旁侍候，以及以其他方式协助家务：在这些情况下，他应具备更衣的条件，并将自己的衣物完全远离马厩存放。早晨约六点钟，或更早一些，马厩应打开并清扫干净，喂马时先清理草架并放入新鲜干草，轻轻放入草架中，以便马匹容易取食；稍后应将日常早晨的燕麦饲料放入食槽。在此期间，马厩杂役一直在清除马粪，并清扫和冲洗

the stables, both of which should be done every day, and every corner carefully swept, in order to keep the stable sweet and clean. The real duties of the groom follow: where the horses are not taken out for early exercise, the work of grooming immediately commences. "Having tied up the head," to use the excellent description of the process given by old Barrett, "take a currycomb and curry him all over the body, to raise the dust, beginning first at the neck, holding the left cheek of the headstall in the left hand, and curry him from the setting-on of his head all over the body to the buttocks, down to the point of the hock; then change your hands, and curry him before, on his breast, and, laying your right arm over his back, join your right side to his left, and curry him all under the belly near the fore-bowels, and so all over from the knees and back upwards; after that, go to the far side and do that likewise. Then take a dead horse's tail, or, failing that, a cotton dusting-cloth, and strike that away which the currycomb hath raised. Then take a round brush made of bristles, with a leathern handle, and dress him all over, both head, body, and legs, to the very fetlocks, always cleansing the brush from the dust by rubbing it with the currycomb. In the curry-combing process, as well as brushing, it must be applied with mildness, especially with fine-skinned horses; otherwise the tickling irritates them much. The brushing is succeeded by a hair-cloth, with which rub him all over again very hard, both to take away loose hairs and lay his coat; then wash your hands in fair water, and rub him all over while they are wet, as well over the head as the body. Lastly, take a clean cloth, and rub him all over again till he be dry; then take another hair-cloth, and rub all his legs exceeding well from the knees and hocks downwards to his hoofs, picking

马厩，这两项工作应每天进行，每个角落都要仔细清扫，以保持马厩清新洁净。马夫真正的职责随之而来：如果马匹没有被带出去进行早期运动，刷洗工作便立即开始。用老巴雷特对这一过程的精彩描述来说，“系好马头”之后，“拿一把马梳，在马的全身上下梳刷，以扬起灰尘，先从颈部开始，左手握住笼头的左颊带，从头部起始处一直梳刷到臀部，向下至飞节尖端；然后换手，梳刷前方胸部，将右臂越过马背，右身贴近马的左侧，梳刷腹部靠近前肠的整个区域，再从膝部和背部向上梳遍全身；之后，到另一侧同样操作。然后取一条死马尾，或者如果没有，用一块棉质除尘布，将马梳扬起的灰尘拍打掉。然后取一把用鬃毛制成的圆形刷子，带皮革手柄，将马的全身上下--头部、身体和腿部，直至球节--都刷遍，始终用马梳刮擦刷子以清除灰尘。在马梳梳理和刷拭过程中，动作必须轻柔，尤其是对皮肤细嫩的马匹；否则搔痒会使它们非常烦躁。刷拭之后用一块马毛布，再次用力摩擦全身，既去除脱落的毛发，又使皮毛平顺；然后在清水中洗手，趁手湿时摩擦马的全身上下，头部和身体都要擦到。最后，取一块干净的布，再次摩擦全身直至干燥；然后取另一块马毛布，从膝部和飞节向下至蹄部，将马的所有腿部彻底摩擦，清理

and dressing them very carefully about the fetlocks, so as to remove all gravel and dust which will sometimes lie in the bending of the joints." In addition to the practice of this old writer, modern grooms add wisping, which usually follows brushing. The best wisp is made from a hayband, untwisted, and again doubled up after being moistened with water: this is applied to every part of the body, as the brushing had been, by changing the hands, taking care in all these operations to carry the hand in the direction of the coat. Stains on the hair are removed by sponging, or, when the coat is very dirty, by the water-brush; the whole being finished off by a linen or flannel cloth. The horsecloth should now be put on by taking the cloth in both hands, with the outside next you, and, with your right hand to the off side, throw it over his back, placing it no farther back than will leave it straight and level, which will be about a foot from the tail. Put the roller round, and the pad-piece under it, about six or eight inches from the fore legs. The horse's head is now loosened; he is turned about in his stall to have his head and ears rubbed and brushed over every part, including throat, with the dusting-cloth, finishing by "pulling his ears," which all horses seem to enjoy very much. This done, the mane and foretop should be combed out, passing a wet sponge over them, sponging the mane on both sides, by throwing it back to the midriff, to make it lie smooth. The horse is now returned to his headstall, his tail combed out, cleaning it of stains with a wet brush or sponge, trimming both tail and mane, and forelock when necessary, smoothing them down with a brush on which a little oil has been dropped.

2212. Watering usually follows dressing; but some horses refuse their food until they have drunk: the groom should not, therefore,

并非常仔细地梳理球节周围，以清除有时会积在关节弯曲处的沙砾和灰尘。”除了这位老作家的做法之外，现代马夫还增加了用草把擦拭的步骤，通常是在刷拭之后进行。最好的草把是用一束干草拧成，先解开，用水浸湿后再对折起来：像刷拭一样，用它擦拭全身各处，双手交替进行，在所有操作中都要注意顺着毛的方向运手。毛上的污渍可用海绵擦洗去除，或者当皮毛很脏时，用湿刷子刷洗；最后用亚麻布或法兰绒布擦干。此时应当给马披上马衣，双手拿着马衣，外面朝自己，右手伸向对侧，把马衣抛到马背上，放置的位置不要过于靠后，以保持平直为准，大约距马尾一英尺。系上肚带，把垫片放在肚带下面，距前腿约六到八英寸。此时解开马头，让它在厩内转过身来，用除尘布擦拭和刷拭头部、耳朵以及包括喉部在内的各个部位，最后“拉耳朵”，所有马似乎都很喜欢这个动作。做完这些之后，应梳理鬃毛和额鬃，用湿海绵擦拭，把鬃毛向后推到颈脊处，两侧都擦一遍，使其平顺。然后把马牵回头架，梳理尾巴，用湿刷子或海绵清除污渍，修剪尾毛和鬃毛，必要时修剪额鬃，用蘸了几滴油的刷子把它们刷平。

2212. 饮水通常在刷拭之后；但有些马不喝水就不肯进食：因此马夫不应

lay down exclusive rules on this subject, but study the temper and habits of his horse.

在此问题上制定死板的规则，而应研究其马的性情与习惯。

2213. *Exercise*.—All horses not in work require at least two hours' exercise daily; and in exercising them a good groom will put them through the paces to which they have been trained. In the case of saddle-horses he will walk, trot, canter, and gallop them, in order to keep them up to their work. With draught horses they ought to be kept up to a smart walk and trot.

2213. 运动。--所有不工作的马每天至少需要两小时的运动；在运动时，一个好马夫会让它们按照所受训练的步伐行进。对于乘骑马，他会让它们走、快步、慢跑和疾驰，以使它们保持工作状态。对于挽马，应当使它们保持轻快的走步和快步。

2214. *Feeding* must depend on their work, but they require feeding three times a day, with more or less corn each time, according to their work. In the fast coaching days it was a saying among proprietors, that "his belly was the measure of his food;" but the horse's appetite is not to be taken as a criterion of the quantity of food under any circumstances. Horses have been known to consume 40 lbs. of hay in twenty-four hours, whereas 16 lbs. to 18 lbs. is the utmost which should have been given. Mr. Croall, an extensive coach proprietor in Scotland, limited his horses to 4-1/2 lbs. cut straw, 8 lbs. bruised oats, and 2-1/2 lbs. bruised beans, in the morning and noon, giving them at night 25 lbs. of the following; viz., 560 lbs. steamed potatoes, 36 lbs. barley-dust, 40 lbs. cut straw, and 6 lbs. salt, mixed up together: under this the horses did their work well. The ordinary measure given a horse is a peck of oats, about 40 lbs. to the bushel, twice a day, a third feed and a rack-full of hay, which may be about 15 lbs. or 18 lbs., when he is in full work.

2214. 喂食必须根据它们的工作量而定，但它们需要每天喂三次，每次喂多少谷物视其工作量而定。在快速驿车时代，马主们有句俗话：“他的肚子就是他食物的量器”；但无论在什么情况下，都不能把马的食欲当作食物量的标准。据说有的马在二十四小时内能吃掉40磅干草，而最多只应给16磅到18磅。苏格兰一位拥有大量驿马的马车行老板克罗尔先生，把他的马限制为早晨和中午各喂4-1/2磅切碎的稻草、8磅碾碎的燕麦和2-1/2磅碾碎的豆子，晚上给它们25磅下列混合物；即560磅蒸土豆、36磅大麦糠、40磅切碎的稻草和6磅盐，混合在一起：在这种饲养下，马匹工作良好。给马的普通定量是一配克燕麦，每蒲式耳约40磅，每天两次，第三次喂食加一槽干草，约15磅或18磅，此时马处于满负荷工作状态。

2215. You cannot take up a paper without having the question put, "Do you bruise your oats?" Well, that depends on circumstances: a fresh young horse can bruise its own oats when it

2215. 你拿起任何一份报纸，都会看到这个问题：“你碾碎你的燕麦吗?”嗯，这要看情况：一匹年轻的新马在

can get them; but aged horses, after a time, lose the power of masticating and bruising them, and bolt them whole; thus much impeding the work of digestion. For an old horse, then, bruise the oats; for a young one it does no harm and little good. Oats should be bright and dry, and not too new. Where they are new, sprinkle them with salt and water; otherwise, they overload the horse's stomach. Chopped straw mixed with oats, in the proportion of a third of straw or hay, is a good food for horses in full work; and carrots, of which horses are remarkably fond, have a perceptible effect in a short time on the gloss of the coat.

能吃到它们；但老马过一段时间后就失去了咀嚼和碾碎它们的能力，会整粒吞下；这样就大大妨碍了消化工作。因此，对于老马，要把燕麦碾碎；对于年轻马，这样做无害也无益。燕麦应该色泽鲜亮、干燥，不要太新。如果是新燕麦，要用盐和水拌一下；否则会使马的胃负担过重。将切碎的稻草与燕麦混合，稻草或干草占三分之一的比例，对于满负荷工作的马来说是很好的饲料；胡萝卜是马非常喜欢吃的，短时间内就能对毛皮的光泽产生明显效果。

2216. The water given to a horse merits some attention; it should not be too cold; hard water is not to be recommended; stagnant or muddy water is positively injurious; river water is the best for all purposes; and anything is preferable to spring water, which should be exposed to the sun in summer for an hour or two, and stirred up before using it; a handful of oatmeal thrown into the pail will much improve its quality.

2216. 给马的水值得注意；水不应太冷；硬水不宜推荐；死水或泥水绝对有害；河水在各方面都是最好的；任何水都比泉水好，泉水在夏季应暴露于阳光下晒一两个小时，并在使用前搅动；往桶里扔一把燕麦粉会大大改善水质。

2217. *Shoeing.*—A horse should not be sent on a journey or any other hard work immediately after new shoeing;—the stiffness incidental to new shoes is not unlikely to bring him down. A day's rest, with reasonable exercise, will not be thrown away after this operation. On reaching home very hot, the groom should walk him about for a few minutes; this done, he should take off the moisture with the scraper, and afterwards wisp him over with a handful of straw and a flannel cloth: if the cloth is dipped in some spirit, all the better. He should wash, pick, and wipe dry the legs and feet, take off the bridle and crupper, and fasten it to the rack, then the girths, and put a wisp of straw under the saddle. When sufficiently cool, the horse should have some hay given him, and

2217. 钉掌。--马在新钉掌后不应立即上路或从事其他重活；新掌带来的僵硬很可能使它跌倒。在这项操作之后休息一天，配合适当的运动，是不会白费的。当马浑身是汗地回到家时，马夫应牵着它走动几分钟；然后用水刮刮去汗水，再用一把稻草和一块法兰绒布擦拭全身：如果布上蘸了些酒精，效果更好。他应清洗、抠挖并擦干腿和蹄，取下笼头和尾鞦，系在草架上，然后解下肚带，在鞍下放一把稻草。当马充分凉下来后，应给它一些干草，并且

then a feed of oats: if he refuse the latter, offer him a little wet bran, or a handful of oatmeal in tepid water. When he has been fed, he should be thoroughly cleaned, and his body-clothes put on, and, if very much harassed with fatigue, a little good ale or wine will be well bestowed on a valuable horse, adding plenty of fresh litter under the belly.

然后喂一份燕麦：如果它拒绝后者，给它一点湿麸皮，或一把燕麦粉放在温水中。喂食之后，应彻底清洁它，给它穿上马衣，如果它因疲劳而极度困乏，给一匹贵重的马少量好麦酒或葡萄酒是值得的，并在其腹下添加充足的 fresh 垫草。

2218. *Bridles*.—Every time a horse is unbridled, the bit should be carefully washed and dried, and the leather wiped, to keep them sweet, as well as the girths and saddle, the latter being carefully dried and beaten with a switch before it is again put on. In washing a horse's feet after a day's work, the master should insist upon the legs and feet being washed thoroughly with a sponge until the water flows over them, and then rubbed with a brush till quite dry.

2218. 马笼头。--每次给马卸下笼头时，应仔细清洗并擦干衔铁，擦拭皮革，以保持其气味清新，肚带和马鞍亦然，后者在再次使用前应仔细擦干并用枝条拍打。一天工作之后洗马脚时，男主人应坚持用海绵彻底清洗腿和脚，直到水从上面流过，然后用刷子擦至完全干燥。

2219. *Harness*, if not carefully preserved, very soon gets a shabby tarnished appearance. Where the coachman has a proper harness-room and sufficient assistance, this is inexcusable and easily prevented. The harness-room should have a wooden lining all round, and be perfectly dry and well ventilated. Around the walls, hooks and pegs should be placed, for the several pieces of harness, at such a height as to prevent their touching the ground; and every part of the harness should have its peg or hook,—one for the halters, another for the reins, and others for snaffles and other bits and metal-work; and either a wooden horse or saddle-trees for the saddles and pads. All these parts should be dry, clean, and shining. This is only to be done by careful cleaning and polishing, and the use of several requisite pastes. The metallic parts, when white, should be cleaned by a soft brush and plate-powder; the copper and brass parts burnished with rottenstone-powder and oil,

2219. 马具，如果不仔细保养，很快就会显得破旧无光。如果马车夫有合适的马具室和足够的帮手，这是不可原谅的，也很容易避免。马具室应四周装有木板衬里，完全干燥且通风良好。沿墙应设置挂钩和挂钉，用于挂各件马具，高度要使其不接触地面；马具的每一部分都应有自己的挂钉或挂钩--一个挂笼头，一个挂缰绳，其他的挂小勒衔和其他衔铁及金属件；还要有一个木马架或鞍架用来放马鞍和鞍垫。所有这些部件都应干燥、清洁、光亮。这只能通过仔细的清洁和抛光，以及使用几种必要的膏剂来实现。金属部件呈白色时，应用软刷和擦银粉清洁；铜和黄铜部件用腐石粉和油擦亮，

—steel with emery-powder; both made into a paste with a little oil.

2220. An excellent paste for polishing harness and the leather-work of carriages, is made by melting 8 lbs. of yellow wax, stirring it till completely dissolved. Into this pour 1 lb. of litharge of the shops, which has been pounded up with water, and dried and sifted through a sieve, leaving the two, when mixed, to simmer on the fire, stirring them continually till all is melted. When it is a little cool, mix this with 1-1/4 lb. of good ivory-black; place this again on the fire, and stir till it boils anew, and suffer it to cool. When cooled a little, add distilled turpentine till it has the consistence of a thickish paste, scenting it with any essence at hand, thinning it when necessary from time to time, by adding distilled turpentine.

2221. When the leather is old and greasy, it should be cleaned before applying this polish, with a brush wetted in a weak solution of potass and water, washing afterwards with soft river water, and drying thoroughly. If the leather is not black, one or two coats of black ink may be given before applying the polish. When quite dry, the varnish should be laid on with a soft shoe-brush, using also a soft brush to polish the leather.

2222. When the leather is very old, it may be softened with fish-oil, and, after putting on the ink, a sponge charged with distilled turpentine passed over, to scour the surface of the leather, which should be polished as above.

2223. *For fawn or yellow-coloured leather*, take a quart of skimmed milk, pour into it 1 oz. of sulphuric acid, and, when cold, add to it 4 oz. of hydrochloric acid, shaking the bottle gently until it ceases

- 用金刚砂粉擦拭钢；两者加少量
油。

2220. 一种用于擦亮马具和马车皮革制品的优质膏剂，制法如下：将8磅黄蜡熔化，不断搅拌至完全溶解。向其中倒入1磅药铺所售的密陀僧，须先用水捣碎、干燥并过筛，二者混合后置于火上慢煮，不断搅拌至全部熔化。待稍凉后，掺入1又1/4磅优质象牙黑；再次置于火上，搅拌至重新沸腾，然后让其冷却。稍凉后加入蒸馏松节油，直至呈稍稠的膏状，用手边任何香精增香，必要时不时加入蒸馏松节油稀释。

2221. 当皮革陈旧油腻时，在涂上此上光剂之前应先清洁，用蘸有弱钾碱水溶液的刷子刷洗，然后用柔软的河水冲洗，并彻底干燥。如果皮革不是黑色的，在涂上光剂之前可先涂一两层黑墨水。完全干燥后，应用柔软的鞋刷涂上清漆，同时用软刷抛光皮革。

2222. 当皮革非常陈旧时，可用鱼油软化，涂上墨水后，用蘸有蒸馏松节油的海绵擦拭，以擦洗皮革表面，然后如上抛光。

2223. 对于浅黄褐色或黄色皮革，取一夸脱脱脂牛奶，倒入1盎司硫酸，冷却后加入4盎司盐酸，轻轻摇动瓶子直到它不再

to emit white vapours; separate the coagulated from the liquid part, by straining through a sieve, and store it away till required. In applying it, clean the leather by a weak solution of oxalic acid, washing it off immediately, and apply the composition when dry with a sponge.

冒出白色蒸汽；用筛子过滤，将凝结部分与液体部分分离，储存备用。使用时，先用弱草酸溶液清洁皮革，立即冲洗干净，干燥后用海绵涂上此制剂。

2224. *Wheel-grease* is usually purchased at the shops; but a good paste is made as follows:—Melt 80 parts of grease, and stir into it, mixing it thoroughly and smoothly, 20 parts of fine black-lead in powder, and store away in a tin box for use. This grease is used in the mint at Paris, and is highly approved.

2224. 车轮润滑脂通常在商店购买；但一种好的膏剂制法如下：融化80份油脂，搅拌加入并彻底均匀混合20份精细黑铅粉，储存在锡盒中备用。这种润滑脂用于巴黎造币厂，备受赞许。

2225. *Carriages* in an endless variety of shapes and names are continually making their appearance; but the hackney cab or clarence seems most in request for light carriages; the family carriage of the day being a modified form of the clarence adapted for family use. The carriage is a valuable piece of furniture, requiring all the care of the most delicate upholstery, with the additional disadvantage of continual exposure to the weather and to the muddy streets.

2225. 马车以无穷无尽的形状和名称不断出现；但出租马车或克拉伦斯马车似乎是最受欢迎的轻型马车；当今的家庭马车是克拉伦斯马车的改良形式，适合家庭使用。马车是一件贵重的家具，需要最精细的室内装潢般的呵护，同时还额外面临持续暴露于天气和泥泞街道的不利条件。

2216. It requires, therefore, to be carefully cleaned before putting away, and a coach-house perfectly dry and well ventilated, for the wood-work swells with moisture; it shrinks also with heat, unless the timber has undergone a long course of seasoning: it should also have a dry floor, a boarded one being recommended. It must be removed from the ammoniacal influence of the stables, from open drains and cesspools, and other gaseous influences likely to affect the paint and varnish. When the carriage returns home, it should be carefully washed and dried, and that, if possible, before the mud has time to dry on it. This is done by first well slushing it

2216. 因此，存放前须仔细清洁，马车房须完全干燥且通风良好，因为木料遇湿会膨胀；除非木材经过长期时令干燥，否则遇热也会收缩：地面也应干燥，建议铺设木板。须远离马厩的氨气影响、明沟与粪坑，以及其他可能影响油漆和清漆的气体影响。马车归家后，应仔细清洗并擦干，且尽可能在泥浆干固之前完成。做法是先用清水彻底冲洗

with clean water, so as to wash away all particles of sand, having first closed the sashes to avoid wetting the linings. The body is then gone carefully over with a soft mop, using plenty of clean water, and penetrating into every corner of the carved work, so that not an atom of dirt remains; the body of the carriage is then raised by placing the jack under the axletree and raising it so that the wheel turns freely; this is now thoroughly washed with the mop until the dirt is removed, using a water-brush for corners where the mop does not penetrate. Every particle of mud and sand removed by the mop, and afterwards with a wet sponge, the carriage is wiped dry, and, as soon after as possible, the varnish is carefully polished with soft leather, using a little sweet oil for the leather parts, and even for the panels, so as to check any tendency of the varnish to crack. Stains are removed by rubbing them with the leather and sweet oil; if that fails, a little Tripoli powder mixed with the oil will be more successful.

先用清水冲洗，以便冲走所有沙粒，在此之前需先关闭窗扇，以免弄湿内衬。然后，用柔软的拖把蘸取大量清水，仔细擦拭车身，并深入雕花工艺的每一个角落，确保不留下任何污垢；接着，将千斤顶置于车轴下方，抬起车身，使车轮能够自由转动；此时，用拖把彻底清洗车轮，直至污垢去除，对于拖把无法触及的角落，则使用水刷清洁。用拖把清除每一粒泥砂后，再用湿海绵擦拭，随后将马车擦干，并尽快用软皮革仔细抛光清漆，对于皮革部分乃至面板，可少量使用甜油，以防清漆开裂。污渍可通过用皮革和甜油摩擦去除；若效果不佳，可将少量硅藻土与油混合，效果更佳。

2227. In preparing the carriage for use, the whole body should be rubbed over with a clean leather and carefully polished, the iron-work and joints oiled, the plated and brass-work occasionally cleaned,—the one with plate-powder, or with well-washed whiting mixed with sweet oil, and leather kept for the purpose,—the other with rottenstone mixed with a little oil, and applied without too much rubbing, until the paste is removed; but, if rubbed every day with the leather, little more will be required to keep it untarnished. The linings require careful brushing every day, the cushions being taken out and beaten, and the glass sashes should always be bright and clean. The wheel-tires and axletree are carefully seen to, and greased when required, the bolts and nuts tightened, and all the parts likely to get out of order

2227. 在准备使用马车时，应用干净皮革将整个车身擦遍并仔细抛光，铁件与接合处上油，镀金件与黄铜件不时清洁--前者用镀件粉，或用洗净的白垩与甜油混合，配专用皮革擦拭--后者用腐石粉加少量油，涂抹时不宜过度摩擦，直至膏粉去除即可；但若每日用皮革擦拭，则几乎无需更多保养即可保持光亮。衬里须每日仔细刷拭，坐垫取出拍打，玻璃窗扇应始终保持明亮清洁。车轮外胎与车轴须仔细检查，必要时加脂，螺栓与螺母拧紧，所有可能松脱失调的部件

overhauled.

2228. These duties, however, are only incidental to the coachman's office, which is to drive; and much of the enjoyment of those in the carriage depends on his proficiency in his art,—much also of the wear of the carriage and horses. He should have sufficient knowledge of the construction of the carriage to know when it is out of order,—to know, also, the pace at which he can go over the road he has under him, without risking the springs, and without shaking those he is driving too much.

2229. Having, with or without the help of the groom or stable-boy, put his horses to the carriage, and satisfied himself, by walking round them, that everything is properly arranged, the coachman proceeds to the off-side of the carriage, takes the reins from the back of the horses, where they were thrown, buckles them together, and, placing his foot on the step, ascends to his box, having his horses now entirely under control. In ordinary circumstances, he is not expected to descend, for where no footman accompanies the carriage, the doors are usually so arranged that even a lady may let herself out, if she wishes it, from the inside. The coachman's duties are to avoid everything approaching an accident, and all his attention is required to guide his horses.

2230. The pace at which he drives will depend upon his orders,—in all probability a moderate pace of seven or eight miles an hour; less speed is injurious to the horses, getting them into lazy and sluggish habits; for it is wonderful how soon these are acquired by some horses. The writer was once employed to purchase a horse for a country friend, and he picked a very handsome gelding out

彻底检修。

2228. 然而，这些职责只是马车夫职务的附带事项，其本职是驾车；车内人员的许多享受取决于他技艺的精湛--马车和马匹的许多磨损也取决于此。他应当对马车的构造有足够的了解，知道何时出了故障--也知道在他所行驶的道路上可以以何种速度行进，而不危及弹簧，也不过度颠簸他所载的乘客。

2229. 在或无须马夫或马厩少年协助下将马套上车，并绕车一周确认一切妥当后，马车夫走到马车右侧，从马背上取回先前搭在那里的缰绳，将缰绳扣好，脚踏踏板登上驭座，此时马匹已完全在其掌控之中。通常情况下，他不必下车，因为若无男仆随车，车门通常设计得即使女士愿意也能从车内自行开门下车。马车夫的职责是避免任何近乎事故的情况，须全神贯注驾驭马匹。

2230. 他驾车的速度将取决于他的命令--很可能是一小时七八英里的适中速度；更慢的速度对马有害，会使它们养成懒惰和迟缓的习惯；因为某些马养成这些习惯的速度之快令人惊讶。笔者曾受雇为一位乡下朋友买马，他挑中了一匹非常漂亮的骟马

of Collins's stables, which seemed to answer to his friend's wants. It was duly committed to the coachman who was to drive it, after some very successful trials in harness and out of it, and seemed likely to give great satisfaction. After a time, the friend got tired of his carriage, and gave it up; as the easiest mode of getting rid of the horse, it was sent up to the writer's stables,—a present. Only twelve months had elapsed; the horse was as handsome as ever, with plenty of flesh, and a sleek glossy coat, and he was thankfully enough received; but, on trial, it was found that a stupid coachman, who was imbued with one of their old maxims, that "it's the pace that kills," had driven the horse, capable of doing his nine miles an hour with ease, at a jog-trot of four miles, or four and a half; and now, no persuasion of the whip could get more out of him. After many unsuccessful efforts to bring him back to his pace, in one of which a break-down occurred, under the hands of a professional trainer, he was sent to the hammer, and sold for a sum that did not pay for the attempt to break him in. This maxim, therefore, "that it's the pace that kills," is altogether fallacious in the moderate sense in which we are viewing it. In the old coaching days, indeed, when the Shrewsbury "Wonder" drove into the inn yard while the clock was striking, week after week and mouth after month, with unerring regularity, twenty-seven hours to a hundred and sixty-two miles; when the "Quicksilver" mail was timed to eleven miles an hour between London and Plymouth, with a fine of £5 to the driver if behind time; when the Brighton "Age," "tool'd" and horsed by the late Mr. Stevenson, used to dash round the square as the fifth hour was striking, having stopped at the half-way house while his servant handed a sandwich and a glass of sherry to his passengers,—then

柯林斯马厩里的一匹马，似乎正合他朋友的所需。在挽具内和挽具外都经过了若干次非常成功的试跑之后，它被正式交给了要驾驭它的马车夫，看来很可能令人十分满意。过了一段时间，那位朋友厌倦了他的马车，便把它处理掉了；作为摆脱这匹马的最省事办法，它被送到了笔者马厩里--作为一件礼物。仅仅过了十二个月；这匹马依然像从前一样俊美，膘肥体壮，皮毛光滑油亮，它被满怀感激地收下了；可是试过之后才发现，一个愚蠢的马车夫满脑子都是他们的那句老格言--“要命的是步速”--竟把这匹本可轻松跑出每小时九英里的马，只按每小时四英里或四英里半的慢步小跑驱赶；如今，无论鞭子怎么催逼，也再榨不出它更多的速度了。在多次试图让它恢复原有步速而未果之后，其中一次还发生了马具断裂的事故，在一位职业驯马师手中，它被送上拍卖台，卖得的价钱还不够抵偿驯服它的花费。因此，“要命的是步速”这句格言，就我们在此所论的适度意义而言，完全是谬误的。诚然，在旧日的驿车时代，当什鲁斯伯里“奇迹号”每周、每月、一月又一月，分秒不差地在钟声敲响时驶入客栈庭院，一百六十二英里用二十七小时；当“水银号”邮车在伦敦与普利茅斯之间定时为每小时十一英里，车夫误点便要罚款五英镑；当已故史蒂文森先生配备马匹、驾驭的布莱顿“时代号”，总在第五个小时敲响时飞驰绕过广场，途中在半路客栈停下，由他的仆人为乘客递上一份三明治和一杯雪利酒--那时

the pace was indeed "killing." But the truth is, horses that are driven at a jog-trot pace lose that *élan* with which a good driver can inspire them, and they are left to do their work by mere weight and muscle; therefore, unless he has contrary orders, a good driver will choose a smart pace, but not enough to make his horses perspire: on level roads this should never be seen.

这种步速确实“要命”。但事实是，被驱使以慢跑步速行进的马匹会失去优秀马车夫所能激发的那种冲劲，只能靠体重和肌肉勉强干活；因此，除非有相反的命令，好车夫会选择轻快的步速，但又不至于让马出汗：在平坦的道路上绝不应看到马出汗。

2231. In choosing his horses, every master will see that they are properly paired,—that their paces are about equal. When their habits differ, it is the coachman's duty to discover how he can, with least annoyance to the horses, get that pace out of them. Some horses have been accustomed to be driven on the check, and the curb irritates them; others, with harder mouths, cannot be controlled with the slight leverage this affords; he must, therefore, accommodate the horses as he best can. The reins should always be held so that the horses are "in hand;" but he is a very bad driver who always drives with a tight rein; the pain to the horse is intolerable, and causes him to rear and plunge, and finally break sway, if he can. He is also a bad driver when the reins are always slack; the horse then feels abandoned to himself; he is neither directed nor supported, and if no accident occurs, it is great good luck.

2231. 在选择马匹时，每位男主人都会注意将它们妥善配对--使它们的步速大致相当。当它们的习性不同时，马车夫的职责便是设法以对马匹最少烦扰的方式，让它们跑出那样的步速。有些马习惯于被缰绳控制着驾驶，马衔铁会刺激它们；另一些马口较硬，无法用这种轻微的杠杆作用加以控制；因此，他必须尽可能地迁就这些马匹。缰绳应始终保持在这样的握法中，使马匹处于“受控”状态；但若一位马车夫总是紧拉缰绳驾驶，那他就是个很糟糕的马车夫；这给马匹带来的痛苦难以忍受，会致使它人立而起、猛冲乱撞，最终若有可能便挣脱缰绳。若缰绳总是松弛，他同样是个糟糕的马车夫；此时马匹感到被放任自流；它既得不到指引，也得不到支撑，倘若没有发生事故，那真是极大的好运。

2232. The true coachman's hands are so delicate and gentle, that the mere weight of the reins is felt on the bit, and the directions are indicated by a turn of the wrist rather than by a pull; the horses are guided and encouraged, and only pulled up when they exceed their intended pace, or in the event of a stumble; for there is a strong though gentle hand on the reins.

2232. 真正马车夫的双手如此轻柔细腻，仅凭缰绳的重量就能让马衔感受到，指示靠转动手腕而非拉扯来传达；马匹受到引导和鼓励，只有在超出预定步速或失蹄时才被勒住；因为缰绳上有一只强劲而温柔的手。

2233. *The Whip*, in the hands of a good driver, and with well-bred

2233. 鞭子，在好车夫手中，且训练有素

cattle, is there, more as a precaution than a "tool" for frequent use; if he uses it, it is to encourage, by stroking the flanks; except, indeed, he has to punish some waywardness of temper, and then he does it effectually, taking care, however, that it is done on the flank, where there is no very tender part, never on the crupper. In driving, the coachman should never give way to temper. How often do we see horses stumble from being conducted, or at least "allowed," to go over bad ground by some careless driver, who immediately wreaks that vengeance on the poor horse which might, with much more justice, be applied to his own brutal shoulders. The whip is of course useful, and even necessary, but should be rarely used, except to encourage and excite the horses.

牛鞭放在那里，更多是作为预防措施，而非频繁使用的“工具”；如果他使用它，那是为了通过抚摸腹部来鼓励；除非确实要惩罚某种任性的脾气，那时他会有效地使用它，但会注意只打在腹部，那里没有非常娇嫩的部分，绝不打在马臀部。驾车时，马车夫绝不应发脾气。我们多么常见到马匹因某个粗心马车夫的驾驭，或至少是“任由”其走过糟糕的路面而失足跌倒，那马车夫随即对可怜的马匹施以报复，而这报复若加在他自己那粗暴的肩膀上，反倒公正得多。鞭子自然有用，甚至必要，但应极少使用，除非是为了鼓励和激励马匹。

DUTIES OF THE VALET.

贴身男仆的职责

2234. *Attendants on the Person*.-"No man is a hero to his valet," saith the proverb; and the corollary may run, "No lady is a heroine to her maid." The infirmities of humanity are, perhaps, too numerous and too equally distributed to stand the severe microscopic tests which attendants on the person have opportunities of applying. The valet and waiting-maid are placed near the persons of the master and mistress, receiving orders only from them, dressing them, accompanying them in all their journeys, the confidants and agents of their most unguarded moments, of their most secret habits, and of course subject to their commands,—even to their caprices; they themselves being subject to erring judgment, aggravated by an imperfect education. All that can be expected from such servants is polite manners, modest demeanour, and a respectful reserve, which are indispensable. To these, good sense, good temper, some self-denial, and

2234. 贴身侍从。--谚语说：“没有人在他的贴身男仆面前是英雄。”其推论或许是：“没有哪位女士在她的女仆面前是女英雄。”人性的弱点或许太多，且分布得太过均匀，经不起贴身侍从有机会施加的严苛显微镜式检验。贴身男仆和侍女被安置在男主人和女主人身边，只接受他们的命令，为他们穿衣，陪伴他们所有旅程，是他们最不设防时刻的知心人和代理人，了解他们最私密的习惯，当然也服从他们的命令--甚至他们的任性；而他们自身也受制于会出错的判断，且因教育不完善而加剧。对此类仆人所能期望的，是礼貌的举止、谦逊的态度和恭敬的缄默，这些不可或缺。除此之外，良好的判断力、好脾气、一定的自我克制，以及对他人感受的体谅--无论对方在社会阶层中高于还是低于他们--都将是有用的资质。他们的职责引导他们侍奉那些因纯粹的财富、地位和教育而更为文雅、因而更易感到烦扰的人；任何粗俗的亲昵举止都与他们所有关于自尊的观念相悖。因此，安静而不张扬的举止，以及在谈论雇主时无论褒贬都保持微妙的缄默，在他们不在场时，正如在他们面前时礼貌的举止和恭敬的行为一样，都是必不可少的。

consideration for the feelings of others, whether above or below them in the social scale, will be useful qualifications. Their duty leads them to wait on those who are, from sheer wealth, station, and education, more polished, and consequently more susceptible of annoyance; and any vulgar familiarity of manner is opposed to all their notions of self-respect. Quiet unobtrusive manners, therefore, and a delicate reserve in speaking of their employers, either in praise or blame, is as essential in their absence, as good manners and respectful conduct in their presence.

体谅他人的感受，无论对方在社会阶层中高于还是低于他们，都将是有用的资质。他们的职责引导他们侍奉那些因纯粹的财富、地位和教育而更为文雅、因而更易感到烦扰的人；任何粗俗的亲昵举止都与他们所有关于自尊的观念相悖。因此，安静而不张扬的举止，以及在谈论雇主时无论褒贬都保持微妙的缄默，在他们不在场时，正如在他们面前时礼貌的举止和恭敬的行为一样，都是必不可少的。

2235. Some of the duties of the valet we have just hinted at in treating of the duties of the footman in a small family. His day commences by seeing that his master's dressing-room is in order; that the housemaid has swept and dusted it properly; that the fire is lighted and burns cheerfully; and some time before his master is expected, he will do well to throw up the sash to admit fresh air, closing it, however, in time to recover the temperature which he knows his master prefers. It is now his duty to place the body-linen on the horse before the fire, to be aired properly; to lay the trousers intended to be worn, carefully brushed and cleaned, on the back of his master's chair; while the coat and waistcoat, carefully brushed and folded, and the collar cleaned, are laid in their place ready to put on when required. All the articles of the toilet should be in their places, the razors properly set and stropped, and hot water ready for use.

2235. 贴身男仆的某些职责，我们在论述小家庭中男仆的职责时已略有提及。他的一天始于查看主人的更衣室是否井然有序；女仆是否已妥善清扫和除尘；炉火是否已点燃并欢快地燃烧；在预计主人到来之前一段时间，他最好打开窗扇让新鲜空气进入，但要及时关上，以恢复他知道主人所偏好的温度。此时他的职责是将内衣放在炉火前的架子上，使其充分晾暖；将打算穿的裤子仔细刷净清理后，搭在主人椅子的靠背上；而外套和马甲则仔细刷净、叠好，衣领清理干净，放在各自的位置上，以备需要时穿上。所有梳妆用品都应各就各位，剃刀应妥善安装并磨快，热水应准备就绪以供使用。

2236. Gentlemen generally prefer performing the operation of shaving themselves, but a valet should be prepared to do it if required; and he should, besides, be a good hairdresser. Shaving over, he has to brush the hair, beard, and moustache, where that appendage is encouraged, arranging the whole simply and

2236. 绅士们通常喜欢自己刮胡子，但贴身男仆应准备好必要时为之效劳；此外他还应是一名好理发师。刮完胡子后，他须刷头发、胡须和髭须(若蓄有髭须)，根据年龄和面容风格将整体打理得简洁而

gracefully, according to the age and style of countenance. Every fortnight, or three weeks at the utmost, the hair should be cut, and the points of the whiskers trimmed as often as required. A good valet will now present the various articles of the toilet as they are wanted; afterwards, the body-linen, neck-tie, which he will put on, if required, and, afterwards, waistcoat, coat, and boots, in suitable order, and carefully brushed and polished.

优雅。每两周或至多三周应剪一次头发，髭须尖端按需修剪。好男仆此时会按需递上各种梳洗用品；随后是内衣、领带(如需则为之系上)，再后是马甲、外套和靴子，按适当顺序递上，并仔细刷净擦亮。

2237. Having thus seen his master dressed, if he is about to go out, the valet will hand him his cane, gloves, and hat, the latter well brushed on the outside with a soft brush, and wiped inside with a clean handkerchief, respectfully attend him to the door, and open it for him, and receive his last orders for the day.

2237. 如此看着男主人穿戴完毕，若他要外出，贴身男仆会递上手杖、手套和帽子，帽子外面用软刷仔细刷净，里面用干净手帕擦拭，恭敬地陪送至门口，为他开门，并接受他当天的最后吩咐。

2238. He now proceeds to put everything in order in the dressing-room, cleans the combs and brushes, and brushes and folds up any clothes that may be left about the room, and puts them away in the drawers.

2238. 随后他着手将梳妆室的一切整理就绪，清洁梳子和刷子，将可能散落在房间各处的衣物刷净叠好，收进抽屉。

2239. Gentlemen are sometimes indifferent as to their clothes and appearance; it is the valet's duty, in this case, where his master permits it, to select from the wardrobe such things as are suitable for the occasion, so that he may appear with scrupulous neatness and cleanliness; that his linen and neck-tie, where that is white or coloured, are unsoiled; and where he is not accustomed to change them every day, that the cravat is turned, and even ironed, to remove the crease of the previous fold. The coat collar,—which where the hair is oily and worn long, is apt to get greasy—should also be examined; a careful valet will correct this by removing the spots day by day as they appear, first by moistening the grease-spots with a little rectified spirits of wine or spirits of hartshorn,

2239. 绅士们有时对自己的衣着和外貌并不在意；在这种情况下，只要男主人允许，贴身男仆就有责任从衣橱中挑选适合场合的衣物，使他能以一丝不苟的整洁和干净示人；确保他的衬衣和领巾--无论是白色还是彩色的--没有污渍；如果他并不习惯每天更换，就要把领结翻过来，甚至熨烫一下，以消除前一次折叠留下的折痕。外套的领子--在头发油腻且留得较长时容易沾上油污--也应加以检查；细心的贴身男仆会每天发现污渍就及时清除，先用少许精馏酒精或鹿角精润湿油渍处，

which has a renovating effect, and the smell of which soon disappears. The grease is dissolved and removed by gentle scraping. The grease removed, add a little more of the spirit, and rub with a piece of clean cloth; finish by adding a few drops more; rub it with the palm of the hand, in the direction of the grain of the cloth, and it will be clean and glossy as the rest of the garment.

它有焕然一新的效果，其气味很快消散。油脂经轻轻刮擦即被溶解去除。油脂去除后，再加少许酒精，用一块干净布擦拭；最后再滴几滴；用手掌顺着布料纹理方向揉搓，它便会像衣物其余部分一样洁净光亮。

2240. Polish for the boots is an important matter to the valet, and not always to be obtained good by purchase; never so good, perhaps, as he can make for himself after the following recipes:—Take of ivory-black and treacle each 4 oz., sulphuric acid 1 oz., best olive-oil 2 spoonfuls, best white-wine vinegar 3 half-pints: mix the ivory-black and treacle well in an earthen jar; then add the sulphuric acid, continuing to stir the mixture; next pour in the oil; and, lastly, add the vinegar, stirring it in by degrees, until thoroughly incorporated.

2240. 鞋油对贴身男仆来说是一件重要的事，而且买来的未必总是好货；也许从来不如他按照以下食谱自制的那样好：取象牙黑和糖浆各4 oz.，硫酸1 oz.，上等橄榄油2勺，上等白葡萄酒醋3 half-pints：在陶罐中把象牙黑和糖浆充分混合；然后加入硫酸，继续搅拌混合物；接着倒入油；最后加入醋，逐步搅入，直到完全融合。

241. Another polish is made by mixing 1 oz. each of pounded galls and logwood-chips, and 3 lbs. of red French vine (ordinaire). Boil together till the liquid is reduced to half the quantity, and pour it off through a strainer. Now take 1/2 lb. each of pounded gum-arabic and lump-sugar, 1 oz. of green copperas, and 3 lbs. of brandy. Dissolve the gum-arabic in the preceding decoction, and add the sugar and copperas: when all is dissolved and mixed together, stir in the brandy, mixing it smoothly. This mixture will yield 5 or 6 lbs. of a very superior polishing paste for boots and shoes.

241. 另一种鞋油的制法是：将捣碎的五倍子和洋苏木屑各1 oz.，以及3 lbs.红法国葡萄酒(ordinaire)混合。一起煮沸，直到液体浓缩至一半，然后通过滤网倒出。现在取捣碎的阿拉伯胶和块糖各1/2 lb.，绿矾1 oz.，白兰地3 lbs.。将阿拉伯胶溶解在前述的煎煮液中，加入糖和绿矾：待全部溶解并混合后，搅入白兰地，搅拌均匀。此混合物可制得5至6 lbs.一种非常上乘的靴鞋擦光膏。

2242. It is, perhaps, unnecessary to add, that having discharged all the commissions intrusted to him by his master, such as

2242. 也许无需补充，办完男主人托付的所有差事之后，例如

conveying notes or messages to friends, or the tradesmen, all of which he should punctually and promptly attend to, it is his duty to be in waiting when his master returns home to dress for dinner, or for any other occasion, and to have all things prepared for this second dressing. Previous to this, he brings under his notice the cards of visitors who may have called, delivers the messages be may have received for him, and otherwise acquits himself of the morning's commissions, and receives his orders for the remainder of the day. The routine of his evening duty is to have the dressing-room and study, where there is a separate one, arranged comfortably for his master, the fires lighted, candles prepared, dressing-gown and slippers in their place, and aired, and everything in order that is required for his master's comforts.

将便条或口信转达给朋友或商人，所有这些他都应准时迅速地处理；他有责任在男主人回家更衣赴正餐或为其他场合做准备时守候在旁，并为这第二次更衣准备好一切。在此之前，他要把来访客人留下的名片呈交给他过目，转达可能收到的给他的口信，并以其他方式完成上午的差事，同时接受当天余下时间的吩咐。他晚间例行的职责是：把更衣室和书房(若有单独的书房)为男主人安排舒适，生好炉火，备好蜡烛，把晨衣和拖鞋放在适当位置并烘暖，以及把男主人舒适所需的一切都安排妥当。

FEMALE DOMESTICS.

女佣。

DUTIES OF THE LADY'S-MAID.

贴身女仆的职责。

2243. The duties of a lady's-maid are more numerous, and perhaps more onerous, than those of the valet; for while the latter is aided by the tailor, the hatter, the linen-draper, and the perfumer, the lady's-maid has to originate many parts of the mistress's dress herself: she should, indeed, be a tolerably expert milliner and dressmaker, a good hairdresser, and possess some chemical knowledge of the cosmetics with which the toilet-table is supplied, in order to use them with safety and effect. Her first duty in the morning, after having performed her own toilet, is to examine the clothes put off by her mistress the evening before, either to put them away, or to see that they are all in order to put on again. During the winter, and in wet weather, the dresses should be

2243. 贴身女仆的职责比贴身男仆更多，或许也更繁重；因为后者有裁缝、帽商、亚麻布商和香水商的协助，而贴身女仆则必须自己设计女主人服饰的许多部分：事实上，她应当是一位相当熟练的女帽商和裁缝，一位出色的理发师，并对梳妆台上供应的化妆品具备一定的化学知识，以便安全有效地使用它们。她早晨的第一项职责，是在完成自己的梳洗之后，检查女主人前一天晚上脱下的衣物，或是收起来，或是查看它们是否都完好可再穿。在冬季和雨天，衣裙应

carefully examined, and the mud removed. Dresses of tweed, and other woollen materials, may be laid out on a table and brushed all over; but in general, even in woollen fabrics, the lightness of the tissues renders brushing unsuitable to dresses, and it is better to remove the dust from the folds by beating them lightly with a handkerchief or thin cloth. Silk dresses should never be brushed, but rubbed with a piece of merino, or other soft material, of a similar colour, kept for the purpose. Summer dresses of barège, muslin, mohair, and other light materials, simply require shaking; but if the muslin be tumbled, it must be ironed afterwards. If the dresses require slight repair, it should be done at once: "a stitch in time saves nine."

仔细检查，并清除泥污。花呢及其他毛料连衣裙可铺在桌上全面刷拭；但一般而言，即便是毛料织物，因质地轻薄，也不宜刷拭连衣裙，最好用手帕或薄布轻拍褶皱处以去除灰尘。丝绸连衣裙绝不可刷拭，而应用一块同色美利奴呢或其他柔软材料专门擦拭。巴雷日、细棉布、马海毛等轻薄夏季连衣裙只需抖动即可；但细棉布若起皱，事后必须熨烫。若连衣裙需稍加修补，应立即进行："及时一针，省却九针。"

2244. The bonnet should be dusted with a light feather plume, in order to remove every particle of dust; but this has probably been done, as it ought to have been, the night before. Velvet bonnets, and other velvet articles of dress, should be cleaned with a soft brush. If the flowers with which the bonnet is decorated have been crushed or displaced, or the leaves tumbled, they should be raised and readjusted by means of flower-pliers. If feathers have suffered from damp, they should be held near the fire for a few minutes, and restored to their natural state by the hand or a soft brush.

2244. 帽子应用轻软的羽毛掸拂拭，以清除每一粒灰尘；但这大概在前一晚已按规矩做过了。天鹅绒帽子及其他天鹅绒衣物应用软刷清洁。若帽上装饰的花朵被压坏或移位，或叶片凌乱，应用花钳将其扶起并重新整理。若羽毛受潮，应靠近炉火烘几分钟，再用手或软刷恢复其原状。

2245. *The Chausserie*, or foot-gear of a lady, is one of the few things left to mark her station, and requires special care. Satin boots or shoes should be dusted with a soft brush, or wiped with a cloth. Kid or varnished leather should have the mud wiped off with a sponge charged with milk, which preserves its softness and polish. The following is also an excellent polish for applying to ladies' boots, instead of blacking them:—Mix equal proportions of

2245. 女鞋靴*(Chausserie)*，即女士的足部装束，是少数尚能标示其身份的物品之一，需要特别照料。缎面靴或鞋应用软刷除尘，或用布擦拭。小山羊皮或漆皮应用蘸了牛奶的海绵擦去泥污，牛奶能保持其柔软和光泽。以下也是一种极好的上光剂，可用于女士靴子，代替黑鞋油：将等量的

sweet-oil, vinegar, and treacle, with 1 oz. of lamp-black. When all the ingredients are thoroughly incorporated, rub the mixture on the boots with the palm of the hand, and put them in a cool place to dry. Ladies' blacking, which may be purchased in 6d, and 1s. bottles, is also very much used for patent leather and kid boots, particularly when they are a little worn. This blacking is merely applied with a piece of sponge, and the boots should not be put on until the blacking is dry und hardened.

甜油、醋和糖蜜，加1 oz.灯黑。待所有配料充分混合后，用手掌将混合物涂擦于靴上，置于阴凉处晾干。女用鞋油可在6d.和1s.瓶中购得，也常用于漆皮靴和小山羊皮靴，尤其当它们略有磨损时。此鞋油仅需用一块海绵涂抹，待鞋油干燥变硬后方可穿靴。

2246. These various preliminary offices performed, the lady's-maid should prepare for dressing her mistress, arranging her dressing-room, toilet-table, and linen, according to her mistress's wishes and habits. The details of dressing we need not touch upon,—every lady has her own mode of doing so; but the maid should move about quietly, perform any offices about her mistress's person, as lacing stays, gently, and adjust her linen smoothly.

2246. 完成这些各项预备工作后，贴身女仆应准备为女主人梳妆，按女主人的意愿和习惯布置她的梳妆室、梳妆台和衣物。梳妆的细节无需赘述--每位女士都有自己的方式；但女仆应安静地走动，轻柔地完成女主人身上的各项事务，如系紧胸衣带，并平整地整理她的内衣。

2247. Having prepared the dressing-room by lighting the fire, sweeping the hearth, and made everything ready for dressing her mistress, placed her linen before the fire to air, and laid out the various articles of dress she is to wear, which will probably have been arranged the previous evening, the lady's-maid is prepared for the morning's duties.

2247. 生好火、扫净壁炉、为女主人梳妆做好一切准备、将她的内衣放在火前烘暖、摆出她要穿的各种衣物(这些很可能前一晚已安排好)之后，贴身女仆便做好了晨间工作的准备。

2248. *Hairdressing* is the most important part of the lady's-maid's office. If ringlets are worn, remove the curl-papers, and, after thoroughly brushing the back hair both above and below, dress it according to the prevailing fashion. If bandeaux are worn, the hair is thoroughly brushed and frizzed outside and inside, folding the hair back round the head, brushing it perfectly smooth, giving it a

2248. 梳发是贴身女仆职责中最重要的部分。若梳卷发，取下卷发纸，将脑后头发上下彻底刷过后，按流行样式梳理。若梳发带式发型，则将头发内外彻底刷净并烫卷，将头发向后绕头折叠，刷得极为光滑，用手掌涂抹润发脂或油使其

glossy appearance by the use of pomades, or oil, applied by the palm of the hand, smoothing it down with a small brush dipped in bandoline. Double bandeaux are formed by bringing most of the hair forward, and rolling it over frizettes made of hair the same colour as that of the wearer: it is finished behind by plaiting the hair, and arranging it in such a manner as to look well with the head-dress.

通过使用润发脂或油，用手掌涂抹，再用蘸有bandoline的小刷子将其抚平，从而获得光泽的外观。双发带是通过将大部分头发向前梳理，并将其卷在由与佩戴者发色相同的头发制成的friquettes上形成的：最后通过将头发编成辫子，并以与头饰搭配得体的方式进行整理来完成。

2249. Lessons in hairdressing may be obtained, and at not an unreasonable charge. If a lady's-maid can afford it, we would advise her to initiate herself in the mysteries of hairdressing before entering on her duties. If a mistress finds her maid handy, and willing to learn, she will not mind the expense of a few lessons, which are almost necessary, as the fashion and mode of dressing the hair is so continually changing. Brushes and combs should be kept scrupulously clean, by washing them about twice a week: to do this oftener spoils the brushes, as very frequent washing makes them so very soft.

2249. 可学习理发课程，收费亦不算昂贵。若贴身女仆负担得起，我们建议她在履职前先入门理发之奥秘。若女主人发现女仆手巧且乐于学习，便不会在意几堂课的费用，而这些课几乎是必需的，因为发型的时尚与梳理方式不断变化。刷子和梳子应保持一尘不染，约每周清洗两次：清洗过频会损坏刷子，因为频繁洗涤会使刷毛变得过于柔软。

To wash Brushes.

洗刷子。

2250. Dissolve a piece of soda in some hot water, allowing a piece the size of a walnut to a quart of water. Put the water into a basin, and, after combing out the hair from the brushes, dip them, bristles downwards, into the water and out again, keeping the backs and handles as free from the water as possible. Repeat this until the bristles look clean; then rinse the brushes in a little cold water; shake them well, and wipe the handles and backs with a towel, *but not the bristles*, and set the brushes to dry in the sun, or near the fire; but take care not to put them too close to it. Wiping the bristles of a brush makes them soft, as does also the use of

2250. 将一块苏打溶于热水中，每quart水配一块核桃大小的苏打。将水倒入盆中，从刷子上梳去头发后，将刷毛朝下浸入水中再取出，尽量使刷背和刷柄不沾水。重复此动作直至刷毛洁净；然后用少量冷水漂洗刷子；充分甩干，用毛巾擦拭刷柄和刷背，但不要擦刷毛，将刷子置于阳光下或炉火旁晾干；但注意不要放得太近。擦拭刷毛会使刷毛变软，使用

soap.

肥皂。

To clean Combs.

清洁梳子。

2251. If it can be avoided, never wash combs, as the water often makes the teeth split, and the tortoiseshell or horn of which they are made, rough. Small brushes, manufactured purposely for cleaning combs, may be purchased at a trifling cost: with this the comb should be well brushed, and afterwards wiped with a cloth or towel.

2251. 如能避免，切勿水洗梳子，因为水常使梳齿开裂，并使制梳的玳瑁或角质变粗糙。可花极少钱买到专为清洁梳子制造的小刷子：用它把梳子刷净，然后用布或毛巾擦拭。

A good Wash for the Hair.

一种好用的洗发水。

2252. INGREDIENTS.—1 pennyworth of borax, 1/2 pint of olive-oil, 1 pint of boiling water.

2252. 配料--1便士硼砂，1/2品脱橄榄油，1品脱沸水。

Mode.—Pour the boiling water over the borax and oil; let it cool; then put the mixture into a bottle. Shake it before using, and apply it with a flannel. Camphor and borax, dissolved in boiling water and left to cool, make a very good wash for the hair; as also does rosemary-water mixed with a little borax. After using any of these washes, when the hair becomes thoroughly dry, a little pomatum or oil should be rubbed in, to make it smooth and glossy.

做法。--将沸水倒在硼砂和油上；待冷却；然后将混合物装入瓶中。使用前摇匀，用法兰绒涂抹。樟脑和硼砂溶于沸水后冷却，是极好的洗发水；迷迭香水加少许硼砂亦然。使用任何此类洗剂后，待头发完全干透，应揉入少许润发脂或油，使其柔顺光亮。

To make Pomade for the Hair.

制作润发脂。

2253. INGREDIENTS.—1/4 lb. of lard, 2 pennyworth of castor-oil; scent.

2253. 配料--1/4 lb.猪油，2便士的蓖麻油；香料。

Mode.—Let the lard be unsalted; beat it up well; then add the castor-oil, and mix thoroughly together with a knife, adding a few drops of any scent that may be preferred. Put the pomatum into pots, which keep well covered to prevent it turning rancid.

做法。--猪油须无盐；充分搅打；然后加入蓖麻油，用刀彻底拌匀，滴入几滴所喜好的香料。将润发脂装入罐中，盖严以防变哈喇。

Another Recipe for Pomatum.

另一种润发脂食谱。

2254. INGREDIENTS.—8 oz. of olive-oil, 1 oz. of spermaceti, 3 pennyworth of essential oil of almonds, 3 pennyworth of essence of lemon.

2254. 配料--8 oz.橄榄油，1 oz.鲸蜡，3便士杏仁精油，3便士柠檬香精。

Mode.—Mix these ingredients together, and store away in jars for use.

做法。--将这些配料混合在一起，贮于罐中备用。

To make Bandoline.

制作班多林发油。

2555. INGREDIENTS.—1 oz. of gum-tragacanth, 1/4 pint of cold water, 3 pennyworth of essence of almonds, 2 teaspoonfuls of old rum.

2555. 配料--1 oz.黄蓍胶，1/4品脱冷水，3便士杏仁香精，2茶匙陈年朗姆酒。

Mode.—Put the gum-tragacanth into a wide-mouthed bottle with the cold water; let it stand till dissolved, then stir into it the essence of almonds; let it remain for an hour or two, when pour the rum on the top. This should make the stock bottle, and when any is required for use, it is merely necessary to dilute it with a little cold water until the desired consistency is obtained, and to keep it in a small bottle, well corked, for use. This bandoline, instead of injuring the hair, as many other kinds often do, improves it, by increasing its growth, and making it always smooth and glossy.

模式。--将黄蓍胶放入广口瓶中，加入冷水；静置至溶解，然后搅入杏仁香精；静置一两个小时，再将朗姆酒倒在上面。这应制成储备瓶，当需要使用任何量时，只需用少量冷水稀释至所需稠度，并保存在一个小瓶中，塞紧瓶塞备用。这种润发胶不像许多其他种类那样常常损伤头发，反而能改善头发，促进其生长，使其始终光滑亮泽。

An excellent Pomatum.

一款上等的润发香膏。

2256. INGREDIENTS.—1-1/2 lb. of lard, 1/2 pint of olive-oil, 1/2 pint of castor-oil, 4 oz. of spermaceti, bergamot, or any other scent; elder-flower water.

2256. 配料--1-1/2 lb.猪油，1/2品脱橄榄油，1/2品脱蓖麻油，4 oz.鲸蜡，佛手柑或任何其他香料；接骨木花水。

Mode.—Wash the lard well in the elder-flower water; drain, and beat it to a cream. Mix the two oils together, and heat them

做法。--将猪油在接骨木花水中洗净；沥干，搅打成膏状。将两种油混合，加热

sufficiently to dissolve the spermaceti, which should be beaten fine in a mortar. Mix all these ingredients together with the brandy and whatever kind of scent may be preferred; and whilst warm pour into glass bottles for use, keeping them well corked. The best way to liquefy the pomatum is to set the bottle in a saucepan of warm water. It will remain good for many months.

至足以溶解鲸蜡(鲸蜡应先在研钵中捣细)。将所有这些配料与白兰地及所喜好的任何香料混合；趁温倒入玻璃瓶中备用，塞紧瓶塞。液化润发脂的最佳方法是将瓶子置于温水锅中。可保质数月之久。

To promote the Growth of Hair.

促进毛发生长。

2257. INGREDIENTS.—Equal quantities of olive-oil and spirit of rosemary; a few drops of oil of nutmeg.

2257. 配料--等量的橄榄油和迷迭香酒精；几滴肉豆蔻油。

Mode.—Mix the ingredients together, rub the roots of the hair every night with a little of this liniment, and the growth of it will very soon sensibly increase.

做法。--将配料混合，每晚用少许此搽剂揉搓发根，头发生长很快便会明显增加。

2258. Our further remarks on dressing must be confined to some general advice. In putting on a band, see that it is laid quite flat, and is drawn tightly round the waist before it is pinned in front; that the pin is a strong one, and that it is secured to the stays, so as not to slip up or down, or crease in the folds. Arrange the folds of the dress over the crinoline petticoats; if the dress fastens behind, put a small pin in the slit to prevent it from opening. See that the sleeves fall well over the arms. If it is finished with a jacket, or other upper dress, see that it fits smoothly under the arms; pull out the flounces, and spread out the petticoat at the bottom with the hands, so that it falls in graceful folds. In arranging the petticoat itself, a careful lady's-maid will see that this is firmly fastened round the waist.

2258. 我们关于穿衣的进一步论述必须限于一些一般性建议。系腰带时，要确保它平铺，在身前别针之前紧紧绕腰一圈；别针要结实，并固定在紧身胸衣上，以免上下滑动或在褶皱中起皱。整理裙摆在衬裙上的褶皱；如果裙子在背后系扣，在开口处别一枚小别针以防敞开。确保袖子妥帖地垂在手臂上。如果外面套有短上衣或其他上装，要确保它在腋下平整服帖；拉出荷叶边，用手将底部的衬裙展开，使其呈现优雅的褶皱。在整理衬裙本身时，细心的贴身女仆会确保它牢牢系在腰间。

2259. Where sashes are worn, pin the bows securely on the inside with a pin, so as not to be visible; then raise the bow with the

2259. 若佩戴饰带，用别针将蝴蝶结在内侧固定牢靠，以免外露；然后用手指

fingers. The collar is arranged and carefully adjusted with brooch or bow in the centre.

2260. Having dressed her mistress for breakfast, and breakfasted herself, the further duties of the lady's-maid will depend altogether upon the habits of the family, in which hardly two will probably agree. Where the duties are entirely confined to attendance on her mistress, it is probable that the bedroom and dressing-room will be committed to her care; that, the housemaid will rarely enter, except for the weekly or other periodical cleaning; she will, therefore, have to make her mistress's bed, and keep it in order; and as her duties are light and easy, there can be no allowance made for the slightest approach to uncleanliness or want of order. Every morning, immediately after her mistress has left it, and while breakfast is on, she should throw the bed open, by taking off the clothes; open the windows (except in rainy weather), and leave the room to air for half an hour. After breakfast, except her attendance on her mistress prevents it, if the rooms are carpeted, she should sweep them carefully, having previously strewed the room with moist tea-leaves, dusting every table and chair, taking care to penetrate to every corner, and moving every article of furniture that is portable. This done satisfactorily, and having cleaned the dressing-glass, polished up the furniture and the ornaments, and made the glass jug and basin clean and bright, emptied all slops, emptied the water-jugs and filled them with fresh water, and arranged the rooms, the dressing-room is ready for the mistress when she thinks proper to appear.

2261. The dressing-room thoroughly in order, the same thing is to be done in the bedroom, in which she will probably be assisted by

将蝴蝶结抬起。领子整理好，用胸针或蝴蝶结在中央仔细调整妥当。

2260. 为女主人穿戴整齐去用早餐，自己用过早餐之后，贴身女仆的进一步职责完全取决于这个家庭的习惯，恐怕没有两家会完全相同。如果职责完全限于侍奉女主人，那么卧室和更衣室很可能交由她照管；女仆很少进入，除非是每周或其他定期的清洁；因此，她必须为女主人铺床并保持整洁；由于她的职责轻松容易，所以丝毫不能容忍任何接近不洁或缺乏秩序的情况。每天早上，在女主人离开卧室之后、早餐进行期间，她应立即掀开床铺，取下被褥；打开窗户(雨天除外)，让房间通风半小时。早餐后，除非侍奉女主人使她无法分身，如果房间铺有地毯，她应仔细清扫，事先在房间撒上湿润的茶叶，擦拭每张桌子和椅子，注意深入到每个角落，并移动每一件可搬动的家具。此事满意完成后，擦净梳妆镜，擦亮家具和装饰品，将玻璃水罐和脸盆擦得干净明亮，倒掉所有污水，倒空水罐并注入清水，整理好房间，更衣室便准备就绪，女主人认为合适时便可出现。

2261. 梳妆室完全整理就绪后，卧室也须同样处理，她很可能由

the housemaid to make the bed and empty the slops. In making the bed, she will study her lady's wishes, whether it is to be hard or soft, sloping or straight, and see that it is done accordingly.

女仆协助铺床和倒便盆。铺床时，她应体察女主人的意愿，无论是要硬床还是软床，斜铺还是平铺，并照此办理。

2262. Having swept the bedroom with equal care, dusted the tables and chairs, chimney-ornaments, and put away all articles of dress left from yesterday, and cleaned and put away any articles of jewellery, her next care is to see, before her mistress goes out, what requires replacing in her department, and furnish her with a list of them, that she may use her discretion about ordering them. All this done, she may settle herself down to any work on which she is engaged. This will consist chiefly in mending; which is first to be seen to; everything, except stockings, being mended before washing. Plain work will probably be one of the lady's-maid's chief employments.

2262. 同样仔细地清扫卧室，擦拭桌椅、壁炉装饰品，收起昨天留下的所有衣物，清洁并收好任何珠宝首饰，她接下来的任务是，在女主人外出之前，查看她所负责的部门中有什么需要补充的，并向她提供一份清单，以便女主人自行决定是否订购。所有这些完成后，她便可以安下心来做自己手头的任何工作。这主要将是缝补；缝补须首先处理；除袜子外，一切都要在洗涤之前缝补好。普通针线活很可能是贴身女仆的主要工作之一。

2263. A waiting-maid, who wishes to make herself useful, will study the fashion-books with attention, so as to be able to aid her mistress's judgment in dressing, according to the prevailing fashion, with such modifications as her style of countenance requires. She will also, if she has her mistress's interest at heart, employ her spare time in repairing and making up dresses which have served one purpose, to serve another also, or turning many things, unfitted for her mistress to use, for the younger branches of the family. The lady's-maid may thus render herself invaluable to her mistress, and increase her own happiness in so doing. The exigencies of fashion and luxury are such, that all ladies, except those of the very highest rank, will consider themselves fortunate in having about them a thoughtful person, capable of diverting their finery to a useful purpose.

2263. 一个希望使自己有用的侍女会用心研究时装图册，以便能够根据流行时尚，结合她的容貌风格所需的修改，帮助女主人判断如何穿着。如果她真心为女主人着想，她还会利用空闲时间修补和改制那些已派过一种用场的衣服，使其再派另一种用场，或者把许多不适合女主人使用的东西改给家中年幼的成员。贴身女仆由此可以使自己对女主人变得无比宝贵，并在这样做时增进自己的幸福。时尚与奢华的需求如此之大，以至于除最高等级的贵妇外，所有女士都会认为身边有一个体贴周到、能够将她们的华服转作有用之物的人是幸运的。

2264. Among other duties, the lady's-maid should understand the various processes for washing, and cleaning, and repairing laces; edging of collars; removing stains and grease-spots from dresses, and similar processes, for which the following recipes will be found very useful. In washing—

2264. 在其他职责中，贴身女仆应懂得洗涤、清洁和修补花边、领边；去除衣裙上的污渍和油斑等各种方法，以下食谱对此非常有用。在洗涤--

2265. *Blonde*, fine toilet-soap is used; the blonde is soaped over very slightly, and washed in water in which a little fig-blue is dissolved, rubbing it very gently; when clean, dry it. Dip it afterwards in very thin gum-water, dry it again in linen, spread it out as flat as it will lie, and iron it. Where the blonde is of better quality, and wider, it may be stretched on a hoop to dry after washing in the blue-water, applying the gum with a sponge; or it may be washed finally in water in which a lump of sugar has been dissolved, which gives it more the appearance of new blonde.

2265. 金发纱，使用优质盥洗皂；将金发纱轻轻涂上少许肥皂，放入溶有少量无花果蓝的水中洗涤，极其轻柔地揉搓；洗净后晾干。随后浸入极稀的胶水中，再用亚麻布晾干，尽可能平展铺开，然后熨烫。若金发纱品质更佳、幅面更宽，可在蓝水中洗涤后绷在绷圈上晾干，用海绵涂抹胶水；或最后在溶有一块糖的水中洗涤，使其外观更似新金发纱。

2266. Lace collars soil very quickly when in contact with the neck; they are cleaned by beating the edge of the collar between the folds of a fine linen cloth, then washing the edges as directed above, and spreading it out on an ironing-board, pinning it at each corner with fine pins; then going carefully over it with a sponge charged with water in which some gum-dragon and fig-blue have been dissolved, to give it a proper consistence. To give the collar the same tint throughout, the whole collar should be sponged with the same water, taking care not to touch the flowers.

2266. 蕾丝衣领与颈部接触后极易沾污；清洁时，将衣领边缘夹在细亚麻布褶层间拍打，然后按上述方法洗涤边缘，铺在熨衣板上，四角用细针钉住；再用海绵蘸取溶有少许龙胶和无花果蓝的水，仔细擦拭，使其具有适当的稠度。为使衣领整体色调一致，应以同样的水海绵擦拭整个衣领，注意不要触及花纹。

2267. A multiplicity of accidents occur to soil and spot dresses, which should be removed at once. To remove—

2267. 泥土和污渍会以多种方式沾到衣服上，应当立即去除。去除--

2268. *Grease-spots* from cotton or woollen materials of fast colours, absorbent pastes, purified bullock's-blood, and even

2268. 油渍从颜色牢固的棉布或毛料上，可使用吸附性糊剂、精制牛血，甚至

common soap, are used, applied to the spot when dry. When the colours are not fast, use fuller's-earth or pulverized potter's-clay, laid in a layer over the spot, and press it with a very hot iron.

普通肥皂，在污渍干燥时涂抹其上。当颜色不牢固时，使用漂白土或研碎的陶土，在污渍上铺一层，并用极热的熨斗压熨。

2269. For Silks, Moires, and plain or brocaded Satins, begin by pouring over the spot two drops of rectified spirits of wine; cover it over with a linen cloth, and press it with a hot iron, changing the linen instantly. The spot will look tarnished, for a portion of the grease still remains: this will be removed entirely by a little sulphuric ether dropped on the spot, and a very little rubbing. If neatly done, no perceptible mark or circle will remain; nor will the lustre of the richest silk be changed, the union of the two liquids operating with no injurious effects from rubbing.

2269. 对于丝绸、波纹绸以及素面或织锦缎，先在污渍上滴两滴精馏酒精；覆上一块亚麻布，用热熨斗压熨，立即更换亚麻布。污渍会显得暗淡，因为仍有部分油脂残留：在污渍上滴少许硫酸醚并稍加揉搓即可完全去除。若操作得法，不会留下可察觉的痕迹或圈印；最富光泽的丝绸也不会改变其光泽，两种液体结合使用，揉搓不会产生不良影响。

2270. *Fruit-spots* are removed from white and fast-coloured cottons by the use of chloride of soda. Commence by cold-soaping the article, then touch the spot with a hair-pencil or feather dipped in the chloride, dipping it immediately into cold water, to prevent the texture of the article being injured.

2270. 水果渍可用氯化钠从白色和颜色牢固的棉布上除去。先用冷水加肥皂搓洗该物品，然后用蘸了氯化钠的毛笔或羽毛触碰污渍，随即浸入冷水中，以防损伤物品的质地。

2271. *Ink-spots* are removed, when fresh applied to the spot, by a few drops of hot water being poured on immediately afterwards. By the same process, iron-mould in linen or calico may be removed, dipping immediately in cold water to prevent injury to the fabric.

2271. 墨渍在刚沾上时，立即倒上几滴热水即可去除。用同样的方法，可除去亚麻布或白棉布上的铁锈斑，随即浸入冷水中以防损伤织物。

2272. *Wax* dropped on a shawl, table-cover, or cloth dress, is easily discharged by applying spirits of wine.

2272. 蜡滴在披肩、桌布或布裙上，用酒精涂抹即可轻易去除。

2273. *Syrups or Preserved Fruits*, by washing in lukewarm water with a dry cloth, and pressing the spot between two folds of clean linen.

2273. 糖浆或蜜饯，用温水加干布擦洗，并在两层干净亚麻布之间压挤污渍。

2274. *Essence of Lemon* will remove grease, but will make a spot itself in a few days.

2274. 柠檬精华能去除油污，但几天后自身会留下一个斑点。

To clean Silk or Ribbons.

清洗丝绸或丝带。

2275. INGREDIENTS.—1/2 pint of gin, 1/2 lb. of honey, 1/2 lb. of soft soap, 1/2 pint of water.

2275. 配料--1/2品脱杜松子酒，1/2磅蜂蜜，1/2磅软皂，1/2品脱水。

Mode.—Mix the above ingredients together; then lay each breadth of silk upon a clean kitchen table or dresser, and scrub it well on the soiled side with the mixture. Have ready three vessels of cold water; take each piece of silk at two corners, and dip it up and down in each vessel, but do not wring it; and take care that each breadth has one vessel of quite clean water for the last dip. Hang it up dripping for a minute or two, then dab it in a cloth, and iron it quickly with a very hot iron.

模式。--将上述配料混合在一起；然后将每幅丝绸平铺在干净的厨房桌子或梳妆台上，用混合物在污渍面用力擦洗。备好三盆冷水；捏住每块丝绸的两个角，在每盆水中上下浸提，但不要拧绞；注意每幅丝绸最后一次浸提须用一盆完全干净的水。将其悬挂滴水一两分钟，然后用布轻拍，再用极热的熨斗迅速熨烫。

To remove Paint-spots from Silk Cloth.

去除丝绸布上的油漆渍。

2276. If the fabric will bear it, sharp rubbing will frequently entirely discharge a newly-made paint-stain; but, if this is not successful, apply spirit of turpentine with a quill till the stains disappear.

2276. 如果织物经得起，用力揉搓往往能完全去除新沾上的油漆污渍；但若此法不奏效，则用羽毛蘸松节油涂抹，直至污渍消失。

To make old Crape look nearly equal to new.

把旧绉纱弄得几乎和新的一样。

2277. Place a little water in a teakettle, and let it boil until there is plenty of steam from the spout; then, holding the crape in both hands, pass it to and fro several times through the steam, and it will to clean and look nearly equal to new.

2277. 在茶壶中放少许水，煮沸至壶嘴冒出大量蒸汽；然后双手持绉纱，在蒸汽中来回穿过数次，它便会洁净如新。

2278. Linen.—Before sending linen to wash, the lady's-maid should see that everything under her charge is properly mended; for her own sake she should take care that it is sent out in an

2278. 亚麻织物--在送洗亚麻织物之前，贴身女仆应查看她所负责的一切都已妥善缝补；为了她自己着想，她应注意将其整齐地送出，

orderly manner, each class of garments by themselves, with a proper list, of which she retains a copy. On its return, it is still more necessary to examine every piece separately, so that all missing buttons be supplied, and only the articles properly washed and in perfect repair passed into the wardrobe.

各类衣物分开，附以适当的清单，并自留一份副本。取回时，更须逐件检查，以便补齐所有缺失的纽扣，只有洗涤得当、完好无损的衣物方可放回衣橱。

2279. Ladies who keep a waiting-maid for their own persons are in the habit of paying visits to their friends, in which it is not unusual for the maid to accompany them; at all events, it is her duty to pack the trunks; and this requires not only knowledge but some practice, although the improved trunks and portmanteaus now made, in which there is a place for nearly everything, render this more simple than formerly. Before packing, let the trunks be thoroughly well cleaned, and, if necessary, lined with paper, and everything intended for packing laid out on the bed or chairs, so that it may be seen what is to be stowed away; the nicer articles of dress neatly folded in clean calico wrappers. Having satisfied herself that everything wanted is laid out, and that it is in perfect order, the packing is commenced by disposing of the most bulky articles, the dressing-case and work-box, skirts, and other articles requiring room, leaving the smaller articles to fill up; finally, having satisfied herself that all is included, she should lock and cover up the trunk in its canvas case, and then pack her own box, if she is to accompany her mistress.

2279. 身边配有贴身女仆的女士们习惯拜访亲友，女仆随行并不罕见；无论如何，整理行装箱是她的职责；这不仅需要知识，还需要一些实践，尽管如今改良的箱子和旅行袋几乎每样东西都有专门的位置，使这项工作比从前更为简单。装箱之前，要先把箱子彻底清洁干净，必要时用纸衬里，并将所有要装的东西摊放在床上或椅子上，以便看清要收纳的物品；较精致的衣物要整齐地折叠在干净的印花布包裹中。确认所需物品均已摊出且完好有序后，便开始装箱，先放置最占空间的物品--梳妆盒和针线盒、裙子及其他需要空间的物品，留下较小的物品填补空隙；最后，确认一切均已装入，她应将箱子锁好并套上帆布套，然后如果她要随女主人出行，再整理自己的箱子。

2280. On reaching the house, the lady's-maid will be shown her lady's apartment; and her duties here are what they were at home; she will arrange her mistress's things, and learn which is her bell, in order to go to her when she rings. Her meals will be taken in the housekeeper's room; and here she must be discreet and guarded in her talk to any one of her mistress or her concerns. Her

2280. 到达主人家后，贴身女仆会被带到女主人的居室；她在此处的职责与在家中相同；她将整理女主人的物品，并了解哪个是她的铃，以便她按铃时前去。她的膳食在管家房内用；在此处她必须谨慎，与任何人谈及女主人或其事务时须守口如瓶。她

only occupation here will be attending in her lady's room, keeping her things in order, and making her rooms comfortable for her.

在此唯一的职责是侍候女主人的居室，保持其物品井然有序，并使她的房间舒适宜人。

2281. The evening duties of a lady's-maid are pretty nearly a repetition of those of the morning. She is in attendance when her mistress retires; she assists her to undress if required, brushes her hair, and renders such other assistance as is demanded; removes all slops; takes care that the fire, if any, is safe, before she retires to rest herself.

2281. 贴身女仆晚间的职责与早晨几乎相同。女主人就寝时她须在旁侍候；如有需要，协助她宽衣，为她梳发，并提供所需的其他帮助；清除所有污水；就寝前确保炉火(若有)安全。

2282. Ironing is a part of the duties of a lady's-maid, and she should be able to do it in the most perfect manner when it becomes necessary. Ironing is often badly done from inattention to a few very simple requirements. Cleanliness is the first essential: the ironing-board, the fire, the iron, and the ironing-blanket should all be perfectly clean. It will not be necessary here to enter into details on ironing, as full directions are given in the "Duties of the Laundry-maid." A lady's-maid will have a great deal of "Ironing-out" to do; such as light evening dresses, muslin dresses, &c., which are not dirty enough to be washed, but merely require smoothing out to remove the creases. In summer, particularly, an iron will be constantly required, as also a skirt-board, which should be covered with a nice clean piece of flannel. To keep muslin dresses in order, they almost require smoothing out every time they are worn, particularly if made with many flounces. The lady's-maid may often have to perform little services for her mistress which require care; such as restoring the colour to scorched linen, &c. &c. The following recipe is, we believe, a very good one.

2282. 熨烫是贴身女仆职责的一部分，必要时她应能以最完美的方式完成。熨烫常常因忽视几个非常简单的要点而做得不好。清洁是第一要务：熨衣板、炉火、熨斗和熨烫毯都应完全干净。此处无需详述熨烫细节，因为《洗衣房女仆的职责》中已有详尽说明。贴身女仆有大量“熨平”工作要做，例如轻薄的晚礼服、细布衣裙等，这些衣物不够脏，无需洗涤，只需熨平以去除褶皱。尤其在夏季，熨斗会经常用到，还需要一块裙板，上面应铺一块干净漂亮的法兰绒。为使细布衣裙保持整洁，几乎每次穿过都需要熨平，尤其是带有多层荷叶边的款式。贴身女仆还常常要为女主人做些需要细心的小事，例如恢复熨焦亚麻制品的色泽等等。我们相信下面这份食谱是非常好的。

To restore Whiteness to scorched Linen.

使烧焦的亚麻布恢复洁白。

2283. INGREDIENTS.—1/2 pint of vinegar, 2 oz. of fuller's-earth, 1 oz. of dried fowls' dung, 1/2 oz. of soap, the juice of 2 large onions.

Mode.—Boil all these ingredients together to the consistency of paste; spread the composition thickly over the damaged part, and if the threads be not actually consumed, after it has been allowed to dry on, and the place has subsequently been washed once or twice, every trace of scorching will disappear.

2284. *Furs, Feathers, and Woollens* require the constant care of the waiting-maid. Furs and feathers not in constant use should be wrapped up in linen washed in lye. From May to September they are subject to being made the depositary of the moth-eggs. They should be looked too, and shaken and beaten, from time to time, in case some of the eggs should have been lodged in them, in spite of every precaution; laying them up again, or rather folding them up as before, wrapping them in brown paper, which is itself a preservative. Shawls and cloaks, which would be damaged by such close folds, must be looked to, and aired and beaten, putting them away dry before the evening.

Preservatives against the Ravages of Moths.

2285. Place pieces of camphor, cedar-wood, Russia leather, tobacco-leaves, bog-myrtle, or anything else strongly aromatic, in the drawers or boxes where furs or other things to be preserved from moths are kept, and they will never take harm.

2286. *Jewels* are generally wrapped up in cotton, and kept in their cases; but they are subject to tarnish from exposure to the air, and require cleaning. This is done by preparing clean soap-suds, using

2283. 配料--1/2品脱醋，2盎司漂白土，1盎司干鸡粪，1/2盎司肥皂，2个大洋葱的汁。

做法--将所有这些配料一起煮至糊状；将此混合物厚厚地涂在受损处，若线未真正烧毁，待其干透后，再将该处洗涤一两次，焦痕便会完全消失。

2284. 毛皮、羽毛和毛织品需要贴身女仆的持续照料。不常使用的毛皮和羽毛应用碱水洗过的亚麻布包裹起来。从五月到九月，它们容易成为蛾卵的寄存处。应定期查看、抖动和拍打，以防尽管采取了各种预防措施，仍有部分蛾卵藏匿其中；然后重新收起，或者更确切地说，像之前那样折叠起来，用牛皮纸包裹，牛皮纸本身也是一种防虫物。披肩和斗篷若如此紧密折叠会受损，必须定期查看、晾晒和拍打，在傍晚前晾干后收起。

防止蛀虫侵害的防腐剂。

2285. 在存放毛皮或其他防蛀物品的抽屉或箱子里放入樟脑、雪松木、俄罗斯皮革、烟叶、香杨梅或其他气味浓烈之物，它们便永不受损。

2286. 珠宝通常用棉花包裹，存放在首饰盒中；但它们暴露于空气中会失去光泽，需要清洁。方法是准备干净的肥皂水，使用

fine toilet-soap. Dip any article of gold, silver, gilt, or precious stones into this lye, and dry them by brushing with a brush of soft badgers' hair, or a fine sponge; afterwards with a piece of fine cloth, and, lastly, with a soft leather.

优质盥洗皂。将任何金、银、镀金或宝石制品浸入此碱液中，用软獾毛刷或细海绵刷干；然后用一块细布，最后用软皮革擦拭。

2287. *Epaulettes* of gold or silver, and, in general, all articles of jewellery, may be dressed by dipping them in spirits of wine warmed in a *bain marie,* or shallow kettle, placed over a slow fire or hot-plate.

2287. 肩章，金质或银质，以及一般所有珠宝饰品，可将其浸入在隔水炖锅或浅锅中用文火或热板加热的酒精中处理。

2288. The valet and lady's-maid, from their supposed influence with their master and mistress, are exposed to some temptations to which other servants are less subjected. They are probably in communication with the tradespeople who supply articles for the toilet; such as batters, tailors, dressmakers, and perfumers. The conduct of waiting-maid and valet to these people should be civil but independent, making reasonable allowance for want of exact punctuality, if any such can be made: they should represent any inconvenience respectfully, and if an excuse seems unreasonable, put the matter fairly to master or mistress, leaving it to them to notice it further, if they think it necessary. No expectations of a personal character should influence them one way or the other. It would be acting unreasonably to any domestic to make them refuse such presents as tradespeople choose to give them; the utmost that can be expected is that they should not influence their judgment in the articles supplied—that they should represent them truly to master or mistress, without fear and without favour. Civility to all, servility to none, is a good maxim for every one. Deference to a master and mistress, and to their friends and visitors, is one of the implied terms of their engagement; and this deference must apply even to what may be considered their

2288. 男仆和贴身女仆因被认为对男主人和女主人有影响力，而面临一些其他仆人较少遇到的诱惑。他们可能与供应梳妆用品的商人有往来，如帽商、裁缝、女装裁缝和香水商。贴身女仆和男仆对待这些人的态度应礼貌而独立，对偶尔不能严格守时的情况给予合理宽容：他们应恭敬地反映任何不便，若某个借口显得不合理，应将事情如实禀告男主人或女主人，由他们决定是否进一步追究。任何个人方面的期望都不应左右他们的判断。要求仆人们拒绝商人愿意赠送的礼物是不合理的；最多只能期望他们不因此影响对所供物品的判断--如实向男主人和女主人反映，不畏惧、不偏袒。对所有人礼貌，对任何人都不卑躬屈膝，是每个人都应遵循的良好准则。对男主人和女主人及其亲友访客的恭敬，是他们受雇的隐含条件之一；这种恭敬甚至必须适用于可能被视为他们的

whims. A servant is not to be seated, or wear a hat in the house, in his master's or mistress's presence; nor offer any opinion, unless asked for it; nor even to say "good night," or "good morning," except in reply to that salutation.

任性之举。仆人在男主人或女主人面前不得就座，不得在屋内戴帽；不得主动发表意见，除非被问及；甚至不得说“晚安”或“早安”，除非是回应此问候。

To preserve cut Flowers.

保存切花。

2289. A bouquet of freshly-cut flowers may be preserved alive for a long time by placing them in a glass or vase with fresh water, in which a little charcoal has been steeped, or a small piece of camphor dissolved. The vase should be set upon a plate or dish, and covered with a bell-glass, around the edges of which, when it comes in contact with the plate, a little water should be poured to exclude the air.

2289. 一束新剪的花可长时间保持鲜活，方法是将其放入盛有清水的玻璃杯或花瓶中，水中浸泡过少许木炭或溶解了一小块樟脑。花瓶应置于盘或碟上，并罩以玻璃钟罩，在钟罩与盘子接触的边缘周围倒入少许水以隔绝空气。

To revive cut Flowers after packing.

使包装后的切花恢复生机。

2290. Plunge the stems into boiling water, and by the time the water is cold, the flowers will have revived. Then cut afresh the ends of the stems, and keep them in fresh cold water.

2290. 将花茎浸入沸水中，待水变凉时，花朵便会复苏。然后重新剪去茎端，将其置于新鲜冷水中。

UPPER AND UNDER HOUSEMAIDS.

上房与下房女仆

2291. Housemaids, in large establishments, have usually one or more assistants; in this case they are upper and under housemaids. Dividing the work between them, the upper housemaid will probably reserve for herself the task of dusting the ornaments and cleaning the furniture of the principal apartments, but it is her duty to see that every department is properly attended to. The number of assistants depends on the number in the family, as well as on the style in which the establishment is kept up. In wealthy families it is not unusual for every grown-up daughter to have her

2291. 在大家庭中，女仆通常有一名或多名助手；在这种情况下，她们分为上女仆和下女仆。两人分工，上女仆大概会为自己保留掸去装饰品灰尘和清洁主要房间家具的任务，但她的职责是确保每个部门都得到妥善照料。助手的数量取决于家庭人数以及家宅的排场。在富裕家庭中，每个成年女儿通常都有自己的

waiting-maid, whose duty it is to keep her mistress's apartments in order, thus abridging the housemaid's duties. In others, perhaps, one waiting-maid attends on two or three, when the housemaid's assistance will be more requisite. In fact, every establishment has some customs peculiar to itself, on which we need not dwell; the general duties are the *same in all*, perfect cleanliness and order being the object.

DUTIES OF THE HOUSEMAID.

2292. "Cleanliness is next to godliness," saith the proverb, and "order" is in the next degree; the housemaid, then, may be said to be the handmaiden to two of the most prominent virtues. Her duties are very numerous, and many of the comforts of the family depend on their performance; but they are simple and easy to a person naturally clean and orderly, and desirous of giving satisfaction. In all families, whatever the habits of the master and mistress, servants will find it advantageous to rise early; their daily work will thus come easy to them. If they rise late, there is a struggle to overtake it, which throws an air of haste and hurry over the whole establishment. Where the master's time is regulated by early business or professional engagements, this will, of course, regulate the hours of the servants; but even where that is not the case, servants will find great personal convenience in rising early and getting through their work in an orderly and methodical manner. The housemaid who studies her own ease will certainly be at her work by six o'clock in the summer, and, probably, half-past six or seven in the winter months, having spent a reasonable time in her own chamber in dressing. Earlier than this would, probably, be an unnecessary waste of coals and

侍女，其职责是保持女主人居室整洁，从而减轻女仆的职责。在其他人家，也许一名侍女侍候两三位女主人，此时女仆的协助就更为必要。事实上，每个人家都有其独特的习俗，我们无需赘述；一般职责在所有人家相同，目标是绝对的清洁与整齐。

女佣的职责

2292. 谚语说：“清洁近乎敬神”，而“秩序”则次之；因此，可以说女仆是这两种最突出美德的女侍。她的职责繁多，家庭的许多舒适都取决于这些职责的履行；但对于天生整洁有序、希望令人满意的人来说，这些职责简单而容易。在所有家庭中，无论男女主人的习惯如何，仆人早起都会发现对自己有利；这样，她们的日常工作就会轻松。如果起得晚，就得挣扎着赶上进度，这会给整个家宅带来匆忙仓促的气氛。如果男主人的时间受早间事务或职业安排约束，这自然会规定仆人的作息时间；但即使不是这样，仆人也会发现早起并井然有序、有条不紊地完成工作对个人大有便利。注重自身安逸的女仆在夏天肯定会在六点前开始工作，在冬天则可能在六点半或七点前开始工作，并已在自己的房间里花合理的时间穿衣打扮。比这更早，可能是对煤炭和

candle in winter.

2293. The first duty of the housemaid in winter is to open the shutters of all the lower rooms in the house, and take up the hearth-rugs of those rooms which she is going to "do" before breakfast. In some families, where there is only a cook and housemaid kept, and where the drawing-rooms are large, the cook has the care of the dining-room, and the housemaid that of the breakfast-room, library, and drawing-rooms. After the shutters are all opened, she sweeps the breakfast-room, sweeping the dust towards the fire-place, of course previously removing the fonder. She should then lay a cloth (generally made of coarse wrappering) over the carpet in front of the stove, and on this should place her housemaid's box, containing black-lead brushes, leathers, emery-paper, cloth, black lead, and all utensils necessary for cleaning a grate, with the cinder-pail on the other side.

[Illustration: CARPET-BROOMS.]

2294. She now sweeps up the ashes, and deposits them in her cinder-pail, which is a japanned tin pail, with a wire-sifter inside, and a closely-fitting top. In this pail the cinders are sifted, and reserved for use in the kitchen or under the copper, the ashes only being thrown away. The cinders disposed of, she proceeds to black-lead the grate, producing the black lead, the soft brush for laying it on, her blacking and polishing brushes, from the box which contains her tools. This housemaid's box should be kept well stocked. Having blackened, brushed, and polished every part, and made all clean and bright, she now proceeds to lay the fire. Sometimes it is very difficult to get a proper polish to black grates, particularly if they have been neglected, and allowed to rust at all.

冬季的蜡烛。

2293. 冬天女仆的首要职责是打开屋里所有楼下房间的百叶窗，并在早餐前掀起她将要“打理”的那些房间的炉边地毯。在一些只雇一名厨师和一名女仆的家庭中，如果客厅很大，厨师负责餐厅，女仆负责早餐室、书房和客厅。所有百叶窗打开后，她打扫早餐室，把灰尘朝壁炉方向扫，当然要先移开炉围。然后她应在炉子前的毯子上铺一块布(通常用粗包装布制成)，在这块布上放置她的女仆工具箱，里面装有黑铅刷、皮革、砂纸、布、黑铅以及清洁炉栅所需的一切用具，另一侧放煤渣桶。

[插图：地毯展销厅。]

2294. 她现在扫起灰烬，放入煤渣桶中；这是一个漆面马口铁桶，内有铁丝筛，盖子严密合缝。煤渣在这个桶里筛过，留作厨房或铜锅下使用，只有灰烬被丢弃。处理完煤渣后，她开始给炉栅涂黑铅，从装工具的箱子里取出黑铅、涂抹用的软刷、擦黑和抛光刷。这个女仆工具箱应保持充足储备。把每一部分都擦黑、刷净并抛光，使一切干净明亮后，她现在开始生火。有时很难给黑色炉栅打出适当的光泽，尤其是如果它们被疏忽照料、任其生锈的话。

Brunswick black, which is an excellent varnish for grates, may be prepared in the following manner:—

[Illustration: STOVE BRUSHES.]

[Illustration: HOUSEMAID'S BOX.]

2295. INGREDIENTS.—1 lb. of common asphaltum, 1/2 pint of linseed oil, 1 quart of oil of turpentine.

Mode.—Melt the asphaltum, and add gradually to it the other two ingredients. Apply this with a small painter's brush, and leave it to become perfectly dry. The grate will need no other cleaning, but will merely require dusting every day, and occasionally brushing with a dry black-lead brush. This is, of course, when no fires are used. When they are required, the bars, cheeks, and back of the grate will need black-leading in the usual manner.

2296. *Fire-lighting,* however simple, is an operation requiring some skill; a fire is readily made by laying a few cinders at the bottom in open order; over this a few pieces of paper, and over that again eight or ten pieces of dry wood; over the wood, a course of moderate-sized pieces of coal, taking care to leave hollow spaces between for air at the centre; and taking care to lay the whole well back in the grate, so that the smoke may go up the chimney, and not into the room. This done, fire the paper with a match from below, and, if properly laid, it will soon burn up; the stream of flame from the wood and paper soon communicating to the coals and cinders, provided there is plenty of air at the centre.

2297. A new method of lighting a fire is sometimes practised with advantage, the fire lighting from the top and burning down, in place of being lighted and burning up from below. This is

布伦瑞克黑漆是炉栅的优质清漆，可按以下方法制备：--

[插图：炉刷。]

[插图：女佣工具箱。]

2295. 配料--1磅普通沥青，1/2品脱亚麻籽油，1夸脱松节油。

做法--熔化沥青，逐渐加入另外两种配料。用小油漆刷涂抹，待其完全干燥。炉栅无需其他清洁，只需每日掸尘，偶尔用干黑铅刷擦拭。当然，这是在不生火时。需要生火时，炉栅的横条、侧壁和背板仍需按常规涂黑铅。

2296. 生火虽然简单，却是一门需要一些技巧的操作；先在底部松散地放几块煤渣，上面放几片纸，再上面放八到十块干木柴；木柴上面放一层中等大小的煤块，注意在中央留出空隙以便空气流通；并注意把整个火堆好好往炉栅后方放，使烟能升入烟囱，而不是进入房间。做完这些后，从下方用火柴点燃纸张，如果摆放得当，火很快就会烧旺；只要中央有充足空气，木柴和纸张的火焰流很快就会传到煤块和煤渣上。

2297. 有时采用一种新的生火方法颇为有益，即从顶部点火向下燃烧，而非从底部点火向上燃烧。这是

arranged by laying the coals at the bottom, mixed with a few good-sized cinders, and the wood at the top, with another layer of coals and some paper over it; the paper is lighted in the usual way, and soon burns down to a good fire, with some economy of fuel, as is said.

通过将煤铺在底部，混以几块大煤渣，木柴放在上面，再铺一层煤并在其上放些纸来安排的；纸按常规点燃，很快便燃成旺火，据说还能节省些燃料。

2298. Bright grates require unceasing attention to keep them in perfect order. A day should never pass without the housemaid rubbing with a dry leather the polished parts of a grate, as also the fender and fire-irons. A careful and attentive housemaid should have no occasion ever to use emery-paper for any part but the bars, which, of course, become blackened by the fire. (Some mistresses, to save labour, have a double set of bars, one set bright for the summer, and another black set to use when fires are in requisition.) When bright grates are once neglected, small rust-spots begin to show themselves, which a plain leather will not remove; the following method of cleaning them must then be resorted to:—First, thoroughly clean with emery-paper; then take a large smooth pebble from the road, sufficiently large to hold comfortably in the hand, with which rub the steel backwards and forwards one way, until the desired polish is obtained. It may appear at first to scratch, but continue rubbing, and the result will be success. The following is also an excellent polish for bright stoves and steel articles:—

2298. 明亮的炉栅需要持续不断的照料才能保持完美状态。女仆每天都应当用干皮革擦拭炉栅的抛光部分，以及炉围和火具，一天也不能间断。细心尽责的女仆除了炉条之外，不应需要使用砂纸，因为炉条自然会被火烧黑。(有些女主人为了省力，备有两套炉条，一套明亮的夏天用，另一套黑色的在有火时用。)明亮的炉栅一旦疏于照料，就会出现小锈斑，这是普通皮革擦不掉的；这时必须采用以下方法清洁：首先用砂纸彻底擦净；然后从路上捡一块足够大、握在手里舒适的光滑鹅卵石，用它朝一个方向来回摩擦钢材，直到获得理想的光泽。起初看起来可能会刮花，但继续摩擦，结果就会成功。以下也是一种极好的光亮炉具和钢制品的抛光剂：

2299. INGREDIENTS.—1 tablespoonful of turpentine, 1 ditto of sweet oil, emery powder.

2299. 配料--1汤匙松节油，1汤匙甜油，金刚砂粉。

Mode.—Mix the turpentine and sweet oil together, stirring in sufficient emery powder to make the mixture of the thickness of cream. Put it on the article with a piece of soft flannel, rub off

做法--将松节油与甜油混合，搅入足量金刚砂粉使混合物呈奶油稠度。用一块软法兰绒将其涂在物品上，再用另一块迅速擦去，

quickly with another piece, then polish with a little dry emery powder and clean leather.

然后用少许干金刚砂粉和干净皮革抛光。

2300. The several fires lighted, the housemaid proceeds with her dusting, and polishing the several pieces of furniture in the breakfast-parlour, leaving no corner unvisited. Before sweeping the carpet, it is a good practice to sprinkle it all over with tea-leaves, which not only lay all dust, but give a slightly fragrant smell to the room. It is now in order for the reception of the family; and where there is neither footman nor parlour-maid, she now proceeds to the dressing-room, and lights her mistress's fire, if she is in the habit of having one to dress by. Her mistress is called, hot water placed in the dressing-room for her use, her clothes—as far as they are under the house-maid's charge—put before the fire to air, hanging a fire-guard on the bars where there is one, while she proceeds to prepare the breakfast.

2300. 几处炉火点好后，女仆接着掸灰，擦拭早餐室里的各件家具，不遗漏任何一个角落。扫地毯之前，一个好做法是满地撒上茶叶，这不仅能压住所有灰尘，还能给房间带来淡淡的香气。此时房间已准备好迎接全家人；在没有男仆也没有客厅女仆的人家，她现在前往更衣室，如果女主人有穿衣时生火的习惯，就为她点上火。叫醒女主人，把热水放在更衣室供她使用，把她的衣服--凡是归女仆管的--放在火前烘暖，有炉围的就挂在炉条上，同时她去准备早餐。

2301. In summer the housemaid's work is considerably abridged: she throws open the windows of the several rooms not occupied as bedrooms, that they may receive the fresh morning air before they are occupied; she prepares the breakfast-room by sweeping the carpet, rubbing tables and chairs, dusting mantel-shelf and picture-frames with a light brush, dusting the furniture, and beating and sweeping the rug; she cleans the grate when necessary, and replaces the white paper or arranges the shavings with which it is filled, leaving everything clean and tidy for breakfast. It is not enough, however, in cleaning furniture, just to pass lightly over the surface; the rims and legs of tables, and the backs and legs of chairs and sofas, should be rubbed vigorously daily; if there is a book-case, every corner of every pane and ledge requires to be carefully wiped, so that not a speck of dust can be

2301. 夏天女仆的工作大为减少：她打开那些不作卧室的房间的窗户，让它们在有人使用之前先透进清晨的新鲜空气；她整理早餐室，扫地毯，擦桌子和椅子，用软刷掸壁炉架和画框上的灰，掸家具上的灰，拍打并清扫小地毯；必要时清洁炉栅，更换白纸或整理填充炉栅的刨花，把一切收拾得干净整洁以备早餐。然而，清洁家具时仅仅在表面轻轻掠过是不够的；桌子的边沿和桌腿，椅子和沙发的靠背和腿，每天都应用力擦拭；如果有书柜，每一块玻璃的每个角落和每层搁板都要仔细擦净，不能有一粒灰尘--

found in the room.

2302. After the breakfast-room is finished, the housemaid should proceed to sweep down the stairs, commencing at the top, whilst the cook has the charge of the hall, door-step, and passages. After this she should go into the drawing-room, cover up every article of furniture that is likely to spoil, with large dusting-sheets, and put the chairs together, by turning them seat to seat, and, in fact, make as much room as possible, by placing all the loose furniture in the middle of the room, whilst she sweeps the corners and sides. When this is accomplished, the furniture can then be put back in its place, and the middle of the room swept, sweeping the dirt, as before said, towards the fireplace. The same rules should be observed in cleaning the drawing-room grates as we have just stated, putting down the cloth, before commencing, to prevent the carpet from getting soiled. In the country, a room would not require sweeping thoroughly like this more than twice a week; but the housemaid should go over it every morning with a dust-pan and broom, taking up every crumb and piece she may see. After the sweeping she should leave the room, shut the door, and proceed to lay the breakfast. Where there is neither footman nor parlour-maid kept, the duty of laying the breakfast-cloth rests on the housemaid.

[Illustration: BANISTER-BROOM.]

[Illustration: STAIRCASE-BROOM.]

2303. Before laying the cloth for breakfast, the heater of the tea-urn is to be placed in the hottest part of the kitchen fire; or, where the kettle is used, boiled on the kitchen fire, and then removed to the parlour, where it is kept hot. Having washed herself free from

在房间里发现。

2302. 早餐室收拾完毕后，女仆应当去扫楼梯，从最上面开始，同时厨师负责门厅、台阶和过道。之后她应进入客厅，用大块防尘布盖住每一件可能受损的家具，把椅子叠放起来，椅面对着椅面，实际上就是尽量腾出空间，把所有可移动的家具放到房间中央，同时清扫角落和两侧。完成后，再把家具放回原处，清扫房间中央，像前面说的那样把灰尘扫向壁炉方向。清洁客厅炉栅时应遵循我们刚才所说的同样规则，开始前先铺上布，以免地毯弄脏。在乡下，一个房间不需要像这样彻底清扫，每周不超过两次；但女仆每天早上都应用簸箕和扫帚过一遍，捡起她看到的每一粒碎屑。扫完后她应离开房间，关上门，然后去摆早餐。在没有男仆也没有客厅女仆的人家，铺早餐桌布的职责就落在女仆身上。

[插图：BANISTER-BROOM。]

[插图：楼梯扫帚。]

2303. 在铺早餐桌布之前，应将茶桶加热器置于厨房炉火最热处；若使用水壶，则在厨房炉火上煮沸，然后移至客厅保温。她洗净自己，除去

the dust arising from the morning's work, the housemaid collects the breakfast-things on her tray, takes the breakfast-cloth from the napkin press, and carries them all on the tray into the parlour; arranges them on the table, placing a sufficiency of knives, forks, and salt-cellars for the family, and takes the tray back to the pantry; gets a supply of milk, cream, and bread; fills the butter-dish, taking care that the salt is plentiful, and soft and dry, and that hot plates and egg-cups are ready where warm meat or eggs are served, and that butter-knife and bread-knife are in their places. And now she should give the signal for breakfast, holding herself ready to fill the urn with hot water, or hand the kettle, and take in the rolls, toast, and other eatables, with which the cook supplies her, when the breakfast-room bell rings; bearing in mind that she is never to enter the parlour with dirty hands or with a dirty apron, and that everything is to be handed on a tray; that she is to hand everything she may be required to supply, on the left hand of the person she is serving, and that all is done quietly and without bustle or hurry. In some families, where there is a large number to attend on, the cook waits at breakfast whilst the housemaid is busy upstairs in the bedrooms, or sweeping, dusting, and putting the drawing-room in order.

早晨工作扬起的灰尘，女仆把早餐用具收在托盘上，从餐巾柜里取出早餐桌布，一并放在托盘上端进客厅；在桌上摆好，为全家人放上足够的刀、叉和盐瓶，把托盘送回餐具室；取来牛奶、奶油和面包；装满黄油碟，注意盐要充足、细软而干燥，凡供应热肉或鸡蛋的地方要备好热盘子和蛋杯，黄油刀和面包刀要各在其位。现在她应发出早餐的信号，准备好往茶壶里加热水，或递上水壶，并端进厨师供给她的面包卷、吐司和其他食物，一听到早餐室的铃响就行动；切记她绝不能脏着手或系着脏围裙进客厅，一切都要用托盘递送；凡她需要供应的东西都要从所服务之人的左手边递上，一切都要安静地进行，不慌不忙。有些人家要伺候的人多，就由厨师在早餐时侍候，而女仆则在楼上卧室忙碌，或扫地、掸灰、整理客厅。

2304. Breakfast served, the housemaid proceeds to the bed-chambers, throws up the sashes, if not already done, pulls up the blinds, throwing back curtains at the same time, and opens the beds, by removing the clothes, placing them over a horse, or, failing that, over the backs of chairs. She now proceeds to empty the slops. In doing this, everything is emptied into the slop-pail, leaving a little scalding-hot water for a minute in such vessels as require it; adding a drop of turpentine to the water, when that is

2304. 早餐供应完毕后，女仆便前往卧室，将窗扇推起(若尚未打开)，拉起百叶窗，同时将窗帘拉开，并整理床铺--掀开被褥，搭在衣架上，若无衣架则搭在椅背上。随后她开始倾倒污水。倒污水时，将所有污水倒入污水桶中，对于需要冲洗的器具，留少许滚烫热水浸泡一分钟；若水--(原文此处中断)

not sufficient to cleanse them. The basin is emptied, well rinsed with clean water, and carefully wiped; the ewers emptied and washed; finally, the water-jugs themselves emptied out and rinsed, and wiped dry. As soon as this is done, she should remove and empty the pails, taking care that they also are well washed, scalded, and wiped as soon as they are empty.

不足以清洁它们。倒空盆，用清水冲洗干净，仔细擦干；倒空并清洗水罐；最后，将水壶本身倒空、冲洗并擦干。一做完这些，她应移走并倒空水桶，注意水桶一空便立即洗净、烫洗并擦干。

2305. Next follows bedmaking, at which the cook or kitchen-maid, where one is kept, usually assists; but, before beginning, velvet chairs, or other things injured by dust, should be removed to another room. In bedmaking, the fancy of its occupant should be consulted; some like beds sloping from the top towards the feet, swelling slightly in the middle; others, perfectly flat: a good housemaid will accommodate each bed to the taste of the sleeper, taking care to shake, beat, and turn it well in the process. Some persons prefer sleeping on the mattress; in which case a feather bed is usually beneath, resting on a second mattress, and a straw paillasse at the bottom. In this case, the mattresses should change places daily; the feather bed placed on the mattress shaken, beaten, taken up and opened several times, so as thoroughly to separate the feathers: if too large to be thus handled, the maid should shake and beat one end first, and then the other, smoothing it afterwards equally all over into the required shape, and place the mattress gently over it. Any feathers which escape in this process a tidy servant will put back through the seam of the tick; she will also be careful to sew up any stitch that gives way the moment it is discovered. The bedclothes are laid on, beginning with an under blanket and sheet, which are tucked under the mattress at the bottom. The bolster is then beaten and shaken, and put on, the top of the sheet rolled round it, and the

2305. 接下来是铺床，通常由厨师或厨房女佣(若雇有的话)协助；但在开始之前，应将天鹅绒椅子或其他易受灰尘损坏的物品搬至另一房间。铺床时，应顾及睡眠者的喜好；有些人喜欢床铺从床头向床尾倾斜，中间略微隆起；有些人则喜欢完全平坦：一个好的女仆会按照睡眠者的喜好来整理每张床，在过程中注意抖松、拍打并翻转床铺。有些人喜欢睡在床垫上；这种情况下，通常下面铺一层羽毛床，再下面铺第二层床垫，最底层是草褥。此时，床垫应每天互换位置；将羽毛床放在床垫上抖松、拍打，多次拿起并展开，使羽毛充分分离：若羽毛床太大无法如此操作，女仆应先抖松拍打一端，再处理另一端，然后将其均匀平整成所需形状，再将床垫轻轻覆于其上。在此过程中散落的羽毛，整洁的仆人应将其从床套的缝口塞回；她还应注意，一旦发现任何缝线松脱，立即缝好。铺上床单被褥，先铺下层毯子和床单，在床尾处塞入床垫下方。然后拍打并抖松长枕，放置到位，将床单上端卷绕其上，并将--

sheet tucked in all round. The pillows and other bedclothes follow, and the counterpane over all, which should fall in graceful folds, and at equal distance from the ground all round. The curtains are drawn to the head and folded neatly across the bed, and the whole finished in a smooth and graceful manner. Where spring-mattresses are used, care should be taken that the top one is turned every day. The housemaid should now take up in a dustpan any pieces that may be on the carpet; she should dust the room, shut the door, and proceed to another room. When all the bedrooms are finished, she should dust the stairs, and polish the handrail of the banisters, and see that all ledges, window-sills, &c., are quite free from dust. It will be necessary for the housemaid to divide her work, so that she may not have too much to do on certain days, and not sufficient to fill up her time on other days. In the country, bedrooms should be swept and thoroughly cleaned once a week; and to be methodical and regular in her work, the housemaid should have certain days for doing certain rooms thoroughly. For instance, the drawing-room on Monday, two bedrooms on Tuesday, two on Wednesday, and so on, reserving a day for thoroughly cleaning the plate, bedroom candlesticks, &c. &c., which she will have to do where there is no parlour-maid or footman kept. By this means the work will be divided, and there will be no unnecessary bustling and hurrying, as is the case where the work is done any time, without rule or regulation.

[Illustration: SCRUBBING-BRUSH.]

2306. Once a week, when a bedroom is to be thoroughly cleaned, the house-maid should commence by brushing the mattresses of the bed before it is made; she should then make it, shake the

床单四周塞好。随后放置枕头和其他被褥，最上面铺床罩，床罩应垂落成优雅的褶皱，四周与地面保持等距。窗帘拉向床头，整齐地折叠横放于床上，整体收拾得平整美观。若使用弹簧床垫，应注意每天翻转最上面一层。女仆此时应用簸箕捡起地毯上可能有的碎屑；掸去房间灰尘，关上门，前往另一房间。所有卧室整理完毕后，她应掸去楼梯灰尘，擦亮楼梯扶手的栏杆，并确保所有壁架、窗台等处完全没有灰尘。女仆有必要合理安排工作，以免某些日子过于忙碌，而另一些日子时间又不够充实。在乡间，卧室应每周清扫并彻底清洁一次；为使工作有条不紊、规律进行，女仆应规定特定日子彻底打扫特定房间。例如，星期一打扫客厅，星期二打扫两间卧室，星期三再打扫两间，依此类推，留出一天彻底清洁银器、卧室烛台等--在未雇有客厅女仆或男仆的情况下，这些工作须由她来完成。如此则工作得以分摊，不会出现无章无序、随时赶工时的忙乱与仓促。

[插图：板刷。]

2306. 每周一次，当卧室需彻底清洁时，女仆应先刷床垫再铺床；然后铺床，抖

curtains, lay them smoothly on the bed, and pin or tuck up the bottom valance, so that she may be able to sweep under the bed. She should then unloop the window-curtains, shake them, and pin them high up out of the way. After clearing the dressing-table, and the room altogether of little articles of china, &c. &c., she should shake the toilet-covers, fold them up, and lay them on the bed, over which a large dusting-sheet should be thrown. She should then sweep the room; first of all sprinkling the carpet with well-squeezed tea-leaves, or a little freshly-pulled grass, when this is obtainable. After the carpet is swept, and the grate cleaned, she should wash with soap and water, with a little soda in it, the washing-table apparatus, removing all marks or fur round the jugs, caused by the water. The water-bottles and tumblers must also have her attention, as well as the top of the washing-stand, which should be cleaned with soap and flannel if it be marble: if of polished mahogany, no soap must be used. When these are all clean and arranged in their places, the housemaid should scrub the floor where it is not covered with carpet, under the beds, and round the wainscot. She should use as little soap and soda as possible, as too free a use of these articles is liable to give the boards a black appearance. In the country, cold soft water, a clean scrubbing-brush, and a willing arm, are all that are required to make bedroom floors look white. In winter it is not advisable to scrub rooms too often, as it is difficult to dry them thoroughly at that season of the year, and nothing is more dangerous than to allow persons to sleep in a damp room. The housemaid should now dust the furniture, blinds, ornaments, &c.; polish the looking-glass; arrange the toilet-cover and muslin; remove the cover from the bed, and straighten and arrange the curtains and counterpane.

窗帘，将其平放于床上，用别针别起或卷起底部帷幔，以便能在床下清扫。然后她应解开窗帘的系带，抖去灰尘，用别针高高别起，以免妨碍打扫。清理梳妆台及房间内所有小件瓷器等物品后，她应抖去梳妆台布上的灰尘，折叠好放在床上，并在床上铺一大块防尘布。然后她应清扫房间；清扫前先在地毯上洒些挤干的茶叶，或少许新割的草(若能取得)。地毯清扫完毕、壁炉清洁之后，她应用肥皂水(加少许苏打)擦洗洗脸台器具，去除水壶周围因水造成的痕迹或水垢。水瓶和玻璃杯也须注意清洁，洗脸台台面亦然--若为大理石，应用肥皂和法兰绒擦洗；若为抛光桃花心木，则不可使用肥皂。待一切清洁完毕、各归其位后，女仆应刷洗未铺地毯的地板、床下及护墙板周围。她应尽量少用肥皂和苏打，因为过量使用这些物品容易使地板发黑。在乡间，冷水软水、一把干净的刷子和一双勤快的手臂，便足以使卧室地板洁白如新。冬季不宜过于频繁地刷洗房间，因为那个季节难以将房间彻底晾干，而让人睡在潮湿的房间里是再危险不过的。女仆此时应掸去家具、百叶窗、装饰品等处的灰尘；擦亮镜子；整理梳妆台布和细布；取下床上的防尘布，拉直并整理窗帘和床罩。

A bedroom should be cleaned like this every week. There are times, however, when it is necessary to have the carpet up; this should be done once a year in the country, and twice a year in large cities. The best time for these arrangements is spring and autumn, when the bed-furniture requires changing to suit the seasons of the year. After arranging the furniture, it should all be well rubbed and polished; and for this purpose the housemaid should provide herself with an old silk pocket-handkerchief, to finish the polishing.

卧室应每周如此打扫一次。然而，有时也需要把地毯卷起来；在乡下每年应做一次，在大城市每年应做两次。做这些安排的最佳时间是春季和秋季，此时床上用品需要随一年中的时令更换。家具摆放好后，应全部好好擦拭并抛光；为此，女仆应自备一块旧丝质手帕，用来完成抛光。

[Illustration: LONG HAIR-BROOM.]

[插图：长毛扫帚。]

2307. As modern furniture is now nearly always French-polished, it should often be rubbed with an old silk rubber, or a fine cloth or duster, to keep it free from smears. Three or four times a year any of the following polishes may be applied with very great success, as any of them make French-polished furniture look very well. One precaution must be taken,—not to put too much of the polish on at one time, and *to rub, not smear* it over the articles.

2307. 由于现代家具现在几乎都经过法国抛光处理，因此应经常用旧丝绸擦布或细布或掸布擦拭，以使其免于污渍。每年三四次，可以使用以下任何一种抛光剂，效果极佳，因为其中任何一种都能使法国抛光的家具看起来非常好。必须采取一项预防措施--不要一次涂抹太多抛光剂，并且要擦，而不是涂抹在物品上。

FURNITURE POLISH.

家具上光剂。

2308. INGREDIENTS.—1/4 pint of linseed-oil, 1/4 pint of vinegar, 1 oz. of spirits of salts, 1/2 oz. of muriatic antimony.

2308. 配料--1/4品脱亚麻籽油，1/4品脱醋，1盎司盐酸精，1/2盎司锑氧氯化物。做法--将所有材料充分混合，使用前摇匀。

Mode.—Mix all well together, and shake before using.

FURNITURE POLISH.

家具上光剂。

2309. INGREDIENTS.—Equal proportions of linseed-oil, turpentine, vinegar, and spirits of wine.

2309. 配料--亚麻籽油、松节油、醋和酒精按等比例配制。

Mode.—When used, shake the mixture well, and rub on the furniture with a piece of linen rag, and polish with a clean duster. Vinegar and oil, rubbed in with flannel, and the furniture rubbed with a clean duster, produce a very good polish.

做法--使用时，将混合物充分摇匀，用一块亚麻布蘸取擦拭家具，然后用干净的掸布抛光。用法兰绒蘸醋和油擦入，再用干净的掸布擦拭家具，可获得非常好的抛光效果。

FURNITURE PASTE.

家具糊。

2310. INGREDIENTS.—3 oz. of common beeswax, 1 oz. of white wax, 1 oz. of curd soap, 1 pint of turpentine, 1 pint of boiled water.

2310. 配料--3盎司普通蜂蜡，1盎司白蜡，1盎司凝脂皂，1品脱松节油，1品脱煮沸的水。

[Illustration: FURNITURE BRUSH.]

[插图：家具刷。]

Mode.—Mix the ingredients together, adding the water when cold; shake the mixture frequently in the bottle, and do not use it for 48 hours after it is made. It should be applied with a piece of flannel, the furniture polished with a duster, and then with an old silk rubber.

做法--将配料混合在一起，待水冷却后加入；在瓶中频繁摇动混合物，制成后48小时内不要使用。应用一块法兰绒涂抹，用掸布抛光家具，然后用旧丝绸擦布擦拭。

2311. The chambers are finished, the chamber candlesticks brought down and cleaned, the parlour lamps trimmed;—and here the housemaid's utmost care is required. In cleaning candlesticks, as in every other cleaning, she should have cloths and brushes kept for that purpose alone; the knife used to scrape them should be applied to no other purpose; the tallow-grease should be thrown into a box kept for the purpose; the same with everything connected with the lamp-trimming; the best mode of doing which she will do well to learn from the tradesman who supplies the oil; always bearing in mind, however, that without perfect cleanliness, which involves occasional scalding, no lamp can be kept in order.

2311. 房间收拾完毕，房间烛台取下并擦净，客厅灯修剪好；--此处需要女仆格外小心。擦烛台时，如同其他一切清洁工作一样，她应备有专供此用的布和刷子；用来刮擦烛台的刀不得用于其他用途；油脂应丢进专为此备的盒子里；与修剪灯具有关的一切也应如此；修剪灯具的最佳方法，她最好向供应灯油的商人学习；然而始终要记住，若没有彻底的清洁--这包括偶尔用热水烫洗--任何灯都无法保持良好状态。

2312. The drawing and dining-room, inasmuch as everything

2312. 客厅和餐厅，由于一切

there is more costly and valuable, require even more care. When the carpets are of the kind known as velvet-pile, they require to be swept firmly by a hard whisk brush, made of cocoanut fibre.

那些更昂贵和珍贵的，需要更加小心。当地毯是所谓的绒面地毯时，需要用椰子纤维制成的硬毛刷用力清扫。

2313. The furniture must be carefully gone over in every corner with a soft cloth, that it may be left perfectly free from dust; or where that is beyond reach, with a brush made of long feathers, or a goose's wing. The sofas are swept in the same manner, slightly beaten, the cushions shaken and smoothed, the picture-frames swept, and everything arranged in its proper place. This, of course, applies to dining as well as drawing-room and morning-room. And now the housemaid may dress herself for the day, and prepare for the family dinner, at which she must attend.

2313. 必须用软布仔细擦拭家具的每一个角落，使其不染一丝灰尘；若有些地方够不到，就用长羽毛制成的掸子或鹅翅掸拭。沙发也以同样方式清扫，轻轻拍打，坐垫抖松并抚平，画框掸净，一切物品各归其位。这当然适用于餐厅以及客厅和晨间起居室。至此，女仆可以梳妆打扮准备度过一天，并为家庭正餐做准备，她必须到场侍餐。

2314. We need not repeat the long instructions already given for laying the dinner-table. At the family dinner, even where no footman waits, the routine will be the same. In most families the cloth is laid with the slips on each side, with napkins, knives, forks, spoons, and wine and finger glasses on all occasions.

2314. 我们无需重复已经给出的铺设餐桌的长篇说明。在家庭正餐中，即使没有男仆侍候，程序也是一样的。在大多数家庭中，桌布两侧铺上小垫布，餐巾、刀、叉、勺以及酒杯和指碗在所有场合都会摆放。

[Illustration: BUTLER'S TRAY AND STAND.]

[插图：管家的托盘与托盘架。]

2315. She should ascertain that her plate is in order, glasses free from smears, water-bottles and decanters the same, and everything ready on her tray, that she may be able to lay her cloth properly. Few things add more to the neat and comfortable appearance of a dinner-table than well-polished plate; indeed, the state of the plate is a certain indication of a well-managed or ill-managed household. Nothing is easier than to keep plate in good order, and yet many servants, from stupidity and ignorance, make it the greatest trouble of all things under their care. It should be remembered, that it is utterly impossible to make greasy silver

2315. 她应确认自己的银器整齐有序，玻璃杯没有污痕，水瓶和酒瓶也是如此，托盘上一切齐备，以便她能妥当地铺好桌布。很少有东西比擦得锃亮的银器更能增添正餐餐桌的整洁舒适外观；的确，银器的状况是一个家庭管理良好或管理不善的明确标志。保持银器良好状态再容易不过，然而许多仆人由于愚笨无知，却把它变成她们所照管的一切事物中最大的麻烦。应当记住，油腻的银器绝对不可能

take a polish; and that as spoons and forks in daily use are continually in contact with grease, they must require good washing in soap-and-water to remove it. Silver should be washed with a soapy flannel in one water, rinsed in another, and then wiped dry with a dry cloth. The plate so washed may be polished with the plate-rags, as in the following directions:—Once a week all the plate should receive a thorough cleaning with the hartshorn powder, as directed in the first recipe for cleaning plate; and where the housemaid can find time, rubbed every day with the plate-rags.

擦出光泽；而日常使用的勺子和叉子不断接触油脂，必须用肥皂水好好清洗以去除油脂。银器应在一盆水中用蘸肥皂的法兰绒布擦洗，在另一盆水中漂洗，然后用干布擦干。如此清洗过的银器可用擦银布抛光，方法如下：--每周应按照清洁银器的第一份食谱所述，用鹿角粉对全部银器进行一次彻底清洁；若女仆能抽出时间，还应每天用擦银布擦拭。

2316. Hartshorn, we may observe, is one of the best possible ingredients for plate-powder in daily use. It leaves on the silver a deep, dark polish, and at the same time does less injury than anything else. It has also the advantage of being very cheap; almost all the ordinary powders sold in boxes containing more or less of quicksilver, in some form or another; and this in process of time is sure to make the plate brittle. If any one wishes to be convinced of the effect of quicksilver on plate, he has only to rub a little of it on one place for some time,—on the handle of a silver teaspoon for instance, and he will find it break in that spot with very little pressure.

2316. 我们可以指出，鹿角精是日常使用的擦银粉中最好的配料之一。它在银器上留下一层深沉的光泽，同时比任何其他东西造成的损伤都小。它还有一个优点是价格非常低廉；几乎所有装在盒子里出售的普通粉末都或多或少含有某种形式的水银；而水银久而久之必然会使银器变脆。如果有人想确信水银对银器的作用，他只需在某一处摩擦一点水银一段时间--例如在银茶匙的柄上--他就会发现，只需很小的压力，该处就会断裂。

To Clean Plate.

擦净盘子。

A very excellent method.

一个非常出色的方法。

[Illustration: PLATE-BRUSH.]

[插图：盘子刷。]

2317. Wash the plate well to remove all grease, in a strong lather of common yellow soap and boiling water, and wipe it quite dry; then mix as much hartshorn powder as will be required, into a

2317. 用普通黄肥皂和沸水打出浓泡沫，将盘子彻底洗净以去除所有油脂，然后擦得完全干燥；再将所需量的鹿角粉混合成

thick paste, with cold water or spirits of wine; smear this lightly over the plate with a piece of soft rag, and leave it for some little time to dry. When perfectly dry, brush it off quite clean with a soft plate-brush, and polish the plate with a dry leather. If the plate be very dirty, or much tarnished, spirits of wine will be found to answer better than the water for mixing the paste.

浓糊状，用冷水或酒精调和；用一块软布将此糊轻轻涂抹在盘子上，放置一段时间使其干燥。当完全干燥后，用软盘刷将其彻底刷净，再用干皮革抛光盘子。如果盘子非常脏或严重失去光泽，用酒精调和糊状物比用水效果更好。

Plate-rags for daily use.

日常使用的擦盘布。

2318. Boil soft rags (nothing is better for the purpose than the tops of old cotton stockings) in a mixture of new milk and hartshorn powder, in the proportion of 1 oz. of powder to a pint of milk; boil them for 5 minutes; wring them as soon as they are taken out, for a moment, in cold water, and dry them before the fire. With these rags rub the plate briskly as soon as it has been well washed and dried after daily use. A most beautiful deep polish will be produced, and the plate will require nothing more than merely to be dusted with a leather or a dry soft cloth, before it is again put on the table.

2318. 将柔软的碎布(旧棉袜的袜筒最适合此用途)放入新鲜牛奶与鹿角精粉的混合物中煮沸，比例为1 oz.粉末配1 pint牛奶；煮沸5分钟；取出后立即在冷水中拧一下，然后在火前烘干。每日使用后，待银器充分洗净擦干，即用这些碎布快速擦拭。这样会产生极其美丽的深沉光泽，此后银器在重新摆上餐桌之前，只需用一块皮革或干燥的软布掸去灰尘即可。

2319. For waiting at table, the housemaid should be neatly and cleanly dressed, and, if possible, her dress made with closed sleeves, the large open ones dipping and falling into everything on the table, and being very much in the way. She should not wear creaking boots, and should move about the room as noiselessly as possible, anticipating people's wants by handing them things without being asked for them, and altogether be as quiet as possible. It will be needless here to repeat what we have already said respecting waiting at table, in the duties of the butler and footman: rules that are good to be observed by them, are equally good for the parlour-maid or housemaid.

2319. 在餐桌旁侍候时，女仆应穿着整洁干净，如有可能，她的衣服应做成闭合式袖子，宽大的敞口袖子会垂落并扫到桌上的一切东西，非常碍事。她不应穿吱吱作响的靴子，应尽可能无声地在房间里走动，预先想到人们的需求，不等索要便把东西递上，总之要尽可能安静。此处无需重复我们在男管家和男仆职责中关于餐桌侍候已经说过的话：对他们有益遵守的规则，对客厅女仆或女仆同样有益。

2320. The housemaid having announced that dinner is on the table, will hand the soup, fish, meat, or side-dishes to the different members of the family; but in families who do not spend much of the day together, they will probably prefer being alone at dinner and breakfast; the housemaid will be required, after all are helped, if her master does not wish her to stay in the room, to go on with her work of cleaning up in the pantry, and answer the bell when rung. In this case she will place a pile of plates on the table or a dumbwaiter, within reach of her master and mistress, and leave the room.

2320. 女仆通报正餐已摆上桌后，将把汤、鱼、肉或配菜递给家中的各位成员；但在白天不常聚在一起的家庭中，他们可能更喜欢独自用正餐和早餐；在所有人都分到食物后，如果男主人不希望她留在房间里，女仆将被要求继续在配膳室做清洁工作，并在铃响时应答。在这种情况下，她会在桌上或餐车上放一叠盘子，置于男女主人伸手可及之处，然后离开房间。

[Illustration: CRUMB-BRUSH].

[插图：面包屑刷]

2321. Dinner over, the housemaid removes the plates and dishes on the tray, places the dirty knives and forks in the basket prepared for them, folds up the napkins in the ring which indicates by which member of the family it has been used, brushes off the crumbs on the hand-tray kept for the purpose, folds up the table-cloth in the folds already made, and places it in the linen-press to be smoothed out. After every meal the table should be rubbed, all marks from hot plates removed, and the table-cover thrown over, and the room restored to its usual order. If the family retire to the drawing-room, or any other room, it is a good practice to throw up the sash to admit fresh air and ventilate the room.

2321. 正餐结束后，女仆将盘子和碟子收至托盘上，把用过的刀叉放入专备的篮子里，将餐巾折好放入餐巾环中--餐巾环标明该餐巾由哪位家庭成员使用--刷去专备的手托盘上的面包屑，按已有的折痕将桌布折好，放入布草柜中待熨平。每餐之后应擦拭餐桌，清除热盘留下的所有痕迹，铺上桌布，使房间恢复平常的秩序。如果家人退到客厅或任何其他房间，良好的做法是拉起窗扇，让新鲜空气进入，使房间通风。

2322. The housemaid's evening service consists in washing up the dinner-things, the plate, plated articles, and glasses, restoring everything to its place; cleaning up her pantry, and putting away everything for use when next required; lastly, preparing for tea, as the time approaches, by setting the things out on the tray, getting

2322. 女仆的晚间工作包括清洗正餐用具、盘子、镀银器皿和玻璃杯，将所有物品放回原处；打扫她的配餐室，将一切收好以备下次使用；最后，随着下午茶时间的临近，做好准备工作，将物品摆放在托盘上，准备好

the urn or kettle ready, with cream and other things usually partaken of at that meal.

茶壶或水壶，以及奶油和该餐通常食用的其他物品。

2323. In summer-time the windows of all the bedrooms, which have been closed during the heat of the day, should be thrown open for an hour or so after sunset, in order to air them. Before dark they should be closed, the bedclothes turned down, and the night-clothes laid in order for use when required. During winter, where fires are required in the dressing-rooms, they should be lighted an hour before the usual time of retiring, placing a fire-guard before each fire. At the same time, the night-things on the horse should be placed before it to be aired, with a tin can of hot water, if the mistress is in the habit of washing before going to bed. We may add, that there is no greater preservative of beauty than washing the face every night in hot water. The housemaid will probably be required to assist her mistress to undress and put her dress in order for the morrow; in which case her duties are very much those of the lady's-maid.

2323. 夏季，所有卧室的窗户在白天炎热时一直关着，日落后应敞开一小时左右，以便通风。天黑前应关上窗户，把被褥翻下来，把睡衣整理好，以备需要时使用。冬季，更衣室需要生火时，应在通常就寝时间前一小时点火，并在每个火炉前放置炉火防护网。同时，应把衣架上的睡衣放在炉前烘暖，如果女主人有睡前洗漱的习惯，还应放一罐热水。我们还可以补充一点：没有什么比每晚用热水洗脸更能保养容颜了。女仆大概会被要求协助女主人脱衣，并把她的衣服整理好以备次日穿着；在这种情况下，她的职责与贴身女仆非常相似。

2324. And now the fire is made up for the night, the fireguard replaced, and everything in the room in order for the night, the housemaid taking care to leave the night-candle and matches together in a convenient place, should they be required. It is usual in summer to remove all highly fragrant flowers from sleeping-rooms, the impression being that their scent is injurious in a close chamber.

2324. 现在炉火已为过夜封好，火炉护栏已放回，房间内一切已整理就绪以备过夜，女仆要注意将夜用蜡烛和火柴一起放在方便的地方，以备需要时使用。夏季通常会将所有香气浓郁的花卉从卧室中移走，因为人们认为在密闭的房间中花香是有害的。

2325. On leisure days, the housemaid should be able to do some needlework for her mistress,—such as turning and mending sheets and darning the house linen, or assist her in anything she may think fit to give her to do. For this reason it is almost essential

2325. 在空闲的日子，女仆应能为女主人做一些针线活--比如翻新和缝补床单、织补家用亚麻制品，或协助她做任何她认为适合交给她做的事情。因此，几乎必不可少的是，

that a housemaid, in a small family, should be an expert needlewoman; as, if she be a good manager and an active girl, she will have time on her hands to get through plenty of work.

在小家庭中，女仆应是一名熟练的针线女工；因为如果她是一个善于管理且勤快的姑娘，她手上会有时间完成大量工作。

2326. *Periodical Cleanings*.—Besides the daily routine which we have described, there are portions of every house which can only be thoroughly cleaned occasionally; at which time the whole house usually undergoes a more thorough cleaning than is permitted in the general way. On these occasions it is usual to begin at the top of the house and clean downwards; moving everything out of the room; washing the wainscoting or paint with soft soap and water; pulling down the beds and thoroughly cleansing all the joints; "scrubbing" the floor; beating feather beds, mattress, and paillasse, and thoroughly purifying every article of furniture before it is put back in its place.

2326. 定期清扫。--除了我们所描述的日常事务之外，每座房屋都有一些部分只能偶尔彻底清扫；届时整座房屋通常会进行一次比平常更为彻底的清扫。在这种时候，通常从房屋顶层开始，向下清扫；把一切东西搬出房间；用软皂和水擦洗护壁板或油漆；拆下床铺，彻底清洁所有接缝；刷洗地板；拍打羽毛床、床垫和草褥，并在把每件家具放回原处之前彻底净化。

2327. This general cleaning usually takes place in the spring or early summer, when the warm curtains of winter are replaced by the light and cheerful muslin curtains. Carpets are at the same time taken up and beaten, except where the mistress of the house has been worried into an experiment by the often-reiterated question, "Why beat your carpets?" In this case she will probably have made up her mind to try the cleaning process, and arranged with the company to send for them on the morning when cleaning commenced. It is hardly necessary to repeat, that on this occasion every article is to be gone over, the French-polished furniture well rubbed and polished. The same thorough system of cleaning should be done throughout the house; the walls cleaned where painted, and swept down with a soft broom or feather brush where papered; the window and bed curtains, which have been replaced with muslin ones, carefully brushed, or, if they require it,

2327. 这种大扫除通常在春季或初夏进行，届时冬季厚重的窗帘会被轻快明朗的细布窗帘取代。与此同时，地毯也会被掀起拍打，除非女主人被那句反复提出的问题“为什么要拍打地毯?”烦得去尝试新方法。在这种情况下，她很可能已下定决心试用清洁法，并与公司约定在清扫开始的那天早晨派人来取。几乎不必重复，在这种场合，每一件物品都要逐一检查，法式抛光家具要好好擦拭抛光。整座房屋都应进行同样彻底的清洁；墙壁若为油漆的则加以清洁，若为糊纸的则用软扫帚或羽毛刷拂扫；已换成细布窗帘的窗帷和床帷要仔细刷净，或者，如果需要的话，

cleaned; lamps not likely to be required, washed out with hot water, dried, and cleaned. The several grates are now to be furnished with their summer ornaments; and we know none prettier than the following, which the housemaid may provide at a small expense to her mistress:—Purchase two yards and a half of crinoline muslin, and tear it into small strips, the selvage way of the material, about an inch wide; strip this thread by thread on each side, leaving the four centre threads; this gives about six-and-thirty pieces, fringed on each side, which are tied together at one end, and fastened to the trap of the register, while the threads, unravelled, are spread gracefully about the grate, the lower part of which is filled with paper shavings. This makes a very elegant and very cheap ornament, which is much stronger, besides, than those usually purchased.

加以清洗；暂时用不着的灯要用热水洗净、擦干并清洁。各个壁炉现在要配上夏季装饰；我们不知道还有什么比下面这种更漂亮的，女仆可以花很少的钱为女主人置办：买两码半的硬衬细布，顺着布边方向撕成约一英寸宽的小条；把每条两侧逐根抽去线头，留下中间四根线；这样大约得到三十六条两侧带流苏的布条，把它们在一端系在一起，固定在调温炉的活门上，而散开的线则优雅地铺展在壁炉周围，壁炉下部塞满纸刨花。这做成一件非常雅致又非常便宜的装饰品，而且比通常买来的那些结实得多。

[Illustration: CORNICE-BRUSH.]

[插图：檐口刷。]

[Illustration: HOUSE-PAIL.]

[插图：家用提桶。]

[Illustration: DUSTING-BRUSH.]

[插图：除尘刷]

2328. As winter approaches, this house-cleaning will have to be repeated, and the warm bed and window curtains replaced. The process of scouring and cleaning is again necessary, and must be gone through, beginning at the top, and going through the house, down to the kitchens.

2328. 随着冬季临近，这种房屋清洁必须重复进行，并换回温暖的床帘和窗帘。擦洗和清洁的过程再次必要，必须从头到尾进行，从房屋顶部开始，一直到底层的厨房。

2329. Independently of these daily and periodical cleanings, other occupations will present themselves from time to time, which the housemaid will have to perform. When spots show on polished furniture, they can generally be restored by soap-and-water and a sponge, the polish being brought out by using a little polish, and

2329. 除了这些日常和定期的清洁之外，还不时会有其他工作出现，女仆必须完成。当抛光家具上出现污渍时，通常可以用肥皂水和海绵恢复，使用少量抛光剂使光泽重现，然后

then well rubbing it. Again, drawers which draw out stiffly may be made to move more easily if the spot where they press is rubbed over with a little soap.

充分擦拭。此外，抽拉不顺畅的抽屉，如果在摩擦处涂上少许肥皂，就能使其更容易拉动。

2330. Chips broken off any of the furniture should be collected and replaced, by means of a little glue applied to it. Liquid glue, which is sold prepared in bottles, is very useful to have in the house, as it requires no melting; and anything broken can be so quickly repaired.

2330. 家具上脱落的碎片应收集起来，用少许胶水粘回原处。瓶装液体胶水非常有用，因为不需要熔化；任何破损的东西都可以很快修好。

2331. Breaking glass and china is about the most disagreeable thing that can happen in a family, and it is, probably, a greater annoyance to a right-minded servant than to the mistress. A neat-handed housemaid may sometimes repair these breakages, where they are not broken in very conspicuous places, by joining the pieces very neatly together with a cement made as follows:—Dissolve an ounce of gum mastic in a quantity of highly-rectified spirits of wine; then soften an ounce of isinglass in warm water, and, finally, dissolve it in rum or brandy, till it forms a thick jelly. Mix the isinglass and gum mastic together, adding a quarter of an ounce of finely-powdered gum ammoniac; put the whole into an earthen pipkin, and in a warm place, till they are thoroughly incorporated together; pour it into a small phial, and cork it down for use.

2331. 打碎玻璃和瓷器大概是一个家庭里可能发生的最令人不快的事，而且对一位心地正直的仆人来说，这也许比女主人还要烦恼。手脚利落的女仆有时可以修补这些破损，只要不是碎在非常显眼的地方，办法是用如下配制的胶粘剂把碎片非常整齐地粘合起来：把一盎司乳香胶溶于适量高度精馏酒精中；然后把一盎司鱼胶在温水中软化，最后把它溶于朗姆酒或白兰地中，直到形成浓稠的果冻状。把鱼胶和乳香胶混合在一起，加入四分之一盎司研成细粉的氨草胶；把全部材料放入陶罐中，置于温暖处，直到完全融合在一起；倒入小瓶中，塞紧瓶塞备用。

2332. In using it, dissolve a small piece of the cement in a silver teaspoon over a lighted candle. The broken pieces of glass or china being warmed, and touched with the now liquid cement, join the parts neatly together, and hold in their places till the cement has set; then wipe away the cement adhering to the edge of the joint, and leave it for twelve hours without touching it: the

2332. 使用时，在点燃的蜡烛上用一个银茶匙溶解一小块黏合剂。将破碎的玻璃或瓷器碎片加热，涂上已液化的黏合剂，将各部分整齐地拼合在一起，保持原位直到黏合剂凝固；然后擦去接缝边缘多余的黏合剂，放置十二小时不要触碰：

joint will be as strong as the china itself, and if neatly done, it will show no joining. It is essential that neither of the pieces be wetted either with hot or cold water.

接缝将和瓷器本身一样牢固，如果做得整齐，将看不出接合痕迹。两块碎片都不能用热水或冷水弄湿，这一点至关重要。

USEFUL RECIPES FOR HOUSEMAIDS.

女佣实用食谱

To clean Marble.

清洁大理石。

2333. Mix with 1/4 pint of soap lees, 1/2 gill of turpentine, sufficient pipe-clay and bullock's gall to make the whole into rather a thick paste. Apply it to the marble with a soft brush, and after a day or two, when quite dry, rub it off with a soft rag. Apply this a second or third time till the marble is quite clean.

2333. 将1/4品脱肥皂液、1/2及耳松节油与足量的管土和牛胆汁混合，使整体成为较浓的糊状。用软刷将其涂在大理石上，一两天后当完全干燥时，用软布擦掉。重复涂抹两到三次，直到大理石完全干净。

Another method.

另一种方法。

2334. Take two parts of soda, one of pumice-stone, and one of finely-powdered chalk. Sift these through a fine sieve, and mix them into a paste with water. Rub this well all over the marble, and the stains will be removed; then wash it with soap-and-water, and a beautiful bright polish will be produced.

2334. 取两份苏打、一份浮石和一份细粉白垩。用细筛筛过，加水混合成糊状。将此糊充分涂抹在大理石上，污渍即会去除；然后用肥皂水清洗，就会产生美丽明亮的光泽。

To clean Floorcloth.

清洁地板布。

2335. After having washed the floorcloth in the usual manner with a damp flannel, wet it all over with milk and rub it well with a dry cloth, when a most beautiful polish will be brought out. Some persons use for rubbing a well-waxed flannel; but this in general produces an unpleasant slipperiness, which is not the case with the milk.

2335. 按常规方法用湿法兰绒擦洗油布后，用牛奶将其全部润湿，再用干布充分擦拭，就会呈现出极其美丽的光泽。有些人用涂蜡的法兰绒擦拭；但这通常会产生令人不快的滑腻感，而用牛奶则不会。

To clean Decanters.

清洗醒酒器。

2336. Roll up in small pieces some soft brown or blotting paper;

2336. 将一些柔软的棕色纸或吸墨纸卷成小片；

wet them, and soap them well. Put them into the decanters about one quarter full of warm water; shake them well for a few minutes, then rinse with clear cold water; wipe the outsides with a nice dry cloth, put the decanters to drain, and when dry they will be almost as bright as new ones.

将其润湿，涂上肥皂。将它们放入装有约四分之一温水的水晶瓶中；摇动几分钟，然后用清水冲洗；用一块好的干布擦拭外部，将水晶瓶倒置沥干，干燥后它们几乎会像新的一样光亮。

To brighten Gilt Frames.

擦亮镀金画框。

2337. Take sufficient flour of sulphur to give a golden tinge to about 1-1/2 pint of water, and in this boil 4 or 5 bruised onions, or garlic, which will answer the same purpose. Strain off the liquid, and with it, when cold, wash, with a soft brush, any gilding which requires restoring, and when dry it will come out as bright as new work.

2337. 取足量的硫华使约1-1/2品脱的水呈金黄色，在此水中煮4到5个捣碎的洋葱或大蒜，效果相同。滤出液体，待冷却后，用软刷蘸取洗涤任何需要修复的镀金层，干燥后会像新的一样光亮。

To preserve bright Grates or Fire-irons from Rust.

为防止明亮的炉排或火钳生锈。

2338. Make a strong paste of fresh lime and water, and with a fine brush smear it as thickly as possible over all the polished surface requiring preservation. By this simple means, all the grates and fire-irons in an empty house may be kept for months free from harm, without further care or attention.

2338. 用新鲜石灰和水调成浓糊，用细刷尽可能厚地涂抹在所有需要保护的抛光表面上。用这种简单的方法，空置房屋中的所有壁炉架和火炉用具可以保持数月不受损坏，无需进一步的照料或关注。

German Furniture-Gloss.

德国家具光泽剂。

2339. INGREDIENTS.—1/2 lb. yellow wax, 1 oz. black rosin, 2 oz. of oil of turpentine.

2339. 配料--1/2磅黄蜡，1盎司黑松香，2盎司松节油。

Mode.—Cut the wax into small pieces, and melt it in a pipkin, with the rosin pounded very fine. Stir in gradually, while these two ingredients are quite warm, the oil of turpentine. Keep this composition well covered for use in a tin or earthen pot. A little of this gloss should be spread on a piece of coarse woollen cloth, and the furniture well rubbed with it; afterwards it should be polished

做法--将蜡切成小块，与研成细粉的松香一起在陶罐中熔化。在这两种配料尚温热时，逐渐搅入松节油。将此混合物盖好，存放在锡罐或陶罐中备用。取少量此光亮剂涂在一块粗羊毛布上，用力擦拭家具；然后应进行抛光。

with a fine cloth.

DUTIES OF THE MAID-OF-ALL-WORK.

2340. The general servant, or maid-of-all-work, is perhaps the only one of her class deserving of commiseration: her life is a solitary one, and in, some places, her work is never done. She is also subject to rougher treatment than either the house or kitchen-maid, especially in her earlier career: she starts in life, probably a girl of thirteen, with some small tradesman's wife as her mistress, just a step above her in the social scale; and although the class contains among them many excellent, kind-hearted women, it also contains some very rough specimens of the feminine gender, and to some of these it occasionally falls to give our maid-of-all-work her first lessons in her multifarious occupations: the mistress's commands are the measure of the maid-of-all-work's duties. By the time she has become a tolerable servant, she is probably engaged in some respectable tradesman's house, where she has to rise with the lark, for she has to do in her own person all the work which in larger establishments is performed by cook, kitchen-maid, and housemaid, and occasionally the part of a footman's duty, which consists in carrying messages.

2341. The general servant's duties commence by opening the shutters (and windows, if the weather permits) of all the lower apartments in the house; she should then brush up her kitchen-range, light the fire, clear away the ashes, clean the hearth, and polish with a leather the bright parts of the range, doing all as rapidly and as vigorously as possible, that no more time be wasted than is necessary. After putting on the kettle, she should then

用一块细布。

杂役女仆的职责

2340. 杂役女仆，或称“包揽一切活计的女仆”，也许是她们这一阶层中唯一值得同情的：她的生活孤寂，而且在某些地方，她的活儿永远干不完。她所受的对待也比女仆或厨房女仆更为粗鲁，尤其是在她刚入行的时候：她大概十三岁就开始谋生，女主人是某个小商人的妻子，社会地位只比她高出一级；尽管这一阶层中有许多优秀、善良的女人，但也有一些非常粗鲁的女性标本，其中有些人偶尔会给我们这位杂役女仆上第一课，教她各种杂务：女主人的吩咐就是杂役女仆职责的尺度。等到她成为一个还算过得去的仆人时，她大概受雇于某个体面商人的家里，在那里她得闻百灵鸟而起，因为她得亲自干完在较大人家中由厨师、厨房女仆和女仆分别承担的全部活儿，偶尔还要承担男仆的一部分职责，即传递消息。

2341. 杂役女仆的工作从打开房屋所有底层房间的百叶窗(如天气允许，还有窗户)开始；然后她应刷净厨房炉灶，生火，清除灰烬，清洁炉边，用皮革擦亮炉灶的明亮部分，尽可能快速有力地完成所有工作，以免浪费不必要的时间。放上水壶后，她应然后

proceed to the dining-room or parlour to get it in order for breakfast. She should first roll up the rug, take up the fender, shake and fold up the table-cloth, then sweep the room, carrying the dirt towards the fireplace; a coarse cloth should then be laid down over the carpet, and she should proceed to clean the grate, having all her utensils close to her. When the grate is finished, the ashes cleared away, the hearth cleaned, and the fender put back in its place, she must dust the furniture, not omitting the legs of the tables and chairs; and if there are any ornaments or things on the sideboard, she must not dust round them, but lift them up on to another place, dust well where they have been standing, and then replace the things. Nothing annoys a particular mistress so much as to find, when she comes down stairs, different articles of furniture looking as if they had never been dusted. If the servant is at all methodical, and gets into a habit of *doing* a room in a certain way, she will scarcely ever leave her duties neglected. After the rug is put down, the table-cloth arranged, and everything in order, she should lay the cloth for breakfast, and then shut the dining-room door.

前往餐厅或起居室，把它收拾整齐以备早餐。她应先把地毯卷起来，拿起壁炉围栏，抖开并叠好桌布，然后打扫房间，把灰尘往壁炉方向扫；接着应在地毯上铺一块粗布，把所有用具放在手边，动手清理炉栅。炉栅清理完毕、灰烬清除、炉前地面打扫干净、壁炉围栏放回原处之后，她必须给家具掸灰，桌腿和椅腿也不可遗漏；如果餐边柜上摆有装饰品或物件，她不可绕着它们掸灰，而应把它们拿起来放到别处，把他们原来摆放的地方好好掸净，然后再把东西放回。没有什么比女主人下楼时发现各件家具看上去好像从未掸过灰更让她恼火的了。仆人如果做事有条理，养成以某种固定方式收拾房间的习惯，就几乎不会玩忽职守。地毯铺好、桌布摆好、一切井然有序之后，她应铺好桌布准备早餐，然后关上餐厅的门。

2342. The hall must now be swept, the mats shaken, the door-step cleaned, and any brass knockers or handles polished up with the leather. If the family breakfast very early, the tidying of the hall must then be deferred till after that meal. After cleaning the boots that are absolutely required, the servant should now wash her hands and face, put on a clean white apron, and be ready for her mistress when she comes down stairs. In families where there is much work to do before breakfast, the master of the house frequently has two pairs of boots in wear, so that they may be properly cleaned when the servant has more time to do them, in

2342. 现在必须打扫门厅，抖一抖地垫，擦净门阶，用皮革把黄铜门环或把手擦亮。如果一家人早餐吃得非常早，门厅的收拾就得推迟到早餐之后。把绝对必须用的靴子擦干净之后，仆人现在应洗手洗脸，换上干净的白围裙，等女主人下楼时随时听候吩咐。在早餐前有许多活儿要干的家庭里，男主人通常有两双靴子轮换着穿，这样仆人可以在时间较充裕时把它们擦干净，在

the daytime. This arrangement is, perhaps, scarcely necessary in the summer-time, when there are no grates to clean every morning; but in the dark days of winter it is only kind and thoughtful to lighten a servant-of-all-work's duties as much as possible.

白天。这种安排在夏季或许几乎没有必要，因为那时每天早晨都没有炉排需要清理；但在冬季的昏暗日子里，尽可能减轻一个什么活都干的女仆的负担，只是出于善意和体贴。

[Illustration: BLACKING-BRUSH BOX.]

[插图：黑鞋油刷盒。]

2343. She will now carry the urn into the dining-room, where her mistress will make the tea or coffee, and sometimes will boil the eggs, to insure them being done to her liking. In the mean time the servant cooks, if required, the bacon, kidneys, fish, &c.;—if cold meat is to be served, she must always send it to table on a clean dish, and nicely garnished with tufts of parsley, if this is obtainable.

2343. 她现在将把茶壶端进餐厅，在那里女主人会泡茶或咖啡，有时还会煮鸡蛋，以确保鸡蛋煮得合她的口味。与此同时，仆人如有需要，会烹制培根、腰子、鱼等；如果要上冷肉，她必须总是将其盛在干净的盘子里端上桌，如果弄得到的话，还要用欧芹枝精心点缀。

2344. After she has had her own breakfast, and whilst the family are finishing theirs, she should go upstairs into the bedrooms, open all the windows, strip the clothes off the beds, and leave them to air whilst she is clearing away the breakfast things. She should then take up the crumbs in a dustpan from under the table, put the chairs in their places, and sweep up the hearth.

2344. 她吃过自己的早餐后，趁一家人还在用完他们的早餐时，她应该上楼到卧室去，打开所有窗户，把床上的被褥揭下来，让它们透透气，同时她清理早餐用具。然后她应该用簸箕把桌子底下的面包屑扫起来，把椅子放回原位，并清扫炉边。

2345. The breakfast things washed up, the kitchen should be tidied, so that it may be neat when her mistress comes in to give the orders for the day: after receiving these orders, the servant should go upstairs again, with a jug of boiling water, the slop-pail, and two cloths. After emptying the slops, and scalding the vessels with the boiling water, and wiping them thoroughly dry, she should wipe the top of the wash-table and arrange it all in order. She then proceeds to make the beds, in which occupation she is generally assisted by the mistress, or, if she have any daughters,

2345. 早餐用具洗刷完毕，厨房应收拾整齐，以便女主人进来吩咐一天的事务时显得整洁：接到这些吩咐之后，仆人应再次上楼，带上一壶开水、污水桶和两块抹布。倒掉污水、用开水烫洗便器并彻底擦干之后，她应擦拭洗脸台台面，把一切整理有序。接着她开始铺床，干这活儿通常有女主人帮忙，或者，如果女主人有女儿的话，

by one of them. Before commencing to make the bed, the servant should put on a large bed-apron, kept for this purpose only, which should be made very wide, to button round the waist and meet behind, while it should be made as long as the dress. By adopting this plan, the blacks and dirt on servants' dresses (which at all times it is impossible to help) will not rub off on to the bed-clothes, mattresses, and bed furniture. When the beds are made, the rooms should be dusted, the stairs lightly swept down, hall furniture, closets, &c., dusted. The lady of the house, where there is but one servant kept, frequently takes charge of the drawing-room herself, that is to say, dusting it; the servant sweeping, cleaning windows, looking-glasses, grates, and rough work of that sort. If there are many ornaments and knick-knacks about the room, it is certainly better for the mistress to dust these herself, as a maid-of-all-work's hands are not always in a condition to handle delicate ornaments.

由其中一个女儿帮忙。开始铺床之前，仆人应系上一条专为此事备的大床围裙，这条围裙应做得非常宽，能系在腰间、在背后合拢，长度则应与连衣裙一样长。采用这个办法，仆人衣服上的黑色污渍和灰尘(这在任何时候都是无法避免的)就不会蹭到床单、床垫和床上用品上。床铺好后，应给房间掸灰，楼梯轻轻扫一遍，门厅的家具、壁橱等也要掸灰。只雇一个仆人的家庭，女主人常常亲自照管客厅，也就是说，给客厅掸灰；仆人则负责扫地、擦窗户、擦镜子、清理炉栅以及诸如此类的粗活。如果房间里有许多装饰品和小摆设，那么由女主人亲自给它们掸灰当然更好，因为杂役女仆的手并不总是适合摆弄精致的装饰品。

2346. Now she has gone the rounds of the house and seen that all is in order, the servant goes to her kitchen to see about the cooking of the dinner, in which very often her mistress will assist her. She should put on a coarse apron with a bib to do her dirty work in, which may be easily replaced by a white one if required.

2346. 现在她已巡视完整个房子，确认一切井然有序，仆人便去厨房查看正餐的烹饪情况，女主人常常会协助她。她应该系上一条带胸兜的粗围裙来做脏活，如有需要，可以很容易地换上一条白围裙。

2347. Half an hour before dinner is ready, she should lay the cloth, that everything may be in readiness when she is dishing up the dinner, and take all into the dining-room that is likely to be required, in the way of knives, forks, spoons, bread, salt, water, &c. &c. By exercising a little forethought, much confusion and trouble may be saved both to mistress and servant, by getting everything ready for the dinner in good time.

2347. 在正餐准备好前半小时，她应该铺好桌布，以便在她把正餐盛到盘子里时一切都已就绪，并把可能需要的所有东西都拿进餐厅，包括刀、叉、匙、面包、盐、水等等。只要稍加预先考虑，及时把正餐的一切准备妥当，就能为女主人和仆人省去许多混乱和麻烦。

2348. After taking in the dinner, when every one is seated, she removes the covers, hands the plates round, and pours out the beer; and should be careful to hand everything on the left side of the person she is waiting on.

2348. 上完正餐菜肴后，待众人落座，她揭去餐盖，传递盘子，并斟上啤酒；并且应当注意，凡递送物品，都要从她所侍候之人的左侧递上。

2349. We need scarcely say that a maid-of-all-work cannot stay in the dining-room during the whole of dinner-time, as she must dish up her pudding, or whatever is served after the first course. When she sees every one helped, she should leave the room to make her preparations for the next course; and anything that is required, such as bread, &c., people may assist themselves to in the absence of the servant.

2349. 我们几乎不必说，一个什么活都干的女仆不可能在正餐全程都待在餐厅里，因为她必须去把布丁盛出来，或者端上第一道菜之后上的任何东西。当她看到每个人都已分到食物，就应离开房间去准备下一道菜；而在仆人不在时，人们可以自行取用所需之物，如面包等。

2350. When the dinner things are cleared away, the servant should sweep up the crumbs in the dining-room, sweep the hearth, and lightly dust the furniture, then sit down to her own dinner.

2350. 正餐的餐具收拾完毕后，仆人应清扫餐厅里的面包屑，清扫壁炉地面，并轻轻掸去家具上的灰尘，然后坐下来吃自己的正餐。

[Illustration: KNIFE-CLEANING MACHINE]

[插图：刀具清洁机]

2351. After this, she washes up and puts away the dinner things, sweeps the kitchen, dusts and tidies it, and puts on the kettle for tea. She should now, before dressing herself for the afternoon, clean her knives, boots, and shoes, and do any other dirty work in the scullery that may be necessary. Knife-cleaning machines are rapidly taking the place, in most households, of the old knife-board. The saving of labour by the knife-cleaner is very great, and its performance of the work is very satisfactory. Small and large machines are manufactured, some cleaning only four knives, whilst others clean as many as twelve at once. Nothing can be more simple than the process of machine knife-cleaning; and although, in a very limited household, the substitution of the

2351. 此后，她洗涤并收拾正餐用具，打扫厨房，除尘整理，然后烧水备下午茶。此时，在下午更衣之前，她应清洁刀具、靴子和鞋子，并在洗涤间做其他必要的脏活。在大多数家庭中，磨刀机正迅速取代旧式磨刀板。磨刀机节省劳力甚多，且工作效果令人满意。机器有大有小，有的仅磨四把刀，有的则一次磨十二把。机器磨刀的过程再简单不过；尽管在人口极少的家庭中，以

machine for the board may not be necessary, yet we should advise all housekeepers, to whom the outlay is not a difficulty, to avail themselves of the services of a machine. We have already spoken of its management in the "Duties of the Footman," No. 2177.

洗衣板可能不需要机器，但我们应建议所有管家，如果花费不成问题，就利用机器的服务。我们已在"男仆的职责"第2177号中谈到它的管理。

2352. When the servant is dressed, she takes in the tea, and after tea turns down the beds, sees that the water-jugs and bottles are full, closes the windows, and draws down the blinds. If the weather is very warm, these are usually left open until the last thing at night, to cool the rooms.

2352. 仆人穿戴整齐后，便端进下午茶；用过下午茶，她就把床铺翻下，查看水罐和瓶子是否都已装满，关上窗户，放下百叶帘。如果天气很热，这些通常要留到夜里最后一件事时才关上，好让房间凉下来。

2353. The routine of a general servant's duties depends upon the kind of situation she occupies; but a systematic maid-of-all-work should so contrive to divide her work, that every day in the week may have its proper share. By this means she is able to keep the house clean with less fatigue to herself than if she left all the cleaning to do at the end of the week. Supposing there are five bedrooms in the house, two sitting-rooms, kitchen, scullery, and the usual domestic offices:—on Monday she should thoroughly clean the drawing-room; on Tuesday, two of the bedrooms; on Wednesday, two more; on Thursday, the other bedroom and stairs; on Friday morning she should sweep the dining-room very thoroughly, clean the hall, and in the afternoon her kitchen tins and bright utensils. By arranging her work in this manner, no undue proportion will fall to Saturday's share, and she will then have this day for cleaning plate, cleaning her kitchen, and arranging everything in nice order. The regular work must, of course, be performed in the usual manner, as we have endeavoured to describe.

2353. 杂役仆人的日常职责取决于其所处环境；但一个有条理的女杂役应妥善安排工作，使一周中每天各有其适当份额。如此，她便能以较周末集中打扫更少的疲劳保持房屋清洁。假设家中有五间卧室、两间起居室、厨房、洗涤间及通常的家务用房：星期一她应彻底打扫客厅；星期二打扫两间卧室；星期三再打扫两间；星期四打扫其余卧室和楼梯；星期五上午彻底清扫餐厅、清洁门厅，下午清洁厨房锡器与光亮器皿。如此安排工作，星期六便不会负担过重，她可用这一天擦拭银器、清洁厨房，并将一切整理得井井有条。日常固定工作当然仍须照常进行，如前所述。

2354. Before retiring to bed, she will do well to clean up glasses,

2354. 就寝前，她最好把玻璃杯收拾干净，

plates, &c. which have been used for the evening meal, and prepare for her morning's work by placing her wood near the fire, on the hob, to dry, taking care there is no danger of it igniting, before she leaves the kitchen for the night. Before retiring, she will have to lock and bolt the doors, unless the master undertakes this office himself.

用于晚间餐食的盘子等，并通过把她的木柴放在炉边炉架上烘干来准备早晨的工作，注意在她离开厨房过夜之前没有点燃的危险。在就寝之前，她将不得不锁上门并闩上，除非男主人自己承担这一职责。

2355. If the washing, or even a portion of it, is done at home, it will be impossible for the maid-of-all-work to do her household duties thoroughly, during the time it is about, unless she have some assistance. Usually, if all the washing is done at home, the mistress hires some one to assist at the wash-tub, and sees to little matters herself, in the way of dusting, clearing away breakfast things, folding, starching, and ironing the fine things. With a little management much can be accomplished, provided the mistress be industrious, energetic, and willing to lend a helping hand. Let washing-week be not the excuse for having everything in a muddle; and although "things" cannot be cleaned so thoroughly, and so much time spent upon them, as ordinarily, yet the house may be kept tidy and clear from litter without a great deal of exertion either on the part of the mistress or servant. We will conclude our remarks with an extract from an admirably-written book, called "Home Truths for Home Peace." The authoress says, with respect to the great wash—"Amongst all the occasions in which it is most difficult and glorious to keep muddle out of a family, 'the great wash' stands pre-eminent; and as very little money is now saved by having *everything* done at home, many ladies, with the option of taking another servant or putting out the chief part of the washing, have thankfully adopted the latter course." She goes on to say—"When a gentleman who dines at

2355. 若洗衣或部分洗衣在家中完成，女杂役在洗衣期间若无帮手，便无法彻底履行家务。通常，若全部洗衣在家完成，女主人会雇人协助洗衣，并亲自照看琐事，如除尘、收拾早餐用具、折叠、上浆及熨烫精细衣物。只要女主人勤勉、有精力且乐于帮手，稍加安排便可完成许多事。勿以洗衣周为借口使一切混乱；尽管“物件”不能像平时那样彻底清洁、花费那么多时间，但无论女主人或仆人，无需过多费力，房屋仍可保持整洁、无杂物。我们以一本名为《家庭和平的家庭真理》的佳作摘录作结。作者关于大洗衣写道：“在家庭中避免混乱最难也最光荣的所有场合中，‘大洗衣’首屈一指；如今在家完成一切所省钱财甚少，许多女士在另雇仆人或将大部分洗衣送出的选择中，欣然采纳了后者。”她继续写道：“当一位在家用正餐的先生

home can't bear washing in the house, but gladly pays for its being done elsewhere, the lady should gratefully submit to his wishes, and put out anything in her whole establishment rather than put out a good and generous husband."

家里不能忍受在家里洗衣，但乐意付钱在外面洗，女士应感激地顺从他的意愿，把整个家务中的任何东西拿出去洗，而不是把一个善良慷慨的丈夫拿出去。"

2356. A bustling and active girl will always find time to do a little needlework for herself, if she lives with consistent and reasonable people. In the summer evenings she should manage to sit down for two or three hours, and for a short time in the afternoon in leisure days. A general servant's duties are so multifarious, that unless she be quick and active, she will not be able to accomplish this. To discharge these various duties properly is a difficult task, and sometimes a thankless office; but it must be remembered that a good maid-of-all-work will make a good servant in any capacity, and may be safely taken not only without fear of failure, but with every probability of giving satisfaction to her employer.

2356. 一个忙碌活跃的女孩，若与通情达理的人同住，总能找到时间为自己做点针线活。夏日傍晚她应设法坐下两三个小时，闲暇日的下午也稍坐片刻。杂役仆人的职责繁多，若非敏捷活跃，便无法做到。妥善履行这些不同职责是艰巨的任务，有时还是费力不讨好的差事；但须记住，好的女杂役在任何岗位都能成为好仆人，可放心雇用，不仅不必担心失败，且极有可能令雇主满意。

DUTIES OF THE DAIRY-MAID.

挤奶女工的职责。

2357. The duties of the dairy-maid differ considerably in different districts. In Scotland, Wales, and some of the northern counties, women milk the cows. On some of the large dairy farms in other parts of England, she takes her share in the milking, but in private families the milking is generally performed by the cowkeeper, and the dairy-maid only receives the milkpails from him morning and night, and empties and cleans them preparatory to the next milking; her duty being to supply the family with milk, cream, and butter, and other luxuries depending on the "milky mothers" of the herd.

2357. 奶制品间女仆的职责因地区而异。在苏格兰、威尔士及北部一些郡，由妇女挤奶。在英格兰其他地区的一些大型奶牛场，她分担挤奶工作，但在私人家庭中，挤奶通常由养牛人完成，奶制品间女仆只需早晚从他那里接收奶桶，倒空并清洗以备下次挤奶；她的职责是为家庭供应牛奶、奶油、黄油及其他依赖牛群“产奶母亲”的珍馐。

2358. *The Dairy.*—The object with which gentlemen keep cows is

2358. 乳制品间。--绅士们养牛的目的在于

to procure milk unadulterated, and sweet butter, for themselves and families: in order to obtain this, however, great cleanliness is required, and as visitors, as well as the mistress of the house, sometimes visit the dairy, some efforts are usually made to render it ornamental and picturesque. The locality is usually fixed near to the house; it should neither be exposed to the fierce heat of the summer's sun nor to the equally unfavourable frosts of winter—it must be both sheltered and shaded. If it is a building apart from the house and other offices, the walls should be tolerably thick, and if hollow, the temperature will be more equable. The walls inside are usually covered with Dutch glazed tiles; the flooring also of glazed tiles set in asphalte, to resist water; and the ceiling, lath and plaster, or closely-jointed woodwork, painted. Its architecture will be a matter of fancy: it should have a northern aspect, and a thatched roof is considered most suitable, from the shade and shelter it affords; and it should contain at least two apartments, besides a cool place for storing away butter. One of the apartments, in which the milk is placed to deposit cream, or to ripen for churning, is usually surrounded by shelves of marble or slate, on which the milk-dishes rest; but it will be found a better plan to have a large square or round table of stone in the centre, with a water-tight ledge all round it, in which water may remain in hot weather, or, if some attempt at the picturesque is desired, a small fountain might occupy the centre, which would keep the apartment cool and fresh. Round this table the milk-dishes should be ranged; one shelf, or dresser, of slate or marble, being kept for the various occupations of the dairy-maid: it will be found a better plan than putting them on shelves and corners against the wall. There should be a funnel or ventilator in the ceiling,

为自己和家人获取纯净的牛奶和甜黄油：然而，为了达到这一目的，需要极大的清洁，而且由于访客以及女主人有时会参观奶制品间，通常会做出一些努力使其具有装饰性和如画的美感。地点通常固定在房屋附近；它既不应暴露在夏季烈日的酷热下，也不应遭受冬季同样不利的霜冻--它必须既有遮蔽又有阴凉。如果它是独立于房屋和其他附属用房的建筑，墙壁应相当厚实，如果是空心的，温度会更加均匀。内墙通常覆盖荷兰釉面瓷砖；地板也铺设嵌入沥青的釉面瓷砖以防水；天花板则用板条和灰泥或紧密拼接的木制品涂漆。其建筑风格将是个人喜好问题：它应朝北，茅草屋顶被认为最合适，因为它提供阴凉和遮蔽；它应至少包含两个房间，外加一个存放黄油的凉爽处。其中一个房间用于放置牛奶以沉淀奶油或使其成熟以备搅乳，通常周围环绕着大理石或石板搁架，上面放置奶碟；但更好的方案是在中央放置一张大型方形或圆形石桌，四周有防水边缘，炎热天气时可在其中蓄水，或者，如果想要一些如画的效果，可以在中央设置一个小喷泉，这将使房间保持凉爽清新。奶碟应围绕这张桌子排列；一个石板或大理石搁架或餐具柜留作挤奶女工的各种工作之用：这比将它们放在靠墙的搁架和角落上要好。天花板上应有一个漏斗或通风口，

communicating with the open air, made to open and shut as required. Double windows are recommended, but of the lattice kind, so that they may open, and with wire-gauze blinds fitted into the opening, and calico blinds, which may be wetted when additional coolness is required. The other apartment will be used for churning, washing, and scrubbing—in fact, the scullery of the dairy, with a boiler for hot water, and a sink with cold water laid on, which should be plentiful and good. In some dairies a third apartment, or, at least, a cool airy pantry, is required for storing away butter, with shelves of marble or slate, to hold the cream-jars while it is ripening; and where cheeses are made, a fourth becomes necessary. The dairy utensils are not numerous,—*churns*, *milk-pails* for each cow, *hair-sieves*, *slices of tin*, milk-pans, marble dishes for cream for family use, scales and weights, a portable rack for drying the utensils, *wooden bowls*, butter-moulds and butter-patters, and *wooden tubs* for washing the utensils, comprising pretty nearly everything.

与室外空气相通，可根据需要开关。建议使用双层窗户，但应为格栅式，以便可以打开，开口处装有金属网纱百叶窗和棉布百叶窗，需要额外降温时可将其浸湿。另一个房间将用于搅乳、洗涤和擦洗--实际上是奶制品间的洗涤室，配有热水锅炉和接通冷水的洗涤槽，冷水应充足且水质良好。有些奶制品间还需要第三个房间，或至少一个凉爽通风的储藏室来存放黄油，内有大理石或石板搁架，在奶油成熟期间放置奶油罐；如果制作奶酪，则需要第四个房间。奶制品间的器具并不多--搅乳器、每头奶牛配一个挤奶桶、毛筛、锡片、奶盘、家庭用奶油大理石碟、天平和砝码、晾干器具的便携架、木碗、黄油模具和黄油拍板，以及用于清洗器具的木盆，几乎就是全部了。

2359. *Pails* are made of maple-wood or elm, and hooped, or of tin, more or less ornamented. One is required for each cow.

2359. 奶桶以枫木或榆木制成，外加箍环，或用锡制成，饰有或多或少的花纹。每头奶牛各需一只。

2360. The *Hair-Sieve* is made of closely-twisted horse-hair, with a rim, through which the milk is strained to remove any hairs which may have dropped from the cow in milking.

2360. 滤发筛*Hair-Sieve*由紧密绞合的馬毛制成，带有边框，牛奶经过它过滤，以去除挤奶时可能从奶牛身上掉落的毛发。

2361. *Milk-Dishes* are shallow basins of glass, of glazed earthenware, or tin, about 16 inches in diameter at top, and 12 at the bottom, and 5 or 6 inches deep, holding about 8 to 10 quarts each when full.

2361. 奶制品盛器是浅盆，以玻璃、上釉陶器或锡制成，上口直径约16英寸，底部直径约12英寸，深5或6英寸，盛满时各约容8至10夸脱。

2362. *Churns* are of all sorts and sizes, from that which churns 70 or 80 gallons by means of a strap from the engine, to the square

2362. 搅乳器有各种类型和尺寸，从借助发动机皮带搅动70或80加仑的，到方形的

box in which a pound of butter is made. The churn used for families is a square box, 18 inches by 12 or 13, and 17 deep, bevelled below to the plane of the *dashers*, with a loose lid or cover. The dasher consists of an axis of wood, to which the four beaters or fanners are attached; these fans are simply four pieces of elm strongly dovetailed together, forming an oblong square, with a space left open, two of the openings being left broader than the others; attached to an axle, they form an axis with four projecting blades; the axle fits into supports at the centre of the box; a handle is fitted to it, and the act of churning is done by turning the handle.

制作一磅黄油的箱子。家庭使用的搅乳器是一个方形箱子，18英寸乘12或13英寸，深17英寸，底部斜切至搅拌桨的平面，配有松动的盖子或罩。搅拌桨由一根木轴组成，四个拍打器或风扇连接其上；这些风扇只是四块榆木牢固地燕尾榫接在一起，形成一个长方形，留有开口，其中两个开口比其他更宽；连接在轴上，它们形成一个带有四个突出叶片的轴；轴装入箱子中央的支架中；手柄安装其上，搅乳的动作通过转动手柄完成。

2363. Such is the temple in which the dairy-maid presides: it should be removed both from stable and cowhouse, and larder; no animal smells should come near it, and the drainage should be perfect.

2363. 这就是挤奶女工主持的场所：它应当远离马厩、牛棚和食品储藏室；任何动物的气味都不应靠近它，排水应当完善。

2364. The dairy-maid receives the milk from the cowkeeper, each pail being strained through the hair-sieve into one of the milk-basins. This is left in the basins from twenty-four to thirty-six hours in the summer, according to the weather; after which it is skimmed off by means of the slicer, and poured into glazed earthenware jars to "turn" for churning. Some persons prefer making up a separate churning for the milk of each cow; in which there is some advantage. In this case the basins of each cow, for two days, would either be kept together or labelled. As soon as emptied, the pails should be scalded and every particle of milk washed out, and placed away in a dry place till next required; and all milk spilt on the floor, or on the table or dresser, cleaned up with a cloth and hot water. Where very great attention is paid to the dairy, the milk-coolers are used larger in winter, when it is

2364. 挤奶女工从养牛人处接收牛奶，每桶都通过毛筛过滤到其中一个奶盆中。夏季根据天气情况，牛奶在盆中放置二十四至三十六小时；之后用撇乳片撇去奶油，倒入釉面陶罐中“发酵”以备搅乳。有些人喜欢为每头奶牛的牛奶单独搅乳；这有一定好处。在这种情况下，每头奶牛两天的奶盆应放在一起或贴上标签。奶桶一倒空，就应烫洗，洗去每一丝牛奶，放在干燥处直到下次使用；所有洒在地板、桌子或餐具柜上的牛奶，都应用布和热水清理干净。在对奶制品间非常讲究的地方，冬季使用较大的牛奶冷却器，此时

desirable to retard the cooling down and increase the creamy deposit, and smaller in summer, to hasten it; the temperature required being from 55° to 50°, In summer it is sometimes expedient, in very sultry weather, to keep the dairy fresh and cool by suspending cloths dipped in chloride of lime across the room.

希望延缓冷却并增加奶油沉积，夏天则较小，以加速它；所需的温度是从55°到50°。夏天有时适宜，在非常闷热的天气里，通过把浸过氯化石灰的布悬挂在房间各处来保持奶制品间新鲜凉爽。

2365. In some dairies it is usual to churn twice, and in others three times a week: the former produces the best butter, the other the greatest quantity. With three cows, the produce should be 27 to 30 quarts a day. The dairy-maid should churn every day when very hot, if they are in full milk, and every second day in more temperate weather; besides supplying the milk and cream required for a large establishment. The churning should always be done in the morning: the dairy-maid will find it advantageous in being at work on churning mornings by five o'clock. The operation occupies from 20 minutes to half an hour in summer, and considerably longer in winter. A steady uniform motion is necessary to produce sweet butter; neither too quick nor too slow. Rapid motion causes the cream to heave and swell, from too much air being forced into it: the result is a tedious churning, and soft, bad-coloured butter.

2365. 有些奶制品间习惯每周搅乳两次，另一些则三次：前者产出最好的黄油，后者产量最大。三头奶牛每天应产出27至30夸脱。在非常炎热的天气，如果奶牛处于满奶期，挤奶女工应每天搅乳，在较温和的天气则每隔一天搅乳；此外还要供应大宅所需的牛奶和奶油。搅乳应始终在早晨进行：挤奶女工在搅乳日五点开始工作会更有优势。夏季操作需20分钟至半小时，冬季则长得多。稳定均匀的运动是产出甜黄油所必需的；既不能太快也不能太慢。快速运动会因过多空气被强制进入而使奶油翻腾膨胀：结果是搅乳时间冗长，黄油柔软且颜色不佳。

2366. In spring and summer, when the cow has her natural food, no artificial colour is required; but in winter, under stall-feeding, the colour is white and tallowy, and some persons prefer a higher colour. This is communicated by mixing a little finely-powdered arnotto with the cream before putting it into the churn; a still more, natural and delicate colour is communicated by scraping a red carrot into a clean piece of linen cloth, dipping it into water, and squeezing it into the cream.

2366. 在春季和夏季，当奶牛吃天然饲料时，不需要人工色素；但在冬季舍饲条件下，颜色发白且像牛脂，有些人偏爱更深的颜色。这是在将奶油放入搅乳器之前，把少量研成细粉的胭脂树橙混入奶油中来赋予的；还有一种更自然、更细腻的颜色，是把一根红胡萝卜刮到一块干净的亚麻布上，将其浸入水中，再把汁液挤入奶油中。

2367. As soon as the butter comes, the milk is poured off, and the butter put into a shallow wooden tub or bowl, full of pure spring water, in which it is washed and kneaded, pouring off the water, and renewing it until it comes away perfectly free from milk. Imperfect washing is the frequent cause of bad butter, and in nothing is the skill of the dairy-maid tested more than in this process; moreover, it is one in which cleanliness of habits and person are most necessary. In this operation we want the aid of Phyllis's neat, soft, and perfectly clean hand; for no mechanical operation can so well squeeze out the sour particles of milk or curd.

2367. 黄油一凝结出来，就把牛奶倒掉，把黄油放进盛满纯净泉水的浅木盆或木碗中，在里面洗涤揉捏，把水倒掉再换新水，直到洗出的水完全不含牛奶为止。洗涤不彻底是黄油变质的常见原因，在这一过程中，最能考验奶制品间女工的技艺；此外，这也是最需要保持操作习惯与个人清洁的一道工序。这道工序需要菲利斯那双整洁、柔软、完全干净的手来帮忙；因为任何机械操作都无法像这样把牛奶或凝乳的酸味颗粒挤压干净。

2368. The operations of churning and butter-making over, the butter-milk is disposed of: usually, in England, it goes to the pigs; but it is a, very wholesome beverage when fresh, and some persons like it; the disposal, therefore, will rest with the mistress: the dairy-maid's duty is to get rid of it. She must then scald with boiling water and scrub out every utensil she has used; brush out the churn, clean out the cream-jars, which will probably require the use of a little common soda to purify; wipe all dry, and place them in a position where the sun can reach them for a short time, to sweeten them.

2368. 搅乳和制黄油的工序结束后，就要处理酪乳：在英国，通常拿去喂猪；但新鲜的酪乳是一种非常有益健康的饮料，有些人喜欢喝；因此如何处置由女主人决定：奶制品间女工的职责是把它处理掉。然后她必须用沸水烫洗并刷净她用过的每一件器具；刷净搅乳桶，清洗奶油罐，这些大概需要用一点普通苏打来净化；把所有器具擦干，放在太阳能晒到的地方晒一小会儿，使它们气味清新。

2369. In Devonshire, celebrated for its dairy system, the milk is always scalded. The milk-pans, which are of tin, and contain from 10 to 12 quarts, after standing 10 or 12 hours, are placed on a hot plate of iron, over a stove, until the cream has formed on the surface, which is indicated by the air-bubbles rising through the milk, and producing blisters on the surface-coating of cream. This indicates its approach to the boiling point: and the vessel is now removed to cool. When sufficiently, that is, quite cool, the cream

2369. 在以其奶制品体系闻名的德文郡，牛奶总是要烫过的。奶盘是锡制的，可盛10至12夸脱，静置10或12小时后，放在炉灶上的一块热铁板上，直到表面形成奶油，这表现为气泡从牛奶中升起，在表面的奶油层上鼓起泡来。这表明它已接近沸点：此时把容器移开冷却。待充分冷却，即完全冷却后，把奶油

is skimmed off with the slice: it is now the clouted cream for which Devonshire is so famous. It is now placed in the churn, and churned until the butter comes, which it generally does in a much shorter time than by the other process. The butter so made contains more *caseine* than butter made in the usual way, but does not keep so long.

用切片撇去：这就是德文郡如此著名的凝皮奶油。现在它被放入搅乳器，搅动直到黄油析出，通常比用另一种方法所需时间短得多。这样制成的黄油比用通常方法制成的黄油含有更多的酪蛋白，但保存时间不那么长。

2370. It is a question frequently discussed, how far it is economical for families to keep cows and make their own butter. It is calculated that a good cow costs from May 1 to October 1, when well but economically kept, £5. 16s. 6d; and from October 1 to April 30, £10. 2s. 6d. During that time she should produce 227 lbs. of butter, besides the skimmed milk. Of course, if new milk and cream are required, that will diminish the quantity of butter.

2370. 家庭养牛自制黄油究竟能节省多少开支，这是一个常被讨论的问题。据估算，一头良种奶牛从5月1日到10月1日，若饲养得当而经济，花费为5镑16先令6便士；从10月1日到4月30日，花费为10镑2先令6便士。在此期间，除脱脂奶外，她应产出227磅黄油。当然，如果需要新鲜牛奶和奶油，黄油的产量就会减少。

2371. Besides churning and keeping her dairy in order, the dairy-maid has charge of the whole produce, handing it over to the cook, butler, or housemaid as required; and she will do well to keep an exact account both of what she receives and how and when she disposes of it.

2371. 除了搅制黄油和管理奶制品间之外，挤奶女工还负责全部产品，按需将其交给厨师、男管家或女仆；她最好准确记录她收到的东西以及如何、何时处理掉它们。

DUTIES OF THE LAUNDRY-MAID.

洗衣女工的职责。

2372. The laundry-maid is charged with the duty of washing and getting-up the family linen,—a situation of great importance where the washing is all done at home; but in large towns, where there is little convenience for bleaching and drying, it is chiefly done by professional laundresses and companies, who apply mechanical and chemical processes to the purpose. These processes, however, are supposed to injure the fabric of the linen; and in many families the fine linen, cottons, and muslins, are

2372. 洗衣房女工负责洗涤和整理全家的衣物--在全部洗涤都在家中进行的情况下，这是一个非常重要的岗位；但在大城镇里，漂白和晾晒的条件很差，这项工作主要由专业洗衣妇和洗衣公司来做，她们为此采用机械和化学方法。不过，这些方法被认为会损伤衣物的质地；在许多家庭里，细麻布、棉布和细平布都是

washed and got-up at home, even where the bulk of the washing is given out. In country and suburban houses, where greater conveniences exist, washing at home is more common,—in country places universal.

在家里洗涤和整理，即使大部分洗涤是送出去做的。在乡村和郊区住宅中，存在更大的便利，在家洗涤更为常见--在乡村地方则是普遍的。

2373. The laundry establishment consists of a washing-house, an ironing and drying-room, and sometimes a drying-closet heated by furnaces. The washing-house will probably be attached to the kitchen; but it is better that it should be completely detached from it, and of one story, with a funnel or shaft to carry off the steam. It will be of a size proportioned to the extent of the washing to be done. A range of tubs, either round or oblong, opposite to, and sloping towards, the light, narrower at the bottom than the top, for convenience in stooping over, and fixed at a height suited to the convenience of the women using them; each tub having a tap for hot and cold water, and another in the bottom, communicating with the drains, for drawing off foul water. A boiler and furnace, proportioned in size to the wants of the family, should also be fixed. The flooring should be York stone, laid on brick piers, with good drainage, or asphalte, sloping gently towards a gutter connected with the drain.

2373. 洗衣设施包括一间洗衣室、一间熨烫和烘干室，有时还有一间用炉火加热的烘干柜。洗衣室大概会附属于厨房；但最好与厨房完全分开，建成单层，并设一个漏斗形排气管或通风井来排出蒸汽。其大小应与所需洗涤的规模相称。一排圆形或长方形的洗衣盆，面向光线并朝光线方向倾斜，盆底比盆口窄，便于俯身操作，安装高度要适合使用它们的妇女；每个盆都有一个冷热水龙头，盆底另有一个与下水道相通的水龙头，用来排出脏水。还应安装一个与家庭需求相称的锅炉和炉灶。地面应铺约克石，架在砖墩上，排水良好，或铺沥青，朝与下水道相连的排水沟缓缓倾斜。

2374. Adjoining the bleaching-house, a second room, about the same size, is required for ironing, drying, and mangling. The contents of this room should comprise an ironing-board, opposite to the light; a strong white deal table, about twelve or fourteen feet long, and about three and a half feet broad, with drawers for ironing-blankets; a mangle in one corner, and clothes-horses for drying and airing; cupboards for holding the various irons, starch, and other articles used in ironing; a hot-plate built in the chimney, with furnace beneath it for heating the irons; sometimes

2374. 与漂白室相邻，还需要一间大小大致相同的房间，用于熨烫、烘干和轧光。这间房内应设有一块熨衣板，正对光线；一张结实的白色松木桌，长约十二至十四英尺，宽约三英尺半，带有存放熨烫毯的抽屉；角落里放一台轧光机，以及用于烘干和晾晒的晾衣架；橱柜用于存放各种熨斗、淀粉及其他熨烫用品；烟囱内砌有加热板，下方设炉膛用于加热熨斗；有时

arranged with a flue for carrying the hot air round the room for drying. Where this is the case, however, there should be a funnel in the ceiling for ventilation and carrying off steam; but a better arrangement is to have a hot-air closet adjoining, heated by hot-air pipes, and lined with iron, with proper arrangements for carrying off steam, and clothes-horses on castors running in grooves, to run into it for drying purposes. This leaves the laundry free from unwholesome vapour.

安排一个烟道，把热空气绕房间循环以烘干。然而，在这种情况下，天花板中应有一个漏斗用于通风和排出蒸汽；但更好的安排是有一个相邻的热空气柜，由热空气管道加热，内衬铁，有适当的安排排出蒸汽，并有装在脚轮上在凹槽中运行的晾衣架，可以推入其中烘干。这使洗衣房免于不健康的蒸汽。

2375. The laundry-maid should commence her labours on Monday morning by a careful examination of the articles committed to her care, and enter them in the washing-book; separating the white linen and collars, sheets and body-linen, into one heap, fine muslins into another, coloured cotton and linen fabrics into a third, woollens into a fourth, and the coarser kitchen and other greasy cloths into a fifth. Every article should be examined for ink- or grease-spots, or for fruit- or wine-stains. Ink-spots are removed by dipping the part into hot water, and then spreading it smoothly on the hand or on the back of a spoon, pouring a few drops of oxalic acid or salts of sorel over the ink-spot, rubbing and rinsing it in cold water till removed; grease-spots, by rubbing over with yellow soap, and rinsing in hot water; fruit- and wine-spots, by dipping in a solution of sal ammonia or spirits of wine, and rinsing.

2375. 洗衣女佣应在星期一早晨开始劳作时，仔细检查交托给她照管的物品，并将它们登记在洗衣簿上；将白色亚麻织物和衣领、床单和贴身衣物分为一堆，细薄纱织物分为另一堆，染色棉布和亚麻织物分为第三堆，毛织品分为第四堆，较粗糙的厨房用布及其他油腻抹布分为第五堆。每件物品都应检查是否有墨水渍或油渍，或水果渍、酒渍。墨水渍的去除方法是：将污渍部分浸入热水，然后平铺在手上或勺背上，在墨水渍上滴几滴草酸或酢浆草盐，揉搓并在冷水中漂洗直至去除；油渍的去除方法是：涂上黄色肥皂揉搓，并在热水中漂洗；水果渍和酒渍的去除方法是：浸入氯化铵溶液或酒精中，然后漂洗。

2376. Every article having been examined and assorted, the sheets and fine linen should be placed in one of the tubs and just covered with lukewarm water, in which a little soda has been dissolved and mixed, and left there to soak till the morning. The greasy cloths and dirtier things should be laid to soak in another tub, in a liquor composed of 1/2 lb. of unslaked lime to every 6 quarts of

2376. 所有物品都经过检查和分类后，床单和细麻布应放入其中一个盆中，刚好用微温水浸没，水中溶有并混入少量苏打，留在那里浸泡到早晨。油腻的布和更脏的物品应放在另一个盆中浸泡，浸泡液由每6夸脱水配1/2磅生石灰制成

water which has been boiled for two hours, then left to settle, and strained off when clear. Each article should be rinsed in this liquor to wet it thoroughly, and left to soak till the morning, just covered by it when the things are pressed together. Coppers and boilers should now be filled, and the fires laid ready to light.

水已煮沸两小时，然后静置，澄清后滤出。每件物品应在这种液体中漂洗以彻底浸湿，并留到早晨浸泡，当东西压在一起时刚好被它覆盖。现在应装满铜锅和锅炉，并准备好火以点燃。

2377. Early on the following morning the fires should be lighted, and as soon as hot water can be procured, washing commenced; the sheets and body-linen being wanted to whiten in the morning, should be taken first; each article being removed in succession from the lye in which it has been soaking, rinsed, rubbed, and wrung, and laid aside until the tub is empty, when the foul water is drawn off. The tub should be again filled with luke-warm water, about 80°, in which the articles should again be plunged, and each gone over carefully with soap, and rubbed. Novices in the art sometimes rub the linen against the skin; more experienced washerwomen rub one linen surface against the other, which saves their hands, and enables them to continue their labour much longer, besides economizing time, two parts being thus cleaned at once.

2377. 次日清晨应尽早生火，一旦取得热水便开始洗涤；床单和贴身衣物需要在上午漂白，因此应先取用；每件物品依次从浸泡的碱液中取出，漂洗、揉搓、拧干，放置一旁，直到洗衣盆空出，然后将脏水倒掉。洗衣盆应再次注入约80°的温水，将物品再次浸入，逐一仔细涂上肥皂并揉搓。此道工序的新手有时将亚麻织物在皮肤上揉搓；更有经验的洗衣妇则将一层亚麻织物与另一层相互揉搓，这样既省手力，又能使她们持续劳作更长时间，此外还节省时间，因为如此可一次洗净两面。

2378. After this first washing, the linen should be put into a second water as hot as the hand can bear, and again rubbed over in every part, examining every part for spots not yet moved, which require to be again soaped over and rubbed till thoroughly clean; then rinsed and wrung, the larger and stronger articles by two of the women; the smaller and more delicate articles requiring gentler treatment.

2378. 第一次洗涤之后，应将亚麻织物放入第二道水中，水温以手能忍受为度，再将其各部分揉搓一遍，逐一检查尚未去除的污渍，这些污渍需再次涂上肥皂并揉搓至完全洁净；然后漂洗并拧干，较大较结实的物件由两名女工拧干；较小较娇贵的物件则需更轻柔的处理。

2379. In order to remove every particle of soap, and produce a good colour, they should now be placed, and boiled for about an

2379. 为了去除每一粒肥皂，并产生良好的色泽，现在应将它们放入，并煮沸约

hour and a half in the copper, in which soda, in the proportion of a teaspoonful to every two gallons of water, has been dissolved. Some very careful laundresses put the linen into a canvas bag to protect it from the scum and the sides of the copper. When taken out, it should again be rinsed, first in clean hot water, and then in abundance of cold water slightly tinged with fig-blue, and again wrung dry. It should now be removed from the washing-house and hung up to dry or spread out to bleach, if there are conveniences for it; and the earlier in the day this is done, the clearer and whiter will be the linen.

在铜锅中煮一个半小时，锅中已溶解有苏打，比例为每两加仑水一茶匙。一些非常细心的洗衣妇将亚麻织物放入帆布袋中，以保护其免受浮沫和铜锅壁的沾染。取出后应再次漂洗，先在干净的热水中，然后在大量微带靛蓝的冷水中漂洗，再次拧干。此时应将其从洗衣房取出，挂起晾干或摊开漂白，如有便利条件的话；一天中做得越早，亚麻织物就越洁净越白。

2380. Coloured muslins, cottons, and linens, require a milder treatment; any application of soda will discharge the colour, and soaking all night, even in pure water, deteriorates the more delicate tints. When ready for washing, if not too dirty, they should be put into cold water and washed very speedily, using the common yellow soap, which should be rinsed off immediately. One article should be washed at a time, and rinsed out immediately before any others are wetted. When washed thoroughly, they should be rinsed in succession in soft water, in which common salt has been dissolved, in the proportion of a handful to three or four gallons, and afterwards wrung gently, as soon as rinsed, with as little twisting as possible, and then hung out to dry. Delicate-coloured articles should not be exposed to the sun, but dried in the shade, using clean lines and wooden pegs.

2380. 染色薄纱、棉布和亚麻织物需要较温和的处理；任何苏打的使用都会使颜色褪去，而浸泡整夜，即使是在纯水中，也会使较娇嫩的色调变差。准备洗涤时，如果不太脏，应放入冷水中非常迅速地洗涤，使用普通黄色肥皂，并立即漂洗干净。一次洗涤一件物品，并在弄湿其他物品之前立即漂清。彻底洗净后，应依次在溶解有普通食盐的软水中漂洗，比例为一把盐对三至四加仑水，然后漂清后立即轻轻拧干，尽量少绞扭，然后挂出晾干。浅色物品不应暴露在阳光下，而应在阴凉处晾干，使用干净的晾衣绳和木夹。

2381. Woollen articles are liable to shrink, unless the flannel has been well shrunk before making up. This liability is increased where very hot water is used: cold water would thus be the best to wash woollens in; but, as this would not remove the dirt, lukewarm water, about 85°, and yellow soap, are recommended.

2381. 毛织品容易缩水，除非法兰绒在缝制前已经充分缩水。使用非常热的水会增加这种缩水倾向：因此冷水最适合洗毛织品；但由于冷水无法去除污垢，建议使用约85°的温水加黄色肥皂。

When thoroughly washed in this, they require a good deal of rinsing in cold water, to remove the soap.

在其中彻底洗涤后，它们需要在冷水中大量漂洗，以去除肥皂。

2382. Greasy cloths, which have soaked all night in the liquid described, should be now washed out with soap-and-water as hot as the hands can bear, first in one water, and rinsed out in a second; and afterwards boiled for two hours in water in which a little soda is dissolved. When taken out, they should be rinsed in cold water, and laid out or hung up to dry.

2382. 沾有油污的布，已在上述液体中浸泡整夜，现在应用手能承受的热肥皂水洗出，先在第一次水中洗，再在第二次水中漂洗；然后在溶有小苏打的水中煮沸两小时。取出后，应在冷水中漂洗，并摊开或挂起晾干。

2383. Silk handkerchiefs require to be washed alone. When they contain snuff, they should be soaked by themselves in lukewarm water two or three hours; they should be rinsed out and put to soak with the others in cold water for an hour or two; then washed in lukewarm water, being soaped as they are washed. If this does not remove all stains, they should be washed a second time in similar water, and, when finished, rinsed in soft water in which a handful of common salt has been dissolved. In washing stuff or woollen dresses, the band at the waist and the lining at the bottom should be removed, and wherever it is gathered into folds; and, in furniture, the hems and gatherings. A black silk dress, if very dirty, must be washed; but, if only soiled, soaking for four-and-twenty hours will do; if old and rusty, a pint of common spirits should be mixed with each gallon of water, which is an improvement under any circumstances. Whether soaked or washed, it should be hung up to drain, and dried without wringing.

2383. 丝绸手帕需要单独洗涤。当它们沾有鼻烟时，应单独浸泡在温水中两到三个小时；然后冲洗干净，与其他手帕一起在冷水中浸泡一两个小时；接着在温水中洗涤，边洗边涂肥皂。如果这样仍不能去除所有污渍，应再用同样的水洗第二次，洗完后在溶解了一把普通食盐的软水中漂洗。洗涤毛料或羊毛连衣裙时，应拆除腰部的束带和底部的衬里，以及所有打褶的地方；对于家具布艺，则应拆除折边和褶裥。黑色丝绸连衣裙如果很脏，必须洗涤；但如果只是沾污，浸泡二十四小时即可；如果陈旧发黄，每加仑水中应混入一品脱普通烈酒，这在任何情况下都有改善作用。无论是浸泡还是洗涤，都应挂起来沥水，不拧干直接晾干。

2384. Satin and silk ribbons, both white and coloured, may be cleaned in the same manner.

2384. 缎带和丝带，无论白色还是彩色，都可以用同样的方法清洁。

2385. Silks, when washed, should be dried in the shade, on a

2385. 丝绸洗涤后应阴干，放在

linen-horse, taking care that they are kept smooth and unwrinkled. If black or blue, they will be improved if laid again on the table, when dry, and sponged with gin, or whiskey, or other white spirit.

晾衣架，注意保持它们平整不起皱。如果是黑色或蓝色，干燥后再次放在桌上，用杜松子酒、威士忌或其他白色烈酒海绵擦拭，会有所改善。

2386. The operations should be concluded by rinsing the tubs, cleaning the coppers, scrubbing the floors of the washing-house, and restoring everything to order and cleanliness.

2386. 操作结束时，应冲洗洗衣盆，清洁铜锅，擦洗洗衣房的地板，并使一切恢复整齐清洁。

2387. Thursday and Friday, in a laundry in full employ, are usually devoted to mangling, starching, and ironing.

2387. 在满负荷运转的洗衣房中，星期四和星期五通常用于轧光、上浆和熨烫。

2388. Linen, cotton, and other fabrics, after being washed and dried, are made smooth and glossy by mangling and by ironing. The mangling process, which is simply passing them between rollers subjected to a very considerable pressure, produced by weight, is confined to sheets, towels, table-linen, and similar articles, which are without folds or plaits. Ironing is necessary to smooth body-linen, and made-up articles of delicate texture or gathered into folds. The mangle is too well known to need description.

2388. 亚麻、棉布及其他织物在洗涤和晾干后，通过轧光和熨烫使其平滑光亮。轧光过程就是将织物从承受巨大压力的滚筒之间穿过，压力由重物产生，仅适用于床单、毛巾、桌布及类似无褶皱的物件。熨烫则是用来平整贴身衣物以及精细质地或打褶的成品。轧光机众所周知，无需赘述。

2389. *Ironing*.—The irons consist of the common flat-iron, which is of different sizes, varying from 4 to 10 inches in length, triangular in form, and from 2-1/2 to 4-1/2 inches in width at the broad end; the oval iron, which is used for more delicate articles; and the box-iron, which is hollow, and heated by a red-hot iron inserted into the box. The Italian iron is a hollow tube, smooth on the outside, and raised on a slender pedestal with a footstalk. Into the hollow cylinder a red-hot iron is pushed, which heats it; and the smooth outside of the latter is used, on which articles such as frills, and plaited articles, are drawn. Crimping- and gauffering-

2389. 熨烫。--熨斗包括普通平底熨斗，尺寸各异，长度从4到10英寸不等，呈三角形，宽端宽度从2-1/2到4-1/2英寸；椭圆形熨斗，用于较精细的物件；以及箱式熨斗，中空，通过将烧红的铁块插入箱内加热。意大利熨斗是一个中空管，外表面光滑，架在带脚的细长底座上。将烧红的铁块推入中空圆柱体内加热；然后用其光滑的外表面，将褶边和打褶的物件拉过其上。压褶和压花--

machines are used for a kind of plaiting where much regularity is required, the articles being passed through two iron rollers fluted so as to represent the kind of plait or fold required.

机器用于一种需要高度规整的褶裥加工，织物经过两个铁辊，辊上刻有凹槽，以压出所需的那种褶裥或折痕。

2390. Starching is a process by which stiffness is communicated to certain parts of linen, as the collar and front of shirts, by dipping them in a paste made of starch boiled in water, mixed with a little gum Arabic, where extra stiffness is required.

2390. 上浆是一道工序，通过将亚麻制品的某些部位(如衬衫的领子和前襟)浸入用淀粉在水中煮沸、并加入少量阿拉伯胶制成的浆糊中，使其获得挺硬度--在需要额外挺硬时使用。

TO MAKE STARCH.

制作淀粉。

2391. INGREDIENTS.—Allow 1/2 pint of cold water and 1 quart of boiling water to every 2 tablespoonfuls of starch.

2391. 配料--每2汤匙淀粉配1/2品脱冷水和1夸脱沸水。

Mode.—Put the starch into a tolerably large basin; pour over it the cold water, and stir the mixture well with a wooden spoon until it is perfectly free from lumps, and quite smooth. Then take the basin to the fire, and whilst the water is *actually boiling* in the kettle or boiler, pour it over the starch, stirring it the whole time. If made properly in this manner, the starch will require no further boiling; but should the water not be boiling when added to the starch, it will not thicken, and must be put into a clean saucepan, and stirred over the fire until it boils. Take it off the fire, strain it into a clean basin, cover it up to prevent a skin forming on the top, and, when sufficiently cool that the hand may be borne in it, starch the things. Many persons, to give a shiny and smooth appearance to the linen when ironed, stir round two or three times in the starch a piece of wax candle, which also prevents the iron from sticking.

模式。--将淀粉放入一个相当大的盆中；倒入冷水，用木勺充分搅拌，直到完全没有结块、十分顺滑。然后将盆移到火上，趁水壶或锅炉中的水正在沸腾时，将其浇在淀粉上，全程不停搅拌。若按此方法正确操作，淀粉无需再煮；但若加入淀粉时水未沸腾，则不会变稠，必须倒入干净的小锅中，在火上搅拌至沸腾。离火，滤入干净的盆中，盖上盖子以防表面结皮，待冷却至手可承受的温度时，即可浆洗衣物。许多人为了使熨烫后的亚麻布光亮平滑，会在淀粉中搅入一段蜡烛两三圈，这也能防止熨斗粘连。

2392. When the "things to be starched" are washed, dried, and taken off the lines, they should be dipped into the hot starch made

2392. 当“待上浆的衣物”洗净、晾干并从晾衣绳上取下后，应将其浸入制成的热浆中

as directed, squeezed out of it, and then just dipped into cold water, and immediately squeezed dry. If fine things be wrung, or roughly used, they are very liable to tear; so too much care cannot be exercised in this respect. If the article is lace, clap it between the hands a few times, which will assist to clear it; then have ready laid out on the table a large clean towel or cloth; shake out the starched things, lay them on the cloth, and roll it up tightly, and let it remain for three or fours, when the things will be ready to iron.

按指示拧出水分，然后仅浸入冷水中，随即拧干。精细衣物若被拧绞或粗暴对待，极易撕裂；因此在这方面再怎么小心也不为过。若物品是蕾丝，用手拍打几次，有助于使其清爽；然后在桌上铺开一块干净的大毛巾或布；将浆好的衣物抖开，放在布上，紧紧卷起，静置三四个小时，衣物即可熨烫。

2393. To be able to iron properly requires much practice and experience. Strict cleanliness with all the ironing utensils must be observed, as, if this is not the case, not the most expert ironer will be able to make her things look clear and free from smears, &c. After wiping down her ironing table, the laundry-maid should place a coarse cloth on it, and over that the ironing-blanket, with her stand and iron-rubber; and having ascertained that her irons are quite clean and of the right heat, she proceeds with her work.

2393. 要能正确熨烫，需要大量练习和经验。必须严格遵守所有熨烫用具的清洁，否则，即使最熟练的熨衣工也无法使衣物看起来清爽、无污痕等。洗衣女工擦净熨衣台后，应在其上铺一块粗布，再铺上熨烫毯，放上熨斗架和擦熨斗垫；确认熨斗十分干净且温度合适后，便开始工作。

2394. It is a good plan to try the heat of the iron on a coarse cloth or apron before ironing anything fine: there is then no danger of scorching. For ironing fine things, such as collars, cuffs, muslins, and laces, there is nothing so clean and nice to use as the box-iron; the bottom being bright, and never placed near the fire, it is always perfectly clean; it should, however, be kept in a dry place, for fear of its rusting. Gauffering-tongs or irons must be placed in a clear fire for a minute, then withdrawn, wiped with a coarse rubber, and the heat of them tried on a piece of paper, as, unless great care is taken, these will very soon scorch.

2394. 一个好办法是，在熨烫任何精细衣物之前，先在粗布或围裙上试熨斗的温度：这样就没有烫焦的危险。熨烫精细物品，如衣领、袖口、细布和蕾丝，没有比箱式熨斗更干净好用的了；其底部光亮，且从不靠近火，因此总是十分干净；不过应存放在干燥处，以防生锈。起褶钳或起褶熨斗必须放入明火中一分钟，然后取出，用粗布垫擦拭，并在纸上试其温度，因为若不格外小心，这些工具很快就会烫焦。

2395. The skirts of muslin dresses should be ironed on a skirt-

2395. 棉布连衣裙的裙摆应在裙撑上熨烫。

board covered with flannel, and the fronts of shirts on a smaller board, also covered with flannel; this board being placed between the back and front.

覆有法兰绒的板，衬衫前襟则放在一块较小的板上，同样覆有法兰绒；这块板夹在背面与前面之间。

2396. After things are mangled, they should also be ironed in the folds and gathers; dinner-napkins smoothed over, as also table-cloths, pillow-cases, and sometimes sheets. The bands of flannel petticoats, and shoulder-straps to flannel waistcoats, must also undergo the same process.

2396. 衣物经过轧光后，还应在褶裥和皱褶处熨烫；正餐餐巾要熨平，桌布、枕套，有时还有床单，也要熨平。法兰绒衬裙的腰头和法兰绒背心的肩带，也必须经过同样的处理。

UPPER AND UNDER NURSEMAIDS.

上等与下等保姆。

2397. The nursery is of great importance in every family, and in families of distinction, where there are several young children, it is an establishment kept apart from the rest of the family, under the charge of an upper nurse, assisted by under nursery-maids proportioned to the work to be done. The responsible duties of upper nursemaid commence with the weaning of the child: it must now be separated from the mother or wet-nurse, at least for a time, and the cares of the nursemaid, which have hitherto been only occasionally put in requisition, are now to be entirely devoted to the infant. She washes, dresses, and feeds it; walks out with it, and regulates all its little wants; and, even at this early age, many good qualities are required to do so in a satisfactory manner. Patience and good temper are indispensable qualities; truthfulness, purity of manners, minute cleanliness, and docility and obedience, almost equally so. She ought also to be acquainted with the art of ironing and trimming little caps, and be handy with her needle.

2397. 育婴室在每个家庭中都极为重要，而在有多个幼儿的显贵家庭中，它是一个与家庭其余部分隔开的独立机构，由一名高级保姆负责，并根据工作量配备若干副育婴女佣。高级育婴女佣的重要职责从孩子断奶时开始：此时必须将孩子与母亲或奶妈分开，至少暂时分开，而育婴女佣此前只是偶尔被需要的照料，现在则要完全奉献给婴儿。她为婴儿洗澡、穿衣、喂食；带其外出散步，安排其一切小需求；甚至在这个幼小的年龄，要以令人满意的方式做到这些，也需要许多优良品质。耐心和好脾气是不可或缺的品质；诚实、举止纯洁、极其整洁、温顺和服从，也几乎同样必要。她还应懂得熨烫和修饰小帽子的技艺，并善于用针。

2398. There is a considerable art in carrying an infant comfortably

2398. 抱婴儿舒适是有相当技巧的

for itself and for the nursemaid. If she carry it always seated upright on her arm, and presses it too closely against her chest, the stomach of the child is apt to get compressed, and the back fatigued. For her own comfort, a good nurse will frequently vary this position, by changing from one arm to the other, and sometimes by laying it across both, raising the head a little. When teaching it to walk, and guiding it by the hand, she should change the hand from time to time, so as to avoid raising one shoulder higher than the other. This is the only way in which a child should be taught to walk; leading-strings and other foolish inventions, which force an infant to make efforts, with its shoulders and head forward, before it knows how to use its limbs, will only render it feeble, and retard its progress.

供她自己和育婴女仆使用。如果她总是把孩子直挺挺地抱在臂弯里，并且把孩子紧紧压在自己胸前，孩子的胃部就容易受到压迫，背部也容易疲劳。为了自己舒适，一个好的保姆会经常变换这个姿势，把孩于从一只手臂换到另一只手臂，有时把孩子横放在两臂上，把头部稍微抬高。教孩子走路、牵着手引导孩子时，她应当不时换手，以免使一边肩膀抬得比另一边高。这是教孩子走路的唯一方法；牵引带和其他愚蠢的发明，迫使婴儿在还不知道如何使用四肢之前就用力，肩膀和头向前倾，只会使孩子虚弱，并延缓其进步。

2399. Most children have some bad habit, of which they must be broken; but this is never accomplished by harshness without developing worse evils: kindness, perseverance, and patience in the nurse, are here of the utmost importance. When finger-sucking is one of these habits, the fingers are sometimes rubbed with bitter aloes, or some equally disagreeable substance. Others have dirty habits, which are only to be changed by patience, perseverance, and, above all, by regularity in the nurse. She should never be permitted to inflict punishment on these occasions, or, indeed, on any occasion. But, if punishment is to be avoided, it is still more necessary that all kinds of indulgences and flattery be equally forbidden. Yielding to all the whims of a child, —picking up its toys when thrown away in mere wantonness, would be intolerable. A child should never be led to think others inferior to it, to beat a dog, or even the stone against which it falls, as some children are taught to do by silly nurses. Neither

2399. 大多数孩子都有某种坏习惯，必须加以纠正；但靠严厉是绝不能做到这一点的，反而会养成更坏的恶习：保姆的仁慈、坚持和耐心在这里至关重要。当吮手指是这些习惯之一时，有时会在手指上涂苦芦荟，或某种同样令人不快的物质。另一些孩子有肮脏的习惯，只能靠耐心、坚持，尤其是靠保姆的规律性来改变。在任何时候都不应允许她施加惩罚，事实上在任何场合都不应如此。但是，如果必须避免惩罚，那就更有必要同样禁止一切纵容和奉承。迁就孩子的所有任性念头--把仅仅因为顽皮而扔掉的玩具捡起来--是不可容忍的。绝不应引导孩子认为自己比别人优越，去打狗，甚至去打自己跌倒时碰到的石头，就像一些愚蠢的保姆教孩子做的那样。既不

should the nurse affect or show alarm at any of the little accidents which must inevitably happen: if it falls, treat it as a trifle; otherwise she encourages a spirit of cowardice and timidity. But she will take care that such accidents are not of frequent occurrence, or the result of neglect.

保姆不应在那些不可避免的小意外发生时假装或表现出惊慌：如果孩子摔倒了，应视作小事；否则她就是在助长怯懦和胆小的性情。但她要注意，此类意外不可频繁发生，也不可是疏忽的结果。

2400. The nurse should keep the child as clean as possible, and particularly she should train it to habits of cleanliness, so that it should feel uncomfortable when otherwise; watching especially that it does not soil itself in eating. At the same time, vanity in its personal appearance is not to be encouraged by over-care in this respect, or by too tight lacing or buttoning of dresses, nor a small foot cultivated by the use of tight shoes.

2400. 保姆应尽可能保持孩子清洁，尤其应训练其养成清洁的习惯，使其在相反情况下感到不适；特别要注意孩子进食时不要弄脏自己。同时，不可因在这方面过分讲究、或把衣服系得过紧、扣得过紧而助长其对外表的虚荣心，也不可用紧鞋来养成小脚。

2401. Nursemaids would do well to repeat to the parents faithfully and truly the defects they observe in the dispositions of very young children. If properly checked in time, evil propensities may be eradicated; but this should not extend to anything but serious defects; otherwise, the intuitive perceptions which all children possess will construe the act into "spying" and "informing," which should never be resorted to in the case of children, nor, indeed, in any case.

2401. 育婴女仆最好忠实而真实地向父母反映她们在幼儿性情中观察到的缺陷。若及时加以适当纠正，不良倾向可以根除；但这只应限于严重缺陷；否则，所有孩子都具有的直觉会把这种行为理解为“窥探”和“告密”，而对孩子绝不应采取这种做法，其实在任何情况下都不应如此。

2402. Such are the cares which devolve upon the nursemaid, and it is her duty to fulfil them personally. In large establishments she will have assistants proportioned to the number of children of which she has the care. The under nursemaid lights the fires, sweeps, scours, and dusts the rooms, and makes the beds; empties slops, and carries up water; brings up and removes the nursery meals; washes and dresses all the children, except the infant, and assists in mending. Where there is a nursery girl to assist, she does

2402. 这些就是落在育婴女仆身上的照管职责，她有责任亲自履行。在大家庭中，她会按照所照管孩子的数量配备助手。下级育婴女仆负责生火、打扫、擦洗和掸拭房间，整理床铺；倒掉污水，打水上来；端上并撤走育婴室的饭菜；给除婴儿以外的所有孩子洗澡穿衣，并协助缝补。如果有育婴室女佣帮忙，她就

the rougher part of the cleaning; and all take their meals in the nursery together, after the children of the family have done.

较粗重的清洁工作；并且所有人都在育婴室里一起用餐，要等家里的孩子们吃完之后。

2403. In smaller families, where there is only one nursemaid kept, she is assisted by the housemaid, or servant-of-all-work, who will do the rougher part of the work, and carry up the nursery meals. In such circumstances she will be more immediately under the eye of her mistress, who will probably relieve her from some of the cares of the infant. In higher families, the upper nurse is usually permitted to sup or dine occasionally at the housekeeper's table by way of relaxation, when the children are all well, and her subordinates trustworthy.

2403. 在较小的家庭中，只雇一个育婴女仆时，由女仆或杂役女仆协助她，做较粗重的活儿，并把育婴室的饭菜端上来。在这种情况下，她会更直接地处于女主人的眼皮底下，女主人大概会替她分担一些照看婴儿的操劳。在较上层的家庭中，通常允许上级保姆在孩子们都健康、下属又可靠时，偶尔到管家的餐桌上吃晚饭或正餐，作为放松。

2404. Where the nurse has the entire charge of the nursery, and the mother is too much occupied to do more than pay a daily visit to it, it is desirable that she be a person of observation, and possess some acquaintance with the diseases incident to childhood, as also with such simple remedies as may be useful before a medical attendant can be procured, or where such attendance is not considered necessary. All these little ailments are preceded by symptoms so minute as to be only perceptible to close observation; such as twitching of the brows, restless sleep, grinding the gums, and, in some inflammatory diseases, even to the child abstaining from crying, from fear of the increased pain produced by the movement. Dentition, or cutting the teeth, is attended with many of these symptoms. Measles, thrush, scarlatina, croup, hooping-cough, and other childish complaints, are all preceded by well-known symptoms, which may be alleviated and rendered less virulent by simple remedies instantaneously applied.

2404. 在保姆全权负责育婴室、母亲过于忙碌只能每天来看一次的情况下，她最好是一个善于观察的人，对儿童易患的疾病有所了解，也懂得一些简单的疗法，这些疗法在能请到医生之前，或在认为不必请医生的情况下，可能有用。所有这些小病都有先兆症状，这些症状非常细微，只有密切观察才能察觉；例如眉毛抽搐、睡眠不安、磨牙，在某些炎症性疾病中，甚至孩子因害怕活动加重疼痛而不哭。出牙，即长牙，就伴有许多这类症状。麻疹、鹅口疮、猩红热、哮吼、百日咳和其他儿童疾病，都有众所周知的先兆症状，及时施用简单疗法可以减轻这些症状，使其不那么严重。

2405. *Dentition* is usually the first serious trouble, bringing many other disorders in its train. The symptoms are most perceptible to the mother: the child sucks feebly, and with gums hot, inflamed, and swollen. In this case, relief is yielded by rubbing them from time to time with a little of Mrs. Johnson's soothing syrup, a valuable and perfectly safe medicine. Selfish and thoughtless nurses, and mothers too, sometimes give cordials and sleeping-draughts, whose effects are too well known.

2405. 出牙通常是第一个严重的麻烦，会带来许多其他病症。母亲最容易察觉这些症状：孩子吸吮无力，牙龈发热、发炎、肿胀。在这种情况下，不时用一点约翰逊夫人的镇静糖浆--一种珍贵且完全安全的药物--揉搓牙龈可以缓解。自私且粗心的保姆，以及母亲们，有时会给孩子服用兴奋剂和安眠药，其后果众所周知。

2406. *Convulsion Fits* sometimes follow the feverish restlessness produced by these causes; in which case a hot bath should be administered without delay, and the lower parts of the body rubbed, the bath being as hot as it can be without scalding the tender skin; at the same time, the doctor should be sent for immediately, for no nurse should administer medicine in this case, unless the fits have been repeated and the doctor has left directions with her how to act.

2406. 惊厥发作有时会继这些原因引起的发热性烦躁之后发生；在这种情况下，应立即施行热水浴，并揉搓身体下部，浴水应尽可能热，但不致烫伤娇嫩的皮肤；同时应立即派人去请医生，因为在这种情况下，任何保姆都不应擅自给药，除非发作已反复出现，且医生已留下指示告知她如何处置。

2407. *Croup* is one of the most alarming diseases of childhood; it is accompanied with a hoarse, croaking, ringing cough, and comes on very suddenly, and most so in strong, robust children. A very hot bath should be instantly administered, followed by an emetic, either in the form of tartar-emetic, croup-powder, or a teaspoonful of ipecacuanha, wrapping the body warmly up in flannel after the bath. The slightest delay in administering the bath, or the emetic, may be fatal; hence, the importance of nurses about very young children being acquainted with the symptoms.

2407. 哮吼是儿童期最令人惊恐的疾病之一；伴有嘶哑、呱呱叫、响亮的咳嗽，发病非常突然，在强壮、健壮的儿童中最为常见。应立即施行极热的沐浴，随后给予催吐剂，可以是吐酒石、哮吼粉或一茶匙吐根，浴后将身体用法兰绒裹暖。施行沐浴或催吐剂若有丝毫延误，可能致命；因此，照顾幼儿的保姆必须熟悉这些症状，这一点至关重要。

2408. *Hooping-Cough* is generally preceded by the moaning noise during sleep, which even adults threatened with the disorder cannot avoid: it is followed by violent fits of coughing, which

2408. 百日咳通常先有睡眠中的呻吟声，即使面临此病的成年人也无法避免；随后是剧烈的咳嗽发作，对此

little can be done to relieve. A child attacked by this disorder should be kept as much as possible in the fresh, pure air, but out of draughts, and kept warm, and supplied with plenty of nourishing food. Many fatal diseases flow from this scourge of childhood, and a change to purer air, if possible, should follow convalescence.

几乎无能为力。患此病的孩子应尽可能待在新鲜纯净的空气中，但要避开穿堂风，注意保暖，并供给充足的营养食物。许多致命疾病都源于这一儿童期的祸患，康复后如有可能，应换到更纯净的空气中去。

2409. *Worms* are the torment of some children: the symptoms are, an unnatural craving for food, even after a full meal; costiveness, suddenly followed by the reverse; fetid breath, a livid circle under the eyes, enlarged abdomen, and picking the nose; for which the remedies must be prescribed by the doctor.

2409. 肠虫是某些孩子的折磨：症状为对食物有不正常的渴求，即使刚吃饱也是如此；便秘，随后突然转为相反情况；口臭、眼下发青、腹部胀大、抠鼻子；对此必须由医生开具药方。

2410. *Measles* and *Scarlatina* much resemble each other in their early stages: headache, restlessness, and fretfulness are the symptoms of both. Shivering fits, succeeded by a hot skin; pains in the back and limbs, accompanied by sickness, and, in severe cases, sore throat; pain about the jaws, difficulty in swallowing, running at the eyes, which become red and inflamed, while the face is hot and flushed, often distinguish scarlatina and scarlet fever, of which it is only a mild form.

2410. 麻疹和猩红热在早期阶段非常相似：两者的症状都是头痛、烦躁和易怒。寒战发作，随后皮肤发热；背部和四肢疼痛，伴有恶心，重症病例有咽喉痛；下颌周围疼痛、吞咽困难、眼睛流泪并变得红肿，同时面部发热潮红，这些常常是猩红热和猩红热的特征，后者只是其温和形式。

2411. While the case is doubtful, a dessert-spoonful of spirit of nitre diluted in water, given at bedtime, will throw the child into a gentle perspiration, and will bring out the rash in either case. In measles, this appears first on the face; in scarlatina, on the chest; and in both cases a doctor should be called in. In scarlatina, tartar-emetic powder or ipecacuanha may be administered in the mean time.

2411. 在病情尚不确定时，睡前给一甜点匙的硝石精(用水稀释)，可使孩子微微出汗，并在两种情况下都能使疹子发出。麻疹的疹子先见于面部；猩红热的疹子先见于胸部；两种情况都应请医生。在猩红热中，其间可给予吐酒石粉或吐根。

2412. In all cases, cleanliness, fresh air, clean utensils, and frequent washing of the person, both of nurse and children, are

2412. 在所有情况下，清洁、新鲜空气、干净的用具以及保姆和孩子双方经常洗涤身体，都是

even more necessary in the nursery than in either drawing-room or sick-room, inasmuch as the delicate organs of childhood are more susceptible of injury from smells and vapours than adults.

在育婴室中比在客厅或病房中更为必要，因为儿童娇嫩的器官比成年人更容易受到气味和蒸气的伤害。

2413. It may not be out of place if we conclude this brief notice of the duties of a nursemaid, by an extract from Florence Nightingale's admirable "Notes on Nursing." Referring to children, she says:—

2413. 我们以弗洛伦斯·南丁格尔那本令人钦佩的《护理札记》中的一段摘录来结束这篇关于育婴女仆职责的简短论述，或许并不算不合时宜。谈到孩子时，她说：--

2414. "They are much more susceptible than grown people to all noxious influences. They are affected by the same things, but much more quickly and seriously; by want of fresh air, of proper warmth; want of cleanliness in house, clothes, bedding, or body; by improper food, want of punctuality, by dulness, by want of light, by too much or too little covering in bed or when up." And all this in health; and then she quotes a passage from a lecture on sudden deaths in infancy, to show the importance of careful nursing of children:—"In the great majority of instances, when death suddenly befalls the infant or young child, it is an *accident*; it is not a necessary, inevitable result of any disease. That which is known to injure children most seriously is foul air; keeping the rooms where they sleep closely shut up is destruction to them; and, if the child's breathing be disordered by disease, a few hours only of such foul air may endanger its life, even where no inconvenience is felt by grown-up persons in the room."

2414.“他们对一切有害影响的易感性远高于成年人。他们受同样事物的影响，但更快、更严重；受缺乏新鲜空气、缺乏适当温暖的影响；受房屋、衣服、床上用品或身体不洁的影响；受不当食物、不守时、沉闷、缺乏光线、床上或起床时盖得过多或过少的影响。”而这一切都是在健康状态下；然后她引用了一段关于婴儿猝死的演讲，以说明精心护理儿童的重要性：“在绝大多数情况下，当死亡突然降临于婴儿或幼儿时，这是一起意外；它不是任何疾病的必然、不可避免的结果。已知对儿童伤害最严重的是污浊空气；把他们睡觉的房间关得严严实实对他们来说是毁灭性的；而且，如果孩子的呼吸因疾病而紊乱，仅仅几小时的这种污浊空气就可能危及生命，即使在房间里的成年人感觉不到任何不适的情况下也是如此。”

2415. Persons moving in the beat society will see, after perusing Miss Nightingale's book, that this "foul air," "want of light," "too much or too little clothing," and improper food, is not confined to Crown Street or St. Giles's; that Belgravia and the squares have their north room, where the rays of the sun never reach. "A

2415. 在上流社会活动的人，读过南丁格尔小姐的书后就会明白，这种“污浊空气”、“缺乏光线”、“衣着过多或过少”以及不适当的食物，并不限于皇冠街或圣吉尔斯；贝尔格雷维亚和各广场也有它们的北屋，阳光永远照不到那里。“—

wooden bedstead, two or three mattresses piled up to above the height of the table, a vallance attached to the frame,—nothing but a miracle could ever thoroughly dry or air such a bed and bedding,"—is the ordinary bed of a private house, than which nothing can be more unwholesome. "Don't treat your children like sick," she sums up; "don't dose them with tea. Let them eat meat and drink milk, or half a glass of light beer. Give them fresh, light, sunny, and open rooms, cool bedrooms, plenty of outdoor exercise, facing even the cold, and wind, and weather, in sufficiently warm clothes, and with sufficient exercise, plenty of amusements and play; more liberty, and less schooling, and cramming, and training; more attention to food and less to physic."

木制床架，两三条床垫堆到高于桌子的高度，框架上挂着帷幔--只有奇迹才能彻底晾干或通风这样一张床和床上用品，"--这是私人住宅的普通床铺，没有什么比这更不卫生的了。“不要把孩子当病人对待，"她总结道；“不要给他们喝茶。让他们吃肉、喝牛奶，或半杯淡啤酒。给他们新鲜、明亮、阳光充足、通风的房间，凉爽的卧室，充足的户外活动，即使面对寒冷、风和恶劣天气也要如此，穿足够暖的衣服，有足够的运动，大量的娱乐和玩耍；更多的自由，更少的学业、填鸭和训练；多关注食物，少关注药物。”

DUTIES OF THE SICK-NURSE.

病人看护的职责。

2416. All women are likely, at some period of their lives, to be called on to perform the duties of a sick-nurse, and should prepare themselves as much as possible, by observation and reading, for the occasion when they may be required to perform the office. The main requirements are good temper, compassion for suffering, sympathy with sufferers, which most women worthy of the name possess, neat-handedness, quiet manners, love of order, and cleanliness. With these qualifications there will be very little to be wished for; the desire to relieve suffering will inspire a thousand little attentions, and surmount the disgusts which some of the offices attending the sick-room are apt to create. Where serious illness visits a household, and protracted nursing is likely to become necessary, a professional nurse will probably be engaged, who has been trained to its duties; but in some families, and those

2416. 所有女性在一生中的某个时期，都可能被要求履行病床护士的职责，因此应当尽可能通过观察和阅读来做好准备，以备需要履行这一职责之时。主要的要求是性情温和、对受苦者怀有同情、对受难者抱有共情--大多数名副其实的女性都具备这些品质--以及手巧、举止安静、爱好秩序和清洁。具备这些资质，便几乎别无所求了；减轻痛苦的愿望将激发无数细微的关怀，并克服病室中某些事务容易引起的厌恶感。当重病降临一个家庭，且很可能需要长期护理时，大概会聘请一位受过职责训练的专业护士；但在某些家庭中，而且我们希望这样的家庭不在少数，家中的女士们会反对这样的安排，认为这是她们自身失职。

not a few let us hope, the ladies of the family would oppose such an arrangement as a failure of duty on their part. There is, besides, even when a professional nurse is ultimately called in, a period of doubt and hesitation, while disease has not yet developed itself, when the patient must be attended to; and, in these cases, some of the female servants of the establishment must give their attendance in the sick-room. There are, also, slight attacks of cold, influenza, and accidents in a thousand forms, to which all are subject, where domestic nursing becomes a necessity; where disease, though unattended with danger, is nevertheless accompanied by the nervous irritation incident to illness, and when all the attention of the domestic nurse becomes necessary.

我们希望，家里的女士们不会把这样的安排视为她们失职而加以反对，这样的人不在少数。此外，即使最终请来了专业护士，在疾病尚未显现之时，仍有一段充满疑虑和犹豫的时期，此时病人必须得到照料；在这些情况下，家中的一些女仆必须在病房里侍候。还有轻微的感冒、流感以及千姿百态的意外事故，这些都是所有人都会遭遇的，此时家庭护理成为必要；此时疾病虽无危险，却伴随着疾病所致的神经刺激，家庭护士的全部注意力都成为必要。

2417. In the first stage of sickness, while doubt and a little perplexity hang over the household as to the nature of the sickness, there are some things about which no doubt can exist: the patient's room must be kept in a perfectly pure state, and arrangements made for proper attendance; for the first canon of nursing, according to Florence Nightingale, its apostle, is to "keep the air the patient breathes as pure as the external air, without chilling him." This can be done without any preparation which might alarm the patient; with proper windows, open fireplaces, and a supply of fuel, the room may be as fresh as it is outside, and kept at a temperature suitable for the patient's state.

2417. 在疾病的最初阶段，当全家对病症的性质还心存疑虑和些许困惑时，有些事是毋庸置疑的：病人的房间必须保持完全洁净，并安排好适当的侍候；因为据护理事业的使徒弗洛伦斯·南丁格尔所言，护理的第一条准则是"保持病人呼吸的空气像室外空气一样纯净，而不使他受寒"。做到这一点无需任何可能惊扰病人的准备；有合适的窗户、敞开的壁炉和充足的燃料，房间便可以像室外一样清新，并保持在适合病人状况的温度。

2418. Windows, however, must be opened from above, and not from below, and draughts avoided; cool air admitted beneath the patient's head chills the lower strata and the floor. The careful nurse will keep the door shut when the window is open; she will also take care that the patient is not placed between the door and

2418. 然而，窗户必须从上方打开，而不是从下方打开，并要避免穿堂风；让冷空气从病人头部下方进入，会使下层空气和地板变冷。细心的保姆在开窗时会关上门；她还会注意不把病人安置在门与

the open window, nor between the open fireplace and the window. If confined to bed, she will see that the bed is placed in a thoroughly ventilated part of the room, but out of the current of air which is produced by the momentary opening of doors, as well as out of the line of draught between the window and the open chimney, and that the temperature of the room is kept about 64°. Where it is necessary to admit air by the door, the windows should be closed; but there are few circumstances in which good air can be obtained through the chamber-door; through it, on the contrary, the gases generated in the lower parts of the house are likely to be drawn into the invalid chamber.

开着的窗户，也不在敞开的壁炉与窗户之间。若病人卧床不起，她会注意将床安置在房间通风彻底的位置，但避开开门瞬间产生的气流，也避开窗户与敞开烟囱之间的穿堂风线路，并注意将室温保持在约64°。在必须通过门通风的情况下，窗户应当关闭；但很少有情况能通过房门获得良好空气；相反，通过房门，房屋下层产生的气体很可能被引入病人的房间。

2419. These precautions taken, and plain nourishing diet, such as the patient desires, furnished, probably little more can be done, unless more serious symptoms present themselves; in which case medical advice will be sought.

2419. 采取这些预防措施，并提供病人所想要的清淡营养饮食之后，大概能做的就不多了，除非出现更严重的症状；在这种情况下，应寻求医疗建议。

2420. Under no circumstances is ventilation of the sick-room so essential as in cases of febrile diseases, usually considered infectious; such as typhus and puerperal fevers, influenza, hooping-cough, small- and chicken-pox, scarlet fever, measles, and erysipelas: all these are considered communicable through the air; but there is little danger of infection being thus communicated, provided the room is kept thoroughly ventilated. On the contrary, if this essential be neglected, the power of infection is greatly increased and concentrated in the confined and impure air; it settles upon the clothes of the attendants and visitors, especially where they are of wool, and is frequently communicated to other families in this manner.

2420. 在任何情况下，病室通风都不如发热性疾病--通常被认为具有传染性的疾病--那样至关重要；例如斑疹伤寒和产褥热、流感、百日咳、天花和水痘、猩红热、麻疹和丹毒：所有这些都被认为可通过空气传播；但只要房间保持彻底通风，以此方式传播感染的危险便很小。相反，如果忽视这一要点，传染力便会大大增强并浓缩于封闭污浊的空气中；它附着在侍者和探视者的衣物上，尤其是毛料衣物上，并常常以此方式传染给其他家庭。

2421. Under all circumstances, therefore, the sick-room should be

2421. 因此，在任何情况下，病房都应

kept as fresh and sweet as the open air, while the temperature is kept up by artificial heat, taking care that the fire burns clear, and gives out no smoke into the room; that the room is perfectly clean, wiped over with a damp cloth every day, if boarded; and swept, after sprinkling with damp tea-leaves, or other aromatic leaves, if carpeted; that all utensils are emptied and cleaned as soon as used, and not once in four-and-twenty hours, as is sometimes done. "A slop-pail," Miss Nightingale says, "should never enter a sick-room; everything should be carried direct to the water-closet, emptied there, and brought up clean; in the best hospitals the slop-pail is unknown." "I do not approve," says Miss Nightingale, "of making housemaids of nurses,—that would be waste of means; but I have seen surgical sisters, women whose hands were worth to them two or three guineas a week, down on their knees, scouring a room or hut, because they thought it was not fit for their patients: these women had the true nurse spirit."

保持像露天空气一样清新甜美，同时用人工加热维持温度，注意炉火燃烧明亮，不向房间散发烟雾；房间要完全清洁，如果是木地板，每天用湿布擦拭；如果是地毯，先洒上湿茶叶或其他芳香叶子再清扫；所有器具用后立即倒空清洗，而不是像有时那样二十四小时才做一次。南丁格尔小姐说：“污水桶绝不应进入病房；一切都应直接送到厕所，在那里倒空，然后干干净净地拿回来；在最好的医院里，污水桶是不为人知的。”南丁格尔小姐说：“我不赞成让女仆去做护士的工作--那是浪费资源；但我见过外科修女，那些一双手每周值两三个几尼的妇女，跪在地上擦洗房间或棚屋，因为她们认为那不适合她们的病人：这些妇女具有真正的护士精神。”

2422. Bad smells are sometimes met by sprinkling a little liquid chloride of lime on the floor; fumigation by burning pastiles is also a common expedient for the purification of the sick-room. They are useful, but only in the sense hinted at by the medical lecturer, who commenced his lecture thus:—"Fumigations, gentlemen, are of essential importance; they make so abominable a smell, that they compel you to open the windows and admit fresh air." In this sense they are useful, but ineffectual unless the cause be removed, and fresh air admitted.

2422. 有时在地板上洒一点液态氯化石灰来消除恶臭；燃烧香锭熏蒸也是净化病房的常用手段。它们有用，但只是在医学讲师所暗示的意义上有用，他这样开始他的讲座：“先生们，熏蒸至关重要；它们散发出如此可恶的气味，迫使你打开窗户，让新鲜空气进来。”在这个意义上它们有用，但除非消除原因并引入新鲜空气，否则无效。

2423. The sick-room should be quiet; no talking, no gossiping, and, above all, no whispering,—this is absolute cruelty to the patient; he thinks his complaint the subject, and strains his ear painfully to catch the sound. No rustling of dresses, nor creaking

2423. 病房应保持安静；不要谈话，不要闲聊，尤其不要耳语--这对病人是绝对的残忍；他会以为自己的病情是话题，并痛苦地竖起耳朵去捕捉声音。也不要衣裙窸窣作响，也不要鞋子

shoes either; where the carpets are taken up, the nurse should wear list shoes, or some other noiseless material, and her dress should be of soft material that does not rustle. Miss Nightingale denounces crinoline, and quotes Lord Melbourne on the subject of women in the sick-room, who said, "I would rather have men about me, when ill, than women; it requires very strong health to put up with women." Ungrateful man! but absolute quiet is necessary in the sick-room.

2424. Never let the patient be waked out of his first sleep by noise, never roused by anything like a surprise. Always sit in the apartment, so that the patient has you in view, and that it is not necessary for him to turn in speaking to you. Never keep a patient standing; never speak to one while moving. Never lean on the sick-bed. Above all, be calm and decisive with the patient, and prevent all noises over-head.

2425. A careful nurse, when a patient leaves his bed, will open the sheets wide, and throw the clothes back so as thoroughly to air the bed; She will avoid drying or airing anything damp in the sick-room.

2426. "It is another fallacy," says Florence Nightingale, "to suppose that night air is injurious; a great authority told me that, in London, the air is never so good as after ten o'clock, when smoke has diminished; but then it must be air from without, not within, and not air vitiated by gaseous airs." "A great fallacy prevails also," she says, in another section, "about flowers poisoning the air of the sick-room: no one ever saw them over-crowding the sick-room; but, if they did, they actually absorb carbonic acid and give off oxygen." Cut flowers also decompose water, and produce

吱嘎作响；在地毯被卷起的地方，保姆应穿毡鞋或其他无声材料制成的鞋，她的衣服也应是不会窸窣作响的柔软材料。南丁格尔小姐谴责裙撑，并引述墨尔本勋爵关于病房中女人的话，他说："生病时，我宁愿身边是男人而不是女人；忍受女人需要非常强健的体魄。"不知感恩的男人!但病房中确实需要绝对的安静。

2424. 绝不要让病人被噪声惊醒于初睡之中，绝不要用任何类似惊吓的方式唤醒他。始终坐在房间里，使病人能看到你，而不必在说话时转身对着你。绝不要让病人站着；绝不要在病人走动时对他说话。绝不要靠在病床上。最重要的是，对病人要冷静而果断，并防止头顶上方的一切噪声。

2425. 细心的保姆在病人离床时，会把床单大大敞开，把被子掀开，以便彻底通风；她会避免在病房里晾干或通风任何潮湿的东西。

2426. 弗洛伦斯·南丁格尔说："认为夜间空气有害是另一种谬见；一位权威人士告诉我，在伦敦，空气从不超过十点以后那么好，那时烟雾已经减少；但那时必须是来自外面的空气，而不是里面的空气，也不是被气体污染的空气。"她在另一节中说："关于花卉毒化病房空气的谬见也很盛行：没有人见过它们挤满病房；但即使如此，它们实际上吸收碳酸并释放氧气。"切花也会分解水，并产生

oxygen gas. Lilies, and some other very odorous plants, may perhaps give out smells unsuited to a close room, while the atmosphere of the sick-room should always be fresh and natural.

氧气。百合花以及其他一些气味浓烈的植物，或许会散发出不适合密闭房间的气味，而病房的空气应始终保持新鲜自然。

2427. "Patients," says Miss Nightingale, "are sometimes starved in the midst of plenty, from want of attention to the ways which alone make it possible for them to take food. A spoonful of beef-tea, or arrowroot and wine, or some other light nourishing diet, should be given every hour, for the patient's stomach will reject large supplies. In very weak patients there is often a nervous difficulty in swallowing, which is much increased if food is not ready and presented at the moment when it is wanted: the nurse should be able to discriminate, and know when this moment is approaching."

2427. 南丁格尔小姐说：“病人有时在充足的食物中挨饿，因为不注意那些唯一能使他们进食的方法。一勺牛肉茶，或竹芋粉加葡萄酒，或其他清淡滋补的饮食，应该每小时给予，因为病人的胃会拒绝大量供给。在非常虚弱的病人中，吞咽常有神经性的困难，如果食物没有准备好并在需要的那一刻呈现，这种困难会大大增加：护士应该能够辨别，并知道这个时刻何时临近。”

2428. Diet suitable for patients will depend, in some degree, on their natural likes and dislikes, which the nurse will do well to acquaint herself with. Beef-tea is useful and relishing, but possesses little nourishment; when evaporated, it presents a teaspoonful of solid meat to a pint of water. Eggs are not equivalent to the same weight of meat. Arrowroot is less nourishing than flour. Butter is the lightest and most digestible kind of fat. Cream, in some diseases, cannot be replaced. But, to sum up with some of Miss Nightingale's useful maxims:—Observation is the nurse's best guide, and the patient's appetite the rule. Half a pint of milk is equal to a quarter of a pound of meat. Beef-tea is the least nourishing food administered to the sick; and tea and coffee, she thinks, are both too much excluded from the sick-room.

2428. 适合病人的饮食在某种程度上取决于他们天生的好恶，护士最好了解这些。牛肉茶有用且开胃，但营养很少；蒸发后，一品脱水只呈现一茶匙固体肉。鸡蛋不等同于同等重量的肉。竹芋粉不如面粉有营养。黄油是最轻、最容易消化的脂肪。奶油在某些疾病中不可替代。但是，用南丁格尔小姐的一些有用格言来总结：观察是护士最好的指南，病人的食欲是规则。半品脱牛奶等于四分之一磅肉。牛肉茶是给病人施用的最没营养的食物；她认为，茶和咖啡都被过多地排除在病房之外。

THE MONTHLY NURSE.

月嫂。

2429. The choice of a monthly nurse is of the utmost importance; and in the case of a young mother with her first child, it would be well for her to seek advice and counsel from her more experienced relatives in this matter. In the first place, the engaging a monthly nurse in good time is of the utmost importance, as, if she be competent and clever, her services will be sought months beforehand; a good nurse having seldom much of her time disengaged. There are some qualifications which it is evident the nurse should possess: she should be scrupulously clean and tidy in her person; honest, sober, and noiseless in her movements; should possess a natural love for children, and have a strong nerve in case of emergencies. Snuff-taking and spirit-drinking must not be included in her habits; but these are happily much less frequent than they were in former days.

2429. 月嫂的选择至关重要；对于初为人母的年轻母亲来说，最好在此事上向她更有经验的亲戚寻求建议和意见。首先，及时聘请月嫂至关重要，因为如果她能力出众、聪明能干，她的服务会被提前数月预订；好月嫂的空闲时间很少。显然，月嫂应具备一些资格：她应极其干净整洁；诚实、清醒、行动无声；应天生喜爱孩子，并在紧急情况下有坚强的神经。吸鼻烟和饮酒绝不能包括在她的习惯中；但幸运的是，这些习惯比过去少得多。

2430. Receiving, as she often will, instructions from the doctor, she should bear these in mind, and carefully carry them out. In those instances where she does not feel herself sufficiently informed, she should ask advice from the medical man, and not take upon herself to administer medicines, &c., without his knowledge.

2430. 她常常会接到医生的指示，应牢记这些指示并认真执行。在她觉得自己了解不够的情况下，应向医生请教，而不得在医生不知情的情况下擅自给药等。

2431. A monthly nurse should be between 30 and 50 years of age, sufficiently old to have had a little experience, and yet not too old or infirm to be able to perform various duties requiring strength and bodily vigour. She should be able to wake the moment she is called,—at any hour of the night, that the mother or child may have their wants immediately attended to. Good temper, united to a kind and gentle disposition, is indispensable; and, although the nurse will frequently have much to endure from the whims and caprices of the invalid, she should make allowances for these, and

2431. 月嫂的年龄应在30至50岁之间，足够年长以有一些经验，但又不能太老或体弱，以致无法履行需要力量和体力的各种职责。她应能在被叫醒的那一刻--无论夜间何时--醒来，以便母亲或孩子的需求能立即得到照顾。好脾气，加上善良温柔的性情，是必不可少的；而且，尽管月嫂会经常因病人的任性和反复无常而忍受许多，她应对此宽容，并且

command her temper, at the same time exerting her authority when it is necessary.

2432. What the nurse has to do in the way of cleaning and dusting her lady's room, depends entirely on the establishment that is kept. Where there are plenty of servants, the nurse, of course, has nothing whatever to do but attend on her patient, and ring the bell for anything she may require. Where the number of domestics is limited, she should not mind keeping her room in order; that is to say, sweeping and dusting it every morning. If fires be necessary, the housemaid should always clean the grate, and do all that is wanted in that way, as this, being rather dirty work, would soil the nurse's dress, and unfit her to approach the bed, or take the infant without soiling its clothes. In small establishments, too, the nurse should herself fetch things she may require, and not ring every time she wants anything; and she must, of course, not leave her invalid unless she sees everything is comfortable; and then only for a few minutes. When down stairs, and in company with the other servants, the nurse should not repeat what she may have heard in her lady's room, as much mischief may be done by a gossiping nurse. As in most houses the monthly nurse is usually sent for a few days before her services may be required, she should see that all is in readiness; that there be no bustle and hurry at the time the confinement takes place. She should keep two pairs of sheets thoroughly aired, as well as night-dresses, flannels, &c. &c. All the things which will be required to dress the baby the first time should be laid in the basket in readiness, in the order in which they are to be put on; as well as scissors, thread, a few pieces of soft linen rag, and two or three flannel squares. If a berceaunette is to be used immediately, the nurse should ascertain

同时，在必要时行使她的权威，以此约束她的脾气。

2432. 护士在清洁和打扫夫人房间方面需要做什么，完全取决于所维持的家务规模。仆人充足的地方，护士当然除了照料病人之外什么都不用做，需要什么按铃叫人即可。仆人数目有限的地方，她不应介意保持房间整洁，也就是说，每天早晨打扫和除尘。如果需要生火，女仆应始终负责清洁炉栅，并完成这方面所需的一切工作，因为这活儿相当脏，会弄脏护士的衣服，使她不便靠近床铺，或在抱婴儿时弄脏婴儿的衣服。在小户人家，护士还应自己去取所需之物，不要每次要什么东西都按铃；当然，除非她确认一切安好，否则不得离开病人，而且即便离开也只能离开几分钟。下楼与其他仆人相处时，护士不应复述她在夫人房间里听到的话，因为爱嚼舌的护士可能造成很大祸害。由于大多数人家通常在预产期前几天就把月嫂请来，她应检查一切是否就绪，以免分娩发生时手忙脚乱。她应备好两套充分晾透的床单，以及睡衣、法兰绒衣物等等。第一次给婴儿穿衣所需的一切物品应按穿戴顺序摆放在篮子里备用，还有剪刀、线、几块柔软的亚麻布碎布和两三块方形法兰绒。如果马上要使用摇篮，护士应确认

that the mattresses, pillow, &c. are all well aired; and if not already done before she arrives, she should assist in covering and trimming it, ready for the little occupant. A monthly nurse should be handy at her needle, as, if she is in the house some time before the baby is born, she will require some work of this sort; to occupy her time. She should also understand the making-up of little caps, although we can scarcely say this is one of the nurse's duties. As most children wear no caps, except out of doors, her powers in this way will not be much taxed.

床垫、枕头等都已充分晾透；如果在她到来之前尚未做好，她应协助铺罩和装饰摇篮，为小主人做好准备。月嫂应擅长针线活，因为如果她在婴儿出生前一段时间就住进家里，她需要做些这类活儿来打发时间。她也应懂得缝制小帽子，尽管我们很难说这是护士的职责之一。由于大多数孩子除户外外都不戴帽子，她这方面的本领不会受到太多考验。

2433. A nurse should endeavour to make her room as cheerful as possible, and always keep it clean and tidy. She should empty the chamber utensils as soon as used, and on no account put things under the bed. Soiled baby's napkins should be rolled up and put into a pan, when they should be washed out every morning, and hung out to dry: they are then in a fit state to send to the laundress; and should, on no account, be left dirty, but done every morning in this way. The bedroom should be kept rather dark, particularly for the first week or ten days; of a regular temperature, and as free as possible from draughts, at the same time well ventilated and free from unpleasant smells.

2433. 护士应尽量把房间布置得舒适宜人，并始终保持清洁整齐。便盆用后应立即倒掉，绝不可把东西塞在床下。脏了的婴儿尿布应卷起来放进盆里，每天早晨洗净晾出；这样才适合送去洗衣妇，绝不可留着脏的，而要每天早晨这样处理。卧室应保持较暗，尤其是最初一周或十天；温度要稳定，尽量避免穿堂风，同时保持良好通风，没有异味。

2434. The infant during the month must not be exposed to strong light, or much air; and in carrying it about the passages, stairs, &c., the nurse should always have its head-flannel on, to protect the eyes and ears from the currents of air. For the management of children, we must refer our readers to the following chapters; and we need only say, in conclusion, that a good nurse should understand the symptoms of various ills incident to this period, as, in all cases, prevention is better than cure. As young mothers with their first baby are very often much troubled at first with their

2434. 满月内的婴儿不可暴露于强光或过多空气中；在走廊、楼梯等处抱婴儿走动时，护士应始终给婴儿戴上头巾，保护眼睛和耳朵免受气流侵袭。关于儿童的照料，我们请读者参阅以下各章；最后只需说明，好护士应了解这一时期易患的各种病症的症状，因为无论如何，预防胜于治疗。初为人母的年轻妈妈常常一开始就为

breasts, the nurse should understand the art of emptying them by suction, or some other contrivance. If the breasts are kept well drawn, there will be but little danger of inflammation; and as the infant at first cannot take all that is necessary, something must be done to keep the inflammation down. This is one of the greatest difficulties a nurse has to contend with, and we can only advise her to be very persevering, to rub the breasts well, and to let the infant suck as soon and as often as possible, until they get in proper order.

乳房所困扰，护士应懂得用吸吮或其他方法排空乳房的技术。如果乳房保持充分排空，发炎的危险就很小；由于婴儿起初无法吸尽所需的乳汁，必须采取措施防止发炎。这是护士必须应对的最大困难之一，我们只能建议她非常坚持不懈，好好揉搓乳房，并让婴儿尽早、尽可能频繁地吸吮，直到乳房恢复正常状态。

THE WET-NURSE.

奶妈

2435. We are aware that, according to the opinion of some ladies, there is no domestic theme, during a certain period of their married lives, more fraught with vexation and disquietude than that ever-fruitful source of annoyance, "the Nurse;" but, as we believe, there are thousands of excellent wives and mothers who pass through life without even a temporary embroglio in the kitchen, or suffering a state of moral hectic the whole time of a nurse's empire in the nursery or bedroom. Our own experience goes to prove, that although many unqualified persons palm themselves off on ladies as fully competent for the duties they so rashly and dishonestly undertake to perform, and thus expose themselves to ill-will and merited censure, there are still very many fully equal to the legitimate exercise of what they undertake; and if they do not in every case give entire satisfaction, some of the fault,—and sometimes a great deal of it,—may be honestly placed to the account of the ladies themselves, who, in many instances, are so impressed with the propriety of their own method of performing everything, as to insist upon the adoption

2435. 我们知道，按照某些女士的看法，在她们婚姻生活的某个时期，没有任何家庭话题比那个永远令人烦恼的源头--“保姆”--更充满烦恼与不安；但我们相信，有成千上万的贤妻良母一生中从未在厨房里发生过哪怕暂时的纠纷，也从未在保姆统治育婴室或卧室的整个期间遭受道德上的消耗热。我们自己的经验证明，尽管许多不合格的人冒充完全胜任她们如此轻率而不诚实地承诺履行的职责，从而招致恶意和应得的谴责，但仍有许多人完全有能力正当履行她们所承担的工作；即使她们并非在每种情况下都令人完全满意，部分过错--有时是很大一部分--也可以诚实地归咎于女士们自己，她们在许多情况下如此确信自己处理一切事情的方法得当，以至于坚持要求采纳

of *their* system in preference to that of the nurse, whose plan is probably based on a comprehensive forethought, and rendered perfect in all its details by an ample experience.

优先采用她们的方法，而非保姆的方法，因为保姆的方案很可能建立在周全的预先考虑之上，并因丰富的经验而在所有细节上臻于完善。

2436. In all our remarks on this subject, we should remember with gentleness the order of society from which our nurses are drawn; and that those who make their duty a study, and are termed professional nurses, have much to endure from the caprice and egotism of their employers; while others are driven to the occupation from the laudable motive of feeding their own children, and who, in fulfilling that object, are too often both selfish and sensual, performing, without further interest than is consistent with their own advantage, the routine of customary duties.

2436. 在我们关于这个问题的所有论述中，我们应当温和地记住保姆所来自的社会阶层；那些把职责当作学问来研究、被称为专业保姆的人，要从雇主的任性和自私中忍受许多；而另一些人则是出于喂养自己孩子这一值得称赞的动机而从事这一职业，她们在实现这一目标时，往往既自私又耽于肉欲，除了与自身利益相符之外，对日常职责的履行不抱任何进一步的兴趣。

2437. Properly speaking, there are two nurses,—the nurse for the mother and the nurse for the child, or, the monthly and the wet nurse. Of the former we have already spoken, and will now proceed to describe the duties of the latter, and add some suggestions as to her age, physical health, and moral conduct, subjects of the utmost importance as far as the charge intrusted to her is concerned, and therefore demanding some special remarks.

2437. 确切地说，有两种护士--为母亲服务的护士和为婴儿服务的护士，即月护和乳母。关于前者我们已有所论述，现在将描述后者的职责，并就其年龄、身体健康和品行提出一些建议，这些方面就托付给她的照管而言至关重要，因此需要特别加以说明。

2438. When from illness, suppression of the milk, accident, or some natural process, the mother is deprived of the pleasure of rearing her infant, it becomes necessary at once to look around for a fitting substitute, so that the child may not suffer, by any needless delay, a physical loss by the deprivation of its natural food. The first consideration should be as regards age, state of health, and temper.

2438. 当母亲因疾病、乳汁分泌受抑、意外事故或某种自然过程而失去亲自哺育婴儿的乐趣时，就必须立即寻找合适的替代者，以免孩子因任何不必要的延误而因失去天然食物遭受身体上的损失。首先应考虑的是年龄、健康状况和脾气。

2439. The age, if possible, should not be less than twenty nor

2439. 如有可能，年龄不应小于二十岁，也不应

exceed thirty years, with the health sound in every respect, and the body free from all eruptive disease or local blemish. The best evidence of a sound state of health will be found in the woman's clear open countenance, the ruddy tone of the skin, the full, round, and elastic state of the breasts, and especially in the erectile, firm condition of the nipple, which, in all unhealthy states of the body, is pendulous, flabby, and relaxed; in which case, the milk is sure to be imperfect in its organization, and, consequently, deficient in its nutrient qualities. Appetite is another indication of health in the suckling nurse or mother; for it is impossible a woman can feed her child without having a corresponding appetite; and though inordinate craving for food is neither desirable nor necessary, a natural vigour should be experienced at meal-times, and the food taken should be anticipated and enjoyed.

不超过三十岁，各方面健康良好，身体没有任何疹病或局部瑕疵。健康状态良好的最佳证据，在于该女子面容清朗开朗、肤色红润、乳房饱满圆润而富有弹性，尤其在于乳头挺立坚实的状况--而在身体一切不健康的状态下，乳头则下垂、松软而松弛；在这种情况下，乳汁的组织必然不完善，因而营养品质不足。食欲是哺乳保姆或母亲健康的另一标志；因为一个女人不可能在喂养孩子的同时没有相应的食欲；尽管过度贪食既不可取也无必要，但在进餐时应感到自然的活力，并对食物有所期待和享受。

2440. Besides her health, the moral state of the nurse is to be taken into account, or that mental discipline or principle of conduct which would deter the nurse from at any time gratifying her own pleasures and appetites at the cost or suffering of her infant charge.

2440. 除健康之外，乳母的道德状况也应加以考虑，即那种能阻止乳母在任何时候以牺牲或损害其所照管婴儿为代价来满足自身享乐和欲望的心性修养或行为准则。

2441. The conscientiousness and good faith that would prevent a nurse so acting are, unfortunately, very rare; and many nurses, rather than forego the enjoyment of a favourite dish, though morally certain of the effect it will have on the child, will, on the first opportunity, feed with avidity on fried meats, cabbage, cucumbers, pickles, or other crude and injurious aliments, in defiance of all orders given, or confidence reposed in their word, good sense, and humanity. And when the infant is afterwards racked with pain, and a night of disquiet alarms the mother, the

2441. 能阻止保姆如此行事的良心和诚信，不幸的是极为罕见；许多保姆宁可放弃享用一道喜爱的菜肴，尽管在道德上确信它会对孩子产生影响，却仍会一有机会就贪婪地食用煎肉、卷心菜、黄瓜、腌菜或其他生硬有害的食物，全然不顾所下的一切命令，也不顾人们对她言语、理智和人道的信任。而当婴儿随后被疼痛折磨，一夜的不安使母亲惊恐时，

doctor is sent for, and the nurse, covering her dereliction by a falsehood, the consequence of her gluttony is treated as a disease, and the poor infant is dosed for some days with medicines, that can do it but little if any good, and, in all probability, materially retard its physical development. The selfish nurse, in her ignorance, believes, too, that as long as she experiences no admonitory symptoms herself, the child cannot suffer; and satisfied that, whatever is the cause of its screams and plunges, neither she, nor what she had eaten, had anything to do with it, with this flattering assurance at her heart, she watches her opportunity, and has another luxurious feast off the proscribed dainties, till the increasing disturbance in the child's health, or treachery from the kitchen, opens the eyes of mother and doctor to the nurse's unprincipled conduct. In all such cases the infant should be spared the infliction of medicine, and, as a wholesome corrective to herself, and relief to her charge, a good sound dose administered to the nurse.

医生被请来，保姆用谎言掩盖自己的失职，她贪食的后果被当作疾病来治疗，可怜的婴儿被喂了几天药，这些药即使有好处也微乎其微，而且很可能大大延缓其身体发育。自私的保姆出于无知，还相信只要她自己没有出现警示症状，孩子就不会受害；她确信无论孩子尖叫挣扎的原因是什么，都与她以及她所吃的东西无关，心中怀着这种令人欣慰的自信，她窥伺时机，又享用一顿被禁美味的丰盛盛宴，直到孩子健康的日益紊乱，或厨房的泄密，使母亲和医生看清保姆毫无原则的行为。在所有这些情况下，都应使婴儿免于服药之苦，而作为对她本人的有益矫正和对她照管对象的解脱，应给保姆服一剂良药。

2442. Respecting the diet of the wet-nurse, the first point of importance is to fix early and definite hours for every meal; and the mother should see that no cause is ever allowed to interfere with their punctuality. The food itself should be light, easy of digestion, and simple. Boiled or roast meat, with bread and potatoes, with occasionally a piece of sago, rice, or tapioca pudding, should constitute the dinner, the only meal that requires special comment; broths, green vegetables, and all acid or salt foods, must be avoided. Fresh fish, once or twice a week, may be taken; but it is hardly sufficiently nutritious to be often used as a meal. If the dinner is taken early,—at one o'clock,—there will be no occasion for luncheon, which too often, to the injury of the

2442. 关于乳母的饮食，首要之点在于为每一餐确定固定而明确的时间；母亲应当确保任何原因都不被允许干扰这些时间的准时性。食物本身应清淡、易于消化且简单。煮肉或烤肉，配以面包和土豆，偶尔加一份西米、大米或木薯布丁，应构成正餐--这是唯一需要特别说明的一餐；肉汤、绿色蔬菜以及所有酸性或咸味食物，都必须避免。新鲜鱼每周可吃一两次；但其营养不够丰富，不宜经常作为一餐食用。如果正餐吃得早--在一点钟--就不需要午餐，而午餐往往有害于

child, is made the cover for a first dinner. Half a pint of stout, with a Reading biscuit, at eleven o'clock, will be abundantly sufficient between breakfast at eight and a good dinner, with a pint of porter at one o'clock. About eight o'clock in the evening, half a pint of stout, with another biscuit, may be taken; and for supper, at ten or half-past, a pint of porter, with a slice of toast or a small amount of bread and cheese, may conclude the feeding for the day.

孩子，则成为第一顿正餐的借口。十一点钟时喝半品脱黑啤酒，配一块雷丁饼干，在八点的早餐和一点钟配一品脱波特的丰盛正餐之间，已绰绰有余。晚上八点左右，可喝半品脱黑啤酒，再配一块饼干；十点或十点半的晚餐，可喝一品脱波特，配一片吐司或少量面包和奶酪，以此结束一天的进食。

2443. Animal food once in twenty-four hours is quite sufficient. All spirits, unless in extreme cases, should be avoided; and wine is still more seldom needed. With a due quantity of plain digestible food, and the proportion of stout and porter ordered, with early hours and regularity, the nurse will not only be strong and healthy herself, but fully capable of rearing a child in health and strength. There are two points all mothers, who are obliged to employ wet-nurses, should remember, and be on their guard against. The first is, never to allow a nurse to give medicine to the infant on her own authority: many have such an infatuated idea of the *healing excellence* of castor-oil, that they would administer a dose of this disgusting grease twice a week, and think they had done a meritorious service to the child. The next point is, to watch carefully, lest, to insure a night's sleep for herself, she does not dose the infant with Godfrey's cordial, syrup of poppies, or some narcotic potion, to insure tranquillity to the one and give the opportunity of sleep to the other. The fact that scores of nurses keep secret bottles of these deadly syrups, for the purpose of stilling their charges, is notorious; and that many use them to a fearful extent, is sufficiently patent to all.

2443. 动物性食物每二十四小时一次就足够了。所有烈酒，除非在极端情况下，都应避免；葡萄酒则更少需要。有了适量清淡易消化的食物，加上所吩咐的黑啤酒和波特酒的分量，再加上早睡早起和规律作息，乳母不仅自己会强壮健康，而且完全能够养育出一个健康强壮的孩子。有两点是所有不得不雇用乳母的母亲都应记住并加以防范的。第一，绝不允许乳母自行决定给婴儿服药：许多人对蓖麻油的疗效抱有如此痴迷的看法，以至于她们会每周两次给婴儿服一剂这种令人恶心的油脂，还认为自己为孩子做了件值得称赞的事。下一点是要仔细观察，以免乳母为了确保自己夜间睡眠，给婴儿服用戈弗雷氏香酒、罂粟糖浆或某种麻醉药剂，以确保一方安静，并给另一方提供睡眠的机会。数十名乳母秘密保存这些致命糖浆的瓶子，用以安抚她们照管的婴儿，这一事实是众所周知的；而许多人使用它们达到了可怕的程度，这对所有人来说都是足够明显的。

2444. It therefore behoves the mother, while obliged to trust to a

2444. 因此，母亲在不得不信赖一位

nurse, to use her best discretion to guard her child from the unprincipled treatment of the person she must, to a certain extent, depend upon and trust; and to remember, in all cases, rather than resort to castor-oil or sedatives, to consult a medical man for her infant in preference to following the counsel of her nurse.

THE REARING, MANAGEMENT, AND DISEASES OF INFANCY AND CHILDHOOD.

CHAPTER XLII.

Physiology of Life, as illustrated by Respiration, Circulation, and Digestion.

2445. The infantine management of children, like the mother's love for her offspring, seems to be born with the child, and to be a direct intelligence of Nature. It may thus, at first sight, appear as inconsistent and presumptuous to tell a woman how to rear her infant as to instruct her in the manner of loving it. Yet, though Nature is unquestionably the best nurse, Art makes so admirable a foster-mother, that no sensible woman, in her novitiate of parent, would refuse the admonitions of art, or the teachings of experience, to consummate her duties of nurse. It is true that, in a civilized state of society, few young wives reach the epoch that makes them mothers without some insight, traditional or practical, into the management of infants: consequently, the cases wherein a woman is left to her own unaided intelligence, or what, in such a case, may be called instinct, and obliged to trust to the promptings of nature alone for the well-being of her child, are very rare indeed. Again, every woman is not gifted with the same

乳母，运用她最好的判断力保护自己的孩子免受她某种程度上必须依赖和信任之人的无原则对待；并且在所有情况下都要记住，与其求助于蓖麻油或镇静剂，不如为她的婴儿咨询医生，而不是听从乳母的建议。

婴幼儿的养育、管理与疾病

第四十二章

生命生理学，以呼吸、循环与消化为例说明。

2445. 对婴儿的照管，如同母亲对子女的爱，似乎是与孩子一同诞生的，是自然的一种直接智慧。因此，乍看之下，告诉一个女人如何养育她的婴儿，似乎与教她如何爱它一样不合情理且冒昧。然而，尽管自然无疑是最好的乳母，技艺却是一位如此出色的养母，以至于任何明智的女人在初为人母时，都不会拒绝技艺的告诫或经验的教导，以完善她作为乳母的职责。诚然，在文明社会状态下，很少有年轻妻子在成为母亲之时，对婴儿的照管没有任何传统的或实际的了解；因此，一个女人完全依靠自己未受助益的智力--或在此情况下可称为本能--并被独自托付给自然的提示来谋求孩子福祉的情况，确实非常罕见。再者，并非每个女人都天生具有同样的

physical ability for the harassing duties of a mother; and though Nature, as a general rule, has endowed all female creation with the attributes necessary to that most beautiful and, at the same time, holiest function,—the healthy rearing of their offspring,—the cases are sufficiently numerous to establish the exception, where the mother is either physically or socially incapacitated from undertaking these most pleasing duties herself, and where, consequently, she is compelled to trust to adventitious aid for those natural benefits which are at once the mother's pride and delight to render to her child.

体力来承担母亲那些令人疲惫的职责；尽管自然作为一般规律，赋予了所有女性那最美丽同时又最神圣的职能--健康地养育后代--所必需的品质，但母亲因身体或社会原因无法亲自承担这些最令人愉快的职责，因而不得不借助外来的帮助来获得那些自然的益处--而这些益处本是母亲的自豪与喜悦，亲手给予自己的孩子--这样的情况也足够多，足以构成例外。

2446. In these cases, when obliged to call in the services of hired assistance, she must trust the dearest obligation of her life to one who, from her social sphere, has probably notions of rearing children diametrically opposed to the preconceived ideas of the mother, and at enmity with all her sentiments of right and prejudices of position.

2446. 在这些情况下，当不得不求助于雇来的帮手时，她必须把一生中最珍贵的责任托付给一个人，此人从其社会阶层来看，对养育孩子的观念很可能与母亲先入为主的看法截然相反，并与她所有的是非情感和身份偏见相敌对。

2447. It has justly been said—we think by Hood—that the children of the poor are not brought up, but *dragged up*. However facetious this remark may seem, there is much truth in it; and that children, reared in the reeking dens of squalor and poverty, live at all, is an apparent anomaly in the course of things, that, at first sight, would seem to set the laws of sanitary provision at defiance, and make it appear a perfect waste of time to insist on pure air and exercise as indispensable necessaries of life, and especially so as regards infantine existence.

2447. 有人曾公正地说过--我们想是胡德--穷人的孩子不是被抚养大，而是被拉扯大的。无论这句话显得多么诙谐，其中却大有真理；而那些在肮脏贫困的恶臭窝棚中养育的孩子竟然能活下来，在事物进程中显然是一种反常现象，乍看之下似乎是对卫生法则的蔑视，并使坚持把纯净空气和运动作为生活不可或缺的必需品--尤其是就婴儿的存在而言--显得完全是浪费时间。

2448. We see elaborate care bestowed on a family of children, everything studied that can tend to their personal comfort,—pure air, pure water, regular ablution, a dietary prescribed by art, and

2448. 我们看到人们为一群孩子倾注了精心的照料，一切有助于他们个人舒适的事物都经过研究--纯净的空气、纯净的水、定期的沐浴、由技艺规定的饮食，以及

every precaution adopted that medical judgment and maternal love can dictate, for the well-being of the parents' hope; and find, in despite of all this care and vigilance, disease and death invading the guarded treasure. We turn to the foetor and darkness that, in some obscure court, attend the robust brood who, coated in dirt, and with mud and refuse for playthings, live and thrive, and grow into manhood, and, in contrast to the pale face and flabby flesh of the aristocratic child, exhibit strength, vigour, and well-developed frames, and our belief in the potency of the life-giving elements of air, light, and cleanliness receives a shock that, at first sight, would appear fatal to the implied benefits of these, in reality, all-sufficient attributes of health and life.

尽管采取了一切医疗判断与母爱所能支配的预防措施，为了父母希望之所在者的安康；却发现，纵然有这一切照料与警觉，疾病与死亡仍侵入这备受守护的珍宝。我们转而看到，在某个阴暗的院落里，那健壮的孩子们伴随着污秽与黑暗，浑身沾满泥土，以泥巴和垃圾为玩物，却生活和茁壮成长，长成男子汉，与贵族孩子苍白的面容和松弛的肌肉形成对照，展现出力量、活力和发育良好的体格，于是我们对空气、光线和清洁这些赋予生命的要素之效力的信念受到了冲击，乍看之下，这冲击似乎对这些在现实中足以构成健康与生命之全部条件的属性所隐含的益处是致命的。

2449. But as we must enter more largely on this subject hereafter, we shall leave its consideration for the present, and return to what we were about to say respecting trusting to others' aid in the rearing of children. Here it is that the young and probably inexperienced mother may find our remarks not only an assistance but a comfort to her, in as far as, knowing the simplest and best system to adopt, she may be able to instruct another, and see that her directions are fully carried out.

2449. 但由于我们此后必须更广泛地讨论这一主题，目前暂且搁置，回到我们刚才要说的关于在养育孩子方面依靠他人帮助的问题。正是在这里，年轻且可能缺乏经验的母亲会发现我们的论述不仅对她是一种帮助，而且是一种安慰，因为知道了最简单最好的方法可以采用，她便能指导他人，并确保她的指示得到充分执行。

2450. The human body, materially considered, is a beautiful piece of mechanism, consisting of many parts, each one being the centre of a system, and performing its own vital function irrespectively of the others, and yet dependent for its vitality upon the harmony and health of the whole. It is, in fact, to a certain extent, like a watch, which, when once wound up and set in motion, will continue its function of recording true time only so long as every wheel, spring, and lever performs its allotted duty, and at its allotted time; or till the limit that man's ingenuity has placed to its

2450. 从物质角度而言，人体是一部精美的机械，由许多部分组成，每一部分都是一个系统的中心，各自独立地履行其生命功能，然而其生命力又依赖于整体的和谐与健康。事实上，在某种程度上，它就像一块表，一旦上紧发条并启动，只要每个齿轮、发条和杠杆都在规定的时间履行其被分配的职责，它就会继续发挥记录准确时间的功能；或者直到人类智慧为其设定的极限--

existence as a moving automaton has been reached, or, in other words, till it has run down.

2451. What the key is to the mechanical watch, air is to the physical man. Once admit air into the mouth and nostrils, and the lungs expand, the heart beats, the blood rushes to the remotest part of the body, the mouth secretes saliva, to soften and macerate the food; the liver forms its bile, to separate the nutriment from the digested aliment; the kidneys perform their office; the eye elaborates its tears, to facilitate motion and impart that glistening to the orb on which depends so much of its beauty; and a dewy moisture exudes from the skin, protecting the body from the extremes of heat and cold, and sharpening the perception of touch and feeling. At the same instant, and in every part, the arteries, like innumerable bees, are everywhere laying down layers of muscle, bones, teeth, and, in fact, like the coral zoophyte, building up a continent of life and matter; while the veins, equally busy, are carrying away the *débris* and refuse collected from where the zoophyte arteries are building,—this refuse, in its turn, being conveyed to the liver, there to be converted into bile.

2452. All these—and they are but a few of the vital actions constantly taking place—are the instant result of one gasp of life-giving air. No subject can be fraught with greater interest than watching the first spark of life, as it courses with electric speed "through all the gates and alleys" of the soft, insensate body of the infant. The effect of air on the new-born child is as remarkable in its results as it is wonderful in its consequence; but to understand this more intelligibly, it must first be remembered that life consists of the performance of *three* vital functions—RESPIRATION, CIRCULATION, and DIGESTION. The lungs digest

达到了作为一台活动自动机的存在状态，换言之，直到它走完发条。

2451. 空气对于肉体之人，正如钥匙对于机械表。一旦空气进入口鼻，肺便扩张，心脏便跳动，血液便涌向身体最遥远的部位，口腔分泌唾液，以软化并浸渍食物；肝脏生成胆汁，以将养分与消化后的食物分离；肾脏履行其职责；眼睛分泌泪水，以促进运动并赋予眼球那种光泽，眼球之美多半有赖于此；皮肤渗出露水般的湿气，保护身体免受酷热与严寒的极端侵袭，并使触觉和感觉更加敏锐。在同一瞬间，在每一个部位，动脉如同无数蜜蜂，到处铺设肌肉、骨骼、牙齿的层层结构，事实上就像珊瑚虫一样，构建起一个生命与物质的陆地；而静脉同样忙碌，运走碎屑以及从珊瑚虫般的动脉正在构建之处收集的废物--这些废物又依次被送往肝脏，在那里转化为胆汁。

2452. 所有这一切--而这不过是不断发生的生命活动中的少数几项--都是一口赋予生命的空气所即时产生的结果。没有什么主题能比观察生命的第一点火花更令人感兴趣了，它以电一般的速度“穿过所有的大门和小巷”，流遍婴儿柔软而无知觉的身体。空气对新生婴儿的影响，其结果之显著正如其后果之奇妙；但要更清楚地理解这一点，首先必须记住，生命在于履行三种生命功能--呼吸、循环和消化。肺消化

the air, taking from it its most nutritious element, the *oxygen*, to give to the impoverished blood that circulates through them. The stomach digests the food, and separates the nutriment—*chyle*—from the aliment, which it gives to the blood for the development of the frame; and the blood, which is understood by the term circulation, digests in its passage through the lungs the nutriment—*chyle*—to give it quantity and quality, and the *oxygen* from the air to give it vitality. Hence it will be seen, that, speaking generally, the three vital functions resolve themselves into one,—DIGESTION; and that the lungs are the primary and the most important of the vital organs; and respiration, the first in fact, as we all know it is the last in deed, of all the functions performed by the living body.

空气，从中摄取最有营养的元素--氧，给予流经肺部的贫乏血液。胃消化食物，将养分--乳糜--从食物中分离出来，供给血液以发育身体；而血液，即循环一词所指，在流经肺部时消化养分--乳糜--赋予其量与质，并消化来自空气的氧以赋予其生命力。由此可见，一般说来，三种生命功能归结为一种--消化；而肺是生命器官中最主要和最重要的；呼吸事实上是活体所履行的一切功能中的第一项，正如我们都知道它是最后一项一样。

THE LUNGS.—RESPIRATION.

肺--呼吸

2453. The first effect of air on the infant is a slight tremor about the lips and angles of the mouth, increasing to twitchings, and finally to a convulsive contraction of the lips and cheeks, the consequence of sudden cold to the nerves of the face. This spasmodic action produces a gasp, causing the air to rush through the mouth and nostrils, and enter the windpipe and upper portion of the flat and contracted lungs, which, like a sponge partly immersed in water, immediately expand. This is succeeded by a few faint sobs or pants, by which larger volumes of air are drawn into the chest, till, after a few seconds, and when a greater bulk of the lungs has become inflated, the breast-bone and ribs rise, the chest expands, and, with a sudden start, the infant gives utterance to a succession of loud, sharp cries, which have the effect of filling every cell of the entire organ with air and life. To the anxious

2453. 空气对婴儿的第一个作用，是嘴唇和嘴角出现轻微的颤动，逐渐加剧为抽搐，最终发展为嘴唇和面颊的痉挛性收缩，这是面部神经突然受寒的结果。这种痉挛性动作产生一次喘气，使空气冲过口鼻，进入气管和扁平收缩的肺的上部，肺便像半浸在水中的海绵一样立即膨胀。随之而来的是几声微弱的抽泣或喘息，将更大容量的空气吸入胸腔，直到几秒钟后，当更大体积的肺被充气时，胸骨和肋骨隆起，胸部扩张，随着一个突然的惊动，婴儿发出一连串响亮尖锐的哭声，这哭声的作用是使整个器官的每一个细胞都充满空气和生命。对于焦虑的

mother, the first voice of her child is, doubtless, the sweetest music she ever heard; and the more loudly it peals, the greater should be her joy, as it is an indication of health and strength, and not only shows the perfect expansion of the lungs, but that the process of life has set in with vigour. Having welcomed in its own existence, like the morning bird, with a shrill note of gladness, the infant ceases its cry, and, after a few short sobs, usually subsides into sleep or quietude.

母亲，她孩子发出的第一声无疑是她听过的最甜美的音乐；哭声越响亮，她应越高兴，因为这是健康和力量的标志，不仅表明肺部完全扩张，而且表明生命过程已有力地开始。婴儿像晨鸟一样用一声尖锐的欢叫迎接自己的存在之后，便停止哭泣，在几声短促的抽噎之后，通常归于睡眠或安静。

2454. At the same instant that the air rushes into the lungs, the valve, or door between the two sides of the heart-and through which the blood had previously passed-is closed and hermetically sealed, and the blood taking a new course, bounds into the lungs, now expanded with air, and which we have likened to a wetted sponge, to which they bear a not unapt affinity, air being substituted for water. It here receives the *oxygen* from the atmosphere, and the *chyle*, or white blood, from the digested food, and becomes, in an instant, arterial blood, a vital principle, from which every solid and fluid of the body is constructed. Besides the lungs, Nature has provided another respiratory organ, a sort of supplemental lung, that, as well as being a covering to the body, _in_spires air and _ex_pires moisture;—this is the cuticle, or skin; and so intimate is the connection between the skin and lungs, that whatever injures the first, is certain to affect the latter.

2454. 在空气冲入肺的同一瞬间，心脏两侧之间的瓣膜或门户--血液先前正是通过它流通的--关闭并密封，血液走上新的路径，涌入现已充满空气的肺，我们曾把肺比作浸湿的海绵，二者确有几分相似，只是以空气代替了水。血液在此处从大气中吸收氧，并从消化后的食物中吸收乳糜即白 blood，顷刻之间变成动脉血，一种生命本原，身体的一切固体和液体都由它构成。除肺之外，自然还提供了另一个呼吸器官，一种补充性的肺，它既覆盖身体，又 _in_spires 空气并_ex_pires 湿气；--这就是表皮，即皮肤；皮肤与肺之间的联系如此密切，以致凡损害前者者，必影响后者。

2455. *Hence the difficulty of breathing experienced after scalds or burns on the cuticle, the cough that follows the absorption of cold or damp by the skin, the oppressed and laborious breathing experienced by children in all eruptive diseases, while the rash is coming to the surface, and the hot, dry skin that always attends congestion of the lungs, and fever.*

2455. 因此，烫伤或烧伤表皮后会出现呼吸困难，皮肤吸收寒冷或湿气后会引发咳嗽，儿童在所有出疹性疾病中，当皮疹即将透出时会出现憋闷而费力的呼吸，而肺部充血和发热时则总是伴有皮肤灼热干燥。

2456. The great practical advantage derivable from this fact is, the knowledge that whatever relieves the one benefits the other. Hence, too, the great utility of hot baths in all affections of the lungs or diseases of the skin; and the reason why exposure to cold or wet is, in nearly all cases, followed by tightness of the chest, sore throat, difficulty of breathing, and cough. These symptoms are the consequence of a larger quantity of blood than is natural remaining in the lungs, and the cough is a mere effort of Nature to throw off the obstruction caused by the presence of too much blood in the organ of respiration. The hot bath, by causing a larger amount of blood to rush suddenly to the skin, has the effect of relieving the lungs of their excess of blood, and by equalizing the circulation, and promoting perspiration from the cuticle, affords immediate and direct benefit, both to the lungs and the system at large.

2456. 从这一事实中可获得的重大实际益处，是认识到凡缓解其一者亦有益于另一者。因此，热水浴在一切肺部疾患或皮肤疾病中具有极大效用；也正因如此，受寒或受湿之后，几乎在所有情况下都会出现胸闷、喉痛、呼吸困难和咳嗽。这些症状是肺中滞留的血液多于常态的结果，而咳嗽不过是自然为排除呼吸器官中血液过多所造成的阻塞而作出的努力。热水浴使大量血液骤然涌向皮肤，从而减轻肺中过多的血液，并通过平衡循环、促进表皮排汗，对肺和整个身体系统产生直接而立即的益处。

THE STOMACH—DIGESTION.

胃--消化

2457. The organs that either directly or indirectly contribute to the process of digestion are, the mouth, teeth, tongue, and gullet, the stomach, small intestines, the pancreas, the salivary glands, and the liver. Next to respiration, digestion is the chief function in the economy of life, as, without the nutritious fluid digested from the aliment, there would be nothing to supply the immense and constantly recurring waste of the system, caused by the activity with which the arteries at all periods, but especially during infancy and youth, are building up the frame and developing the body. In infancy (the period of which our present subject treats), the series of parts engaged in the process of digestion may be reduced simply to the stomach and liver, or rather its secretion,—

2457. 直接或间接参与消化过程的器官有：口、牙齿、舌和食道、胃、小肠、胰腺、唾液腺和肝。仅次于呼吸，消化是生命机体中的主要功能，因为如果没有从食物中消化出来的营养液体，就无法补充身体巨大且不断发生的消耗，这种消耗是由动脉在所有时期、尤其在婴儿期和青年期积极构建体格、发育身体的活动所造成的。在婴儿期(即我们当前主题所论述的时期)，参与消化过程的一系列器官可以简化为胃和肝，或者更确切地说，是肝的分泌物--

the bile. The stomach is a thick muscular bag, connected above with the gullet, and, at its lower extremity, with the commencement of the small intestines. The duty or function of the stomach is to secrete from the arteries spread over its inner surface, a sharp acid liquid called the *gastric* juice; this, with a due mixture of saliva, softens, dissolves, and gradually digests the food or contents of the stomach, reducing the whole into a soft pulpy mass, which then passes into the first part of the small intestines, where it comes in contact with the bile from the gall-bladder, which immediately separates the digested food into two parts, one is a white creamy fluid called chyle, and the absolute concentration of all nourishment, which is taken up by proper vessels, and, as we have before said, carried directly to the heart, to be made blood of, and vitalized in the lungs, and thus provide for the wear and tear of the system. It must be here observed that the stomach can only digest solids, for fluids, being incapable of that process, can only be *absorbed*; and without the result of digestion, animal, at least human life, could not exist. Now, as Nature has ordained that infantine life shall be supported on liquid aliment, and as, without a digestion the body would perish, some provision was necessary to meet this difficulty, and that provision was found in the nature of the liquid itself, or in other words, THE MILK. The process of making cheese, or fresh curds and whey, is familiar to most persons; but as it is necessary to the elucidation of our subject, we will briefly repeat it. The internal membrane, or the lining coat of a calf's stomach, having been removed from the organ, is hung up, like a bladder, to dry; when required, a piece is cut off, put in a jug, a little warm water poured upon it, and after a few hours it is fit for use; the liquid so

胆汁。胃是一个厚实的肌肉袋，上端与食道相连，下端与小肠的起始部相连。胃的职责或功能是从分布在其内表面的动脉中分泌一种称为胃液的尖锐酸性液体；这种液体与适量唾液混合，软化、溶解并逐渐消化食物或胃内容物，将全部物质化为柔软的浆状团块，然后进入小肠的第一部分，在那里与来自胆囊的胆汁接触，胆汁立即将消化后的食物分为两部分，一部分是称为乳糜的白色乳状液体，是一切营养的绝对浓缩物，由适当的血管吸收，并如前所述直接送往心脏，在那里制成血液，并在肺中赋予生命，从而供给身体系统的损耗。此处必须指出，胃只能消化固体，因为液体不能进行这一过程，只能被吸收；而没有消化的结果，动物、至少人的生命就无法存在。既然自然规定婴儿的生命须以液体食物维持，而没有消化身体便会死亡，就必须有某种安排来应对这一难题，而这种安排就在于液体本身的性质，换言之，即乳汁。制作干酪，或新鲜凝乳与乳清的过程，大多数人都熟悉；但由于阐明我们的主题需要，我们简要重述一遍。将小牛胃的内膜，即衬里层，从器官上取下，像膀胱一样挂起晾干；需要时切下一小块，放入罐中，倒上少许温水，几小时后即可使用；这样得到的液体

made being called *rennet*. A little of this rennet, poured into a basin of warm milk, at once coagulates the greater part, and separates from it a quantity of thin liquor, called *whey*. This is precisely the action that takes place in the infant's stomach after every supply from the breast. The cause is the same in both cases, the acid of the gastric juice in the infant's stomach immediately converting the milk into a soft cheese. It is gastric juice, adhering to the calf's stomach, and drawn out by the water, forming rennet, that makes the curds in the basin. The cheesy substance being a solid, at once undergoes the process of digestion, is separated into *chyle* by the bile, and, in a few hours, finds its way to the infant's heart, to become blood, and commence the architecture of its little frame. This is the simple process of a baby's digestion:-milk converted into cheese, cheese into *chyle*, chyle into blood, and blood into flesh, bone, and tegument-how simple is the cause, but how sublime and wonderful are the effects!

制成后被称为凝乳酶。将少许这种凝乳酶倒入一盆温牛奶中，它立刻使大部分牛奶凝结，并从中分离出大量稀薄液体，称为乳清。这正是婴儿每次吮吸母乳后胃中所发生的作用。两者的原因相同，婴儿胃中胃液的酸立即将牛奶转化为柔软的凝乳。正是附着在小牛胃上、被水浸出的胃液形成凝乳酶，使盆中的牛奶结成凝块。凝乳状物质作为固体，立即经历消化过程，被胆汁分离为乳糜，并在几小时内到达婴儿的心脏，化为血液，开始构筑其小小的身躯。这就是婴儿消化的简单过程：牛奶化为凝乳，凝乳化为乳糜，乳糜化为血液，血液化为肌肉、骨骼与皮肤--原因何其简单，效果却何其崇高而奇妙!

2458. We have described the most important of the three functions that take place in the infant's body-respiration and digestion; the third, namely, circulation, we hardly think it necessary to enter on, not being called for by the requirements of the nurse and mother; so we shall omit its notice, and proceed from theoretical to more practical considerations. Children of weakly constitutions are just as likely to be born of robust parents, and those who earn their bread by toil, as the offspring of luxury and affluence; and, indeed, it is against the ordinary providence of Nature to suppose the children of the hardworking and necessitous to be hardier and more vigorous than those of parents blessed with ease and competence.

2458. 我们已经描述了婴儿体内三种功能中最重要的两种--呼吸与消化；第三种，即血液循环，我们认为没有必要详述，因为护士和母亲的需求并不要求如此；因此我们将略去不提，从理论转向更为实际的考虑。体弱的子女同样可能出自强壮的、靠劳作谋生的父母，正如可能出自养尊处优的富贵人家；而且，若认为辛勤劳作、生活拮据者的子女比安享富足的父母所生子女更强健、更有活力，那确实有悖于自然的常理。

2459. All children come into the world in the same imploring

2459. 所有孩子来到这个世界时都带着同样的恳求

helplessness, with the same general organization and wants, and demanding either from the newly-awakened mother's love, or from the memory of motherly feeling in the nurse, or the common appeals of humanity in those who undertake the earliest duties of an infant, the same assistance and protection, and the same fostering care.

无助，具有同样的一般组织和需求，无论是对新唤醒的母爱，还是对护士中母性情感的回忆，或是对那些承担婴儿最早职责的人的人性共同诉求，都要求同样的援助和保护，以及同样的养育关怀。

THE INFANT.

婴儿。

2460. We have already described the phenomena produced on the new-born child by the contact of air, which, after a succession of muscular twitchings, becomes endowed with voice, and heralds its advent by a loud but brief succession of cries. But though this is the general rule, it sometimes happens (from causes it is unnecessary here to explain) that the infant does not cry, or give utterance to any audible sounds, or if it does, they are so faint as scarcely to be distinguished as human accents, plainly indicating that life, as yet, to the new visitor, is neither a boon nor a blessing; the infant being, in fact, in a state of suspended or imperfect vitality,—a state of *quasi* existence, closely approximating the condition of a *still-birth*.

2460.我们已经描述过新生儿接触空气后所产生的现象：在一连串肌肉抽搐之后，婴儿获得了声音，以响亮而短促的连声啼哭宣告自己的降生。然而，尽管这是普遍规律，有时也会出现(原因在此无需解释)婴儿不哭、不发出任何可听见的声音的情况，或者即便发出声音，也微弱得几乎无法辨认为人的声音，这清楚地表明，对这个新来者而言，生命迄今既非恩赐也非福佑；婴儿实际上处于一种生命悬置或不完全的状态--一种准存在的状态，与死产的状况极为接近。

2461. As soon as this state of things is discovered, the child should be turned on its right side, and the whole length of the spine, from the head downwards, rubbed with all the fingers of the right hand, sharply and quickly, without intermission, till the quick action has not only evoked heat, but electricity in the part, and till the loud and sharp cries of the child have thoroughly expanded the lungs, and satisfactorily established its life. The operation will seldom require above a minute to effect, and less frequently

2461.一旦发现这种情况，应立即将婴儿转向右侧，用右手全部手指沿脊柱全长自头部向下快速而有力地摩擦，不得间断，直至这种快速动作不仅激发出热量，而且在该部位激发出电，直至婴儿响亮而尖锐的啼哭充分扩张了肺部，令人满意地确立了其生命。此操作通常只需不到一分钟即可见效，更少的时候

demands a repetition. If there is brandy at hand, the fingers before rubbing may be dipped into that, or any other spirit.

需要重复。如果手边有白兰地，摩擦前可将手指浸入其中，或任何其他烈酒。

2462. There-is another condition of what we may call "mute births," where the child only makes short ineffectual gasps, and those at intervals of a minute or two apart, when the lips, eyelids, and fingers become of a deep purple or slate colour, sometimes half the body remaining white, while the other half, which was at first swarthy, deepens to a livid hue. This condition of the infant is owing to the valve between the two sides of the heart remaining open, and allowing the unvitalized venous blood to enter the arteries and get into the circulation.

2462.我们所谓的“无声分娩”还有另一种情形，即婴儿只发出短促无效的喘息，且每隔一两分钟才喘一次，此时嘴唇、眼睑和手指变成深紫色或石板色，有时半边身体保持白色，而另一半起初呈深色，继而加深为青紫色。婴儿的这种状况是由于心脏两侧之间的瓣膜仍然开放，致使未经活化的静脉血进入动脉并参与循环所致。

2463. The object in this case, as in the previous one, is to dilate the lungs as quickly as possible, so that, by the sudden effect of a vigorous inspiration, the valve may be firmly closed, and the impure blood, losing this means of egress, be sent directly to the lungs. The same treatment is therefore necessary as in the previous case, with the addition, if the friction along the spine has failed, of a warm bath at a temperature of about 80°, in which the child is to be plunged up to the neck, first cleansing the mouth and nostrils of the mucus that might interfere with the free passage of air.

2463.此种情形下的目标与前一情形相同，即尽快扩张肺部，以便通过一次有力吸气的突然作用使瓣膜紧紧闭合，而不纯的血液失去这一出口，被直接送往肺部。因此需要采取与前一情形相同的处理，此外，若沿脊柱的摩擦未能奏效，则加用温度约80°的温水浴，将婴儿浸至颈部，事先清除口腔和鼻孔中可能妨碍空气自由通过的黏液。

2464. While in the bath, the friction along the spine is to be continued, and if the lungs still remain unexpended, while one person retains the child in an inclined position in the water, another should insert the pipe of a small pair of bellows into one nostril, and while the month is closed and the other nostril compressed on the pipe with the hand of the assistant, the lungs are to be slowly inflated by steady puffs of air from the bellows,

2464. 在洗澡时，沿脊柱的摩擦应继续，如果肺部仍未扩张，当一人将婴儿保持在水中的倾斜位置时，另一人应将一对小风箱的管子插入一个鼻孔，当嘴巴闭合且另一个鼻孔用手压住管子时，肺部应通过风箱的稳定气流缓慢充气，

the hand being removed from the mouth and nose after each inflation, and placed on the pit of the stomach, and by a steady pressure expelling it out again by the mouth. This process is to be continued, steadily inflating and expelling the air from the lungs, till, with a sort of tremulous leap, Nature takes up the process, and the infant begins to gasp, and finally to cry, at first low and faint, but with every gulp of air increasing in length and strength of volume, when it is to be removed from the water, and instantly wrapped (all but the face and mouth) in a flannel. Sometimes, however, all these means will fail in effecting an utterance from the child, which will lie, with livid lips and a flaccid body, every few minutes opening its mouth with a short gasping pant, and then subsiding into a state of pulseless inaction, lingering probably some hours, till the spasmodic pantings growing further apart, it ceases to exist.

每次吹气后都将手从口鼻处移开，放在胃窝处，以稳定的压力将气经口排出。此过程应持续进行，稳定地向肺部吹气并排出，直至“自然”以一种颤动的跳跃接管这一过程，婴儿开始喘息，最终啼哭，起初低沉微弱，但随着每一口空气而音量和力度渐增，此时应将其从水中取出，立即用法兰绒包裹(只露出脸和嘴)。然而，有时所有这些手段都无法使婴儿发出声音，婴儿将躺着，嘴唇青紫，身体松软，每隔几分钟就张开嘴发出一声短促的喘息，然后又陷入无脉的静止状态，可能拖延数小时，直至痉挛性的喘息间隔越来越长，最终停止存在。

2465. The time that this state of negative vitality will linger in the frame of an infant is remarkable; and even when all the previous operations, though long-continued, have proved ineffectual, the child will often rally from the simplest of means—the application of dry heat. When removed from the bath, place three or four hot bricks or tiles on the hearth, and lay the child, loosely folded in a flannel, on its back along them, taking care that there is but one fold of flannel between the spine and heated bricks or tiles. When neither of these articles can be procured, put a few clear pieces of red cinder in a warming-pan, and extend the child in the same manner along the closed lid. As the heat gradually diffuses itself over the spinal marrow, the child that was dying, or seemingly dead, will frequently give a sudden and energetic cry, succeeded in another minute by a long and vigorous peal, making up, in

2465. 婴儿体内这种负生命力状态持续的时间是惊人的；甚至当先前所有措施虽经长期坚持却证明无效时，孩子也常常会因最简单的手段--施用干热--而恢复过来。从浴盆中取出后，在炉边放三四块热砖或热瓦，将孩子用一块法兰绒松松裹住，仰面放在其上，注意只隔一层法兰绒于脊柱与热砖或热瓦之间。若两者皆不可得，则在暖床器中放几块洁净的红色煤渣，以同样方式将孩子伸展于闭合的盖子上。随着热量逐渐扩散至脊髓，濒死或看似已死的孩子常会突然发出一声有力啼哭，紧接着一分钟后又发出一阵长久而有力的哭声，弥补了

volume and force, for the previous delay, and instantly confirming its existence by every effort in its nature.

体积和力量，以弥补之前的延迟，并立即通过一切努力确认其存在。

2466. With these two exceptions,—restored by the means we have pointed out to the functions of life,—we will proceed to the consideration of the child HEALTHILY BORN. Here the first thing that meets us on the threshold of inquiry, and what is often between mother and nurse not only a vexed question, but one of vexatious import, is the *crying* of the child; the mother, in her natural anxiety, maintaining that her infant *must be ill* to cause it to cry so much or so often, and the nurse insisting that *all* children cry, and that nothing is the matter with it, and that crying does good, and is, indeed, an especial benefit to infancy. The anxious and unfamiliar mother, though not convinced by these abstract sayings of the truth or wisdom of the explanation, takes both for granted; and, giving the nurse credit for more knowledge and experience on this head than she can have, contentedly resigns herself to the infliction, as a thing necessary to be endured for the good of the baby, but thinking it, at the same time, an extraordinary instance of the imperfectibility of Nature as regards the human infant; for her mind wanders to what she has observed in her childhood with puppies and kittens, who, except when rudely torn from their nurse, seldom give utterance to any complaining.

2466. 除这两例外--已借我们所指出的方法恢复生命机能--我们将进而讨论健康出生的孩子。在此探究之初首先遇到、且常常不仅是母子之间争论的问题、而且是令人烦恼的问题，便是孩子的啼哭；母亲出于天然的忧虑，坚持认为她的婴儿必定有病才会哭得如此之多或如此频繁，而保姆则坚称所有孩子都会哭，孩子并无不适，啼哭有益，事实上对婴儿期尤为有益。焦虑而不谙此道的母亲，虽未被这些抽象说法说服其解释之真实或明智，却将两者都视为理所当然；她相信保姆在这方面拥有超出其实际可能的知识与经验，便心安理得地听任这种折磨，视之为为了婴儿好处必须忍受之事，但同时认为这是自然在人类婴儿方面不完善的非凡例证；因为她的思绪飘向她童年时观察过的小狗小猫，它们除非被粗暴地从其母兽身边夺走，很少发出任何抱怨之声。

2467. We, undoubtedly, believe that crying, to a certain extent, is not only conducive to health, but positively necessary to the full development and physical economy of the infant's being. But though holding this opinion, we are far from believing that a child does not very often cry from pain, thirst, want of food, and attention to its personal comfort; but there is as much difference

2467. 我们无疑相信，哭泣在一定程度上不仅有益健康，而且对婴儿存在的充分发展和生理经济绝对是必要的。但尽管持有这种观点，我们远不相信孩子不会经常因疼痛、口渴、饥饿和关注个人舒适而哭泣；但差异同样大

in the tone and expression of a child's cry as in the notes of an adult's voice; and the mother's ear will not be long in discriminating between the sharp peevish whine of irritation and fever, and the louder intermitting cry that characterizes the want of warmth and sleep. All these shades of expression in the child's inarticulate voice every nurse *should* understand, and every mother will soon teach herself to interpret them with an accuracy equal to language.

在孩子哭泣的语调和表情中，如同成人声音的音符；母亲的耳朵不会长久分辨出刺激和发烧的尖锐烦躁哀鸣与表征缺乏温暖和睡眠的更大间歇性哭泣。护士应该理解孩子无音节声音中的所有表情细微差别，每位母亲都会很快教会自己以与语言同等的准确性解读它们。

2468. There is no part of a woman's duty to her child that a young mother should so soon make it her business to study, as the voice of her infant, and the language conveyed in its cry. The study is neither hard nor difficult; a close attention to its tone, and the expression of the baby's features, are the two most important points demanding attention. The key to both the mother will find in her own heart, and the knowledge of her success in the comfort and smile of her infant. We have two reasons—both strong ones—for urging on mothers the imperative necessity of early making themselves acquainted with the nature and wants of their child: the first, that when left to the entire, responsibility of the baby, after the departure of the nurse, she may be able to undertake her new duties with more confidence than if left to her own resources and mother's instinct, without a clue to guide her through the mysteries of those calls that vibrate through every nerve of her nature; and, secondly, that she may be able to guard her child from the nefarious practices of unprincipled nurses, who, while calming the mother's mind with false statements as to the character of the baby's cries, rather than lose their rest, or devote that time which would remove the cause of suffering, administer, behind the curtains, those deadly narcotics which, while

2468. 在妇女对孩子的职责中，年轻母亲最应及早用心研究的，莫过于婴儿的声音及其啼哭所传达的语言。这项研究既不艰难也不困难；密切注意其声调以及婴儿面部表情，是需要留意的两个最重要之点。母亲将在自己心中找到这两者的钥匙，而她在婴儿的安适与微笑中找到成功的知识。我们有两个理由--两者都很充分--敦促母亲们必须及早使自己熟悉孩子的本性与需求：第一，当保姆离去后，她完全承担起婴儿的责任时，能够比仅凭自身资源和母亲本能、毫无线索引导她穿越那些震动她天性每一根神经的呼唤之谜时，更有信心地承担起新职责；第二，她能够保护自己的孩子免受无原则保姆的邪恶行径之害，这些保姆一面以关于婴儿哭声性质的虚假陈述安抚母亲的心，一面为了不失去休息、或不花时间去消除痛苦之因，在帘幕之后施用那些致命的麻醉剂，从而

stupefying Nature into sleep, insure for herself a night of many unbroken hours. Such nurses as have not the hardihood to dose their infant charges, are often full of other schemes to still that constant and reproachful cry. The most frequent means employed for this purpose is giving it something to suck,—something easily hid from the mother,—or, when that is impossible, under the plea of keeping it warm, the nurse covers it in her lap with a shawl, and, under this blind, surreptitiously inserts a finger between the parched lips, which possibly moan for drink; and, under this inhuman cheat and delusion, the infant is pacified, till Nature, balked of its desires, drops into a troubled sleep. These are two of our reasons for impressing upon mothers the early, the immediate necessity of putting themselves sympathetically in communication with their child, by at once learning its hidden language as a delightful task.

使自然麻木入睡，为自己确保一个由许多不间断时辰组成的夜晚。那些没有胆量给所照管的婴儿用药的保姆，往往满脑子其他计谋来止住那持续而责备般的哭声。为此目的最常用的手段是给婴儿某样东西吮吸--某样易于瞒过母亲的东西--或者，当这不可能时，保姆以保暖为借口，用披肩将婴儿裹在膝上，在此掩护下，偷偷将一根手指塞入那可能因渴而呻吟的干渴双唇之间；在这种不人道的欺骗与哄瞒之下，婴儿被安抚下来，直到自然因欲望受挫而陷入不安的睡眠。这就是我们敦促母亲们及早、立即通过将学习孩子隐秘的语言当作一件愉快任务而设身处地与孩子沟通的两个理由。

2469. We must strenuously warn all mothers on no account to allow the nurse to sleep with the baby, never herself to lay down with it by her side for a night's rest, never to let it sleep in the parents' bed, and on no account keep it, longer than absolutely necessary, confined in on atmosphere loaded with the breath of many adults.

2469. 我们必须强烈警告所有母亲，绝不允许护士与婴儿同睡，自己绝不躺在其身边过夜休息，绝不让孩子睡在父母床上，并且绝不比绝对必要更长时间地将其关在充满许多成人呼吸的大气中。

2470. The amount of *oxygen* required by an infant is so large, and the quantity consumed by mid-life and age, and the proportion of carbonic acid thrown off from both, so considerable, that an infant breathing the same air cannot possibly carry on its healthy existence while deriving its vitality from so corrupted a medium. This objection, always in force, is still more objectionable at night-time, when doors and windows are closed, and amounts to a condition of poison, when placed between two adults in sleep, and

2470. 婴儿所需的氧气量如此之大，而中年与老年所消耗的量、以及两者所排出的碳酸气比例又如此可观，以致呼吸同样空气的婴儿在从如此腐坏的介质中获取生命力时，不可能维持其健康的存在。这一反对意见始终有效，在夜间门窗关闭时更为有害，而当被置于两个熟睡的成年人之间时，更达到中毒的程度，并且

shut in by bed-curtains; and when, in addition to the impurities expired from the lungs, we remember, in quiescence and sleep, how large a portion of mephitic gas is given off from the skin.

2471. Mothers, in the fullness of their affection, believe there is no harbour, sleeping or awake, where their infants can be so secure from all possible or probable danger as in their own arms; yet we should astound our readers if we told them the statistical number of infants who, in despite of their motherly solicitude and love, are annually killed, unwittingly, by such parents themselves, and this from the persistency in the practice we are so strenuously condemning. The mother frequently, on awaking, discovers the baby's face closely impacted between her bosom and her arm, and its body rigid and lifeless; or else so enveloped in the "head-blanket" and superincumbent bedclothes, as to render breathing a matter of physical impossibility. In such cases the jury in general returns a verdict of "*Accidentally overlaid*" but one of "Careless suffocation" would be more in accordance with truth and justice. The only possible excuse that can be urged, either by nurse or mother, for this culpable practice, is the plea of imparting warmth to the infant. But this can always be effected by an extra blanket in the child's crib, or, if the weather is particularly cold, by a bottle of hot water enveloped in flannel and placed at the child's feet; while all the objections already urged—as derivable from animal heat imparted by actual contact—are entirely obviated. There is another evil attending the sleeping together of the mother and infant, which, as far as regards the latter, we consider quite as formidable, though not so immediate as the others, and is always followed by more or less of mischief to the mother. The evil we now allude to is that most injurious practice of letting the child

被床帘封闭；而且当考虑到肺部呼出的杂质之外，在静止和睡眠中，皮肤释放出大量有害气体。

2471. 母亲们出于满腔的爱，相信无论睡着还是醒着，再没有哪个港湾能像自己的怀抱那样，让婴儿免于一切可能或然危险；然而，倘若我们告诉读者，尽管有母亲的关怀与疼爱，每年仍有统计数字的婴儿被这样的父母无意中压死，而且正是由于他们执意坚持我们正竭力谴责的做法，读者定会大为震惊。母亲常常在醒来时发现婴儿的脸紧压在她的胸脯与手臂之间，身体僵硬、毫无生气；或者被“头巾毯”和层层被褥裹得严严实实，以致呼吸在生理上已不可能。此类情形下，陪审团通常裁定为“意外压覆”，但“疏忽致窒息”的裁定才更符合事实与公道。护士或母亲为这一有罪做法所能提出的唯一借口，是辩称要给婴儿保暖。但这总可以通过在孩子小床里多加一条毯子来实现，或者，若天气特别寒冷，可用法兰绒裹住一瓶热水放在孩子脚边；这样，先前提出的所有反对意见--即由实际接触传导的体热所引起--便完全消除了。母亲与婴儿同睡还有另一弊端，就婴儿而言，我们认为同样严重，虽不如其他弊端那样立竿见影，却总给母亲带来或多或少的伤害。我们现在所指的弊端，就是让孩子在

suck after the mother has *fallen asleep*, a custom that naturally results from the former, and which, as we hare already said, is injurious to both mother and child. It is injurious to the infant by allowing it, without control, to imbibe to distension a fluid sluggishly secreted and deficient in those vital principles which the want of mental energy, and of the sympathetic appeals of the child on the mother, so powerfully produce on the secreted nutriment, while the mother wakes in a state of clammy exhaustion, with giddiness, dimness of sight, nausea, loss of appetite, and a dull aching pain through the back and between the shoulders. In fact, she wakes languid and unrefreshed from her sleep, with febrile symptoms and hectic flushes, caused by her baby vampire, who, while dragging from her her health and strength, has excited in itself a set of symptoms directly opposite, but fraught with the same injurious consequences—"functional derangement."

吮吸母亲入睡之后，这一习惯自然由前者导致，且如我们已说过的，对母子双方都有害。对婴儿有害，是因为让它不受控制地吸吮一种分泌迟缓、缺乏那些生命要素的液体直至胀满，而缺乏精神活力、缺乏孩子对母亲的交感呼唤，恰恰会极大地影响分泌的养分；母亲醒来时则浑身黏腻、精疲力竭，伴有头晕、视物模糊、恶心、食欲不振，以及背部和两肩之间隐隐作痛。事实上，她醒来时倦怠乏力、睡不解乏，带有发热症状和潮红，这都是她的“吸血鬼”婴儿所致--婴儿在拖走她健康与力量的同时，自身也激起了一组截然相反却同样有害的后果--“功能紊乱”。

THE MILK.

牛奶。

2472. As Nature has placed in the bosom of the mother the natural food of her offspring, it must be self-evident to every reflecting woman, that it becomes her duty to study, as far as lies in her power, to keep that reservoir of nourishment in as pure and invigorating a condition as possible; for she must remember that the *quantity* is no proof of the *quality* of this aliment.

2472. 由于自然已在母亲怀抱中放置了后代的天然食物，对每位深思熟虑的女性来说，这必须是不言而喻的，即她的职责是尽其所能地研究如何保持这个营养储备库尽可能纯净和振奋；因为她必须记住，数量并不能证明这种食物的质量。

2473. The mother, while suckling, as a general rule, should avoid all sedentary occupations, take regular exercise, keep her mind as lively and pleasingly occupied as possible, especially by music and singing. Her diet should be light and nutritious, with a proper

2473. 哺乳期间的母亲，作为一般规则，应避免所有久坐职业，进行规律运动，保持心情尽可能活泼愉快，尤其是通过音乐和唱歌。她的饮食应清淡营养，并适当

sufficiency of animal food, and of that kind which yields the largest amount of nourishment; and, unless the digestion is naturally strong, vegetables and fruit should form a very small proportion of the general dietary, and such preparations as broths, gruels, arrowroot, &c., still less. Tapioca, or ground-rice pudding, made with several eggs, may be taken freely; but all slops and thin potations, such as that delusion called chicken-broth, should be avoided, as yielding a very small amount of nutriment, and a large proportion of flatulence. All purely stimulants should be avoided as much as possible, especially spirits, unless taken for some special object, and that medicinally; but as a part of the dietary they should be carefully shunned. Lactation is always an exhausting process, and as the child increases in size and strength, the drain upon the mother becomes great and depressing. Then something more even than an abundant diet is required to keep the mind and body up to a standard sufficiently healthy to admit of a constant and nutritious secretion being performed without detriment to the physical integrity of the mother, or injury to the child who imbibes it; and as stimulants are inadmissible, if not positively injurious, the substitute required is to be found in *malt liquor*. To the lady accustomed to her Madeira and sherry, this may appear a very vulgar potation for a delicate young mother to take instead of the more subtle and condensed elegance of wine; but as we are writing from experience, and with the avowed object of imparting useful facts and beneficial remedies to our readers, we allow no social distinctions to interfere with our legitimate object.

充足的动物性食物，且是营养最丰富的那一类；除非消化力天生强健，蔬菜和水果在总体饮食中应只占很小比例，而肉汤、稀粥、竹芋粉之类则更少。木薯粉布丁或米粉布丁，加几个鸡蛋制成，可以随意食用；但一切流质和稀薄饮品，例如那种名为“鸡汤”的错觉，都应避免，因为它们提供的营养极少，却大量产生胀气。一切纯刺激性饮品应尽可能避免，尤其是烈酒，除非为某种特殊目的作药用；作为日常饮食的一部分，则应小心避开。哺乳始终是一个消耗性的过程，随着孩子长大、变壮，对母亲的消耗会变得巨大而令人虚弱。此时，仅靠丰盛的饮食已不足以使身心维持在足够健康的水平，以持续分泌营养，既不损害母亲的身体完整，也不伤害吸食的婴儿；既然刺激品不可取，甚至确有害，那么所需的替代品便是麦芽酒。对于惯饮马德拉酒和雪利酒的女士来说，让娇弱的年轻母亲以这种粗俗饮品代替更精妙、更浓缩优雅的葡萄酒，或许显得很俗气；但我们是在根据经验写作，且公开以向读者传授有用事实和有益疗法为目的，因此我们不允许社会等级观念干扰我们的正当目标。

2474. We have already said that the suckling mother should avoid stimulants, especially spirituous ones; and though something of

2474. 我们已经说过，哺乳母亲应避免刺激物，尤其是酒精类；尽管有些

this sort is absolutely necessary to support her strength during the exhausting process, it should be rather of a *tonic* than of a stimulating character; and as all wines contain a large percentage of brandy, they are on that account less beneficial than the pure juice of the fermented grape might be. But there is another consideration to be taken into account on this subject; the mother has not only to think of herself, but also of her infant. Now wines, especially port wine, very often—indeed, most frequently—affect the baby's bowels, and what might have been grateful to the mother becomes thus a source of pain and irritation to the child afterwards. Sherry is less open to this objection than other wines, yet still *it* very frequently does influence the second participator, or the child whose mother has taken it.

这类饮品对于在消耗性过程中维持她的体力绝对必要，它应更具补益性质而非刺激性；而所有葡萄酒都含有高比例的白兰地，因此不如纯发酵葡萄汁有益。但此事还有另一层考虑；母亲不仅要想到自己，还要想到婴儿。葡萄酒，尤其是波特酒，常常--事实上最常见的是--影响婴儿的肠道，原本对母亲有益的东西，事后却成了孩子疼痛和刺激的根源。雪利酒在这方面比其他葡萄酒较少引起这种反对，但它仍常常影响第二个参与者，即母亲饮后所哺的婴儿。

2475. The nine or twelve months a woman usually suckles must be, to some extent, to most mothers, a period of privation and penance, and unless she is deaf to the cries of her baby, and insensible to its kicks and plunges, and will not see in such muscular evidences the griping pains that rack her child, she will avoid every article that can remotely affect the little being who draws its sustenance from her. She will see that the babe is acutely affected by all that in any way influences her, and willingly curtail her own enjoyments, rather than see her infant rendered feverish, irritable, and uncomfortable. As the best tonic, then, and the most efficacious indirect stimulant that a mother can take at such times, there is no potation equal to *porter* and *stout*, or, what is better still, an equal part of porter and stout. Ale, except for a few constitutions, is too subtle and too sweet, generally causing acidity or heartburn, and stout alone is too potent to admit of a full draught, from its proneness to affect the

2475. 妇女通常哺乳的九个月或十二个月，对大多数母亲来说，在某种程度上必是一段匮乏与苦修时期；除非她对婴儿的哭喊充耳不闻，对它的踢蹬挣扎无动于衷，也不愿从这些肌肉的迹象中看出折磨孩子的绞痛，否则她会避开一切可能间接影响这个从她身上汲取养分的小生命的物品。她会看到，婴儿对任何影响她的东西都极为敏感，因而宁愿缩减自己的享受，也不愿看到婴儿发热、烦躁、不适。那么，作为母亲此时可服用的最佳补剂和最有效的间接刺激品，没有哪种饮品比得上波特酒和烈性黑啤酒，或者更好的是，波特酒与烈性黑啤酒等量混合。麦芽酒，除少数体质外，过于精微、过于甜腻，通常引起胃酸或烧心；而单饮烈性黑啤酒又过于浓烈，不宜满饮，因为它容易影响

head; and quantity, as well as moderate strength, is required to make the draught effectual; the equal mixture, therefore, of stout and porter yields all the properties desired or desirable as a medicinal agent for this purpose.

头部；并且需要数量和适度强度才能使饮剂有效；因此，黑啤酒和波特的等量混合产生了为此目的作为药物所需或理想的所有特性。

2476. Independently of its invigorating influence on the constitution, *porter exerts a marked and specific effect on the secretion of milk; more powerful in exciting an abundant supply of that fluid than any other article within the range of the physician's art;* and, in cases of deficient quantity, is the most certain, speedy, and the healthiest means that can be employed to insure a quick and abundant flow. In cases where malt liquor produces flatulency, a few grains of the "carbonate of soda" may advantageously be added to each glass immediately before drinking, which will have the effect of neutralizing any acidity that may be in the porter at the time, and will also prevent its after-disagreement with the stomach. The quantity to be taken must depend upon the natural strength of the mother, the age and demand made by the infant on the parent, and other causes; but the amount should vary from *one* to *two* pints a day, never taking less than half a pint at a time, which should be repeated three or four times a day.

2476. 除了对体质有振奋作用之外，黑啤酒对乳汁分泌还有显著而特殊的作用；在促使乳汁大量分泌方面，它比医生技艺范围内的任何其他物品都更为有效；而在乳汁不足的情况下，它也是可用以确保迅速而大量泌乳的最可靠、最迅速且最健康的手段。若麦芽酒引起胀气，可在每次饮用前立即于每杯酒中加入几粒“碳酸钠”，这会中和黑啤酒当时可能含有的任何酸度，也可防止其后与胃不和。饮用量必须取决于母亲的天生体力、婴儿的年龄及其对母亲的需求以及其他原因；但用量应在一至两品脱一天之间变化，每次不得少于半品脱，且应每日重复三至四次。

2477. We have said that the period of suckling is a season of penance to the mother, but this is not invariably the case; and, as so much must depend upon the natural strength of the stomach, and its power of assimilating all kinds of food into healthy *chyle*, it is impossible to define exceptions. Where a woman feels she can eat any kind of food, without inconvenience or detriment, she should live during her suckling as she did before; but, as a general rule, we are bound to advise all mothers to abstain from such articles as pickles, fruits, cucumbers, and all acid and slowly

2477. 我们说过，哺乳期对母亲而言是一个苦修的季节，但情况并非总是如此；而且，由于这在很大程度上必定取决于胃的天生力量及其将各种食物同化为健康乳糜的能力，因此不可能界定例外情形。当一位妇女感到她能吃任何种类的食物而不感不适或受损时，她在哺乳期间应像从前一样生活；但作为一般规则，我们必须劝告所有母亲戒除腌菜、水果、黄瓜以及所有酸性和缓慢

digestible foods, unless they wish for restless nights and crying infants.

易消化的食物，除非他们想要不安的夜晚和哭闹的婴儿。

2478. As regards exercise and amusement, we would certainly neither prohibit a mother's dancing, going to a theatre, nor even from attending an assembly. The first, however, is the best indoor recreation she can take, and a young mother will do well to often amuse herself in the nursery with this most excellent means of healthful circulation. The only precaution necessary is to avoid letting the child suck the milk that has lain long in the breast, or is heated by excessive action.

2478. 关于运动和娱乐，我们当然既不禁止母亲跳舞、去剧院，甚至参加集会。然而，第一种是她能采取的最佳室内娱乐，年轻母亲最好经常在育婴室中以此最优秀的健康循环方式娱乐自己。唯一必要的预防措施是避免让孩子吸吮长时间留在乳房中或因过度活动而加热的奶。

2479. Every mother who can, should be provided with a breast-pump, or glass tube, to draw off the superabundance that has been accumulating in her absence from the child, or the first gush excited by undue exertion: the subsequent supply of milk will be secreted under the invigorating influence of a previous healthy stimulus.

2479. 每位能做的母亲都应配备吸乳泵或玻璃管，以抽出因离开孩子而积累的过剩乳汁，或因不当用力而激发的初次涌流：随后的乳汁供应将在先前健康刺激的振奋影响下分泌。

2480. As the first milk that is secreted contains a large amount of the saline elements, and is thin and innutritious, it is most admirably adapted for the purpose Nature designed it to fulfil,—that of an aperient; but which, unfortunately, it is seldom permitted, in our artificial mode of living, to perform.

2480. 由于最初分泌的乳汁含有大量盐类元素，且稀薄无营养，它最适合自然设计的目的--即轻泻剂；但不幸的是，在我们人工的生活方式中，它很少被允许发挥这种作用。

2481. So opposed are we to the objectionable plan of physicking new-born children, that, unless for positive illness, we would much rather advise that medicine should be administered *through* the mother for the first eight or ten weeks of its existence. This practice, which few mothers will object to, is easily effected by the parent, when such a course is necessary for the child, taking either a dose of castor-oil, half an ounce of tasteless salts (the

2481.我们如此反对给新生儿用药这一令人反感的做法，以至于除非确有病症，我们更愿意建议在婴儿出生后的头八到十周内，通过母亲来给药。这种做法很少有母亲会反对，当孩子确需如此时，由母亲服用一剂蓖麻油、半盎司无味盐(

phosphate of soda), one or two teaspoonfuls of magnesia, a dose of lenitive electuary, manna, or any mild and simple aperient, which, almost before it can have taken effect on herself, will exhibit its action on her child.

磷酸钠)、一两茶匙氧化镁、一剂润肠electuary、甘露，或任何温和简单的轻泻剂，几乎在对自己生效之前，就会对婴儿显示其作用。

2482. One of the most common errors that mothers fall into while suckling their children, is that of fancying they are always hungry, and consequently overfeeding them; and with this, the great mistake of applying the child to the breast on every occasion of its crying, without investigating the cause of its complaint, and, under the belief that it wants food, putting the nipple into its crying mouth, until the infant turns in revulsion and petulance from what it should accept with eagerness and joy. At such times, a few teaspoonfuls of water, slightly chilled, will often instantly pacify a crying and restless child, who has turned in loathing from the offered breast; or, after imbibing a few drops, and finding it not what nature craved, throws back its head in disgust, and cries more petulantly than before. In such a case as this, the young mother, grieved at her baby's rejection of the tempting present, and distressed at its cries, and in terror of some injury, over and over ransacks its clothes, believing some insecure pin can alone be the cause of such sharp complaining, an accident that, from her own care in dressing, however, is seldom or ever the case.

2482. 母亲们在哺乳孩子时最常犯的错误之一，就是以为他们总是饥饿，因而过度喂食；与此相伴的一大错误是，每当孩子哭泣时便将其抱到胸前哺乳，而不查究其哭闹的原因，并且以为它需要食物，便把乳头塞进它哭泣的嘴里，直到婴儿厌恶而恼怒地转开，拒绝本应热切而欢喜地接受的东西。在这种时候，几茶匙微凉的水往往能立刻安抚一个哭泣不安、厌恶地转开被递上的乳房的孩子；或者，在吸了几滴之后，发现并非自然所需，便厌恶地仰头，比先前更加恼怒地哭喊。在这种情况下，年轻的母亲因宝宝拒绝这诱人的馈赠而悲伤，因它的哭喊而苦恼，又害怕有什么伤害，便一遍又一遍地翻检它的衣服，相信只有某根不牢的别针才可能是如此尖锐抱怨的原因--然而，由于她自己穿衣时的细心，这种意外很少或从未发生。

2483. These abrupt cries of the child, if they do not proceed from thirst, which a little water will relieve, not unfrequently occur from some unequal pressure, a fold or twist in the "roller," or some constriction round the tender body. If this is suspected, the mother must not be content with merely slackening the strings; the child should be undressed, and the creases and folds of the hot skin, especially those about the thighs and groins, examined, to see that

2483. 孩子的这些突然哭泣，如果不是因口渴(一点水就能缓解)，不经常发生是由于某种不均匀压力、'roller'中的褶皱或扭曲，或围绕娇嫩身体的某种收缩。如果怀疑这一点，母亲绝不能仅仅满足于放松绳子；应脱掉孩子的衣服，检查热皮肤的皱褶和褶皱，尤其是大腿和腹股沟周围的，以确保

no powder has caked, and, becoming hard, irritated the parts. The violet powder should be dusted freely over all, to cool the skin, and everything put on fresh and smooth. If such precautions have not afforded relief, and, in addition to the crying, the child plunges or draws up its legs, the mother may be assured some cause of irritation exists in the stomach or bowels,—either acidity in the latter or distension from overfeeding in the former; but, from whichever cause, the child should be "opened" before the fire, and a heated napkin applied all over the abdomen, the infant being occasionally elevated to a sitting position, and while gently jolted on the knee, the back should be lightly patted with the hand.

没有粉末结块并变硬刺激患处。应自由地将紫罗兰粉撒布于全部，以凉爽皮肤，并将一切换上新鲜平整的。若此类预防措施未带来缓解，且除哭喊之外，孩子还猛蹬或蜷起双腿，母亲便可确信胃或肠中存在某种刺激原因--或为后者中的酸度，或为前者中因过度喂食而致的胀满；但无论原因为何，都应让孩子在火前“通便”，并将一块加热的餐巾敷于整个腹部，同时不时将婴儿抱成坐姿，在膝上轻轻颠动时，用手轻拍其背部。

2484. Should the mother have any reason to apprehend that the *cause* of inconvenience proceeds from the bladder—a not unfrequent source of pain,—the napkin is to be dipped in hot water, squeezed out, and immediately applied over the part, and repeated every eight or ten minutes, for several times in succession, either till the natural relief is afforded, or a cessation of pain allows of its discontinuance. The pain that young infants often suffer, and the crying that results from it, is, as we have already said, frequently caused by the mother inconsiderately overfeeding her child, and is produced by the pain of distension, and the mechanical pressure of a larger quantity of fluid in the stomach than the gastric juice can convert into cheese and digest.

2484. 若母亲有任何理由担心不适的原因来自膀胱--这并非不常见的疼痛来源--则应将餐巾浸入热水，拧干后立即敷于该处，并每隔八至十分钟重复一次，连续数次，直至自然缓解出现，或疼痛停止而可停用。正如我们已说过的，幼婴常遭受的疼痛以及由此产生的哭喊，往往是由于母亲不加考虑地过度喂食孩子所致，是由胀满的疼痛以及胃中较多液体超过胃液所能转化为凝乳并消化的机械压迫所造成的。

2485. Some children are stronger in the enduring power of the stomach than others, and get rid of the excess by vomiting, concluding every process of suckling by an emission of milk and curd. Such children are called by nurses "thriving children;" and generally they are so, simply because their digestion is good, and

2485. 有些孩子在胃的耐受能力上比其他孩子更强，通过呕吐排出多余物，每次哺乳过程都以奶和凝乳的排出结束。这样的孩子被护士称为“茁壮的孩子”；通常他们确实如此，仅仅因为他们的消化好，并且

they have the power of expelling with impunity that superabundance of aliment which in others is a source of distension, flatulence, and pain.

他们有能力无害地排出多余食物，而在其他人身上这是膨胀、胀气和疼痛的来源。

2486. The length of time an infant should be suckled must depend much on the health and strength of the child, and the health of the mother, and the quantity and quality of her milk; though, when all circumstances are favourable, it should never be less than *nine*, nor exceed *fifteen* months; but perhaps the true time will be found in the medium between both. But of this we may be sure, that Nature never ordained a child to live on suction after having endowed it with teeth to bite and to grind; and nothing is more out of place and unseemly than to hear a child, with a set of twenty teeth, ask for "the breast."

2486. 婴儿应哺乳多久，须视孩子的健康与体力、母亲的健康以及乳汁的多少与质量而定；不过，若一切情况均属有利，则绝不应少于九个月，也不应超过十五个月；但或许真正适宜的时间当在两者之间。然而有一点我们大可确信：造化既已赋予孩子牙齿以咀嚼和磨碎食物，便从未安排孩子靠吮吸为生；而听到一个长着二十颗牙齿的孩子要“吃奶”，再没有比这更不合时宜、更不体面的了。

2487. The practice of protracted wet-nursing is hurtful to the mother, by keeping up an uncalled-for, and, after the proper time, an unhealthy drain on her system, while the child either derives no benefit from what it no longer requires, or it produces a positive injury on its constitution. After the period when Nature has ordained the child shall live by other means, the secretion of milk becomes thin and deteriorated, showing in the flabby flesh and puny features of the child both its loss of nutritious properties and the want of more stimulating aliment.

2487. 延长哺乳期的做法对母亲有害，因为它使母体系统持续一种本不需要、且在适当时间之后变得不健康的消耗，而孩子则要么从它已不再需要的东西中得不到任何益处，要么其体质反受其害。过了造化所规定的孩子应以其他方式为生的时期，乳汁的分泌便变得稀薄而劣化，这从孩子松软的肌肉和瘦弱的容貌上即可看出，既表明其失去了营养特性，也表明需要更具刺激性的食物。

2488. Though we have said that twelve months is about the medium time a baby should be suckled, we by no means wish to imply that a child should be fed exclusively on milk for its first year; quite the reverse; the infant can hardly be too soon made independent of the mother. Thus, should illness assail her, her milk fail, or any domestic cause abruptly cut off the natural

2488. 尽管我们说过十二个月大约是婴儿应哺乳的中等时间，我们绝不希望暗示孩子在第一年应 exclusively 以奶喂养；恰恰相反；婴儿几乎不能太早独立于母亲。因此，如果疾病侵袭她、她的奶水不足，或任何家庭原因突然切断天然

supply, the child having been annealed to an artificial diet, its life might be safely carried on without seeking for a wet-nurse, and without the slightest danger to its system.

供应，孩子已适应人工饮食，其生命可以安全继续，而无需寻找奶妈，且对其系统无丝毫危险。

2489. The advantage to the mother of early accustoming the child to artificial food is as considerable to herself as beneficial to her infant; the demand on her physical strength in the first instance will be less severe and exhausting, the child will sleep longer on a less rapidly digestible aliment, and yield to both more quiet nights, and the mother will be more at liberty to go out for business or pleasure, another means of sustenance being at hand till her return. Besides these advantages, by a judicious blending of the two systems of feeding, the infant will acquire greater constitutional strength, so that, if attacked by sickness or disease, it will have a much greater chance of resisting its virulence than if dependent alone on the mother, whose milk, affected by fatigue and the natural anxiety of the parent for her offspring, is at such a time neither good in its properties nor likely to be beneficial to the patient.

2489. 及早使孩子习惯于人工喂养，对母亲的好处之大，正如对婴儿的益处之深；首先，对她体力的消耗将不那么剧烈和令人疲惫，孩子因食物消化较慢而睡得更久，母子双方都能享有更安宁的夜晚，母亲也能更自由地外出办事或消遣，因为在她回来之前手边另有食物来源。除这些好处之外，通过明智地混合两种喂养方式，婴儿将获得更强的体质，这样，若染上疾病，它抵抗病势的胜算将比单纯依赖母亲时大得多，因为母亲的乳汁受疲劳和母亲对子女的天性忧虑所影响，在这种时候既性质不佳，也不可能对病儿有益。

2490. All that we have further to say on suckling is an advice to mothers, that if they wish to keep a sound and unchapped nipple, and possibly avoid what is called a "broken breast," never to put it up with a wet nipple, but always to have a soft handkerchief in readiness, and the moment that delicate part is drawn from the child's mouth, to dry it carefully of the milk and saliva that moisten it; and, further, to make a practice of suckling from each breast alternately.

2490. 关于哺乳我们 further 要说的是给母亲的建议，如果她们想保持健全未裂的乳头，并可能避免所谓的“破裂乳房”，绝不要用湿乳头将其收起，而是始终准备好柔软手帕，一旦那娇嫩部分从孩子嘴里抽出，就仔细擦干湿润它的奶和唾液；此外，养成交替从每个乳房哺乳的习惯。

Dress and Dressing, Washing, &c.

衣着与梳妆、洗涤等

2491. As respects the dress and dressing of a new-born infant, or

2491. 关于新生儿的衣着与穿着，或

of a child in arms, during any stage of its nursing, there are few women who will require us to give them guidance or directions for their instruction; and though a few hints on the subject may not be out of place here, yet most women intuitively "take to a baby," and, with a small amount of experience, are able to perform all the little offices necessary to its comfort and cleanliness with ease and completeness. We shall, therefore, on this delicate subject hold our peace; and only, from afar, *hint* "at what we would," leaving our suggestions to be approved or rejected, according as they chime with the judgment and the apprehension of our motherly readers.

对于怀中婴儿在其哺乳的任何阶段，很少有妇女需要我们给予指导或指示；尽管就此题目略作提示或许不无裨益，但大多数妇女本能地“会带孩子”，只需少许经验，便能轻松而周全地完成使婴儿舒适清洁所需的一切琐细事务。因此，我们在这个微妙的题目上保持沉默；只是远远地暗示“我们所愿”，让我们的建议依母性读者们的判断与领悟而定其取舍。

2492. In these days of intelligence, there are few ladies who have not, in all probability, seen the manner in which the Indian squaw, the aborigines of Polynesia, and even the Lapp and Esquimaux, strap down their baby on a board, and by means of a loop suspend it to the bough of a tree, hang it up to the rafters of the hut, or on travel, dangle it on their backs, outside the domestic implements, which, as the slave of her master, man, the wronged but uncomplaining woman carries, in order that her lord may march in unhampered freedom. Cruel and confining as this system of "backboard" dressing may seem to our modern notions of freedom and exercise, it is positively less irksome, less confining, and infinitely less prejudicial to health, than the mummying of children by our grandmothers a hundred, ay, fifty years ago: for what with chin-stays, back-stays, body-stays, forehead-cloths, rollers, bandages, &c., an infant had as many girths and strings, to keep head, limbs, and body in one exact position, as a ship has halyards.

2492. 在这个崇尚智识的时代，几乎可以肯定，很少有女士未曾见过印第安妇女、波利尼西亚原住民，乃至拉普人和爱斯基摩人，是如何把婴儿绑在一块木板上，再用一个环套将其悬挂在树枝上、吊在茅屋的椽子上，或在出行时晃荡在背上的--就挂在那些家什器具的外面，而那些器具，作为男主人之奴隶的、被冤屈却毫无怨言的妇人，还得一并背着，好让她的夫君能无拘无束地前行。这种“背板”式包裹法，在我们现代人关于自由与活动的观念看来，也许显得残忍而拘束，但它确实比一百年前、唉，哪怕是五十年前，我们的祖母们把孩儿裹成木乃伊的做法，更少令人难受、更少拘束，对健康的危害也小得多：因为有了颏带、背带、身带、额布、卷带、绷带等等，一个婴儿身上的束带和绳子之多，足以把头部、四肢和身体固定在一个丝毫不差的位置上，简直比得上一艘船上的升降索。

2493. Much of this—indeed we may say all—has been abolished;

2493. 其中许多--实际上我们可以说全部--都已被废除；

but still the child is far from being dressed loosely enough; and we shall never be satisfied till the abominable use of the *pin* is avoided *in toto* in an infant's dressing, and a texture made for all the under garments of a child of a cool and elastic material.

但孩子的穿着仍远未达到足够宽松的程度；除非在婴儿的衣着中彻底避免使用那可恶的别针，并为孩子的所有内衣采用一种凉爽而有弹性的质地，否则我们永远不会满意。

2494. The manner in which an infant is encircled in a bandage called the "roller," as if it had fractured ribs, compressing those organs—that, living on suction, must be, for the health of the child, to a certain degree distended, to obtain sufficient aliment from the fluid imbibed—is perfectly preposterous. Our humanity, as well as our duty, calls upon us at once to abrogate and discountenance by every means in our power. Instead of the process of washing and dressing being made, as with the adult, a refreshment and comfort, it is, by the dawdling manner in which it is performed, the multiplicity of things used, and the perpetual change of position of the infant to adjust its complicated clothing, rendered an operation of positive irritation and annoyance. We, therefore, entreat all mothers to regard this subject in its true light, and study to the utmost, simplicity in dress, and dispatch in the process.

2494. 用一条所谓“卷带”的绷带把婴儿缠裹起来，仿佛它肋骨骨折了似的，紧紧压住那些器官--而这些器官靠吮吸为生，为了孩子的健康，必须在一定程度上胀满，才能从所饮的液体中获取足够的养分--这种做法实在荒谬至极。我们的人道之心与我们的责任，都要求我们立即尽一切力量废除并抵制这种做法。洗浴和穿衣本应像成人那样成为一种提神和舒适之事，却由于拖拖拉拉的进行方式、所用物件的繁多，以及为调整婴儿复杂衣物而不断变换其姿势，变成了一种十足的刺激和烦扰。因此，我们恳请所有母亲以正确的眼光看待此事，力求衣着尽量简单，过程尽量迅速。

2495. Children do not so much cry from the washing as from the irritation caused by the frequent change of position in which they are placed, the number of times they are turned on their face, on their back, and on their side, by the manipulations demanded by the multiplicity of articles to be fitted, tacked, and carefully adjusted on their bodies. What mother ever found her girl of six or seven stand quiet while she was curling her hair? How many times nightly has she not to reprove her for not standing still during the process! It is the same with the unconscious infant, who cannot bear to be moved about, and who has no sooner

2495. 孩子哭闹，与其说是因为洗浴，不如说是因为不断变换姿势所引起的刺激--由于要在他们身上穿戴、别住并仔细调整的物件繁多，他们被翻来覆去，一会儿脸朝下，一会儿仰面，一会儿侧身，不知要折腾多少次。哪位母亲见过自己六七岁的女儿在卷头发时安安静静站着?每晚她不知要责备女儿多少次，怪她在卷发过程中不肯站定!那懵懂无知的婴儿也是如此，它受不了被翻来挪去，刚一

grown reconciled to one position than it is forced reluctantly into another. It is true, in one instance the child has intelligence to guide it, and in the other not; but the *motitory nerves*, in both instances, resent coercion, and a child cannot be too little handled.

2496. On this account alone, and, for the moment, setting health and comfort out of the question, we beg mothers to simplify their baby's dress as much as possible; and not only to put on as little as is absolutely necessary, but to make that as simple in its contrivance and adjustment as it will admit of; to avoid belly-bands, rollers, girths, and everything that can impede or confine the natural expansion of the digestive organs, on the due performance of whose functions the child lives, thrives, and develops its physical being.

REARING BY HAND.

Articles necessary, and how to use them,—Preparation of Foods.—Baths.—Advantages of Rearing by Hand.

2497. As we do not for a moment wish to be thought an advocate for an artificial, in preference to the natural course of rearing children, we beg our renders to understand us perfectly on this head; all we desire to prove is the fact that a child *can* be brought up as well on a spoon dietary as the best example to be found of those reared on the breast; having more strength, indeed, from the more nutritious food on which it lives. It will be thus less liable to infectious diseases, and more capable of resisting the virulence of any danger that may attack it; and without in any way depreciating the nutriment of its natural food, we wish to impress

与其被迫勉强摆成另一种姿势，不如逐渐适应一种姿势。诚然，在一种情况下，孩子有智力来引导自己，而在另一种情况下则没有；但运动神经在两种情况下都抗拒强制，而孩子被摆弄越少越好。

2496. 仅凭这一点，并且暂且把健康与舒适问题搁置不论，我们恳请母亲们尽可能简化婴儿的衣着；不仅只穿绝对必需的那一点，而且要使这点衣物在设计和调整上尽可能简单；避免使用腹带、卷布、腰带以及一切可能阻碍或束缚消化器官自然扩张的东西，因为孩子正是依靠这些器官的正常运作而生存、茁壮成长并发育其身体的。

人工哺育。

必需物品及其使用方法--食物的制备--沐浴--人工喂养的优点。

2497. 我们绝不愿被人认为是在主张以人工方式取代自然的育儿之道，因此恳请读者在这一点上完全理解我们的本意；我们只想证明一个事实：一个孩子靠勺喂饮食同样可以养育得很好，与那些母乳喂养的最佳范例相比毫不逊色；事实上，由于所食用的食物更具营养，其体质反而更为强壮。这样，它就不易感染传染病，也更有能力抵御任何可能侵袭它的危险的毒性；同时，我们无意贬低天然食物的营养，只想让

on the mother's mind that there are many cases of infantine debility which might eventuate in rickets, curvature of the spine, or mesenteric disease, where the addition to, or total substitution of, an artificial and more stimulating aliment, would not only give tone and strength to the constitution, but at the same time render the employment of mechanical means totally unnecessary. And, finally, though we would never—where the mother had the strength to suckle her child—supersede the breast, we would insist on making it a rule to accustom the child as early as possible to the use of an artificial diet, not only that it may acquire more vigour to help it over the ills of childhood, but that, in the absence of the mother, it might not miss the maternal sustenance; and also for the parent's sake, that, should the milk, from any cause, become vitiated, or suddenly cease, the child can be made over to the bottle and the spoon without the slightest apprehension of hurtful consequences.

母亲们明白：有许多婴儿虚弱的情形可能发展为佝偻病、脊柱弯曲或肠系膜疾病，在这些情况下，添加或完全改用一种人工的、更具刺激性的食物，不仅能使体质得到强健和力量，同时还能使机械手段的使用变得完全多余。最后，尽管我们绝不主张--在母亲有力量哺乳的情况下--取代母乳，但我们坚持应把尽早让婴儿习惯人工饮食定为一条规则，这不仅是为了使它获得更多活力以助其度过童年的疾患，而且是为了在母亲不在时，它不至于失去母体的滋养；同时也是为了母亲着想，万一乳汁因任何原因变质或突然停止，孩子便可毫无顾虑地交给奶瓶和勺子，而不必担心产生有害的后果。

2498. To those persons unacquainted with the system, or who may have been erroneously informed on the matter, the rearing of a child by hand may seem surrounded by innumerable difficulties, and a large amount of personal trouble and anxiety to the nurse or mother who undertakes the duty. This, however, is a fallacy in every respect, except as regards the fact of preparing the food; but even this extra amount of work, by adopting the course we shall lay down, may be reduced to a very small sum of inconvenience; and as respects anxiety, the only thing calling for care is the display of judgment in the preparation of the food. The articles required for the purpose of feeding an infant are a night-lamp, with its pan and lid, to keep the food warm; a nursing-bottle, with a prepared teat; and a small pap saucepan, for use by day. Of the

2498. 对于那些不熟悉这一方法、或在此事上可能受到错误引导的人来说，人工喂养婴儿似乎困难重重，会给承担此责的乳母或母亲带来大量的个人麻烦与忧虑。然而，除了准备食物这一事实之外，这种看法在各方面都是一种谬误；而且即便是这额外的工作，只要采用我们将要阐述的方法，也可将不便减至极小；至于忧虑，唯一需要用心之处就是在准备食物时运用判断力。喂养婴儿所需的物品有：一盏夜灯，带小锅和锅盖，用以保温食物；一个奶瓶，配以预制奶嘴；以及一口小糊糊锅，供白天使用。关于这盏

lamp we need hardly speak, most mothers being acquainted with its operation: but to those to whom it is unknown we may observe, that the flame from the floating rushlight heats the water in the reservoir above, in which the covered pan that contains the food floats, keeping it at such a heat that, when thinned by milk, it will be of a temperature suitable for immediate use. Though many kinds of nursing-bottles have been lately invented, and some mounted with India-rubber nipples, the common glass bottle, with the calf's teat, is equal in cleanliness and utility to any; besides, the nipple put into the child's mouth is so white and natural in appearance, that no child taken from the breast will refuse it. The black artificial ones of caoutchouc or gutta-percha are unnatural. The prepared teats can be obtained at any chemist's, and as they are kept in spirits, they will require a little soaking in warm water, and gentle washing, before being tied securely, by means of fine twine, round the neck of the bottle, just sufficient being left projecting for the child to grasp freely in its lips; for if left the full length, or over long, it will be drawn too far into the mouth, and possibly make the infant heave. When once properly adjusted, the nipple need never be removed till replaced by a new one, which will hardly be necessary oftener than once a fortnight, though with care one will last for several weeks. The nursing-bottle should be thoroughly washed and cleaned every day, and always rinsed out before and after using it, the warm water being squeezed through the nipple, to wash out any particles of food that might lodge in the aperture, and become sour. The teat can always be kept white and soft by turning the end of the bottle, when not in use, into a narrow jug containing water, taking care to dry it first, and then to warm it by drawing

灯，我们几乎无需多言，大多数母亲都熟悉它的用法：但对于不了解它的人，我们可以说明，漂浮的灯芯草烛所发出的火焰加热上方储水器中的水，盛有食物的带盖小锅便漂浮其中，使其保持这样的热度：当用牛奶稀释后，温度恰好适合立即食用。尽管近来发明了许多种奶瓶，有些还装有印度橡胶奶嘴，但普通的玻璃瓶配小牛乳头，在清洁和实用方面与任何奶瓶相比都毫不逊色；此外，放入孩子口中的奶嘴看上去如此洁白自然，以致任何离开母乳的孩子都不会拒绝它。黑色的人造奶嘴，无论是生橡胶还是古塔胶制成的，都不自然。预制奶嘴可在任何药房购得，由于它们浸泡在酒精中保存，使用前需在温水中浸泡片刻并轻轻清洗，然后用细绳牢牢系在瓶口上，只留出足够孩子用嘴唇自由含住的一小段；因为如果留得过长，就会被吸入口中太深，可能使婴儿作呕。一旦调整妥当，奶嘴便无需取下，直到更换新的为止，而更换新奶嘴大约每两周才需要一次，不过若小心使用，一个可维持数周。奶瓶应每天彻底清洗干净，并在使用前后始终冲洗，温水要挤过奶嘴，以洗去可能滞留在孔中的食物颗粒，以免变酸。不用时，可将瓶口朝下插入盛水的窄壶中，使奶嘴始终保持洁白柔软，但须先将其擦干，然后通过抽吸

the food through before putting it into the child's mouth.

Food, and its Preparation.

2499. The articles generally employed as food for infants consist of arrowroot, bread, flour, baked flour, prepared groats, farinaceous food, biscuit-powder, biscuits, tops-and-bottoms, and semolina, or manna croup, as it is otherwise called, which, like tapioca, is the prepared pith of certain vegetable substances. Of this list the least efficacious, though, perhaps, the most believed in, is arrowroot, which only as a mere agent, for change, and then only for a very short time, should ever be employed as a means of diet to infancy or childhood. It is a thin, flatulent, and innutritious food, and incapable of supporting infantine life with energy. Bread, though the universal *régime* with the labouring poor, where the infant's stomach and digestive powers are a reflex, in miniature, of the father's, should never be given to an infant under three months, and, even then, however finely beaten up and smoothly made, is a very questionable diet. Flour, when well boiled, though infinitely better than arrowroot, is still only a kind of fermentative paste, that counteracts its own good by after-acidity and flatulence.

2500. Baked flour, when cooked into a pale brown mass, and finely powdered, makes a far superior food to the others, and may be considered as a very useful diet, especially for a change. Prepared groats may be classed with arrowroot and raw flour, as being innutritious. The articles that now follow in our list are all good, and such as we could, with conscience and safety, trust to for the health and development of any child whatever.

2501. We may observe in this place, that an occasional change in

把食物先过一遍再放进孩子嘴里。

食物及其制备。

2499. 通常用作婴儿食物的物品包括竹芋粉、面包、面粉、烤面粉、精制燕麦片、谷类食物、饼干粉、饼干、上下酥饼，以及西米仁，又称木薯淀粉，它和木薯粉一样，是某些植物物质的精制髓质。在这份清单中，效力最差、也许却最受信赖的，是竹芋粉，它只应作为一种变换口味的媒介、且只能极短时间地用作婴幼儿的饮食手段。它是一种稀薄、易胀气且无营养的食物，无法有力地维持婴儿的生命。面包，虽然是劳动贫民普遍采用的饮食制度，在婴儿的胃和消化力尚是父亲消化力的微缩反映的情况下，绝不应给三个月以下的婴儿食用，即便在那之后，无论捣得多么细、调得多么匀，也是一种很成问题的食物。面粉，若煮得好，虽然远胜于竹芋粉，但仍只是一种发酵性的糊状物，会因事后的酸化和胀气而抵消其自身的益处。

2500. 烘焙面粉，煮成淡棕色团块并磨细成粉后，可制成远优于其他食物的食品，可视为一种非常有用的饮食，尤其适合变换口味。精制燕麦片可与竹芋粉和生面粉归为一类，因其营养价值不高。我们清单中接下来列出的各项均为优质之选，是我们能够凭良心且安全地信赖、用以促进任何儿童健康与发育的食品。

2501. 我们可以在此处观察到，偶尔改变

the character of the food is highly desirable, both as regards the health and benefit of the child; and though the interruption should only last for a day, the change will be advantageous.

食物的性质是非常理想的，无论对孩子的健康还是益处而言都是如此；即使中断只持续一天，这种改变也是有益的。

2502. The packets sold as farinaceous food are unquestionably the best aliment that can be given from the first to a baby, and may be continued, with the exception of an occasional change, without alteration of the material, till the child is able to take its regular meals of animal and vegetable food. Some infants are so constituted as to require a frequent and total change in their system of living, seeming to thrive for a certain time on any food given to them, but if persevered in too long, declining in bulk and appearance as rapidly as they had previously progressed. In such cases the food should be immediately changed, and when that which appeared to agree best with the child is resumed, it should be altered in its quality, and perhaps in its consistency.

2502. 作为粉质食品出售的小包食品，无疑是从婴儿出生起所能给予的最佳食物，并且可以继续使用，除了偶尔更换之外，不必改变其材料，直到孩子能够正常进食动物性和植物性食物为止。有些婴儿的体质如此，以至于需要频繁且彻底地改变其饮食制度，似乎在一段时间内对他们所给予的任何食物都能茁壮成长，但如果坚持过久，其体量和外观就会像之前进展得那样迅速地衰退。在这种情况下，应立即更换食物，而当恢复似乎最适合孩子的食物时，应改变其品质，或许还有其稠度。

2503. For the farinaceous food there are directions with each packet, containing instructions for the making; but, whatever the food employed is, enough should be made at once to last the day and night; at first, about a pint basinful, but, as the child advances, a quart will hardly be too much. In all cases, let the food boil a sufficient time, constantly stirring, and taking every precaution that it does not get burnt, in which case it is on no account to be used.

2503. 关于谷类食物，每个包装上都有说明，包含制作方法；但无论使用何种食物，一次都应制作足够一天一夜食用的量；起初约一品脱碗的量，但随着孩子长大，一夸脱几乎不算多。在所有情况下，都要让食物煮沸足够的时间，不断搅拌，并采取一切预防措施防止烧焦，一旦烧焦，绝不可使用。

2504. The food should always be made with water, the whole sweetened at once, and of such a consistency that, when poured out, and it has had time to cool, it will cut with the firmness of a pudding or custard. One or two spoonfuls are to be put into the pap saucepan and stood on the hob till the heat has softened it,

2504. 食物应始终用水制作，一次性加糖调味，稠度应达到：倒出后待其冷却，能像布丁或蛋奶冻一样坚实切块。取一两勺放入煮糊的小锅中，置于炉边，待热度使其软化，

when enough milk is to be added, and carefully mixed with the food, till the whole has the consistency of ordinary cream; it is then to be poured into the nursing-bottle, and the food having been drawn through to warm the nipple, it is to be placed in the child's mouth. For the first month or more, half a bottleful will be quite enough to give the infant at one time; but, as the child grows, it will be necessary not only to increase the quantity given at each time, but also gradually to make its food more consistent, and, after the third month, to add an egg to every pint basin of food made. At night the mother puts the food into the covered pan of her lamp, instead of the saucepan—that is, enough for one supply, and, having lighted the rush, she will find, on the waking of her child, the food sufficiently hot to bear the cooling addition of the milk. But, whether night or day, the same food should never be heated twice, and what the child leaves should be thrown away.

当需要加入足够的牛奶时，仔细与食物混合，直到整体具有普通奶油的稠度；然后将其倒入奶瓶中，食物被吸出以温暖奶嘴后，将其放入孩子口中。在第一个月或更长时间内，半瓶就足够一次给婴儿食用；但随着孩子的成长，不仅有必要增加每次给予的量，而且还要逐渐使其食物更加稠密，并且在第三个月之后，每品脱盆的食物中加入一个鸡蛋。在夜间，母亲将食物放入灯上的有盖锅中，而不是炖锅中--即足够一次供应的量，点燃灯芯后，她会在孩子醒来时发现食物足够热，可以承受加入牛奶的冷却。但无论白天还是夜间，同样的食物绝不应加热两次，孩子剩下的应扔掉。

2505. The biscuit powder is used in the same manner as the farinaceous food, and both prepared much after the fashion of making starch. But when tops-and-bottoms, or the whole biscuit, are employed, they require soaking in cold water for some time previous to boiling. The biscuit or biscuits are then to be slowly boiled in as much water as will, when thoroughly soft, allow of their being beaten by a three-pronged fork into a fine, smooth, and even pulp, and which, when poured into a basin and become cold, will cut out like a custard. If two large biscuits have been so treated, and the child is six or seven months old, beat up two eggs, sufficient sugar to properly sweeten it, and about a pint of skim milk. Pour this on the beaten biscuit in the saucepan, stirring constantly; boil for about five minutes, pour into a basin, and use,

2505. 饼干粉的使用方式与粉质食品相同，两者都按照制作淀粉的方式制备。但当使用上下饼干或整块饼干时，需要在煮沸前先在冷水中浸泡一段时间。然后将饼干在足够的水中慢慢煮沸，当完全软化后，可以用三叉叉子将其捣成细腻、光滑、均匀的糊状，倒入盆中冷却后，会像蛋奶冻一样凝固。如果两块大饼干如此处理，且孩子六七个月大，打两个鸡蛋，加入足够使其适当甜味的糖，以及约一品脱脱脂牛奶。将此倒入炖锅中捣碎的饼干上，不断搅拌；煮沸约五分钟，倒入盆中，即可使用，

when cold, in the same manner as the other.

2506. This makes an admirable food, at once nutritious and strengthening. When tops-and-bottoms or rusks are used, the quantity of the egg may be reduced, or altogether omitted.

2507. Semolina, or manna croup, being in little hard grains, like a fine millet-seed, must be boiled for some time, and the milk, sugar, and egg added to it on the fire, and boiled for a few minutes longer, and, when cold, used as the other preparations.

2508. Many persons entertain a belief that cow's milk is hurtful to infants, and, consequently, refrain from giving it; but this is a very great mistake, for both sugar and milk should form a large portion of every meal an infant takes.

TEETHING AND CONVULSIONS.

Fits, &c., the consequence of Dentition, and how to be treated.—The number and order of the Teeth, and manner in which they are cut.—First and Second Set.

2509. About three months after birth, the infant's troubles may be said to begin; teeth commence forming in the gums, causing pain and irritation in the mouth, and which, but for the saliva it causes to flow so abundantly, would be attended with very serious consequences. At the same time the mother frequently relaxes in the punctuality of the regimen imposed on her, and, taking some unusual or different food, excites diarrhoea or irritation in her child's stomach, which not unfrequently results in a rash on the skin, or slight febrile symptoms, which, if not subdued in their outset, superinduce some more serious form of infantine disease.

冷却后，以与其他相同的方式处理。

2506. 这能制成极好的食物，既富营养又强身健体。当使用上下两头的面包或面包干时，鸡蛋的用量可以减少，或完全省略。

2507. 粗粒小麦粉，或称甘露麦糁，呈细小坚硬的颗粒，状如精细的黍子，须煮上一段时间，再将牛奶、糖和鸡蛋在火上加入其中，再煮几分钟，待冷却后，如其他配制方法一样使用。

2508. 许多人相信牛奶对婴儿有害，因而避免给婴儿喂奶；但这是一个极大的错误，因为糖和牛奶都应构成婴儿每餐的很大一部分。

出牙与惊厥。

惊厥等，出牙的后果及其处理方法--牙齿的数目和顺序，以及出牙的方式--第一副和第二副牙齿。

2509. 出生后约三个月，婴儿的麻烦可以说开始了；牙齿开始在牙龈中形成，引起口腔疼痛和刺激，如果不是唾液大量流出，会伴随非常严重的后果。同时，母亲经常放松对她所施加的 regimen 的准时性，并食用一些不寻常或不同的食物，引起孩子胃部的腹泻或刺激，这常常导致皮肤皮疹或轻微发热症状，如果在开始时未加以抑制，会诱发一些更严重的婴儿疾病形式。

But, as a general rule, the teeth are the primary cause of much of the child's sufferings, in consequence of the state of nervous and functional irritation into which the system is thrown by their formation and progress out of the jaw and through the gums. We propose beginning this branch of our subject with that most fertile source of an infant's suffering—

但作为一般规律，牙齿是孩子许多痛苦的主要原因，因为牙齿的形成以及从颌骨和牙龈中长出的过程，使身体系统陷入神经和功能刺激的状态。我们打算从婴儿痛苦的最多产根源开始讨论这一部分主题--

Teething.

出牙。

2510. That this subject may he better understood by the nurse and mother, and the reason of the constitutional disturbance that, to a greater or less degree, is experienced by all infants, may be made intelligible to those who have the care of children, we shall commence by giving a brief account of the formation of the teeth, the age at which they appear in the mouth, and the order in which they pierce the gums. The organs of mastication in the adult consist of 32 distinct teeth, 16 in either jaw; being, in fact, a double set. The teeth are divided into 4 incisors, 2 canine, 4 first and second grinders, and 6 molars; but in childhood the complement or first set consists of only twenty, and these only make their appearance as the development of the frame indicates the requirement of a different kind of food for the support of the system. At birth some of the first-cut teeth are found in the cavities of the jaw, in a very small and rudimentary form; but this is by no means universal. About the third month, the jaws, which are hollow and divided into separate cells, begin to expand, making room for the slowly developing teeth, which, arranged for beauty and economy of space lengthwise, gradually turn their tops upwards, piercing the gum by their edges, which, being sharp, assist in cutting a passage through the soft parts. There is no particular period at which children cut their teeth, some being

2510. 为了使护士和母亲更好地理解这一主题，并使负责照顾孩子的人能够理解所有婴儿或多或少经历的体质紊乱的原因，我们将首先简要介绍牙齿的形成、它们在口腔中出现的年龄以及它们刺穿牙龈的顺序。成年人的咀嚼器官由32颗不同的牙齿组成，每个颌骨16颗；实际上是两副牙齿。牙齿分为4颗门齿、2颗犬齿、4颗第一和第二磨牙，以及6颗臼齿；但在童年时期，补体或第一副牙齿仅由二十颗组成，并且只有当身体的发育表明需要不同种类的食物来支持系统时，它们才会出现。出生时，一些初切牙以非常小和 rudimentary 的形式存在于颌骨的腔洞中；但这绝不是普遍的。大约第三个月，颌骨是空心的并分为单独的细胞，开始扩张，为缓慢发育的牙齿腾出空间，这些牙齿为了美观和节省空间而纵向排列，逐渐将顶部向上转，用其边缘刺穿牙龈，边缘锋利，有助于在软组织中切开通路。儿童出牙没有特定的时期，有些是

remarkably early, and others equally late. The earliest age that we have ever ourselves known as a reliable fact was, *six weeks*. Such peculiarities are generally hereditary, and, as in this case, common to a whole family. The two extremes are probably represented by six and sixteen months. Pain and drivelling are the usual, but by no means the general, indications of teething.

出牙的时间有的极早，有的则同样极晚。我们自己所知的最早的可靠事实是六周。这类特殊性通常是遗传的，并且如此例所示，为整个家族所共有。两个极端大概分别以六个月和十六个月为代表。疼痛和流涎是出牙的常见征兆，但绝非普遍征兆。

2511. About the sixth month the gums become tense and swollen, presenting a red, shiny appearance, while the salivary glands pour out an unusual quantity of saliva. After a time, a white line or round spot is observed on the top of one part of the gums, and the sharp edge of the tooth may be felt beneath if the finger is gently pressed on the part. Through these white spots the teeth burst their way in the following order:—

2511. 大约在第六个月，牙龈变得紧绷而肿胀，呈现红色、光亮的外观，同时唾液腺分泌出异常大量的唾液。过了一段时间，牙龈某一部分的顶部会出现一条白线或圆形斑点，如果用手指轻轻按压该处，可以感觉到下方牙齿的锐利边缘。牙齿按以下顺序从这些白点中破出：--

2512. Two incisors in the lower jaw are first cut, though, in general, some weeks elapse between the appearance of the first and the advent of the second. The next teeth cut are the four incisors of the upper jaw. The next in order are the remaining two incisors of the bottom, one on each side, then two top and two bottom on each side, but not joining the incisors; and lastly, about the eighteenth or twentieth month, the four eye teeth, filling up the space left between the side teeth and the incisors; thus completing the infant's set of sixteen. Sometimes at the same period, but more frequently some months later, four more double teeth slowly make their appearance, one on each side of each jaw, completing the entire series of the child's first set of twenty teeth. It is asserted that a child, while cutting its teeth, should either dribble excessively, vomit after every meal, or be greatly relaxed. Though one or other, or all of these at once, may attend a case of teething, it by no means follows that any one of them should

2512. 先长出的是下颌的两颗门齿，不过一般来说，从第一颗门齿萌出到第二颗门齿出现，中间要隔上几个星期。接下来长出的是上颌的四颗门齿。再往后是下颌剩下的两颗门齿，每侧一颗；然后是上下颌每侧各两颗，但不与门齿相连；最后，大约在第十八或第二十个月，四颗犬齿长出，填补侧齿与门齿之间留下的空隙；至此，婴儿的十六颗牙齿便长齐了。有时在同一时期，但更常见的是在几个月之后，又有四颗臼齿缓缓萌出，上下颌每侧各一颗，凑齐了孩子第一副共二十颗牙齿的完整序列。有人断言，孩子在出牙期间，要么流涎过多，要么每次进食后呕吐，要么大便极为稀溏。尽管其中一种、或几种、或全部同时出现，可能伴随出牙的情况，但绝不能由此推断其中任何一种必然出现

accompany this process of nature, though there can be no doubt that where the pain consequent on the unyielding state of the gums, and the firmness of the skin that covers the tooth, is severe, a copious discharge of saliva acts beneficially in saving the head, and also in guarding the child from those dangerous attacks of fits to which many children in their teething are liable.

伴随这一自然过程，尽管毫无疑问，当牙龈坚硬状态和覆盖牙齿的皮肤紧实所引起的疼痛剧烈时，大量唾液分泌有益地保护了头部，也保护孩子免遭许多孩子在出牙期易患的危险惊厥发作。

2513. *The Symptoms* that generally indicate the cutting of teeth, in addition to the inflamed and swollen state of the gums, and increased flow of saliva, are the restless and peevish state of the child, the hands being thrust into the mouth, and the evident pleasure imparted by rubbing the finger or nail gently along the gum; the lips are often excoriated, and the functions of the stomach or bowels are out of order. In severe cases, occurring in unhealthy or scrofulous children, there are, from the first, considerable fever, disturbed sleep, fretfulness, diarrhoea, rolling of the eyes, convulsive startings, laborious breathing, coma, or unnatural sleep, ending, unless the head is quickly relieved, in death.

2513. 症状通常表明牙齿正在萌出，除了牙龈红肿发炎、唾液分泌增多之外，还有孩子烦躁不安、爱哭闹，把手往嘴里塞，用手指或指甲轻轻沿牙龈摩擦时明显露出舒服的神情；嘴唇常常溃烂，胃肠功能紊乱。在严重病例中，若发生于体弱或瘰疬体质的孩子，则从一开始就有相当程度的发热、睡眠不安、烦躁、腹泻、眼球转动、惊跳、呼吸费力、昏迷或异常嗜睡，除非迅速解除头部的病患，否则终至死亡。

2514. The *Treatment* in all cases of painful teething is remarkably simple, and consists in keeping the body cool by mild aperient medicines, allaying the irritation in the gums by friction with a rough ivory ring or a stale crust of broad, and when the head, lungs, or any organ is overloaded or unduly excited, to use the hot bath, and by throwing the body into a perspiration, equalize the circulation, and relieve the system from the danger of a fatal termination.

2514. 在所有疼痛性出牙的病例中，治疗都极为简单，包括用温和的泻药保持身体凉爽，用粗糙的象牙环或陈面包皮摩擦牙龈以缓解刺激，以及当头部、肺部或任何器官负担过重或过度兴奋时，使用热水浴，通过使身体出汗来平衡血液循环，使系统摆脱致命结局的危险。

2515. Besides these, there is another means, but that must be employed by a medical man; namely, scarifying the gums—an

2515. 除此之外，还有一种方法，但必须由医生来施行；即划开牙龈--一种

operation always safe, and which, when judiciously performed, and at a critical opportunity, will often snatch the child from the grasp of death.

始终安全的操作，若施行得当并抓住关键时刻，常能将孩子从死亡的魔掌中夺回。

2516. There are few subjects on which mothers have often formed such strong and mistaken opinions as on that of lancing an infant's gums, some rather seeing their child go into fits—and by the unrelieved irritation endangering inflammation of the brain, water on the head, rickets, and other lingering affections—than permit the surgeon to afford instant relief by cutting through the hard skin, which, like a bladder over the stopper of a bottle, effectually confines the tooth to the socket, and prevents it piercing the soft, spongy substance of the gum. This prejudice is a great error, as we shall presently show; for, so far from hurting the child, there is nothing that will so soon convert an infant's tears into smiles as scarifying the gums in painful teething; that is, if effectually done, and the skin of the tooth be divided.

2516. 很少有哪个话题像给婴儿割开牙龈这件事一样，让母亲们形成如此强烈而错误的看法；有些母亲宁可看着孩子发生惊厥--并因持续未缓解的刺激而危及脑炎、脑积水、佝偻病及其他迁延性疾病--也不肯让外科医生切开那坚硬的皮膜，以立即解除病痛。那层皮膜就像瓶塞上的膀胱膜一样，把牙齿牢牢地困在牙槽里，使它无法刺破柔软海绵状的牙龈。这种偏见是极大的错误，我们下面就会说明；因为割开牙龈非但不会伤害孩子，在痛苦的出牙期，没有什么比划开牙龈更能让婴儿的泪水立刻化为笑容了；当然，前提是操作有效，并且切开了牙齿表面的皮膜。

2517. Though teething is a natural function, and to an infant in perfect health should be unproductive of pain, yet in general it is not only a fertile cause of suffering, but often a source of alarm and danger; the former, from irritation in the stomach and bowels, deranging the whole economy of the system, and the latter, from coma and fits, that may excite alarm in severe cases; and the danger, that eventuates in some instances, from organic disease of the head or spinal marrow.

2517. 尽管出牙是一种自然功能，对完全健康的婴儿来说不应产生疼痛，但一般来说，它不仅是不适的常见原因，而且常常是惊恐和危险的来源；前者源于胃和肠道的刺激，扰乱了整个系统的运作，后者源于昏迷和惊厥，在严重病例中可能引起惊恐；而在某些情况下最终导致的危险，则源于头部或脊髓的器质性疾病。

2518. We shall say nothing in this place of "rickets," or "water on the head," which are frequent results of dental irritation, but proceed to finish our remarks on the treatment of teething. Though strongly advocating the lancing of the gums in teething,

2518. 我们在此不谈“佝偻病”或“脑积水”，它们是牙齿刺激的常见结果，而是继续完成我们关于出牙治疗的论述。尽管我们强烈主张在出牙时切开牙龈，

and when there are any severe head-symptoms, yet it should never be needlessly done, or before being satisfied that the tooth is fully formed, and is out of the socket, and under the gum. When assured on these points, the gum should be cut lengthwise, and from the top of the gum downwards to the tooth, in an horizontal direction, thus——, and for about half an inch in length. The operation is then to be repeated in a transverse direction, cutting across the gum, in the centre of the first incision, and forming a cross, thus +. The object of this double incision is to insure a retraction of the cut parts, and leave an open way for the tooth to start from—an advantage not to be obtained when only one incision is made; for unless the tooth immediately follows the lancing, the opening reunites, and the operation has to be repeated. That this operation is very little or not at all painful, is evidenced by the suddenness with which the infant falls asleep after the lancing, and awakes in apparently perfect health, though immediately before the use of the gum-lancet, the child may have been shrieking or in convulsions.

而当出现任何严重的头部症状时，也绝不应无谓地进行，或在尚未确认牙齿已完全形成、已脱离牙槽、位于牙龈之下以前进行。在确认这几点之后，应沿纵向切开牙龈，从牙龈顶端向下切至牙齿，呈水平方向，如此--，长约半英寸。然后以横向重复该操作，在第一道切口的中央横切牙龈，形成一个十字，如此 +。作这两道切口的目的，是确保切开的部分回缩，为牙齿萌出留出通道--只作一道切口则得不到这一好处；因为除非割开后牙齿随即萌出，否则开口会重新愈合，只得再次手术。这种手术疼痛极轻或完全不痛，可由婴儿在割开牙龈后骤然入睡、醒来时显然十分健康为证，尽管在使用牙龈刀之前，孩子可能一直在尖叫或抽搐。

Convulsions, or Infantine Fits.

惊厥，或称婴儿抽搐。

2519. From their birth till after teething, infants are more or less subject or liable to sudden fits, which often, without any assignable cause, will attack the child in a moment, and while in the mother's arms; and which, according to their frequency, and the age and strength of the infant, are either slight or dangerous.

2519. 从出生到出牙之后，婴儿或多或少容易发生突发性惊厥，这种惊厥常常没有任何可指明的原因，会在一瞬间侵袭孩子，甚至就在母亲的怀抱中；根据其发作频率以及婴儿的年龄和体质强弱，这种惊厥或轻微或危险。

2520. Whatever may have been the remote cause, the immediate one is some irritation of the nervous system, causing convulsions, or an effusion to the head, inducing coma. In the first instance, the infant cries out with a quick, short scream, rolls up its eyes,

2520. 无论远因是什么，近因都是神经系统的某种刺激，引起惊厥，或头部充血，导致昏迷。在第一种情况下，婴儿发出急促而短促的尖叫，翻白眼，

arches its body backwards, its arms become bent and fixed, and the fingers parted; the lips and eyelids assume a dusky leaden colour, while the face remains pale, and the eyes open, glassy, or staring. This condition may or may not be attended with muscular twitchings of the mouth, and convulsive plunges of the arms. The fit generally lasts from one to three minutes, when the child recovers with a sigh, and the relaxation of the body. In the other case, the infant is attacked at once with total insensibility and relaxation of the limbs, coldness of the body and suppressed breathing; the eyes, when open, being dilated, and presenting a dim glistening appearance; the infant appearing, for the moment, to be dead.

身体向后弓起，双臂弯曲僵直，手指张开；嘴唇和眼睑呈暗铅色，而面部仍然苍白，眼睛睁着，呆滞或凝视。这种情况可能伴有、也可能不伴有口部肌肉抽动和双臂的抽搐性猛动。发作一般持续一至三分钟，随后孩子叹一口气，身体松弛下来，便恢复了。另一种情况是，婴儿突然完全失去知觉，四肢松弛，身体发冷，呼吸抑制；眼睛睁开时瞳孔散大，呈现暗淡的光泽；婴儿一时看上去仿佛已经死去。

2521. *Treatment.*-The first step in either case is, to immerse the child in a hot bath up to the chin; or if sufficient hot water cannot be procured to cover the body, make a hip-bath of what can be obtained; and, while the left hand supports the child in a sitting or recumbent position, with the right scoop up the water, and run it over the chest of the patient. When sufficient water can be obtained, the spine should be briskly rubbed while in the bath; when this cannot be done, lay the child on the knees, and with the fingers dipped in brandy, rub the whole length of the spine vigorously for two or three minutes, and when restored to consciousness, give occasionally a teaspoonful of weak brandy and water or wine and water.

2521. 治疗。--无论何种情况，第一步都是将孩子浸入没至下巴的热水中；若无法取得足够的热水浸没全身，就用现有之水行坐浴；同时，左手扶持孩子取坐位或卧位，右手舀水浇淋患者胸部。若能取得足够的水，应在沐浴时轻快地摩擦脊柱；若无法做到，则将孩子置于膝上，以手指蘸白兰地，沿脊柱全长用力摩擦两三分钟，待其恢复意识后，不时给予一茶匙淡白兰地水或葡萄酒水。

2522. An hour after the bath, it may be necessary to give an aperient powder, possibly also to repeat the dose for once or twice every three hours; in which case the following prescription is to be employed. Take of

2522. 沐浴后一小时，可能需要给予一剂泻药粉，也可能需要每三小时重复一次剂量，共一至两次；在这种情况下，应使用以下处方。取

Powdered scammony 6 grains.
Grey powder 6 grains.
Antimonial powder 4 grains.
Lump sugar 20 grains.

Mix thoroughly, and divide into three powders, which are to be taken as advised for an infant one year old; for younger or weakly infants, divide into four powders, and give as the other. For thirst and febrile symptoms, give drinks of barley-water, or cold water, and every three hours put ten to fifteen drops of spirits of sweet nitre in a dessert-spoonful of either beverage.

THRUSH, AND ITS TREATMENT.

2523. This is a disease to which infants are peculiarly subject, and in whom alone it may be said to be a disease; for when thrush shows itself in adult or advanced life, it is not as a disease proper, but only as a symptom, or accessory, of some other ailment, generally of a chronic character, and should no more be classed as a separate affection than the petechae, or dark-coloured spots that appear in malignant measles, may be considered a distinct affection.

2524. Thrush is a disease of the follicles of the mucous membrane of the alimentary canal, whereby there are formed small vesicles, or bladders, filled with a thick mucous secretion, which, bursting, discharge their contents, and form minute ulcers in the centre of each vessel. To make this formal but unavoidable description intelligible, we must beg the reader's patience while we briefly explain terms that may appear to many so unmeaning, and make the pathology of thrush fully familiar.

粉末司格蒙脂 6 格令。
灰粉6格令。
锑粉4格令。
方糖 20 粒。

充分混合，分成三包，按一岁婴儿的用法服用；对于更年幼或体弱的婴儿，分成四包，如其他一样服用。对于口渴和发热症状，给予大麦水或冷水饮用，并每三小时在任一饮品的一甜点匙中滴入十至十五滴甜硝精。

鹅口疮及其治疗

2523. 这是一种婴儿特别易患的疾病，可以说只有在婴儿中才是一种疾病；因为当鹅口疮在成人或晚年生活中出现时，它并不是一种独立的疾病，而只是其他疾病的症状或附属表现，通常是慢性性质的，不应被列为一种独立的病症，就像恶性麻疹中出现的瘀点或深色斑点不应被视为一种独立的病症一样。

2524. 鹅口疮是消化道黏膜滤泡的一种疾病，由此形成充满浓稠黏液分泌物的小水疱或小囊，这些水疱破裂后排出其内容物，并在每个小囊中央形成微小的溃疡。为了使这一正式但不可避免的描述易于理解，我们必须请读者耐心，让我们简要解释那些对许多人来说似乎毫无意义的术语，并充分说明鹅口疮的病理学。

2525. The whole digestive canal, of which the stomach and bowels are only a part, is covered, from the lips, eyes, and ears downwards, with a thin glairy tissue, like the skin that lines the inside of an egg, called the mucous membrane; this membrane is dotted all over, in a state of health, by imperceptible points, called follicles, through which the saliva, or mucous secreted by the membrane, is poured out.

2525. 整个消化管道，其中胃和肠只是其一部分，从嘴唇、眼睛和耳朵向下，都覆盖着一层薄薄的黏液样组织，就像衬在鸡蛋内部的那层膜，称为黏膜；在健康状态下，这层膜上遍布着肉眼不可见的微小点状结构，称为滤泡，唾液或黏膜分泌的黏液即通过这些滤泡排出。

2526. These follicles, or little glands, then, becoming enlarged, and filled with a congealed fluid, constitute thrush in its first stage; and when the child's lips and mouth appear a mass of small pearls, then, as these break and discharge, the second stage, or that of ulceration, sets in.

2526. 这些滤泡，即小腺体，增大并充满凝固的液体，便构成了鹅口疮的第一阶段；当孩子的嘴唇和口腔出现大量小珍珠状物时，随着这些珍珠状物破裂排液，便进入第二阶段，即溃疡期。

2527. *Symptoms.*—Thrush is generally preceded by considerable irritation, by the child crying and fretting, showing more than ordinary redness of the lips and nostrils, hot fetid breath, with relaxed bowels, and dark feculent evacuations; the water is scanty and high-coloured; whilst considerable difficulty in swallowing, and much thirst, are the other symptoms, which a careful observation of the little patient makes manifest.

2527. 症状。--鹅口疮通常先有相当程度的刺激症状，孩子哭闹烦躁，嘴唇和鼻孔比平常更红，口气热而臭，伴有肠腑松弛和深色粪质排泄物；小便量少而色深；同时，仔细观察小患者可发现吞咽相当困难、口渴明显等其他症状。

2528. The situation and character of thrush show at once that the cause is some irritation of the mucous membrane, and can proceed only from the nature and quality of the food. Before weaning, this must be looked for in the mother, and the condition of the milk; after that time, in the crude and indigestible nature of the food given. In either case, this exciting cause of the disease must be at once stopped. When it proceeds from the mother, it is always best to begin by physicking the infant through the parent; that is to say, let the parent first take the medicine, which will

2528. 鹅口疮的状况和特征立刻表明，病因是黏膜的某种刺激，且只能源于食物的性质和品质。断奶前，必须从母亲和乳汁的状况中寻找原因；断奶后，则要从所给食物的粗糙难消化性质中寻找。无论哪种情况，都必须立即停止这一致病诱因。当病因来自母亲时，最好先通过母亲给婴儿用药；也就是说，让母亲先服药，这将

sufficiently affect the child through the milk: this plan has the double object of benefiting the patient and, at the same time, correcting the state of the mother, and improving the condition of her milk. In the other case, when the child is being fed by hand, then proceed by totally altering the style of aliment given, and substituting farinaceous food, custards, blanc-mange, and ground-rice puddings.

足以通过乳汁影响孩子：此方案具有双重目的，既有利于患者，同时又能纠正母亲的状态并改善其乳汁的质量。在另一种情况下，即当孩子由人工喂养时，则应彻底改变所给食物的样式，代之以谷粉类食物、蛋奶冻、 blanc-mange 和磨碎的米饭布丁。

2529. As an aperient medicine for the mother, the best thing she can take is a dessert-spoonful of carbonate of magnesia once or twice a day, in a cup of cold water; and every second day, for two or three times, an aperient pill.

2529. 作为母亲的通便药，最好的选择是每天一至两次服用一甜点匙碳酸镁，溶于一杯冷水中；每隔一天服用一次通便丸，连续两至三次。

2530. As the thrush extends all over the mouth, throat, stomach, and bowels, the irritation to the child from such an extent of diseased surface is proportionately great, and before attempting to act on such a tender surface by opening medicine, the better plan is to soothe by an emollient mixture; and, for that purpose, let the following be prepared. Take of

2530. 由于鹅口疮遍及口腔、咽喉、胃和肠，如此大面积的病变表面对孩子造成的刺激相应很大，因此在试图用通便药物作用于如此娇嫩的表面前，更好的办法是先用润肤合剂安抚；为此，应配制以下药物。取

Castor oil 2 drachms.
Sugar 1 drachm.
Mucilage, or powdered gum Arabic half a drachm.

蓖麻油2德拉克马。
糖 1德拉克马。
黏液，或阿拉伯胶粉半德拉克马。

Triturate till the oil is incorporated, then add slowly—

研磨至油完全融合，然后缓慢加入--

Mint-water One ounce and a half
Laudanum Ten drops

薄荷水一盎司半
鸦片酊十滴

Half a teaspoonful three times a day, to an infant from one to two years old; a teaspoonful from two to three years old; and a dessertspoonful at any age over that time. After two days' use of the mixture, one of the following powders should be given twice a

一至两岁婴儿每次半茶匙，一日三次；两至三岁每次一茶匙；三岁以上任何年龄每次一甜点匙。使用该合剂两天后，应服用以下散剂之一，每日两次

day, accompanied with one dose daily of the mixture:—

Grey powder 20 grains.
Powdered rhubarb 15 grains.
Scammony 10 grains. Mix.

Divide into twelve powders, for one year; eight powders, from one to two; and six powders, from two to six years old. After that age, double the strength, by giving the quantity of two powders at once.

2531. It is sometimes customary to apply borax and honey to the mouth for thrush; but it is always better to treat the disease constitutionally rather than locally. The first steps, therefore, to be adopted are, to remove or correct the exciting cause—the mother's milk or food; allay irritation by a warm bath and the castor-oil mixture, followed by and conjoined with the powders.

2532. To those, however, who wish to try the honey process, the best preparation to use is the following:-Rub down one ounce of honey with two drachms of tincture of myrrh, and apply it to the lips and mouth every four or six hours.

2533. It is a popular belief, and one most devoutly cherished by many nurses and elderly persons, that everybody must, at some time of their life, between birth and death, have an attack of thrush, and if not in infancy, or prime of life, it will surely attack them on their death-bed, in a form more malignant than if the patient had been affected with the malady earlier; the black thrush with which they are then reported to be affected being, in all probability, the petechae or purple spots that characterize the worst form, and often the last stage, of typhoid fever.

日，每日伴随一剂合剂：-

灰粉 20 格令。
大黄粉 15 格令。
司格蒙旋花脂 10 格令。混合。

分为十二包，用于一岁；八包，用于一至两岁；六包，用于两至六岁。该年龄以上，剂量加倍，即一次服用两包的剂量。

2531. 有时习惯用硼砂和蜂蜜涂抹口腔治疗鹅口疮；但始终以全身治疗优于局部治疗。因此，首先应采取的措施是去除或纠正诱因--母亲的乳汁或食物；用温水浴和蓖麻油合剂缓解刺激，随后并配合散剂使用。

2532. 然而，对于希望尝试蜂蜜疗法的人，最好使用以下制剂：将一盎司蜂蜜与两打兰没药酊研磨调匀，每四至六小时涂抹于嘴唇和口腔。

2533. 一种普遍的看法，也是许多护士和年长者最为虔诚地信奉的看法是，每个人在从出生到死亡的一生中某个时候，必定会患一次鹅口疮，如果不是在婴儿期或壮年，那就肯定会在临终时发作，而且形式比患者早年患病时更为恶性；据称他们那时所患的黑鹅口疮，极可能就是斑疹或紫斑，这是伤寒最严重形式、常常也是最后阶段的特征。

2534. In general, very little medicine is needed in this disease of the thrush—an alterative powder, or a little magnesia, given once or twice, being all, with the warm bath, that, in the great majority of cases, is needed to restore the mucous membrane to health. As thrush is caused by an excess of heat, or over-action in the lining membrane of the stomach and bowels, whatever will counteract this state, by throwing the heat on the surface, must materially benefit, if not cure, the disease: and that means every mother has at hand, in the form of a *warm bath*. After the application of this, a little magnesia to correct the acidity existing along the surface of the mucous membrane, is often all that is needed to throw the system into such a state as will effect its own cure. This favourable state is indicated by an excessive flow of saliva, or what is called "dribbling," and by a considerable amount of relaxation of the bowels-a condition that must not be mistaken for diarrhoea, and checked as if a disease, but rather, for the day or two it continues, encouraged as a critical evacuant.

2534. 一般来说，这种鹅口疮疾病很少需要用药--一次或两次变质药粉，或少量氧化镁，加上温水浴，在绝大多数情况下，就足以使黏膜恢复健康。由于鹅口疮是由胃和肠内壁过热或过度活动引起的，任何能通过将热引向体表来抵消这种状态的方法，必定会大有裨益，即使不能治愈该病：而这意味着每位母亲手边都有这种手段，即温水浴。施用温水浴后，少量氧化镁来纠正黏膜表面存在的酸性，往往就足以使身体进入自我治愈的状态。这种有利状态表现为唾液过度流出，即所谓的“流涎”，以及相当程度的肠道松弛--这种情况绝不能误认为腹泻而当作疾病加以制止，而应在持续的一两天内，作为关键性的排毒过程加以鼓励。

2535. Should there be much debility in the convalescence, half a teaspoonful of stee wine, given twice a day in a little barley-water, will be found sufficient for all the purposes of a tonic. This, with the precaution of changing the child's food, or, when it lives on the mother, of correcting the quality of the milk by changing her own diet, and, by means of an antacid or aperient, improving the state of the secretion. Such is all the treatment that this disease in general requires.

2535. 若恢复期虚弱明显，每日两次在一小杯大麦水中加入半茶匙 stee wine，足以发挥补益之效。同时注意更换孩子的食物，或当孩子靠母乳喂养时，通过改变母亲自己的饮食来纠正乳汁质量，并借助抗酸剂或通便药改善分泌状态。此病一般所需的治疗不过如此。

2536. The class of diseases we are now approaching are the most important, both in their pathological features and in their consequences on the constitution, of any group or individual disease that assails the human body; and though more frequently

2536. 我们现在要讨论的这类疾病，无论从其病理特征还是对体质的影响来看，都是侵袭人体的所有疾病组或单一疾病中最重要的；尽管它们更常

attacking the undeveloped frame of childhood, are yet by no means confined to that period. These are called Eruptive Fevers, and embrace chicken-pox, cow-pox, small-pox, scarlet fever, measles, milary fever, and erysipelas, or St. Anthony's fire.

侵袭儿童尚未发育成熟的身体，但绝非仅限于那个时期。这些疾病称为发疹热，包括水痘、牛痘、天花、猩红热、麻疹、粟粒热和丹毒，即圣安东尼之火。

2537. The general character of all these is, that they are contagious, and, as a general rule, attack a person only once in his lifetime; that their chain of diseased actions always begins with fever, and that, after an interval of from one to four days, the fever is followed by an eruption of the skin.

2537. 所有这些疾病的共同特征是：具有传染性，且作为一般规律，人一生只患一次；其病变过程总是以发热开始，经过一至四天的间隔后，发热之后出现皮肤发疹。

CHICKEN-POX, OR GLASS-POX; AND COW-POX, OR VACCINATION.

水痘，或称玻璃痘；以及牛痘，或称疫苗接种。

2538. CHICKEN-POX, or GLASS-POX, may, in strict propriety, be classed as a mild variety of small-pox, presenting all the mitigated symptoms of that formidable disease. Among many physicians it is, indeed, classed as small-pox, and not a separate disease; but as this is not the place to discuss such questions, and as we profess to give only facts, the result of our own practical experience, we shall treat this affection of glass-pox or chicken-pox, as we ourselves have found it, as a distinct and separate disease.

2538. 水痘，或称玻璃痘，严格来说，可以归类为天花的一种温和变种，呈现出那种可怕疾病的所有减轻症状。事实上，在许多医生中间，它被归类为天花，而非一种独立的疾病；但既然此处不是讨论此类问题的地方，而且我们声称只提供事实，即我们自己实践经验的结果，我们将按照我们自己所发现的那样，把这种玻璃痘或水痘的病症，作为一种独立且单独的疾病来对待。

2539. Chicken-pox is marked by all the febrile symptoms presented by small-pox, with this difference, that, in the case of chicken-pox, each symptom is particularly slight. The heat of body is much less acute, and the principal symptoms are difficulty of breathing, headache, coated tongue, and nausea, which sometimes amounts to vomiting. After a term of general irritability, heat, and restlessness, about the fourth day, or between the third and fourth, an eruption makes its appearance over the face, neck, and

2539. 水痘的特征是出现天花所呈现的所有发热症状，不同之处在于，就水痘而言，每种症状都特别轻微。身体的热度远不那么剧烈，主要症状是呼吸困难、头痛、舌苔和恶心，有时达到呕吐的程度。在全身烦躁、发热和不安一段时间后，大约第四天，或第三至第四天之间，面部、颈部和

body, in its first two stages closely resembling small-pox, with this especial difference, that whereas the pustules in small-pox have *flat* and *depressed* centres—an infallible characteristic of small-pox—the pustules in chicken-pox remain *globular*, while the fluid in them changes from a transparent white to a straw-coloured liquid, which begins to exude and disappear about the eighth or ninth day, and, in mild cases, by the twelfth desquamates, or peels off entirely.

身体，在其最初两个阶段与天花极为相似，但有一个特殊区别：天花的脓疱中心平坦且凹陷--这是天花的可靠特征--而水痘的脓疱保持球形，其中的液体从透明的白色变为稻草色液体，大约在第八或第九天开始渗出并消失，在轻症病例中，到第十二天脱屑或完全剥落。

2540. There can be no doubt that chicken-pox, like small-pox, is contagious, and under certain states of the atmosphere becomes endemic. Parents should, therefore, avoid exposing young children to the danger of infection by taking them where it is known to exist, as chicken-pox, in weakly constitutions, or in very young children, may superinduce small-pox, the one disease either running concurrently with the other, or discovering itself as the other declines. This, of course, is a condition that renders the case very hazardous, as the child has to struggle against two diseases at once, or before it has recruited strength from the attack of the first.

2540. 毫无疑问，水痘和天花一样具有传染性，并且在某些大气状态下会成为地方性流行病。因此，父母应避免让幼儿接触感染危险，不要带他们去已知存在该病的地方，因为水痘在体弱体质者或非常年幼的儿童中，可能继发天花，一种疾病或者与另一种同时发生，或者在另一种消退时显现出来。当然，这种情况使病例非常危险，因为孩子必须同时与两种疾病作斗争，或者在第一次发作尚未恢复体力之前就与另一种疾病作斗争。

2541. *Treatment.*—In all ordinary cases of chicken-pox—and it is very seldom it assumes any complexity—the whole treatment resolves itself into the use of the warm bath, and a course of gentle aperients. The bath should be used when the oppression of the lungs renders the breathing difficult, or the heat and dryness of the skin, with the undeveloped rash beneath the surface, shows the necessity for its use.

2541. 治疗。--在所有普通水痘病例中--水痘很少出现任何复杂情况--整个治疗归结为使用温水浴和一系列温和的通便药。当肺部受压导致呼吸困难，或皮肤灼热干燥、皮疹隐于皮下未发时，表明有必要使用温水浴。

2542. As the pustules in chicken-pox very rarely run to the state of suppuration, as in the other disease, there is no fear of *pitting* or

2542. 由于水痘的脓疱很少像另一种疾病那样发展至化脓状态，因此不必担心留疤或

disfigurement, except in very severe forms, which, however, happen so seldom as not to merit apprehension. When the eruption subsides, however, the face may be washed with elder-flower water, and the routine followed which is prescribed in the convalescent state of small-pox.

毁容，除非是极严重的类型，然而这种情况极少发生，不值得忧虑。不过，当皮疹消退后，可用接骨木花水洗面，并遵循天花恢复期所规定的常规护理。

2543. COW-POX, properly speaking, is an artificial disease, established in a healthy body as a prophylactic, or preventive agent, against the more serious attack of small-pox, and is merely that chain of slight febrile symptoms and local irritation, consequent on the specific action of the lymph of the vaccination, in its action on the circulating system of the body. This is not the place to speak of the benefits conferred on mankind by the discovery of vaccination, not only as the preserver of the human features from a most loathsome disfigurement, but as a sanitary agent in the prolongation of life.

2543. 严格说来，牛痘是一种人工疾病，是在健康体内建立起来的预防性手段，用以防止更为严重的天花侵袭，它不过是疫苗接种的淋巴液作用于人体循环系统后所引起的一系列轻微发热症状和局部刺激。此处不宜谈论疫苗接种的发现给人类带来的益处，它不仅使人的容貌免于一种极为可憎的损毁，而且作为一种卫生手段延长了寿命。

2544. Fortunately the State has now made it imperative on all parents to have their children vaccinated before, or by the end of, the twelfth week; thus doing away, as far as possible, with the danger to public health proceeding from the ignorance or prejudice of those parents whose want of information on the subject makes them object to the employment of this specific preventive; for though vaccination has been proved *not* to be *always* an infallible guard against small-pox, the attack is always much lighter, should it occur, and is seldom, if indeed *ever*, fatal after the precaution of vaccination. The best time to vaccinate a child is after the sixth and before the twelfth week, if it is in perfect health, but still earlier if small-pox is prevalent, and any danger exists of the infant taking the disease. It is customary, and always advisable, to give the child a mild aperient powder one or

2544. 幸运的是，国家现已强制规定所有父母必须在第十二周结束前或之前为子女接种疫苗；从而尽可能消除因那些父母的无知或偏见而导致的公共卫生危险，这些父母由于对该问题缺乏了解而反对采用这一特异性预防手段；因为尽管已证明疫苗接种并非总是天花的绝对可靠防护，但若发生天花，病情总是轻得多，而且在采取疫苗接种预防措施后，极少--如果确实曾经--致命。为孩子接种疫苗的最佳时间是在第六周之后、第十二周之前，前提是孩子完全健康；但如果天花流行，且婴儿有感染该病的任何危险，则应更早接种。习惯上并且始终可取的做法是，给孩子服用一剂温和的泻药粉，或

two days before inserting the lymph in the arm; and should measles, scarlet fever, or any other disease arise during the progress of the pustule, the child, when recovered, should be *re-vaccinated*, and the lymph taken from its arm on no account used for vaccinating purposes.

在将淋巴液植入手臂前两天；若在脓疱发展过程中出现麻疹、猩红热或任何其他疾病，孩子康复后应重新接种疫苗，且其手臂上取得的淋巴液绝不可用于接种目的。

2545. The disease of cow-pox generally takes twenty days to complete its course; in other words, the maturity and declension of the pustule takes that time to fulfil its several changes. The mode of vaccination is either to insert the matter, or lymph, taken from a healthy child, under the cuticle in several places on both arms, or, which is still better, to make three slight scratches, or abrasions, with a lancet on one arm in this manner, ,,",, and work into the irritated parts the lymph, allowing the arm to dry thoroughly before putting down the infant's sleeve; by this means absorption is insured, and the unnecessary pain of several pustules on both arms avoided. No apparent change is observable by the eye for several days; indeed, not till the fourth, in many cases, is there any evidence of a vesicle; about the fifth day, however, a pink areola, or circle, is observed round one or all of the places, surrounding a small pearly vesicle or bladder. This goes on deepening in hue till the seventh or eighth day, when the vesicle is about an inch in diameter, with a depressed centre; on the ninth the edges are elevated, and the surrounding part hard and inflamed. The disease is now at its height, and the pustule should be opened, if not for the purpose of vaccinating other children, to allow the escape of the lymph, and subdue the inflammatory action. After the twelfth day the centre is covered by a brown scab, and the colour of the swelling becomes darker, gradually declining in hardness and colour till the twentieth, when the scab

2545. 牛痘这种病通常需要二十天才能完成其病程；换言之，脓疱的成熟与消退要经过这些变化，需时如此。接种的方式，或是取健康儿童的痘浆或淋巴液，置于两臂数处表皮之下；或更佳者，用柳叶刀在一臂上轻轻划三下，或擦伤，如此，，，",，然后将淋巴液揉入受刺激的部位，待手臂完全干燥后再放下婴儿的衣袖；如此可确保吸收，并避免两臂生出数个脓疱所带来的不必要疼痛。数日之内，肉眼观察不到明显变化；事实上，许多情况下直到第四日才有水疱的迹象；然而大约第五日，可观察到一处或所有接种处周围出现粉红色晕圈，环绕着一个小而似珍珠的水疱或疱囊。其色泽继续加深，至第七或第八日，水疱直径约一英寸，中央凹陷；第九日边缘隆起，周围部分坚硬且发炎。此时病情已达高峰，应挑开脓疱，若非为其他儿童接种之用，亦为让淋巴液流出、平息炎症反应。第十二日之后，中央覆以棕色痂皮，肿胀之色变深，硬度和颜色逐渐减退，直至第二十日，此时痂皮

falls, off, leaving a small pit, or cicatrix, to mark the seat of the disease, and for life prove a certificate of successful vaccination.

2546. In some children the inflammation and swelling of the arm is excessive, and extremely painful, and the fever, about the ninth or tenth day, very high; the pustule, therefore, at that time, should sometimes be opened, the arm fomented every two hours with a warm bread poultice, and an aperient powder given to the infant.

MEASLES AND SCARLET FEVER, WITH THE TREATMENT OF BOTH.

Measles.

2547. This much-dreaded disease, which forms the next subject in our series of infantine diseases, and which entails more evils on the health of childhood than any other description of physical suffering to which that age of life is subject, may be considered more an affection of the venous circulation, tending to general and local congestion, attended with a diseased condition of the blood, than either as a fever or an inflammation; and though generally classed before or after scarlet fever, is, in its pathology and treatment, irrespective of its after-consequences, as distinct and opposite as one disease can well be from another.

4548. As we have already observed, measles are always characterized by the running at the nose and eyes, and great oppression of breathing; so, in the mode of treatment, two objects are to be held especially in view; first, to unload the congested state of the lungs,—the cause of the oppressed breathing; and, secondly, to act vigorously, both during the disease and afterwards, on the bowels. At the same time it cannot be too

脱落，留下一个小凹痕或瘢痕，标记疾病的位置，并终生作为接种成功的证明。

2546. 有些儿童手臂的炎症和肿胀过度，极为疼痛，约第九或第十天发热很高；因此，此时有时应切开脓疱，每两小时用温热的面包糊剂敷于手臂，并给婴儿服用一剂通便散。

麻疹与猩红热及其治疗方法

麻疹。

2547. 这种令人极为畏惧的疾病，是我们这一系列婴儿疾病中的下一个主题，它给童年健康带来的危害，超过该年龄段所遭受的任何其他身体疾苦，与其说它是一种热病或炎症，不如说它是一种静脉循环的病变，趋向于全身和局部的充血，伴有血液的病理状态；尽管通常被归入猩红热之前或之后，但其病理和治疗，撇开其后续后果不谈，与另一种疾病之截然相反，可谓泾渭分明。

4548. 正如我们已指出的，麻疹的特征始终是鼻眼流液和呼吸严重困难；因此，在治疗方法上应特别注意两个目标：第一，解除肺部充血状态--这是呼吸困难的病因；第二，在疾病期间及之后都要对肠道采取有力措施。同时，必须牢记

strongly borne in mind, that though the patient in measles should on no account be kept unduly hot, more care than in most infantine complaints should be taken to guard the body from *cold*, or any abrupt changes of temperature. With these special observations, we shall proceed to give a description of the disease, as recognized by its usual—

不可过于强调：尽管麻疹患者绝不应过度保暖，但比大多数婴儿疾病更需注意保护身体免受寒冷或任何温度骤变的影响。基于这些特别观察，我们将继续描述该疾病，按其通常表现的

2549. *Symptoms*, which commence with cold chills and flushes, lassitude, heaviness, pain in the head, and drowsiness, cough, hoarseness, and extreme difficulty of breathing, frequent sneezing, deduction or running at the eyes and nose, nausea, sometimes vomiting, thirst, a furred tongue; the pulse throughout is quick, and sometimes full and soft, at others hard and small, with other indications of an inflammatory nature.

2549. 症状，起病时有寒战与潮热、倦怠、沉重感、头痛、嗜睡、咳嗽、声嘶、呼吸极度困难、频繁打喷嚏、眼鼻流液、恶心、有时呕吐、口渴、舌苔；脉搏始终快速，有时充实而柔软，有时硬而细，并伴有其他炎症性质的征象。

2550. On the third day, small red points make their appearance, first on the face and neck, gradually extending over the upper and lower part of the body. On the fifth day, the vivid red of the eruption changes into a brownish hue; and, in two or three days more, the rash entirely disappears, leaving a loose powdery desquamation on the skin, which rubs off like dandriff. At this stage of the disease a diarrhoea frequently comes on, which, being what is called "critical," should never be checked, unless seriously severe. Measles sometimes assume a typhoid or malignant character, in which form the symptoms are all greatly exaggerated, and the case from the first becomes both doubtful and dangerous. In this condition the eruption comes out sooner, and only in patches; and often, after showing for a few hours, suddenly recedes, presenting, instead of the usual florid red, a dark purple or blackish hue; a dark brown fur forms on the gums and mouth, the breathing becomes laborious, delirium supervenes,

2550. 第三天，红色小点出现，先见于面部和颈部，逐渐蔓延至身体的上部和下部。第五天，疹子的鲜红色变为褐色；再过两三天，疹子完全消退，皮肤上留下松散的粉末状脱屑，像头皮屑一样擦落。在此阶段，腹泻常常发生，这种腹泻被称为“关键性”的，除非严重剧烈，否则绝不应止住。麻疹有时呈现伤寒样或恶性特征，在这种形式下，所有症状都大大加重，病例从一开始就变得既可疑又危险。在这种情况下，疹子出现得更早，且仅成片出现；常常在显现数小时后突然消退，呈现暗紫色或黑色，而非通常的鲜红色；牙龈和口腔形成深褐色苔膜，呼吸变得费力，谵妄随之发生，

and, if unrelieved, is followed by coma; a fetid diarrhoea takes place, and the patient sinks under the congested state of the lungs and the oppressed functions of the brain.

若未缓解，则继以昏迷；出现恶臭腹泻，患者因肺部充血和脑功能受压而衰竭。

2551. The unfavourable symptoms in measles are a high degree of fever, the excessive heat and dryness of the skin, hurried and short breathing, and a particularly hard pulse. The sequels, or after-consequences, of measles are, croup, bronchitis, mesenteric disease, abscesses behind the ear, ophthalmia, and glandular swellings in other parts of the body.

2551. 麻疹的不良症状包括高热、皮肤过度灼热干燥、呼吸急促短浅以及脉搏特别硬。麻疹的后遗症或继发后果包括哮吼、支气管炎、肠系膜疾病、耳后脓肿、眼炎以及身体其他部位的腺体肿胀。

2552. *Treatment.*—In the first place, the patient should be kept in a cool room, the temperature of which must be regulated to suit the child's feelings of comfort, and the diet adapted to the strictest principles of abstinence. When the inflammatory symptoms are severe, bleeding, in some form, is often necessary, though, when adopted, it must be in the *first stage* of the disease; and, if the lungs are the apprehended seat of the inflammation, two or more leeches, according to the age and strength of the patient, must be applied to the upper part of the chest, followed by a small blister; or the blister may be substituted for the leeches, the attendant bearing in mind, that the benefit effected by the blister can always be considerably augmented by plunging the feet into very hot water about a couple of hours after applying the blister, and kept in the water for about two minutes. And let it further be remembered, that this immersion of the feet in hot water may be adopted at any time or stage of the disease; and that, whenever the *head* or *lungs* are oppressed, relief will *always* accrue from its sudden and brief employment. When the symptoms commence with much shivering, and the skin early assumes a hot, dry character, the appearance of the rash will be facilitated, and all

2552. 治疗。--首先，病人应安置在凉爽的房间内，室温须调节至适合孩子的舒适感，饮食须遵循最严格的节制原则。当炎症症状严重时，某种形式的放血往往是必要的，但若采用，必须在疾病的第一阶段进行；若担心炎症部位在肺部，则须根据病人的年龄和体力，在胸部上方放置两至三条水蛭，随后施以小号发疱剂；或者以发疱剂代替水蛭，护理者须牢记，在施用发疱剂约两小时后将双脚浸入极热的水中，并保持约两分钟，发疱剂的疗效总能大大增强。还须进一步记住，这种将双脚浸入热水的方法可在疾病的任何时间或阶段采用；每当头部或肺部感到压迫时，突然而短暂地使用此法总能带来缓解。当症状以剧烈寒战开始，皮肤早期呈现热而干燥的性质时，若将病人放入温水浴中，并保持约三分钟，疹子的出现将更为顺利，所有

the other symptoms rendered milder, if the patient is put into a warm bath, and kept in the water for about three minutes. Or, where that is not convenient, the following process, which will answer quite as well, can be substituted:—Stand the child, naked, in a tub, and, having first prepared several jugs of sufficiently warm water, empty them, in quick succession, over the patient's shoulders and body; immediately wrap in a hot blanket, and put the child to bed till it rouses from the sleep that always follows the effusion or bath. This agent, by lowering the temperature of the skin, and opening the pores, producing a natural perspiration, and unloading the congested state of the lungs, in most cases does away entirely with the necessity both for leeches and a blister. Whether any of these external means have been employed or not, the first internal remedies should commence with a series of aperient powders and a saline mixture, as prescribed in the following formularies; at the same time, as a beverage to quench the thirst, let a quantity of barley-water be made, slightly acidulated by the juice of an orange, and partially sweetened by some sugar-candy; and of which, when properly made and cold, let the patient drink as often as thirst, or the dryness of the mouth, renders necessary.

其他症状也将变得较轻。或者，在不方便的情况下，可改用以下方法，效果完全相同：让孩子裸身站在盆中，先准备好几壶足够温热的水，迅速连续地浇在病人的肩部和身体上；立即用热毯裹住，将孩子放上床，直到他从灌注或沐浴后必然出现的睡眠中醒来。此法通过降低皮肤温度、打开毛孔、产生自然出汗、解除肺部充血，在大多数情况下完全免除了使用水蛭和发疱剂的必要。无论是否采用了这些外部手段，首批内服药物应以一系列泻粉和盐水合剂开始，如以下处方所规定；同时，作为解渴的饮料，制作一定量的薏米水，用橙汁略加酸味，用少许冰糖部分加甜；待其制作得当并冷却后，让病人根据口渴或口腔干燥的需要随时饮用。

2553. *Aperient Powders*.—Take of scammony and jalap, each 24 grains; grey powder and powdered antimony, each 18 grains. Mix and divide into 12 powders, if for a child between two and four years of age; into 8 powders, if for a child between four and eight years of ago; and into 6 powders for between eight and twelve years. One powder to be given, in a little jelly or sugar-and-water, every three or four hours, according to the severity of the symptoms.

2553. 通便散。--取司格蒙脂和药喇叭各24格令；灰粉和锑粉各18格令。混合后，若用于两至四岁儿童，分为12包；若用于四至八岁儿童，分为8包；若用于八至十二岁儿童，分为6包。根据症状严重程度，每三至四小时用少量果冻或糖水送服一包。

2554. *Saline Mixture*.—Take of mint-water, 6 ounces; powdered nitre, 20 grains; antimonial wine, 3 drachms; spirits of nitre, 2 drachms; syrup of saffron, 2 drachms. Mix. To children under three years, give a teaspoonful every two hours; from that age to six, a dessertspoonful at the same times; and a tablespoonful every three or four hours to children between six and twelve.

2554. 盐类合剂。--取薄荷水6盎司；硝石粉20格令；锑酒3打兰；硝石精2打兰；藏红花糖浆2打兰。混合。三岁以下儿童每两小时服一茶匙；三至六岁每次一甜点匙，间隔相同；六至十二岁儿童每三至四小时服一汤匙。

2555. The object of these aperient powders is to keep up a steady but gentle action on the bowels; but, whenever it seems necessary to administer a stronger dose, and effect a brisk action on the digestive organs,—a course particularly imperative towards the close of the disease,—two of these powders given at once, according to the age, will be found to produce that effect; that is, two of the twelve for a child under four years, and two of the eight, and two of the six, according to the age of the patient.

2555. 这些泻粉的目的是保持对肠道稳定而温和的作用；但每当似乎需要施用更强剂量、对消化器官产生迅速作用时--在疾病末期尤为必要--根据年龄一次给予两包泻粉，即可产生该效果；即四岁以下儿童给予十二包中的两包，根据病人年龄给予八包中的两包或六包中的两包。

2556. When the difficulty of breathing becomes oppressive, as it generally does towards night, a hot bran poultice, laid on the chest, will be always found highly beneficial. The diet throughout must be light, and consist of farinaceous food, such as rice and sago puddings, beef-tea and toast; and not till convalescence sets in should hard or animal food be given.

2556. 当呼吸困难变得严重时，通常入夜尤甚，将热麸皮糊剂敷于胸部总是极为有益。全程饮食必须清淡，以谷粉类食物为主，如米饭布丁和西米布丁、牛肉茶和烤面包；直到恢复期开始，才可给予硬食或动物性食物。

2557. When measles assume the malignant form, the advice just given must be broken through; food of a nutritious and stimulating character should be at once substituted, and administered in conjunction with wine, and even spirits, and the disease regarded and treated as a case of typhus. But, as this form of measles is not frequent, and, if occurring, hardly likely to be treated without assistance, it is unnecessary to enter on the minutiae of its practice here. What we have prescribed, in almost

2557. 当麻疹呈现恶性形态时，刚才给出的建议必须被打破；应立即改用富有营养和刺激性的食物，并与葡萄酒甚至烈酒一起给予，并将该病视为斑疹伤寒病例来对待和治疗。但是，由于这种形式的麻疹并不常见，而且一旦发生，在没有援助的情况下几乎不可能治疗，因此没有必要在此详述其具体做法。我们所规定的，在几乎

all cases, will be found sufficient to meet every emergency, without resorting to a multiplicity of agents.

在所有情况下，足以应对各种紧急情况，而无需使用繁多的药物。

2558. The great point to remember in measles is, not to give up the treatment with the apparent subsidence of the disease, as the *after-consequences* of measles are too often more serious, and to be more dreaded, than the measles themselves. To guard against this danger, and thoroughly purify the system, after the subsidence of all the symptoms of the disease, a corrective course of medicine, and a regimen of exercise, should be adopted for some weeks after the cure of the disease. To effect this, an active aperient powder should be given every three or four clays, with a daily dose of the subjoined tonic mixture, with as much exercise, by walking, running after a hoop, or other bodily exertion, as the strength of the child and the state of the atmosphere will admit, the patient being, wherever possible, removed to a purer air as soon as convalescence warrants the change.

2558. 麻疹中要记住的要点是，不要因为疾病表面消退就放弃治疗，因为麻疹的后遗症往往比麻疹本身更严重，也更令人恐惧。为防止这一危险并彻底净化系统，在疾病所有症状消退后，应在疾病治愈后的数周内采取矫正性药物疗程和运动养生法。为此，应每三或四天给予一剂有效的泻粉，每日服用附后的补剂混合物，并尽可能进行散步、滚铁环或其他身体锻炼，以孩子的体力和大气状况所能允许为限；只要可能，一旦恢复期允许，就应将病人转移到更纯净的空气中。

2559. *Tonic Mixture*.—Take of infusion of rose-leaves, 6 ounces; quinine, 8 grains; diluted sulphuric acid, 15 drops. Mix. Dose, from half a teaspoonful up to a dessertspoonful, once a day, according to the ago of the patient.

2559. 补益合剂。--取玫瑰叶浸剂6盎司；奎宁8格令；稀硫酸15滴。混合。剂量从半茶匙至一甜点匙，每日一次，根据患者年龄而定。

Scarlatina, or Scarlet Fever.

猩红热

2560. Though professional accuracy has divided this disease into several forms, we shall keep to the one disease most generally mot with, the common or simple scarlet fever, which, in all cases, is characterized by an excessive heat on the skin, sore throat, and a peculiar speckled appearance of the tongue.

2560. 尽管专业的精确性已将这种疾病分为若干类型，我们仍将坚持论述最常遇到的那一种疾病，即普通或单纯性猩红热，该病在所有病例中的特征均为皮肤过热、咽喉疼痛以及舌面出现特有的斑点状外观。

2561. *Symptoms*.—Cold chills, shivering, nausea, thirst, hot skin,

2561. 症状。--寒战、发抖、恶心、口渴、皮肤发热，

quick pulse, with difficulty of swallowing; the tongue is coated, presenting through its fur innumerable specks, the elevated papillae of the tongue, which gives it the speckled character, that, if not the invariable sign of scarlet fever, is only met with in cases closely analogous to that disease. Between the *second* and _third_ day, but most frequently on the *third*, a bright red efflorescence breaks out in patches on the face, neck, and back, from which it extends over the trunk and extremities, always showing thicker and deeper in colour wherever there is any pressure, such as the elbows, back, and hips; when the eruption is well out, the skin presents the appearance of a boiled lobster-shell. At first, the skin is smooth, but, as the disease advances, perceptible roughness is apparent, from the elevation of the rash, or, more properly, the pores of the skin. On the *fifth* and *sixth* days the eruption begins to decline, and by the *eighth* has generally entirely disappeared. During the whole of this period, there is, more or less, constant sore throat.

脉搏加快，吞咽困难；舌苔覆盖，舌苔间透出无数斑点，即舌乳头隆起，使其呈现斑点状特征；这即使不是猩红热的不变征象，也只见于与该病密切相似的病例。在第二天和__第三_天之间，但最常见于第三天，面部、颈部和背部出现鲜红色疹斑，并由此蔓延至躯干和四肢；凡受压处，如肘部、背部和臀部，颜色总是更厚更深；皮疹完全透发时，皮肤呈现煮熟的龙虾壳外观。起初皮肤光滑，但随着病情进展，由于皮疹隆起，或更确切地说，由于皮肤毛孔，会出现可感知的粗糙。在第五天和第六天，皮疹开始消退，到第八天通常已完全消失。在整个这一时期，或多或少持续存在咽喉痛。

2562. The *Treatment* of scarlet fever is, in general, very simple. Where the heat is great, and the eruption comes out with difficulty, or recedes as soon as it appears, the body should be sponged with cold vinegar-and-water, or tepid water, as in measles, poured over the chest and body, the patient being, as in that disease, wrapped in a blanket and put to bed, and the same powders and mixture ordered in measles administered, with the addition of a constant hot bran poultice round the throat, which should be continued from the first symptom till a day or two after the declension of the rash. The same low diet and cooling drink, with the same general instructions, are to be obeyed in this as in the former disease.

2562. 猩红热的治疗一般非常简单。若热势很高，皮疹难以透发，或刚出现即消退，应像麻疹那样用冷醋水或温热水浸海绵擦洗身体，浇淋胸部和身体；病人也如该病一样，用毯子裹好并卧床，给予麻疹中所用的同样药粉和合剂，并在喉部持续敷热麸皮糊剂，从最初症状起一直持续到皮疹消退后一两天。与前述疾病一样，本病也应遵守同样的清淡饮食和清凉饮料，以及同样的一般指示。

2563. When the fever runs high in the first stage, and there is much nausea, before employing the effusions of water, give the patient an emetic, of equal, parts of ipecacuanha and antimonial wine, in doses of from a teaspoonful to a tablespoonful, according to age. By these means, nine out of every ten cases of scarlatina may be safely and expeditiously cured, especially if the temperature of the patient's room is kept at an even standard of about sixty degrees.

2563. 当第一阶段发热高涨且恶心严重时，在使用水灌注之前，给病人服用催吐剂，由等量的吐根和锑酒组成，剂量从一茶匙至一汤匙，视年龄而定。通过这些方法，每十例猩红热中有九例可以安全而迅速地治愈，尤其是如果将病人房间的温度保持在约六十度的均匀标准。

HOOPING-COUGH, CROUP, AND DIARRHOEA, WITH THEIR MODE OF TREATMENT.

百日咳、哮吼与腹泻及其治疗方法

Hooping-Cough.

百日咳。

2564. THIS is purely a spasmodic disease, and is only infectious through the faculty of imitation, a habit that all children are remarkably apt to fall into; and even where adults have contracted hooping-cough, it has been from the same cause, and is as readily accounted for, on the principle of imitation, as that the gaping of one person will excite or predispose a whole party to follow the same spasmodic example. If any one associates for a few days with a person who stammers badly, he will find, when released from his company, that the sequence of his articulation and the fluency of his speech are, for a time, gone; and it will be a matter of constant vigilance, and some difficulty, to overcome the evil of so short an association. The manner in which a number of school-girls will, one after another, fall into a fit on beholding one of their number attacked with epilepsy, must be familiar to many. These several facts lead us to a juster notion of how to treat this spasmodic disease. Every effort should, therefore, be directed,

2564. 这纯粹是一种痉挛性疾病，仅通过模仿能力传染；所有儿童都极容易养成这种习惯；即使成人染上百日咳，也是出于同样原因，并且按照模仿原理很容易解释，就像一个人打哈欠会激起或使整群人都跟着做出同样的痉挛性动作一样。如果任何人与一个严重口吃的人交往几天，他会在离开其陪伴后发现，自己发音的连贯性和说话的流利性暂时消失了；要克服如此短暂交往带来的这一弊端，需要持续警惕，也颇有困难。许多女学生看到一个同伴癫痫发作后，会一个接一个地昏倒，这种方式许多人一定很熟悉。这些事实使我们更正确地认识到如何治疗这种痉挛性疾病。因此，一切努力都应
directed,

mentally and physically, to break the chain of nervous action, on which the continuance of the cough depends.

在精神上和身体上，打断神经活动的链条，咳嗽的持续正依赖于这一链条。

2565. *Symptoms.*—Hooping-cough comes on with a slight oppression of breathing, thirst, quick pulse, hoarseness, and a hard, dry cough. This state may exist without any change from one to two or three weeks before the peculiar feature of the disease-the *hoop*-sets in. As the characteristics of this cough are known to all, it is unnecessary to enter here, physiologically, on the subject. We shall, therefore, merely remark that the frequent vomiting and bleeding at the mouth or nose are favourable signs, and proceed to the

2565. 症状。--百日咳起病时有轻微呼吸不畅、口渴、脉快、声音嘶哑及干硬咳嗽。此种状态可维持一至二至三周而无变化，之后才出现本病的特殊特征--哮声。由于此种咳嗽的特征众所周知，此处无需从生理学角度详述。因此我们仅指出，频繁呕吐及口鼻出血为有利征象，并进而讨论

2566. *Treatment*, which should consist in keeping up a state of nausea and vomiting. For this purpose, give the child doses of ipecacuanha and antimonial wines, in equal parts, and quantities varying from half to one and a half teaspoonful once a day, or, when the expectoration is hard and difficult of expulsion, giving the following cough mixture every four hours. Take of

治疗，应包括维持恶心和呕吐的状态。为此，给孩子服用吐根酒和锑酒等份的剂量，用量从半茶匙到一茶匙半不等，每日一次；或者，当痰液黏稠难以咳出时，每四小时服用以下止咳合剂。取

Syrup of squills 1/2 ounce.
Antimonial wine 1 ounce.
Laudanum 15 drops.
Syrup of Toulou 2 drachms.
Water 1-1/2 ounce.

海葱糖浆 1/2 盎司。
锑酒 1 盎司。
鸦片酊15滴。
图卢糖浆2德拉克马。
水 1-1/2 盎司。

Mix. The dose is from half a spoonful to a dessertspoonful. When the cough is urgent, the warm bath is to be used, and either one or two leeches applied over the breastbone, or else a small blister laid on the lower part of the throat.

混合。剂量为半匙至一甜点匙。当咳嗽紧急时，应使用温水浴，并在胸骨上放置一至两条水蛭，或在喉部下方敷一小块发疱膏。

2567. Such is the medical treatment of hooping-cough; but there

2567. 这就是对百日咳的医学治疗；然而在那里

is a moral regimen, based on the nature of the disease, which should never be omitted. And, on the principle that a sudden start or diversion of the mind will arrest a person in the act of sneezing or gaping, so the like means should be adopted with the hooping-cough patient; and, in the first stage, before the *hooping* has been added, the parent should endeavour to break the paroxysm of the cough by abruptly attracting the patient's attention, and thus, if possible, preventing the cough from reaching that height when the ingulp of air gives the hoop or crow that marks the disease; but when once that symptom has set in, it becomes still more necessary to endeavour, by even measures of intimidation, to break the spasmodic chain of the cough. Exercise in the open air, when dry, is also requisite, and charge of scene and air in all cases is of absolute necessity, and may be adopted at any stage of the disease.

是一种基于疾病性质的道德调养法，绝不可省略。根据突然惊吓或转移注意力可制止正在打喷嚏或打哈欠之人的原理，对百日咳患者也应采用类似手段；在第一阶段，即哮声尚未出现之前，父母应设法突然吸引患者注意以打断咳嗽发作，从而尽可能防止咳嗽达到吸气时发出哮声或鸡鸣声(此为本病标志)的程度；但一旦该症状出现，就更必须设法--甚至采用威吓手段--打断咳嗽的痉挛链条。天气干燥时，户外运动亦属必要，而变换环境与空气在所有情况下都绝对必要，且可在疾病任何阶段采用。

Croup.

哮吼。

2568. This is by far the most formidable and fatal of all the diseases to which infancy and childhood are liable, and is purely an inflammatory affection, attacking that portion of the mucous membrane lining the windpipe and bronchial tubes, and from the effect of which a false or loose membrane is formed along the windpipe, resembling in appearance the finger of a glove suspended in the passage, and, consequently, terminating the life of the patient by suffocation; for, as the lower end grows together and becomes closed, no air can enter the lungs, and the child dies choked. All dull, fat, and heavy children are peculiarly predisposed to this disease, and those with short necks and who make a wheezing noise in their natural breathing. Croup is always sudden in its attack, and rapid in its career, usually proving fatal

2568. 这是婴幼儿期所患疾病中最为凶险致命的一种，纯属炎症性疾患，侵袭气管及支气管内壁的黏膜部分，其作用是在气管内形成假膜或疏松膜，外观似悬挂于管道中的手套指，从而因窒息而终止患者生命；因为下端粘连闭合后，空气无法进入肺部，患儿即被闷死。所有迟钝、肥胖、沉重的儿童尤易患此病，短颈及自然呼吸时发出喘鸣音者亦然。哮吼发病总是突然，进展迅速，通常致命

within three days; most frequently commences in the night, and generally attacking children between the ages of three and ten years. Mothers should, therefore, be on their guard who have children predisposed to this disease, and immediately resort to the means hereafter advised.

三日内；最常在夜间开始，一般侵袭三至十岁的儿童。因此，有易患此病之子女的母亲应提高警惕，立即采用下文所述的方法。

2569. *Symptoms*.—Languor and restlessness, hoarseness, wheezing, and short, dry cough, with occasional rattling in the throat during sleep, the child often plucking at its throat with its fingers; difficulty of breathing, which quickly becomes hard and laboured, causing great anxiety of the countenance, and the veins of the neck to swell and become knotted; the voice in speaking acquires a sharp, crowing, or croupy sound, while the inspirations have a harsh, metallic intonation. After a few hours, a quantity of thick, ropy mucus is thrown out, hanging about the mouth, and causing suffocating fits of coughing to expel.

2569. 症状。--倦怠不安、声音嘶哑、喘鸣、短促干咳，睡眠时喉中偶有痰鸣，患儿常用手指抓挠喉部；呼吸困难，迅速变得艰难费力，致面容极度焦虑，颈部静脉膨胀成结；说话声音变得尖锐、似鸡鸣或哮吼声，而吸气时带有粗厉的金属音调。数小时后，咳出大量黏稠丝状痰液，悬挂于口边，引发窒息性咳嗽以将其排出。

2570. Treatment.—Place the child immediately in a hot bath up to the throat; and, on removal from the water, give an emetic of the antimonial or ipecacuanha wine, and, when the vomiting has subsided, lay a long blister down the front of the throat, and administer one of the following powders every twenty minutes to a child from three to six years of age.

2570.治疗。--立即将孩子放入齐喉的热水浴中；从水中取出后，给予锑酒或吐根酒催吐，待呕吐平息后，沿喉部前方敷一条长发疱膏，并给三至六岁的儿童每二十分钟服用以下散剂之一。

2571. Take of calomel, 12 grains; tartar emetic, 2 grains; lump sugar, 30 grains. Mix accurately, and divide into 12 powders. For a child from six to twelve years, divide into 6 powders, and give one every half-hour.

2571.取甘汞12格令；酒石酸锑2格令；块糖30格令。准确混合，分成12包散剂。对于六至十二岁的儿童，分成6包，每半小时服用一包。

2572. Should the symptoms remain unabated after a few hours, apply one or two leeches to the throat, and put mustard poultices to the foot and thighs, retaining them about eight minutes; and, in

2572.若数小时后症状未见减轻，在喉部放置一至两条水蛭，并在足部和大腿敷芥末膏，保留约八分钟；并且，在

extreme cases, a mustard poultice to the spine between the shoulders, and at the same time rub mercurial ointment into the armpits and the angles of the jaws.

2573. Such is a vigorous and reliable system of treatment in severe cases of croup; but, in the milder and more general form, the following abridgment will, in all probability, be all that will be required:—First, the hot bath; second, the emetic; third, a mustard plaster round the throat for five minutes; fourth, the powders; fifth, another emetic in six hours, if needed, and the powders continued without intermission while the urgency of the symptoms continues. When relief has been obtained, these are to be discontinued, and a dose of senna tea given to act on the bowels.

Diarrhoea.

2574. The diarrhoea with which children are so frequently affected, especially in infancy, should demand the nurse's immediate attention, and when the secretion, from its clayey colour, indicates an absence of bile, a powder composed of 3 grains of grey powder and 1 grain of rhubarb, should be given twice, with an interval of four hours between each dose, to a child from one to two years, and, a day or two afterwards, an aperient powder containing the same ingredients and quantities, with the addition of 2 or 3 grains of scammony. For the relaxation consequent on an overloaded stomach, or acidity in the bowels, a little magnesia dissolved in milk should be employed two or three times a day.

2575. When much griping and pain attend the diarrhoea, half a teaspoonful of Dalby's Carminative (the best of all patent

极端情况下，在两肩之间的脊柱上敷芥末膏，同时将汞软膏揉入腋窝和下颌角。

2573. 以上为哮吼重症的强效可靠治法；但在较轻及较常见的情况下，以下简化方案很可能已足够：第一，热水浴；第二，催吐剂；第三，喉部周围敷芥末膏五分钟；第四，散剂；第五，如需要，六小时后再用一次催吐剂，并在症状紧急持续期间不间断使用散剂。缓解之后，即停用上述药物，给予一剂番泻叶茶以通便。

腹泻。

2574. 儿童常患的腹泻，尤其是婴儿期，应引起保姆的立即注意；当分泌物因呈黏土色而表明胆汁缺乏时，应将由3格令灰色散和1格令大黄组成的散剂，给一至两岁的儿童服用两次，每次间隔四小时，一两天后，再服用一种含相同配料和分量、另加2或3格令司坎摩尼的轻泻散。对于因胃部负担过重或肠内酸度过高而引起的腹泻，应每日两三次服用少量溶于牛奶中的氧化镁。

2575.当腹泻伴有剧烈绞痛和疼痛时，应给予半茶匙达尔比驱风剂(所有专利

medicines) should be given, either with or without a small quantity of castor oil to carry off the exciting cause.

药物中最好的)，可加或不加少量蓖麻油以消除诱因。

2576. For any form of diarrhoea that, by excessive action, demands a speedy correction, the most efficacious remedy that can be employed in all ages and conditions of childhood is the tincture of Kino, of which from 10 to 30 drops, mixed with a little sugar and water in a spoon, are to be given every two or three hours till the undue action has been checked. Often the change of diet to rice, milk, eggs, or the substitution of animal for vegetable food, or *vice versa*, will correct an unpleasant and almost chronic state of diarrhoea.

2576. 对于任何因过度作用而需要迅速纠正的腹泻，适用于所有年龄和儿童状况的最有效药物是奇诺酊，每次10至30滴，混以少量糖和水置于勺中，每两至三小时服用一次，直至过度作用得到控制。通常，将饮食改为米饭、牛奶、鸡蛋，或以动物性食物替代植物性食物，或反之亦然，即可纠正令人不适且近乎慢性的腹泻状态。

2577. A very excellent carminative powder for flatulent infants may be kept in the house, and employed with advantage, whenever the child is in pain or griped, by dropping 5 grains of oil of aniseed and 2 of peppermint on half an ounce of lump sugar, and rubbing it in a mortar, with a drachm of magnesia, into a fine powder. A small quantity of this may be given in a little water at any time, and always with benefit.

2577.一种非常适合胀气婴儿的优良驱风散可常备家中，每当孩子疼痛或绞痛时使用，效果良好：将5格令茴香油和2格令薄荷油滴在半盎司块糖上，在研钵中与一打兰氧化镁研磨成细粉。任何时候都可将少量此粉溶于少许水中给予，必有裨益。

THE DOCTOR.

医生

CHAPTER XLIII.

第四十三章。

2578. "Time," according to the old proverb, "is money;" and it may also, in many cases, and with equal truthfulness, be said to be life; for a few moments, in great emergencies, often turn the balance between recovery and death. This applies more especially to all kinds of poisoning, fits, submersion in water, or exposure to noxious gases; and many accidents. If people knew how to act

2578.古谚云："时间就是金钱"；在许多情况下，同样真实的是，时间也是生命；因为在重大紧急关头，短短片刻往往决定康复与死亡之间的天平。这尤其适用于各种中毒、惊厥、溺水或暴露于有害气体以及许多意外事故。如果人们知道如何行动

during the interval that must necessarily elapse from the moment that a medical man is sent for until he arrives, many lives might be saved, which now, unhappily, are lost. Generally speaking, however, nothing is done—all is confusion and fright; and the surgeon, on his arrival, finds that death has already seized its victim, who, had his friends but known a few rough rules for their guidance, might have been rescued. We shall, therefore, in a series of papers, give such information as to the means to be employed in event of accidents, injuries, &c., as, by the aid of a gentleman of large professional experience, we are warranted in recommending.

在派人去请医生到医生到达之间必然经过的这段时间里，许多本可挽救的生命，如今不幸丧失了。然而一般来说，人们什么也不做--只有混乱和惊慌；外科医生到达时发现死亡已经夺走了受害者，而如果他的亲友们懂得几条粗略的指导规则，他本可获救。因此，我们将在一系列文章中提供关于发生事故、伤害等情况时应采用的手段的信息，这些信息有我们凭借一位经验丰富的专业人士的帮助作为推荐依据。

List of Drugs, &c., necessary to carry out all Instructions.

实施所有操作说明所需的药品及其他物品清单。

2579. We append at once A LIST OF DRUGS, &c., and a few PRESCRIPTIONS necessary to carry out all the instructions given in this series of articles. It will be seen that they are few—they are not expensive; and by laying in a little stock of them, our instructions will be of instant value in all cases of accident, &c.—The drugs are—Antimonial Wine. Antimonial Powder. Blister Compound. Blue Pill. Calomel. Carbonate of Potash. Compound Iron Pills. Compound Extract of Colocynth. Compound Tincture of Camphor. Epsom Salts. Goulard's Extract. Jalap in Powder. Linseed Oil. Myrrh and Aloes Pills. Nitre. Oil of Turpentine. Opium, powdered, and Laudanum. Sal Ammoniac. Senna Leaves. Soap Liniment, Opodeldoc. Sweet Spirits of Nitre. Turner's Cerate. —To which should be added: Common Adhesive Plaster. Isinglass Plaster. Lint. A pair of small Scales with Weights. An ounce and a drachm Measure-glass. A Lancet. A Probe. A pair of Forceps, and some curved Needles.

2579. 我们立即附上药物清单及少量处方，这些是执行本系列文章中所有指示所必需的。可以看出它们数量不多--也不昂贵；储备少量此类药物后，我们的指示将在所有事故等情况下立即发挥作用。--药物包括：锑酒。锑粉。发疱合剂。蓝色丸。甘汞。碳酸钾。复方铁丸。复方苦西瓜浸膏。复方樟脑酊。泻盐。古拉尔浸膏。药喇叭粉。亚麻籽油。没药芦荟丸。硝石。松节油。鸦片粉及鸦片酊。氯化铵。番泻叶。肥皂搽剂，奥波多尔多克。硝石甜 spirit。特纳蜡膏。--另应添加：普通黏性膏药。鱼胶膏药。绒布。一对带砝码的小秤。一个盎司及打兰量杯。一把柳叶刀。一根探针。一把镊子及一些弯针。

2580. The following PRESCRIPTIONS may be made up for a few

2580. 以下处方可少量配制

shillings; and, by keeping them properly labelled, and by referring to the remarks on the treatment of any particular case, much suffering, and, perhaps, some lives, may be saved.

先令；通过适当贴上标签，并参照任何特定病例的治疗说明，可以避免许多痛苦，或许还能挽救一些生命。

2581. *Draught*.—Twenty grains of sulphate of zinc in an ounce and a half of water. This draught is to be repeated in a quarter of an hour if vomiting does not take place.

2581. 顿服剂。- 硫酸锌二十格令溶于一盎司半水中。若未发生呕吐，一刻钟后重复服用此顿服剂。

2582. *Clyster*.—Two tablespoonfuls of oil of turpentine in a pint of warm gruel.

2582. 灌肠剂。--两汤匙松节油溶于一品脱温粥中。

2583. *Liniments*.—1. Equal parts of lime-water and linseed-oil well mixed together. [Lime-water is made thus: Pour 6 pints of boiling water upon 1/4 lb. of lime; mix well together, and when cool, strain the liquid from off the lime which has fallen to the bottom, taking care to get it as clear as possible.] 2. Compound camphor liniment.

2583. 搽剂。--1. 石灰水与亚麻籽油等份充分混合。[石灰水的制法如下：将6品脱沸水倒在1/4磅石灰上；充分混合，冷却后，将液体从沉到底部的石灰上滤出，注意尽量取得清澈液。] 2. 复方樟脑搽剂。

2584. *Lotions*.—1. Mix a dessert-spoonful of Goulard's extract and 2 tablespoonfuls of vinegar in a pint of water.—2. Mix 1/2 oz. of sal-ammoniac, 2 tablespoonfuls of vinegar, and the same quantity of gin or whisky, in half a pint of water.

2584. 洗剂。--1. 将一甜点匙古拉尔提取液和2汤匙醋混合于一品脱水。--2. 将1/2盎司氯化铵、2汤匙醋以及同量的杜松子酒或威士忌混合于半品脱水。

2585. *Goulard Lotion*.—1 drachm of sugar of lead, 2 pints of rain-water, 2 teaspoonfuls of spirits of wine. For inflammation of the eyes or elsewhere:—The better way of making Goulard Lotion, if for the eyes, is to add to 6 oz. of distilled water, or water that has been well boiled, 1 drachm of the extract of lead.

2585. 古拉尔洗剂。--醋酸铅1打兰，雨水2品脱，酒精2茶匙。用于眼部或其他部位炎症：--若用于眼部，制作古拉尔洗剂的更好方法是，在6盎司蒸馏水或充分煮沸过的水中加入1打兰铅提取液。

2586. *Opodeldoc*.—This lotion being a valuable application for sprains, lumbago, weakness of joints, &c., and it being difficult to procure either pure or freshly made, we give a recipe for its preparation. Dissolve 1 oz. of camphor in a pint of rectified spirits

2586. 奥波德尔多克。--此洗剂是扭伤、腰痛、关节无力等的宝贵外用剂，且纯品或新鲜制品难以获得，故我们给出其制备食谱。将1盎司樟脑溶于一品脱精馏酒精

of wine; then dissolve 4 oz. of hard white Spanish soap, scraped thin, in 4 oz. of oil of rosemary, and mix them together.

中；然后取4盎司硬白西班牙皂刨成薄片，溶于4盎司迷迭香油中，将二者混合在一起。

2587. *The Common Black Draught*.—Infusion of senna 10 drachms; Epsom salts 10 drachms; tincture of senna, compound tincture of cardamums, compound spirit of lavender, of each 1 drachm. Families who make black draught in quantity, and wish to preserve it for some time without spoiling, should add about 2 drachms of spirits of hartshorn to each pint of the strained mixture, the use of this drug being to prevent its becoming mouldy or decomposed. A simpler and equally efficacious form of black draught is made by infusing 1/2 oz. of Alexandrian senna, 3 oz. of Epsom salts, and 2 drachms of bruised ginger and coriander-seeds, for several hours in a pint of boiling water, straining the liquor, and adding either 2 drachms of sal-volatile or spirits of hartshorn to the whole, and giving 3 tablespoonfuls for a dose to an adult.

2587. 普通黑色顿服剂。--番泻叶浸剂10打兰；泻盐10打兰；番泻叶酊、复方豆蔻酊、复方薰衣草 spirit，各1打兰。大量配制黑色顿服剂并希望保存一段时间不变质的家庭，应在每品脱过滤后的混合液中加入约2打兰鹿角精，使用此药的目的是防止其发霉或分解。一种更简单且同样有效的黑色顿服剂制法：将1/2盎司亚历山大番泻叶、3盎司泻盐、2打兰捣碎的姜和芫荽籽，在1品脱沸水中浸渍数小时，过滤液体，加入2打兰挥发性盐或鹿角精，成人每次服3汤匙。

2588. *Mixtures*—1. *Aperient*.—Dissolve an ounce of Epsom salts in half a pint of senna tea: take a quarter of the mixture as a dose, and repeat it in three or four hours if necessary.

2588. 合剂。--1. 轻泻剂。--将一盎司泻盐溶于半品脱番泻叶茶中：取四分之一作为一剂，必要时三四小时后重复。

2589. 2. *Fever Mixture*.—Mix a drachm of powdered nitre, 2 drachms of carbonate of potash, 2 teaspoonfuls of antimonial wine, and a tablespoonful of sweet spirits of nitre, in half a pint of water.

2589. 2. 退热合剂。--将一打兰硝石粉、2打兰碳酸钾、2茶匙锑酒和一汤匙甜硝石精混合于半品脱水中。

2590. 3. *Myrrh and Aloes Pills*.—Ten grains made into two pills are the dose for a full-grown person.

2590. 3. 没药芦荟丸。- 十格令制成两丸，为成年人之剂量。

2591. 4. *Compound Iron Pills*.—Dose for a full-grown person: 10 grains made into two pills.

2591. 4. 复方铁丸。--成年人剂量：10格令制成两丸。

2592. *Pills*.—1. Mix 5 grains of calomel and the same quantity of antimonial powder with a little bread-crumb, and make into two pills. Dose for a full-grown person: two pills.—2. Mix 5 grains of blue pill and the same quantity of compound extract of colocynth together, and make into two pills, the dose for a full-grown person.

2592. 丸剂。--1. 将5格令甘汞和同量锑粉与少许面包屑混合，制成两丸。成年人剂量：两丸。--2. 将5格令蓝色丸和同量复方药西瓜提取物混合在一起，制成两丸，为成年人剂量。

2593. *Powders*.—Mix a grain of calomel and 4 grains of powdered jalap together.

2593. 粉剂。--将一粒甘汞与4粒粉末状药喇叭根混合在一起。

2594. In all cases, the dose of medicines given is to be regulated by the age of the patient.

2594.在所有情况下，所给药物的剂量均须根据患者年龄调整。

2595. *Abernethy's Plan for making a Bread-and-Water Poultice*.—First scald out a basin; then having put in some boiling water, throw in coarsely-crumbled bread, and cover it with a plate. When the bread has soaked up as much water as it will imbibe, drain off the remaining water, and there will be left a light pulp. Spread it a third of an inch thick on folded linen, and apply it when of the temperature of a warm bath. To preserve it moist, occasionally drop warm water on it.

2595. 阿伯内西面包水糊剂制法。--先用沸水烫洗一个盆；然后放入一些沸水，投入粗碎面包，用盘子盖住。待面包吸足其所能吸收的水分后，滗去剩余的水，便留下一种松软的糊状物。将其以三分之一英寸厚涂在折叠的亚麻布上，待温度与温水浴相当时敷用。为保持湿润，可不时滴上温水。

2596. *Linseed-Meal Poultice*.—"Scald your basin, by pouring a little hot water into it; then put a small quantity of finely-ground linseed-meal into the basin, pour a little hot water on it, and stir it round briskly until you have well incorporated them; add a little more meal and a little more water; then stir it again. Do not let any lumps remain in the basin, but stir the poultice well, and do not be sparing of your trouble. What you do next, is to take as much of it out of the basin as you may require, lay it on a piece of soft linen, and let it be about a quarter of an inch thick."—*Abernethy*.

2596. 亚麻籽粉糊剂。--“先用少许热水烫洗盆子；然后将少量细磨亚麻籽粉放入盆中，倒入少许热水，快速搅拌至充分混合；再加少许粉和少许水，再次搅拌。盆中不得留有结块，要好好搅拌糊剂，不要怕麻烦。接下来，取出所需分量的糊剂，铺在一块软亚麻布上，厚度约四分之一英寸。”--阿伯内西。

2597. *Mustard Poultice*.—Mix equal parts of dry mustard and linseed-meal in warm vinegar. When the poultice is wanted weak, warm water may be used for the vinegar; and when it is required very strong, mustard alone, without any linseed-meal, is to be mixed with warm vinegar.

2597. 芥末糊剂。--将等份干芥末和亚麻籽粉混合于温醋中。若需糊剂效力较弱，可用温水代替醋；若需效力很强，则单用芥末，不加亚麻籽粉，与温醋混合。

2598. *An ordinary Blister*.—Spread a little blister compound on a piece of common adhesive plaster with the right thumb. It should be put on just thickly enough to conceal the appearance of the plaster beneath. The part from which a blister has been taken should be covered till it heals over with soft linen rags smeared with lard.

2598. 普通发疱膏。--用右手拇指将少许发疱复方涂在一块普通胶布上。涂的厚度只需刚好遮住底下胶布的外观即可。取过发疱膏的部位应覆盖涂有猪油的柔软亚麻碎布，直至愈合。

Baths and Fomentations.

沐浴与热敷。

2599. All fluid applications to the body are exhibited either in a hot or cold form; and the object for which they are administered is to produce a stimulating effect over the entire, or a part, of the system; for the effect, though differently obtained, and varying in degree, is the same in principle, whether procured by hot or cold water.

2599. 所有施用于身体的液体应用，或以热的形式，或以冷的形式呈现；施用它们的目的，是在整个系统或系统的一部分产生刺激效果；因为无论通过热水还是冷水获得，效果虽然获取方式不同、程度各异，其原理是相同的。

2600. *Heat*.—There are three forms in which heat is universally applied to the body,—that of the tepid, warm, and vapour bath; but as the first is too inert to be worth notice, and the last dangerous and inapplicable, except in public institutions, we shall confine our remarks to the really efficacious and always attainable one—the

2600. 热。--热普遍施用于身体有三种形式--微温浴、温水浴和蒸汽浴；但由于第一种过于温和不值得注意，最后一种危险且不适用(除非在公共机构中)，我们将把论述限于真正有效且始终可得的--即

2601. *Warm and Hot Bath*.—These baths are used whenever there is congestion, or accumulation of blood in the internal organs, causing pain, difficulty of breathing, or stupor, and are employed,

2601. 温水浴与热水浴。--这些浴用于存在充血或血液在内脏器官积聚、引起疼痛、呼吸困难或昏睡的情况，并用于，

by their stimulating property, to cause a rush of blood to the surface, and, by unloading the great organs, produce a temporary inflammation in the skin, and so equalize the circulation. The effect of the hot bath is to increase the fulness of the pulse, accelerate respiration, and excite perspiration. In all inflammations of the stomach and bowels, the hot bath is of the utmost consequence; the temperature of the warm bath varies from 92° to 100°, and may be obtained by those who have no thermometer to test the exact heat, by mixing one measure of boiling with two of cold water.

通过其刺激作用，使血液涌向体表，并通过减轻重要器官的负担，在皮肤产生暂时性炎症，从而平衡血液循环。热水浴的效果是增加脉搏的充盈度、加快呼吸并促使出汗。在胃和肠的所有炎症中，热水浴极为重要；温水浴的温度从92°到100°不等，没有温度计测试确切温度的人，可用一份沸水与两份冷水混合来获得。

2602. *Fomentations* are generally used to effect, in a part, the benefit produced on the whole body by the bath; to which a sedative action is occasionally given by the use of roots, herbs, or other ingredients; the object being to relieve the internal organ, as the throat, or muscles round a joint, by exciting a greater flow of blood to the skin *over* the affected part. As the real agent of relief is heat, the fomentation should always be as hot as it can comfortably be borne, and, to insure effect, should be repeated every half-hour. Warm fluids are applied in order to render the swelling which accompanies inflammation less painful, by the greater readiness with which the skin yields, than when it is harsh and dry. They are of various kinds; but the most simple, and oftentimes the most useful, that can be employed, is "Warm Water." Another kind of fomentation is composed of dried poppyheads, 4 oz. Break them to pieces, empty out the seeds, put them into 4 pints of water, boil for a quarter of an hour, then strain through a cloth or sieve, and keep the water for use. Or, chamomile flowers, hemlock, and many other plants, may be boiled, and the part fomented with the hot liquor, by means of

2602. 热敷通常用于在局部产生浴水对全身所产生的益处；有时通过使用根、草药或其他配料赋予其镇静作用；目的是通过促使更多血液流向患处上方的皮肤，来缓解内部器官(如喉部或关节周围的肌肉)的症状。由于缓解的真正作用因素是热，热敷应始终尽可能热至能舒适忍受的程度，并且为确保效果，应每半小时重复一次。使用温热液体是为了使伴随炎症的肿胀不那么疼痛，因为皮肤比干燥粗糙时更容易松弛。温热液体有多种；但最简单、往往也最有用的，是“温水”。另一种热敷由干罂粟头4 oz.组成。将其掰碎，倒出种子，放入4 pints水中，煮一刻钟，然后用布或筛子过滤，将水留用。或者，洋甘菊花、毒参以及许多其他植物也可煮制，用热液通过

flannels wetted with the decoction.

用煎剂浸湿的法兰绒布。

2603. *Cold*, when applied in excess to the body, drives the blood from the surface to the centre, reduces the pulse, makes the breathing hard and difficult, produces coma, and, if long continued, death. But when medicinally used, it excites a reaction on the surface equivalent to a stimulating effect; as in some cases of fever, when the body has been sponged with cold water, it excites, by reaction, increased circulation on the skin. Cold is sometimes used to keep up a repellent action, as, when local inflammation takes place, a remedy is applied, which, by its benumbing and astringent effect, causes the blood, or the excess of it in the part, to recede, and, by contracting the vessels, prevents the return of any undue quantity, till the affected part recovers its tone. Such remedies are called *Lotions*, and should, when used, be applied with the same persistency as the fomentation; for, as the latter should be renewed as often as the heat passes off, so the former should be applied as often as the heat from the skin deprives the application of its cold.

2603. 冷，当过量施用于身体时，会将血液从体表驱向中心，降低脉搏，使呼吸艰难困难，产生昏迷，若持续过久则导致死亡。但作为药物使用时，它会在体表引起相当于刺激效果的 реакция；如在某些发热病例中，当身体用冷水擦洗后，通过反应会激发皮肤血液循环增加。冷有时用于维持排斥作用，例如当局部发生炎症时，施用一种 remedy，通过其麻木和收敛作用，使血液或该部位过多的血液退去，并通过收缩血管，防止任何过量血液回流，直到患处恢复张力。此类 remedy 称为洗剂，使用时应以与热敷同样的坚持进行；因为热敷应在热度消散时尽快更换，洗剂也应在皮肤热量使敷料失去冷度时尽快施用。

2604. *Poultices* are only another form of fomentation, though chiefly used for abscesses. The ingredient best suited for a poultice is that which retains heat the longest; of these ingredients, the best are linseed—meal, bran, and bread. Bran sewed into a bag, as it can be reheated, will be found the cleanest and most useful; especially for sore throats.

2604. 膏药只是热敷的另一种形式，尽管主要用于脓肿。最适合制作膏药的配料是保温最久的那些；在这些配料中，最好的是亚麻籽粉、麸皮和面包。将麸皮缝入袋中，因其可以重新加热，将是最清洁和最有用的；尤其适用于咽喉痛。

How to Bleed.

如何放血。

2605. In cases of great emergency, such as the strong kind of apoplexy, and when a surgeon cannot possibly be obtained for some considerable time, the life of the patient depends almost

2605. 在极为紧急的情况下，例如强烈型中风，且相当长时间内不可能请到外科医生时，病人的生命几乎

entirely upon the fact of his being bled or not. We therefore give instructions how the operation of bleeding is to be performed, but caution the reader only to attempt it in cases of the greatest emergency. Place a handkerchief or piece of tape rather but not too tightly round the arm, about three or four inches above the elbow. This will cause the veins below to swell and become very evident. If this is not sufficient, the hand should be constantly and quickly opened and shut for the same purpose. There will now be seen, passing up the middle of the fore-arm, a vein which, just below the bend of the elbow, sends a branch inwards and outwards, each branch shortly joining another large vein. It is from the *outer* branch—that the person is to be bled. The right arm is the one mostly operated on. The operator should take the lancet in his right hand, between the thumb and first finger, place the thumb of his left hand on the vein below the part where he is going to bleed from, and then gently thrust the tip of the lancet into the vein, and, taking care not to push it too deeply, cut in a gently curved direction, thus and bring it out, point upwards, at about half an inch from the part of the vein into which he had thrust it. The vein must be cut lengthways, and not across. When sufficient blood has been taken away, remove the bandage from above the elbow, and place the thumb of the left hand firmly over the cut, until all the bleeding ceases. A small pad of lint is then to be put over the cut, with a larger pad over it, and the two kept in their places by means of a handkerchief or linen roller bound pretty tightly over them and round the arm.

2606. When a person is bled, he should always be in the standing, or at any rate in the sitting, position; for if, as is often the case, he should happen to faint, he can, in, most eases at least, easily be

完全取决于他是否被放血。因此我们给出如何进行放血操作的说明，但提醒读者只在最紧急的情况下才尝试。将手帕或一条带子(但不要太紧)绕在手臂上，位于肘部上方约三到四英寸处。这会使下方的静脉肿胀并变得非常明显。如果这还不够，应不断快速地开合手以达到同样目的。此时可以看到一条沿前臂中部上行的静脉，就在肘弯下方，它向内和向外各分出一支，每支不久又与另一条大静脉汇合。应外侧支进行放血。通常操作的是右臂。操作者应用右手拇指和食指持柳叶刀，将左手拇指按在将要放血部位下方的静脉上，然后轻轻将刀尖刺入静脉，注意不要刺得太深，以轻柔的弧形方向切开，然后刀尖朝上，在距刺入静脉处约半英寸处抽出。静脉必须纵向切开，而不是横向切开。当取足血液后，移除肘部上方的绷带，将左手拇指紧按在切口上，直到出血完全停止。然后在切口上放一小块绒布垫，上面再放一块较大的垫子，用手帕或亚麻卷带将它们固定到位，并相当紧地绑在手臂上。

2606. 当一个人被放血时，他应始终站立，或至少坐姿；因为如果他碰巧昏厥(情况常常如此)，在大多数情况下至少可以容易地

brought to again by the operator placing him flat on his back, and stopping the bleeding. *This is of the greatest importance.* It has been recommended, for what supposed advantages we don't know, to bleed people when they are lying down. Should a person, under these circumstances, faint, what could be done to bring him to again? The great treatment of lowering the body of the patient to the flat position cannot be followed here. It is in that position already, and cannot be placed lower than it at present is—except, as is most likely to be the case, under the ground.

由施术者将其平放仰卧并止血，使其恢复知觉。这一点至关重要。有人建议在患者躺卧时为其放血，我们不知其依据何种所谓益处。倘若一个人在这种情况下昏厥，又能采取什么措施使其恢复知觉呢?将患者身体放低至平卧位的重大处理原则在此无法施行。患者本已处于该体位，无法比目前更低--除非如最可能出现的情形那样，置于地下。

2607. BLEEDING FROM THE NOSE.—Many children, especially those of a sanguineous temperament, are subject to sudden discharges of blood from some part of the body; and as all such fluxes are in general the result of an effort of nature to relieve the system from some overload or pressure, such discharges, unless in excess, and when likely to produce debility, should not be rashly or too abruptly checked. In general, these discharges are confined to the summer or spring months of the year, and follow pains in the head, a sense of drowsiness, languor, or oppression; and, as such symptoms are relieved by the loss of blood, the hemorrhage should, to a certain extent, be encouraged. When, however, the bleeding is excessive, or returns too frequently, it becomes necessary to apply means to subdue or mitigate the amount. For this purpose the sudden and unexpected application of cold is itself sufficient, in most cases, to arrest the most active hemorrhage. A wet towel laid suddenly on the back, between the shoulders, and placing the child in a recumbent posture, is often sufficient to effect the object; where, however, the effusion resists such simple means, napkins wrung out of cold water must be laid across the forehead and nose, the hands dipped in cold water, and

2607.鼻出血。--许多儿童，尤其是多血质者，易突发身体某处出血；由于此类出血通常是自然力为缓解系统某种过载或压迫所致，除非出血过量或可能导致虚弱，否则不应轻率或过于突然地加以制止。一般而言，此类出血局限于一年中的夏季或春季月份，并伴有头痛、嗜睡感、倦怠或压抑感；既然此类症状因失血而缓解，出血应在一定程度上予以鼓励。然而，当出血过度或过于频繁时，则须采取措施以抑制或减轻出血量。为此目的，突然而意外地施用冷敷本身在多数情况下足以止住最活跃的出血。突然将湿毛巾敷于两肩之间的背部，并使儿童处于卧位，往往足以达到目的；然而，若渗出对此类简单方法无效，则须将冷水中拧出的毛巾横敷于前额和鼻部，将双手浸入冷水，并

a bottle of hot water applied to the feet. If, in spite of these means, the bleeding continues, a little fine wool or a few folds of lint, tied together by a piece of thread, must be pushed up the nostril from which the blood flows, to act as a plug and pressure on the bleeding vessel. When the discharge has entirely ceased, the plug is to be pulled out by means of the thread. To prevent a repetition of the hemorrhage, the body should be sponged every morning with cold water, and the child put under a course of steel wine, have open-air exercise, and, if possible, salt-water bathing. For children, a key suddenly dropped down the back between the skin and clothes, will often immediately arrest a copious bleeding.

将一瓶热水置于足部。若尽管如此，出血仍持续，则须将少许细羊毛或几层绒布用线系在一起，推入出血的鼻孔，以充当塞子并压迫出血血管。当出血完全停止后，通过线将塞子拉出。为防止出血复发，应每天早晨用冷水擦洗身体，并让儿童服用铁酒疗程，进行户外运动，如有可能，进行盐水浴。对于儿童，突然将一把钥匙从背部皮肤与衣服之间投入，往往能立即止住大量出血。

2608. SPITTING OF BLOOD, or hemorrhage from the lungs, is generally known from blood from the stomach by its being of a brighter colour, and in less quantities than that, which is always grumous and mixed with the half-digested food. In either case, rest should be immediately enjoined, total abstinence from stimulants, and a low, poor diet, accompanied with the horizontal position, and bottles of boiling water to the feet. At the same time the patient should suck through a quill, every hour, half a wine-glass of water in which 10 or 15 drops of the elixir of vitriol has been mixed, and, till further advice has been procured, keep a towel wrung out of cold water on the chest or stomach, according to the seat of the hemorrhage.

2608.咯血，即肺出血，通常可通过血液颜色较鲜红、量较胃出血少而与胃出血相区别，胃血总是呈凝块状并混有半消化的食物。无论何种情况，均应立即令其休息，完全禁绝刺激物，进低劣清淡饮食，同时保持水平体位，并将沸水瓶子置于足部。与此同时，患者应每小时通过麦管吸饮半酒杯水，其中混有10至15滴硫酸酏，并在获得进一步医嘱之前，根据出血部位，将冷水中拧出的毛巾敷于胸部或胃部。

Bites and Stings.

咬伤和蜇伤。

2609. BITES AND STINGS may be divided into three kinds:—1. Those of Insects. 2. Those of Snakes. 3. Those of Dogs and other Animals.

2609. 咬伤和蜇伤可分为三种：--1. 昆虫的。2. 蛇的。3. 狗和其他动物的。

2610. 1. *The Bites or Stings of Insects*, such as gnats, bees, wasps,

2610. 1. 昆虫的叮咬或蜇伤，如蚊蚋、蜜蜂、黄蜂，

&c., need cause very little alarm, and are, generally speaking, easily cured. They are very serious, however, when they take place on some delicate part of the body, such as near the eye, or in the throat. *The treatment* is very simple in most cases; and consists in taking out the sting, if it is left behind, with a needle, and applying to the part a liniment made of finely-scraped chalk and olive-oil, mixed together to about the thickness of cream.

等等，几乎不必引起惊慌，一般来说容易治愈。然而，当它们发生在身体某些娇嫩部位时，例如眼睛附近或喉部，则非常严重。治疗方法在大多数情况下非常简单；包括用针取出留在原处的刺，并在该部位涂上由细刮的白垩和橄榄油混合至约奶油稠度制成的搽剂。

2611. Bathing the part bitten with warm turpentine or warm vinegar is also of great use. If the person feels faint, he should lie quietly on his back, and take a little brandy-and-water, or sal-volatile and water. When the inside of the throat is the part stung, there is great danger of violent inflammation taking place. In this case, from eight to twelve leeches should be immediately put to the outside of the throat, and when they drop off, the part to which they had been applied should be well fomented with warm water. The inside of the throat is to be constantly gargled with salt and water. Bits of ice are to be sucked. Rubbing the face and hands well over with plain olive-oil, before going to bed, will often keep gnats and musquitoes from biting during the night. Strong scent, such as eau-de-Cologne, will have the same effect.

2611.用温热松节油或温醋洗涤咬伤部位也大有裨益。若患者感到昏晕，应安静仰卧，饮少量白兰地加水，或挥发盐加水。当喉部内侧被蜇伤时，有发生剧烈炎症的重大危险。在此情况下，应立即在喉部外侧放置八至十二条水蛭，待其脱落后，应对其附着部位用温水充分热敷。喉部内侧须不断用盐水漱口。含吮小块冰块。就寝前用纯橄榄油充分揉搓面部和双手，往往可防止夜间被蚊虫叮咬。浓烈香气，如科隆香水，亦有同样效果。

2612. 2. *Bites of Snakes*.—These are much more dangerous than the preceding, and require more powerful remedies. The bites of the different kinds of snakes do not all act alike, but affect people in different ways.—*Treatment of the part bitten*. The great thing is to prevent the poison getting into the blood; and, if possible, to remove the whole of it at once from the body. A pocket-handkerchief, a piece of tape or cord, or, in fact, of anything that is at hand, should be tied tightly round the part of the body bitten; if it be the leg or arm, immediately *above* the bite, and between it

2612. 2. 蛇咬伤。--这些比前述情况危险得多，需要更强效的疗法。不同种类的蛇咬伤作用并不完全相同，而是以不同方式影响人体。--咬伤部位的处理。关键在于防止毒液进入血液；如有可能，将毒液一次性全部从体内清除。应取一块手帕、一段带子或细绳，或者实际上手边任何可用之物，紧紧绑在身体被咬部位的上方；如果是腿或手臂，立即绑在咬伤处上方，并位于其与

and the heart. The bite should then be sucked several times by any one who is near. There is no danger in this, provided the person who does it has not got the skin taken off any part of his mouth. What has been sucked into the mouth should be immediately spit out again. But if those who are near have sufficient nerve for the operation, and a suitable instrument, they should cut out the central part bitten, and then bathe the wound for some time with warm water, to make it bleed freely. The wound should afterwards be rubbed with a stick of lunar caustic, or, what is better, a solution of this—60 grains of lunar caustic dissolved in an ounce of water—should be dropped into it. The band should be kept on the part during the whole of the time that these means are being adopted. The wound should afterwards be covered with lint dipped in cold water. The best plan, however, to be adopted, if it can be managed, is the following:—take a common wine-glass, and, holding it upside down, put a lighted candle or a spirit-lamp into it for a minute or two. This will take out the air. Then clap the glass suddenly over the bitten part, and it will become attached, and hold on to the flesh. The glass being nearly empty, the blood containing the poison will, in consequence, flow into it from the wound of its own accord. This process should be repeated three or four times, and the wound sucked, or washed with warm water, before each application of the glass. As a matter of course, when the glass is removed, all the blood should be washed out of it before it is applied again.—*Constitutional Treatment*. There is mostly at first great depression of strength in these cases, and it is therefore requisite to give some stimulant; a glass of hot brandy-and-water, or twenty drops of sal-volatile, is the best that can be given. When the strength has

以及心脏。然后，应由附近的任何人将咬伤处多次吸吮。这样做没有危险，前提是吸吮者口腔任何部位没有破皮。吸入口中的东西应立即再吐出来。但如果附近的人有足够的胆量进行此操作，并且有合适的器械，他们应切掉被咬的中心部位，然后用温水冲洗伤口一段时间，使其充分出血。之后，应使用一根硝酸银棒摩擦伤口，或者更好的做法是，将硝酸银溶液--60格令硝酸银溶于一盎司水中--滴入伤口。在采用这些方法的过程中，应始终将绷带保持在患处。之后，伤口应覆盖浸过冷水的 lint。然而，如果能够办到，最好的方案如下：取一个普通酒杯，倒置，将点燃的蜡烛或酒精灯放入其中一两分钟。这将排出空气。然后突然将杯子扣在咬伤处，它会吸附并紧贴皮肤。由于杯中几乎为空，含有毒物的血液会因此自行从伤口流入杯中。此过程应重复三四次，每次使用杯子前应吸吮伤口或用温水冲洗。当然，取下杯子后，再次使用前应将杯中的血液全部洗净。--全身治疗。在这些病例中，初期大多有严重的体力衰竭，因此需要给予一些兴奋剂；一杯热白兰地加水，或二十滴挥发盐，是最好的选择。当体力

returned, and if the patient has not already been sick, a little mustard in hot water should be given, to make him so. If, on the other hand, as is often the case, the vomiting is excessive, a large mustard poultice should be placed over the stomach, and a grain of solid opium swallowed in the form of a pill, for the purpose of stopping it. Only one of these pills should be given by a non-professional person. In all cases of bites from snakes, send for a surgeon as quickly as possible, and act according to the above directions until he arrives. If he is within any reasonable distance, content yourself by putting on the band, sucking the wound, applying the glass, and, if necessary, giving a little brandy-and-water.

恢复后，如果患者尚未呕吐，应给予少量芥末溶于热水，使其呕吐。另一方面，如常见情况那样，呕吐过度，则应在胃部放置一大块芥末膏，并吞服一粒固体鸦片丸以止吐。非专业人员只应给予一粒这样的药丸。在所有蛇咬伤病例中，应尽快请外科医生，并在其到达前按照上述指示处理。如果医生在合理距离内，只需绑上绷带、吸吮伤口、使用杯子，必要时给予少量白兰地加水即可。

2613. 3. *Bites of Dogs*.—For obvious reasons, these kinds of bites are more frequently met with than those of snakes. *The treatment* is the same as that for snake-bites, more especially that of the bitten part. The majority of writers on the subject are in favour of keeping the wound open as long as possible. This may be done by putting a few beans on it, and then by applying a large linseed-meal poultice over them.

2613. 3. 狗咬伤。--由于显而易见的原因，这类咬伤比蛇咬伤更为常见。治疗方法与蛇咬伤相同，尤其是对咬伤部位的处理。关于此问题的大多数作者都主张尽可能长时间地保持伤口开放。方法是在伤口上放几粒豆子，然后在豆子上敷一大块亚麻籽粉糊剂。

Injuries and Accidents to Bones.

骨骼损伤与意外事故。

2614. *Dislocation of Bones*.—When the end of a bone is pushed out of its natural position, it is said to be dislocated. This may be caused by violence, disease, or natural weakness of the parts about a joint.—*Symptoms*. Deformity about the joint, with unnatural prominence at one part, and depression at another. The limb may be shorter or longer than usual, and is stiff and unable to be moved, differing in these last two respects from a broken limb, which is mostly shorter, never longer, than usual, and which

2614. 骨骼脱位。--当骨端被推出其自然位置时，称为脱位。这可能是由暴力、疾病或关节周围组织的自然薄弱所致。--症状。关节周围变形，一处异常突出，另一处凹陷。肢体可能比平常短或长，并且僵硬无法活动，在最后两点上与骨折肢体不同，骨折肢体大多比平常短，从不更长，并且

is always more movable.—*Treatment*. So much practical science and tact are requisite in order to bring a dislocated bone into its proper position again, that we strongly advise the reader never to interfere in these cases; unless, indeed, it is altogether impossible to obtain the services of a surgeon. But because any one of us may very possibly be placed in that emergency, we give a few rough rules for the reader's guidance. In the first place make the joint, from which the bone has been displaced, perfectly steady, either by fixing it to some firm object or else by holding it with the hands; then pull the dislocated bone in a direction towards the place from which it has been thrust, so that, if it moves at all from its unnatural position, it may have the best chance of returning to its proper place. Do not, however, pull or press against the parts too violently, as you may, perhaps, by doing so, rupture blood-vessels, and produce most serious consequences. When you *do* attempt to reduce a dislocated bone, do it as quickly as possible after the accident has taken place, every hour making the operation more difficult. When the patient is very strong, he may be put into a warm bath until he feels faint, or have sixty drops of antimonial wine given him every ten minutes until he feels sickish. These two means are of great use in relaxing the muscles. If the bone has been brought back again to its proper place, keep it there by means of bandages; and if there is much pain about the joint, apply a cold lotion to it, and keep it perfectly at rest. The lotion should be, a dessert-spoonful of Goulard's extract, and two tablespoonfuls of vinegar, mixed in a pint of water. Leeches are sometimes necessary. Unless the local pain, or general feverish symptoms, are great, the patient's diet should be the same as usual. Dislocations may be reduced a week, or even a fortnight,

总是更可活动。--治疗。要使脱位的骨骼复位到正确位置，需要大量的实用科学和技巧，因此我们强烈建议读者不要介入这些病例；除非确实无法获得外科医生的服务。但由于我们任何人都可能处于这种紧急情况，我们提供一些粗略的规则供读者参考。首先，使骨骼脱位的关节完全稳定，可以将其固定在某个牢固物体上，或用双手握住；然后朝骨骼被推出的方向相反的方向牵拉脱位的骨骼，这样，如果它从其非自然位置移动，就有最大机会回到正确位置。然而，不要过度用力牵拉或按压该部位，因为这样做可能会撕裂血管，产生极其严重的后果。当你确实尝试复位脱位骨骼时，应尽可能在事故发生后尽快进行，每过一小时都会使操作更加困难。当患者非常强壮时，可以将其放入温水浴中直到感觉虚弱，或每十分钟给予六十滴锑酒直到感觉恶心。这两种方法对放松肌肉非常有用。如果骨骼已回到正确位置，用绷带将其固定；如果关节处疼痛剧烈，敷上冷洗剂，并保持完全休息。洗剂应为：一甜点匙古拉尔提取物和两汤匙醋，混合在一品脱水中。有时需要水蛭。除非局部疼痛或全身发热症状严重，患者饮食应如常。脱位可能在一周甚至两周后复位，

after they have taken place. As, therefore, although the sooner a bone is reduced the better, there is no very great emergency, and as the most serious consequences may follow improper or too violent treatment, it is always better for people in these cases to do too little than too much; inasmuch as the good which has not yet may still be done, whereas the evil that *has* been done cannot so easily be undone.

在它们发生之后。因此，尽管骨头复位越早越好，但并无极大的紧急情况，而且不当或过于粗暴的处理可能带来最严重的后果，所以在这种情况下，人们总是宁少勿多；因为尚未做的善事仍可去做，而已经造成的伤害则不那么容易挽回。

2615. FRACTURES OF BONES.—*Symptoms*. 1. Deformity of the part. 2. Unnatural looseness. 3. A grating sound when the two ends of the broken bone are rubbed together. 4. Loss of natural motion and power. In some cases there is also shortening of the limb.—Fracture takes place from several causes, as a fall, a blow, a squeeze, and sometimes from the violent action of muscles.—*Treatment*. In cases where a surgeon cannot be procured immediately after the accident, the following general rules are offered for the reader's guidance:—The broken limb should be placed and kept as nearly as possible in its natural position. This is to be done by first pulling the two portions of the bone in opposite directions, until the limb becomes as long as the opposite one, and then by applying a splint, and binding it to the part by means of a roller. When there is no deformity, the pulling is of course unnecessary. If there is much swelling about the broken part, a cold lotion is to be applied. This lotion (*which we will call Lotion No. 1*) may be thus made:—Mix a dessert-spoonful of Goulard's extract and two tablespoonfuls of vinegar in a pint of water. When the leg or arm is broken, always, if possible, get it to the same length and form as the opposite limb. The broken part should be kept perfectly quiet. When a broken limb is deformed, and a particular muscle is on the stretch, place the limb in such a

2615. 骨折。--症状。1. 局部变形。2. 异常松动。3. 骨折两端相互摩擦时有摩擦声。4. 丧失自然活动和力量。在某些病例中还有肢体缩短。--骨折由多种原因引起，如跌倒、打击、挤压，有时由肌肉的剧烈作用引起。--治疗。在事故发生后无法立即获得外科医生的情况下，以下一般规则供读者参考：--应将骨折肢体放置并保持在尽可能接近其自然位置。方法是首先朝相反方向牵拉骨骼的两部分，直到肢体与对侧肢体等长，然后使用夹板，并用卷带将其绑在患处。当没有变形时，当然不需要牵拉。如果骨折部位肿胀严重，应敷上冷洗剂。此洗剂(我们称之为洗剂一号)可这样配制：将一甜点匙古拉尔提取物和两汤匙醋混合在一品脱水中。当腿或手臂骨折时，始终尽可能使其与对侧肢体长度和形状相同。骨折部位应保持完全静止。当骨折肢体变形，且某块肌肉处于拉伸状态时，将肢体置于这样的

position as will relax it. This will in most cases cure the deformity. Brandy-and-water, or sal-volatile and water, are to be given when the patient is faint. Surgical aid should, of course, be procured as soon as possible.

2616. JOINTS, INJURIES TO.—All kinds of injuries to joints, of whatever description, require particular attention, in consequence of the violent inflammations which are so liable to take place in these parts of the body, and which do so much mischief in a little time. The joint injured should always be kept perfectly at rest; and when it is very painful, and the skin about it red, swollen, hot, and shining, at the same time that the patient has general feverish symptoms, such as great thirst and headache—leeches, and when they drop off, warm poppy fomentations, are to be applied; the No. 1 pills above-mentioned are to be given (two are a dose for a grown person) with a black draught three hours afterwards. Give also two tablespoonfuls of the fever-mixture every four hours, and keep the patient on low diet. When the injury and swelling are not very great, warm applications, with rest, low diet, and a dose of aperient medicine, will be sufficient. When a joint has received a penetrating wound, it will require the most powerful treatment, and can only be properly attended to by a surgeon. The patient's friends will have to use their own judgment to a great extent in these and in many other cases, as to when leeches, fever-mixture, &c., are necessary. A universal rule, however, without a single exception, *is always to rest a joint well* after it has been injured in any way whatever, to purge the patient, and to keep him on low diet, without beer, unless he has been a very great drinker indeed, in which case he may still be allowed to take a little; for if the stimulant that a person has been accustomed to in excess be all

使其放松的姿势。这在大多数情况下能治愈畸形。患者昏厥时，应给予白兰地加水，或挥发盐加水。当然，应尽快寻求外科救助。

2616. 关节损伤。--各种类型的关节损伤，无论其性质如何，都需要特别注意，因为这些部位极易发生剧烈的炎症，短时间内便会造成严重危害。受伤的关节应始终保持完全静止；当关节疼痛剧烈，周围皮肤发红、肿胀、发热且发亮，同时患者出现全身性发热症状，如极度口渴和头痛时，应使用水蛭，待水蛭脱落后，再敷以温热的罂粟汤剂；同时服用上述第1号药丸(成人剂量为两粒)，三小时后再服一剂黑色泻剂。另每四小时给予两汤匙退热合剂，并让患者保持清淡饮食。若损伤和肿胀不甚严重，温热敷贴、休息、清淡饮食及一剂通便药即可。若关节受到穿透性创伤，则需要最强有力的治疗，且只能由外科医生妥善处理。在这些以及许多其他情况下，患者亲友须自行判断何时需要水蛭、退热合剂等。然而，有一条无一例外的普遍规则，即无论关节受到何种损伤，始终要使其充分休息，给患者通便，并保持清淡饮食，不饮啤酒，除非患者确系酗酒成性者，此时仍可允许其少量饮用；因为若将一个人惯常过量摄入的刺激物一下子全部

taken away at once, he is very likely to have an attack of delirium tremens. The quantity given should not, however, be much—say a pint, or, at the most, a pint and a half a day. Rubbing the joint with opodeldoc, or the application of a blister to it, is of great service in taking away the thickenings, which often remain after all heat, pain, and redness have left an injured joint. Great care should be observed in not using a joint too quickly after it has been injured. When the shoulder-joint is the one injured, the arm should be bound tightly to the body by means of a linen or flannel roller, and the elbow raised; when the elbow, it should be kept raised in the straight position, on a pillow; when the wrist, it should be raised on the chest, and suspended in a sling; when the knee, it should be kept in the straight position; and, lastly, when the ankle, it should be a little raised on a pillow.

戒除，他极可能发作震颤性谵妄。不过，给予的量不宜多--比如一天一品脱，至多一品脱半。用鸦片酊搽剂摩擦关节，或在关节上施用发疱剂，对于消除受伤关节在热、痛、红全部消退后常遗留的增厚，大有裨益。关节受伤后，务必注意不可过早使用。若伤在肩关节，应以亚麻或法兰绒绷带将手臂紧缚于身体，并抬高肘部；若伤在肘部，应使其保持伸直位抬高，置于枕上；若伤在腕部，应将其抬至胸前，用悬带吊起；若伤在膝部，应使其保持伸直位；最后，若伤在踝部，应将其在枕上稍稍抬高。

2617. BRUISES, LACERATIONS, AND CUTS.—Wherever the bruise may be, or however swollen or discoloured the skin may become, two or three applications of the *extract of lead*, kept to the part by means of lint, will, in an hour or little more, remove all pain, swelling, and tenderness. Simple or clean cuts only require the edges of the wound to be placed in their exact situation, drawn close together, and secured there by one or two slips of adhesive plaster. When the wound, however, is jagged, or the flesh or cuticle lacerated, the parts are to be laid as smooth and regular as possible, and a piece of lint, wetted in the *extract of lead*, laid upon the wound, and a piece of greased lint placed above it to prevent the dressing sticking; the whole covered over to protect from injury, and the part dressed in the same manner once a day till the cure is effected.

2617. 挫伤、撕裂伤与割伤。--无论挫伤位于何处，无论皮肤肿胀或变色到何种程度，用铅提取液敷于患处两三次，以绒布固定，一小时内或稍多即可消除一切疼痛、肿胀与触痛。单纯或清洁的割伤只需将伤口边缘对合复位，拉拢紧密，用一两条胶布固定即可。但若伤口边缘参差不齐，或皮肉、表皮撕裂，则应尽可能将各部分平复整齐，取一块浸过铅提取液的绒布敷于伤口上，再在其上放置一块涂油的绒布以防敷料粘连；整体覆盖以保护免受损伤，每日以同法换药一次，直至痊愈。

2618. BRUISES AND THEIR TREATMENT.—The best application

2618. 瘀伤及其处理--最佳敷用方法

for a bruise, be it large or small, is moist warmth; therefore, a warm bread-and-water poultice in hot moist flannels should be put on, as they supple the skin. If the bruise be very severe, and in the neighbourhood of a joint, it will be well to apply ten or a dozen leeches over the whole bruised part, and afterwards a poultice. But leeches should not be put on young children. If the bruised part be the knee or the ankle, walking should not be attempted till it can be performed without pain. Inattention to this point often lays the foundation for serious mischief in these joints, especially in the case of scrofulous persons. In all conditions of bruises occurring in children, whether swellings or abrasions, no remedy is so quick or certain of effecting a cure as the pure extract of lead applied to the part.

对于挫伤，无论大小，湿温即为良药；因此，应将温水面包糊剂置于温热潮湿的法兰绒布上敷贴，因其能使皮肤柔软。若挫伤极为严重且位于关节附近，最好在整个受伤部位施以十至十二只水蛭，然后再敷糊剂。但水蛭不可用于幼儿。若受伤部位为膝或踝，在行走不感疼痛之前不应尝试行走。忽视这一点往往为这些关节埋下严重隐患，对瘰疬体质者尤为如此。儿童发生挫伤时，无论肿胀或擦伤，最迅速可靠的疗法莫过于将纯铅提取液敷于患处。

Burns and Scalds.

烧伤和烫伤。

2619. BURNS AND SCALDS being essentially the same in all particulars, and differing only in the manner of their production, may be spoken of together. As a general rule, scalds are less severe than burns, because the heat of water, by which scalds are mostly produced, is not, even when it is boiling, so intense as that of flame; oil, however, and other liquids, whose boiling-point is high, produce scalds of a very severe nature. Burns and scalds have been divided into three classes. The first class comprises those where the burn is altogether superficial, and merely reddens the skin; the second, where the injury is greater, and we get little bladders containing a fluid (called serum) dotted over the affected part; in the third class we get, in the case of burns, a charring, and in that of scalds, a softening or pulpiness, perhaps a complete and immediate separation of the part. This may occur at once, or in the course of a little time. The pain from the second kind of burns

2619. 烧伤与烫伤在所有细节上本质相同，仅产生方式不同，故可一并论述。一般而言，烫伤较烧伤为轻，因为烫伤多由水造成，而水的热度即使沸腾也不及火焰之烈；然而油及其他沸点高的液体所造成的烫伤则极为严重。烧伤与烫伤分为三类。第一类为完全表浅的烧伤，仅使皮肤发红；第二类损伤较重，患处散布着含有液体(称为血清)的小水疱；第三类在烧伤为炭化，在烫伤则为软化或呈浆状，甚或局部立即完全分离。此情况可即刻发生，也可在稍后一段时间内出现。第二类烧伤的疼痛

is much more severe than that in the other two, although the danger, as a general rule, is less than it is in the third class. These injuries are much more dangerous when they take place on the trunk than when they happen on the arms or legs. The danger arises more from the extent of surface that is burnt than from the depth to which the burn goes. This rule, of course, has certain exceptions; because a small burn on the chest or belly penetrating deeply is more dangerous than a more extensive but superficial one on the arm or leg. When a person's clothes are in flames, the best way of extinguishing them is to wind a rug, or some thick material, tightly round the whole of the body.

2620. *Treatment of the First Class of Burns and Scalds*.—*Of the part affected*.—Cover it immediately with a good coating of common flour, or cotton-wool with flour dredged well into it. The great thing is to keep the affected surface of the skin from the contact of the air. The part will shortly get well, and the skin may or may not peel off.—*Constitutional Treatment*. If the burn or scald is not extensive, and there is no prostration of strength, this is very simple, and consists in simply giving a little aperient medicine—pills (No. 2), as follows:—Mix 5 grains of blue pill and the same quantity of compound extract of colocynth, and make into two pills—the dose for a full-grown person. Three hours after the pills give a black draught. If there are general symptoms of fever, such as hot skin, thirst, headache, &c. &c., two tablespoonfuls of fever-mixture are to be given every four hours. The fever-mixture, we remind our readers, is made thus:-Mix a drachm of powdered nitro, 2 drachms of carbonate of potash, 2 teaspoonfuls of antimonial wine, and a tablespoonful of sweet spirits of nitro, in half a pint of water.

比另外两类严重得多，尽管一般来说危险程度低于第三类。这些损伤发生在躯干上时，比发生在手臂或腿上要危险得多。危险更多来自烧伤的表面积，而非烧伤的深度。当然，这条规则有某些例外；因为胸部或腹部一处小而深的烧伤，比手臂或腿上面积更大但较浅的烧伤更危险。当一个人的衣服着火时，扑灭火焰的最好方法是用一块毯子或某种厚实的材料紧紧裹住整个身体。

2620. 第一类烧伤和烫伤的治疗。--患处的处理。--立即用足量的普通面粉覆盖患处，或用棉花 wool 并撒入大量面粉。关键是要让患处皮肤不接触空气。患处很快就会痊愈，皮肤可能会脱皮，也可能不会。--全身治疗。如果烧伤或烫伤面积不大，且没有体力虚脱，治疗非常简单，只需给予少量通便药物--药丸(第2号)，如下：--将5格令蓝色药丸和等量的复方药西瓜浸膏混合，制成两粒药丸--这是成年人的剂量。服药三小时后给予一剂黑色顿服剂。如果有发热的一般症状，如皮肤发热、口渴、头痛等，每四小时给予两汤匙退热合剂。我们提醒读者，退热合剂的制法如下：--将一德拉克马硝石粉、2德拉克马碳酸钾、2茶匙锑酒和一汤匙硝石甜酒精，溶于半品脱水中。

2621. *Second Class. Local Treatment.*—As the symptoms of these kinds of burns are more severe than those of the first class, so the remedies appropriate to them are more powerful. Having, as carefully as possible, removed the clothes from the burnt surface, and taking care not to break the bladders, spread the following liniment (No. 1) on a piece of linen or lint—not the *fluffy* side—and apply it to the part: the liniment should be equal parts of lime-water and linseed-oil, well mixed. If the burn is on the trunk of the body, it is better to use a warm linseed-meal poultice. After a few days dress the wound with Turner's cerate. If the burn is at the bend of the elbow, place the arm in the *straight* position; for if it is *bent*, the skin, when healed, will be contracted, and the arm, in all probability, always remain in the same un natural position. This, indeed, applies to all parts of the body; therefore, always place the part affected in the most *stretched* position possible.—*Constitutional Treatment.* The same kind of treatment is to be used as for the first class, only it must be more powerful. Stimulants are move often necessary, but must be given with great caution. If, as is often the case, there is great irritability and restlessness, a dose of opium (paregoric, in doses of from sixty to a hundred drops, according to age, is best) is of great service. The feverish symptoms will require aperient medicines and the fever mixture. A drink made of about a tablespoonful of cream of tartar and a little lemon-juice, in a quart of warm water, allowed to cool, is a very nice one in these cases. The diet throughout should not be too low, especially if there is much discharge from the wound. After a few days it is often necessary to give wine, ammonia, and strong beef-tea. These should be had recourse to when the tongue gets dry and dark, and the pulse weak and frequent. If there

2621. 第二类。局部治疗。--由于这类烧伤的症状比第一类更严重，因此适用于它们的药物也更强效。尽可能小心地从烧伤表面除去衣物，注意不要弄破水疱，将以下搽剂(第1号)涂在一块亚麻布或绒布上--不要用绒毛的一面--然后敷于患处：搽剂应为等量的石灰水和亚麻籽油，充分混合。如果烧伤在躯干上，最好使用温热的亚麻籽粉糊剂。几天后用特纳氏蜡膏敷裹伤口。如果烧伤在肘弯处，应将手臂置于伸直的位置；因为如果弯曲，皮肤愈合时会收缩，手臂很可能永远保持同样的不自然姿势。事实上，这适用于身体所有部位；因此，始终将患处置于尽可能伸展的位置。--全身治疗。采用与第一类相同的治疗方法，只是必须更强效。兴奋剂更常需要，但必须非常谨慎地给予。如果像常见的那样，出现严重的烦躁不安，一剂鸦片(鸦片酊，根据年龄给予六十至一百滴为最佳)非常有效。发热症状需要通便药物和退热合剂。在这些情况下，用约一汤匙酒石酸氢钾和少量柠檬汁溶于一夸脱温水中，待冷却后饮用，是非常好的饮料。整个过程中的饮食不应过于清淡，尤其是伤口有大量分泌物时。几天后通常需要给予葡萄酒、氨水和浓牛肉茶。当舌苔干燥发暗、脉搏微弱而频数时，应求助于这些措施。如果

should be, after the lapse of a week or two, pain over one particular part of the belly, a blister should be put on it, and a powder of mercury and chalk-grey powder, and Dover's powder (two grains of the former and five of the latter) given three times a day. Affections of the head and chest also frequently occur as a consequence of these kinds of burns, but no one who is not a medical man can treat them.

应在一两周之后，若腹部某一特定部位出现疼痛，则应在该处敷上发疱剂，并给予汞与白垩粉(灰色粉)及多佛粉(前者两格令，后者五格令)，一日三次。头部和胸部疾患也常作为这类烧伤的后果出现，但非医务人员无法治疗。

2622. *Third Class*.—These are so severe as to make it impossible for a non-professional person to be of much service in attending to them. When they occur, a surgeon should always be sent for. Until he arrives, however, the following treatment should be adopted:—Place the patient full-length on his back, and keep him warm. Apply fomentations of flannels wrung out of boiling water and sprinkled with spirits of turpentine to the part, and give wine and sal-volatile in such quantities as the prostration of strength requires; always bearing in mind the great fact that you have to steer between two quicksands—death from present prostration and death from future excitement, which will always be increased in proportion to the amount of stimulants given. Give, therefore, only just as much as is absolutely necessary to keep life in the body.

2622. 第三类。--这类极为严重，非专业人员在处理时几乎无能为力。发生时，应始终派人请外科医生。然而，在医生到来之前，应采取以下处理：--让患者仰面平躺，保持温暖。用浸透沸水并洒上松节油的绒布对患处进行热敷，并根据体力虚脱的程度给予葡萄酒和挥发盐；始终牢记一个重要事实：你必须在两个流沙之间掌舵--即因当前虚脱而死亡和因日后兴奋而死亡，后者总是与给予的兴奋剂数量成正比增加。因此，只给予维持生命绝对必需的剂量。

2623. CONCUSSION OF BRAIN—STUNNING.—This may be caused by a blow or a fall.—*Symptoms*. Cold skin; weak pulse; almost total insensibility; slow, weak breathing; pupil of eye sometimes bigger, sometimes smaller, than natural; inability to move; unwillingness to answer when spoken to. These symptoms come on directly after the accident.—*Treatment*. Place the patient quietly on a warm bed, send for a surgeon, *and do nothing else for the first four or six hours*. After this time the skin will become hot,

2623. 脑震荡--昏厥。--这可能是由打击或跌倒引起的。--症状。皮肤冰冷；脉搏微弱；几乎完全失去知觉；呼吸缓慢微弱；瞳孔有时比正常大，有时比正常小；不能活动；被问话时不愿回答。这些症状在事故发生后立即出现。--治疗。将患者安静地安置在温暖的床上，派人请外科医生，在最初四到六小时内不要做其他任何事。此后皮肤会变热，

the pulse full, and the patient feverish altogether. If the surgeon has not arrived by the time these symptoms have set in, shave the patient's head, and apply the following lotion (No. 2): Mix half an ounce of sal-ammoniac, two tablespoonfuls of vinegar, and the same quantity of gin or whisky, in half a pint of water. Then give this pill (No. 1); Mix five grains of calomel and the same quantity of antimonial powder with a little bread-crumb, and make into two pills. Give a black draught three hours after the pill, and two tablespoonfuls of the above-mentioned fever-mixture every four hours. Keep on low diet. Leeches are sometimes to be applied to the head. These cases are often followed by violent inflammation of the brain. They can, therefore, only be attended to properly throughout by a surgeon. The great thing for people to do in these cases is—nothing; contenting themselves with putting the patient to bed, and waiting the arrival of a surgeon.

脉搏洪大，病人整体发热。如果外科医生在这些症状出现时尚未到达，就剃光病人的头，并敷用下列洗剂(第2号)：将半盎司氯化铵、两汤匙醋以及同量的杜松子酒或威士忌，混入半品脱水中。然后服用此药丸(第1号)：将五格令甘汞和同量锑粉与少许面包屑混合，制成两粒药丸。服药丸三小时后给予一剂黑色顿服剂，并每四小时服用两汤匙上述退热合剂。保持清淡饮食。有时需在头部施用水蛭。这类病例常继发剧烈的脑部炎症。因此，只有外科医生才能全程妥善处理。在这种情况下，人们最该做的就是--什么都不做；只需把病人安置在床上，等待外科医生到来。

2624. THE CHOLERA AND AUTUMNAL COMPLAINTS.—To oppose cholera, there seems no surer or better means than cleanliness, sobriety, and judicious ventilation. Where there is dirt, that is the place for cholera; where windows and doors are kept most jealously shut, there cholera will find easiest entrance; and people who indulge in intemperate diet during the hot days of autumn are actually courting death. To repeat it, cleanliness, sobriety, and free ventilation almost always defy the pestilence; but, in case of attack, immediate recourse should be had to a physician. The faculty say that a large number of lives have been lost, in many seasons, solely from delay in seeking medical assistance. They even assert that, taken early, the cholera is by no means a fatal disorder. The copious use of salt is recommended on very excellent authority. Other autumnal complaints there are, of

2624. 霍乱与秋季疾患。--对抗霍乱，似乎没有比清洁、节制和合理通风更可靠、更好的办法了。哪里肮脏，哪里就是霍乱的温床；门窗关得最严实的地方，霍乱最容易侵入；而在秋季炎热的日子里放纵饮食的人，实际上是在自寻死路。再重复一遍，清洁、节制和充分通风几乎总能抵御这种瘟疫；但一旦发病，应立即求医。医学界人士说，在许多季节里，大量生命丧失完全是因为延误就医。他们甚至断言，及早治疗的话，霍乱绝非致命疾病。大量使用盐得到了非常权威的推荐。还有其他秋季疾患，

which diarrhoea is the worst example. They come on with pain, flatulence, sickness, with or without vomiting, followed by loss of appetite, general lassitude, and weakness. If attended to at the first appearance, they may soon be conquered; for which purpose it is necessary to assist nature in throwing off the contents of the bowels, which may be one by means of the following prescription:—Take of calomel 3 grains, rhubarb 8 grains; mix and take it in a little honey or jelly, and repeat the dose three times, at the intervals of four or five hours. The next purpose to be answered is the defence of the lining membrane of the intestines from their acrid contents, which will be best effected by drinking copiously of linseed tea, or of a drink made by pouring boiling water on quince-seeds, which are of a very mucilaginous nature; or, what is still better, full draughts of whey. If the complaint continue after these means have been employed, some astringent or binding medicine will be required, as the subjoined:—Take of prepared chalk 2 drachms, cinnamon-water 7 oz., syrup of poppies 1 oz.; mix, and take 3 tablespoonfuls every four hours. Should this fail to complete the cure, 1/2 oz. of tincture of catechu, or of kino, may be added to it, and then it will seldom fail; or a teaspoonful of the tincture of kino alone, with a little water, every three hours, till the diarrhoea is checked. While any symptoms of derangement are present, particular attention must be paid to the diet, which should be of a soothing, lubricating, and light nature, as instanced in veal or chicken broth, which should contain but little salt. Rice, batter, and bread puddings will be generally relished, and be eaten with advantage; but the stomach is too much impaired to digest food of a more solid nature. Indeed, we should give that organ, together with the bowels, as little trouble as possible, while

其中腹泻是最严重的例子。它们伴随疼痛、胀气、恶心，伴有或不伴有呕吐，随后出现食欲丧失、全身倦怠和虚弱。如果在初现时就加以注意，它们很快就能被制服；为此，需要帮助自然排出肠内容物，可通过以下处方实现：--取甘汞3格令、大黄8格令；混合后以少许蜂蜜或果冻送服，每隔四五小时重复一剂，共三次。下一个要达到的目的是保护肠黏膜免受其刺激性内容物的侵害，最好的办法是大量饮用亚麻籽茶，或将沸水浇在榲桲籽上制成的饮品(榲桲籽具有极强的黏滑性质)；或者更好的办法是，大量饮用乳清。如果采用这些方法后症状仍持续，就需要某种收敛或止泻药物，如下方：--取精制白垩2打兰、肉桂水7盎司、罂粟糖浆1盎司；混合，每四小时服用3汤匙。如果这仍不能完成治愈，可加入1/2盎司儿茶酊或奇诺酊，这样便很少失败；或者单独服用一茶匙奇诺酊，加少许水，每三小时一次，直到腹泻被止住。只要还存在任何失调症状，就必须特别注意饮食，饮食应具有安抚、润滑和清淡的性质，例如小牛肉汤或鸡汤，其中应少放盐。米饭、面糊和面包布丁通常会很受欢迎，吃了也有益处；但胃已过于受损，无法消化更固体的食物。的确，我们应该尽量少给胃和肠道添麻烦，因为

they are so incapable of acting in their accustomed manner. Much mischief is frequently produced by the absurd practice of taking tincture of rhubarb, which is almost certain of aggravating that species of disorder of which we have now treated; for it is a spirit as strong as brandy, and cannot fail of producing harm upon a surface which is rendered tender by the formation and contact of vitiated bile. But our last advice is, upon the first appearance of such symptoms as are above detailed, have *immediate* recourse to a doctor, where possible.

它们此时已无法按惯常方式运作。经常因服用大黄酊这一荒谬做法而造成很大危害，这几乎必然加重我们刚才所讨论的那种疾患；因为它是一种和 brandy 一样强烈的烈酒，对于因变质胆汁的形成和接触而变得脆弱的表面，不可能不产生伤害。但我们最后的建议是，一旦出现上述症状，在可能的情况下，立即求医。

2625. TO CURE A COLD.—Put a large teacupful of linseed, with 1/4 lb. of sun raisins and 2 oz. of stick liquorice, into 2 quarts of soft water, and let it simmer over a slow fire till reduced to one quart; add to it 1/4 lb. of pounded sugar-candy, a tablespoonful of old rum, and a tablespoonful of the best white-wine vinegar, or lemon-juice. The rum and vinegar should be added as the decoction is taken; for, if they are put in at first, the whole soon becomes flat and less efficacious. The dose is half a pint, made warm, on going to bed; and a little may be taken whenever the cough is troublesome. The worst cold is generally cured by this remedy in two or three days; and, if taken in time, is considered infallible.

2625. 治疗感冒。--将一大茶杯亚麻籽、1/4 lb.晒干的葡萄干和2 oz.甘草棒放入2 quarts软水中，用慢火煨至浓缩为1 quart；加入1/4 lb.碎冰糖、一汤匙陈年朗姆酒和一汤匙最好的白葡萄酒醋或柠檬汁。朗姆酒和醋应在服用煎剂时加入；因为如果一开始就放进去，整剂药很快就会变得平淡而效力减弱。剂量为半品脱，加热后于就寝时服用；咳嗽烦人时可随时服用少许。最严重的感冒通常用此方在两三天内治愈；若及时服用，则被视为万无一失。

2626. COLD ON THE CHEST.—A flannel dipped in boiling water, and sprinkled with turpentine, laid on the chest as quickly as possible, will relieve the most severe cold or hoarseness.

2626. 胸部受寒。--将一块法兰绒浸入沸水，洒上松节油，尽快敷于胸部，可缓解最严重的感冒或声音嘶哑。

2627. SUBSTANCES IN THE EYE.—To remove fine particles of gravel, lime, &c., the eye should be syringed with lukewarm water till free from them. Be particular not to worry the eye, under the impression that the substance is still there, which the enlargement

2627. 眼内异物。--要清除细小的砂砾、石灰等颗粒，应用温水冲洗眼睛，直至清除干净。务必不要因以为异物仍在而揉搓眼睛，那种肿大

of some of the minute vessels makes the patient believe is actually the case.

使病人相信某些微小血管的情况确实如此。

2628. SORE EYES.—Incorporate thoroughly, in a glass mortar or vessel, one part of strong citron ointment with three parts of spermaceti ointment. Use the mixture night and morning, by placing a piece of the size of a pea in the corner of the eye affected, only to be used in cases of chronic or long-standing inflammation of the organ, or its lids.

2628. 眼痛。--在玻璃研钵或容器中将一份浓香橼软膏与三份鲸蜡软膏充分混合。早晚使用该混合物，取豌豆大小一块置于患眼角，仅用于该器官或其眼睑的慢性或长期炎症。

2629. LIME IN THE EYE.—Bathe the eye with a little weak vinegar-and-water, and carefully remove any little piece of lime which may be seen, with a feather. If any lime has got entangled in the eyelashes, carefully clear it away with a bit of soft linen soaked in vinegar-and-water. Violent inflammation is sure to follow; a smart purge must be therefore administered, and in all probability a blister must be applied on the temple, behind the ear, or nape of the neck.

2629. 眼内石灰。--用少量稀醋水冲洗眼睛，并用羽毛小心去除可见的小块石灰。若有石灰缠入睫毛，用浸过醋水的软亚麻布小心清除。剧烈炎症必然随之而来；因此必须给予强效泻药，且很可能需要在太阳穴、耳后或颈后敷发疱剂。

2630. STYE IN THE EYE.—Styes are little abscesses which form between the roots of the eyelashes, and are rarely larger than a small pea. The best way to manage them is to bathe them frequently with warm water, or in warm poppy-water, if very painful. When they have burst, use an ointment composed of one part of citron ointment and four of spermaceti, well rubbed together, and smear along the edge of the eyelid. Give a grain or two of calomel with 5 or 8 grains of rhubarb, according to the age of the child, twice a week. The old-fashioned and apparently absurd practice of rubbing the stye with a ring, is as good and speedy a cure as that by any process of medicinal application; though the number of times it is rubbed, or the quality of the ring

2630. 眼睑麦粒肿(STYE IN THE EYE)。--麦粒肿是形成于睫毛根部之间的小脓肿，很少大于一颗小豌豆。处理它们的最佳方法是频繁用温水浸洗，如果非常疼痛，可用温热的罂粟水浸洗。当它们破溃后，使用由一份香橼软膏和四份鲸蜡混合研磨均匀制成的软膏，涂抹于眼睑边缘。根据孩子的年龄，给予一到两粒甘汞和5至8粒大黄，每周两次。用戒指摩擦麦粒肿这一古老而看似荒谬的做法，与任何药物涂抹方法一样是良好而迅速的疗法；尽管摩擦的次数，或戒指的品质

and direction of the strokes, has nothing to do with its success. The pressure and the friction excite the vessels of the part, and cause an absorption of the effused matter under the eyelash. The edge of the nail will answer as well as a ring.

以及 strokes 的方向，与其成功无关。压力和摩擦刺激该部位的血管，促使睫毛下渗出物的吸收。指甲边缘与戒指同样有效。

2631. INFLAMMATION OF THE EYELIDS.—The following ointment has been found very beneficial in inflammations of the eyeball and edges of the eyelids:—Take of prepared calomel, 1 scruple; spermaceti ointment, 1/2 oz. Mix them well together in a glass mortar; apply a small quantity to each corner of the eye every night and morning, and also to the edges of the lids, if they are affected. If this should not eventually remove the inflammation, elder-flower water may be applied three or four times a day, by means of an eye-cup. The bowels should be kept in a laxative state, by taking occasionally a quarter of an ounce of the Cheltenham or Epsom salts.

2631. 眼睑炎症。--以下软膏被发现对眼球及眼睑边缘的炎症非常有益：--取精制甘汞1英分；鲸蜡软膏1/2盎司。在玻璃研钵中充分混合；每天早晚各取少量涂于两眼眼角，若眼睑边缘受累亦涂于其上。若此方最终未能消除炎症，可用眼杯每日三四次施用接骨木花水。应保持肠道通畅，偶尔服用四分之一盎司切尔滕纳姆盐或泻盐。

2632. FASTING.—It is said by many able physicians that fasting is a means of removing incipient disease, and of restoring the body to its customary healthy sensations. Howard, the celebrated philanthropist (says a writer), used to fast one day in every week. Napoleon, when he felt his system unstrung, suspended his wonted repast, and took his exercise on horseback.

2632. 禁食。--许多有能力的医生都说，禁食是消除初起疾病、使身体恢复惯常健康感觉的一种方法。著名慈善家霍华德(一位作者说)过去每周禁食一天。拿破仑感到身体失调时，便暂停惯常的饮食，改为骑马锻炼。

Fits.

合适。

2633. Fits come on so suddenly, often without even the slightest warning, and may prove fatal so quickly, that all people should be acquainted at least with their leading symptoms and treatment, as a few moments, more or less, will often decide the question between life and death. The treatment, in very many cases at least, to be of the slightest use, should be *immediate*, as a person in

2633. 发作来得如此突然，常常甚至毫无预兆，且可能迅速致命，因此所有人都至少应了解其主要症状和治疗方法，因为短短片刻往往决定生死。至少在大多数情况下，治疗若要稍有裨益，就必须立即进行，因为一个

a fit (of apoplexy for instance) may die while a surgeon is being fetched from only the next street. We shall give, as far as the fact of our editing a work for non-professional readers will permit, the peculiar and distinctive symptoms of all kind of fits, and the immediate treatment to be adopted in each case.

2634. APOPLEXY.—These fits may be divided into two kinds—the *strong* and the *weak*.

2635. 1. *The strong kind*.—These cases mostly occur in stout, strong, short-necked, bloated-faced people, who are in the habit of living well.—*Symptoms*. The patient may or may not have had headache, sparks before his eyes, with confusion of ideas and giddiness, for a day or two before the attack. When it takes place, he falls down insensible; the body becomes paralyzed, generally more so on one side than the other; the face and head are hot, and the blood-vessels about them swollen; the pupils of the eyes are larger than natural, and the eyes themselves are fixed; the mouth is mostly drawn down at one corner; the breathing is like loud snoring; the pulse full and hard.—*Treatment*. Place the patient immediately in bed, with his head well raised; take off everything that he has round his neck, and bleed freely and at once from the arm. If you have not got a lancet, use a penknife or anything suitable that may be at hand. Apply warm mustard poultices to the soles of the feet and the insides of the thighs and legs; put two drops of castor oil, mixed up with eight grains of calomel, on the top of the tongue, as far back as possible; a most important part of the treatment being to open the bowels as quickly and freely as possible. The patient cannot swallow; but these medicines, especially the oil, will be absorbed into the stomach altogether independent of any voluntary action. If possible, throw up a warm

发作中的人(例如中风)可能在医生仅从邻街赶来时便已死亡。在我们就非专业读者编辑此书所允许的范围内，我们将给出各类发作的独特症状及每种情况应立即采取的治疗。

2634. 中风。--这类发作可分为两种--强性和弱性。

2635. 1. 强壮型。--此类病例多发生于肥胖、强壮、短颈、面部浮肿且习惯于生活优裕的人。--症状。发病前一两天，患者可能有或没有头痛、眼前火花，伴有思维混乱和眩晕。发作时，患者跌倒失去知觉；身体瘫痪，通常一侧较另一侧更重；面部和头部发热，周围血管肿胀；瞳孔比正常大，眼睛本身固定不动；口角多向下歪斜；呼吸如大声鼾声；脉搏充实而硬。--治疗。立即将患者安置于床上，头部垫高；解开颈部所有束缚物，并立即从手臂大量放血。若没有柳叶刀，可用削笔刀或手边任何合适的器具。在脚底及大腿和小腿内侧敷以温热芥末膏药；将两滴蓖麻油与八粒甘汞混合，置于舌后部尽可能靠后的位置；治疗中极其重要的一点是尽快且尽可能充分地通便。患者无法吞咽；但这些药物，尤其是油，将完全不受任何自主动作影响而被胃吸收。如有可能，灌入温热的

turpentine clyster (two tablespoonfuls of oil of turpentine in a pint of warm gruel), or, if this cannot be obtained, one composed of about a quart of warm salt-and-water and soap. Cut off the hair, and apply rags dipped in weak vinegar-and-water, or weak gin-and-water, or even simple cold water, to the head. If the blood-vessels about the head and neck are much swollen, put from eight to ten leeches on the temple opposite to the paralyzed side of the body. Always send for a surgeon immediately, and act according to the above rules, doing more or less, according to the means at hand, and the length of time that must necessarily elapse until he arrives. A pint, or even a quart of blood in a very strong person, may be taken away. When the patient is able to swallow, give him the No. 1 pills, and the No. 1 mixture directly. [The No. 1 pills are made as follows:—Mix 5 grains of calomel and the same quantity of antimonial powder with a little bread-crumb: make into two pills, the dose for a full-grown person. For the No. 1 mixture, dissolve on ounce of Epsom salts in half a pint of senna tea: take a quarter of the mixture as a dose] Repeat these remedies if the bowels are not well opened. Keep the patient's head well raised, and cool as above. Give very low diet indeed: gruel, arrowroot, and the like. When a person is recovering, he should have blisters applied to the nape of the neck, his bowels should be kept well open, light diet given, and fatigue, worry, and excess of all kinds avoided.

松节油灌肠(一品脱温粥中加两汤匙松节油)，或者，如果无法获得，可用约一夸脱温盐水和肥皂制成的灌肠。剃去头发，将浸过淡醋水、淡杜松子酒水或甚至普通冷水的布片敷于头部。如果头部和颈部的血管严重肿胀，在对侧太阳穴放置八至十只水蛭。始终立即派人请外科医生，并按照上述规则行事，根据手头的手段以及医生到达前必然经过的时间长短，或多或少地施行。对于非常强壮的人，可以放一品脱甚至一夸脱的血。当病人能够吞咽时，立即给他1号药丸和1号合剂。[1号药丸制法如下：将5格令甘汞和同量锑粉与少量面包屑混合，制成两丸，为成人剂量。1号合剂：将一盎司泻盐溶于半品脱番泻叶茶中，每次服四分之一]如果肠道未充分通便，重复这些疗法。将病人头部垫高，并如上所述保持凉爽。给予极低饮食：粥、竹芋粉等。当病人恢复时，应在颈后施用发疱剂，保持肠道通畅，给予清淡饮食，避免疲劳、忧虑及各种过度。

2636. 2. *The weak kind.—Symptoms*. These attacks are more frequently preceded by warning symptoms than the first kind. The face is pale, the pulse weak, and the body, especially the hands and legs, cold. After a little while, these symptoms sometimes alter to those of the first class in a mild degree.—*Treatment.* At

2636. 2. 虚弱型。- 症状。此类发作比第一种更常伴有先兆症状。面色苍白，脉搏微弱，身体尤其是手脚发冷。过一会儿，这些症状有时会轻度转变为第一类的症状。- 治疗。在

first, if the pulse is *very feeble indeed*, a little brandy-and-water or sal-volatile must be given. Mustard poultices are to be put, as before, to the soles of the foot and the insides of the thighs and legs. Warm bricks, or bottles filled with warm water, are also to be placed under the armpits. When the strength has returned, the body become warmer, and the pulse fuller and harder, the head should be shaved, and wet rags applied to it, as before described. Leeches should be put, as before, to the temple opposite the side paralyzed; and the bowels should be opened as freely and as quickly as possible. Bleeding from the arm is often necessary in these cases, but a non-professional person should never have recourse to it. Blisters may be applied to the nape of the neck at once. The diet in those cases should not be so low as in the former —indeed, it is often necessary, in a day or so after one of these attacks, to give wine, strong beef-tea, &c., according to the condition of the patient's strength.

首先，如果脉搏确实非常微弱，必须给予少量白兰地加水或挥发盐。如前所述，应将芥末膏敷于脚底及大腿和小腿内侧。还应在腋下放置温砖或装满温水的瓶子。当体力恢复、身体变暖、脉搏变得更有力且更硬时，应剃去头发，并如前所述将湿布敷于头部。如前所述，应在瘫痪对侧的太阳穴处放置水蛭；并应尽可能自由且迅速地通便。在这些情况下，手臂放血常常是必要的，但非专业人员绝不应采用此法。可立即在颈后部施用发疱剂。这些情况下的饮食不应像前述那样清淡--事实上，在这类发作后一两天左右，常有必要根据患者体力状况给予葡萄酒、浓牛肉茶等。

2637. *Distinctions between Apoplexy and Epilepsy*.—1. Apoplexy mostly happens in people over *thirty*, whereas epilepsy generally occurs under that ago; at any rate for the first time. A person who has epileptic fits over thirty, has generally suffered from them for some years. 2. Again, *in apoplexy*, the body is paralyzed; and, therefore, has not *the convulsions which take place in epilepsy*. 3. The peculiar *snoring* will also distinguish apoplexy from epilepsy.

2637. 中风与癫痫的区别。--1. 中风多发生于三十岁以上的人，而癫痫一般发生于该年龄以下；无论如何，初次发作多在三十岁以下。三十岁以上才首次出现癫痫发作的人，通常已患病数年。2. 再者，中风时身体瘫痪，因此不会出现癫痫中所发生的抽搐。3. 特有的鼾声也可将中风与癫痫区分开来。

2638. *Distinctions between Apoplexy and Drunkeness*.—1. The known habits of the person. 2. The fact of a person who was perfectly sober and sensible a little time before, being found in a state of insensibility. 3. The absence, in apoplexy, of the *smell of drink* on applying the nose to the mouth. 4. A person in a fit of apoplexy cannot be roused at all; in drunkenness he mostly can, to

2638. 中风与醉酒的区分。- 1. 该人已知的习惯。2. 一个人在不久前还完全清醒和神志正常，却被发现处于无知觉状态这一事实。3. 中风时，将鼻子凑近其口部，没有酒味。4. 中风发作的人完全无法被唤醒；醉酒时大多可以唤醒，至

a certain extent.

2639. *Distinction between Apoplexy and Hysteria*.—Hysterics mostly happen in young, nervous, unmarried women; and are attended with convulsions, sobbing, laughter, throwing about of the body, &c. &c.

2640. *Distinction between Apoplexy and Poisoning by Opium*.—It is exceedingly difficult to distinguish between these two cases. In poisoning by opium, however, we find the particular smell of the drug in the patient's breath. We should also, in forming our opinion, take into consideration the person's previous conduct—whether he has been low and desponding for some time before, or has ever talked about committing suicide.

2641. EPILEPSY.—*Falling Sickness*.—Those fits mostly happen, at any rate for the first time, to young people, and are more common in boys than girls. They are produced by numerous causes.—*Symptoms*. The fit may be preceded by pains in the head, palpitations, &c. &c.; but it mostly happens that the person falls down insensible suddenly, and without any warning whatever. The eyes are distorted, so that only their whites can be seen; there is mostly foaming from the mouth; the fingers are clinched; and the body, especially on one side, is much agitated; the tongue is often thrust out of the mouth. When the fit goes off, the patient feels drowsy and faint, and often sleeps soundly for some time.—*Treatment*. During the fit, keep the patient flat on his back, with his head slightly raised, and prevent him from doing any harm to himself; dash cold water into his face, and apply smelling-salts to his nose; loosen his shirt collar, &c.; hold a piece of wood about as thick as a finger—the handle of a tooth-brush or knife will do as

在一定程度上。

2639. 中风与癔症的区分。- 癔症多发生于年轻、神经质、未婚的女性；并伴有抽搐、啜泣、大笑、身体乱动等。

2640. 中风与鸦片中毒的区分。- 区分这两种情况极为困难。然而，在鸦片中毒时，我们能在病人的呼吸中闻到该药物特有的气味。在形成判断时，我们还应考虑该人先前的行为--他此前是否有一段时间情绪低落、沮丧，或是否曾谈论过自杀。

2641. 癫痫--跌倒症。--这类发作大多发生在年轻人身上，至少初次发作时如此，且男孩比女孩更为常见。其成因众多。--症状。发作前可能有头痛、心悸等；但多数情况下，患者会突然失去知觉倒下，毫无任何预兆。双眼扭曲，只能看到眼白；口中大多泛出白沫；手指紧握；身体尤其是单侧剧烈抽搐；舌头常被顶出嘴外。发作消退后，患者感到昏昏欲睡、虚弱无力，且往往沉睡一段时间。--治疗。发作期间，让患者仰面平躺，头部略微抬高，防止其伤及自身；向其面部泼冷水，将嗅盐置于其鼻前；解开衬衫领口等；取一根约手指粗细的木条--牙刷柄或刀柄亦可--

well—between the two rows of teeth, at the back part of the mouth. This will prevent the tongue from being injured. A teaspoonful of common salt thrust into the patient's mouth, during the fit, is of much service. The after-treatment of these fits is various, and depends entirely upon their causes. A good general rule, however, is always to keep the bowels well open, and the patient quiet, and free from fatigue, worry, and excess of all kinds.

好地--置于两排牙齿之间，口腔后部。这将防止舌头受伤。发作期间，将一茶匙普通食盐塞入病人口中，很有帮助。这些发作的后续治疗多种多样，完全取决于其原因。然而，一条良好的通则始终是保持大便通畅，让病人安静，避免疲劳、忧虑和各种过度。

2642. *Fainting Fits* are sometimes very dangerous, and at others perfectly harmless; the question of danger depending altogether upon the causes which have produced them, and which are exceedingly various. For instance, fainting produced by disease of the heart is a very serious symptom indeed; whereas, that arising from some slight cause, such as the sight of blood, &c., need cause no alarm whatever. The symptoms of simple fainting are so well known that it would be quite superfluous to enumerate them here. The *treatment* consists in laying the patient at full length upon his back, with his head upon a level with the rest of his body, loosening everything about the neck, dashing cold water into the face, and sprinkling vinegar and water about the mouth; applying smelling-salts to the nose; and, when the patient is able to swallow, in giving a little warm brandy-and-water, or about 20 drops of sal-volatile in water.

2642. 昏厥发作有时极为危险，有时则完全无害；危险与否完全取决于引发昏厥的原因，而这些原因极为多样。例如，由心脏疾病引起的昏厥确属非常严重的症状；而由某些轻微原因引起的昏厥，如见到血液等，则无需任何惊慌。单纯性昏厥的症状众所周知，在此列举实属多余。治疗方法为：让患者仰面平躺，头部与身体其余部位处于同一水平，松开颈部一切束缚之物，向其面部泼冷水，在口周洒醋与水；将嗅盐置于鼻前；待患者能够吞咽时，给予少量温热的白兰地加水，或约20滴挥发性盐精溶于水中。

2643. *Hysterics*.—These fits take place, for the most part, in young, nervous, unmarried women. They happen much less often in married women; and even (in some rare cases indeed) in men. Young women, who are subject to these fits, are apt to think that they are suffering from "all the ills that flesh is heir to;" and the false symptoms of disease which they show are so like the true ones, that it is often exceedingly difficult to detect the difference.

2643. 癔症。- 这些发作大多发生于年轻、神经质、未婚的女性。在已婚女性中发生得少得多；甚至(尽管确实罕见)在男性中也有发生。易患这些发作的年轻女性，往往认为自己正遭受“肉体所能承受的一切病痛”；她们表现出的虚假疾病症状与真实症状如此相似，以至于常常极难辨别其差异。

The fits themselves are mostly preceded by great depression of spirits, shedding of tears, sickness, palpitation of the heart, &c. A pain, as if a nail were being driven in, is also often felt at one particular part of the head. In almost all cases, when a fit is coming on, pain is felt on the left side. This pain rises gradually until it reaches the throat, and then gives the patient a sensation as if she had a pellet there, which prevents her from breathing properly, and, in fact, seems to threaten actual suffocation. The patient now generally becomes insensible, and faints; the body is thrown about in all directions, froth issues from the mouth, incoherent expressions are uttered, and fits of laughter, crying, or screaming, take place. When the fit is going off, the patient mostly cries bitterly, sometimes knowing all, and at others nothing, of what has taken place, and feeling general soreness all over the body. *Treatment during the fit*. Place the body in the same position as for simple fainting, and treat, in other respects, as directed in the article on Epilepsy. *Always well loosen the patient's stays*; and, when she is recovering, and able to swallow, give 20 drops of sal volatile in a little water. The *after-treatment* of these cases is very various. If the patient is of a strong constitution, she should live on plain diet, take plenty of exercise, and take occasional doses of castor oil, or an aperient mixture, such as that described as "No. 1," in previous numbers. If, as is mostly the case, the patient is weak and delicate, she will require a different mode of treatment altogether. Good nourishing diet, gentle exercise, cold baths, occasionally a dose of No. 3 myrrh and aloes pills at night, and a dose of compound iron pills twice a day. [As to the myrrh and aloes pills (No. 3), 10 grains made into two pills are a dose for a full-grown person. Of the compound iron pills (No. 4), the dose

发作本身大多先有精神极度抑郁、流泪、恶心、心悸等。头部某一部位也常有如钉入钉般的疼痛。几乎在所有病例中，发作将临时，左侧会感到疼痛。这种疼痛逐渐上升，直至到达喉部，然后给患者一种仿佛那里有个小丸的感觉，使她呼吸不畅，事实上似乎有真正窒息之虞。患者此时通常变得失去知觉并昏厥；身体向各个方向乱动，口吐白沫，语无伦次，并出现大笑、哭泣或尖叫的发作。发作消退时，患者大多痛哭，有时完全知道、有时完全不知道所发生的事，并感到全身酸痛。发作期间的处置。将身体置于与单纯昏厥相同的体位，其他方面按癫痫条目所述处理。务必始终松开患者的紧身胸衣；当她恢复并能吞咽时，给20滴挥发盐溶于少量水中。这些病例的后续治疗各不相同。若患者体质强健，应进食清淡饮食，充分运动，并偶尔服用蓖麻油或一种通便合剂，如前几期所述“第1号”。若如大多数情况那样，患者虚弱娇嫩，则需完全不同的治疗方式。良好滋养的饮食、温和的运动、冷水浴，偶尔夜间服用一剂第3号没药芦荟丸，以及一日两次服用一剂复方铁丸。[至于没药芦荟丸(第3号),10格令制成两丸为成人一次剂量。复方铁丸(第4号)，剂量

for a full grown person is also 10 grains, made into two pills.] In every case, amusing the mind, and avoiding all causes of over-excitement, are of great service in bringing about a permanent cure.

对于成年人也是10格令，制成两丸。] 在任何情况下，愉悦心情、避免一切过度兴奋的原因，对于实现永久治愈都大有帮助。

2644. LIVER COMPLAINT AND SPASMS.—A very obliging correspondent recommends the following, from personal experience:—Take 4 oz. of dried dandelion root, 1 oz. of the best ginger, 1/4 oz. of Columba root; braise and boil all together in 3 pints of water till it is reduced to a quart: strain, and take a wine-glassful every four hours. Our correspondent says it is a "safe and simple medicine for both liver complaint and spasms."

2644. 肝病与痉挛。--一位非常热心的通信者根据个人经验推荐以下方剂：--取4 oz.干燥蒲公英根、1 oz.优质生姜、1/4 oz.哥伦比亚根；全部捣碎，在3 pints水中煮至缩减为1 quart：过滤，每四小时服一酒杯。我们的通信者说，这是“一种治疗肝病和痉挛的安全而简单的药物”。

2645. LUMBAGO.—A "new and successful mode" of treating lumbago, advocated by Dr. Day, is a form of counter-irritation, said to have been introduced into this country by the late Sir Anthony Carlisle, and which consists in the instantaneous application of a flat iron button, gently heated in a spirit-lamp, to the skin. Dr. Corrigan published, about three years ago, an account of some cases very successfully treated by nearly similar means. Dr. Corrigan's plan was, however, to touch the surface of the part affected, at intervals of half an inch, as lightly and rapidly as possible. Dr. Day has found greater advantages to result from drawing the flat surface of the heated button lightly over the affected part, so as to act on a greater extent of surface. The doctor speaks so enthusiastically of the benefit to be derived from this practice, that it is evidently highly deserving attention.

2645. 腰痛。--戴医生提倡的一种治疗腰痛的“新而成功的方法”，是一种对抗刺激形式，据说由已故安东尼·卡莱尔爵士引入我国，其做法是将一枚在酒精灯上微微加热的扁平铁纽扣瞬时贴于皮肤。科里根医生约三年前发表了一些用几乎类似方法非常成功治疗的病例报告。然而，科里根医生的方案是以半英寸的间隔，尽可能轻而快地触碰患处表面。戴医生发现，将加热纽扣的扁平面轻轻拖过患处，从而作用于更大面积的表面，可获得更大益处。这位医生如此热情地谈论这种做法所能带来的益处，显然非常值得注意。

2646. PALPITATION OF THE HEART.—Where palpitation occurs as symptomatic of indigestion, the treatment must be directed to remedy that disorder; when it is consequent on a plethoric state,

2646. 心悸。--当心悸作为消化不良的症状出现时，治疗必须针对纠正该紊乱；当它由多血状态引起时，

purgatives will be effectual. In this case the patient should abstain from every kind of diet likely to produce a plethoric condition of body. Animal food and fermented liquor must be particularly avoided. Too much indulgence in sleep will also prove injurious. When the attacks arise from nervous irritability, the excitement must be allayed by change of air and a tonic diet. Should the palpitation originate from organic derangement, it must be, of course, beyond domestic management. Luxurious living, indolence, and tight-lacing often produce this affection: such cases are to be conquered with a little resolution.

泻药将会有效。在这种情况下，患者应戒除一切可能造成身体多血状态的饮食。尤其必须避免肉食和发酵酒类。过度贪睡也将有害。当发作源于神经性易激时，必须通过换空气和滋补饮食来平息兴奋。若心悸源于器质性紊乱，当然非家庭料理所能及。奢侈生活、懒惰和紧束腰身常产生此病：此类病例只需一点决心即可克服。

2647. Poisons shall be the next subject for remark; and we anticipate more detailed instructions for the treatment of persons poisoned, by giving a simple LIST OF THE PRINCIPAL POISONS, with their ANTIDOTES OR REMEDIES.

2647. 毒物将是下一个讨论主题；我们预计通过给出主要毒物及其解毒剂或救治方法的简明清单，来提供关于中毒者救治的更详细说明。

Oil of Vitriol ……\
Aquafortis ……. Magnesia, Chalk, Soap-and-Water.
Spirit of Salt ……/

硫酸油 ……\
硝酸 .....氧化镁、白垩、肥皂水。盐酸精 ……/

Emetic Tartar…….. Oily Drinks, Solution of Oak-bark.

吐酒石.....油性饮料，橡树皮溶液。

Salt of Lemons, or…… Chalk, Whiting, Lime or Magnesia and
Acid of Sugar…….. Water. Sometimes an Emetic Draught.

柠檬盐，或.....白垩、白粉、石灰或氧化镁及
糖酸.....水。有时用作催吐剂

Pump on back, Smelling-Salts to nose,
Prussic Acid……. Artificial Breathing,
Chloride of Lime to nose.

穿堂风。

背泵，嗅盐至鼻，
氢氰酸.....人工呼吸，
氯化石灰嗅鼻。

Pearlash ……\
Soap-Lees……. \

珍珠灰 .....\ 皂
液.....\

Smelling-Salts…….. \
Nitre…….. Lemon-Juice and Vinegar-and-Water
Hartshorn……. /
Sal-Volatile……./

Arsenic……\
Fly-Powder, or…….. Emetics, Lime-Water, Soap-and-Water,
White Arsenic……. Sugar and Water, Oily Drinks.
Kings Yellow, or……. /
Yellow Arsenic……../

Mercury……\
Corrosive Sublimate…… Whites of Eggs, Soap-and-Water.
Calomel……/

Opium…….. Emetic Draught, Vinegar-and-Water,
Laudanum…….. dashing Cold Water on chest and
face, walking up and down two or three hours.

Lead……\
White Lead……. Epsom Salts, Castor Oil, Emetics.
Sugar of Lead……/
Goulard's Extract……./

Copper
Blue-stone …….. Whites of Eggs, Sugar-and-Water,
Verdigris……. Castor Oil, Gruel.

Zinc …….. Lime-Water, Chalk-and-Water,
Soap-and-Water.

嗅盐.....\
硝石.....柠檬汁与醋水鹿角精...../

挥发盐...../

砷.....\
催吐散，或.....催吐剂、石灰水、肥皂水，

白砒霜.....糖和水，油性饮料。雌黄，或..... /

黄色砒霜...../

汞.....\
升汞.....蛋白、肥皂水。甘汞.....

鸦片.....催吐剂，醋水，
鸦片酊.....向胸部泼冷水并
面部，来回走动两三个小时。

铅.....\
铅白..... 泻盐、蓖麻油、催吐剂。铅糖...../

古拉尔提取液...../

铜
蓝矾 .....蛋清、糖水，铜绿.....蓖麻油、稀粥。

锌.....石灰水、白垩水，
肥皂和水。

Iron …….. Magnesia, Warm Water.

Henbane……\
Hemlock…… Emetics and Castor Oil;
Nightshade…… Brandy-and-Water, if necessary.
Foxglove……../

Poisonous Food…….. Emetics and Castor Oil.

2648. The symptoms of poisoning may be known for the most part from those of some diseases, which they are very like, from the fact of their coming on *immediately* after eating or drinking something; whereas those of disease come on, in most cases at least, by degrees, and with warnings. In most cases where poison is known, or suspected, to have been taken, the first thing to be done is to empty the stomach, well and immediately, by means of mustard mixed in warm water, or plain warm salt-and-water, or, better, this draught, which we call No. 1:—Twenty grains of sulphate of zinc in an ounce and a half of water. This draught to be repeated in a quarter of an hour if vomiting does not ensue. The back part of the throat should be well tickled with a feather, or two of the fingers thrust down it, to induce vomiting. The cases where vomiting must not be used are those where the skin has been taken off, and the parts touched irritated and inflamed by the poison taken, and where the action of vomiting would increase the evil. Full instructions are given in the article on each particular poison as to where emetics are or are not to be given. The best and safest way of emptying the stomach is by means of the stomach-pump, as in certain cases the action of vomiting is likely to increase the danger arising from the swollen and congested condition of the blood-vessels of the head, which often

铁.....镁氧、温水。

天仙子.....\
毒芹.....催吐剂和蓖麻油；
颠茄..... 必要时白兰地加水。毛地黄...../

有毒食物.....催吐剂和蓖麻油。

2648. 中毒的症状大多可与某些疾病的症状相区别，因为它们非常相似，区别在于中毒症状是在饮食某物后立即出现；而疾病症状至少在大多数情况下是逐渐出现并有先兆的。在已知或怀疑服毒的大多数病例中，首先要做的是立即妥善排空胃，可用温水调芥末，或单纯温盐水，或更好的是此顿服剂，我们称之为第1号：硫酸锌二十格令溶于一盎司半水中。若未发生呕吐，一刻钟后重复此顿服剂。应用羽毛充分搔挠咽后部，或将两指伸入其中，以诱发呕吐。不得使用呕吐的病例是：皮肤已被腐蚀脱落，所服毒物使接触部位受刺激发炎，而呕吐动作会加重损害者。关于何处应或不应给催吐剂，各具体毒物条目中均有详细说明。排空胃的最佳和最安全方法是用胃泵，因为在某些病例中，呕吐动作可能加重因头部血管肿胀充血状态而产生的危险，这种状态常

takes place. In the hands, however, of any one else than a surgeon, it would be not only useless, but harmful, as a great deal of dexterity, caution, and experience are required to use it properly. After having made these brief introductory remarks, we shall now proceed to particulars.

2649. *Sulphuric Acid, or Oil of Vitriol* (a clear, colourless liquid, of an oily appearance).—*Symptoms in those who have swallowed it*. When much is taken, these come on immediately. There is great burning pain, extending from the mouth to the stomach; vomiting of a liquid of a dark coffee-colour, often mixed with shreds of flesh and streaks of blood; the skin inside the mouth is taken off; and the exposed surface is at first white, and after a time becomes brownish. There are sometimes spots of a brown colour round the lips and on the neck, caused by drops of the acid falling on these parts. There is great difficulty of breathing, owing to the swelling at the back part of the mouth. After a time there is much depression of strength, with a quick, weak pulse, and cold, clammy skin. The face is pale, and has a very anxious look. When the acid swallowed has been greatly diluted in water, the same kind of symptoms occur, only in a milder degree.—*Treatment*. Give a mixture of magnesia in milk-and-water, or, if this cannot be obtained, of finely powdered chalk, or whiting, or even of the plaster torn down from the walls or ceiling, in milk-and-water. The mixture should be nearly as thick as cream, and plenty of it given. As well as this, simple gruel, milk, or thick flour-and-water, are very useful, and should be given in large quantities. Violent inflammation of the parts touched by the acid is most likely to take place in the coarse of a little time, and can only be properly attended to by a surgeon; but if one cannot be obtained, leeches,

发生。然而，在任何非外科医生的人手中，它不仅无用，而且有害，因为正确使用它需要大量的灵巧、谨慎和经验。在作了这些简短的 introductory 说明之后，我们现在将进入具体细节。

2649. 硫酸，或矾油(一种清澈、无色、外观油状的液体)。--吞服者的症状。若服下大量，症状立即出现。有剧烈灼痛，从口延伸至胃；呕吐出深咖啡色液体，常混有肉屑和血丝；口内皮肤脱落；暴露面初为白色，一段时间后变为褐色。唇周和颈部有时有褐色斑点，系酸滴落于这些部位所致。因口后部肿胀，呼吸极为困难。一段时间后，体力极度衰弱，脉搏快而弱，皮肤冷而黏湿。面色苍白，神情极为焦虑。若吞下的酸在水中高度稀释，则出现同类症状，只是程度较轻。--治疗。给予氧化镁与牛奶水的混合物，或若无法获得，可用细粉白垩、白垩粉，甚至从墙壁或天花板撕下的灰泥，与牛奶水混合。混合物应稠如奶油，并大量给予。除此之外，单纯稀粥、牛奶或浓面粉水也非常有用，应大量给予。接触酸的部位很可能在不久后发生剧烈炎症，只能由外科医生妥善处理；但若找不到外科医生，则水蛭，

the fever-mixtures (the recipe for which appears repeatedly in previous paragraphs), thick drinks, such as barley-water, gruel, arrowroot, &c., must be had recourse to, according to the symptoms of each particular case and the means at hand. The inflamed condition of the back part of the mouth requires particular attention. When the breathing is very laboured and difficult in consequence, from fifteen to twenty leeches are to be immediately applied to the outside of the throat, and when they drop off, warm poppy fomentations constantly kept to the part. When the pain over the stomach is very great, the same local treatment is necessary; but if it is only slight, a good mustard poultice will be sufficient without the leeches. In all these cases, two tablespoonfuls of the fever-mixture should be given every four hours, and only gruel or arrowroot allowed to be eaten for some days.

退烧合剂(其食谱在前几段中反复出现)、浓稠饮料，如大麦水、稀粥、竹芋粉等，必须根据每一具体病例的症状和手边可用的手段加以采用。口腔后部的炎症状况需要特别注意。当因此导致呼吸非常费力困难时，应立即在喉部外侧施用十五至二十只水蛭，待其脱落后，持续在该部位敷以温热的罂粟热敷剂。当胃部疼痛非常剧烈时，同样需要局部处理；但若疼痛轻微，仅用良好的芥末膏药即可，无需水蛭。在所有此类病例中，应每四小时给予两汤匙退烧合剂，数日内只允许进食稀粥或竹芋粉。

2650. *Nitric Acid*, commonly known as *Aqua Fortis*, or *Red Spirit of Nitre* (a straw-coloured fluid, of the consistence of water, and which gives off dense white fumes on exposure to the air).—*Symptoms produced in those who have swallowed it.* Much the same as in the case of sulphuric acid. In this case, however, the surface touched by the acid becomes *yellowish*. The tongue is mostly much swollen.—*Treatment*. The same as for sulphuric acid.

2650. 硝酸，俗称王水，或硝石红精(一种稻草色液体，稠度与水相同，暴露于空气中会散发出浓密的白烟)。--吞服者所产生的症状。与硫酸中毒的情况大致相同。然而在此情况下，被酸接触的表面会变为淡黄色。舌头大多严重肿胀。--治疗。与硫酸中毒相同。

2651. *Muriatic Acid, Spirit of Salt* (a thin yellow fluid, emitting dense white fumes on exposure to the air).—This is not often taken as a poison. The *symptoms* and *treatment* are much the same as those of *nitric acid*.

2651. 盐酸、盐精(一种稀薄的黄色液体，暴露于空气中会散发出浓密的白烟)。--这不常被用作毒物。症状和治疗与硝酸大致相同。

N.B.—*In no case of poisoning by these three acids should emetics ever be given*.

注意--在这三种酸中毒的任何情况下，都绝不应给予催吐剂。

2652. *Oxalic Acid*, commonly called *Salt of Lemons*.—This poison may be taken by mistake for Epsom salts, which it is a good deal like. It may be distinguished from them by its very acid taste and its shape, which is that of needle-formed crystals, each of which, if put into a drop of ink, will turn it to a reddish brown, whereas Epsom salts will not change its colour at all. When a large dose of this poison has been taken, death takes place very quickly indeed. —*Symptoms produced in those who have swallowed it*. A hot, burning, acid taste is felt in the act of swallowing, and vomiting of a *greenish-brown* fluid is produced, sooner or later, according to the quantity and strength of the poison taken. There is great tenderness felt over the stomach, followed by clammy perspirations and convulsions; the legs are often drawn up, and there is generally stupor, from which the patient, however, can easily be roused, and always great prostration of strength. The pulse is small and weak, and the breathing faint.—*Treatment*. Chalk or magnesia, made into a cream with water, should be given in large quantities, and afterwards the emetic draught above prescribed, or some mustard-and-water, if the draught cannot be got. The back part of the throat to be tickled with a feather, to induce vomiting. Arrowroot, gruel, and the like drinks, are to be taken. When the prostration of strength is very great and the body cold, warmth is to be applied to it, and a little brandy-and-water, or sal-volatile and water, given.

2652. 草酸，俗称柠檬盐。--此毒物可能被误认为泻盐，二者颇为相似。可通过其强烈的酸味和形状加以区分，其形状为针状晶体，每一晶体若放入一滴墨水中，会使墨水变为红棕色，而泻盐则完全不会改变其颜色。当服用大剂量此毒物时，死亡确实发生得非常迅速。--吞服者所产生的症状。吞咽时感到灼热、烧灼的酸味，并产生绿棕色液体的呕吐，迟早视所服毒物的量和浓度而定。胃部有剧烈压痛，随后出现黏冷汗和抽搐；双腿常蜷缩，通常有木僵状态，但患者可轻易被唤醒，且始终有极度虚弱。脉搏细小微弱，呼吸微弱。--治疗。应将白垩或氧化镁加水调成糊状，大量给予，随后服用上述催吐剂，若无法取得该剂，可用芥末水代替。用羽毛搔挠口腔后部以诱导呕吐。应进食竹芋粉、稀粥及类似饮料。当极度虚弱且身体冰冷时，应对身体施加温暖，并给予少量白兰地加水，或挥发盐加水。

2653. *Prussic Acid* (a thin, transparent, and colourless liquid, with a peculiar smell, which greatly resembles that of bitter almonds). —*Symptoms produced in those who have swallowed it*. These come on *immediately* after the poison has been taken, and may be produced by merely *smelling* it. The patient becomes perfectly

2653. 氢氰酸(一种稀薄、透明、无色的液体，具有一种特殊气味，极似苦杏仁的气味)。--吞服后产生的症状。这些症状在服毒后立即出现，仅闻其气味即可引起。病人变得完全

insensible, and falls down in convulsions—his eyes are fixed and staring, the pupils being bigger than natural, the skin is cold and clammy, the pulse scarcely perceptible, and the breathing slow and gasping.—*Treatment*. Very little can be done in these cases, as death takes place so quickly after the poison has been swallowed, when it takes place at all. The best treatment—which should always be adopted in all cases, even though the patient appears quite dead-is to dash quantities of cold water on the back, from the top of the neck downwards. Placing the patient under a pump, and pumping on him, is the best way of doing this. Smelling-salts are also to be applied to the nose, and the chest well rubbed with a camphor liniment.

失去知觉，并抽搐倒下--双眼固定凝视，瞳孔比正常更大，皮肤冰冷黏湿，脉搏几乎不可察觉，呼吸缓慢而喘息。--治疗。在此类病例中能做的极少，因为毒物吞服后死亡发生得如此迅速，若确实发生的话。最佳治疗方法--在所有病例中始终应采用，即使患者看似已死--是大量冷水从颈部顶端向下泼浇背部。将患者置于水泵下，用水泵冲浇，是实施此方法的最佳方式。还应将嗅盐施于鼻部，并用樟脑搽剂充分揉搓胸部。

2654. ALKALIS: *Potash, Soda*, and *Ammonia*, or common *Smelling-Salts*, with their principal preparations—*Pearlash, Soap Lees, Liquor Potassae, Nitre, Sal Prunella, Hartshorn*, and *Sal—Volatile.*—Alkalis are seldom taken or given with the view of destroying life. They may, however, be swallowed by mistake.—*Symptoms produced in those who have swallowed them*. There is at first a burning, acrid taste in, and a sensation of tightness round, the throat, like that of strangling; the skin touched is destroyed; retching mostly followed by actual vomiting, then sets in; the vomited matters often containing blood of a dark brown colour, with little shreds of flesh here and there, and always changing vegetable blue colours green. There is now great tenderness over the whole of the belly. After a little while, great weakness, with cold, clammy sweats, a quick weak pulse, and purging of bloody matters, takes place. The brain, too, mostly becomes affected.—*Treatment*. Give two tablespoonfuls of vinegar or lemon-juice in a glassful of water every few minutes until the burning sensation is relieved. Any kind of oil or milk

2654.碱类：钾碱、苏打和氨，或普通嗅盐，及其主要制剂--珍珠灰、皂液、钾溶液、硝石、熔硝、鹿角精和挥发盐。--碱类很少被服用或给予以图致命。然而，它们可能被误吞。--吞服者所产生的症状。起初喉部有灼热、辛辣的味道，并有紧缩感，如被扼住一般；被接触的皮肤被破坏；干呕后通常接着发生实际呕吐；呕吐物常含有深棕色血液，其间夹杂小块肉屑，且总是使植物蓝色变为绿色。此时整个腹部有剧烈压痛。稍后出现极度虚弱，伴有冰冷黏汗、快速微弱脉搏和血性腹泻。大脑也大多受到影响。--治疗。每隔几分钟给予两汤匙醋或柠檬汁溶于一杯水中，直至灼烧感缓解。任何种类的油或牛奶

may also be given, and will form soap when mixed with the poison in the stomach. Barley-water, gruel, arrowroot, linseed-tea, &c., are also very useful, and should be taken constantly, and in large quantities. If inflammation should take place, it is to be treated by applying leeches and warm poppy fomentations to the part where the pain is most felt, and giving two tablespoonfuls of the fever mixture every four hours. The diet in all these cases should only consist of arrowroot or gruel for the first few days, and then of weak broth or beef-tea for some time after.

也可以给予，与胃中的毒物混合后会形成肥皂。大麦水、稀粥、竹芋粉、亚麻籽茶等也非常有用，应不断大量服用。如果发生炎症，应在疼痛最明显处施用水蛭和温热的罂粟热敷，并每四小时给予两汤匙退热合剂。在所有这些病例中，最初几天的饮食应仅由竹芋粉或稀粥组成，此后一段时间内则给予淡肉汤或牛肉茶。

2655. When very strong fumes of smelling-salts have in any way been inhaled, there is great difficulty of breathing, and alarming pain in the mouth and nostrils. In this case let the patient inhale the steam of warm vinegar, and treat the feverish symptoms as before.

2655. 当嗅盐的强烈气味以任何方式被吸入时，会出现严重的呼吸困难，以及口腔和鼻孔中令人惊恐的疼痛。在这种情况下，让病人吸入热醋的蒸汽，并如前所述处理发热症状。

2656. *Arsenic*.—Mostly seen under the form of white arsenic, or fly-powder, and yellow arsenic, or king's yellow.—*Symptoms produced in those who have swallowed it.* These vary very much, according to the form and dose in which the poison has been taken. There is faintness, depression, and sickness, with an intense burning pain in the region of the stomach, which gets worse and worse, and is increased by pressure. There is also vomiting of dark brown matter, sometimes mixed with blood; and mostly great thirst, with a feeling of tightness round, and of burning in, the throat. Purging also takes place, the matters brought away being mixed with blood. The pulse is small and irregular, and the skin sometimes cold and clammy, and at others hot. The breathing is painful. Convulsions and spasms often occur.—*Treatment.* Give a couple of teaspoonfuls of mustard in a glass of water, to bring on or assist vomiting, and also use the other means elsewhere

2656. 砒霜。--最常见的形式是白砒，或称苍蝇粉，以及黄砒，或称王黄。--吞服后产生的症状。这些症状因所服毒物的形式和剂量而有很大差异。有虚弱、抑郁和恶心，胃部有剧烈的灼痛，且越来越重，按压时加剧。还有深褐色物质的呕吐，有时混有血液；大多有极度口渴，咽喉周围有紧缩感并有灼烧感。还发生腹泻，排出物混有血液。脉搏细小而不规则，皮肤有时冰冷湿黏，有时发热。呼吸疼痛。常发生抽搐和痉挛。--治疗。给两茶匙芥末溶于一杯水中，以引起或协助呕吐，同时也采用别处所述的其他方法

recommended for the purpose. A solution, half of lime-water and half of linseed-oil, well mixed, may be given, as well as plenty of arrowroot, gruel, or linseed-tea. Simple milk is also useful. A little castor-oil should be given, to cleanse the intestines of all the poison, and the after-symptoms treated on general principles.

2657. *Corrosive Sublimate*.—Mostly seen in the form of little heavy crystalline masses, which melt in water, and have a metallic taste. It is sometimes seen in powder. This is a most powerful poison.—*Symptoms*. These mostly come on immediately after the poison has been taken. There is a coppery taste experienced in the act of swallowing, with a burning heat, extending from the top of the throat down to the stomach; and also a feeling of great tightness round the throat. In a few minutes great pain is felt over the region of the stomach, and frequent vomiting of long, stringy white masses, mixed with blood, takes place. There is also mostly great purging. The countenance is generally pale and anxious; the pulse always small and frequent; the skin cold and clammy, and the breathing difficult. Convulsions and insensibility often occur, and are very bad symptoms indeed. The inside of the mouth is more or less swollen.—*Treatment*. Mix the whites of a dozen eggs in two pints of cold water, and give a glassful of the mixture every three or four minutes, until the stomach can contain no more. If vomiting does not now come on naturally, and supposing the mouth is not very sore or much swollen, an emetic draught, No. 1, may be given, and vomiting induced. (The No. 1 draught, we remind our readers, is thus made:—Twenty grains of sulphate of zinc in an ounce and a half of water; the draught to be repeated if vomiting does not take place in a quarter of an hour.) After the stomach has been well cleaned out, milk, flour-and-water, linseed-

为此推荐。可将半份石灰水与半份亚麻籽油充分混合的溶液给予病人，并给予大量竹芋粉、稀粥或亚麻籽茶。纯牛奶也有用。应给予少量蓖麻油，以清除肠道中的所有毒物，后续症状按一般原则治疗。

2657. 腐蚀性升汞。--多呈沉重的小结晶块状，遇水即溶，带有金属味。有时也以粉末状出现。此为极强之毒物。--症状。多在服毒后立即出现。吞咽时感到铜味，并有灼热感，自喉头向下延伸至胃；喉部周围亦觉极度紧束。数分钟内，胃部区域即感剧痛，并频繁呕吐出混有血液的长条状白色丝状物。多数还伴有剧烈腹泻。面容通常苍白而焦虑；脉象总是细小而频数；皮肤冰冷湿黏，呼吸艰难。常发生抽搐与失去知觉，实为极凶险之症。口腔内部或多或少肿胀。--治疗。将十二个鸡蛋的蛋清调于两品脱冷水中，每三四分钟给服一杯混合液，直至胃中再不能容纳为止。若此时呕吐仍未自然发生，且假定口腔并未严重疼痛或过度肿胀，可给予第一号催吐剂，诱发呕吐。(我们提醒读者，第一号催吐剂制法如下：将二十格令硫酸锌溶于一盎司半水中；若一刻钟内未发生呕吐，则重复服用。)待胃部充分清洗之后，可给予牛奶、面粉水、亚麻籽--

tea, or barley-water, should be taken in large quantities. If eggs cannot be obtained, milk, or flour-and-water, should be given as a substitute for them at once. When the depression of strength is very great indeed, a little warm brandy-and-water must be given. In the course of an hour or two the patient should take two tablespoonfuls of castor-oil, and if inflammation comes on, it is to be treated as directed in the article on acids and alkalis. The diet should also be the same. If the patient recovers, great soreness of the gums is almost certain to take place. The simplest, and at the same time one of the best modes of treatment, is to wash them well three or four times a day with brandy-and-water.

茶或大麦水。如果无法获得鸡蛋，应立即以牛奶或面粉水代替。当体力极度虚弱时，必须给予少量温热的白兰地加水。在一两个小时内，病人应服用两汤匙蓖麻油，如果发生炎症，则按酸类和碱类条目中所述的方法治疗。饮食也应相同。如果病人康复，几乎必然会发生牙龈严重疼痛。最简单同时也是最好的治疗方法之一，是每天用白兰地加水充分漱洗三四次。

2658. *Calomel*.—A heavy white powder, without taste, and insoluble in water. It has been occasionally known to destroy life. —*Symptoms*. Much the same as in the case of corrosive sublimate. —*Treatment*. The same as for corrosive sublimate. If the gums are sore, wash them, as recommended in the case of corrosive sublimate, with brandy-and-water three or four times a day, and keep the patient on *fluids*, such as arrowroot, gruel, broth, or beef-tea, according to the other symptoms. Eating hard substances would make the gums more sore and tender.

2658. 甘汞。--一种沉重的白色粉末，无味，不溶于水。偶尔已知会致人死亡。--症状。与升汞中毒的情况大致相同。--治疗。与升汞相同。如果牙龈疼痛，按升汞病例中的建议，每天用白兰地加水漱洗三四次，并让病人进食流质，如竹芋粉、稀粥、肉汤或牛肉茶，视其他症状而定。食用坚硬物质会使牙龈更加疼痛和敏感。

2659. *Copper*.—The preparations of this metal which are most likely to be the ones producing poisonous symptoms, are *blue-stone* and *verdigris*. People are often taken ill after eating food that has been cooked in copper saucepans. When anything has been cooked in one of these vessels, *it should never be allowed to cool in it*.—*Symptoms*. Headache, pain in the stomach, and purging; vomiting of green or blue matters, convulsions, and spasms.—*Treatment*. Give whites of eggs, sugar-and-water, castor-oil, and drinks, such as arrowroot and gruel.

2659. 铜。--这种金属中最可能产生中毒症状的制剂是蓝矾和铜绿。人们常因食用在铜酱汁锅中烹煮的食物而患病。凡在此类容器中烹煮过的食物，绝不应任其在容器中冷却。--症状。头痛、胃痛、腹泻；呕吐绿色或蓝色物质，惊厥与痉挛。--治疗。给予蛋清、糖水、蓖麻油，以及竹芋粉和稀粥之类的饮品。

2660. *Emetic Tartar.*—Seen in the form of a white powder, or crystals, with a slightly metallic taste. It has not often been known to destroy life.—*Symptoms*. A strong metallic taste in the act of swallowing, followed by a burning pain in the region of the stomach, vomiting, and great purging. The pulse is small and rapid, the skin cold and clammy, the breathing difficult and painful, and the limbs often much cramped. There is also great prostration of strength.—*Treatment*. Promote the vomiting by giving plenty of warm water, or warm arrowroot and water. Strong tea, in large quantities, should be drunk; or, if it can be obtained, a decoction of oak bark. The after-treatment is the same as that for acids and alkalis; the principal object in all these cases being to keep down the inflammation of the parts touched by the poison by means of leeches, warm poppy fomentations, fever-mixtures, and very low diet.

2660. 吐酒石。--呈白色粉末或结晶状，带有轻微的金属味。尚未常见其致人死亡之例。--症状。吞咽时口中有强烈的金属味，继之以胃部区域的灼痛、呕吐和剧烈腹泻。脉搏细小而频数，皮肤冰冷湿黏，呼吸困难而疼痛，四肢常严重抽搐。并有极度虚脱。--治疗。给予大量温水，或温热的竹芋粉加水，以促进呕吐。应大量饮用浓茶；若能取得，可饮橡树皮煎剂。后续治疗与酸类和碱类中毒相同；所有这些病例的主要目标，都是通过水蛭、温罂粟热敷、退热合剂和极清淡的饮食，来抑制被毒物接触部位的炎症。

2661. *Lead*, and its preparations, *Sugar of Lead, Goulard's Extract, White Lead.*—Lead is by no means an active poison, although it is popularly considered to be so. It mostly affects people by being taken into the system slowly, as in the case of painters and glaziers. A newly-painted house, too, often affects those living in it.—*Symptoms produced when taken in a large dose*. There is at first a burning, pricking sensation in the throat, to which thirst, giddiness, and vomiting follow. The belly is tight, swollen, and painful; *the pain being relieved by pressure*. The bowels are mostly bound. There is great depression of strength, and a cold skin.—Treatment. Give an emetic draught (No. 1, see above) at once, and shortly afterwards a solution of Epsom salts in large quantities. A little brandy-and-water must be taken if the depression of strength is very great indeed. Milk, whites of eggs, and arrowroot are also

2661. 铅及其制剂，醋酸铅、古拉尔浸膏、白铅。--铅绝非一种作用强烈的毒物，尽管民间普遍如此认为。它多半是通过缓慢进入体内而影响人的，如油漆匠和玻璃匠的情形。新油漆的房子也常使居住其中的人受到影响。--大剂量服用时产生的症状。起初喉部有灼烧、刺痛感，继之以口渴、眩晕和呕吐。腹部紧绷、肿胀且疼痛；疼痛可因按压而缓解。大便多秘结。体力极度衰弱，皮肤冰冷。--治疗。立即给予一剂催吐药(第1号，见上文)，随后不久给予大量泻盐溶液。若体力衰弱确实非常严重，须饮少量白兰地加水。牛奶、蛋清和竹芋粉也有

useful. After two or three hours, cleanse the stomach and intestines well out with two tablespoonfuls of castor-oil, and treat the symptoms which follow according to the rules laid down in other parts of these articles.—*Symptoms when it is taken into the body slowly*. Headache, pain about the navel, loss of appetite and flesh, offensive breath, a blueness of the edges of the gums; the belly is tight, hard, and knotty, and the pulse slow and languid. There is also sometimes a difficulty in swallowing.—*Treatment*. Give five grains of calomel and half a grain of opium directly, in the form of a pill, and half an ounce of Epsom salts in two hours, and repeat this treatment until the bowels are well opened. Put the patient into a warm bath, and throw up a clyster of warmish water when he is in it. Fomentations of warm oil of turpentine, if they can be obtained, should be put over the whole of the belly. The great object is to open the bowels as freely and as quickly as possible. When this has been done, a grain of pure opium may be given. Arrowroot or gruel should be taken in good large quantities. The after-treatment must depend altogether upon the symptoms of each particular case.

用处。两三个小时后，用两汤匙蓖麻油将胃和肠彻底清理干净，并按照这些条目其他部分所规定的规则治疗随后出现的症状。--缓慢进入体内时的症状。头痛、脐周疼痛、食欲和体重丧失、口臭、牙龈边缘发蓝；腹部紧绷、坚硬且有结节，脉搏缓慢而无力。有时还有吞咽困难。--治疗。立即给予五格令甘汞和半格令鸦片，制成丸剂，两小时后给予半盎司泻盐，并重复此治疗直至大便充分通畅。将病人放入温水浴中，在其入浴时灌入一剂微温水的灌肠液。若能取得温热的松节油，应敷于整个腹部。最重要的目标是尽可能自由而迅速地通便。通便之后，可给予一格令纯鸦片。应大量食用竹芋粉或稀粥。后续治疗必须完全取决于每一具体病例的症状。

2662. *Opium*, and its preparations, *Laudanum, &c*.—Solid opium is mostly seen in the form of rich brown flattish cakes, with little pieces of leaves sticking on them here and there, and a bitter and slightly warm taste. The most common form in which it is taken as a poison, is that of laudanum.—*Symptoms*. These consist at first in giddiness and stupor, followed by insensibility, the patient, however, being roused to consciousness by a great noise, so as to be able to answer a question, but becoming insensible again almost immediately. The pulse is now quick and small, the breathing hurried, and the skin warm and covered with

2662. 鸦片及其制剂，鸦片酊等。--固体鸦片多呈深棕色扁平的块状，上面零星粘着小片叶子，味道苦而微温。作为毒物服用时最常见的形式是鸦片酊。--症状。起初为眩晕和昏睡，继之以不省人事，然而病人可被巨大的声响唤醒至有意识状态，能够回答问题，但几乎立即又变得不省人事。此时脉搏快而细小，呼吸急促，皮肤温暖并布满

perspiration. After a little time, these symptoms change; the person becomes *perfectly insensible*, the breathing slow and *snoring*, as in apoplexy, the skin cold, and the pulse slow and full. The pupil of the eye is mostly smaller than natural. On applying his nose to the patient's mouth, a person may smell the poison very distinctly.—*Treatment.* Give an emetic draught (No. 1, see above) directly, with large quantities of warm mustard-and-water, warm salt-and-water, or simple warm water. Tickle the top of the throat with a feather, or put two fingers down it to bring on vomiting, which rarely takes place of itself. Dash cold water on the head, chest, and spine, and flap these parts well with the ends of wet towels. Give strong coffee or tea. Walk the patient up and down in the open air for two or three hours; the great thing being to keep him from sleeping. Electricity is of much service. When the patient is recovering, mustard poultices should be applied to the soles of the feet and the insides of the thighs and legs. The head should be kept cool and raised.

汗液。过了一小段时间，这些症状发生变化；病人变得完全不省人事，呼吸缓慢而打鼾，如中风一般，皮肤冰冷，脉搏缓慢而充实。眼睛的瞳孔多比正常时小。将鼻子凑近病人口部，可以非常清楚地闻到毒物的气味。--治疗。立即给予一剂催吐药(第1号，见上文)，并给予大量温热的芥末水、温盐水或单纯的温水。用羽毛搔挠喉部顶端，或将两根手指伸入喉中催吐，呕吐很少自行发生。将冷水泼于头部、胸部和脊柱，并用湿毛巾的末端在这些部位用力拍打。给予浓咖啡或浓茶。在户外让病人来回走动两三个小时；最重要的是不让他入睡。电疗很有帮助。当病人正在恢复时，应将芥末膏药敷于脚底和大腿及小腿内侧。头部应保持凉爽并抬高。

2663. The following preparations, which are constantly given to children by their nurses and mothers, for the purpose of making them sleep, often prove fatal:—*Syrup of Poppies*, and *Godfrey's Cordial*. The author would most earnestly urge all people caring for their children's lives, never to allow any of these preparations to be given, unless ordered by a surgeon.

2663. 下列制剂常被保姆和母亲给儿童服用以使其入睡，往往证明是致命的：鸦片糖浆和戈弗雷氏香酒。作者恳切敦促所有关心孩子生命的人，除非外科医生嘱咐，绝不要允许给儿童服用任何这类制剂。

2664. The treatment in the case of poisoning by *Henbane*, *Hemlock*, *Nightshade*, and *Foxglove*, is much the same as that for opium. Vomiting should be brought on in all of them.

2664. 对于天仙子、毒芹、颠茄和毛地黄中毒的病例，治疗方法与鸦片中毒大致相同。所有这些情况都应催吐。

2665. *Poisonous Food.*—It sometimes happens that things which are in daily use, and mostly perfectly harmless, give rise, under

2665. 有毒食物。--有时会发生这样的情况：日常使用且大多完全无害的东西，在

certain unknown circumstances, and in certain individuals, to the symptoms of poisoning. The most common articles of food of this description are *Mussels*, *Salmon*, and certain kinds of *Cheese* and *Bacon*. The general symptoms are thirst, weight about the stomach, difficulty of breathing, vomiting, purging, spasms, prostration of strength, and, in the case of mussels more particularly, an eruption on the body, like that of nettle-rash.—*Treatment*. Empty the stomach well with No. 1 draught and warm water, and give two tablespoonfuls of castor-oil immediately after. Let the patient take plenty of arrowroot, gruel, and the like drinks, and if there is much depression of strength, give a little warm brandy-and-water. Should symptoms of fever or inflammation follow, they must be treated as directed in the articles on other kinds of poisoning.

某些未知情况下，以及在某些个体中，会出现中毒症状。这类最常见的食物是贻贝、鲑鱼以及某些种类的奶酪和培根。一般症状为口渴、胃部沉重感、呼吸困难、呕吐、腹泻、痉挛、体力虚脱，就贻贝而言尤其会出现类似荨麻疹的身体皮疹。--治疗。用1号顿服药和温水充分排空胃，随后立即给予两汤匙蓖麻油。让病人服用大量竹芋粉、稀粥及类似饮品，若体力极度虚弱，给予少量温白兰地加水。若随后出现发热或炎症症状，须按其他种类中毒条目所述方法治疗。

2666. *Mushrooms*, and similar kinds of vegetables, often produce poisonous effects. The symptoms are various, sometimes giddiness and stupor, and at others pain in and swelling of the belly, with vomiting and purging, being the leading ones. When the symptoms come on quickly after taking the poison, it is generally the head that is affected.—The treatment consists in bringing on vomiting in the usual manner, as quickly and as freely as possible. The other symptoms are to be treated on general principles; if they are those of depression, by brandy-and-water or sal-volatile; if those of inflammation, by leeches, fomentations, fever-mixtures, &c. &c.

2666. 蘑菇及类似种类的蔬菜，常会产生有毒作用。症状多种多样，有时为眩晕与昏睡，有时为腹痛与腹部肿胀，呕吐与腹泻为主要症状。若服毒后症状迅速出现，通常受累的是头部。治疗在于按常规方法尽快、尽量充分地催吐。其他症状按一般原则处理；若为虚脱症状，用白兰地加水或挥发盐；若为炎症症状，用水蛭、热敷、退热合剂等。

2667. FOR CURE OF RINGWORM.—Take of subcarbonate of soda 1 drachm, which dissolve in 1/2 pint of vinegar. Wash the head every morning with soft soap, and apply the lotion night and morning. One teaspoonful of sulphur and treacle should also be

2667. 治癣方。--取碳酸钠1打兰，溶于1/2品脱醋中。每天早晨用软皂洗头，早晚涂搽此洗剂。还应服用一茶匙硫磺与糖蜜，

given occasionally night and morning. The hair should be cut close, and round the spot it should be shaved off, and the part, night and morning, bathed with a lotion made by dissolving a drachm of white vitriol in 8 oz. of water. A small piece of either of the two subjoined ointments rubbed into the part when the lotion has dried in. No, 1.—Take of citron ointment 1 drachm; sulphur and tar ointment, of each 1/2 oz.: mix thoroughly, and apply twice a day. No. 2.—Take of simple cerate 1 oz.; creosote 1 drachm; calomel 30 grains: mix and use in the same manner as the first. Concurrent with these external remedies, the child should take an alterative powder every morning, or, if they act too much on the bowels, only every second day. The following will be found to answer all the intentions desired.

偶尔早晚各服一次。头发应剪短，患处周围应剃光，早晚用一德拉克马白矾溶于8盎司水中制成的洗剂浸洗患处。洗剂干后，将下列两种软膏之一的一小块揉入患处。1号--取香橼软膏1德拉克马；硫磺焦油软膏各1/2盎司：充分混合，每日涂敷两次。2号--取单纯蜡膏1盎司；木馏油1德拉克马；甘汞30格令：混合后按第一方同样方法使用。与这些外用药物同时，患儿应每日早晨服用一剂变质药粉，若对肠道作用过强，则仅隔日服用一次。下列处方可满足所有预期目的。

2668. Alterative Powders for Ringworm.—Take of

Sulphuret of antimony, precipitated . 24 grains.
Grey powder . . . . . 12 grains.
Calomel . . . . . 6 grains.
Jalap powder . . . . . 36 grains.

Mix carefully, and divide into 12 powders for a child from 1 to 2 years old; into 9 powders for a child from 2 to 4 years; and into 6 powders for a child from 4 to 6 years. Where the patient is older, the strength may be increased by enlarging the quantities of the drugs ordered, or by giving one and a half or two powders for one dose. The ointment is to be well washed off every morning with soap-and-water, and the part bathed with the lotion before re-applying the ointment. An imperative fact must be remembered by mother or nurse,—never to use the same comb employed for the child with ringworm, for the healthy children, or let the

2668. 治癣变质散剂--取

沉淀硫化锑。24格令。灰色粉末.....12格令。

甘汞 .....6 格令。
贾拉普粉.....36格令。

仔细混合，分为12包药粉，用于1至2岁儿童；分为9包药粉，用于2至4岁儿童；分为6包药粉，用于4至6岁儿童。若患者年龄较大，可增加所用药物的剂量，或每次给予一包半或两包药粉以增强药力。每日早晨须用肥皂水将软膏彻底洗去，并在重新涂敷软膏前用洗剂浸洗患处。母亲或保姆必须牢记一条不可违背的事实--绝不可将患癣儿童用过的梳子用于健康儿童，也不可让

affected little one sleep with those free from the disease; and, for fear of any contact by hands or otherwise, to keep the child's head enveloped in a nightcap, till this eruption is completely cured.

让患病的孩子与未患此病的孩子分开睡；并且，为防止手或其他方式的任何接触，应给孩子头上戴一顶睡帽，直到此疹完全治愈。

2669. SCRATCHES.—Trifling as scratches often seem, they ought never to be neglected, but should be covered and protected, and kept clean and dry until they have completely healed. If there is the least appearance of inflammation, no time should be lost in applying a large bread-and-water poultice, or hot flannels repeatedly applied, or even leeches in good numbers may be put on at some distance from each other.

2669. 擦伤。--擦伤虽常看似轻微，但绝不应忽视，而应覆盖保护，保持清洁干燥，直至完全愈合。如有丝毫发炎迹象，应立即敷一大块面包水糊剂，或反复敷热法兰绒，甚至可在相距较远处放置足量水蛭。

2670. FOR SHORTNESS OF BREATH, OR DIFFICULT BREATHING.—Vitriolated spirits of ether 1 oz., camphor 12 grains: make a solution, of which take a teaspoonful during the paroxysm. This is found to afford instantaneous relief in difficulty of breathing, depending on internal diseases and other causes, where the patient, from a very quick and laborious breathing, is obliged to be in an erect posture.

2670. 治气短或呼吸困难。--硫酸醚精1盎司，樟脑12格令：配成溶液，发作时服一茶匙。据发现，对于因内科疾病及其他原因引起的呼吸困难--患者因呼吸极快而费力，不得不采取直立姿势--此方能立即缓解。

2671. SPRAINS.—A sprain is a stretching of the leaders or ligaments of a part through some violence, such as slipping, falling on the hands, pulling a limb, &c. &c. The most common are those of the ankle and wrist. These accidents are more serious than people generally suppose, and often more difficult to cure than a broken log or arm. The first thing to be done is to place the sprained part in the straight position, and to raise it a little as well. Some recommend the application of cold lotions at first. The editress, however, is quite convinced that warm applications are, in most cases, the best for for the first three or four days. These fomentations are to be applied in the following manner:—Dip a

2671. 扭伤--扭伤是指某部位的韧带或肌腱因某种暴力(如滑倒、跌倒在手上、拉扯肢体等)而被拉伸。最常见的是踝关节和腕关节的扭伤。这类意外比人们通常所想的更为严重，而且往往比骨折或断臂更难治愈。首先要做的是将扭伤部位摆正，并稍稍抬高。有些人建议起初使用冷敷液。然而，女主编深信，在大多数情况下，最初三四天热敷是最好的。热敷按以下方式进行：--将一块

good-sized piece of flannel into a pail or basin full of hot water or hot poppy fomentation,—six poppy heads boiled in one quart of water for about a quarter of an hour; wring it almost dry, and apply it, as hot as the patient can bear, right round the sprained part. Then place another piece of flannel, quite dry, over it, in order that the steam and warmth may not escape. This process should be repeated as often as the patient feels that the flannel next to his skin is getting cold—the oftener the better. The bowels should be opened with a black draught, and the patient kept on low diet. If he has been a great drinker, he may be allowed to take a little beer; but it is better not to do so. A little of the cream of tartar drink, ordered in the case of burns, may be taken occasionally if there is much thirst. When the swelling and tenderness about the joint are very great, from eight to twelve leeches may be applied. When the knee is the joint affected, the greatest pain is felt at the inside, and therefore the greater quantity of the leeches should be applied to that part. When the shoulder is sprained, the arm should be kept close to the body by means of a linen roller, which is to be taken four or five times round the whole of the chest. It should also be brought two or three times underneath the elbow, in order to raise the shoulder. This is the best treatment for these accidents during the first three or four days. After that time, supposing that no unfavourable symptoms have taken place, a cold lotion, composed of a tablespoonful of sal-ammoniac to a quart of water, or vinegar-and-water, should be constantly applied. This lotion will strengthen the part, and also help in taking away any thickening that may have formed about the joint. In the course of two or three weeks, according to circumstances, the joint is to be rubbed twice a day

取一块大小适中的法兰绒放入装满热水或热罂粟敷剂的桶或盆中--将六个罂粟头在一夸脱水中煮约一刻钟；将其拧至几乎干燥，趁患者能忍受的热度，直接敷在扭伤部位周围。然后在其上覆盖另一块完全干燥的法兰绒，以免蒸汽和热量散失。只要患者感觉贴近皮肤的法兰绒变冷，就应重复此过程--越频繁越好。应以一剂黑泻药通便，并让患者进食清淡饮食。若患者素来酗酒，可允许其饮少量啤酒；但最好不饮。若口渴严重，可偶尔服用少许烧伤病例中所嘱的塔塔粉饮料。当关节周围肿胀和压痛非常严重时，可施用八至十二条水蛭。若受累关节为膝部，最剧烈的疼痛感于内侧，因此应将较多水蛭施于该处。肩部扭伤时，应以亚麻绷带将手臂紧贴身体，绷带需绕整个胸部四五圈。还应从肘下绕过两三次，以托起肩部。这是此类损伤最初三四天内的最佳疗法。此后，假设未出现不良症状，应持续敷用冷洗剂，由一汤匙氯化铵兑一夸脱水，或醋与水配制。此洗剂可强健患部，并有助于消除关节周围可能形成的任何增厚。视情况在两三周内，每日两次以浸有鸦片樟脑酊的法兰绒摩擦关节

with flannel dipped in opodeldoc, a flannel bandage rolled tightly round the joint, the pressure being greatest at the lowest part, and the patient allowed to walk about with the assistance of a crutch or stick. He should also occasionally, when sitting or lying down, quietly bend the joint backwards and forwards, to cause its natural motion to return, and to prevent stiffness from taking place. When the swelling is very great immediately after the accident has occurred, from the breaking of the blood-vessels, it is best to apply cold applications at first. If it can be procured, oil-silk may be put over the warm-fomentation flannel, instead of the dry piece of flannel. Old flannel is better than new.

用浸有鸦片樟脑酊的法兰绒摩擦，以法兰绒绷带紧紧缠绕关节，压力在最低处最大，并允许患者借助拐杖或手杖行走。患者坐卧时还应偶尔轻轻前后弯曲关节，以促使其自然活动恢复，并防止发生僵硬。若事故发生后因血管破裂而立即出现严重肿胀，最好先施以冷敷。若能取得油绸，可将其覆于热敷法兰绒之上，代替干燥的法兰绒。旧法兰绒优于新法兰绒。

2672. CURE FOR STAMMERING.—Where there is no malformation of the organs of articulation, stammering may be remedied by reading aloud with the teeth closed. This should be practised for two hours a day, for three or four months. The advocate of this simple remedy says, "I can speak with certainty of its utility."

2672. 治口吃方。--在发音器官无畸形的情况下，口吃可通过闭齿朗读来矫正。每天应练习两小时，持续三四个月。这一简单疗法的提倡者说：“我可以肯定地说它有效。”

2673. STAMMERING.—At a recent meeting of the Boston Society of Natural History, Dr. Warren stated, "A simple, easy, and effectual cure of stammering." It is, simply, at every syllable pronounced, to tap at the same time with the finger; by so doing, "the most inveterate stammerer will be surprised to find that he can pronounce quite fluently, and, by long and constant practice, he will pronounce perfectly well."

2673. 口吃。--在最近一次波士顿自然史学会会议上，沃伦医生说：“一种简单、容易而有效的口吃疗法。”那就是，每发一个音节时同时用手指敲击；这样做，“最顽固的口吃者也会惊讶地发现自己能相当流利地发音，经过长期不断的练习，他会发音完全正常。”

2674. SUFFOCATION, APPARENT.—Suffocation may arise from many different causes. Anything which prevents the air getting into the lungs will produce it. We shall give the principal causes, and the treatment to be followed in each case.

2674. 假死性窒息。--窒息可由许多不同原因引起。任何阻止空气进入肺部的东西都会造成窒息。我们将列举主要原因及每种情况的处理方法。

2675. 1. *Carbonic Acid Gas. Choke-Damp of Mines*.—This poisonous gas is met with in rooms where charcoal is burnt, and where there is not sufficient draught to allow it to escape; in coalpits, near limekilns, in breweries, and in rooms and houses where a great many people live huddled together in wretchedness and filth, and where the air in consequence becomes poisoned. This gas gives out no smell, so that we cannot know of its presence. A candle will not burn in a room which contains much of it.—*Effects*. At first there is giddiness, and a great wish to sleep; after a little time, or where there is much of it present, a person feels great weight in the head, and stupid; gets by degrees quite unable to move, and snores as if in a deep sleep. The limbs may or may not be stiff. The heat of the body remains much the same at first.—*Treatment*. Remove the person affected into the open air, and, even though it is cold weather, take off his clothes. Then lay him on his back, with his head slightly raised. Having done this, dash vinegar-and-water over the whole of the body, and rub it hard, especially the face and chest, with towels dipped in the same mixture. The hands and feet also should be rubbed with a hard brush. Apply smelling-salts to the nose, which may be tickled with a feather. Dashing cold water down the middle of the back is of great service. If the person can swallow, give him a little lemon-water, or vinegar-and-water to drink. The principal means, however, to be employed in this, as, in fact, in most cases of apparent suffocation, is what is called *artificial breathing*. This operation should be performed by three persons, and in the following manner:—The first person should put the nozzle of a common pair of bellows into one of the patient's nostrils; the second should push down, and then thrust back, that part of the

2675. 1. 碳酸气。矿井中的窒息瓦斯。--这种有毒气体见于燃烧木炭且通风不足以使其逸出的房间；见于煤矿井中、石灰窑附近、酿酒厂中，以及许多人拥挤居住在悲惨污秽之中、空气因而被毒化的房间和房屋中。此气体不散发气味，因此我们无法察觉其存在。蜡烛在含有大量此气体的房间中不会燃烧。--症状。起初出现头晕和强烈的睡意；过了一段时间，或当存在大量此气体时，患者感到头部沉重、迟钝；逐渐完全无法动弹，并像深睡般打鼾。四肢可能僵硬，也可能不僵硬。起初体温大致不变。--治疗。将患者移至户外，即使天气寒冷也要脱去其衣服。然后将其仰卧，头部略抬高。做完这些后，将醋与水泼洒全身，并用浸有同样混合液的毛巾用力擦拭，尤其是面部和胸部。手和脚也应以硬刷擦拭。将嗅盐施于鼻部，并可用羽毛搔痒鼻部。沿脊柱中部泼冷水极为有效。若患者能吞咽，可给予少量柠檬水或醋与水饮用。然而，在此类情况--事实上在大多数表面窒息的情况下--所应采用的主要手段是所谓的人工呼吸。此操作应由三人施行，方法如下：第一人将普通风箱的喷嘴放入患者一侧鼻孔；第二人向下按压，然后向后推压

throat called "Adam's apple;" and the third should first raise and then depress the chest, one hand being placed over each side of the ribs. These three actions should be performed in the following order:—First of all, the throat should be drawn down and thrust back; then the chest should be raised, and the bellows gently blown into the nostril. Directly this is done, the chest should be depressed, so as to imitate common breathing. This process should be repeated about eighteen times a minute. The mouth and the other nostril should be closed while the bellows are being blown. Persevere, if necessary, with this treatment for seven or eight hours—in fact, till absolute signs of death are visible. Many lives are lost by giving it up too quickly. When the patient becomes roused, he is to be put into a warm bed, and a little brandy-and-water, or twenty drops of sal-volatile, given cautiously now and then. This treatment is to be adopted in all cases where people are affected from breathing bad air, smells, &c. &c.

喉部称为“喉结”的部位；第三人应先抬起然后压下胸部，每只手分别置于肋骨两侧。这三个动作应按以下顺序施行：首先，将喉部向下拉并向后推；然后抬起胸部，并将风箱轻轻吹入鼻孔。此动作一完成，应立即压下胸部，以模仿正常呼吸。此过程应每分钟重复约十八次。吹风箱时，应闭住口腔和另一侧鼻孔。如有必要，应坚持此疗法七八小时--事实上，直至出现明确的死亡征象。许多人因过早放弃而丧生。当患者苏醒后，应将其置于温暖的床上，并谨慎地不时给予少量白兰地加水，或二十滴挥发盐。此疗法适用于所有因吸入不良空气、气味等而受影响的情况。

2676. 2. *Drowning*.—This is one of the most frequent causes of death by suffocation.—Treatment. Many methods have been adopted, and as some of them are not only useless, but hurtful, we will mention them here, merely in order that they may be avoided. In the first place, then, never hang a person up by his heels, as it is an error to suppose that water gets into the lungs. Hanging a person up by his heels would be quite as bad as hanging him up by his neck. It is also a mistake to suppose that rubbing the body with salt and water is of service.—*Proper Treatment*. Directly a person has been taken out of the water, he should be wiped dry and wrapped in blankets; but if these cannot be obtained, the clothes of the bystanders must be used for the purpose. His head being slightly raised, and any water, weeds, or

2676. 2. 溺水。--这是最常见的窒息致死原因之一。--治疗。曾采用过许多方法，其中一些不仅无用而且有害，我们在此提及它们，仅是为了避免使用。首先，绝不要将人倒吊起来，因为认为水会进入肺部的想法是错误的。将人倒吊起来与吊其颈部一样糟糕。认为用盐和水摩擦身体有效也是错误的。--正确疗法。一旦将人从水中救出，应立即擦干并用毯子包裹；若无法取得毯子，则必须用旁观者的衣服代替。将其头部略抬高，并将任何水、水草或

froth that may happen to be in his mouth, having been removed, he should be carried as quickly as possible to the nearest house. He should now be put into a warm bath, about as hot as the hand can pleasantly bear, and kept there for about ten minutes, artificial breathing being had recourse to while he is in it. Having been taken out of the bath, he should be placed flat on his back, with his head slightly raised, upon a warm bed in a warm room, wiped perfectly dry, and then rubbed constantly all over the body with warm flannels. At the same time, mustard poultices should be put to the soles of the feet, the palms of the hands, and the inner surface of the thighs and legs. Warm bricks, or bottles filled with warm water, should be placed under the armpits. The nose should be tickled with a feather, and smelling-salts applied to it. This treatment should be adopted while the bath is being got ready, as well as when the body has been taken out of it. The bath is not absolutely necessary; constantly rubbing the body with flannels in a warm room having been found sufficient for resuscitation. Sir B. Brodie says that warm air is quite as good as warm water. When symptoms of returning consciousness begin to show themselves, give a little wine, brandy, or twenty drops of sal-volatile and water. In some cases it is necessary, in about twelve or twenty-four hours after the patient has revived, to bleed him, for peculiar head-symptoms which now and then occur. Bleeding, however, even in the hands of professional men themselves, should be very cautiously used—non-professional ones should never think of it. The best thing to do in these cases is to keep the head well raised, and cool with a lotion such as that recommended above for sprains; to administer an aperient draught, and to abstain from giving anything that stimulates, such

应清除他口中可能存在的泡沫，然后尽快将他抬到最近的房屋。此时应将他放入温水浴中，水温以手能舒适承受为度，浸泡约十分钟，其间采用人工呼吸。从浴中取出后，应将他平放在温暖的房间里一张温暖的床上，头部略抬高，将他全身擦干，然后用温暖的法兰绒不断揉搓全身。同时，应在脚底、手掌以及大腿和小腿内侧敷上芥末膏药。腋下应放置暖砖或装满温水的瓶子。应用羽毛搔挠他的鼻子，并对其使用嗅盐。在准备浴水期间以及将身体从浴中取出后，都应采用这种处理方法。浴水并非绝对必要；在温暖的房间里不断用法兰绒揉搓身体，已被发现足以使患者苏醒。B.布罗迪爵士说，暖空气与温水同样有效。当开始出现意识恢复的迹象时，给予少量葡萄酒、白兰地，或二十滴挥发性盐和水。在某些情况下，患者苏醒后约十二或二十四小时，有必要为他放血，以应对此时偶尔出现的特殊头部症状。然而，放血即使在内行人士手中也应非常谨慎地使用--非专业人士绝不应考虑此法。在这些情况下，最好的做法是保持头部充分抬高，并用洗剂保持凉爽，如上述推荐用于扭伤的洗剂；给予一剂通便药，并避免给予任何刺激性物质，如

as wine, brandy, sal-volatile, &c. &c. As a general rule, a person dies in three minutes and a half after he has been under water. It is difficult, however, to tell how long he has actually been *under* it, although we may know well exactly how long he has been *in* it. This being the case, always persevere in your attempts at resuscitation until actual signs of death have shown themselves, even for six, eight, or ten hours. Dr. Douglas, of Glasgow, resuscitated a person who had been under water for fourteen minutes, by simply rubbing the whole of his body with warm flannels, in a warm room, for eight hours and a half, at the end of which time the person began to show the *first* symptoms of returning animation. Should the accident occur at a great distance from any house, this treatment should be adopted as closely as the circumstances will permit of. Breathing through any tube, such as a piece of card or paper rolled into the form of a pipe, will do as a substitute for the bellows. To recapitulate: Rub the body dry; take matters out of mouth; cover with blankets or clothes; slightly raise the head, and place the body in a warm bath, or on a bed in a warm room; apply smelling-salts to nose; employ artificial breathing; rub well with warm flannels; put mustard poultices to feet, hands, and insides of thighs and legs, with warm bricks or bottles to armpits. *Don't bleed*. Give wine, brandy, or sal-volatile when recovering, and *persevere till actual signs of death are seen.*

2677. Briefly to conclude what we have to say of suffocation, let us treat of *Lightning*. When a person has been struck by lightning, there is a general paleness of the whole body, with the exception of the part struck, which is often blackened, or even scorched.—*Treatment*. Same as for drowning. It is not, however, of much use; for when death takes place at all, it is generally instantaneous.

如葡萄酒、白兰地、挥发盐等。作为一般规律，一个人在水下三分半钟后便会死亡。然而，我们虽然可以确切知道他已在水下浸泡了多长时间，却很难判断他实际上已经在水下停留了多久。既然如此，就应始终坚持复苏尝试，直到出现真正的死亡迹象为止，即使持续六小时、八小时乃至十小时也不放弃。格拉斯哥的道格拉斯医生曾救治一名在水下浸泡了十四分钟的人，方法仅仅是在温暖的房间里用温热的法兰绒布摩擦其全身，持续八个半小时，到那时该人才开始显现出恢复生机的最初症状。倘若事故发生在远离任何房屋的地方，则应尽可能依照当时条件密切遵循这一处理方法。通过任何管状物呼吸，例如将一张卡片或纸卷成管状，便可作为风箱的替代品。兹复述如下：将身体擦干；清除口中杂物；盖上毯子或衣物；略微抬高头部，将身体置于温水浴中，或放在温暖房间的床上；将嗅盐施于鼻部；施行人工呼吸；用温热法兰绒布充分摩擦；将芥末膏敷于双脚、双手及大腿和小腿内侧，并将热砖或热水瓶置于腋下。切勿放血。苏醒时给予葡萄酒、白兰地或挥发盐，并且坚持到出现真正的死亡迹象为止。

2677. 简要结束我们关于窒息的论述，让我们谈谈闪电。当一个人被闪电击中时，全身普遍苍白，但被击中的部位除外，该部位常变黑，甚至烧焦。--治疗。与溺水相同。然而，这没有多大用处；因为一旦发生死亡，通常是瞬间的。

2678. CURE FOR THE TOOTHACHE.—Take a piece of sheet zinc, about the size of a sixpence, and a piece of silver, say a shilling; place them together, and hold the defective tooth between them or contiguous to them; in a few minutes the pain will be gone, as if by magic. The zinc and silver, acting as a galvanic battery, will produce on the nerves of the tooth sufficient electricity to establish a current, and consequently to relieve the pain. Or smoke a pipe of tobacco and caraway-seeds. Again—

2678. 治牙痛方。--取一块锌片，约六便士硬币大小，和一块银片，比如一先令；将它们放在一起，把病牙置于两者之间或紧贴两者；几分钟内疼痛就会消失，如同魔法一般。锌和银起伽伐尼电池的作用，会在牙神经上产生足够的电以形成电流，从而缓解疼痛。或者吸一斗烟草和葛缕子籽。又一方--

2679. A small piece of the pellitory root will, by the flow of saliva it causes, afford relief. Creosote, or a few drops of tincture of myrrh, or friar's balsam, on cotton, put on the tooth, will often subdue the pain. A small piece of camphor, however, retained in the mouth, is the most reliable and likely means of conquering the paroxysms of this dreaded enemy.

2679. 一小块墙草根，因其引起的唾液分泌，可缓解疼痛。木馏油，或几滴没药酊，或修士香胶，浸于棉花上，放在牙上，常能止痛。然而，一小块樟脑含在口中，是征服这可恶敌人发作的最可靠、最可能的手段。

2680. WARTS.—Eisenberg says, in his "Advice on the Hand," that the hydrochlorate of lime is the most certain means of destroying warts; the process, however, is very slow, and demands perseverance, for, if discontinued before the proper time, no advantage is gained. The following is a simple cure:—On breaking the stalk of the crowfoot plant in two, a drop of milky juice will be observed to hang on the upper part of the stem; if this be allowed to drop on a wart, so that it be well saturated with the juice, in about three or four dressings the warts will die, and may be taken off with the fingers. They may be removed by the above means from the teats of cows, where they are sometimes very troublesome, and prevent them standing quiet to be milked. The wart touched lightly every second day with lunar caustic, or rubbed every night with blue-stone, for a few weeks, will destroy the largest wart, wherever situated.

2680. 疣。--艾森伯格在其《手部建议》中称，盐酸石灰是消除疣最可靠的方法；然而此法极为缓慢，需要持之以恒，若在适当时机之前中断，则毫无益处。以下是一则简易疗法：将毛茛的茎折断为二，可见茎的上部悬有一滴乳状汁液；若将此汁滴于疣上，使其被汁液充分浸透，约经三四次敷治，疣即枯死，可用手指摘除。用上述方法可除去奶牛乳头上的疣，此种疣有时极为麻烦，致使奶牛不能静立受挤。每隔一日以硝酸银轻触疣部，或每夜以蓝矾摩擦，持续数周，无论疣生于何处、体积多大，均可消除。

2681. To CURE A WHITLOW.—As soon as the whitlow has risen distinctly, a pretty large piece should be snipped out, so that the watery matter may readily escape, and continue to flow out as fast as produced. A bread-and-water poultice should be put on for a few days, when the wound should be bound up lightly with some mild ointment, when a cure will be speedily completed. Constant poulticing both before and after the opening of the whitlow, is the only practice needed; but as the matter lies deep, when it is necessary to open the abscess, the incision must be made *deep* to reach the suppuration.

2681. 治疗甲沟炎(瘭疽)。- 一旦甲沟炎明显隆起，就应剪开一个相当大的口子，使水样物质能够顺利流出，并随着产生而持续流出。应敷上面包和水调成的糊剂数日，之后用一些温和的药膏轻轻包扎伤口，即可迅速痊愈。在甲沟炎切开之前和之后持续敷用糊剂，是唯一需要的做法；但由于脓液位置较深，当有必要切开脓肿时，切口必须深以达到化脓处。

2682. WOUNDS.—There are several kinds of wounds, which are called by different names, according to their appearance, or the manner in which they are produced. As, however, it would be useless, and even hurtful, to bother the reader's head with too many nice professional distinctions, we shall content ourselves with dividing wounds into three classes.

2682. 创伤。--创伤有几种，根据其外观或产生方式而有不同名称。然而，用太多精细的专业区分来烦扰读者的头脑是无用的，甚至有害的，因此我们只将创伤分为三类。

2683. 1. *Incised wounds or cuts*—those produced by a knife, or some sharp instrument.

2683. 1. 割伤或切伤--由刀或某种锐器造成的。

2684. 2. *Lacerated, or torn wounds*—those produced by the claws of an animal, the bite of a dog, running quickly against some projecting blunt object, such as a nail, &c.

2684. 2. 撕裂伤--由动物的爪子、狗的咬伤、快速撞上某种突出的钝物(如钉子等)造成的。

2685. 3. *Punctured or penetrating wounds*—those produced by anything running deeply into the flesh; such as a sword, a sharp nail, a spike, the point of a bayonet, &c.

2685. 3. 刺伤或穿透伤--由任何深入肉体的东西造成的；如剑、尖钉、长钉、刺刀尖等。

2686. Class 1. *Incised wounds or cuts*.—The danger arising from these accidents is owing more to their position than to their extent. Thus, a cut of half an inch long, which goes through an

2686. 第一类。切伤或割伤。--这类意外所带来的危险，更多取决于其部位而非其范围。因此，一道半英寸长的切口，若穿透了

artery, is more serious than a cut of two inches long, which is not near one. Again, a small cut on the head is more often followed by dangerous symptoms than a much larger one on the legs.—*Treatment*. If the cut is not a very large one, and no artery or vein is wounded, this is very simple. If there are any foreign substances left in the wound, they must be taken out, and the bleeding must be quite stopped before the wound is strapped up. If the bleeding is not very great, it may easily be stopped by raising the cut part, and applying rags dipped in cold water to it. All clots of blood must be carefully removed; for, if they are left behind, they prevent the wound from healing. When the bleeding has been stopped, and the wound perfectly cleaned, its two edges are to be brought closely together by thin straps of common adhesive plaster, which should remain on, if there is not great pain or heat about the part, for two or three days, without being removed. The cut part should be kept raised and cool. When the strips of plaster are to be taken off, they should first be well bathed with lukewarm water. This will cause them to come away easily, and without opening the lips of the wound; which accident is very likely to take place, if they are pulled off without having been first moistened with the warm water. If the wound is not healed when the strips of plaster are taken off, fresh ones must be applied. Great care is required in treating cuts of the head, as they are often followed by erysipelas taking place round them. They should be strapped with isinglass plaster, which is much less irritating than the ordinary adhesive plaster. Only use as many strips as are actually requisite to keep the two edges of the wound together; keep the patient quite quiet, on low diet, for a week or so, according to his symptoms. Purge him well with the No. 2 pills

动脉，比两英寸长但未伤及动脉的切口更为严重。又如，头部的小切口比腿部大得多的切口更常引起危险症状。- 治疗。如果切口不是很大，且未伤及动脉或静脉，治疗非常简单。如果伤口内留有异物，必须取出，并且在包扎伤口之前必须完全止血。如果出血不太严重，可以通过抬高切口部位并用浸过冷水的布敷于其上轻易止血。必须仔细清除所有血凝块；因为如果留在伤口内，会妨碍伤口愈合。止血并彻底清洁伤口后，用普通粘性膏药的细条将伤口两边缘紧密合拢，如果该部位没有剧烈疼痛或发热，应保留两三天不取下。切口部位应保持抬高和凉爽。取下膏药条时，应先用温水充分浸湿。这会使它们容易脱落，而不会拉开伤口边缘；如果不先用温水浸湿就撕下，很容易发生这种意外。如果取下膏药条时伤口尚未愈合，必须贴上新的。治疗头部切口需要格外小心，因为它们周围常继发丹毒。应使用鱼胶膏药贴扎，它比普通粘性膏药刺激性小得多。只使用实际需要的膏药条数来保持伤口两边缘合拢；让病人保持安静，低饮食一周左右，视其症状而定。用2号药丸充分通便

(five grains of blue pill mixed with the same quantity of compound extract of colocynth; make into two pills, the dose for an adult). If the patient is feverish, give him two tablespoonfuls of the fever-mixture three times a day. (The fever-mixture, we remind our readers, is thus made: Mix a drachm of powdered nitre, 2 drachms of carbonate of potash, 2 teaspoonfuls of antimonial wine, and a tablespoonful of sweet spirits of nitre in half a pint of water.) A person should be very careful of himself for a month or two after having had a bad cut on the head. His bowels should be kept constantly open, and all excitement and excess avoided. When a vein or artery is wounded, the danger is, of course, much greater. Those accidents, therefore, should always be attended to by a surgeon, if he can possibly be procured. Before he arrives, however, or in case his assistance cannot be obtained at all, the following treatment should be adopted:—Raise the cut part, and press rags dipped in cold water firmly against it. This will often be sufficient to stop the bleeding, if the divided artery or vein is not dangerous. When an artery is divided, the blood is of a bright red colour, and comes away in jets. In this case, and supposing the leg or arm to be the cut part, a handkerchief is to be tied tightly round the limb *above* the cut; and, if possible, the two bleeding ends of the artery should each be tied with a piece of silk. If the bleeding is from a vein, the blood is much darker, and does not come away in jets. In this case, the handkerchief is to be tied *below* the cut, and a pad of lint or linen pressed firmly against the divided ends of the vein. Let every bad cut, especially where there is much bleeding, and even although it may to all appearance have been stopped, be attended to by a surgeon, if one can by any means be obtained.

(蓝丸五粒，混合等量的复方苦西瓜瓤浸膏；制成两丸，此为成人剂量)。若病人发热，给他两汤匙退热合剂，一日三次。(我们提醒读者，退热合剂制法如下：将一打兰硝石粉、二打兰碳酸钾、两茶匙锑酒和一汤匙甜硝精混合于半品脱水中。)头部受到严重割伤后一两个月内，病人应十分注意保养自己。应保持大便通畅，避免一切兴奋和过度。当静脉或动脉受伤时，危险自然大得多。因此，这类意外事故只要有可能请到外科医生，就应始终由外科医生处理。然而，在医生到来之前，或者在完全无法获得其帮助的情况下，应采用以下处理方法：抬高受伤部位，将浸过冷水的布片紧紧按压其上。如果断裂的动脉或静脉不危险，这往往足以止血。动脉断裂时，血色鲜红，呈喷射状流出。在这种情况下，假设腿或臂为受伤部位，应用手帕紧紧扎在伤口上方；如有可能，动脉的两个出血端应各用一根丝线扎住。若出血来自静脉，血色深得多，且不呈喷射状流出。在这种情况下，手帕应扎在伤口下方，并用一块绒布或亚麻布垫紧紧按压静脉的断裂端。每一处严重割伤，尤其是出血很多时，即使表面上似乎已经止住，只要无论如何能请到外科医生，都应请其处理。

2687. Class 2. *Lacerated or torn wounds*.—There is not so much bleeding in these cases as in clean cuts, because the blood-vessels are torn across in a zigzag manner, and not divided straight across. In other respects, however, they are more serious than ordinary cuts, being often followed by inflammation, mortification, fever, and in some cases by locked-jaw. Foreign substances are also more likely to remain in them.—*Treatment*. Stop the bleeding, if there is any, in the manner directed for cuts; remove all substances that may be in the wound; keep the patient quite quiet, and on low diet—gruel, arrowroot, and the like; purge with the No. 1 pills and the No. 1 mixture. (The No. 1 pill: Mix 5 grains of calomel and the same quantity of antimonial powder, with a little bread-crumb, and make into two pills, which is the dose for an adult. The No. 1 mixture: Dissolve an ounce of Epsom salts in half a pint of senna tea. A quarter of the mixture is a dose.) If there are feverish symptoms, give two tablespoonfuls of fever-mixture (see above) every four hours. If possible, bring the two edges of the wound together, *but do not strain the parts to do this*. If they cannot be brought together, on account of a piece of flesh being taken clean out, or the raggedness of their edges, put lint dipped in cold water over the wound, and cover it with oiled silk. It will then fill up from the bottom. If the wound, after being well washed, should still contain any sand, or grit of any kind, or if it should get red and hot from inflammation, a large warm bread poultice will be the best thing to apply until it becomes quite clean, or the inflammation goes down. When the wound is a very large one, the application of warm poppy fomentations is better than that of the lint dipped in cold water. If the redness and pain about the part, and the general feverish symptoms, are great,

2687.第二类。撕裂伤或裂伤。--这类伤口的出血不如整齐切口那么多，因为血管是以锯齿状被撕裂的，而不是被笔直切断的。然而在其他方面，它们比普通切口更为严重，常继发炎症、坏疽、发热，某些病例还会出现牙关紧闭。异物也更容易残留在伤口内。--治疗。若有出血，按切口伤所述方法止血；清除伤口内一切异物；让病人保持安静，进低淡饮食--稀粥、竹芋粉之类；用1号丸和1号合剂通便。(1号丸：将5格令甘汞与等量锑粉混合，加少许面包屑，制成两丸，此为成人一次剂量。1号合剂：将1盎司泻盐溶于半品脱番泻叶茶中。每次服四分之一。)若有发热症状，每四小时给两汤匙退热合剂(见上文)。如有可能，将伤口两缘对合，但不要为使两缘对合而牵拉组织。若因一块肉被整块切去或创缘参差不齐而无法对合，则将浸过冷水的绒布敷于伤口上，再覆以油绸。这样伤口将从底部逐渐长满。若伤口经充分冲洗后仍含有沙粒或任何种类的碎屑，或若因炎症而发红发热，最好敷一大块温热面包糊剂，直至伤口完全清洁或炎症消退。若伤口很大，敷温热罂粟汤剂比敷浸冷水的绒布更好。若患处周围红肿疼痛，全身发热症状严重，

from eight to twelve leeches are to be applied round the wound, and a warm poppy fomentation or warm bread poultice applied after they drop off.

2688. Class 3. *Punctured or penetrating wounds*.—These, for many reasons, are the most serious of all kinds of wounds.—*Treatment*. The same as that for lacerated wounds. Pus (matter) often forms at the bottom of these wounds, which should, therefore, be kept open at the top, by separating their edges every morning with a bodkin, and applying a warm bread poultice immediately afterwards. They will then, in all probability, heal up from the bottom, and any matter which may form will find its own way out into the poultice. Sometimes, however, in spite of all precautions, collections of matter (abscesses) will form at the bottom or sides of the wound. Those are to be opened with a lancet, and the matter thus let out. When matter is forming, the patient has cold shiverings, throbbing pain in the part, and flushes on the face, which come and go. A swelling of the part is also often seen. The matter in the abscesses may be felt to move backwards and forwards, when pressure is made from one side of the swelling to the other with the first and second fingers (the middle and that next the thumb) of each hand.

MEDICAL MEMORANDA.

2689. ADVANTAGES OF CLEANLINESS.—Health and strength cannot be long continued unless the skin—*all* the skin—is washed frequently with a sponge or other means. Every morning is best; after which the skin should be rubbed very well with a rough cloth. This is the most certain way of preventing cold, and a little

应在伤口周围放置八至十二条水蛭，待其脱落后，再敷上温热的罂粟湿敷剂或温热的面包糊剂。

2688. 第三类。刺伤或穿透伤。--由于多种原因，这类伤口是所有伤口中最严重的一种。--治疗。与撕裂伤相同。脓(脓液)常常在这类伤口的底部形成，因此应每天早晨用细锥分开伤口边缘，使其顶部保持开放，随后立即敷上温热的bread poultice。这样，伤口极有可能从底部愈合，任何形成的脓液都会自行流入poultice中。然而，有时尽管采取了一切预防措施，脓液(脓肿)仍会在伤口底部或两侧积聚。此时应使用柳叶刀将其切开，让脓液排出。当脓液形成时，患者会出现寒战、患处跳痛以及面部潮红，这些症状时来时去。患处也常可见肿胀。当用每只手的第一和第二指(中指和靠近拇指的那一指)从肿胀的一侧向另一侧按压时，可感觉到脓肿内的脓液前后移动。

医学备忘录。

2689. 清洁的益处。--除非皮肤--全部皮肤--经常用海绵或其他方式擦洗，否则健康与体力无法长久维持。最佳时间是每天早晨；擦洗之后，应再用粗糙的布用力揉搓皮肤。这是预防感冒最可靠的方法，也是一种

substitute for exercise, as it brings blood to the surface, and causes it to circulate well through the fine capillary vessels. Labour produces this circulation naturally. The insensible perspiration cannot escape well if the skin is not clean, as the pores get choked up. It is said that in health about half the aliment we take passes out through the skin.

运动的替代方式，因为它能使血液涌向体表，并使其在细微的毛细血管中良好循环。劳动会自然产生这种循环。如果皮肤不清洁，毛孔被堵塞，不显性出汗便无法顺利排出。据说在健康状态下，我们所摄入的食物约有半数是通过皮肤排出的。

2690. THE TOMATO MEDICINAL.—To many persons there is something unpleasant, not to say offensive, in the flavour of this excellent fruit. It has, however, long been used for culinary purposes in various countries of Europe. Dr. Bennett, a professor of some celebrity, considers it an invaluable article of diet, and ascribes to it very important medicinal properties. He declares:—1. That the tomato is one of the most powerful deobstruents of the *materia medica*; and that, in all those affections of the liver and other organs where calomel is indicated, it is probably the most effective and least harmful remedial agent known in the profession. 2. That a chemical extract can be obtained from it, which will altogether supersede the use of calomel in the cure of diseases. 3. That he has successfully treated diarrhoea with this article alone. 4. That when used as an article of diet, it is almost a sovereign remedy for dyspepsia and indigestion.

2690. 番茄的药用。--对许多人来说，这种极好的果实的味道有些令人不快，甚至可以说是令人厌恶。然而，它长期以来在欧洲各国被用于烹饪。颇有名望的贝内特博士认为它是一种极有价值的食品，并认为它具有非常重要的药用特性。他宣称：--1. 番茄是药物学中最强效的消散药之一；在一切需要甘汞的肝脏及其他器官的病症中，它可能是本行业所知的最有效且危害最小的治疗药物。2. 可以从中提取一种化学提取物，它将完全取代甘汞用于治疗疾病。3. 他仅用此物便成功治疗了腹泻。4. 当作为食品食用时，它几乎是治疗消化不良和食积的灵丹妙药。

2691. WARM WATER.—Warm water is preferable to cold water, as a drink, to persons who are subject to dyspeptic and bilious complaints, and it may be taken more freely than cold water, and consequently answers better as a diluent for carrying off bile, and removing obstructions in the urinary secretion, in cases of stone and gravel. When water of a temperature equal to that of the human body is used for drink, it proves considerably stimulant, and is particularly suited to dyspeptic, bilious, gouty, and

2691. 温水。--对于易患消化不良和胆汁性疾病的人，温水比冷水更宜作饮料，且可比冷水更自由地饮用，因此在结石和砂淋的病例中，作为稀释剂以排出胆汁和消除泌尿分泌的阻塞更为有效。当饮用温度等于人体温度的水时，它颇具刺激性，特别适合于消化不良、胆汁性、痛风性以及

chlorotic subjects.

2692. CAUTIONS IN VISITING SICK-ROOMS.—Never venture into a sick-room if you are in a violent perspiration (if circumstances require your continuance there), for the moment your body becomes cold, it is in a state likely to absorb the infection, and give you the disease. Nor visit a sick person (especially if the complaint be of a contagious nature) with *an empty stomach*; as this disposes the system more readily to receive the contagion. In attending a sick person, place yourself where the air passes from the door or window to the bed of the diseased, not betwixt the diseased person and any fire that is in the room, as the heat of the fire will draw the infectious vapour in that direction, and you would run much danger from breathing it.

2693. NECESSITY OF GOOD VENTILATION IN ROOMS LIGHTED WITH GAS.—In dwelling-houses lighted by gas, the frequent renewal of the air is of great importance. A single gas-burner will consume more oxygen, and produce more carbonic acid to deteriorate the atmosphere of a room, than six or eight candles. If, therefore, when several burners are used, no provision is made for the escape of the corrupted air and for the introduction of pure air from without, the health will necessarily suffer.

LEGAL MEMORANDA.

CHAPTER XLIV.

2694. Humorists tell us there is no act of our lives which can be performed without breaking through some one of the many meshes of the law by which our rights are so carefully guarded;

萎黄病受试者。

2692. 探视病房时的注意事项。--如果你正在大量出汗，切勿冒险进入病房(如果情况需要你留在那里)，因为你的身体一旦变冷，就处于一种容易吸收感染的状况，从而使你染上该病。也不要空腹探视病人(尤其是如果所患疾病具有传染性)；因为这会使人体的系统更容易接受传染。照料病人时，应站在空气从门窗流向病床的位置，不要站在病人与室内任何炉火之间，因为炉火的热量会把传染性的蒸气引向那个方向，你呼吸到它就会面临很大的危险。

2693. 用煤气照明的房间必须保持良好通风。--在用煤气照明的住宅中，频繁更换空气极为重要。一个煤气灯头所消耗的氧气，以及所产生的使房间空气变质的碳酸，均多于六支或八支蜡烛。因此，若使用多个灯头而不设法排出污浊空气并从外部引入新鲜空气，健康必然受损。

法律备忘录。

第四十四章

2694. 幽默作家告诉我们，我们一生中没有任何行为能够不冲破法律众多网眼之一，而我们的权利正是被这些网眼如此精心地守护着；

and those learned in the law, when they do give advice without the usual fee, and in the confidence of friendship, generally say, "Pay, pay anything rather than go to law;" while those having experience in the courts of Themis have a wholesome dread of its pitfalls. There are a few exceptions, however, to this fear of the law's uncertainties; and we hear of those to whom a lawsuit is on agreeable relaxation, a gentle excitement. One of this class, when remonstrated with, retorted, that while one friend kept dogs, and another horses, he, as he had a right to do, kept a lawyer; and no one had a right to dispute his taste. We cannot pretend, in these few pages, to lay down even the principles of law, not to speak of its contrary exposition in different courts; but there are a few acts of legal import which all men—and women too—must perform; and to these acts we may be useful in giving a right direction. There is a house to be leased or purchased, servants to be engaged, a will to be made, or property settled, in all families; and much of the welfare of its members depends on these things being done in proper legal form.

而那些精通法律的人，当他们不收取通常的费用、出于友谊的信任而提供建议时，通常会说：“付吧，付什么都行，就是别打官司；”而那些在忒弥斯法庭上有过经验的人，则对它的陷阱怀有一种有益的恐惧。然而，对这种法律不确定性的恐惧也有少数例外；我们听说有些人对他们来说，一场官司是一种愉快的消遣、一种温和的兴奋。这一类人中有一位，当被劝诫时，反驳说，既然一个朋友养狗，另一个养马，他也有权养一名律师；没有人有权质疑他的品味。我们无法在这几页中假装哪怕只是立下法律的原则，更不用说不同法庭对它的相反解释了；但有一些具有法律意义的行为是所有男人--以及女人--都必须履行的；对于这些行为，我们或许可以通过给予正确的指引而有所助益。每个家庭都有房屋要出租或购买、仆人要雇用、遗嘱要订立、或财产要安排；而其成员的福祉在很大程度上取决于这些事情是否以适当的法律形式完成。

2695. PURCHASING A HOUSE.—Few men will venture to purchase a freehold, or even a leasehold property, by private contract, without making themselves acquainted with the locality, and employing a solicitor to examine the titles,; but many do walk into an auction-room, and bid for a property upon the representations of the auctioneer. The conditions, whatever they are, will bind him; for by one of the legal fictions of which we have still so many, the auctioneer, who is in reality the agent for the vendor, becomes also the agent for the buyer, and by putting down the names of bidders and the biddings, he binds him to whom the lot is knocked down to the sale and the conditions,—

2695. 购买房屋。--很少有人会冒险通过私人合同购买自由持有地，甚至租赁持有地，而不先了解当地情况并聘请律师审查产权；但许多人确实会走进拍卖室，根据拍卖人的陈述竞拍一处房产。无论条件如何，都将对他具有约束力；因为根据我们至今仍有许多的法律拟制之一，拍卖人实际上是卖方的代理人，同时也成为买方的代理人，通过记下竞拍者的姓名和出价，他使被落槌定下的人受销售及条件的约束，--

the falling of the auctioneer's hammer is the acceptance of the offer, which completes the agreement to purchase. In any such transaction you can only look at the written or printed particulars; any verbal statement of the auctioneer, made at the time of the sale, cannot contradict them, and they are implemented by the agreement, which the auctioneer calls on the purchaser to sign after the sale. You should sign no such contract without having a duplicate of it signed by the auctioneer, and delivered to you. It is, perhaps, unnecessary to add, that no trustee or assignee can purchase property for himself included in the trust, even at auction; nor is it safe to pay the purchase money to an agent of the vendor, unless he give a written authority to the agent to receive it, besides handing over the requisite deeds and receipts.

拍卖人落槌即为对要约的承诺，从而完成购买协议。在任何此类交易中，你只能查看书面或印刷的细则；拍卖人在拍卖时所作的任何口头陈述都不能与之相矛盾，而这些细则由拍卖人在拍卖后要求买方签署的协议来实施。在没有一份由拍卖人签署并交付给你的副本的情况下，你不应签署任何此类合同。也许无需补充的是，任何受托人或受让人都不能为自己购买信托财产中所包含的财产，即使在拍卖中也不行；将购款支付给卖方的代理人也不安全，除非卖方除了交付必要的契据和收据外，还向该代理人出具收取款项的书面授权。

2696. The laws of purchase and sale of property are so complicated that Lord St. Leonards devotes five chapters of his book on Property Law to the subject. The only circumstances strong enough to vitiate a purchase, which has been reduced to a written contract, is proof of fraudulent representation as to an encumbrance of which the buyer was ignorant, or a defect in title; but every circumstance which the purchaser might have learned by careful investigation, the law presumes that he did know. Thus, in buying a leasehold estate or house, all the covenants of the original lease are presumed to be known. "It is not unusual," says Lord St. Leonards, "to stipulate, in conditions of sale of leasehold property, that the production of a receipt for the last year's rent shall be accepted as proof that all the lessor's covenants were performed up to that period. Never bid for one clogged with such a condition. There are some acts against which no relief can be obtained; for example, the tenant's right to insure, or his insuring

2696. 财产买卖的法律如此复杂，以至于圣伦纳兹勋爵在其关于财产法的书中用了五章来论述这一主题。足以使一项已缩减为书面合同的购买失效的唯一情形，是证明存在关于买方所不知的产权负担或产权瑕疵的欺诈性陈述；但购买人通过仔细调查本可得知的每一情形，法律推定他确实知道。因此，在购买租赁持有地产或房屋时，推定原租约的所有约款均为已知。“在租赁持有财产的销售条件中规定，”圣伦纳兹勋爵说，“接受上一年租金的收据作为证明出租人的所有约款截至该期间均已履行的证据，并非不寻常。绝不要竞拍附带此类条件的财产。有些行为是无法获得救济的；例如，承租人投保的权利，或他的投保

in an office or in names not authorized in the lease. And you should not rely upon the mere fact of the insurance being correct at the time of sale: there may have been a prior breach of covenant, and the landlord may not have waived his right of entry for the forfeiture." And where any doubt of this kind exists, the landlord should be appealed to.

在办公室内，或以租约未授权的名义。而且你不应仅凭出售时保险恰好正确这一事实：可能先前已存在违反契约的情况，而房东可能并未放弃其因没收而享有的进入权。”凡存在此类疑问时，应向房东求助。

2697. Interest on a purchase is due from the day fixed upon for completing: where it cannot be completed, the loss rests with the party with whom the delay rests; but it appears, when the delay rests with the seller, and the money is lying idle, notice of that is to be given to the seller to make him liable to the loss of interest. In law, the property belongs to the purchaser from the date of the contract; he is entitled to any benefit, and must bear any loss; the seller may suffer the insurance to drop without giving notice; and should a fire take place, the loss falls on the buyer. In agreeing to buy a house, therefore, provide at the same time for its insurance. Common fixtures pass with the house, where nothing is said about them.

2697. 购买款的利息自约定的完成之日起算：在无法完成的情况下，损失由拖延的一方承担；但看来，当拖延归因于卖方，而款项闲置时，须向卖方发出通知，以使其承担利息损失。在法律上，财产自合同之日起属于买方；他有权享有任何利益，也必须承担任何损失；卖方可以不经通知而让保险失效；若发生火灾，损失由买方承担。因此，在同意购买房屋时，应同时为其投保。在未作任何说明的情况下，普通固定附着物随房屋一并转移。

2698. There are some well-recognized laws, of what may be called good-neighbourhood, which affect all properties. If you purchase a field or house, the seller retaining another field between yours and the highway, he must of necessity grant you a right of way. Where the owner of more than one house sells one of them, the purchaser is entitled to benefit by all drains leading from his house into other drains, and will be subject to all necessary drains for the adjoining houses, although there is no express reservation as to drains.

2698. 有一些公认的、可称为睦邻法则的规定，影响所有财产。如果你购买了一块田地或房屋，而卖方在你的土地与公路之间保留了另一块田地，他必须必然授予你通行权。当拥有不止一所房屋的所有人出售其中一所时，买方有权受益于从其房屋通向其他排水管的所有排水管，并将受制于为相邻房屋所需的全部排水管，即使没有关于排水管的明示保留。

Thus, if his happens to be a leading drain, other necessary drains

因此，如果他的恰好是一条主导排水沟，其他必要的排水沟

may be opened into it. In purchasing land for building on, you should expressly reserve a right to make an opening into any sewer or watercourse on the vendor's land for drainage purposes.

可以开入其中。在购买建筑用地时，你应明确保留一项权利，即为排水目的而在卖方的土地上开凿通往任何下水道或水道的开口。

2699. CONSTRUCTIONS.—Among the cautions which purchasers of houses, land, or leaseholds, should keep in view, is a not inconsiderable array of *constructive* notices, which are equally binding with actual ones. Notice to your attorney or agent is notice to you; and when the same attorney is employed by both parties, and he is aware of an encumbrance of which you are ignorant, you are bound by it; even where the vendor is guilty of a fraud to which your agent is privy, you are responsible, and cannot be released from the consequences.

2699. 推定--在房屋、土地或租赁地产的购买者应牢记的注意事项中，有一系列相当可观的推定通知，它们与实际通知具有同等约束力。通知你的律师或代理人即是通知你本人；当同一律师受双方雇用，且他知悉一项你并不知情的产权负担时，你受其约束；即使卖方犯有你的代理人也参与其中的欺诈行为，你仍须负责，不能免除其后果。

2700. THE RELATIONS OF LANDLORD AND TENANT are most important to both parties, and each should clearly understand his position. The proprietor of a house, or house and land, agrees to let it either to a tenant-at-will, a yearly tenancy, or under lease. A tenancy-at-will may be created by parol or by agreement; and as the tenant may be turned out when his landlord pleases, so he may leave when he himself thinks proper; but this kind of tenancy is extremely inconvenient to both parties. Where an annual rent is attached to the tenancy, in construction of law, a lease or agreement without limitation to any certain period is a lease from year to year, and both landlord and tenant are entitled to notice before the tenancy can be determined by the other. This notice must be given at least six months before the expiration of the current year of the tenancy, and it can only terminate at the end of any whole year from the time at which it began; so that the tenant entering into possession at Midsummer, the notice must be given to or by him, so as to terminate at the same term. When

2700. 房东与租户的关系对双方都极为重要，每一方都应清楚了解自己的地位。房屋或房屋连同土地的所有人同意将其出租给任意租户、按年租赁或根据租约出租。任意租赁可通过口头或协议设立；由于租户可在房东愿意时被赶走，他也可在自己认为适当时离开；但这种租赁对双方都极为不便。当租赁附有年租金时，依法律推定，未限定任何确定期限的租约或协议即为按年租赁，房东和租户在对方终止租赁之前均有权获得通知。该通知必须至少在租赁当前年度届满前六个月发出，且只能自租赁开始之时起满整年时终止；因此，若租户在仲夏节进入占有，则通知必须由他发出或向他发出，以便在同一期限终止。当

once he is in possession, he has a right to remain for a whole year; and if no notice be given at the end of the first half-year of his tenancy, he will have to remain two years, and so on for any number of years.

2701. TENANCY BY SUFFERANCE.—This is a tenancy, not very uncommon, arising out of the unwillingness of either party to take the initiative in a more decided course at the expiry of a lease or agreement. The tenant remains in possession, and continues to pay rent as before, and becomes, from sufferance, a tenant from year to year, which can only be terminated by one party or the other giving the necessary six months' notice to quit at the term corresponding with the commencement of the original tenancy. This tenancy at sufferance applies also to an under-tenant, who remains in possession and pays rent to the reversioner or head landlord. A six months' notice will be insufficient for this tenancy. A notice was given (in Right v. Darby, I.T.R. 159) to quit a house held by plaintiff as tenant from year to year, on the 17th June, 1840, requiring him "to quit the premises on the 11th October following, or such other day as his said tenancy might expire." The tenancy had commenced on the 11th October in a former year, but it was held that this was not a good notice for the year ending October 11, 1841. A tenant from year to year gave his landlord notice to quit, ending the tenancy at a time within the half-year; the landlord acquiesced at first, but afterwards refused to accept the notice. The tenant quitted the premises; the landlord entered, and even made some repairs, but it was afterwards held that the tenancy was not determined. A notice to quit must be such as the tenant may safely act on at the time of receiving it; therefore it can only be given by an agent properly authorized at the time,

一旦他占有该地，他有权留居整整一年；如果在租期的前半年结束时未发出通知，他将不得不留居两年，如此类推，可至任何年数。

2701. 容留租赁--这是一种并不罕见的租赁关系，源于租约或协议期满时，双方均不愿率先采取更为决断的行动。承租人继续占有并照旧支付租金，由容留而成为逐年承租人，此种租赁只能由一方或另一方在与原租赁起始日相对应的期限前发出必要的六个月迁出通知方可终止。此种容留租赁亦适用于转租承租人，即继续占有并向复归权人或首出租人支付租金者。对于此种租赁，六个月的通知尚不足够。在《Right v.Darby》案(I.T.R.159)中，1840年6月17日向原告作为逐年承租人持有的房屋发出迁出通知，要求其“于同年10月11日或其所称租赁期满之其他日期迁出该房屋”。该租赁始于前一年的10月11日，但法院裁定该通知对于截至1841年10月11日的一年而言并非有效通知。一名逐年承租人向出租人发出迁出通知，将租赁终止于半年期内的某一时间；出租人起初默许，但随后拒绝接受该通知。承租人迁出房屋；出租人进入，甚至进行了一些修缮，但此后法院裁定租赁并未终止。迁出通知必须是承租人在收到时能够安全据以行事者；因此，该通知只能由当时获得适当授权的代理人发出，

and cannot be made good by the landlord adopting it afterwards. An unqualified notice, given at the proper time, should conclude with "On failure whereof, I shall require you to pay me double the former rent for so long as you retain possession."

2702. LEASES.—A lease is an instrument in writing, by which one person grants to another the occupation and use of lands or tenements for a term of years for a consideration, the lessor granting the lease, and the lessee accepting it with all its conditions. A lessor may grant the lease for any term less than his own interest. A tenant for life in an estate can only grant a lease for his own life. A tenant for life, having power to grant a lease, should grant it only in the terms of the power, otherwise the lease is void, and his estate may be made to pay heavy penalties under the covenant, usually the only one onerous on the lessor, for quiet enjoyment. The proprietor of a freehold—that is, of the possession in perpetuity of lands or tenements—may grant a lease for 999 years, for 99 years, or for 3 years. In the latter case, the lease may be either verbal or in writing, no particular form and no stamps being necessary, except the usual stamp on agreements; so long as the intention of the parties is clearly expressed, and the covenants definite, and well understood by each party, the agreement is complete, and the law satisfied. In the case of settled estates, the court of Chancery is empowered to authorize leases under the 19 & 20 Vict. c. 120, and 21 & 22 Vict. c. 77, as follows:—

21 years for agriculture or occupation. 40 years for water-power. 99 years for building-leases. 60 years for repairing-leases.

2703. A lessor may also grant an under-lease for a term less than his own: to grant the whole of his term would be an assignment.

且不能因房东事后采纳而得到弥补。一份在适当时间发出的无条件通知，应以“若未照办，则在你继续占有期间，我将要求你支付原租金两倍的金额”作结。

2702. 租约--租约是一种书面文书，一人以对价向另一人授予土地或房屋的占用和使用权，期限为若干年，出租人授予租约，承租人接受租约及其全部条件。出租人可授予任何短于其自身权益期限的租约。终身地产的租户只能授予以其终身为止的租约。有权授予租约的终身租户应仅按该权力的条款授予，否则租约无效，其地产可能因通常是对出租人唯一繁重义务的安静享有契约而被判支付重罚。永久地产的所有人--即土地或房屋的永久占有权人--可授予999年、99年或3年的租约。在后一种情况下，租约可以是口头的或书面的，不需要特定形式，也不需要印花，除协议上的通常印花外；只要双方的意图明确表达，且契约明确并为各方充分理解，协议即告完整，法律即得到满足。对于限定继承的地产，衡平法院有权根据19 & 20 Vict.c.120和21 & 22 Vict.c.77授权租约，如下所示：--

农业或职业用途为21年。水力用途为40年。
建筑租约99年。修缮租约60年。

2703. 出租人也可以授予期限短于其自身租期的转租：若授予其全部租期，则构成转让。

Leases are frequently burdened with a covenant not to underlet without the consent of the landlord: this is a covenant sometimes very onerous, and to be avoided, where it is possible, by a prudent lessee.

租约常常附带一项未经房东同意不得转租的契约：这是一项有时极为苛刻的契约，谨慎的承租人应在可能的情况下加以避免。

2704. A lease for any term beyond three years, whether an actual lease or an agreement for one, must be in the form of a deed; that is, it must be "under seal;" and all assignments and surrenders of leases must be in the same form, or they are *void at law*. Thus an agreement made by letter, or by a memorandum of agreement, which would be binding in most cases, would be valueless when it was for a lease, unless witnessed, and given under hand and seal. The last statute, 8 & 9 Vict. c. 106, under which these precautions became necessary, has led to serious difficulties. "The judges," says Lord St. Leonards, "feel the difficulty of holding a lease in writing, but not by deed, to be altogether void, and consequently decided, that although such a lease is void under the statute, yet it so far regulates the holding, that it creates a tenancy from year to year, terminable by half a year's notice; and if the tenure endure for the term attempted to be created by the void lease, the tenant may be evicted at the end of the term without any notice to quit." An agreement for a lease not by deed has been construed to be a lease for a term of years, and consequently void under the statute; "and yet," says Lord St. Leonards, "a court of equity has held that it may be specifically enforced as an agreement upon the terms stated." The law on this point is one of glorious uncertainty; in making any such agreement, therefore, we should be careful to express that it is an agreement, and not a lease; and that it is witnessed and under seal.

2704. 任何超过三年的租约，无论是实际租约还是租约协议，都必须以契据形式订立；也就是说，必须"加盖印章"；所有租约的转让和放弃也必须采用相同形式，否则在法律上无效。因此，通过信函或协议备忘录订立的协议，在大多数情况下具有约束力，但如果是租约，除非有见证人并签字盖章，否则毫无价值。最后一项法规，即8 & 9 Vict.c.106，正是在该法规下这些预防措施成为必要，它导致了严重的困难。"法官们，"圣伦纳兹勋爵说，"感到难以将书面但非契据形式的租约完全视为无效，因此裁定，尽管此类租约根据该法规无效，但它在某种程度上规范了租赁关系，从而产生了按年租赁关系，可经半年通知终止；如果租赁关系持续到无效租约试图创设的期限届满，承租人可在期限结束时被驱逐，无需任何迁出通知。"非契据形式的租约协议已被解释为定期租约，因此根据该法规无效；"然而，"圣伦纳兹勋爵说，"衡平法院已裁定，它可以作为协议按所述条款被具体强制执行。"这一点上的法律是光荣的不确定性之一；因此，在订立任何此类协议时，我们应谨慎地表明这是一项协议，而非租约；并且它有见证人并加盖印章。

2705. AGREEMENTS.—It is usual, where the lease is a repairing

2705. 协议。--通常情况下，若租约为维修型

one, to agree for a lease to be granted on completion of repairs according to specification. This agreement should contain the names and designation of the parties, a description of the property, and the term of the intended lease, and all the covenants which are to be inserted, as no verbal agreement can be made to a written agreement. It should also declare that the instrument is an agreement for a lease, and not the lease itself. The points to be settled in such an agreement are, the rent, term, and especially covenants for insuring and rebuilding in the event of a fire; and if it is intended that the lessor's consent is to be obtained before assigning or underleasing, a covenant to that effect is required in the agreement. In building-leases, usually granted for 99 years, the tenant is to insure the property; and even where the agreement is silent on that point, the law decides it so. It is otherwise with ordinary tenements, when the tenant pays a full, or what the law terms rack-rent; the landlord is then to insure, unless it is otherwise arranged by the agreement.

其一，约定在按照规格完成修缮后授予租约。该协议应包含各方的姓名和称谓、财产描述、预期租约的期限，以及所有将要插入的契约条款，因为书面协议不能以口头协议加以补充。协议还应声明该文书是一项租约协议，而非租约本身。在此类协议中需要确定的事项包括租金、期限，特别是火灾时投保和重建的契约条款；如果打算在转让或转租之前取得出租人的同意，则协议中需要有此效力的契约条款。在建筑租约中，通常授予99年期限，承租人应为财产投保；即使协议对此未作规定，法律也是如此裁定的。对于普通住宅则有所不同，当承租人支付全额租金或法律所称的苛刻租金时，则由房东投保，除非协议另有安排。

2706. It is important for lessee, and lessor, also, that the latter does not exceed his powers. A lease granted by a tenant for life before he is properly in possession, is void in law; for, although a court of equity, according to Lord St. Leonards, will, "by force of its own jurisdiction, support a *bonâ fide* lease, granted under a power which is merely erroneous in form or ceremonies," and the 12 & 13 Vict. c. 26, and 13 & 14 Vict. c. 19, compel a new lease to be granted with the necessary variations, while the lessor has no power to compel him to accept such a lease, except when the person in remainder is competent and willing to confirm the original lease without variations, yet all these difficulties involve both delay, costs, and anxieties.

2706. 对承租人和出租人而言，后者不超越其权限也很重要。终身承租人在正式占有之前授予的租约在法律上无效；因为，尽管根据圣伦纳兹勋爵的说法，衡平法院将"凭借其自身管辖权，支持一份善意租约，该租约是在仅在形式或仪式上有误的权力下授予的"，且12 & 13 Vict.c.26和13 & 14 Vict.c.19强制要求授予带有必要变更的新租约，而出租人无权强迫其接受此类租约，除非剩余权益人有权且愿意无变更地确认原租约，但所有这些困难都涉及延误、费用和焦虑。

2707. In husbandry leases, a covenant to cultivate the land in a husbandlike manner, and according to the custom of the district, is always implied; but it is more usual to prescribe the course of tillage which is to be pursued. In the case of houses for occupation, the tenant would have to keep the house in a tenantable state of repair during the term, and deliver it up in like condition. This is not the case with the tenant at will, or from year to year, where the landlord has to keep the house in tenantable repair, and the tenant is only liable for waste beyond reasonable wear and tear.

2707. 在农业租约中，始终隐含一项契约，即按照农业方式并根据当地习惯耕种土地；但更通常的做法是规定应遵循的耕作方式。对于居住用房屋，承租人须在租期内保持房屋处于可居住的维修状态，并在期满时以同样状况交还。对于随意租赁或按年租赁的承租人则不然，此时房东须保持房屋处于可居住的维修状态，承租人仅对超出合理磨损的毁损承担责任。

2708. INSURANCE.—Every lease, or agreement for a lease, should covenant not only who is to pay insurance, but how the tenement is to be rebuilt in the event of a fire; for if the house were burnt down, and no provision made for insurance, the tenant, supposing there was the ordinary covenant to repair in the lease, would not only have to rebuild, but to pay rent while it was being rebuilt. More than this, supposing, under the same lease, the landlord had taken the precaution of insuring, he is not compelled to lay out the money recovered in rebuilding the premises. Sir John Leach lays it down, that "the tenant's situation could not be changed by a precaution, on the part of the landlord, with which he had nothing to do." This decision Lord Campbell confirmed in a more recent case, in which an action was brought against a lessee who was not bound to repair, and neither he nor the landlord bound to insure; admitting an equitable defence, the court affirmed Sir John Leach's decision, holding that the tenant was bound to pay the rent, and could not require the landlord to lay out the insurance money in rebuilding. This is opposed to the opinion of Lord St. Leonards, who admits, however, that the decision of the

2708. 保险。--每份租约或租约协议都应约定不仅由谁支付保险费，还应约定火灾时如何重建房屋；因为如果房屋被烧毁且未作保险安排，假设租约中有通常的维修契约，承租人不仅须重建，还须在重建期间支付租金。更有甚者，假设在同一租约下，房东已采取投保的预防措施，他也没有义务将所获赔款用于重建房屋。约翰·利奇爵士裁定，"承租人的处境不能因房东采取的与其无关的预防措施而改变。"坎贝尔勋爵在最近的一个案件中确认了这一裁决，该案中对一位无维修义务的承租人提起诉讼，且他和房东均无投保义务；法院承认衡平法抗辩，确认了约翰·利奇爵士的裁决，认为承租人须支付租金，不能要求房东将保险金用于重建。这与圣伦纳兹勋爵的意见相反，然而他承认该裁决

court must overrule his *dictum*. Such being the state of the law, it is very important that insurance should be provided for, and that the payment of rent should be made to depend upon rebuilding the house in the event of a fire. Care must be taken, however, that this is made a covenant of the lease, as well as in the agreement, otherwise the tenant must rebuild the house.

法院必须推翻他的意见。鉴于法律状况如此，极为重要的是应投保，并使租金的支付取决于房屋在火灾后能否重建。然而必须注意，这应既在协议中、也在租约中作为一项契约订明，否则承租人必须重建房屋。

2709. The law declares that a tenant is not bound to repair damages by tempest, lightning, or other natural casualty, unless there is a special covenant to that effect in the lease; but if there is a general covenant to repair, the repair will fall upon the tenant. Lord Kenyon lays it down, in the case of a bridge destroyed by a flood, the tenant being under a general covenant to repair, that, "where a party, by his own contract, creates a duty or charge upon himself, he is bound to make it good, because he might have guarded against it in the contract." The same principle of law has been applied to a house destroyed by lightning. It is, therefore, important to have this settled in the insurance clause.

2709. 法律规定，承租人无须修复因暴风雨、闪电或其他自然灾害造成的损坏，除非租约中有就此作出规定的特别约款；但如果有一般的修缮约款，修缮责任就落在承租人身上。凯尼恩勋爵在桥梁被洪水冲毁一案中裁定，承租人负有一般修缮约款时，“当事人若以自己的契约为自己创设义务或负担，就必须履行，因为他本可在契约中对此加以防范。”同样的法律原则也适用于被闪电毁坏的房屋。因此，在保险条款中把这一点确定下来十分重要。

2710. Lord St. Leonards asserts that "his policies against fire are not so framed as to render the company *legally* liable." Generally the property is inaccurately described with reference to the conditions under which you insure. They are framed by companies who, probably, are not unwilling to have a legal defence against any claim, as they intend to pay what they deem just claim without taking advantage of any technical objection, and intending to make use of their defence only against what they believe to be a fraud, although they may not be able to prove it. "But," says his lordship, "do not rely upon the moral feelings of the directors. Ascertain that your house falls strictly within the conditions. Even having the surveyor of the company to look over

2710. 圣伦纳兹勋爵断言，“他的火灾保单的拟订方式，并不能使公司在法律上负有责任。”一般来说，财产的描述与你投保时所依据的条件并不相符。这些保单由公司拟订，而公司很可能并不不愿意对任何索赔拥有法律上的抗辩理由，因为它们打算支付它们认为是正当的索赔，而不利用任何技术性异议，并且打算只对它们认为是欺诈、尽管可能无法证明的事项使用其抗辩理由。“但是，”这位勋爵说，“不要依赖董事们的道德情感。要查明你的房屋严格符合各项条件。即使让公司的查勘员在承保前查看

your house before the insurance will not save you, unless your policy is correct." This is true; but probably his lordship's legal jealousy overshoots the mark here. Assurance companies only require an honest statement of the facts, and that no concealment is practised with their surveyor; and the case of his own, which he quotes, in which a glass door led into a conservatory, rendering it, according to the view of the company, "hazardous," and consequently voiding the policy, when a fire did occur, the company paid, rather than try the question; but even after the fire they demurred, when called upon, to make the description correct and indorse on the policy the fact that the drawing-room opened through a glass door into conservatories. One of two inferences is obvious here; either his lordship has overcoloured the statement, or the company could not be the respectable one represented. The practice with all reputable offices is to survey the premises before insurance, and to describe them as they appear; but no concealment of stoves, or other dangerous accessories or inflammable goods, should be practised. This certainly binds the office so long as no change takes place; but the addition of any stove, opening, or door through a party wall, the introduction of gunpowder, saltpetre, or other inflammable articles into the premises without notice, very properly "voids the policy." The usual course is to give notice of all alterations, and have them indorse on the policy, as additions to the description of the property: there is little fear, where this is honestly done, that any company would adopt the sharp practice hinted at in Lord St. Leonards' excellent handy book.

2711. BREAKS IN THE LEASE.—Where a lease is for seven, fourteen, or twenty-one years, the option to determine it at the

你的房屋，也不能使你免于风险，除非你的保单是正确的。”这话不错；但这位勋爵的法律上的猜疑在这里也许过头了。保险公司只要求如实陈述事实，并且不向它们的查勘员作任何隐瞒；而他本人引用的一件案例--一扇玻璃门通向温室，按公司的看法这构成“危险”，因而使保单失效，而当火灾确实发生时，公司还是赔付了，而不是去争讼这个问题；但甚至在火灾之后，当被要求把描述改正确、并在保单上批注客厅通过一扇玻璃门通向温室这一事实时，它们仍然表示异议。这里显然可以得出两种推论之一：要么这位勋爵把情况说得过了头，要么该公司不可能是所描述的那种体面公司。所有信誉良好的保险公司的做法都是在承保前查勘房屋，并按其实际状况加以描述；但不应隐瞒火炉或其他危险附属物或易燃货物。只要没有发生变化，这当然对保险公司具有约束力；但未经通知而增设任何火炉、开口或穿过共用墙的门，或将火药、硝石或其他易燃物品带入房屋，就非常正当地“使保单失效”。通常的做法是将一切改动通知保险公司，并作为对财产描述的补充批注在保单上：只要诚实地这样做，就几乎不必担心任何公司会采取圣伦纳兹勋爵那本出色的实用手册中所暗示的那种精明做法。

2711. 租约的中断。--凡租约为七年、十四年或二十一年者，在

end of the first term is in the tenant, unless it is distinctly agreed that the option shall be mutual, according to Lord St. Leonards.

第一个期限结束时终止租约的选择权属于承租人，除非根据圣伦纳兹勋爵之说，明确约定该选择权应为双方共有。

2712. NOXIOUS TRADES.—A clause is usually introduced prohibiting the carrying on of any trade in some houses, and of noxious or particular trades in others. This clause should be jealously inspected, otherwise great annoyance may be produced. It has been held that a general clause of this description prohibited a tenant from keeping a school, for which he had taken it, although a lunatic asylum and public-house have been found admissible; the keeping an asylum not being deemed a trade, which is defined as "conducted by buying and selling." It is better to have the trades, or class of trades objected to, defined in the lease.

2712. 有害行业。--通常会在一些房屋中订入条款，禁止从事任何行业，在另一些房屋中则禁止从事有害的或特定的行业。对这一条款应仔细审查，否则可能引起极大的麻烦。曾有裁定认为，这类一般性条款禁止承租人开办学校，尽管他是为此目的而承租的，而精神病院和酒馆则被认定可以容许；开办精神病院不被视为一种行业，而行业被定义为“以买卖方式进行的”活动。最好在租约中明确列出所反对的行业或行业类别。

2713. FIXTURES.—In houses held under lease, it has been the practice with landlords to lease the bare walls of the tenement only, leaving the lessee to put in the stoves, cupboards, and such other conveniences as he requires, at his own option. Those, except under particular circumstances, are the property of the lessee, and may either be sold to an incoming tenant, or removed at the end of his term. The articles which may not be removed are subject to considerable doubt, and are a fruitful source of dispute. Mr. Commissioner Fonblanque has defined as tenants' property all goods and chattels; 2ndly, all articles "slightly connected one with another, and with the freehold, but capable of being separated without materially injuring the freehold;" 3rdly, articles fixed to the freehold by nails and screws, bolts or pegs, are also tenants' goods and chattels; but when sunk in the soil, or built on it, they are integral parts of the freehold, and cannot be removed. Thus, a greenhouse or conservatory attached to the house by the tenant is

2713. 固定设施。--在租赁持有的房屋中，房东的惯例是只出租住宅的 bare walls(光墙)，由承租人自行选择安装炉灶、橱柜及其他所需便利设施。除特殊情况外，这些设施属于承租人的财产，可出售给下一位租户，或在其租期结束时搬走。不可搬走的物品存在相当大的疑问，是纠纷的丰富来源。Fonblanque 专员先生将以下定义为租户财产：所有货物与动产；第二，所有“彼此之间及与自由持有地略有连接，但能够在不实质性损害自由持有地的情况下分离”的物品；第三，通过钉子和螺丝、螺栓或木桩固定于自由持有地的物品，亦属租户的货物与动产；但若埋入土壤或建于其上，则构成自由持有地的组成部分，不可搬走。因此，租户附设于房屋的温室或花房是

not removable; but the furnace and hot-water pipes by which it is heated, may be removed or sold to the in-coming tenant. A brick flue does not come under the same category, but remains. Window-blinds, grates, stoves, coffee-mills, and, in a general sense, everything he has placed which can be removed without injury to the freehold, he may remove, if they are separated from the tenement during his term, and the place made good. It is not unusual to leave the fixtures in their place, with an undertaking from the landlord that, when again let, the in-coming tenant shall pay for them, or permit their removal. In a recent case, however, a tenant having held over beyond his term and not removed his fixtures, the landlord let the premises to a new tenant, who entered into possession, and would not allow the fixtures to be removed—it was held by the courts, on trial, that he was justified. A similar case occurred to the writer: he left his fixtures in the house, taking a letter from the landlord, undertaking that the in-coming tenant should pay for them by valuation, or permit their removal. The house was let; the landlord died. His executors, on being applied to, pleaded ignorance, as did the tenant, and on being furnished with a copy of the letter, the executors told applicant that if he was aggrieved, he knew his remedy; namely, an action at law. He thought the first loss the least, and has not altered his opinion.

不可拆除；但供暖用的火炉和热水管道可以拆除，或出售给新入住的租户。砖砌烟道不属于同一类别，须保留。窗帘、炉栅、火炉、咖啡磨，以及一般而言，凡他所设置、拆除后不致损害不动产者，均可在租期内与房屋分离并将原处修复后拆除。将固定附着物留在原处，并由房东承诺于再次出租时由新租户偿付其价款或允许其拆除，此种做法并不罕见。然而在最近一案例中，租户逾期占住而未拆除其固定附着物，房东将房屋出租给新租户，新租户入住后不允许拆除该固定附着物--法院审理后认定其有理。笔者亦曾遭遇类似情形：他将固定附着物留在屋内，取得房东一封信函，承诺新租户应按估价偿付其价款或允许其拆除。房屋出租后，房东去世。其遗嘱执行人接到申请时推称不知情，租户亦如此，而在获提供该信函副本后，遗嘱执行人告知申请人：若其认为受损，自知救济之道，即提起诉讼。他认为最初之损失最为轻微，至今未改此见。

2714. TAXES.—Land-tax, sewers-rate, and property-tax, are landlord's taxes; but by 30 Geo. II. c. 2, the occupier is required to pay all rates levied, and deduct from the rent such taxes as belong to the landlord. Many landlords now insert a covenant, stipulating that land-tax and sewers-rate are to be paid by the tenants, and not deducted: this does not apply to the property-tax. All other

2714. 税项。--土地税、下水道税和财产税是房东的税项；但根据《乔治二世第30年法令》第2章，承租人须缴纳所征收的一切税款，并从租金中扣除属于房东的此类税款。如今许多房东在契约中加入一项条款，规定土地税和下水道税由承租人缴纳，不得扣除：此规定不适用于财产税。所有其他

taxes and rates are payable by the occupier.

税款和费率由占用人支付。

2715. WATER-RATE, of course, is paid by the tenant. The water-companies, as well as gas-companies, have the power of cutting off the supply; and most of them have also the right of distraining, in the same manner as landlords have for rent.

2715. 水费，自然由承租人支付。自来水公司以及煤气公司均有权切断供应；其中大多数还享有扣押权，其方式与房东为收取租金而行使的扣押权相同。

2716. NOTICE TO QUIT.—In the case of leasing for a term, no notice is necessary; the tenant quits, as a matter of course, at its termination; or if, by tacit consent, he remains paying rent as heretofore, he becomes a tenant at sufferance, or from year to year. Half a year's notice now becomes necessary, as we have already seen, to terminate the tenancy; except in London, and the rent is under forty shillings, when a quarter's notice is sufficient. Either of these notices may be given verbally, if it can be proved that the notice was definite, and given at the right time. Form of notice is quite immaterial, provided it is definite and clear in its purport.

2716. 退租通知。--如系定期租赁，无须通知；租户于期满时自然退租；或者，如经默示同意，他继续居住并按原额支付租金，则成为容认租户，或按年租赁。如前所述，终止租赁现须提前半年通知；但在伦敦，租金不足四十先令者，提前一季通知即为足够。上述任何一种通知均可口头作出，只要能证明该通知内容明确且于适当时机作出即可。通知的形式无关紧要，只要其意旨明确清晰即可。

2717. Tenancy for less than a year may be terminated according to the taking. Thus, when taken for three months, a three months' notice is required; when monthly, a month's notice; and when weekly, a week's notice; but weekly tenancy is changed to a quarterly tenure if the rent is allowed to stand over for three months. When taken for a definite time, as a month, a week, or a quarter, no notice is necessary on either side.

2717. 不满一年的租赁可按照承租方式终止。因此，若以三个月为期承租，则须提前三个月通知；若按月承租，则须提前一个月通知；若按周承租，则须提前一周通知；但若允许租金拖欠三个月，则按周租赁即变为按季租赁。若以确定期限承租，如一个月、一周或一季，则双方均无须通知。

2718. DILAPIDATIONS.—At the termination of a lease, supposing he has not done so before, a landlord can, and usually does, send a surveyor to report upon the condition of the tenement, and it becomes his duty to ferret out every defect. A litigious landlord may drag the outgoing tenant into an expensive lawsuit, which he

2718. 失修。--租约终止时，房东可以(通常也会)派测量师报告房屋状况(假设此前未曾如此做过)，而查明每一处缺陷便成为其职责。好讼的房东可能将迁出的承租人拖入一场昂贵的诉讼，而承租人

has no power to prevent. He may even compel him to pay for repairing improvements which he has effected in the tenement itself, if dilapidations exist. When the lessor covenants to do all repairs, and fails to do so, the lessee may repair, and deduct the cost from the rent.

2719. RECOVERY OF RENT.—The remedies placed in the hands of landlords are very stringent. The day after rent falls due, he may proceed to recover it, by action at law, by distress on the premises, or by action of ejectment, if the rent is half a year in arrear. Distress is the remedy usually applied, the landlord being authorized to enter the premises, seize the goods and chattels of his tenant, and sell them, on the fifth day, to reimburse himself for all arrears of rent and the charges of the distress. There are a few exceptions; but, generally, all goods found on the premises may be seized. The exceptions are—dogs, rabbits, poultry, fish, tools and implements of a man's trade actually in use, the books of a scholar, the axe of a carpenter, wearing apparel on the person, a horse at the plough, or a horse he may be riding, a watch in the pocket, loose money, deeds, writings, the cattle at a smithy forge, corn sent to a mill for grinding, cattle and goods of a guest at an inn; but, curiously enough, carriages and horses standing at livery at the same inn may be taken. Distress can only be levied in the daytime, and if made after the tender of arrears, it is illegal. If tender is made after the distress, but before it is *impounded*, the landlord must abandon the distress and bear the cost himself. Nothing of a perishable nature, which cannot be restored in the same condition—as milk, fruit, and the like, must be taken.

2720. The law does not regard a day as consisting of portions. The popular notion that a notice to quit should be served before noon

无力阻止。若存在失修情况，他甚至可能强迫承租人支付其对该房屋本身所作改良的修缮费用。若出租人承诺进行一切修缮而未履行，承租人可自行修缮，并从租金中扣除费用。

2719. 租金的追偿。--赋予房东的救济手段极为严厉。租金到期次日，房东即可通过诉讼、对房屋内财物实施扣押，或如租金欠付达半年，通过驱逐之诉追偿。扣押为通常采用之救济，房东有权进入房屋，扣押租户的货物动产，并于第五日将其出售，以补偿全部欠租及扣押费用。有少数例外；但一般而言，凡在房屋内发现的物品均可扣押。例外者为--狗、兔、家禽、鱼、实际使用中的行业工具器具、学者的书籍、木匠的斧头、身上穿着之衣物、正在犁田之马或其所骑之马、怀中之表、散钱、契据、文书、铁匠铺之牛、送磨之谷物、客栈旅客之牲畜与货物；但奇怪的是，同一客栈中寄养之马车与马匹却可扣押。扣押仅可在白天实施，如在提出欠租偿付后实施，即为违法。如在扣押后、但于扣押物入库前提出偿付，房东须放弃扣押并自行承担费用。易腐坏、无法以原状返还之物--如牛奶、水果之类--不得扣押。

2720. 法律不认为一日可分为若干部分。认为退租通知应在正午之前送达的流行观念

is an error. Although distraint is one of the remedies, it is seldom advisable in a landlord to resort to distraining for the recovery of rent. If a tenant cannot pay his rent, the sooner he leaves the premises the better. If he be a rogue and won't pay, he will probably know that nine out of ten distresses are illegal, through the carelessness, ignorance, or extortion of the brokers who execute them. Many, if not most, of the respectable brokers will not execute distresses, and the business falls into the hands of persons whom it is by no means desirable to employ.

是一种错误。尽管扣押为救济手段之一，房东为追偿租金而诉诸扣押鲜为可取。租户若无力支付租金，其离开房屋愈早愈好。若其为无赖而拒付，他多半知道十次扣押中有九次因执行扣押的经纪人之疏忽、无知或勒索而属违法。许多(即使不是大多数)体面经纪人不会执行扣押，于是此项业务便落入绝不可取之人手中。

2721. Powers to relieve landlords of premises, by giving them legal possession, are given by 19 & 20 Vict., cap. 108, to the county courts, in cases where the rent does not exceed £50 per annum, and under the circumstances hereinafter mentioned; i.e.: —

2721. 根据《维多利亚女王第19和20年法令》第108章，在租金每年不超过50英镑且属于下文所述情形时，郡法院有权使房东通过给予其合法占有而解除对房屋的负担；即：

1. Where the term has expired, or been determined by notice to quit.

1. 若租期已届满，或已通过退租通知予以确定。

2. Where there is one half-year's rent in arrear, and *the landlord shall have right by law to enter for the nonpayment thereof*. As proof of this power is required, the importance of including such a power in the agreement for tenancy will be obvious.

2. 凡欠缴半年租金，且房东依法有权因未缴租金而进入。由于需要证明此项权力，将此种权力纳入租赁协议的重要性便显而易见。

In the county courts the amount of rent due may be claimed, as well as the possession of the premises, in one summons.

在郡法院，欠缴的租金数额可与房屋的占有权在同一份传票中一并主张。

2722. When a tenant deserts premises, leaving one half-year's rent in arrear, possession may be recovered by means of the police-court. The rent must not exceed £20 per annum, and must be at least three-fourths of the value of the premises. In cases in which the tenant has not deserted the premises, and where notice to quit

2722. 当承租人遗弃房屋、欠缴半年租金时，可通过治安法院收回占有。租金每年不得超过20英镑，且必须至少为房屋价值的三分之四。在承租人未遗弃房屋、且退租通知

has been given and has expired, the landlord must give notice to the tenant of his intended application. The annual rent in this case, also, must not exceed £20.

2723. THE I. O. U.—The law is not particular as to orthography; in fact, it distinctly refuses to recognize the existence of that delightful science. You may bring your action against Mr. Jacob Phillips, under the fanciful denomination of Jaycobb Fillipse, if you like, and the law won't care, because the law goes by ear; and, although it insists upon having everything written, things written are only supposed in law to have any meaning when read, which is, after all, a common-sense rule enough. So, instead of "I owe you," persons of a cheerful disposition, so frequently found connected with debt, used to write facetiously I. O. U., and the law approved of their so doing. An I. O. U. is nothing more than a written admission of a debt, and may run thus:—

15th October, 1860. To Mr. W. BROWN.

I. O. U. ten pounds for coals.

£10. JOHN JONES.

If to this you add the time of payment, as "payable in one month from this date," your I. O. U. is worthless and illegal; for it thus ceases to be a mere acknowledgment, and becomes a promissory note. Now a promissory note requires a stamp, which an I. O. U. does not. Many persons, nevertheless, stick penny stamps upon them, probably for ornamental effect, or to make them look serious and authoritative. If for the former purpose, the postage-stamp looks better than the receipt stamp upon blue paper. If you are W. Brown, and you didn't see the I. O. U. signed, and can't

已送达并已期满的情形下，房东须将其拟提出的申请通知承租人。此情形下的年租金同样不得超过20英镑。

2723. 欠条(I.O.U.)。--法律并不讲究正字法；事实上，它明确拒绝承认那门令人愉快的科学的存在。你尽可以异想天开的名称杰科布·菲利普斯(Jaycobb Fillipse)对雅各布·菲利普斯先生(Mr.Jacob Phillips)提起诉讼，法律不会在意，因为法律凭听觉行事；而且，尽管它坚持一切须形诸文字，但在法律上，文字只有在被阅读时才被推定具有意义，这毕竟是一条足够合乎常理的规则。因此，性情开朗之人(如此类人常与债务相连)惯于戏谑地写作 I.O.U.以代替“我欠你”，法律亦认可其如此写法。欠条不过是对债务的书面承认，其格式可如下--

1860年10月15日。致W.布朗先生。

2714.我欠你十英镑煤款。

£10. 约翰·琼斯。

如果在此基础上加上付款时间，如“自即日起一个月内付款”，你的借据便毫无价值且不合法；因为它由此不再仅仅是承认欠款，而变成了期票。期票需要贴印花，而借据则不需要。然而，许多人仍在其上贴一便士邮票，或许是为了装饰效果，或使其显得郑重而有权威。若为前者，邮资邮票比蓝纸上的收据印花更好看。如果你是W.布朗，且未亲眼见借据签署，又不能

find anybody who knows Jones's autograph, and Jones won't pay, the I. O. U. will be of no use to you in the county court, except to make the judge laugh. He will, however, allow you to prove the consideration, and as, of course, you won't be prepared to do anything of the sort, he will, if you ask him politely, adjourn the hearing for a week, when you can produce the coalheavers who delivered the article, and thus gain a glorious victory.

找到任何认识琼斯笔迹的人，而琼斯又不肯付款，那么这张借据在郡法院对你毫无用处，只会让法官发笑。不过，法官会允许你证明对价，而由于你当然不会准备做这类事情，如果你礼貌地请求他，他会将听审延期一周，届时你可以传唤运送该物品的运煤工出庭，从而赢得一场光荣的胜利。

2724. APPRENTICES.—By the statute 5 Eliz. cap. 4, it is enacted that, in cases of ill-usage by masters towards apprentices, or of neglect of duty by apprentices, the complaining party may apply to a justice of the peace, who may make such order as equity may require. If, for want of conformity on the part of the master, this cannot be done, then the master may be bound to appear at the next sessions. Authority is given by the act to the justices in sessions to discharge the apprentice from his indentures. They are also empowered, on proof of misbehaviour of the apprentice, to order him to be corrected or imprisoned with hard labour.

2724. 学徒。--根据伊丽莎白五年法令第四章，规定：如遇男主人虐待学徒，或学徒怠忽职守，申诉一方可向治安法官申请，法官可作出衡平法所要求的裁定。若因男主人不予遵从致无法执行，则男主人可被具保于下次季审法院出庭。该法令授权季审法院法官解除学徒的师徒契约。法官亦有权在证实学徒行为不端时，命令对其加以惩戒或处以苦役监禁。

2725. HUSBAND AND WIFE.—Contrary to the vulgar opinion, second cousins, as well as first, may legally marry. When married, a husband is liable for his wife's debts contracted before marriage. A creditor desirous of suing for such a claim should proceed against both. It will, however, be sufficient if the husband be served with process, the names of both appearing therein, thus:—John Jones and Ann his wife. A married woman, if sued alone, may plead her marriage, or, as it is called in law, coverture. The husband is liable for debts of his wife contracted for necessaries while living with him. If she voluntarily leaves his protection, this liability ceases. He is also liable for any debts contracted by her with his authority. If the husband have abjured the realm, or been

2725. 夫妻。--与世俗之见相反，隔代堂表亲与嫡亲堂表亲一样可以合法结婚。婚后，丈夫须对妻子婚前所欠债务负责。债权人欲就此索赔，应同时起诉夫妻双方。然而，只需将诉讼文书送达丈夫即可，文书上列明双方姓名，格式如下：约翰·琼斯及其妻安。已婚妇女若被单独起诉，可申辩其已婚身份，法律上称为“coverture”。丈夫须对妻子与其同居期间为必需品所欠债务负责。若妻子自愿离家不受其保护，此责任即终止。丈夫亦须对妻子经其授权所欠债务负责。若丈夫已弃国离境，或已

transported by a sentence of law, the wife is liable during his absence, as if she were a single woman, for debts contracted by her.

被法律判决流放，则在其缺席期间，妻子须对其所欠债务负责，如同未婚女子一般。

2726. In civil cases, a wife may now give evidence on behalf of her husband in criminal cases she can neither be a witness for or against her husband. The case of assault by him upon her forms an exception to this rule.

2726. 在民事案件中，妻子如今可代表丈夫作证；在刑事案件中，她既不能作为有利于丈夫的证人，也不能作为不利于丈夫的证人。丈夫殴打妻子的案件构成此规则的例外。

2727. The law does not at this day admit the ancient principle of allowing moderate correction by a husband upon the person of his wife. Although this is said to have been anciently limited to the use of "a stick not bigger than the thumb," this barbarity is now altogether exploded. He may, notwithstanding, as has been recently shown in the famous Agapemone case, keep her under restraint, to prevent her leaving him, provided this be effected without cruelty.

2727. 法律如今不承认允许丈夫对妻子人身施加适度惩戒的古老原则。尽管据说古时此种惩戒限于使用“不大于拇指的棍子”，但这种野蛮做法如今已被彻底废除。然而，他仍可(正如最近著名的阿加佩莫尼案所示)将妻子置于约束之下，以防她离开他，但须以不残忍的方式实施。

2728. By the Divorce and Matrimonial Causes Act, 1857, a wife deserted by her husband may apply to a magistrate, or to the petty sessions, for an order to protect her lawful earnings or property acquired by her after such desertion, from her husband and his creditors. In this case it is indispensable that such order shall, within ten days, be entered at the county court of the district within which she resides. It will be seen that the basis of an application for such an order is *desertion*. Consequently, where the parties have separated by common consent, such an order cannot be obtained, any previous cruelty or misconduct on the husband's part notwithstanding.

2728. 根据1857年《离婚与婚姻诉讼案件法》，被丈夫遗弃的妻子可向治安法官或小季审法庭申请命令，以保护其在遗弃后获得的合法收入或财产，免受丈夫及其债权人侵害。在此情况下，该命令必须在十日内于其居住地所属郡法院登记，此为不可或缺。可见，申请此类命令的依据是遗弃。因此，若双方经共同同意分居，则即使丈夫此前有虐待或不当行为，亦不能获得此类命令。

2729. When a husband allows his wife to invest money in her own name in a savings-bank, and he survives her, it is sometimes the

2729. 当丈夫允许妻子以自己的名义将钱存入储蓄银行，而他比她活得长久时，有时

rule of such establishments to compel him to take out administration in order to receive such money, although it is questionable whether such rule is legally justifiable. Widows and widowers pay no legacy-duty for property coming to them through their deceased partners.

此类机构的规则会迫使他办理遗产管理手续以领取该款项，尽管此种规则是否具有法律正当性尚存疑问。鳏夫和寡妇对通过其已故配偶获得的财产无须缴纳遗产税。

2730. RECEIPTS for sums above £2 should now be given upon penny stamps. A bill of exchange may nevertheless be discharged by an indorsement stating that it has been paid, and this will not be liable to the stamp. A receipt is not, as commonly supposed, conclusive evidence as to a payment. It is only what the law terms *primâ facie* evidence; that is, good until contradicted or explained. Thus, if A sends wares or merchandise to B, with a receipt, as a hint that the transaction is intended to be for ready money, and B detain the receipt without paying the cash, A will be at liberty to prove the circumstances and to recover his claim. The evidence to rebut the receipt must, however, be clear and indubitable, as, after all, written evidence is of a stronger nature than oral testimony.

2730. 金额超过2英镑的收据现应出具于一便士印花纸上。然而，汇票可通过注明已付款的背书予以清偿，且无需贴印花。收据并不像通常认为的那样是付款的确凿证据。它仅是法律所称的初步证据；即在被反驳或解释之前有效。因此，若甲向乙发送货物并附收据，暗示此交易意在现金交易，而乙扣留收据却不付现款，甲可自由证明相关情况并追回其款项。然而，用以反驳收据的证据必须清晰且无可置疑，毕竟书面证据的性质强于口头证词。

2731. BOOKS OF ACCOUNT.—A tradesman's books of account cannot be received as evidence in his own behalf, unless the entries therein be proved to have been brought under the notice of, and admitted to be correct by the other party, as is commonly the case with the "pass-books" employed backwards and forwards between bakers, butchers, and the like domestic traders, and their customers. The defendant may, however, compel the tradesman to produce his books to show entries adverse to his own claim.

2731. 账簿。--商人的账簿不能作为有利于其本人的证据被采纳，除非能证明其中的记载已提请对方注意并被对方承认为正确，正如面包师、肉商等家庭商贩与其顾客之间往来使用的“赊账簿”通常的情形那样。然而，被告可强迫商人出示其账簿，以显示不利于其本人主张的记载。

2732. WILLS.—The last proof of affection which we can give to those left behind, is to leave their worldly affairs in such a state as

2732. 遗嘱。--我们能给予身后之人的最后一份爱的证明，就是将他们的世俗事务安排得

to excite neither jealousy, nor anger, nor heartrendings of any kind, at least for the immediate future. This can only be done by a just, clear, and intelligible disposal of whatever there is to leave. Without being advocates for every man being his own lawyer, it is not to be denied that the most elaborately prepared wills have been the most fruitful sources of litigation, and it has even happened that learned judges left wills behind them which could not be carried out. Except in cases where the property is in land or in leases of complicated tenure, very elaborate details are unnecessary; and we counsel no man to use words in making his will of which he does not perfectly understand the meaning and import.

以免引起嫉妒、愤怒或任何形式的伤心，至少在近期内如此。要做到这一点，只能对所要留下的一切作出公正、清晰且可理解的处置。我们并非主张人人都当自己的律师，但不可否认，最精心拟定的遗嘱往往是诉讼最丰富的源泉，甚至出现过博学的法官留下的遗嘱无法执行的情况。除非财产是土地或复杂的租佃关系，否则无需非常详尽的细节；我们劝告任何人不要在立遗嘱时使用自己不完全理解其含义和要旨的词语。

2733. All men over twenty-one years of age, and of sound mind, and all unmarried women of like age and sanity, may by will bequeath their property to whom they please. Infants, that is, all persons under twenty-one years of age, and married women, except where they have an estate to their "own separate use," are incapacitated, without the concurrence of the husband; the law taking the disposal of any property they die possessed of. A person born deaf and dumb cannot make a will, unless there is evidence that he could read and comprehend its contents. A person convicted of felony cannot make a will, unless subsequently pardoned; neither can persons outlawed; but the wife of a felon transported for life may make a will, and act in all respects as if she were unmarried. A suicide may bequeath real estate, but personal property is forfeited to the crown.

2733. 所有年满二十一岁、心智健全的男子，以及同龄且心智健全的未婚女子，均可通过遗嘱将财产遗赠给任何他们愿意的人。未成年人，即所有未满二十一岁的人，以及已婚女子--除非她们拥有“供自己单独使用”的财产--未经丈夫同意即无行为能力；法律将处置她们去世时所拥有财产的权力收回。天生聋哑者不能立遗嘱，除非有证据表明他能阅读并理解其内容。被判定犯有重罪者不能立遗嘱，除非随后获得赦免；被剥夺法律保护者亦不能；但被终身流放的重罪犯之妻可以立遗嘱，并在各方面如同未婚女子一样行事。自杀者可以遗赠不动产，但动产则被没收归王室。

2734. Except in the case of soldiers on actual service, and sailors at sea, every will must be made in writing. It must be signed by the testator, or by some other person in his presence, and at his

2734. 除现役军人和海上水手的情形外，每一份遗嘱均须以书面形式订立。遗嘱人须亲自签名，或由其他人在其面前、应其

request, and the signature must be made or acknowledged in the presence of two or more witnesses, who are required to be present at the same time, who declare by signing that the will was signed by the testator, or acknowledged in their presence, and that they signed as witnesses in testator's presence.

2735. By the act of 1852 it was enacted that no will shall be valid unless signed at the foot or end thereof by the testator, or by some person in his presence, and by his direction; but a subsequent act proceeds to say that every will shall, as far only as regards the position of the signature of the testator, or of the person signing for him, be deemed valid if the signature shall be so placed at, or after, or following, or under, or beside, or opposite to the end of the will, that it shall be apparent on the face of it that the testator intended to give it effect by such signature. Under this clause, a will of several sheets, all of which were duly signed, except the last one, has been refused probate; while, on the other hand, a similar document has been admitted to probate where the last sheet only, and none of the other sheets, was signed. In order to be perfectly formal, however, each separate sheet should be numbered, signed, and witnessed, and attested on the last sheet. This witnessing is an important act: the witnesses must subscribe it in the presence of the testator and of each other; and by their signature they testify to having witnessed the signature of the testator, he being in sound mind at the time. Wills made under any kind of coercion, or even importunity may become void, being contrary to the wishes of the testator. Fraud or imposition also renders a will void, and where two wills made by the same person happen to exist, neither of them dated, the maker of the wills is declared to have died intestate.

请求代为签名，且该签名须在两名或两名以上见证人面前作出或承认，见证人须同时在场，并通过签名声明该遗嘱系由遗嘱人在其面前签署或承认，且他们系在遗嘱人面前作为见证人签名。

2735. 根据1852年的法令，规定任何遗嘱均无效，除非由立遗嘱人本人或由其在場并按其指示的某人在遗嘱末尾或末端签名；但随后的一项法令进一步规定，仅就立遗嘱人或代其签名者的签名位置而言，只要签名置于遗嘱末尾处、之后、其下、旁边或正对末尾，以致从遗嘱表面即可明显看出立遗嘱人意图通过该签名使其生效，该遗嘱即视为有效。根据这一条款，一份由数页组成、除最后一页外均已正式签署的遗嘱曾被拒绝认证；而另一方面，一份类似文件仅在最后一页签署、其他各页均未签署，却获得了认证。然而，为了完全符合形式，每一单独页均应编号、签名并见证，并在最后一页上加以证明。这种见证是一项重要的行为：见证人必须在立遗嘱人及彼此在场的情况下签署；他们通过签名证明自己见证了立遗嘱人的签名，且当时立遗嘱人心智健全。在任何形式的胁迫、甚至纠缠下所立的遗嘱可能无效，因其违背立遗嘱人的意愿。欺诈或欺骗亦使遗嘱无效；若同一人恰巧存在两份遗嘱，且均未注明日期，则立遗嘱人被宣告为无遗嘱死亡。

2736. A will may always be revoked and annulled, but only by burning or entirely destroying the writing, or by adding a codicil, or making a subsequent will duly attested; but as the alteration of a will is only a revocation to the extent of the alteration, if it is intended to revoke the original will entirely, such intention should be declared,—no merely verbal directions can revoke a written will; and the act of running the pen through the signatures, or down the page, is not sufficient to cancel it, without a written declaration to that effect signed and witnessed.

2736. 遗嘱随时可以撤销和废止，但只能通过焚烧或完全销毁文书，或通过添加附言，或另立一份经正式证明的后续遗嘱来实现；但由于对遗嘱的更改仅在更改范围内构成撤销，若意图完全撤销原遗嘱，则应声明该意图--仅凭口头指示不能撤销书面遗嘱；未经签署并见证的书面声明，仅在签名上或沿页面划一道笔线，不足以取消遗嘱。

2737. A will made before marriage is revoked thereby.

2737. 婚前所立遗嘱因结婚而撤销。

2738. A codicil is a supplement or addition to a will, either explaining or altering former dispositions; it may be written on the same or separate paper, and is to be witnessed and attested in the same manner as the original document.

2738. 遗嘱附录是对遗嘱的补充或增补，用以解释或变更先前的处分；它可书写于同一纸张或单独纸张上，并须以与原始文件相同的方式见证和证明。

2739. WITNESSES.—Any persons are qualified to witness a will who can write their names; but such witness cannot be benefitted by the will. If a legacy is granted to the persons witnessing, it is void. The same rule applies to the husband or wife of a witness; a bequest made to either of these is void.

2739. 见证人。--凡能书写自己姓名的人均有资格见证遗嘱；但此种见证人不得从遗嘱中受益。若将遗赠给予见证人，则该遗赠无效。同一规则适用于见证人的丈夫或妻子；给予其中任何一方的遗赠均无效。

2740. FORM OF WILLS.—Form is unimportant, provided the testator's intention is clear. It should commence with his designation; that is, his name and surname, place of abode, profession, or occupation. The legatees should also be clearly described. In leaving a legacy to a married woman, if no trustees are appointed over it, and no specific directions given, "that it is for her sole and separate use, free from the control, debts, and incumbrances of her husband," the husband will be entitled to the legacy. In the same manner a legacy to an unmarried woman will

2740. 遗嘱的格式--只要立遗嘱人的意图明确，格式并不重要。遗嘱应以立遗嘱人的称谓开头，即其名和姓、居住地、职业或行业。受遗赠人也应清楚描述。在将遗产留给已婚女子时，若未指定受托人管理，且未特别指示“该遗产供其单独和分开使用，不受其丈夫的控制、债务和负担的影响”，则丈夫将有权获得该遗产。同样，留给未婚女子的遗产将

vest in her husband after marriage, unless a settlement of it is made on her before marriage.

婚后归属于其丈夫，除非在婚前为她作出财产授与安排。

2741. In sudden emergencies a form may be useful, and the following has been considered a good one for a death-bed will, where the assistance of a solicitor could not be obtained; indeed, few solicitors can prepare a will on the spur of the moment: they require time and legal forms, which are by no means necessary, before they can act.

2741. 在突发紧急情况下，一份格式可能有用，以下格式被认为适用于无法获得律师协助时的临终遗嘱；的确，很少有律师能即席拟就遗嘱：他们需要时间和法律程式，而在他们能够行动之前，这些绝非必要。

I, A.B., of No. 10, ——, Street, in the city of —— [gentleman, builder, or grocer, as the case may be,] being of sound mind, thus publish and declare my last will and testament. Revoking and annulling all former dispositions of my property, I give and bequeath as follows:—to my son J.B., of ——, I give and bequeath the sum of —-; to my daughter M., the wife of J., of ——, I give and bequeath the sum of —— [if intended for her own use, add "to her sole and separate use, free from the control, debts, and incumbrances of her husband"], both in addition to any sum or sums of money or other property they have before had from me. All the remaining property I die possessed of I leave to my dear wife M. B., for her sole and separate use during her natural life, together with my house and furniture, situate at No. 10, —— Street, aforesaid. At her death, I desire that the said house shall be sold, with all the goods and chattels therein [or, I give and bequeath the said house, with all the goods and chattels therein, to ——], and the money realized from the sale, together with that in which my said wife had a life-interest, I give and bequeath in equal moieties to my son and daughter before named. I appoint my dear friend T.S., of ——, and T.B., of ——, together with my wife M.B., as executors to this my last will and testament.

我，A.B.，居住于--市--街10号，[绅士、建筑商或杂货商，视情况而定，]心智健全，特此公布并声明我的最后遗嘱。撤销并废除此前关于我财产的一切处分，我赠与并遗赠如下：--我的儿子J.B.，居住于--，我赠与并遗赠其金额--；我的女儿M.,J.之妻，居住于--，我赠与并遗赠其金额--[若拟供其自用，则加注“供其单独及分别使用，不受其丈夫的控制、债务及负担之影响”]，上述两项均在其此前已从我处获得的任何款项或其他财产之外。我所拥有的全部剩余财产，我遗赠给我亲爱的妻子M.B.，供其在有生之年单独及分别使用，连同我位于上述--街10号的房屋及家具。在其去世后，我希望上述房屋连同其中所有物品及动产一并出售[或者，我将上述房屋连同其中所有物品及动产赠与并遗赠给--]，出售所得款项，连同我上述妻子享有终身权益的款项，我赠与并遗赠给我前述的儿子和女儿，各得相等份额。我指定我亲爱的朋友T.S.，居住于--，以及T.B.，居住于--，连同我的妻子M.B.，作为本最后遗嘱的执行人。

Signed by A.B., this 10th day of October, 1861, in our presence, both being present together, and both having signed as witnesses, in the presence of the testator:—A.B.

由A.B.于1861年10月10日在我们面前签署，我们二人同时在场，并均在遗嘱人面前作为见证人签名：--A.B.

T.S., Witness. F.M., Witness.

T.S　证人。F.M.，证人。

It is to be observed that the signature of the testator after this attestation has been signed by the witnesses, is not a compliance with the act; he must sign first.

须注意，在见证人已在此证明条款上签名之后，遗嘱人再行签名并不符合该法令的规定；他必须首先签名。

2742. STAMP-DUTIES.—In the case of persons dying intestate, when their effects are administered to by their family, the stamp-duty is half as much more as it would have been under a will. Freehold and copyhold estates are now subject to a special impost on passing, by the Stamp Act of 1857.

2742. 印花税。--在无遗嘱死亡的情形下，当其遗产由其家属管理时，印花税比依遗嘱处理时应缴的税额多一半。根据1857年《印花税法》，自由持有地和副本持有地产业如今在转移时须缴纳一种特别税。

2743. The legacy-duty only commences when it amounts to £20 and upwards; and where it is not directed otherwise, the duty is deducted from the legacy.

2743. 遗产税仅在数额达到20英镑及以上时才开始征收；除另有规定外，该税从遗赠中扣除。

2744. You cannot compound for past absence of charity by bequeathing land or tenements, or money to purchase such, to any charitable use, by your last will and testament; but you may devise them to the British Museum, to either of the two universities of Oxford and Cambridge, to Eton, Winchester, and Westminster; and you may, if so inclined, leave it for the augmentation of Queen Anne's bounty. You may, however, order your executors to sell land and hand over the money received to any charitable institution.

2744. 你不能通过最后遗嘱，将土地或房屋，或购买此类财产的钱款，遗赠给任何慈善用途，以弥补过去未行慈善之缺；但你可以将它们遗赠给大英博物馆、牛津和剑桥两所大学之一、伊顿公学、温彻斯特公学和威斯敏斯特公学；如果你愿意，也可以将其留作增加安妮女王基金之用。然而，你可以指示你的执行人出售土地，并将所得款项交给任何慈善机构。

2745. In making provision for a wife, state whether it is in lieu of, or in addition to, dower.

2745. 在为妻子作出供养安排时，须说明该安排是代替还是补充寡妇产。

2746. If you have advanced money to any child, and taken an

2746.　如果你已经预支钱给任何孩子，并采取了

acknowledgment for it, or entered it in any book of account, you should declare whether any legacy left by will is in addition to such advance, or whether it is to be deducted from the legacy.

若您未曾为此立下收据，亦未记入任何账簿，则应声明遗嘱所留遗赠是否为此项预付款之外的额外给予，抑或应从该项遗赠中扣除。

2747. A legacy left by will to any one would be cancelled by your leaving another legacy by a codicil to the same person, unless it is stated to be in addition to the former bequest.

2747. 若您又以遗嘱附录向同一人另留一份遗赠，则先前遗嘱所留的遗赠即被撤销，除非声明该遗赠为先前遗赠之外的额外给予。

2748. Your entire estate is chargeable with your debts, except where the real estate is settled. Let it be distinctly stated out of which property, the real or personal, they are paid, where it consists of both.

2748. 您的全部遗产均须用以清偿债务，但已作限定的不动产除外。若遗产兼有不动产与动产，应明确载明债务由其中何种财产清偿。

2749. Whatever is *devised*, let the intention be clearly expressed, and without any condition, if you intend it to take effect.

2749. 凡属遗赠之物，若您希望其生效，应清楚表达意图，且不得附加任何条件。

2750. Attestation is not necessary to a will, as the act of witnessing is all the law requires, and the will itself declares the testator to be of sound mind in his own estimation; but, wherever there are erasures or interlineations, one becomes necessary. No particular form is prescribed; but it should state that the testator either signed it himself, or that another signed it by his request, or that he acknowledged the signature to be his in their presence, both being present together, and signed as witnesses in his presence. When there are erasures, the attestation must declare that—The words interlined in the third line of page 4, and the erasure in the fifth line of page 6, having been first made. These are the acts necessary to make a properly executed will; and, being simple in themselves and easily performed, they should be strictly complied with, and always attested.

2750. 遗嘱并非必须附有见证条款，因为法律所要求的只是见证行为本身，而遗嘱本身即声明立遗嘱人自认心智健全；但若存在涂改或行间插入文字，则须有见证条款。法律未规定特定格式；但该条款应载明立遗嘱人亲自签署，或由他人应其请求代签，或立遗嘱人在两名见证人同时在场的情况下，向他们承认该签名为其本人所签，且两名见证人亦在其在场时签署为见证人。若存在涂改，见证条款须声明--第4页第3行行间插入之文字及第6页第5行之涂改，均系先行作出。以上为使遗嘱得以适当订立所必需的行为；这些行为本身简单易行，应严格遵守，并始终予以见证。

2751. A witness may, on being requested, sign for testator; and he

2751. 证人可应请求代立遗嘱人签字；而他

may also sign for his fellow-witness, supposing he can only make his mark, declaring that he does so; but a husband cannot sign for his wife, either as testator or witness, nor can a wife for her husband.

若立遗嘱人仅能画押，亦可代同署见证人签名，但须声明系代其签署；然而丈夫不得代妻子签名，无论作为立遗嘱人还是见证人，妻子亦不得代丈夫签名。

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