

**ECONOMICAL
COOKERY FOR THE
MIDDLE CLASSES**

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Economical cookery for the middle classes by Mrs. Kate Addison

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31

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THE MIDDLE CLASSES.

BY

MRS. ADDISON.

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PREFACE.

I HAVE lived abroad the greater part of my life; but having now settled in England, under far different circumstances to those which marked my early years, I find by comparison with some of my most intimate neighbours, who are also compelled to study economy, that my weekly expenditure is considerably less than theirs. This fact I attribute to the constant use of foreign cookery in my small establishment, as also to the close study of kitchen economy, which is undoubtedly the duty of every mistress, whatever her circumstances, but more especially of those who by birth and education are fitted to fill any station, but who from varied causes are compelled to live in a humble sphere. I have always found my modest dishes so highly appreciated, and have so often been asked for my recipes, that the idea has suggested itself to me of writing a Cookery Book, which will, I trust, not only be a pecuniary help to myself, but a real assistance to those who like "nice dishes well prepared," yet whose minds, from want of practical experience, seldom soar beyond the dreary and expensive rounds of beef and mutton. Many of the subjoined recipes have been partaken of among the glitter of silver and glass, on the tables of the

rich and great in distant lands, or equally appreciated when eaten with a wooden spoon dipped into the family saucepan, which serves for dish and plate and all, in the rude hut of the lonely peasant on the mountains of Madeira. They have often been enjoyed in different parts of the Continent, or eaten with thankfulness, "far from the busy haunts of men," on the desert plains of Southern Africa.

A few of the Recipes are introduced, irrespective of economy—only for their excessive merits and peculiarity: by myself—such as these are only indulged in on rare occasions, and when eggs are at their cheapest.

I find from long experience that economists should never be without tinned meats among their stores: not only are they invaluable in case of unexpected visitors, but (as I will presently show) they are capable of being made into all sorts of tempting and nourishing dishes at a very small cost. Who has not at some time or other experienced a pang, on the sudden arrival of an uninvited guest, at the overwhelming remembrance that "there is only cold mutton in the larder"? With tinned food in the house, none of these pangs need in future be experienced; the "cold mutton," which might have sufficed for the plain family dinner, now appears as a parsleyed ornament, while the table is quickly furnished with savoury meats such as delight the heart of man, and make him a cheerful countenance. I shall occasionally make mention of vegetables which are not often grown in England: but why should they not be? In my own small garden I have had calabashes and tomatoes growing with tropical luxuriance: the seeds of these plants, as well as of pumpkins, gourds, etc.,

are procurable of most seedsmen, and are to be bought quite as cheaply as other vegetables which take up more space, and are not capable of affording nearly as much nutritious food.

The practice of constantly having soup at one's meals is undeniably an economical one if neither bones nor meat are bought from which to make it. No carefully conducted household should be without a *Digester*, the cost of which is only four-and-sixpence for one which contains two gallons of stock. Into this useful saucepan every bone which has done its "duty in the flesh" should be cast, and allowed to remain in its "watery grave" so long as any portion of its nourishment exists. The *Digester* should be always kept three parts full, and remain beside the fire night and day. Whenever soup is required, the stock should be first well skimmed, and then placed in a clean saucepan: the *Digester* meanwhile undergoes a careful inspection; all soft bones are removed, and fresh ones added, if there be any in the house to add; in any case it must again be filled three parts full of water, and returned to its allotted home in one corner of the kitchen range.

In conclusion: if your means are small, and your appetite requires tempting with the varied viands which Nature's bounty proves to be necessary for the good of man, let me beg you to escape from the trammels of the ordinary British fare, and give the following recipes an unprejudiced and honest trial.

THE AUTHORESS.