

THE
LADY'S COMPLETE GUIDE;
OR
COOKERY IN ALL ITS BRANCHES.

CONTAINING

The most approved Receipts, confirmed by Observation and Practice, in every reputable English Book of Cookery now extant, besides a great Variety of others which have never before been offered to the Public. Also several translated from the Productions of Cooks of Eminence who have published in FRANCE, particularly M. COMMO'S HISTOIRE DE CUISINE, M. DISANG'S MAITRE D'HOTEL, M. DUPONT and M. VALOIS, M. TROAS, and M. DELATOUR, with their respective Names to each Receipt; which, with the ORIGINAL ARTICLES, will form the most complete System of Cookery ever yet exhibited, under the following Heads, viz.

ROASTING,	SOUPS,	TARTS,
BOILING,	SAUCES,	PIES,
MADE-DISHES,	GRAVIES,	PASTIES,
FRYING,	HASHES,	CHEESECAKES,
BROILING,	STEWES,	JELLIES,
POTTING,	PUDDINGS,	PICKLING,
FRICASSEES,	CUSTARDS,	PRESERVING,
RAGOUTS,	CAKES,	CONFECTIONARY, &c.

TO WHICH IS ADDED,

In order to render it as complete and perfect as possible,

THE COMPLETE BREWER;

CONTAINING

Familiar Instructions for brewing all Sorts of Beer and Ale; including the proper Management of the Vault or Cellar.

ALSO

THE FAMILY PHYSICIAN;

Consisting of a considerable Collection of approved Prescriptions by MEAD, SYDENHAM, TISSOT, FOTHERGIL, ELLIOT, BUCHAN, and others, including a certain Remedy for that formidable Disorder, the DROPSY, recommended by Persons respectable in the highest Degree.

BY MRS. MARY COLE,
COOK TO THE RIGHT HON. THE EARL OF DROGHEDA.

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S U P P L E M E N T.

THE ART OF BREWING.

HAVING given ample instructions for the preparations of wines, &c. malt liquors should not be passed over unnoticed, as the house-keeper cannot be said to be complete in her business, without a competent knowledge in the Art of Brewing.

Of Water proper for Brewing.

To speak in general terms, the best water for brewing is river water; such as is soft, and has partook of the air and sun; for this easily insinuates itself into the malt, and extracts its virtues. On the contrary, hard waters astringe and bind the pores of the malt, and prevent the virtue of it from being freely communicated to the liquor. It is a rule adopted by many excellent brewers, that all water which will mix and lather with soap is proper for brewing, and they wholly disapprove of any other. The experiment has been often tried, that where the same quantity of malt has been used to a barrel of river water as to a barrel of spring water, the former has excelled the latter in strength, in a degree almost double. It may be necessary to observe likewise, that the malt was the same in quality, as well as in quantity, for each barrel. The hops were the same, both in quantity and quality, and the time of boiling was equal in each. They were worked in the same manner, and tunned and kept in the same cellar. Hence it is evident, that there could have been no difference but in the water, and yet one barrel was worth almost two of the other.

But where soft water is not to be procured, that which is hard may be softened, by exposing it to the air and sun, and

putting into it some pieces of soft chalk to infuse; or, before you begin to boil it, in order to be poured on the malt, put into it a quantity of bran, which will soften it a little.

The necessity of keeping the Vessels clean.

Observe, the day before brewing, to have all your vessels very clean, and never use your tubs for any other use, except it be to make wines. Let your casks be well cleaned with boiling water; and, if your bung is large enough, scrub them well with a little birch broom, or brush. If they are very bad, take out the heads, and let them be scrubbed clean with a hand-brush, sand, and fullers earth. Put on the head again, and scald it well, then throw in a piece of unslacked lime, and stop the bung close.

General Rules for Brewing.

In the first place, it is necessary to have the malt clean, and it ought to stand four or five days after it is ground.

Fine strong October should have five quarters of malt, and twenty-four pounds of hops, to three hogsheds. This will afterwards make two hogsheds of good keeping small beer, with the addition of five pounds of hops.

For middling beer, a quarter of malt makes a hogshed of ale, and another of small beer; or it will make three hogsheds of good small beer, allowing eight pounds of hops. This will keep all the year. Or it will make twenty gallons of strong ale, and two hogsheds of small beer, that will keep all the year.

Any one who intends to keep ale a great while, should allow a pound of hops to every bushel; if to keep only six months, five pounds to a hogshed. If for present drinking, three pounds to a hogshed, and the softest and clearest water you can get.

Pour the first copper of water, when it boils, into your mash-tub, and let it be cool enough to see your face in; then put in your malt, and let it be well mashed. Have a copper of water boiling in the mean time, and when your malt is well mashed, fill your mashing-tub; stir it well again, and cover it over with the sacks. Let it stand three hours, set a broad shallow tub under the cock, let it run very softly, and if it is thick, throw it up again till it runs fine; then
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throw a handful of hops in the under tub, let the mash run into it, and fill your tubs till all is run off. Have water boiling in the copper, and lay as much more on as you have occasion for, allowing one third for boiling and waste. Let that stand an hour, boiling more water to fill the mash-tub for small beer: let the fire down a little, and put it into tubs enough to fill your mash. Let the second mash be run off, and fill your copper with the first wort; put in part of your hops, and make it boil quick. About an hour is long enough. When it has boiled, throw in a handful of salt. Have a clean white wand, and dip it into the copper, and if the wort feels clammy, it is boiled enough; then slacken your fire, and take off your wort. Have ready a large tub, put two sticks across, and set your straining basket over the tub on the sticks, and strain your wort through it. Put your other wort on to boil with the rest of the hops; let your mash be covered again with water, and thin your wort that is cooled in as many things as you can; for the thinner it lies, and the quicker it cools, the better. When quite cool, put it into the tunning-tub. Throw a handful of salt into every boil. When the mash has stood an hour, draw it off; then fill your mash with cold water, take off the wort in the copper, and order it as before. When cool, add to it the first in the tub. As soon as you empty one copper, fill the other, and boil your small beer well. Let the last mash run off, and when both are boiled with fresh hops, order them as the two first boilings. When cool, empty the mash tub, and put the small beer to work there. When cool enough, work it, set a wooden bowl full of yeast in the beer, and it will work over with a little of the beer in the boil. Stir your tun up every twelve hours; let it stand two days, then tun it, taking off the yeast. Fill your vessels full, and save some to fill your barrels; let it stand till it has done working; then lay on your bung lightly for a fortnight, after which stop it as close as you can. Take care to have a vent-peg at the top of the vessel; in warm weather open it; and if your drink hisses, as it often will, loosen it till it has done, and then stop it close again. If you can boil your ale in one boiling, it will be best, if the copper will admit of it; if not, boil as convenience serves.

If when you come to draw your beer, you perceive it is not fine, draw off a gallon, and set it on the fire, with two ounces of isinglass cut small and beat. Dissolve it in the beer over
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the fire. When it is all melted, let it stand till it is cold, and pour it in at the bung, which must lay loose on till it has done fermenting; then stop it close for a month.

Let me again repeat, that particular care is requisite that your casks are not musty, nor have any ill taste. If they have, it will be a difficult matter to sweeten them.

Wash your casks with cold water before you scald them, and let them lie a day or two soaking; then clean them well, and scald them.

Of the proper time for Brewing.

The month of March is generally considered as a proper season for brewing malt liquor, which is intended for keeping; because the air at that time of the year is temperate, and contributes to the proper working or fermentation of the liquor, which principally promotes its preservation and good keeping. Very cold, or very hot weather, prevents the free fermentation, or working of liquors; therefore, if you brew in very cold weather, unless you contrive some means to warm the cellar while new liquor is working, it will never clear itself in the manner you would wish. The same misfortune will arise if, in very hot weather, you cannot put the cellar into a temperate state. The consequence of which will be, that such liquor will be muddy and sour, perhaps beyond all recovery. Such misfortunes indeed often happen, even in the proper season for brewing, owing solely to the badness of a cellar; for when they are dug in springy grounds, or are subject to damps in the winter, the liquor will chill, and become vapid or flat. Where cellars are of this kind, it will be adviseable to brew in March, rather than October; for you may be able to keep such cellars temperate in Summer, but you cannot make them warm in winter. The beer therefore which is brewed in March, will have sufficient time to settle and adjust itself before the cold can do it any material injury.

The Country, or private way of business.

Several countries have their several methods of brewing, as it is practiced in Wales, Dorchester, Nottingham, Oundle, and many other places; but avoiding particulars, I shall here recommend that which I think is most serviceable

able both in the country and London private families. And, first, I shall observe, that the great brewer has some advantages in brewing more than the small one; and yet the latter has some conveniencies which the former has not; for, 'tis certain, that the great brewer can make more drink, and draw a greater length in proportion to his malt, than a person can from a lesser quantity; because, the greater the body, the more is its united power in receiving and discharging; and he can brew with less trouble and expence, by means of his more convenient utensils. But then the private brewer is not without his advantages; for he can have his malt ground at pleasure, his tuns and moveable coolers sweeter and better cleaned than the great fixed tuns and backs; he can skim off his top yeast, and leave his bottom lees behind, which is what the great brewer cannot so well do. He can, at discretion, make additions of cold wort to his too forward ales and beers, which the great brewer cannot so easily do; he can brew how and when he pleases, which the great ones are in some measure hindered from. But, suppose a private family should brew five bushels of malt, whose copper holds, brim full, thirty-six gallons, or a barrel; on this water we put half a peck of bran or malt, when it is something hot, which will much forward it, by keeping in the steam, or spirit of the water; when it begins to boil, if the water is foul, skim of the bran or malt, and give it to the hogs, or lade both the water and that into the mash vat, where it is to remain till the steam is near spent, and you can see your face in it, which will be in about a quarter of an hour in cold weather; then let all but half a bushel of malt run very leisurely into it, stirring it all the while with an oar or paddle, that it may not ball, and when the malt is nearly mixed with water, it is enough; which I am sensible is different from the old way, and the general present practice; but I shall here clear that point. For, by not stirring or mashing the malt into a pudding consistence, or thin mash, the body of it lies in a more loose condition, that will easier and sooner admit of a quicker and more true passage of the afterladings of the several bowls or jets of hot water, which must run through it before the brewing is ended; by which free pereolation, the water has ready access to all the parts of the broken malt, so that the brewer is enabled to brew quicker or slower, and to make more ale or small beer. If more ale, then hot boiling water must be laded over so slow,
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that one boil must run almost off before another is put over, which will occasion the whole brewing to last about sixteen hours, especially if the *Oundle* way is followed, of spending it out of the tap as small as a straw, and as fine as sack, and then it will be quickly so in the barrel. Or if less or weaker ale is to be made, and good small beer, then the second copper of boiling water must be put over expeditiously, and drawn out with a large and fast stream. After the first stirring of the malt is done, then put over the reserve of half a bushel of fresh malt to the four bushels and a half that are already in the tub, which must be spread all over it, and also cover the tub with some sacks, or other cloths, to keep in the steam or spirit of the malt; then let it stand for two or three hours, at the end of which, put over now and then a bowl of the boiling water in the copper, as is before directed, and so continue to do till as much is run off as will almost fill the copper. Then, in a canvas, or other loose woven cloth, put in half a pound of hops, and boil them half an hour, when they must be taken out, and as many fresh ones put in their room as are judged proper, to boil half an hour more, if for ale. But if for keeping beer, half a pound of fresh ones ought to be put in every half hour, and boil an hour and a half briskly. Now, while the first copper of wort is boiling, there should be scalding water leisurely put over, bowl by bowl, and run off, that the copper may be filled again immediately after the first is out, and boiled an hour, with near the same quantity of fresh hops, and in the same manner as those in the first copper of ale-wort were. The rest for small beer may be all cold water put over the grains at once, or at twice, and boiled an hour each copper, with the hops that have been boiled before. But here I must observe, that sometimes I have not an opportunity to get hot water for making all my second copper of wort, which obliges me then to make use of cold to supply what was wanting. Out of five bushels of malt, I generally make a hoghead of ale with the two first coppers of wort, and a hoghead of small beer with the other two; but this more or less, as it pleases me, always taking care to let each copper of wort be strained off through a sieve, and cool in four or five tubs, to prevent its foxing. Thus I have brewed many hogheads of middling ale, that, when the malt is good, has proved strong enough for myself, and satisfactory to my friends. But for strong keeping beer, the first copper of wort may be wholly
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put to that use, and all the rest small beer. Or, when the first copper of wort is entirely made use of for strong beer, it may be helped with more fresh malt, according to the *London* fashion, and water, lukewarm, put over at first with the bowl; but soon after sharp, or boiling water, which may make a copper of good ale, and small beer after that. In some parts of the north, they take one or more cinders, red hot, and throw some salt on them, to overcome the sulphur of the coal, and then directly thrust it into the fresh malt or goods, where it lies till all the water is laded over, and the brewing done; for there are only one or two mashings or stirrings, at most, necessary in a brewing. Others, who brew with wood, will quench one or more brands ends of ash in a copper of wort, to mellow the drink, as a burnt toast of bread does a pot of beer; but it must be observed, that this must not be done with oak, fir, or any other strong scented wood, lest it does more harm than good.

Of bottling malt liquors.

Take care that your bottles are well cleaned and dried; for wet bottles will make the liquor turn watery or mouldy; and, by wet bottles, a great deal of good beer has been spoiled. Even though the bottles are clean and dry, if the corks are not new and sound, the liquor will be still liable to be damaged; for if the air can get into the bottles, the liquor will grow flat, and will never rise. Many have plumed themselves on their saving knowledge, by using old corks on this occasion, and have spoiled as much liquor as cost them four or five pounds, to save the expence of three or four shillings. If bottles are corked properly, it will be difficult to pull out the cork without a screw; and, in order to be sure to draw the cork without breaking, the screw ought to go through the cork; of course, the air will find a passage where the screw has passed, and consequently the cork must have been spoiled. If a cork has once been in a bottle, though it has not been drawn with a screw, yet that cork will turn musty as soon as it is exposed to the air, and will communicate its ill flavour to the bottle in which it is next put, and spoil the liquor that way. In the choice of corks, prefer those that are soft and free from specks,

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When once you begin to bottle a vessel of liquor, never leave it till it is completed, otherwise it will bear different tastes.

When a vessel of any liquor begins to grow flat, while it is in common draught, bottle it, and into every bottle put a piece of loaf sugar, of about the size of a walnut, which will make it rise and come to itself; and, to forward its ripening, you may set some bottles in hay in a warm place; but straw will not assist its ripening.

To recover a barrel of beer that has turned sour.

To a kilderkin of beer, throw in, at the bung a quart of oatmeal, lay the bung on loose two or three days, then stop it down close, and let it stand a month. Some throw in a piece of chalk as large as a turkey's egg, and when it has done working, stop it close for a month; then tap it.

To recover a musty cask.

Boil some pepper in water, and fill the cask with it scalding hot.

An excellent composition for keeping beer with.

Take a quart of French brandy, or as much English, that is free from any burnt flavour, or other ill taste, and is full proof; to this put as much wheat or bean flour as will knead it into dough, put it in long pieces into the bung-hole, as soon as the beer has done working, or afterwards, and let it gently fall, piece by piece, to the bottom of the butt. This will maintain the drink in a mellow freshness, keep staleness off for some time, and cause it to be the stronger as it grows aged.

Another way.

Take a peck of egg-shells, and dry them in an oven, break and mix them with two pounds of fat chalk, and mix them with water, wherein four pounds of coarse sugar have been boiled, and put into the butt.

To stop the fret in malt liquors.

Take a quart of black cherry brandy, and pour it in at the bung-hole of the hoghead, and stop it close.

To recover deadish beer.

When strong ale, or beer, grows flat, by the loss of its spirits, take four or five gallons out of a hoghead, and boil it with five pounds of honey; skim it, and, when cold, put it to the rest, and stop it close. This will make it pleasant, quick, and strong.

To fine malt liquors.

Take a pint of water, and half an ounce of unslacked lime, mix them well together; let it stand three hours, and the lime will settle to the bottom, and the water be as clear as glass. Pour the water from the sediment, and put it into your ale or beer. Mix it with half an ounce of isinglass, first cut small and boiled, and in five hours time, or less, the beer in the barrel will settle and clear.

To fine any sort of drink.

Take the best staple isinglass; cut it small with scissars, and boil one ounce in three quarts of beer; let it lie all night to cool. Thus dissolved, put it into your hoghead the next morning, perfectly cold; for, if it is but as warm as new milk, it will jelly all the drink. The beer, or ale, in a week after, should be tapped, or it will be apt to flat; for this ingredient flats as well as fines. Remember to stir it well with a wooden paddle, when the isinglass is put into the cask.

Another way.

Boil a pint of wheat in two quarts of water, then squeeze out the liquid part through a fine linen cloth. Put a pint of it into a kilderkin. It not only fines, but preserves.

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To cure cloudy beer.

Rack of your butt, then boil two pounds of new hops in a sufficient quantity of water, with a due proportion of coarse sugar, and put altogether into the cask when cold. Others have attempted this cure, by only soaking new hops in beer, which, when squeezed, they put into a cask of cloudy beer.

To make Cyder.

After all your apples are bruised, take half your quantity and squeeze them, and the juice you press from them, pour upon the others half bruised, but not squeezed, in a tub for the purpose, having a tap at the bottom. Let the juice remain upon the apples three or four days. Then pull out your tap, and let the juice run into some other vessel, set under the tub to receive it; and if it runs thick, as at the first it will, pour it upon the apples again till you see it runs clear; and, as you have a quantity, put it into your vessel; but do not force the cyder, but let it drop as long as it will of its own accord. Having done this, after you perceive that the sides begin to work, take a quantity of isinglass, (an ounce will serve for forty gallons,) infuse this in some of the cyder till it is dissolved; put an ounce of isinglass to a quart of cyder, and when it is so dissolved, pour it into the vessel, and stop it close for two days, or something more; then draw off the cyder into another vessel. This do repeatedly, till you perceive your cyder to be free from all manner of sediment, that may make it ferment and fret itself. After Christmas you may boil it. You may, by pouring water on the apples, and pressing them, make a pretty small cyder: if it should be thick and muddy, by using isinglass, you may make it as clear as the rest. You must dissolve the isinglass over the fire till it be a jelly.

For fining Cyder.

Take two quarts of skim-milk, four ounces of isinglass; cut the isinglass in pieces, and work it luke warm in the milk over the fire; and, when it is dissolved, put it cold into the hoghead

hoghead of cyder, and take a long stick and stir it well from top to bottom for half a quarter of an hour.

After it has fined.

Take ten pounds of raisins of the sun, two ounces of turmeric, half an ounce of ginger beaten; then take a quantity of raisins, and grind them as you do mustard-seed in a bowl, with a little cyder, and so the rest of the raisins; then sprinkle the turmeric and ginger among it; then put all into a fine canvas bag, and hang it in the middle of the hoghead close, and let lie. After the cyder has stood thus a fortnight, or a month, you may bottle it at your pleasure.