

time. The peas have a sweet taste, somewhat like the root of liquorice, and, when boiled, have an agreeable flavour, and are nutritive. In times of scarcity they have served as an article of food. When well boiled, a fork will pass through them; and, slightly dried, they are roasted, and in Holland and Flanders served up like chestnuts.

BAKED POTATOES.

1136. INGREDIENTS.—Potatoes.

Mode.—Choose large potatoes, as much of a size as possible; wash them in lukewarm water, and scrub them well, for the browned skin of a baked potato is by many persons considered the better part of it. Put them into a moderate oven, and bake them for about 2 hours, turning them three or four times whilst they are cooking. Serve them in a napkin immediately they are done, as, if kept a long time in the oven, they have a shrivelled appearance. Potatoes may also be roasted before the fire, in an American oven; but when thus cooked, they must be done very slowly. Do not forget to send to table with them a piece of cold butter.



BAKED POTATOES SERVED
IN NAPKIN.

Time.—Large potatoes, in a hot oven 1-½ hour to 2 hours; in a cool oven, 2 to 2-½ hours.

Average cost, 4s. per bushel.

Sufficient.—Allow 2 to each person.

Seasonable all the year, but not good just before and whilst new potatoes are in season.

POTATO-SUGAR.—This sugary substance, found in the tubers of potatoes, is obtained in the form of syrup or treacle, and has not yet been crystallized. It resembles the sugar of grapes, has a very sweet taste, and may be used for making sweetmeats, and as a substitute for honey. Sixty pounds of potatoes, yielding eight pounds of dry starch, will produce seven and a half pounds of sugar. In Russia it is extensively made, as good, though of less consistency than the treacle obtained from cane-sugar. A spirit is also distilled from the tubers, which resembles brandy, but is milder, and has a flavour as if it were charged with the odour of violets or raspberries. In France this manufacture is carried on pretty extensively, and five hundred pounds of the tubers will produce twelve quarts of spirit, the pulp being given to cattle.

TO BOIL POTATOES.

1137. INGREDIENTS.—10 or 12 potatoes; to each ½ gallon of water allow 1 heaped tablespoonful of salt.

Mode.—Choose potatoes of an equal size, pare them, take out all the eyes and specks, and as they are peeled, throw them into cold water. Put them into a saucepan, with sufficient cold water to cover them, with salt in the above proportion, and let them boil gently until tender. Ascertain when they are done by thrusting a fork in them, and take them up the moment they feel soft through; for if they are left in the water afterwards, they become waxy or watery. Drain away the water, put the saucepan by the side of the fire, with the lid partially uncovered, to allow the steam to escape, and

let the potatoes get thoroughly dry, and do not allow them to get burnt. Their superfluous moisture will evaporate, and the potatoes, if a good sort, should be perfectly mealy and dry. Potatoes vary so much in quality and size, that it is difficult to give the exact time for boiling; they should be attentively watched, and probed with a fork, to ascertain when they are cooked. Send them to table quickly, and very hot, and with an opening in the cover of the dish, that a portion of the steam may evaporate, and not fall back on the potatoes.

Time.—Moderate-sized old potatoes, 15 to 20 minutes after the water boils; large ones, ½ hour to 35 minutes.

Average cost, 4s. per bushel.

Sufficient for 6 persons.

Seasonable all the year, but not good just before and whilst new potatoes are in season.

Note.—To keep potatoes hot, after draining the water from them, put a folded cloth or flannel (kept for the purpose) on the top of them, keeping the saucepan-lid partially uncovered. This will absorb the moisture, and keep them hot some time without spoiling.

THE POTATO.—The potato belongs to the family of the *Solanaceae*, the greater number of which inhabit the tropics, and the remainder are distributed over the temperate regions of both hemispheres, but do not extend to the arctic and antarctic zones. The whole of the family are suspicious; a great number are narcotic, and many are deleterious. The roots partake of the properties of the plants, and are sometimes even more active. The tubercles of such as produce them, are amylaceous and nutritive, as in those of the potato. The leaves are generally narcotic; but they lose this principle in boiling, as is the case with the *Solanum nigrum*, which are used as a vegetable when cooked.

TO BOIL POTATOES IN THEIR JACKETS.

1138. *INGREDIENTS.*—10 or 12 potatoes; to each ½ gallon of water, allow 1 heaped tablespoonful of salt.

Mode.—To obtain this wholesome and delicious vegetable cooked in perfection, it should be boiled and sent to table with the skin on. In Ireland, where, perhaps, the cooking of potatoes is better understood than in any country, they are always served so. Wash the potatoes well, and if necessary, use a clean scrubbing-brush to remove the dirt from them; and if possible, choose the potatoes so that they may all be as nearly the same size as possible. When thoroughly cleansed, fill the saucepan half full with them, and just cover the potatoes with cold water, salted in the above proportion: they are more quickly boiled with a small quantity of water, and, besides, are more savoury than when drowned in it. Bring them to boil, then draw the pan to the side of the fire, and let them simmer gently until tender. Ascertain when they are done by probing them with a fork; then pour off the water, uncover the saucepan, and let the potatoes dry by the side of the fire, taking care not to let them burn. Peel them quickly, put them in a very hot vegetable-dish, either with or without a napkin, and serve very quickly. After potatoes are cooked, they should never be entirely covered

up, as the steam, instead of escaping, falls down on them, and makes them watery and insipid. In Ireland they are usually served up with the skins on, and a small plate is placed by the side of each guest.

Time.—Moderate-sized potatoes, with their skins on, 20 to 25 minutes after the water boils; large potatoes, 25 minutes to $\frac{3}{4}$ hour, or longer; 5 minutes to dry them.

Average cost, 4s. per bushel. Sufficient for 6 persons.

Seasonable all the year, but not good just before and whilst new potatoes are in season.

ANALYSIS OF THE POTATO.—Next to the cereals, the potato is the most valuable plant for the production of human food. Its tubers, according to analysis conducted by Mr. Fromberg, in the laboratory of the Agricultural Chemical Association in Scotland, contain the following ingredients:—75.52 per cent. of water, 15.72 starch, 0.55 dextrine, 3.3 of impure saccharine matter, and 3.25 of fibre with coagulated albumen. In a dried state the tuber contains 64.2 per cent, of starch, 2.25 of dextrine, 13.47 of impure saccharine matter, 5.77 of caseine, gluten, and albumen, 1 of fatty matter, and 13.31 of fibre with coagulated albumen.

TO BOIL NEW POTATOES.

1139. INGREDIENTS.—Potatoes; to each $\frac{1}{2}$ gallon of water allow 1 heaped tablespoonful of salt.

Mode.—Do not have the potatoes dug long before they are dressed, as they are never good when they have been out of the ground some time. Well wash them, rub off the skins with a coarse cloth, and put them into *boiling* water salted in the above proportion. Let them boil until tender; try them with a fork, and when done, pour the water away from them; let them stand by the side of the fire with the lid of the saucepan partially uncovered, and when the potatoes are thoroughly dry, put them into a hot vegetable-dish, with a piece of butter the size of a walnut; pile the potatoes over this, and serve. If the potatoes are too old to have the skins rubbed off, boil them in their jackets; drain, peel, and serve them as above, with a piece of butter placed in the midst of them.

Time.— $\frac{1}{4}$ to $\frac{1}{2}$ hour, according to the size.

Average cost, in full season, 1d. per lb.

Sufficient.—Allow 3 lbs. for 5 or 6 persons.

Seasonable in May and June, but may be had, forced, in March.

POTATO STARCH.—This fecula has a beautiful white crystalline appearance, and is inodorous, soft to the touch, insoluble in cold, but readily soluble in boiling water. It is on this starch that the nutritive properties of the tubers depend. As an aliment, it is well adapted for invalids and persons of delicate constitution. It may be used in the form of arrow-root, and eaten with milk or sugar. For pastry of all kinds it is more light and easier of digestion than that made with flour of wheat. In confectionery it serves to form creams and jellies, and in cookery may be used to thicken soups and sauces. It accommodates itself to the chest and stomach of children, for whom it is well adapted; and it is an aliment that cannot be too generally used, as much on account of its wholesomeness as its cheapness, and the ease with

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which it is kept, which are equal, if not superior, to all the much-vaunted exotic feculae; as, salep, tapioca, sago, and arrow-root.

TO STEAM POTATOES.

1140. **INGREDIENTS.**—Potatoes; boiling water.

Mode.—This mode of cooking potatoes is now much in vogue, particularly where they are wanted on a large scale, it being so very convenient. Pare the potatoes, throw them into cold water as they are peeled, then put them into a steamer. Place the steamer over a saucepan of boiling water, and steam the potatoes from 20 to 40 minutes, according to the size and sort. When a fork goes easily through them, they are done; then take them up, dish, and serve very quickly.

Time.—20 to 40 minutes. *Average cost*, 4s. per bushel.

Sufficient.—Allow 2 large potatoes to each person.

Seasonable all the year, but not so good whilst new potatoes are in season.

USES OF THE POTATO.—Potatoes boiled and beaten along with sour milk form a sort of cheese, which is made in Saxony; and, when kept in close vessels, may be preserved for several years. It is generally supposed that the water in which potatoes are boiled is injurious; and as instances are recorded where cattle having drunk it were seriously affected, it may be well to err on the safe side, and avoid its use for any alimentary purpose. Potatoes which have been exposed to the air and become green, are very unwholesome. Cadet de Vaux asserts that potatoes will clean linen as well as soap; and it is well known that the berries of the *S. saponaceum* are used in Peru for the same purpose.

HOW TO USE COLD POTATOES.

1141. **INGREDIENTS.**—The remains of cold potatoes; to every lb. allow 2 tablespoonfuls of flour, 2 ditto of minced onions, 1 oz. of butter, milk.

Mode.—Mash the potatoes with a fork until perfectly free from lumps; stir in the other ingredients, and add sufficient milk to moisten them well; press the potatoes into a mould, and bake in a moderate oven until nicely brown, which will be in from 20 minutes to ½ hour. Turn them out of the mould, and serve.

Time.—20 minutes to ½ hour.

Seasonable at any time.

POTATO BREAD.—The manner in which this is made is very simple. The adhesive tendency of the flour of the potato acts against its being baked or kneaded without being mixed with wheaten flour or meal; it may, however, be made into cakes in the following manner:—A small wooden frame, nearly square, is laid on a pan like a frying-pan and is grooved, and so constructed that, by means of a presser or lid introduced into the groove, the cake is at once fashioned, according to the dimensions of the mould. The frame containing the farina may be almost immediately withdrawn after the mould is formed upon the pan; because, from the consistency imparted to the incipient cake by the heat, it will speedily admit of being safely handled: it must not, however, be fried too hastily. It will then eat very palatably, and might from time to time be soaked for puddings, like tapioca, or might be used like the cassada-cake,

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for, when well buttered and toasted, it will be found an excellent accompaniment to breakfast. In Scotland, cold boiled potatoes are frequently squeezed up and mixed with flour or oatmeal, and an excellent cake, or *scon*, obtained.

FRIED POTATOES (French Fashion).

1142. **INGREDIENTS.**—Potatoes, hot butter or clarified dripping, salt.

Mode.—Peel and cut the potatoes into thin slices, as nearly the same size as possible; make some butter or dripping quite hot in a frying-pan; put in the potatoes, and fry them on both sides of a nice brown. When they are crisp and done, take them up, place them on a cloth before the fire to drain the grease from them, and serve very hot, after sprinkling them with salt. These are delicious with rump-steak, and, in France, are frequently served thus as a breakfast dish. The remains of cold potatoes may also be sliced and fried by the above recipe, but the slices must be cut a little thicker.

Time.—Sliced raw potatoes, 5 minutes; cooked potatoes, 5 minutes.

Average cost, 4s. per bushel.

Sufficient,—6 sliced potatoes for 3 persons.

Seasonable at any time.

A GERMAN METHOD OF COOKING POTATOES.

1143. **INGREDIENTS.**—8 to 10 middling-sized potatoes, 3 oz. of butter, 2 tablespoonfuls of flour, ½ pint of broth, 2 tablespoonfuls of vinegar.

Mode.—Put the butter and flour into a stewpan; stir over the fire until the butter is of a nice brown colour, and add the broth and vinegar; peel and cut the potatoes into long thin slices, lay them in the gravy, and let them simmer gently until tender, which will be in from 10 to 15 minutes, and serve very hot. A laurel-leaf simmered with the potatoes is an improvement.

Time.—10 to 15 minutes.

Seasonable at any time.

PRESERVING POTATOES.—In general, potatoes are stored or preserved in pits, cellars, pies, or camps; but, whatever mode is adopted, it is essential that the tubers be perfectly dry; otherwise, they will surely rot; and a few rotten potatoes will contaminate a whole mass. The pie, as it is called, consists of a trench, lined and covered with straw; the potatoes in it being piled in the shape of a house roof, to the height of about three feet. The camps are shallow pits, filled and ridged up in a similar manner, covered up with the excavated mould of the pit. In Russia and Canada, the potato is preserved in boxes, in houses or cellars, heated, when necessary, to a temperature one or two degrees above the freezing-point, by stoves. To keep potatoes for a considerable time, the best way is to place them in thin layers on a platform suspended in an ice-cellar: there, the temperature being always below that of active vegetation, they will not sprout; while, not being above one or two degrees below the freezing-point, the tubers will not be frostbitten. Another mode is to scoop out the eyes with a very small scoop, and keep the roots buried in earth; a third mode is to destroy the vital principle, by kiln-drying,

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steaming, or scalding; a fourth is to bury them so deep in dry soil, that no change of temperature will reach them; and thus, being without air, they will remain upwards of a year without vegetating.

POTATOES A LA MAITRE D'HOTEL.

1144. **INGREDIENTS.**—Potatoes, salt and water; to every 6 potatoes allow 1 tablespoonful of minced parsley, 2 oz. of butter, pepper and salt to taste, 4 tablespoonfuls of gravy, 2 tablespoonfuls of lemon-juice.

Mode.—Wash the potatoes clean, and boil them in salt and water by recipe No. 1138; when they are done, drain them, let them cool; then peel and cut the potatoes into thick slices: if these are too thin, they would break in the sauce. Put the butter into a stewpan with the pepper, salt, gravy, and parsley; mix these ingredients well together, put in the potatoes, shake them two or three times, that they may be well covered with the sauce, and, when quite hot through, squeeze in the lemon-juice, and serve.

Time.— $\frac{1}{2}$ to $\frac{3}{4}$ hour to boil the potatoes; 10 minutes for them to heat in the sauce.

Average cost, 4s. per bushel.

Sufficient for 3 persons. *Seasonable* all the year.

MASHED POTATOES.

1145. **INGREDIENTS.**—Potatoes; to every lb. of mashed potatoes allow 1 oz. of butter, 2 tablespoonfuls of milk, salt to taste.

Mode.—Boil the potatoes in their skins; when done, drain them, and let them get thoroughly dry by the side of the fire; then peel them, and, as they are peeled, put them into a clean saucepan, and with a large fork beat them to a light paste; add butter, milk, and salt in the above proportion, and stir all the ingredients well over the fire. When thoroughly hot, dish them lightly, and draw the fork backwards over the potatoes to make the surface rough, and serve. When dressed in this manner, they may be browned at the top with a salamander, or before the fire. Some cooks press the potatoes into moulds, then turn them out, and brown them in the oven: this is a pretty mode of serving, but it makes them heavy. In whatever way they are sent to table, care must be taken to have them quite free from lumps.

Time.—From $\frac{1}{2}$ to $\frac{3}{4}$ hour to boil the potatoes.

Average cost, 4s. per bushel.

Sufficient,—1 lb. of mashed potatoes for 3 persons.

Seasonable at any time.

PUREE DE POMMES DE TERRE, or, Very Thin-mashed Potatoes.

1146. **INGREDIENTS.**—To every lb. of mashed potatoes allow $\frac{1}{4}$ pint of good broth or stock, 2 oz. of butter.

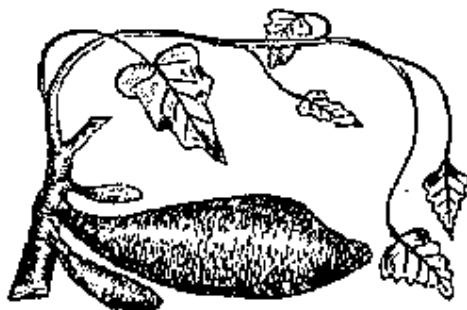
Mode.—Boil the potatoes, well drain them, and pound them smoothly in a mortar, or beat them up with a fork; add the stock or broth, and rub the potatoes through a sieve. Put the puree into a very clean saucepan with the butter; stir it well over the fire until thoroughly hot, and it will then be ready to serve. A puree should be rather thinner than mashed potatoes, and is a delicious accompaniment to delicately broiled mutton cutlets. Cream or milk may be substituted for the broth when the latter is not at hand. A casserole of potatoes, which is often used for ragoûts instead of rice, is made by mashing potatoes rather thickly, placing them on a dish, and making an opening in the centre. After having browned the potatoes in the oven, the dish should be wiped clean, and the ragout or fricassée poured in.

Time.—About $\frac{1}{2}$ hour to boil the potatoes; 6 or 7 minutes to warm the purée.

Average cost, 4s. per bushel.

Sufficient.—Allow 1 lb. of cooked potatoes for 3 persons.

Seasonable at any time.



SWEET POTATO.

The earliest varieties grown in fields are,—the Early Kidney, the Nonsuch, the Early Shaw, and the Early Champion. This last is the most generally cultivated round London: it is both mealy and hardy. The sweet potato is but rarely eaten in Britain; but in America it is often served at table, and is there very highly esteemed.

VARIETIES OF THE POTATO.—

These are very numerous. "They differ," says an authority, "in their leaves and bulk of haulm; in the colour of the skin of the tubers; in the colour of the interior, compared with that of the skin; in the time of ripening; in being farinaceous, glutinous, or watery; in tasting agreeably or disagreeably; in cooking readily or tediously; in the length of the subterraneous *stolones* to which the tubers are attached; in blossoming or not blossoming; and finally, in the soil which they prefer."

POTATO RISSOLES.

1147. **INGREDIENTS.**—Mashed potatoes, salt and pepper to taste; when liked, a very little minced parsley, egg, and bread crumbs.



POTATO RISSOLES.

Mode.—Boil and mash the potatoes by recipe No. 1145; add a seasoning of pepper and salt, and, when liked, a little minced parsley. Roll the potatoes into small balls, cover them with egg

and bread crumbs, and fry in hot lard for about 10 minutes; let them drain before the fire, dish them on a napkin, and serve.

Time,—10 minutes to fry the rissoles.

Seasonable at any time.

Note.—The flavour of these rissoles may be very much increased by adding finely-minced tongue or ham, or even chopped onions, when these are liked.

QUALITIES OF POTATOES.—In making a choice from the many varieties of potatoes which are everywhere found, the best way is to get a sample and taste them, and then fix upon the kind which best pleases your palate. The Shaw is one of the most esteemed of the early potatoes for field culture; and the Kidney and Bread-fruit are also good sorts. The Lancashire Pink is also a good potato, and is much cultivated in the neighbourhood of Liverpool. As late or long-keeping potatoes, the Tartan or Red-apple stands very high in favour.

POTATO SNOW.

1148. INGREDIENTS.—Potatoes, salt, and water.

Mode.—Choose large white potatoes, as free from spots as possible; boil them in their skins in salt and water until perfectly tender; drain and *dry them thoroughly* by the side of the fire, and peel them. Put a hot dish before the fire, rub the potatoes through a coarse sieve on to this dish; do not touch them afterwards, or the flakes will fall, and serve as hot as possible.

Time.— $\frac{1}{2}$ to $\frac{3}{4}$ hour to boil the potatoes.

Average cost, 4s. per bushel.

Sufficient,—6 potatoes for 3 persons.

Seasonable at any time.

THE POTATO AS AN ARTICLE OF HUMAN FOOD.—This valuable esculent, next to wheat, is of the greatest importance in the eye of the political economist. From no other crop that can be cultivated does the public derive so much benefit; and it has been demonstrated that an acre of potatoes will feed double the number of people that can be fed from an acre of wheat.

TO DRESS SALSIFY.

1149. INGREDIENTS.—Salsify; to each $\frac{1}{2}$ gallon of water allow 1 heaped tablespoonful of salt, 1 oz. of butter, 2 tablespoonfuls of lemon-juice.

Mode.—Scrape the roots gently, so as to strip them only of their outside peel; cut them into pieces about 4 inches long, and, as they are peeled, throw them into water with which has been mixed a little lemon-juice, to prevent their discolouring. Put them into boiling water, with salt, butter, and lemon-juice in the above proportion, and let them boil rapidly until tender; try them with a fork; and, when it penetrates easily,