

COOKING The Books



Modern recipe books regularly top the non-fiction bestseller lists and their authors, the "celebrity chefs", are household names. This exhibition showcases a selection of cookery books and food-related pamphlets from the University of Aberdeen's Special Collections. They date, predominantly, from the 1800s, a period during which a fashion and a passion for food was fed by the dramatic increase in book publishing. The names of the cooks may not be familiar, but their books sold like hot cakes.



On our summer menu are starters of acorn bread and viper broth; main courses of ragoed larks and venison pasty; and desserts that quake. There are showstoppers by Joseph Bell, Royal Confectioner, and the truth behind the blackbirds baked into a pie. Some curious items include the designs for a pressure cooker from 1681; the first printed recipe for the potato crisp; and a miniature cookbook containing over 800 pages of pies, jellies and puddings. There are cautionary tales too. The sad demise of the lady who ate poisonous pickles is recounted by Fredrick Accum, and Launcelot Sturgeon, Esquire, considers the consequences of an irresistible sauce.



The exhibition pays homage to Aberdeen's very own signature bake, the Rowie, with a wartime buttery made without butter, and invites visitors to try more of the Rowett Institute's nutritional reinventions of classic Scottish dishes such as Cullen Skink, Rumbledethumps and Clottie Dumpling.

The Rowett

Institute for Nutrition and Health

Founded in 1913, the University of Aberdeen's Rowett Institute played a major role in establishing the link between diet and health in the first half of the 20th century, and it continues to work on dietary and food issues today. A significant amount of the work that led to the modern science of nutrition was carried out at the Rowett. Its achievements range from the UK's first major study of family eating habits to the development of a feeding system for cattle, and the mapping of where an obesity hormone acts on the brain.

The donations of the wine merchant and businessman, **Dr John Quiller Rowett**, facilitated the purchase of a 41 acre site at Bucksburn where the Institute was built. Its first director was **John Boyd Orr**. In the late 1920s, Boyd Orr was the first scientist to show that there was a link between poverty, poor diet and ill-health. His study, looking at the importance of milk in the growth of children, led to the policy of giving children free milk in schools. Boyd Orr's greatest contribution came in the late 1930s, however, in the form of The Carnegie Survey, in which he examined the diet and health of over 1300 families across the UK. His survey data was in the process of being analysed at the outbreak of the Second World War, and the results were used to inform the development of the country's food rationing policy. So effective was this understanding of nutritional needs that the nation's health was said to be generally better at the end of the war than it was at the beginning.

'Stovies Reloaded: Traditional Scottish Recipes Made Healthier' was published in 2013 as part of the Rowett Institute Centenary celebrations.

The new Rowett building on the University's Foresterhill Campus, was officially opened in January 2017 by Her Royal Highness The Duchess of Rothesay.

The Rowie

Aberdeen's Signature Bake

The Aberdeen buttery or "Rowie" is a breakfast roll similar in style to a croissant. Unique to the North East of Scotland it originated as a highly calorific food for the region's fishermen to take on long, hard voyages into the North Sea. Lard and butter stored well and the butteries sustained the men in the cold, harsh conditions.

During the First World War, when restrictions were placed on the sale of bread, the Aberdeen buttery was initially granted an exemption. This was eventually rescinded, but heart-felt appeals were made on behalf of the urban workers for whom the Rowie was an essential part of their daily diet.

During the Second World War, Granny Manson's recipe for butteries made use of margarine, as butter was unavailable. A healthier alternative, but not one in the true spirit of the artery-hardening buttery. By today's standards, they are extremely fatty, but the Rowie has remained a firm favourite. Many bakeries have their own version of the recipe. A Rowie made in Aberdeen might be lighter and crispier than a roll made out in the fishing villages of Buckie, Portknockie, Cullen or Portsoy. Who makes your favourite?

Baked in a Pie

The Universal Cook

By Francis Collingwood and John Woollams

London, 1792

SB 6415 Col



Messrs Collingwood and Woollams, were the “Principal Cooks at the Crown and Anchor Tavern in the Strand”. Their cookery book includes long-held favourites, such as partridge pie, alongside some recipes with more questionable ingredients.

Hare pie and lark stew may have fallen out of common consumption today, but at the time of writing, the authors considered their publication to represent the height of modern cuisine. The two fat gentlemen refined their recipes to the level of a ‘science’ through years of experience in the kitchen and at the dinner table. Cooking in the Regency period was highly calorific. Butter was spread over almost everything, and well-to-do Georgians were prone to weight problems.

Recipe: A Hare Pie

“Having cut your hare into pieces, season it well with pepper, salt, nutmeg, and mace. Then put it into a jug with half a pound of butter, close it up, and set it into a copper of boiling water.”



MR. J. WOOLLAMS.



MR. F. COLLINGWOOD.

Printed and Sold by R. Scatcherd & J. Whitaker, Crown and Anchor Tavern, Strand, 1792.

UNIVERSAL COOK,

AND

City and Country Housekeeper.

CONTAINING ALL THE
VARIOUS BRANCHES OF COOKERY :

THE DIFFERENT METHODS OF DRESSING

Butchers Meat, Poultry, Game, and Fish ;

AND OF PREPARING

GRAVIES, CULLICES, SOUPS, AND BROTHS ;

TO DRESS

ROOTS AND VEGETABLES,

AND TO PREPARE

Little elegant Dishes for Suppers or light Repasts :

TO MAKE ALL SORTS OF

PIES, PUDDINGS, PANCAKES, AND FRITTERS ;

CAKES, PUFFS, AND BISCUITS ; CHEESECAKES, TARTS, AND
CUSTARDS ; CREAMS AND JAMS ; BLANC MANGE, FLUMMERY,
ELEGANT ORNAMENTS, JELLIES, AND SYLLABUBS.

The various Articles in

CANDYING, DRYING, PRESERVING, AND PICKLING.

THE PREPARATION OF

HAMS, TONGUES, BACON, &c.

DIRECTIONS FOR

TRUSSING POULTRY, CARVING, AND MARKETING.

THE MAKING AND MANAGEMENT OF

Made Wines, Cordial Waters, and Malt Liquors.

Together with

Directions for Baking Bread, the Management of Poultry and the Dairy, and the
Kitchen and Fruit Garden ; with a Catalogue of the various Articles
in Season in the different Months of the Year.

Besides a Variety of

USEFUL AND INTERESTING TABLES.

The Whole Embellished with

The Heads of the Authors, Bills of Fare for every Month in the Year, and
proper Subjects for the Improvement of the Art of Carving,
elegantly engraved on fourteen Copper-Plates.

By FRANCIS COLLINGWOOD, AND JOHN WOOLLAMS,

Principal Cooks at the Crown and Anchor Tavern in the Strand,
Late from the London Tavern.

LONDON :

PRINTED BY R. NOBLE, FOR J. SCATCHERD AND J. WHITAKER,
No. 12, AVE-MARIA-LANE.

1792.

Baked in a Pie

Dividing the catch of fulmar, St Kilda

George Washington Wilson

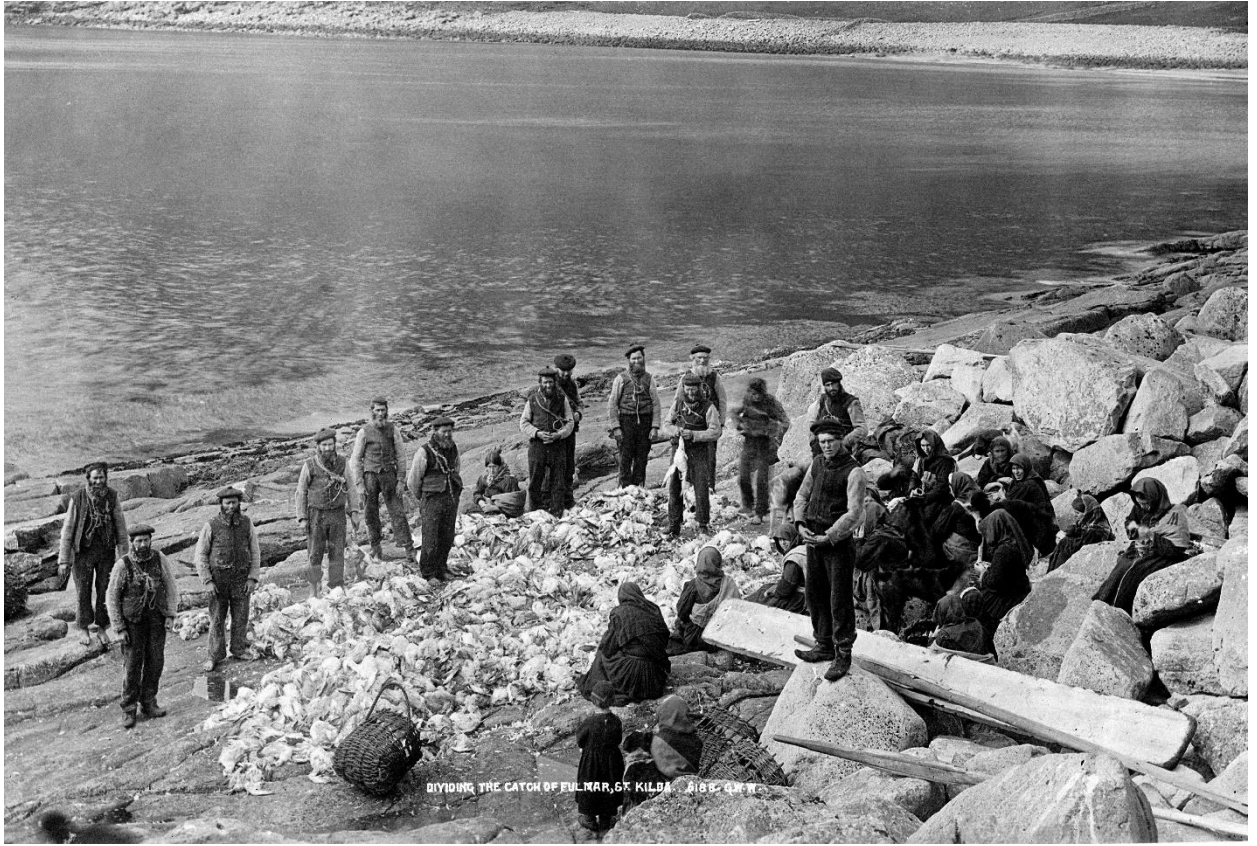
c1886

MS 3792/C7187



A recently discovered census of St Kilda, from 1794, has revived interest in the islanders' unusual seabird diet. Each of the 90 inhabitants is recorded as eating an average 36 eggs and 18 birds per day! This included fulmar, puffin and gannet. As fishing was treacherous and the land very poor, the hunting of seabirds was not a culinary whim but a necessity for the survival of the populace. It was a practice that continued up until the last member of this remote community was evacuated in 1930.

George Washington Wilson's image shows a harvest of hundreds of fulmar. The menfolk had to clamber down the sheer cliffs into the summer breeding colonies to lasso the birds with fowling rods. After being plucked, disembowelled and seared, the fulmar carcasses were stored on the hillsides in stone-built cleits (a type of ventilated cairn) to sustain the villagers during the winter months, until the birds returned in March.



DIVIDING THE CATCH OF FULMAR, ST. KILDA, 1885. G. & W.

Baked in a Pie

Our Favourite Nursery Rhymes

Illustrations by A.W. Bayes, T. Dalziel, J.B. Swecker

London, 1856

J Eng



The original pie-filling in the classic nursery rhyme “Sing a Song of Sixpence” was 24 naughty boys. By the mid-1700s, children had been replaced by live blackbirds. Most of us assume the rhyme to be a piece of whimsical fancy.

However, in the 16th century, a novelty dish called an ‘entremets’ was sometimes served between the courses of a grand banquet, to amuse or amaze the diners. Pies containing live songbirds, rabbits, frogs, dogs and even a troupe of musicians have been documented.

The casing of early ‘pyes’ functioned more as a portable and disposable container than as an edible part of the pie itself. It was made of thick, stiff pastry that preserved the sealed-in contents on long journeys by land and sea. The pie case and its removable lid would be baked before the content was added, so whatever entertaining content you might like to place inside would not actually be baked in the pie at all.



A was an Apple-pie;

B bit it;	M mourned for it;
C cut it;	N nodded at it;
D dealt it;	O opened it;
E eat it;	P peeped in it;
F fought for it;	Q quartered it;
G got it;	R ran for it;
H had it;	S stole it;
J joined it;	T took it;
K kept it;	V viewed it;
L longed for it;	W wanted it;

X, Y, Z, and &, all wish'd for a piece in hand.

Middlelish



Sing a song of Sixpence, a bag full of Rye,
 Four-and-twenty Blackbirds baked in a Pie;
 When the Pie was opened, the Birds began to sing,
 Was not that a dainty dish to set before a King?

Surf & Turf

A New Digester or Engine for Softening Bones

By Denis Papin

London, 1681

BCL D5701(1)



This is a prototype for the very first pressure cooker, submitted to the Royal Society in 1681. Its inventor and author, Denis Papin (1647-1714), is not a well-known figure, but his ground-breaking use of steam to generate his 'digester' predates the development of the steam engine which drove the Industrial Revolution.

Born in France, Papin collaborated with some of the most eminent scientists of the 17th century. He moved to London and from 1676 until 1679 worked with Robert Boyle, the father of modern chemistry. During this time he constructed a vessel with a tightly fitting lid that could confine steam, generating high pressure, and cooking meat faster. His first machines exploded, so he devised a steam release valve. Sadly, along with several other brilliant ideas, this innovation remained undeveloped and unacknowledged and Papin died in destitution. To view Papin's pamphlet merely as a user-guide for a new kind of kitchen appliance is to overlook his original thinking in the field of pneumatics.

At a Meeting of the Council of the Royal Society,
Decemb. 8th 1680.

Ordered, That a Book intituled *A New Digester, or Engine for softning Bones, &c.* Written by *Denys Papin* Doctor of Physick, and Fellow of this Society, be Printed and Published.

Chr. Wen.

A
New Digester
OR
ENGINE
FOR SOFTNING
BONES,
CONTAINING THE
DESCRIPTION

Of its Make and Use in these Particulars :

VIZ.

Cookery, Voyages at Sea, Confectionary, Making of Drinks, Chymistry, and Dying.

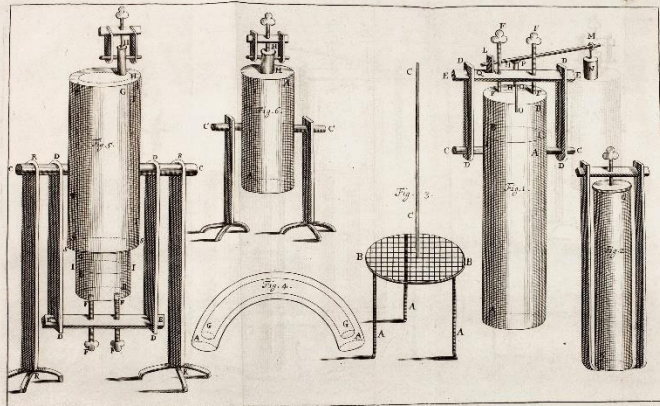
WITH AN

Account of the Price a good big Engine will cost, and of the Profit it will afford.

By *DENYS PAPIN* M.D. Fellow of the
ROYAL SOCIETY.

LONDON,

Printed by *J. M.* for *Henry Bonwicke* at the Red Lyon in *S. Paul's Church-yard.* 1681.



CHAP. I.

The Description of the Engine, and how to use it safely.

- AA. Is a Brass Cylinder hollow within, fast up at the bottom, and open at the top.
- BB. Is another hollow Cylinder of the same bigness in the other, but much shorter, being to cover and shut the same by applying both these apertures to one another, as you may see in the bottom.
- CC. Are two Appendages or Ears cast to the Cylinder, AA. as the Traverses of a piece of Ordnance.
- DDDD. Are two pieces of Iron put upon the Appendages CC. at one end, and the Iron bar EE. at the other.
- EE. Is an Iron bar put through the ends of the Iron pieces DD. and so may easily be taken off or put on, when we have a mind either to open or to shut up the Engine.
- FF. Are two Screws, which being fitted to the holes in the bar EE. serve to press both the Cylinders AA. BB. against one another.
- GG. Is another hollow Cylinder made of Glass, Pewter, or some other Material, fit to receive those things that are to be liquified: this being filled and stopp'd with a cover exactly ground to it, and press'd upon it with a Screw, as you see in the Figure, it is to be included in the Cylinders AA. BB. with water all round about it.

To use this Engine with conveniency and ease, it ought to be fitted in a Furnace built on purpose for it, and should go in as far as the Appendages CC: so the fire being underneath, and the

Screws

Surf & Turf

Dictionarium Domesticum

By Nathan Bailey

London, 1736

BCL D5729



Nathan Bailey (d.1742) was a compiler of dictionaries. Unlike scholastic lexicons, his included commonplace words, dialect, technical terms and even vulgarities. As a result, Bailey's dictionaries were extremely popular. This *New and Complete Household Dictionary*, is more of a domestic encyclopaedia than a list of words and definitions. Using the alphabetic format, it mixes tips with recipes and medical advice. Under "VE" is listed: a method for frying veal cutlets; a cure for venereal disease; and a recipe for making venison pasties. Many household manuals published before the 1850s included medicinal remedies and 'cures' alongside food recipes – some were more dangerous than others!

Recipe: 18th Century Fried Chicken on YouTube

In 2016, the recipe for fried chicken from this publication went viral on YouTube. The film shows a presenter, in full Georgian costume, demonstrating how the American colonists might have consulted the *Dictionarium Domesticum* to make this dish.

Why not try it yourselves? <https://youtu.be/GsyjNef2ydQ>



Dictionary Domesticum,
 Being a NEW and COMPLETE
Household Dictionary,
 For the Use both of
CITY and COUNTRY.

SHEWING,

- I. The whole Arts of BREWING, BAKING, COOKERY, and PICKLING. Also CONFECTIONARY in its several Branches.
- II. The Management of the KITCHIN, PANTRY, LARDER, DAIRY, OLITORY, and POULTRY. With the proper Seasons for Flesh, Fowl and Fish.
- III. The HERDSMAN: Giving an Account of the Diseases of Cattle, Poultry, &c. And the most approved Remedies for their Cure.
- IV. The *English* VINEYARD; being the best Method of making *English* Wines and of Distilling most Kinds of Simple and Compound Cordial Waters.
- V. The APIARY: Or, The Manner of Breeding, Hiving and managing of BEES.
- VI. The *Family* PHYSICIAN and HERBALIST; Containing the choicest Collection of Receipts for most Distempers, incident to Human Bodies, hitherto made Publick; with the Qualities and Uses of Physical Herbs and Plants of *English* Growth.

By *N. BAILEY,*
 Author of the Universal Etymological *English* Dictionary.

L O N D O N :

Printed for C. HITCH at the Red-Lion, and C. DAVIS, both in *Pater-Noster-Row*; and S. AUSTEN at the Angel and Bible, in *St. Paul's Church-Yard*.

M,DCC,XXXVI.

Surf & Turf

The Modern Cookery

By a Lady

Derby, 1820

SB 6415 Cook m



With the growth in printing in the 16th century came a glut of cookery books. It was a competitive field and many chefs published their own collections of recipes – each claiming to be the most modern or most experienced. Although this example bears the title *The Modern Cookery*, it is set out in the old style, with recipes written as descriptive passages. The truly modern format, where a list of ingredients is followed by a step-by-step method, did not appear until 1845 with Eliza Acton’s *Modern Cookery*.

Granny Manson’s Recipe Book: In Aid of Meldrum Charities

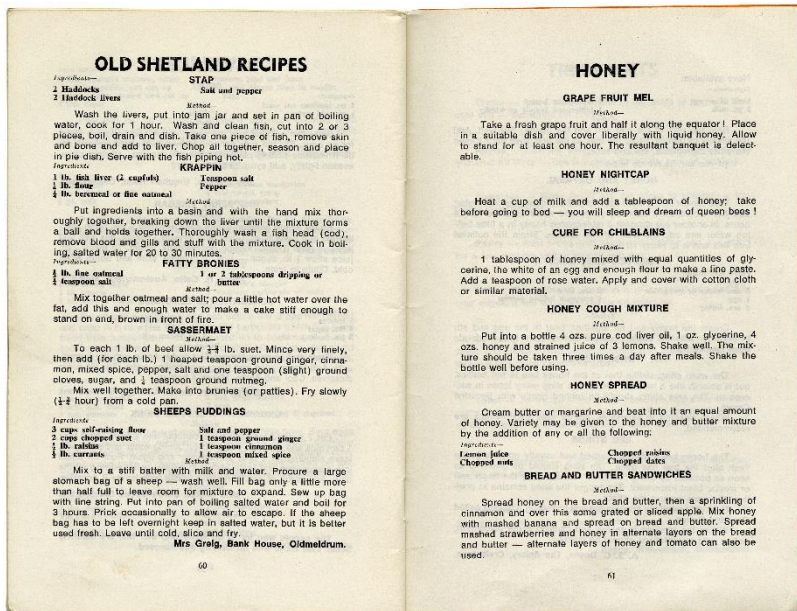
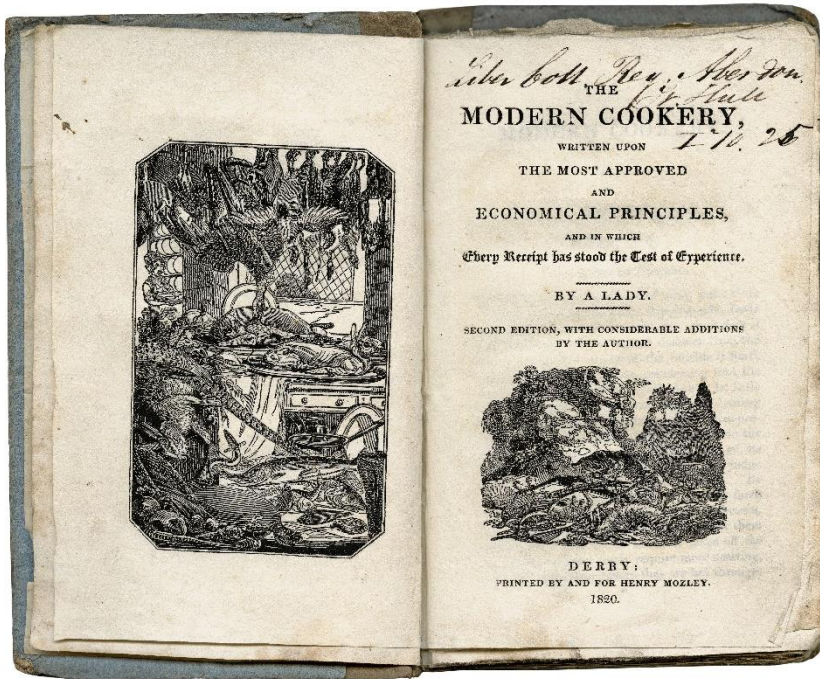
By Isabel Manson

Turriff, 1973

L pA M15 Man



This pamphlet from 1973, harks back to early cookbooks in which food recipes were given alongside medical remedies. Readers can learn how to make krappin, *and* a cure for chilblains. Reflecting the current trendiness for traditional recipes, a food writer recently described the Shetland dish of krappin as “marine haggis”.



Showstoppers

A Treatise on Confectionary

**By Joseph Bell of Newcastle, formerly confectioner
to their Royal Highnesses the Prince of Wales and
Duke of York
Newcastle, 1817**

SB 6415 Bel



Confectioners were extremely well-regarded in the 18th and 19th centuries. Their skills of artistry were more refined than those of a mere cook or baker and, as such, they were very well paid. Some were employed by the aristocracy, others ran their own shops.

Recipe: To make a Fountain, in Gum Paste, on the Top of a Cake

“Roll out a piece of gum paste square ... cut it into long lengths; twist them, and lay them on a smooth board; bend them towards one end; and so on, until you have a good number in the same way; then turn a piece of paste, about three inches long, upon a round ruler; next morning, set it up in the middle of the top of the cake, fix it with soft gum paste, and as many gum paste leaves as will go round it; when dry, fix the crooked paste round it, in different heights, so as to represent a fountain; this device makes a beautiful middle piece for a small table, or an end or corner piece for a large one.”



Liber Coll. a Reg. Aberdeen
TREATISE Q³, 3, 23

OR
CONFECTIONARY,

IN ALL ITS BRANCHES,

WITH PRACTICAL NOTES,

AND ILLUSTRATED WITH APPROPRIATE ENGRAVINGS.

IN FOUR PARTS.

BY JOSEPH BELL, NEWCASTLE,
*Formerly Confectioner to their Royal Highnesses the Prince
of Wales and Duke of York.*

WRITTEN FROM A KNOWLEDGE ACQUIRED BY A PRACTICE OF
THIRTY-FIVE YEARS AND UPWARDS.

Entered at Stationer's Hall.

NEWCASTLE:
PRINTED FOR THE AUTHOR, BY G. ANGUS, IN THE SIDE.

1817.

Showstoppers

The Italian Confectioner

By William Alexis Jarrin

London, 1844

SB 641.86 Jar

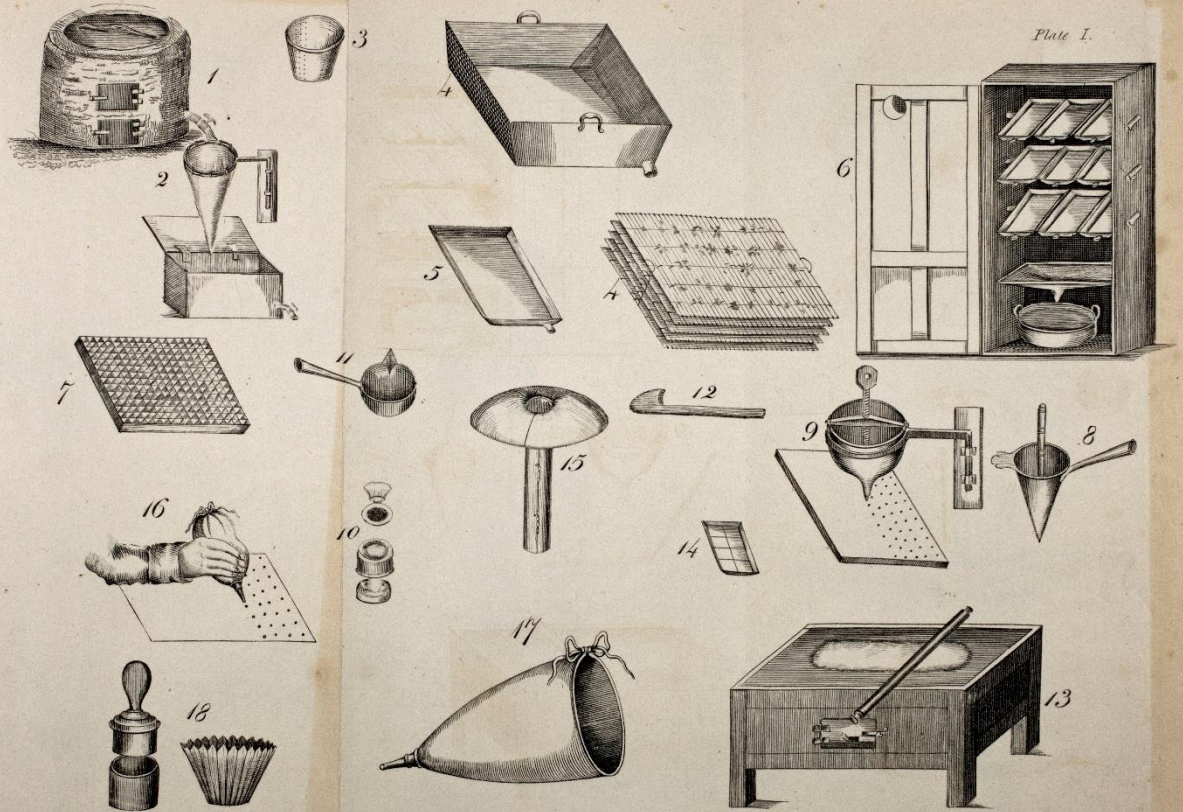


William Jarrin (1784-1848) was employed in the Emperor Napoleon's household. Confectionary, he explains in the introduction to his book, is an art of pleasure and luxury which requires times of prosperity and abundance, such as existed under Louis XIV, and – for a short time – Napoleon. The French Revolution forced some noble families to seek income by divulging their confectionary secrets, and, with the help of modern chemistry, the making of bon bons developed into a culinary artform.

This practical guide begins with two pull-out pages of diagrams showing sweet-making paraphernalia invented or perfected by the author himself. There are chapters on candies, chocolate, tablets and rock sugar, ices, compotes and comfits. Unlike a conventional recipe book, however, there are 'showstopping' technical chapters on modelling flowers and figures from sugar paste, making moulds or armatures for picturesque scenes, and how to engrave, gild and varnish table ornaments.

Key to the Confectioner's Equipment

- 1. Copper boiler:** used to clarify sugar in large quantities.
- 2. Cloth strainer:** to strain clarified and reduced syrup.
- 3. Round mould for sugar candy:** the small holes are for the purpose of stretching threads which the candy may fix to.
- 4. Tin and wire grating:** to dry and drain candied fruit.
- 5. Box:** to dry meteors, liqueur rings and candy.
- 6. Stove:** made of iron with 9 cases on 3 shelves (moveable) each with a drain and catch pan. The stove can be heated to 140° via a pipe. A dial marks when the candy is put in and when it should be removed.
- 7. Tin frame:** for cutting out barley-sugar tablets.
- 8. Copper funnel:** invented by W. A. Jarrin for liqueur drops etc.
- 9. Funnel with screw:** for making jewel drops.
- 10. Box wood mould:** to take a paper lining in the making of liqueur rings.
- 11. Stewpan:** used in the making of drops and warming of paste.
- 12. Spatula or spaddle:** better than a wooden spoon, it saves sugar.
- 13. Stone slab:** for making chocolate. It is hollow inside to take a chaffing dish to warm the stone. The roller is polished iron.
- 14. Tin mould:** to form chocolate into half-pound cakes.
- 15. Tin mould:** for forming mushrooms or champignons in rock sugar. They come in different sizes. Held together by a hinge.
- 16. Tin funnel:** used to form the patience biscuit.
- 17. Funnel with 4 holes:** for savoy biscuits only.
- 18. Box wood mould:** to shape paper into a basket.



Bread & Tatties

A Treatise on the Art of Bread-making

By Abraham Edlin

London, 1805

SB 6416331 Edl



Bread was a complicated business. The statute regulating the commercial production of bread, its price, weight and quantity, was established in 1266, and only abolished in 1815. There were severe penalties for bakeries that broke the rules. Edlin includes several assize tables in his book to help bakers produce bread ‘respectfully’.

In his treatise, Edlin provides details on how to make bread from grains, potatoes and rice, and even wheat substitutes such as yams, figs and acorns. Bread-making was essentially a trade craft, with methods being passed down by word-of-mouth from master to apprentice. It was unusual for bread recipes to appear in print in domestic cookery books until the mid 19th century.

Recipe: Peasemeal Bread

Flour made from yellow field peas was once common in Scotland. It fell out of favour because of its associations with poverty. Edlin lists it as an ingredient in bannocks and scones. Today, the interest in authentic foods is creating a new demand for this ‘smeddum’.

A Table of the Assize of Bread, from the average Price of Wheat and Flour, together with the Baker's Allowance, shewing what the several Sorts of Loaves are to weigh.

Wheat per Quarter, grinding and baking.		Flour per Sack, and baking.		Wheaten Penny Loaf.		Household Penny Loaf.		Wheaten Two-penny Loaf.		Household Two-penny Loaf.		Wheaten Three-penny Loaf.		Household Three-penny Loaf.		Wheaten Six-penny Loaf.		Household Six-penny Loaf.		Wheaten Twelve-penny Loaf.		Household Twelve-penny Loaf.		Wheaten Eight-penny Loaf.		Household Eight-penny Loaf.															
s.	d.	s.	d.	oz.	dr.	lb.	oz.	dr.	lb.	oz.	dr.	lb.	oz.	dr.	lb.	oz.	dr.	lb.	oz.	dr.	lb.	oz.	dr.	lb.	oz.	dr.	lb.	oz.	dr.												
41	0	36	8	12	10	17	6	1	9	4	2	2	12	3	4	2	4	11	13	6	8	4	9	7	10	13	0	8	14	3	7	19	8	12							
42	8	38	4	12	1	16	5	1	8	2	2	0	11	2	4	4	3	1	0	4	8	8	6	2	1	9	1	0	12	4	3	13	9	9	18	6	5				
44	4	40	0	11	9	15	7	1	7	2	1	14	14	2	2	12	2	14	5	4	5	8	5	12	10	8	11	0	11	9	3	13	0	8	17	6	0				
46	0	41	8	11	1	14	10	1	6	3	1	13	4	2	1	5	2	11	14	4	2	11	5	7	12	8	5	7	10	15	9	12	8	2	16	7	5				
48	8	43	4	10	11	13	14	1	5	6	1	11	12	2	0	1	2	9	11	4	0	2	5	3	6	8	0	4	10	6	12	12	0	7	15	10	3				
50	4	45	0	10	4	13	3	1	4	9	1	10	7	1	14	14	2	7	11	3	13	12	4	15	6	7	11	8	9	14	13	11	9	5	14	14	4				
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61	4	55	0	8	6	10	4	1	0	13	1	3	2	1	7	13	1	14	14	3	2	8	3	2	8	4	0	2	6	5	1	7	11	8	9	7	10	11	9	5	
63	0	56	8	8	6	9	4	1	0	5	1	3	13	1	8	8	1	13	12	3	1	0	3	13	12	6	5	1	7	11	8	9	7	2	11	2	11	14	3	7	
64	8	58	4	7	15	9	9	0	15	7	1	2	8	1	7	2	1	12	12	2	15	10	3	7	9	5	15	5	7	12	6	11	9	8	5	7	10	1	6		
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68	0	61	8	7	8	8	15	0	14	0	1	1	6	1	6	8	1	10	14	2	13	1	3	5	12	5	10	2	6	15	3	8	7	3	10	1	6	12	8	2	
69	8	63	4	7	5	8	11	0	14	10	1	1	6	1	5	15	1	10	14	2	11	14	3	4	2	5	10	2	6	11	9	8	7	3	10	1	6	12	8	2	
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118	4	110	0	4	3	4	10	0	8	6	0	9	4	0	13	14	0	14	2	1	9	4	1	11	12	3	2	8	3	7	9	4	11	13	5	3	6	5	3	6	

Bread & Tatties

Apicius Redivivus; The Cook's Oracle

By William Kitchiner

London, 1822

SB 6415 Kit



This book includes the first printed record of the world's most popular snack, the crisp! Recipe No. 104 'Potatoes fried in Slices or Shavings' predates the American claim that the crisp was invented in Saratoga Springs by George Crum when a difficult customer reputedly complained that his chips were too thick. (Some say that the customer was the business magnate Cornelius Vanderbilt.)

William Kitchiner (1775 -1827), the true source of the crisp recipe, was an unusual character. He was an optician, amateur musician and exceptional cook. Unlike many food writers, he is known to have practiced all his own recipes. He was passionate about sauces and carried a suitcase of ketchups and mustards wherever he went.

Recipe: Wow-Wow Sauce

Kitchiner invented this sauce. To make it, you will need: port, wine vinegar, parsley, pickled cucumbers or walnuts, English mustard, mushroom ketchup, beef stock, flour and butter.

Liber Coll. Reg. Aberdeen. 9.7.21
THE

COOK'S ORACLE;

CONTAINING *3734*

RECEIPTS FOR PLAIN COOKERY

ON THE

MOST ECONOMICAL PLAN FOR PRIVATE FAMILIES:

ALSO

THE ART OF COMPOSING THE MOST SIMPLE, AND
MOST HIGHLY FINISHED

Broths, Crabies, Soups, Sauces, Store Sauces,
AND FLAVOURING ESSENCES:

The Quantity of each Article is

ACCURATELY STATED BY WEIGHT AND MEASURE;

THE WHOLE BEING THE RESULT OF

Actual Experiments

INSTITUTED IN

THE KITCHEN OF A PHYSICIAN.

"Miscuit utile dulci."

The Fourth Edition,

TO WHICH ARE ADDED,

ONE HUNDRED AND THIRTY NEW RECEIPTS,

FOR

PASTRY, PRESERVES, PUDDINGS,

AND

An Easy, Certain, and Economical Process for preparing

PICKLES,

By which they will be ready in a Fortnight, and remain good for Years.

THE WHOLE REVISED BY THE AUTHOR OF

"THE ART OF INVIGORATING LIFE BY FOOD, &c."

LONDON :

PRINTED FOR A. CONSTABLE & Co. EDINBURGH;

AND HURST, ROBINSON, & Co. CHEAPSIDE.

And sold also by all Booksellers in Town and Country.

1822.

Bread & Tatties

La Cuisinière Bourgeoise

Paris, 1836



SB 6415 Cui 10

An exhibition on cookery books would be incomplete without a taste of French cuisine. *The Bourgeois Cook* is a 19th century manual for those in service in the grand middle class houses of France. The title page states that it will set out numerous economical recipes and the most practical instruction on how to butcher game birds and other meats. It will give tips on the good husbandry of poultry in order to produce dairy products such as butter and cheeses. Finally, it will provide correct instruction in the management of the household cellar and in the etiquette (and honour) of serving one's employers.

Recipe: Pain d'Egalite

Before the Revolution, bread was a symbol of status in France. The wealthy ate white wheat-flour loaves. The poor survived on coarse, dark, flat bread. 'Pain d'egalite' was a Revolutionary ideal - one type of bread for all citizens. The ingredients were three parts wheat to one of rye, creating a dense and heavy bake. It was universally disliked.



La propreté est l'ornement de nos tables
et l'honneur d'une bonne Cuisinière.

Voy. CHAP. 1.^{er} de cet ouvrage.

LA CUISINIÈRE BOURGEOISE,

PRÉCÉDÉE

D'UN MANUEL

PRESCRIVANT LES DEVOIRS QU'ONT A REMPLIR LES
PERSONNES QUI SE DESTINENT A ENTRER EN
SERVICE DANS LES MAISONS BOURGEOISES.

Cet Ouvrage contient, en outre :

- 1°. Les Recettes pour faire une bonne Cuisine à peu de frais ; les Moyens les plus utiles pour vider et trousser la Volaille et le Gibier, ainsi que la Dissection de toute sorte de Viandes ;
- 2°. La Pâtisserie et les Confitures de différentes espèces ; les Liqueurs, Ratafias ; la Composition des Vinaigres et des Boissons les plus économiques, etc., etc. ;
- 3°. Les soins à apporter pour élever la Volaille, pour faire le Beurre, les Fromages, et conserver les Liqueurs et les Fruits ;
- 4°. Enfin, l'Art de gouverner la Cave et les Vins ; la Manière de servir les Tables, et d'en faire les honneurs.

10^e ÉDITION,

REVUE PAR UNE MAÎTRESSE DE MAISON.

Prix : 2 Francs.

A PARIS,

CHEZ J^e. MORONVAL, IMPRIMEUR-LIBRAIRE,
RUE GALANDE, n^o. 65, PRÈS LA RUE S.-JACQUES.

M. DCCC. XXXVI.

Bread & Tatties

Wartime Cookery Book

By Janet Murray

Aberdeen, 1944

TX 717.3 Mur 1944



Published in July 1944, this Rowett Institute pamphlet has a preface written by its founder, Nobel Prize winner, Sir John Boyd Orr. He emphasises the Ministry of Food's aim to improve the nation's nutrition during (and after) the war. It is a battle that must be fought by an army of housewives educated in the art of good cooking.

Recipe: A Buttery without Butter

In her introduction, Janet Murray begins with the rallying cry that good cookery will promote health, but even more importantly – morale! And Janet is not to be beaten by food shortages. She has put aside some recipes ‘for happier times’ but her version of the Buttery is no less delicious or sustaining for the use of margarine instead of butter.

“Butter ... is one of the foods not possible at any time to the poorer purse, but margarine is of a very high quality today, and has had vitamins added to it.”

use a cupful of liquid yeast to make a new supply. Wash and pare four medium sized potatoes. Boil in water sufficient to cover them until cooked, and strain them. Keep the water in which the potatoes were boiled. Mash the potatoes, add 2 teaspoonfuls salt, and three tablespoons of sugar. Make up the "tatic breeze" to a quart with water if you have not got that quantity of breeze, and add to the mashed potato. Mix the yeast in a cupful of warm water and add to the mixture. Put in a jar, and stand it in a warm place. The mixture will rise and as it rises stir it down, and when it stops working it is ready for use. Keep it in a cool place. To use liquid yeast use not quite half a pint for a recipe that calls for an ounce of compressed yeast.

Warm it before adding it to flour, and remember you will not require much more, if any, liquid except eggs perhaps. The same rule applies to liquid yeast, warm.

"Set to Sponge."

This is a method which I believe is not much used in home baking except in very elaborate recipes. The yeast and warm milk are poured in to a well in the centre of the flour, and set in a warm place for about thirty minutes. After that the other ingredients are added and the dough set to rise again, and of course it has to be proved after that, but I think this instruction can be safely ignored. I have a very simple recipe for a tea bun baked in a cake tin that I think you'll like.

Tea Bun.

Sift 1 lb. flour into a warm baking bowl. Add a table-spoonful sugar, 2 if you can spare it and 4 ozs. cooking fat or margarine, and rub the fat into the flour. Heat to blood heat not quite half a pint liquid yeast, a gill and a half perhaps is about right, and pour it into the bowl. Add two beaten eggs and knead well. Set in a warm place until the dough is twice its size. Have a cake tin greased and warm. Knead the dough again and put into the tin. Set to prove and when well risen in the tin put into a fairly hot oven and cook for 30-40 minutes. Glaze just before taking from the oven. Remember all the rising should be done before the dough goes into the oven, no more should take place after.

Hot Cross Buns.

Sift 1 lb. flour into a warm baking bowl, with 1 teaspoonful mixed spice and $\frac{1}{2}$ teaspoonful cinnamon. Add 4 ozs. sugar and rub in 3 ozs. margarine.

Beat 1 egg and add to it $1\frac{1}{2}$ gills of lukewarm liquid yeast. Flour over the flour and mix well. Set to rise.

When well risen knead lightly and shape into buns and place on a warm baking sheet. Set to prove. Mark a deep cross on the top of each bun with a knife, and put in a hot oven for 10-15 minutes and glaze before taking from the oven.

For those who like to know the temperature of the oven 450° F is about right.

Butteries.

Make 1 lb. of dough as in the above recipe, having a firm dough. Roll out the dough as for flaky pastry, and dot an ounce of margarine over it. Fold in three and roll out again, and repeat with another oz. of butter. Put the dough in a poly-poly form into a warm bowl and leave to rise. When well risen turn out on a floured board, handle as little as possible, roll out and cut with a 3 inch cutter. This may seem small, but in proving they spread and rise considerably.

Prove in a warm place and bake in a hot oven. Just before taking from the oven, brush with melted margarine.

I have a recipe for **CHERRY ROLLS** made with **BAKING POWDER** which is very good. I am giving it now, but for most of us it must be put away until happier days.

Sift 1 lb. flour with 1 teaspoonful salt and 3 teaspoonfuls baking powder. Rub in 6 ozs. margarine until the mixture is as fine as breadcrumbs, and mix to a stiff dough with milk. Turn out on a floured board and roll as an ordinary scone. Cut in rounds with a fairly large cutter, and fold over one half on top of other. Brush with melted margarine and bake in a hot oven, and just before taking out, brush again with margarine. Served hot, they are delicious, but you'll see they are hardly suitable for to-day.

Bridge Rolls.

Sift 1 lb. flour into a warm bowl. Add $\frac{1}{2}$ teaspoonful salt. Cream $\frac{1}{2}$ oz. yeast with 1 teaspoonful sugar, heat to blood heat not quite half a pint of milk, and beat two eggs or reconstitute 2 dried eggs. Make a soft dough. Cover and leave in a warm place and leave until risen.

Turn out on a floured board, knead lightly and shape into long narrow pieces.

Place the rolls on warm greased baking sheets, leave in a warm place for 15 minutes. Brush lightly with beaten egg just before putting into the oven. Bake in a fairly hot oven for 10 minutes.

Sweet-toothed

The Practical Confectioner

By James Cox

London, 1822

SB 6415 Cox



James Cox tempts those with a sweet tooth with the secrets to making delicious “soufflés, puddings, chantillas and ornamental pastry and confectionery of every description”. Even the pretty pink cover of his book has the appeal of a fondant fancy.

For the upper classes in the 19th century, dining was an event and the presentation of food was as much, if not more, about showmanship as flavour. A ball supper had to excite and delight the eye as well as the stomach. Moulds were used to create spectacular cakes in the shape of all manner of things including buildings, people, fish, animals and fruit.

Recipe: A Savoy Cake to imitate a Green Melon

A melon mould looked something like a grooved rugby ball. The savoy, a light but firm sponge mix, was regularly used as the base for shaped cakes. Gamboge, a vibrant yellow pigment extracted from the resin of an evergreen tree and Prussian Blue, an iron oxide, were used to recreate the colour of the fruit.

THE
PRACTICAL
CONFECTIONER,

EMBRACING
THE WHOLE SYSTEM OF
Pastry, and Confectionery,

IN ALL THEIR VARIOUS BRANCHES;

Containing upwards of 260 Genuine and Valuable

RECEIPTS;

CONSISTING OF

Upwards of 30 Second-Course and Supper Dishes:

INCLUDING

Jellies, Creams, Souffles, Puddings, Pastries, Chantillas, and
Ornamental Pastry and Confections of every description;
Preserving in all its various branches; Cakes and Biscuits of
various kinds; Ice Creams and Water Ices; Sugars, Candies,
Syraps, &c.;

Many of which have never before appeared in Print: the
whole written in the plainest manner, without the least
ambiguity;

WITH BILLS OF FARE FOR

BALL SUPPERS, ON A LARGE & SMALL SCALE.

BY JAMES COX.

London:

Published by Longman, Hurst, Rees, Orme, and Browne;
and sold by all the Booksellers in the United Kingdom.

1822.

PRICE EIGHT SHILLINGS.

Sweet-toothed

A New System of Domestic Cookery

By Maria Eliza Rundell

London, 1819

BCL D5725

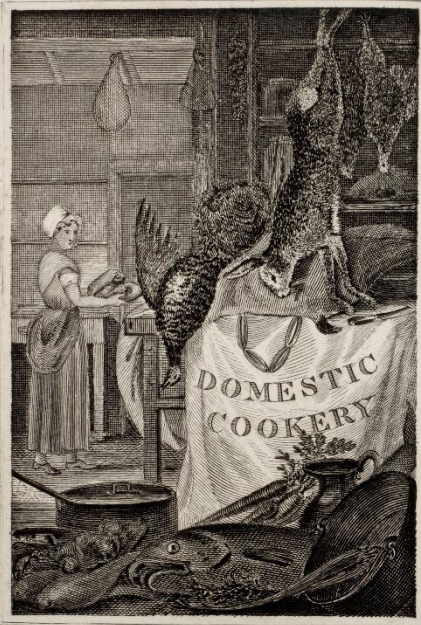


In 1806, Maria Eliza Rundell gathered together a collection of recipes and household tips to send to her married daughters. Little did she realize that this would become a publishing sensation, as a manual for the middleclass house-wife. Her book remained in print for over three decades and she is often referred to as the first ‘domestic goddess’.

Recipe: Quaking Pudding

This classic 16th century pudding features in Rundell’s cookery book and is so called because – when made correctly – it should wobble like a jelly. The ingredients are tied into a greased pudding cloth and boiled. Turned out onto a plate, it should look something like a panna cotta. It can be decorated with almonds to resemble a hedgehog. Heston Blumenthal serves his own version of this dessert at his restaurant, The Hinds Head.

FRONTISPIECE



Published as the Act directs June 1810, by J. Murray.

Jo. Sharp A
NEW SYSTEM
OF
DOMESTIC COOKERY;

FORMED UPON
PRINCIPLES OF ECONOMY:
AND ADAPTED TO THE
USE OF PRIVATE FAMILIES.

BY A LADY.

A NEW EDITION, CORRECTED.

LONDON:

JOHN MURRAY, ALBEMARLE-STREET:

SOLD ALSO BY

LONGMAN, BALDWIN, RICHARDSON, LACKINGTON, WHITTAKER,
UNDERWOOD, LONDON; WILSON, YORK; MOZLEY, DERRY;
BLACKWOOD, MANNERS AND MILLER, AND OLIVER
AND ROYD, EDINBURGH; CUMMING, AND
KEENE, DUBLIN.

And by every Bookseller and Newsman in Town and Country.

1819.

Price Seven Shillings and Sixpence in Boards.

Sweet-toothed

The Complete Confectioner and Family Cook

By John Caird

Leith, 1809

SB 6415 Cai

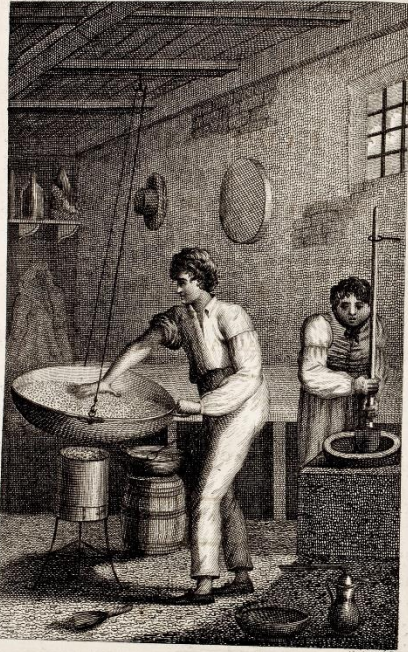


Many early recipe books also include suggested menus, sample bills of fare and table plans for dinner parties which might vary in size from 10 to 200 guests or ‘covers’. This diagram for ‘A Grand Dessert’ appears in John Caird’s publication from 1809. Positioned down the centre of the table are five ornaments, alternating with three-tiered salvers:

“Upon the salvers are placed jellies, creams, syllabubs, and wet or dry sweetmeats in small crystal dishes, and garnished with flowers. The ornaments are mirrors onto which are placed trees, castles, temples, bridges, waterfalls, flowers etc.”

Encircling the centrepiece are 28 dishes, headed at each end by Pine Apple. In between are the following sweet treats: Raspberry Ice Cream, Wafers, Dry Sweetmeats, Fruit, Lemon Ice Cream, Brandy Fruits, Pine Apple Ice, Meringles, Apricot Ice Cream, Fruit, Mixed Biscuits, Chantilly or Croerant and Ice Peaches. Plenty to go round!

FRONTISPIECE.



Engraved for the Complete Confectioner & Family Cook.

Liber Coll: Regu Aberdeen
9.10.27

THE
**COMPLETE
CONFECTIONER**

AND
FAMILY COOK;

INCLUDING
ALL THE LATE IMPROVEMENTS

IN
CONFECTIONARY, JELLIES, BAKING
PRESERVING, CREAMS, COOKERY,
PICKLING, PASTRY, &c. &c.

WITH
MANY VALUABLE RECEIPTS,

AND AMPLE DIRECTIONS FOR
MARKETING, TRUSSING, CARVING, &c.

THE WHOLE BEING THE RESULT OF
MANY YEARS PRACTICE AND EXPERIENCE.

By **J. CAIRD.**

ILLUSTRATED WITH COPPERPLATES AND WOODEN CUTS.

Leith :

PRINTED BY AND FOR ARCHIBALD ALLARDICE AND THE
AUTHOR, OLD ASSEMBLY CLOSE, EDINBURGH.

1809.

Sweet-toothed

Handbook of Practical Cookery

By Matilda Lees Dods

London, 1906

Watt 099 Dod h



In 1876, after taking a short course at the South Kensington School of Cookery, for which she received a first class diploma, Matilda Lees Dods began teaching cookery classes in London, and at the Culinary College in Edinburgh. She toured the cities and towns of Scotland and the north of England for nearly two years giving talks to huge crowds. Dods even undertook a tour of America in 1878. Her eight books include *The Ideal Home* (1916) and *Meatless and Less-meat Cookery* (1918).

This palm-sized manual, contains over 800 pages of recipes for soups, sauces, salads, fish, roasts, pies, pastries, puddings, cakes and jellies. There is an introduction on the philosophy of cookery, followed by instructions for the carving of various meats and more than 40 illustrations.

· HANDBOOK OF ·
PRACTICAL COOKERY



MATILDA LEES DODS

In the Soup

Domestic Economy and Cookery, for Rich and Poor; containing an account of the best English, Scotch, French, Oriental, and other foreign dishes; preparations of broths and milks for consumption; receipts for sea-faring men, travellers, and children's food. The whole composed with the utmost attention to health, economy and elegance.

**By a Lady
London, 1827**

SB 6415 Cook



These soups and broths are not fictional concoctions. They are real recipes from the early 1800s. Intended as cures for sickness, the supposed medicinal qualities of the ingredients was more important than the taste of the dish.

Recipe: Snail Broth

1. Wash the snails thoroughly and throw into very hot water.
2. Take them out of their shells and slice.
3. Pound the shells.
4. Put everything into a pan of water and boil for several hours.
5. Serve with a little salt, sugar and mace to taste.
6. The patient should take a tea-cupful four times a day – with or without conserve of roses.

above, and use the same seasoning and thickening as for real turtle; adding roots.

If fillets of soles or any other fish are to be served, put their skins and bones, well bruised, into the stock-pot.

This will be more expensive than the cow-heel alone, but it will be lighter.

Fresh mushroom stalks and garlic may be added with advantage to all imitations of turtle. To every two quarts of soup add a clove or two of garlic: carrots, turnips, and onions, stuck with a clove, are great improvements.

Where much mock or other turtle is used, the cook ought to be careful of the small eggs of fowls, as they are better than those that are made, which have often hardly the taste of eggs.

The intestines of fowls should also be preserved, either for garnishing, or for turtle.

Small Eggs.

Break as many eggs as will be necessary to make small eggs; separate the white from the yolks; beat and strain the yolks; wet a cup or mould, put them in, and cook them in a bain-marie; let them cool; put them into the mortar, with a little salt, a few drops of garlic juice, not to be distinguished, and a sufficient quantity of raw eggs to make it into a proper paste; roll it up dry into small equal balls, and poach them. It would not be much trouble to get a few small moulds made, and put the raw yolk into them, the eggs would be so much better.

Brain Balls.

When soup is served, they are very delicate in it; make them with equal quantities of bread or vegetables and suet, and season a little higher than the soup; test as other farces. Any chitterlings of meat or fish, particularly skate, may be served in these turtles, prepared as for the real.

If there is more farce than what is necessary, roll it in large quenelles, and served dobbed fried potatoes with them in a brown ragoût; or a little of the turtle sauce, with coriander powder.

The cook ought always to think of saving herself trouble, by making nice dishes of every little thing, and at

all times double the quantity of farce may be made, without any additional trouble.

Fish Turtle

Is excellent. Prepare as for real turtle a stock of skate, any other fish, or vegetable; let it be seasoned as for real turtle; if sturgeon can be had, prepare it as the white meat, and farce it; two cods' heads, with the sounds, may be cooked in the sauce, and cut up as before directed, and finished every way as real turtle. Use the head also of the skate, with the chitterlings, and make up the dish of the size wanted. Calves feet, or part of the head, may be added.*

Viper Broth.

Vipers cannot always be procured in England, though there are an abundance of them in particular parts.† In Italy, and where their surprising restorative virtues are known, they are in great request.‡ Viper and frog broths are the only nourishments given after extreme unction has been administered, and they not unfrequently restore the despaired of patient. Viper essence is the basis and source of the *celebrity* of the *celebrated* and official Venetian *triac*: to it above a hundred other ingredients are added, as of course there is then something in it good for every ailment. During the solemn operation, the great bell of St. Mark is tolling, and the magistrates encircle the cauldron in their robes of state.

Frog Broth.

Frog broth is made in the same way as the viper, after being gutted, skinned, and the heads taken off.

Snail Broth.

Wash them extremely well, and throw them into very hot water; take them out of the shell, and pass them through several waters; working them well with the hand; slice them, pound the shells, and put all into a saucepan,

* In country towns, where calves heads may be had from a shilling to two shillings a piece, and in many places of the island, where cod's and all kinds of fish heads are thrown out, what a blessing it would be to teach the poor to make soup of them! and to make it up solid would be a little traffic for them, and an excellent sea store.

† No part of a serpent is poisonous except the head.

‡ To take vipers, it requires two men; one catches them with a pair of snares, and the other whips off the head. They are skinned, and made into a rich soup. The liquor is to be expressed to the last drop.

In the Soup

Alice's Adventures in Wonderland

By Lewis Carroll

London, 1907

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Arthur Rackham's illustration shows Alice in the Duchess's kitchen where the cook is making soup. The air is thick with pepper. "There's certainly too much pepper in that soup!" says Alice, trying not to sneeze. Upset, the cook begins to throw saucepans, plates and cooking utensils at the Duchess.

Soup features a number of times in Lewis Carroll's story. The song of the Mock Turtle is a parody of a well known poem of the day 'The Spider and The Fly' by Mary Howitt.

Recipe: Mock Turtle Soup

Mock turtle soup uses scraps from the head, hooves and tail of a calf to imitate turtle meat.



The Consequences of Sauces

Essays, Moral, Philisophical [sic] and, Stomachical

By Launcelot Sturgeon, Esq.

London, 1822

SB 64101 Stu



On the title page of this collection of gastronomic musings, Launcelot Sturgeon describes himself as a ‘Fellow of the Beef-Steak Club and an Honorary Member of several foreign pic nics’. His essay ‘On the Physical and Political Consequences of Sauces’ begins with a warning. According to the medical profession, excessive eating is caused by enticing sauces. The message of healthy eating seems clear ... until, that is, the gourmet reveals his true sentiments. A good sauce, Sturgeon pronounces, enables a gentleman to eat three times as much as he could if the meal was plain. For him, eating to repletion is not the act of an unhealthy glutton; rather it is the sign of a man of good heart and conviviality. A fine sauce draws fine people to the table. The dieter is cast as a man of poor company with a bad heart (socially speaking, at least).

Launcelot celebrates the 180 sauces (he has counted them!) that are, by the 1800s, part of the British culinary repertoire. He is *the* champion of mustard, Hollandaise and beurre blanc; and the fraternity of delicious food.



MEDITATIONS OF AN EPICURE.

Siter Coll. Reg. Aberdeen

1833
1872
ESSAYS,

MORAL, PHILOSOPHICAL,
AND
STOMACHICAL,

On *The important Science of*

GOOD-LIVING.

Dedicated to the Right Worshipful

THE COURT OF ALDERMEN.

By LAUNCELOT STURGEON, Esq.
Fellow of the Beef-Steak Club, and an Honorary Member of several
Foreign Pie Nits, &c. &c. &c.

"Eat! drink! and be merry!—for to-morrow you die."

LONDON:

PRINTED FOR G. AND W. B. WHITTAKER,
13, AVE-MARIA LANE.

1892.

Poisonous Pickles

A Treatise on Adulterations of Food

By Fredrick Accum

London, 1820

SB 64101 Acc



In the 1800s, a jar of pickled onions could be a dangerous thing! When this treatise by the German chemist Fredrick Accum was published, food quality standards were poor. Chalk, sawdust and alum were regularly added to dough to make it stretch further both physically and economically. In this exposé, Accum also reported that red lead was being used to colour Gloucester cheese, and that Verdigris in pickles had proved fatal to one poor lady snacking on onions whilst having her hair styled. The author condemned cookery writers who provided instructions on how to ‘green’ vegetables by boiling them with pennies or by crumbling copper carbonate into the vinegar. His hope was that these lethal tips be suppressed in future publications. This stance made him many enemies in the food processing industry. It took another 40 years for government legislation to prevent the adulteration of food.

Recipe: To Pickle Gerkins

“Boil the vinegar in a bell-metal or copper pot; pour it boiling hot on your cucumbers.”

Poisonous Pickles.

VEGETABLE substances, preserved in the state called pickles, by means of the antiseptic power of vinegar, whose sale frequently depends greatly upon a fine lively green colour; and the consumption of which, by sea-faring people in particular, is prodigious, are sometimes intentionally coloured by means of copper. Gerkins, French beans, samphires, the green pods of capsicum, and many other pickled vegetable substances, oftener than is perhaps expected, are met with impregnated with

this metal. Numerous fatal consequences are known to have ensued from the use of these stimulants of the palate, to which the fresh and pleasing hue has been imparted according to the deadly *formule* laid down in some modern cookery books, such as boiling the pickles with half-pence, or suffering them to stand for a considerable period in brazen vessels.

Dr. Percival* has given an account of "a young lady who amused herself, while her hair was dressing, with eating samphire pickles impregnated with copper. She soon complained of pain in the stomach; and, in five days, vomiting commenced, which was incessant for two days. After this, her sto-

* Medical Transactions, vol. iv. p. 80.

Menus & Memories

The Rowett Institute Dinner Menu Card

The Imperial Hotel, Aberdeen

Thursday 18th January, 1923

MSU 145/1/73/3



The Special Collections has an archive of numerous menu cards dating from the 19th century through to more recent times.

This simple menu card is an invitation to a Rowett Institute dinner. It features a photograph of the Rowett Institute building on the front, and inside, the choice of dishes is shown opposite the programme of toasts and speeches that will be part of the evening.

Honoured guest included Dr Orr and Dr Rowett and the Lord Provost. The menu featured an intriguing starter by the name of 'Petite Marmite', followed by a choice of hare, halibut, beef or pheasant. Serving Peach Melba for dessert was still relatively fashionable in 1923. It had been invented in 1892 by a chef at the Savoy Hotel in celebration of the famous soprano Nellie Melba. More peculiar perhaps, by today's tastes, is the inclusion of sardines on toast.

Menus & Memories

The Coronation Scot

Dinner Menu and Wine List

1937

OD.LI.LMS Val



Andrew O'Dell (1909-66), first Professor of Geography at the University of Aberdeen, had a lifelong interest in transport, especially railways. His collection ranks as one of the major railway collections in Britain. It includes this Art Deco route guide and menu for 'The Coronation Scot'.

On July 5th, 1937, the blue and silver express 'The Coronation Scot', began its daily run between London Euston and Glasgow Central. The streamlined locomotive made the journey of 401¼ miles in 6½ hours. Its nine coaches included seating for 82 first class passengers and 150 third class. There was a dining car and a kitchen car for each class of passenger.

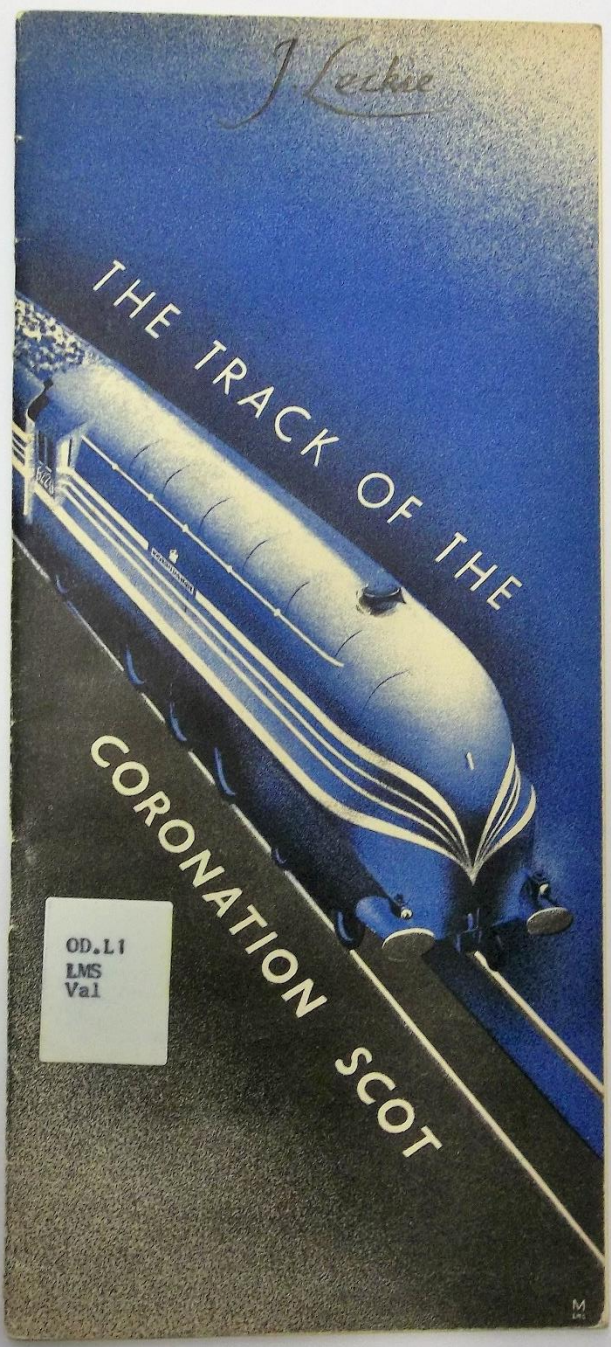
The dinner menu for the more well-to-do traveller had a glamorous French flavour with its petite sole Colbert, château potatoes and glacé macaron (gelato sandwiched between two delicate French macarons). Less fancy light refreshments, such as boiled eggs with bread and butter, were also available during the train journey.

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CORONATION SCOT

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Menus & Memories

Dinner Menu Card

Sabhal Mòr Ostaig, Isle of Skye

Wednesday 2nd July, 1997

MSU 1431/6/



This dinner took place at the Further Education College on the Isle of Skye in 1997. The honoured guests were Professor Sir Charles Duncan Rice, who was Principal of the University of Aberdeen from September 1996 until April 2010, and Ian MacDonald, the Vice-Principal. The front cover of the menu card has been signed in Gaelic by a number of well wishers who attended the meal.

Inside the card, the menu is printed in Gaelic and English. Diners had a choice of some fine Scottish fayre including Orkney Soup (*Brot Arach*), pork with prawns and brandy (*Leasradh de mhuc-fheòil le muasgan-caol agus branndaidh*) and Raspberry Cranachan (*Crannachan de shubhan-craoibhe*).