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 ragooed 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 Clootie 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 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?
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.”
UNIVERSAL COOK.
A N D
City and Country Houfekeeper.
CONTAINING ALL THE
VARIOUS BRANCHES OF COOKERY:
THE DIFFERENT WAYS OF SERVING
Butchers Meal, Poultry, Game, and Fish;
AND OF PREPARING
Gravies, Cellices, Soups, and Broths;
To Baste
Roots and Vegetables,
and to Prepare
Little elegant Dishes for Suppers or light Receptions:
To Make All Sorts of
Pies, Puddings, Pancakes, and Fritters;
Cakes, Tarts, and Biscuits; Sandwiches, Tartlets, and
Crumb-tarts; Creams and Jams; Macaroni, Pavoniere,
Elegant Salamis, Salads, and Villages.
The several Articles in
CANDYING, DRYING, PRESERVING, AND PICKLING.
THE PREPARATION OF
HAMS, TONGUES, BACON, &c.
APPLIED TO
TRUSING POULTRY, CARVING, AND MARKETING.
THE KEEPING THE MANAGEMENT OF
Made Wines, Cordial Waters, and Malt Liquors.
Together with
Directions for Making Bread, the Management of Peas and the Berry, and the
Gardener and Fruit Gardener, with a Catalogue of the various Flowers, in bloom in the different Months of the Year.
Refers a Variety of
USEFUL AND INTERESTING TABLES.
The Whole Embellished with
The Maps of the Author, Bills of Fare for every Month in the Year; and
pages illustrative of his Improvements of the Art of Cooking,
Impressively arranged in serious Coppo-Reta.

B Y FRANCIS COLLINGWOOD, and JOHN WOOLLAMS,
Principal Cooks in the Crown and Anchor Tavern in the Strand,
Late from the London News,
LONDON,
PRINTED BY R. SMILE, SON J. SMITH, and J. WHITE, No. 48, ST. GILES-IN-LAFT.
1755.
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.
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;
C cut it;
D dealt it;
E eat it;
F fought for it;
G got it;
H had it;
J joined it;
K kept it;
L longed for it;
X, Y, Z, and S, all wish’d for a piece in hand.

M mourned for it;
N nodded at it;
O opened it;
P peeped in it;
Q quartered it;
R ran for it;
S stole it;
T took it;
V viewed it;
W wanted it;

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?
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.
A New Digester
OR
ENGINE
FOR SOFTENING
BONES,
CONTAINING THE
DESCRIPTION
Of its Mote and Use in thef particulars:
FIZ.
Cookery, Voyages at Sea, Confectionary, Mak
ing of Druds, Chemistry, and Dyning.
WITH AN
Account of the Price of this good big Engine will aff
and of the Profit it will afford.

By DENIS PAPIN M.D. Fellow of the
ROYAL SOCIETY.

LONDON
Printed by J. M. for Henry Bursley at the Red Lion
in S. Paul’s Churchyard: 1681.
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](https://youtu.be/GsyjNef2ydQ)
Dictionarium Domesticum,
Being a New and Compleat
Household Dictionary.
For the Use both of
City and Country.

SHewing,
I. The whole Artes of Brewing, Baking, Cookery, and Pickling. Also Confectionary in all its several Branches.
II. The Management of the Kitchen, Pantry, Larder, Dairy, Cellar, and Poultry. With the proper Seasons for Hogs, Fowls and Fish.
III. The HERBSMAN: 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 AYRCAKE: Or, The Manner of Breeding, Raising and Managing of Bees.
VI. The Family Physician and HERBALIST. Containing the choicest Collection of Receipts for most Disorders incident to Human Bodies, hitherto made Publickly, with the Qualities and Uses of Physical Herbs and Plants of English Growth.

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

LONDON;
Printed for C. Hitch in the Red Lion, and C. Davis, both in Newenberg, New-York, and S. Newenham in St. Paul's Church-Yard, MDCCLXXVII.
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 being 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

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”.
OLD SHETLAND RECIPES

The Modern Cookery

HONEY

HONEY CURD

HONEY CURD MUFFINS

HONEY SPREAD

HONEY BUTTER SANDWICHES
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.”

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
TREATISE
ON
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-ONE YEARS AND UPWARDS.

LONDON:
PRINTED FOR THE AUTHOR, BY C. ADAMS, IN THE COH.
1817.
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.
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 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 Ascend of Bread, from the average Price of Wheat and Flour, together with the Baker's Allowance, showing what the several Sacks of Leave are to weigh.

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<th>Wheat per Sack,</th>
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<th>Medium Turkish</th>
<th>Wheated Turkish</th>
<th>Turkish Leaves</th>
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[Continued on the next page]
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.
THE COOK'S ORACLE;
CONTAINING
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, Gravies, Soups, Sauces, Store Sauces,
AND FLAVOURING ESSENCE:
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 duci."

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 Few Days, and remain good for Years.

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

LONDON:
PRINTED FOR A. CONSTABLE & Co. EDINBURGH;
AND WURT, ROBINSON, & Co. CHEAPSIDE.
Sold also by all Booksellers in Town and Country.

1822.
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 CUISINIÈRE BOURGEOISE,
PRÉCÉDÉE
D'UN MANUEL
PRESCrivant les DEVOIRS qu'ont à remplir les PERSONNES qui se destinent à entrer en SERVICE dans les MAISONS BOURGEOISES.

Ce manuel contient, en outre :
1° Les Recettes pour faire une bonne Cuisinière à peu de frais ;
les Ménages les plus utiles pour vider et tronçonner la Velaille et le Gibier, ainsi que la Dissection de toute sorte de Viandes ;
2° La Préparation et les Confitures de différentes épices ; les Liqueurs ; Biscuits ; la Composition des Vinaigres et des Boissons le plus économiques, etc., etc. ;
3° Les soins à apporter pour dorer la Velaille ; pour faire la Biscuit, les PÂtes, 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 bouquets.

4° ÉDITION,
REVUE PAR UNE MAÎTRESSE DE MAISON.

Prix : 2 Francs.

A PARIS,
CHEZ J.-MORONVAL, IMPRIMEUR-LIBRAIRE,
SUR GALAIZE, no. 65, PRÈS LA RUE L.-JACOQUIN.

M. DOUG. XXXV.
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.”
see a capital of liquid yeast to make a new supply. Wash and press four medium-sized potatoes. Mix with water sufficient to cover them until soaked, and drain them. Remove the water in which the potatoes were soaked. Mix the potato and 2 tablespoons salt, and three tablespoons of sugar. Stir up the "last heap" for a smooth sticky batter. If you have not got that much batter, 1 tablespoon of baking powder is a capital of warm water and add to the mixture. Put in a tin and stand in a warm place. The mixture will rise and, as it does, stir it down, and when it stops working it is ready for use. Keep it in a cool place. To use, Liquid yeast are not quite half a pint for a recipe that calls for an ounce of each.

"Not in Spurge."

This is a method which I believe is not much used in home making except in very simple recipes. The yeast and water are poured into 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 fifty, and of course it has to be proofed after that, but I think this method can be safely stored. I have a very simple recipe for a tea loaf in a cake tin that I think you'll like.

**Tea Bun.**

**Sift 1 lb. flour into a warm looking bowl. Add a half-teaspoon sugar. If you can prove it in 1 lb. water, mixing fat or margarine, and put fat fat into the flour. Have to hand best not quite half a pint liquid yeast, a half and a half sugar in about sixty, and pour it into the bowl. Add the flour to it, and, when well mixed, add 1 cup hot water. Mix with a fork into a smooth batter as well as you can. Keep it a little, but not too long. Let it rise and then put in a greased tin. Place in a warm place and bake in a hot oven. Garbo make a good party cake.**

**Buttered.**

Make 1 lb. of dough in the above recipe, having a firm dough. Mix the dough in the shape of a roll and put it at an angle of 45 degrees. Roll in sugar and roll out again, then put it in a greased tin. Place in a warm place and bake in a hot oven. For the dough, if it is preferably roll out a smooth rolled, a half as possible, roll out and cut in a 1 inch cutter. This may seem small, but it gives more of the flavor and is the handsomest.

Put in a warm place and bake in a hot oven. Just before browning from the crust, brush with melted margarine. If you have a recipe for Curious Buns with Baked Peppers which is very good. I am giving you my recipe for the dough in the above recipe, but the rest of it must be done as you like. I have no idea what to do with the dough, but I think it will make a good party cake. I suggest you use it in a greased tin. Place in a warm place and bake in a hot oven. This may seem small, but it gives more flavor and is the handsomest.

**Brick Rolls.**

**Shake 1 lb. flour into a warm looking bowl, with 3 tablespoons sugar and 3 teaspoonful cinnamon. Add 1 cup water and roll in 1 cup sugar, brown sugar mixture.**

Best, 1 egg and add to it 1 l/2 of homemade liquid yeast. Place on the flour and mix well. Roll in 300. When well done, brush lightly and place in buttered and place a warm baking sheet. Roll out. Make a deep cross on the top of each bun with a knife, and put in a lot over for 10 minutes and place before taking from the oven.

For those who like to have the temperature of the rear 600° F is about right.

**Batteries.**

Make 1 lb. of dough in the above recipe, having a firm dough. Mix the dough in the shape of a roll and put it at an angle of 45 degrees. Roll in sugar and roll out again, then put it in a greased tin. Place in a warm place and bake in a hot oven. For the dough, if it is preferably roll out a smooth rolled, a half as possible, roll out and cut in a 1 inch cutter. This may seem small, but it gives more of the flavor and is the handsomest.

Put in a warm place and bake in a hot oven. Just before browning from the crust, brush with melted margarine. If you have a recipe for Curious Buns with Baked Peppers which is very good. I am giving you my recipe for the dough in the above recipe, but the rest of it must be done as you like. I have no idea what to do with the dough, but I think it will make a good party cake. I suggest you use it in a greased tin. Place in a warm place and bake in a hot oven. This may seem small, but it gives more flavor and is the handsomest.

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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,
SHewing
THE WHOLE SYSTEM OF
Pastry, and Confectionery,
in all their various branches;
Containing upwards of 200 Genuine and Valuable
RECEIPTS;
Consisting of
Categories of all Second-Course and Supper Dishes:

Including
Jellies, Creams, Soups, puddings, Pastries, Chaudfleu, and
Ornamental Pastry, with an assortment of every description
Preparing in all its various branches; Cakes and Biscuits of
various kinds, cups and saucers, milk, Coffee, Cocoa, Cream,
Syrups, &c.
Many of which have never before appeared in Print; the
whole written in the plainest language, without the least
obfuscation;

WITH BILLS OF FARE FOR
BALL SUPPERS, ON A LARGE & SMALL SCALE.

BY JAMES COX.

London:
Published by Longman, Rees, Orme, Brown, and Rogers,
and sold by all the Booksellers in the United Kingdom.
1822.
PRICE EIGHT SHILLINGS.
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.
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 AT
LOCHER, BLOOM, BIDWELL, LINCOLN, WHETAKER,
GOODWOOD, LOCAL; WILSON, YORK; MORLEY, IRWIN;
BLACKWOOD, BISHOP AND BOLAS, AND OLIVER
AND BOTH, EDINBURGH; CUMING, AND
RAINS, BURLINGTON.

And by every Bookseller and Newsmen in Town and Country.

1819.

Price Seven Shillings and Sixpence in Boards.
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!
THE COMPLETE CONFECTIONER
AND FAMILY COOK:
INCLUDING ALL THE LATE IMPROVEMENTS
IN CONFECTIONARY, JELLIES, CAKES,
BAKING CONFECTIONERY, &C.
WITH MANY VALUABLE RECEIPTS;
AND AMple DIRECTIONS FOR MARKETING, TRUESSING, CARVING, &c.
THE WHOLE BEING THE RESULT OF MANY YEARS PRACTICE AND EXPERIENCE

By J. CAIRD.

ILLUSTRATED WITH CHROMOLITHOGRAPHIC AND WOODEN CUTS.

Leth:
PAINTED BY AND FOR ARCHIMANDITIS AND THE
AUTHOR, OLD ASSEMBLY CLOSE, EDINBURGH.
1809.
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.
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.
all times double the quantity of sauce may be made, without any additional trouble.

**Fish Turtle.**

Is excellent. Prepare as for real turtle a stock of skates, any other fish, or oysters, let it be seasoned as for real turtle; if oysters can be had, prepare it as the white morn, and force it; two morn heads, with the sounds, may be caught in the season, and cut up as before directed, and finished every way as real turtle. Use the head side of the skate, with the chitterlings, and make up the dish of the size wanted. Cars or feet, or part of the head, may be added.

**Viper Brash.**

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 brash are the only nostrums given after extreme union has been administered, and they are not unfrequently reserved the dispaired of patient. Viper essence is the basis and source of the invincibility of the celebrated and official Venetian tincture; it is a hundred other ingredients are added, as of course there is then something in it good for every ailment. During the solemn operations, the great bell of St. Mark is tolling, and the magistrates enforce the elevation in their robes of state.

**Frog Brash.**

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

**Snail Brash.**

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, pass the shells, and put all into a saucepan.

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1. A few ounces turmeric, where cover brash may be had, from a dyer, or any grower of it, of the white sort. 2. A mixture of broom and saffron is sometimes used. 3. The flowers must be gathered at the highest period.
In the Soup

Alice’s Adventures in Wonderland
By Lewis Carroll
London, 1907

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.
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.
ESSAYS,
MORAL, PHILOSOPHICAL,
AND
STOMACHICAL,
On The important Science of
GOOD-LIVING.

Dedicated to the Right Honourable
THE COURT OF ALDERMEN.

By LAUNCELOT STURGEON, Esq.
Fellow of the Benck-Stick Club, and an Honorary Member of several
Foreign Phil. Nais, &c. &c. &c.

"Eat! drink! and be merry—for tomorrow you die!"

LONDON:
PRINTED FOR G. AND W. B. WHITSTABLES,
13, AVIC-ELAIA LANE.
1835.
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 aseptic 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, saffron, the green pods of capsicum, and many other pickled vegetable substances, often 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 formula 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 bruised vessels.

Dr. Percival* has given an account of "a young lady who amused herself, while her hair was dressing, with eating saffron 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-

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.
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.
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*).