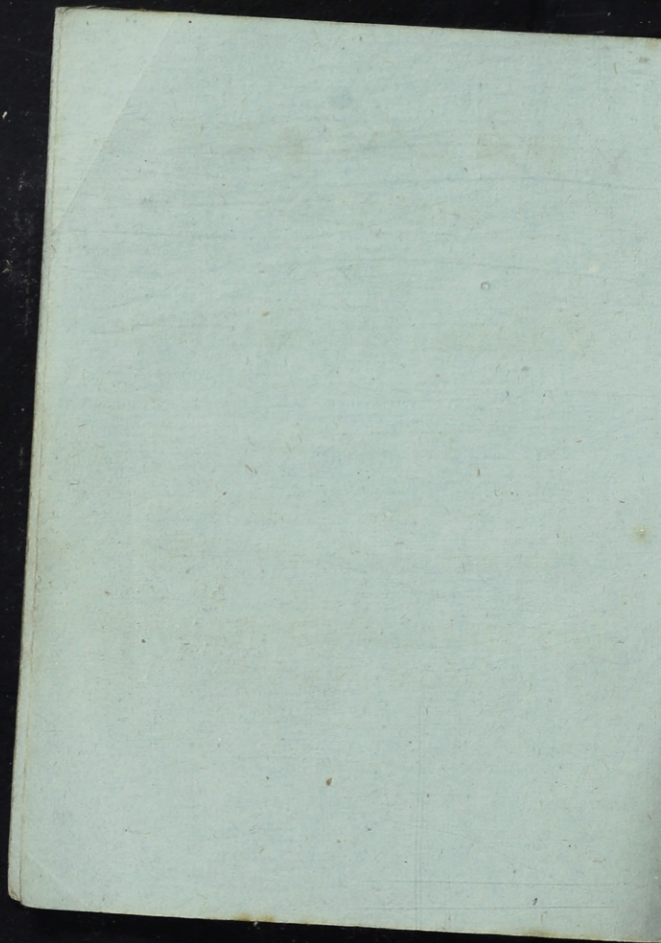




L. M. Brown



RECEIPTS

FOR COOKING

THE MOST

Favourite Dishes

IN GENERAL USE

In India.

ALSO FOR PREPARING

Chatney and India Pickle.

BY HADJEE ALLEE,

NATIVE OF CALCUTTA.

1847.

RECIPIES

FOR COOKING

Vegetables

IN GENERAL

In India.

ALSO FOR PREPARING

Chutney and Indian Pickles.

BY MISS MARY WILKINSON

BATHUR OF CANARA.

1847.

RECEIPTS.

1. To make Indian Curry.

TAKE one pound of beef or mutton cut in small pieces, 2 or 3 onions, cut the same, salt, pepper, at pleasure, all mixed and put in a dish; then take 3 ounces of butter in a saucepan, and when it is hot skim it, put in a piece of garlic cut in thin slices; when the garlic is brown add one oz. of curry powder, and when brown put in the meat, onions, &c. occasionally stirring it with a spoon; then put in half a pint of milk, mix well together, and let boil about 20 minutes; when the water is completely dried up take the fat off, and put half a pint of boiling water and the juice of half a lemon. Let it remain on a slow fire 20 minutes and then dish it up.

2. For making Indian Dupeajja, or English Dry Curry.

Take one pound and a half of fresh Veal, beef, the lean of pork, mutton or lamb, well wash, and cut into neat square pieces about the size of a small walnut; slice up two middle sized onions and fry them of a light brown, in a 2 quart stewpan, with 3 table spoonsful of fresh butter; then put in the meat and one large table spoonful of curry powder, or more according to taste; salt or pepper to taste; keep stirring and frying gently until the meat is of a nice brown and tender, which will be in about 20 minutes, and it is ready: no water is used in preparing this curry, the juice from the fresh meat being sufficient for that purpose. Chickens, or young fowls make the best dry curries, of which one weighing a pound and a half may be substituted for any of the above meats, and treated in the same manner, after cut-

ting them into small joints. Fresh pork always makes delicious curries: to every extra pound of meat add one half table spoonful of curry powder. Curry paste may be used in the same manner.

3. Receipt for making Madras Curry.

Take partridges, pheasants or chickens, any of them you please, and divide them into small joints, well washed; take a large table spoonful of curry powder, 3 good sized onions, one large lemon, salt or pepper according to taste; take 3 ounces of fresh butter and put in a two quart saucepan, and when hot strain it into a clean stewpan, a small piece of garlic or eschalot cut in thin slices, put them in the hot butter and make them quite brown, then add the curry powder and stir it well for a few minutes, then put the onions in, when half done then put the meat in and well stir all together; keep

the stewpan covered and on a slow fire till nearly dry, or come to butter, then stir it well with a wooden spoon till it gets brown. A good sized piece of green ginger to be well bruised and mixed with the lemonjuice, add two table spoonsful of new milk, mix together then strain through a muslin bag, use a spoonful occasionally to prevent the stewpan from burning: skim as much fat off as possible, then add two table spoonsful of cream, one small tea cupful of boiling water or gravy, set on a slow fire for ten minutes, then dish it up. Moorfowl, woodcocks, snipes, teals, plover, wild ducks, &c. may be beautifully curried in the same manner, using half a table spoonful of curry powder to each pound of game. Grouse and partridges make delicious curries.

4. Receipt for Malay Currie.

One pound of meat of any kind cut into 8 or 9 pieces, two large onions cut in slices, one large table spoonful of curry powder, 2 cloves of garlic, two table spoonsful of milk, and two ounces of butter ; to be all mixed together in a stewpan with one quart of cold water, to be gently stewed till well done.

Extract the milk from half a grated cocoanut, by steeping it in half a tea cupful of hot water, and put bye till wanted ; then in a fresh stewpan put two ounces of butter, when hot slice the garlic thin and add to the butter, taking care the steam does not escape ; when the garlic is brown strain the meat from the stew and put in the pan with the garlic, still keeping in the steam ; in a minute after stir it with a spoon, browning it in the butter ; to prevent burning add the cocoanut milk in spoonsful occasionally. Take a quarter oz. of cayenne pepper, a quarter oz. of spice, salt

and pepper to taste. Then add half a cocoa-nut grated, put in the stew gravy, with the juice of two lemons, and let boil for half an hour, until the gravy is reduced to a tea-cupful, when dish up for table.

For a larger quantity the ingredients must be in the same proportion.

5: Indian Koorma.

Take one pound of beef or mutton and cut it into small pieces, half ounce of allspice, 2 or 3 onions, salt, pepper, half a pint of milk, 2 ounces of butter, and half a pint of cold water, all mixed together in a saucepan. Let all boil until the water is completely dried up, occasionally stirring it to make it brown with butter; then put half a pint of boiling water, and let all boil until the meat is properly done; dish it up. If you want a larger quantity, the above ingredients must be in proportion.

To make Cullia, or Vegetable Curry.

Take one pound of any kind of meat cut into small pieces, 2 or 3 onions cut small, a little pepper and salt, and put in a dish. Put 3 ounces of butter in a saucepan and when hot strain it; put it again in the saucepan with a piece of garlic cut in small slices; when the garlic is brown add 1 oz. of curry powder, let this stew a couple of minutes, stirring it with a spoon; take the meat, onions, &c. and put them in the saucepan, add half a pint of milk and half a pint of water, let all stew 20 minutes; when the water is dry stir the meat till it becomes brown, then add any kind of vegetable cut into small pieces, or a cocoa nut grated; after a few minutes well stirring, add a teacupful of hot water, and three-fourths of the juice of a lemon, let it remain ten minutes longer, then dish it up.

For making Vegetable Curry, Indian way.

Take any kind of vegetable well washed, and make a curry, such as cabbage, turnips, carrots, French beans, peas, &c. All strong kinds of vegetables must first be part boiled in plain water and well strained; any kind of meat may be used, cold or fresh; if for plain vegetable curry and no meat used, it requires several vegetables mixed, sour and sweet, and the greater variety the more palatable. Take a stewpan (the larger the better) and to every quart of vegetable add a quarter of a pound of fresh butter, 3 good sized onions, cut in thin slices (the more onions the better), one and a half table spoons full of curry powder, the juice of one good sized lemon, a small piece of garlic, or eschelot cut in thin slices: when the butter is hot, put in the garlic, take a spoon and stir it till quite brown, then put in the curry pow-

dër ; in a few minutes after put the onions in, half brown them, keep stirring them to prevent burning ; then add the vegetables, stir all together till well mixed, put the lemon juice in, stew it ten minutes ; if you find the vegetables not quite done, add a small teacupful of boiling water, then stir it twenty minutes more and the water will be all dried up : send it hot to table. If with meat the vegetables must not be broken, and it is called *Cullia*, but if without meat *Vegetable Curry*.

8. Fish Curry.

Any sort of Fish, in quantity about 2 lbs. cut in thin slices, 2 or 3 onions chopped fine, salt and pepper at pleasure ; take one ounce of curry powder, mixed up with the fish, and half a pint of milk, leaving it about half an hour in the dish. Put a quarter-pound of butter in a flat stewpan, the butter is quite hot put the fish in the pan, taking care not to break them, and when the fish is quite brown take it out ; then put the curry powder in the gravy (the same which was mixed with the fish) and let it remain till quite brown ; add half the juice of a lemon, half a pint of boiling water, then put in the fish again and keep it there till done, but do not break them ; keep them over a slow fire with the cover on, occasionally shaking the saucepan until all is dried up within half a teacupful of the gravy, then dish it up.

9. For making Madras Fish Curries.

Take about a pound and a half of any kind of fresh fish, remove as many of the small bones and fins as possible, cut it in pieces one inch and half in length crosswise, place them in a deep dish, salt or pepper according to taste ; take half a pint of new milk, two tea spoonsful of lemon juice, let it be well mixt together ; take a 2 quart stewpan, a quarter pound of fresh gutter, and when hot strain it through a muslin bag into a clean stewpan ; cut one eschalot into small pieces, when the butter is quite hot put in the eschalot, cover it directly so as not to let the steam escape ; when the eschalot is quite brown put in a large tablespoonful of curry powder or cur-ry paste, or fish curry paste into the stewpan, stir it well with a wooden spoon, when quite brown take 2 or 3 good sized onions, chop them up fine and put them in the pan ; when the onions are half done put in the fish, stir them well for a few minutes, then put in half

a pint of water, either hot or cold, and shake it well round every three minutes to prevent it burning; cover it up on a slow fire for 10 minutes, and do not break the fish; when the gravy is reduced to half a teacupful dish it up.

Salmon, turbot, haddock, cod, crimped skate, mackrel, eels, sprats, soles cut from the bone, &c. may be thus deliciously curried. Also oysters, mussels, lobsters, cockles, scollops, prawns, &c. when well washed may be curried as above; half a cocoanut grated with a teaspoonful of tamarind gives it a most delicious flavour.

10. Lobster Curry.

Take 2 or 3 lobsters, peel the shell well off, and cut them into thin slices, salt and pepper, mix well together and put in a dish; put 3 oz. butter in a saucepan and when hot skim it; put in 1 oz. curry powder and when quite brown add 2 or 3 onions cut in slices, when the onions are half done put in the lobsters, and let all remain until quite brown; add three-fourths of the juice of a lemon, half-pint of milk, half a teacupful of boiling water, quarter oz. of ground allspice; keep it over a very slow fire about a quarter of an hour, and when the water is completely dried up it is done; dish it up.

11. Oyster Curry.

Take 4 or 5 dozen oysters, with salt, pepper, half oz. allspice, mix together and put in a dish. Put 3 oz. butter in a saucepan, and when hot skim it, then put in a piece of garlic cut in thin slices, and when brown (iet no steam escape) add 2 or 3 onions cut in thin slices ; when the onions are half done, put in the oysters till they are quite brown, then take the fat off and add the juice of half a lemon, half pint of milk, and half a teacupful of boiling water ; mix well together, and let them boil until the water is completely dried up ; dish them up.

12. To boil plain Rice.

The rice must be well washed and left steeping in water a quarter of an hour ; the water must be boiling when you put the rice in, and have it 3 inches above the rice to give room to boil ; when the rice is about three quarters done, strain the water off and leave the steam to do the remainder, occasionally stirring it with a fork to prevent its adhering ; when done let the steam go and dish it up.

13. Indian Plow.

Take quarter oz. cloves, quarter oz. cardamon, quarter oz. cinnamon, quarter oz. sweet forrel, 2 pieces of garlic, 2 oz. coriander seeds, 2 or 3 onions, and a piece of ginger broke. Tie these in a piece of muslin but not very tight, and put it in a saucepan ; then 2 pounds of beef or mutton cut into 9 or 10 pieces, put in also, and half oz. salt ;

add about 3 quarts of water, hot or cold, and let boil. Now wash the rice 3 times and let it steep in cold water half an hour; when the meat is done take it off, strain the gravy through a strainer, and put the meat in a dish. Now take another saucepan and put in half a pound of butter, and when dissolved add 2 or 3 onions cut in thin slices. let them fry till the onions are brown, then take them out. Strain the rice, put it in a saucepan with a pint of milk, stir it well, then put in the gravy (which must have been kept hot) the gravy must be an inch and half above the rice; make a good fire and boil quick, when it boils put the meat in, stirring all well together; place a wet cloth under the lid to prevent the steam escaping, take most of the fire from under and put some on the top of the saucepan, keep it on 10 minutes, and when done take a fork and bring it into the centre of the pot, but if not done keep it in a little longer: when done let the steam go, keep-

or 10 pieces, put in also, and half or salt;

ing it hot. Boil 3 eggs hard, cut each egg in two to garnish the dish, then serve it up. This is called Accatrey Plow.

14. Krooma Plow.

Take 2 pounds of any kind of meat, cut it into 9 or 10 pieces, add 2 tablespoonsful of allspice, 2 or 3 onions and a piece of garlic cut small, quarter pound of butter, half pint of milk and pint of water; mix all together and let boil till the water is dried up, occasionally stirring it until it is brown, then set it aside but keep it hot. Take 2 or 3 cloves, small pieces of ginger, piece of cinnamon, a little sweet forrel, an onion cut in half, piece of garlic, and half ounce coriander seeds, put them in a muslin bag, tied up not too tight. Now take half a pound of meat, salt, 3 qts. of cold water, and put into another saucepan with the bag, and boil it till the meat comes off the bones, then strain the gravy off. Now add 1 pound of rice (which must have been

washed and steeped in water for quarter of an hour previous,) the gravy must be 3 inch above the rice, add half a teaspoonful sweet forrel, and let the rice boil in the gravy 7 or 8 minutes; strain the rice quite dry. Now take half a pound of butter, make it hot in a stewpan, strain it, add 2 or 3 onions cut small and fry them until brown; take the onions out and put the butter in a basin. Take a quarter of the rice and put in a saucepan, then a quarter of the meat, quarter of the onions, and quarter of the butter and gravy, and so on, till the whole is put in the stewpan; place it over a slow charcoal fire, put a wet cloth under the lid to prevent the steam escaping, and in about half an hour it will be done. Boil 3 eggs hard to garnish, dish it up

15. Jerda Plow.

Half pint of water in a saucepan, with half pint of milk, 6 cloves, 1 piece of cinnamon, 2 pieces cadamons, piece of ginger, teaspoon of sweet forrel and quarter pound of sugar: mix together and let them boil 20 minutes, strain and keep hot by the fire. Take 2 oz. of plums, 1 oz almonds, cut in thin slices and put in a basin; half pound of rice, wash well and steep half an hour, put it in a saucepan in water which has been on the fire 10 minutes; put a quarter oz. of safron in the water which must be 3 inches above the rice, when about three parts done strain it well and leave it by the fire. Now take another saucepan with a quarter pound of butter, and when hot strain it, put it again in the saucepan with 2 or 3 onions cut in thin slices; let them fry until brown, take them out and separate them to cool, keeping the butter in a cup; put in

a quarter of the rice, then a quarter of the juice, almonds, &c. and so on successively till is in, then put a wet cloth under the lid to keep the steam in; put a little charcoal fire on the top as well as under the saucepan, and in about half an hour it will be done; pour a little rose water over two minutes before you dish it up; garnish with silver leaf.

16. For Cooking Dool, Indian English Pea Soup.

Take a pint of peas, onions, and water in proportion to the quantity required. When the peas are done put in half an oz. of curry powder, salt and pepper; smooth the peas with a spoon, strain them through a sieve, and leave them in a saucepan till quite done. Take another saucepan and put in 2 oz. of butter, when dissolved put in a piece of garlic cut in thin slices, and when it is quite brown, put the peas in as quick as possible,

so that no steam escapes, when considered done dish it up.

17. Receipt for making Sultan Mulligatawney.

For one quart of soup : 1 pound of beef and 1 pound of veal for stock. 2 large onions, 2 lemons, 2 good parsnips, 2 carrots, 4 turnips, 1 cocoa nut, quarter lb. of butter, a good tablespoonful of curry powder, 2 large shallots, half oz. mixed spice, two tablespoonsful of flour, salt and pepper.

First fry the beef steaks and veal to a good brown on both sides, and at the same time fry with them the onions cut in slices, taking care that they are also a good brown; grate

down the carrots and parsnips, then fry them by themselves, add them to the beef in the stewpan. Fry 3 oz. butter, when hot put in the shallot sliced thin; when brown put in a teaspoonful of curry powder. then mix altogether. Take two tablespoonsful of flour, mix by itself in cold water, and put with the shallot, &c. in the frying pan, mix well and put with the meat in the stewpan, to which add two quarts of water, and let all boil for half an hour.

Take the rind off two lemons as close to the pulp as possible, then cut a small hole at the end of each lemon about the size of a sixpence, and with a sharp pointed small knife cut the lemon all round inside without breaking the inside skin, and get out as many of the seeds as possible (as too many seeds would give it a bitter taste,) add the lemons to the meat, &c. at the same time with the water.

Take one or two chickens dressed for boiling and let them boil for 20 minutes with the stock ; when half done take them out and brown them before the fire, or in the oven, leaving the stock boiling, then cut them into about 9 or 10 pieces.

Grate the cocoa nut and put upon it a teacupful of hot water ; let it soak for 5 or 6 minutes, then force it through a strainer with a wooden spoon, and repeat two or three times until there is extracted from it about half a pint of milk. When the stock is boiled to a jelly, or nearly, force it through a culleuder with a wooden spoon to extract the whole of the gravy from the meat, which will then be of no further use.

Take 2 or 3 ounces of butter, put it in a fresh stewpan, and when hot add a small piece of garlic cut into thin slices, taking care to keep the steam in. When this is quite brown put in the chicken, being still careful to keep the steam in ; in a minute after stir it with a spoon, thus frying the chicken in the butter, without burning but,

should this be difficult, add a spoonful of the cocoanut milk occasionally, which will prevent burning. When all is browned, take the chickens out and put in all the cocoanut milk, cover up and boil for two minutes; then add the stock and let all boil for 20 minutes; put in the chicken and boil 20 minutes longer; salt and pepper according to taste. Two minutes before taking off the fire, put in the mixed spice, then dish up.

18. Indian Cawaub.

Take 1 pound of mutton or veal cut in 10 or 12 pieces, half ounce allspice powder, 1 or 2 onions smashed in a mortar, a tablespoonful of cream, ginger, salt and pepper at pleasure ; mix all together in a dish and leave it an hour ; take 4 skewers and put the pieces on them, broil over a charcoal fire until done.

19. Shaumees Cawaub.

Take a pound of lean mutton or veal and chop it up very fine, a teaspoonful of allspice, 1 onion, cayenne pepper and salt at pleasure : put all in a mortar and beat well together, with 2 table-spoonful of cream and the juice of half a lemon ; divide it into as many parts as you think proper, and then put 4 on a skewer and broil them over a charcoal fire till done.

20. Coaptu, an Indian Dish.

Take a pound of lean beef, mutton, or veal, chop it up very fine, add a teaspoonful of mixed spice, one onion, cayenne pepper and salt at pleasure ; chop and mix all together like sausage meat, then add and mix two tablespoonsful of cream, and the juice of half a lemon ; now divide it into 8 parts and make them into balls ; then take a quarter pound of butter, make it hot, strain it, put it in a clean saucepan, and when hot put the balls in, occasionally stirring but do not break them ; keep a slow fire, and when brown they will be done.

21. Indian Maucooty, a Dish for after Meat,

Take two ounces of the best rice, wash it well, let it steep half an hour, strain it, and put it in a cloth and squeeze it till quite dry ; then put it in a mortar and pound it till it becomes like fine sago. Put a quart of milk in a saucepan and let

boil fast, put a quarter pound of lump sugar in the milk, and when melted put the rice powder in, occasionally stirring to prevent its adhering; let it boil a quarter of an hour, add a small drop of rosewater, and 3 or 4 drops of saffron water to give it a colour. Divide it among 6 or 7 dessert plates, and when cold, garnish with silver leaf, and serve it up with the dessert.

22. Mixed Spice, ground.

1 oz. Cloves		Half oz. sweet Forrel
Half oz. Cinnamon		1 oz. Ginger
Quarter oz. Cardamon		Half oz. black Pepper

23. Receipt for making Indian Pickles

Quarter of a pound of Ginger.

Quarter of a pound of Allspice.

One ounce of Tumeric.

Quarter of a pound of Mustard Seed.]

Quarter of a pound of Cayenne Pepper.

Two ounces of Black Pepper.

Half a pound of Mustard.

Three quarts of Vinegar.

24. Receipt for Indian Chatney.

One pound of Sultana Raisins.

Two pounds of Apples chopped.

Two ounces of Chillies.

One ounce of Cloves, one ounce of chalots,

One ounce of Garlic.

One ounce of Ginger in powder.

A small quantity of salt

One pint of Vinegar.

25. Receipt for Indian Kitcheree.

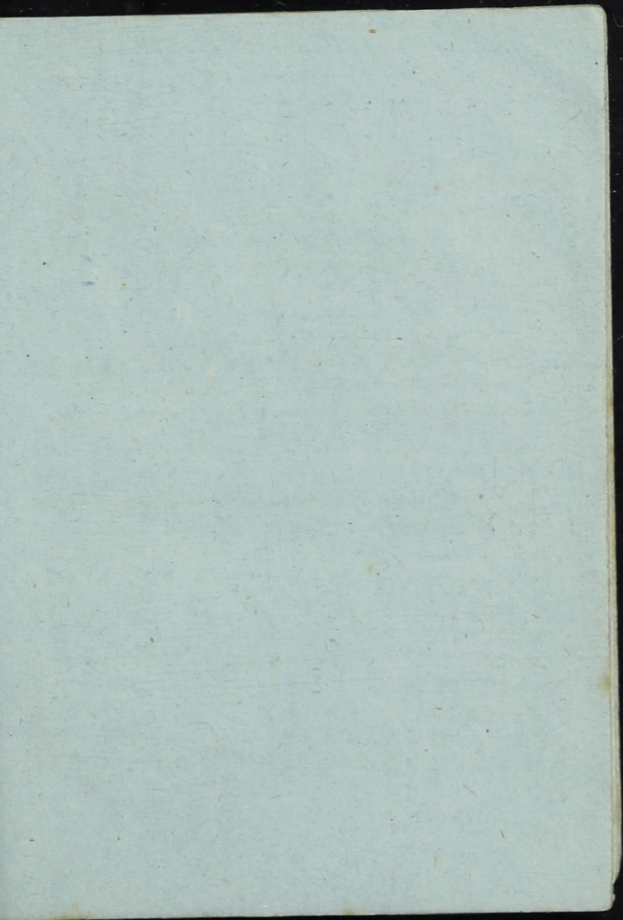
Quarter pound of Indian rice, half pint of peas 2 or 3 onions, half a dozen cloves, half a dozen cardamons, half a dozen whole pepper, a piece of ginger smashed, and a small piece of bruised cinnamon, half ounce tumeric, small quantity of cayenne pepper, half ounce of salt, and 3 ounces of butter.

Wash the peas and let them steep in cold water 20 minutes, strain the water off, and put them into a saucepan with a quart of water, two onions. and the half oz. of tumeric powder; when the peas are half done (in about half an hour,) wash the rice and put it to the peas, and the spice, and stir all together with a spoon; now add the half oz. of salt, let all boil well, and when the water begins to dry up, make a slow fire, take a spoon and bring the whole of the ingredients into the centre of the pot. Melt the butter and put into it one onion cut in thin slices; when fried brown, take the onion out and put the butter on the rice, taking care the steam does

not escape. Put some charcoal on the top of the cover so as to cook all equally. Keep the onion dry and separate; when dished up for table garnish with the fried onions all over the rice.

Any Lady or Gentleman who may want the Bearer to prepare any of the Indian Dishes in this Book, he will be thankful to wait on them.

Hadjee Allee Manufactures Genuine Indian Curry Powder.



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