COOKING WITH JANE AUSTEN AND FRIENDS

By Laura Boyle
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# COOKING WITH JANE AUSTEN AND FRIENDS

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To Emilie Diann and Isabella Ruth, who will, no doubt, one day be wanted about the mince pies.

“O taste and see that the LORD is good: blessed is the man that trusteth in him.”
Psalm 34:8
Food plays an important part in all of Jane Austen’s novels, as well as her letters. Characters are marked as fashionable or not by what they choose to eat, how it’s prepared and when it’s served. Jane records various meals and delicacies with an epicurean’s enthusiasm as well as her typical sly wit. She clearly enjoyed good food, perhaps inheriting that trait from her mother, who also conveyed a keen interest in what she ate.

As mistress of an ever-growing household, the procuring, preparation and serving of meals would have taken an enormous amount of time and effort. Even if, like Mrs. Bennet, she and her daughters were not directly involved in the meal preparations, Mrs. Austen would have supervised the tasks involved in providing for her family. Later in life, her future daughter-in-law, Martha Lloyd, took over many of the household duties that were once Mrs. Austen’s province. Martha’s household book, a collection of favourite recipes and household hints, gives rare insight into the lives of not only the Austens, but also their friends and neighbors, once known only through Jane’s own observations to her sister.

In this book you will find period recipes for foods that Jane Austen was familiar with. Although the preparation instructions have been updated for modern cooks, the resulting dishes look and taste much like they would have 200 years ago during the Regency. The recipes have been named after people and characters that either have a direct relation to the particular food or have a personality evocative of that dish.

When instructions such as, “whisk it up for a full hour”, are given, I am once again grateful for my electric mixer, food processor, blender, oven and refrigerator—all those things we take for granted so often that period cooks would have given their right (probably whisking) arm for.

I learned to cook using my mother’s, and her mother’s before her, 1950 copy of *Betty Crocker’s Picture Cookbook*. When I married, my grandmother purchased a copy for me. It is to this invaluable book that I have turned to, when stumped by recipes calling for a “quick oven” and other suggestions which would have been utterly familiar to cooks of the time.
Though 200 years separate the publications of Hannah Glasse’s *The Art of Cookery Made Plain and Easy* and Betty’s *Illustrated Cookbook*, both are designed for the “ignorant and unlearned” and are filled with many of the same recipes for easy to prepare, deliciously filling food. One of the biggest surprises to me in creating this cookbook was the ease of preparing the period recipes in their given format, once a few basic assumptions had been made. I was also surprised to find nearly all of the ingredients used in this book at my local market. Such a variety in one place, in the dead of winter, Jane Austen could only have dreamed about.

Some ingredients that I never would otherwise have tried, such as mace, were deliciously unexpected, and vegetables that I had not previously served became family favorites. Responses from guests who tried various recipes have been universally enthusiastic. I was most often met with shock once the age of the recipe was made known. Many people have the idea that period food is dull, over cooked and unappetizing. This experiment has destroyed that assumption.

No attempt has been made to adjust these recipes to modern calorie conscious cooking methods. Like Mrs. Norris, I was amazed at the quantity of butter and eggs regularly consumed but therein may lie the secret to why the food was so delicious. It was clearly a different time when hard work was expected, but well paid for in the large meals that were the reward. Dieting for the sake of the figure (vs. health) had not yet come into vogue—it is no wonder that even men wore corsets!

Many of the plates and cups used in this book are reproductions of pieces made by the Josiah Spode Company in the early 1800’s. For these and the other props and accessories used, I am deeply grateful to the many family members who allowed me to raid their cupboards for period looking pieces. Thanks are especially due to my mother, Brenda Sauer, for her continual loans of necessary items, and Douglas Sauer, who allowed me free use of his extensive collection of period glass, silverware and hearthside toaster.

To my family, who put up with a month of meals, taste testings, scoldings (Don’t eat that! It hasn’t been photographed!) and oddly timed historical food facts, I couldn’t have done this without you. To Kent, my chief food critic, photographer, husband and friend, thank you. And, finally, special thanks to David Baldock, from the *Jane Austen Centre*, without whom, this project would never have begun.
Though breakfast may be the most important meal of the day, it was certainly ‘first things first’ in Regency England. Often not served until ten o’clock in the morning, early risers had the opportunity to run errands, write letters, or, like Jane Austen, practise their music before joining the family for a meal.

Jane Austen’s breakfast was a far cry from the beef and ale of former days – not that everyone approved of the change. Many complained that a ‘lack of robustness’ in the present age was due to the inferiority of such a breakfast, while others held to the opinion that anything other than dry toast and tea disordered the stomach and thereby the complexion. Regardless of this, the tea and buttered toast (and cake and rolls and coffee, and chocolate etc) breakfast was here to stay.

A traveler in the mid 1700s noted that the English breakfasted on tea and “ate at the same time one or more slices of wheat-bread, which they had toasted at the fire, and when it was very hot, had spread butter on it, and then placed it a little way from the fire, so that the butter might melt well into the bread. In the summer they do not toast the bread, but only spread the butter on it before they eat it. The cold rooms here in England in the winter, and because the butter is then hard from the cold, and does not so easily admit of being spread on the bread, have perhaps, given them the idea to thus toast the bread, and then spread the butter on it while it is still hot. Most people pour a little cream or sweet milk into the tea cup, when they are about to drink the tea.”

A grander spread was offered at Stoneleigh Abbey and memorialized by Mrs. Austen when she visited in 1806, “Then follows breakfast, consisting of Chocolate Coffee and Tea, Plum Cake, Pound Cake, Hot Rolls, Cold Rolls, Bread and Butter, and dry toast for me”. This breakfast, served after family prayers in the adjoining chapel, was closer in style to the meals served at the Chawton Great House, Mansfield Park, and most certainly, Pemberley. It might also have included cold meat such as ham, and eggs either poached or boiled.

Breakfasts such as these were served on specially designated sets of breakfast china. In 1811, Jane Austen’s mother received a set of Wedgewood breakfast china as a gift from a friend. These sets were particularly delicate and included a teapot, creamer, sugar bowl, cups, saucers and a matching china tray. Many ladies wished to wash these precious sets themselves, after breakfast, in order to preserve them as long as possible.

The elegance of the breakfast set forced itself on Catherine’s notice when they were seated at table... He was enchanted by her approbation of his taste, confessed it to be neat and simple, thought it right to encourage the manufacture of his country; and for his part, to his uncrirical palate, the tea was as well flavoured from the clay of Staffordshire, as from that of Dresden or Save. Northanger Abbey
In Jane Austen’s day making bread was a major undertaking. Most bread was raised with yeast or barm which had been grown over the course of days or weeks, much like today’s sourdough breads. In larger homes, baking took place in bake houses, buildings specially designed to house the oven away from the main building or kitchen. Building a fire that was the right temperature to bake bread at, and which would stay at the right temperature for the duration of the process, was a test of a baker’s skill.

The following recipe creates a substantial number of large loaves. I have modified the proportions to produce one medium sized loaf of bread. It can easily be doubled or tripled depending on your needs.

**To Make Bread**

Let flour be kept four or five weeks before it is begun to bake with. Put half a bushel of good flour into a trough, or kneading-tub; mix with it between four and five quarts of warm water, and a pint and a half of good yeast; put it into the flour, and stir it well with your hands till it becomes tough. Let it rise about an hour and twenty minutes, or less if it rises fast; then, before it falls, add four quarts more of warm water, and half a pound of salt; work it well, and cover it with a cloth. Put the fire then into the oven; and by the time it is warm enough, the dough will be ready. Make the loaves about five pounds each; sweep out the oven very clean and quick, and put in the bread; shut it up close, and two hours and a half will bake it. In summer the water should be milk-warm, in winter a little more, and in frosty weather as hot as you can well bear your hand in, but not scalding, or the whole will be spoiled. If baked in tins, the crust will be very nice.

MARIA ELIZA KETELBY RUNDELL
Sprinkle the yeast over the warm water and cover it for about five minutes, until the yeast is melted into the water and has begun to bubble. Using an electric stand mixer with a dough hook attachment, pour the water into the mixing bowl and add the salt and the flour, a cup at a time, mixing at a medium speed. This can also be done by hand, though it takes considerably longer.

Once the dough has formed, knead it for a few minutes until it no longer sticks to the sides of the bowl. Cover the bowl with a damp cloth and let it rest in a warm place for 1 ½ to 2 hours, or until it has doubled in size.

When the dough has raised enough, two fingers firmly pressed against the dough will leave an indentation. Punch the dough down, and knead it again for a minute or two. Cover the bowl once more and leave it in a warm place for another 30-45 minutes until it again doubles in size.

Coat the bottom and sides of a medium sized loaf pan with oil.

Form a loaf with the dough in your bowl. Place it in the bread pan and turn it over so that it is completely coated in oil. Cover once again with the damp towel and set in a warm place to raise (about 20-30 minutes).

Preheat your oven to 220° C / 425° F and bake the bread for 25-30 minutes. The bread is finished when a slight tap of the finger yields a hollow sound. Remove the bread from the oven and let it cool. It will slip easily from the pan once it has cooled.

Fresh bread is delicious, but day old bread slices most easily. For perfect toast, cut two thin slices of bread and toast in a toaster or oven until slightly browned. Spread with fresh butter and enjoy!

A hearth toaster was frequently used during the Georgian era. Bread was brought to the table, but toast was made by a family member sitting near the fire.

She had been into the kitchen...to hurry Sally and help make the toast, and spread the bread and butter... Mansfield Park

A hearth toaster was frequently used during the Georgian era. Bread was brought to the table, but toast was made by a family member sitting near the fire.
Jams and jellies were a delicious way to enliven the morning breakfast of tea and toast. Jam could be made out of any fruit or berry available; gooseberry, quince, and currant being favorites. The Austens are known to have made their own raspberry jam at Chawton where it was a family favourite.

Most raspberry jam recipes of the time begin with already preserved currant jelly. The reason for this is the low amount of pectin (the agent that promotes “jelling”) in raspberries and the high amounts of pectin in currants. In the days before commercially available pectins, clever cooks made do with what was available in nature.

To make Raspberry-Jam
Take a pint of this currant-jelly, and a quart of raspberries, bruise them well together, set them over a slow fire, keeping them stirring all the time till it boils. Let it boil gently half an hour, and stir it round very often to keep it from sticking, and rub it though a cullender; pour it into your gallipots, paper as you do the currant jelly, and keep it for use. They will keep for two or three years, and have the full flavour of the raspberry.

HANNAH GLASSE

In a large sauce pan over a low heat, stir in the currant jelly and the raspberries, taking care to mash the berries as much as possible with your spoon. Continue to stir this mixture until it comes to a slow boil, and then let it boil for at least ten minutes, stirring often, to avoid burning. The longer you let the jam boil, the thicker it will be. This recipe’s half hour of stirring creates a thick, dark, sticky jam. If you like something a little lighter or thinner, stop sooner.

Once you’ve achieved your desired consistency, pour the jam through a colander or mesh strainer, into a new bowl. This will remove a good portion of the seeds. Repeat the process as necessary to remove as many seeds as you would like. Store this jam, covered, in the refrigerator and use within a month or two.
**Bath Buns**

Not to be confused with the Sally Lunn Bun, also made famous in Bath, these are thought to have been created in the mid 1700s by Dr. William Oliver, who also invented the Oliver Biscuit. The caraway comfits suggested here are sugar coated caraway seeds. They are difficult to find now, and though recipes for creating your own are available, the project is time consuming. Plain caraway seeds will work as well. Bath Buns are now commonly made as a sweet bread with most recipes replacing the entire amount of comfits with sugar. This makes for an entirely different sort of roll.

**Bath Buns**

Rub half a pound of butter into a pound of flour, and one spoonful of good barm, warm some cream, and make it into a light paste, set it on the fire to rise, when you make them up take four ounces of caraway comfits, work part of them in, and strew the rest on the top, make them into a round cake, the size of a French roll, and bake them on sheet tins, and send them in hot for breakfast. ELIZABETH RAFFALD

Warm the cream and sugar together and sprinkle the yeast on top. When it has melted into the cream, mix the liquids, butter and flour together in a mixer with a dough hook attachment. Once dough has formed, add the caraway seeds, reserving a few for sprinkling on top of the rolls. Cover the bowl and set it in a warm place to rise for 1½ to 2 hours.

When the dough has risen, punch it down and form it into round rolls. This dough will make 8 large or 12 medium sized rolls. Place the rolls on a greased cookie sheet, sprinkle them with the reserved seeds and place them in a warm place to rise again, this time about 30 minutes.

Preheat the oven to 180° C / 350° F. Bake the rolls for 30 minutes or until lightly browned. Serve hot, with butter.

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**Ingredients:**
- 220 g / 8 oz / 1 cup Butter, softened
- 450 g / 16 oz / 2 cups Flour
- 2 tsp. Yeast
- 180 ml / 6 fl oz / ¾ cup Cream
- 1 tbsp Sugar
- 60 g / 2 oz / ½ cup Caraway Seeds or Caraway Comfits, divided

Serves 8-12

*Though, to be sure, the keep of two will be more than of one, I will endeavor to make the difference less by disordering my stomach with Bath buns.* Jane Austen to Cassandra, January 3, 1801
Mr. Woodhouse’s Smooth and Wholesome Gruel

Of all Jane Austen’s hypochondriacs, perhaps her most endearing is Mr. Woodhouse. Afraid of germs, draughts, too rich food and all manner of nervous complaints brought on by change, he forces himself, and often those around him, to live on a diet of plain foods.

Gruel was, by nature, a dish reserved for the very poor, who could afford nothing else, and invalids, who could tolerate nothing else. It might be served with wine sauce, sherry and dried fruits by wealthy people, whereas the indigent ate the dish on its own. It could be served as a meal at any time of the day.

To Make Water-Gruel

You must take a pint of water and a large spoonful of oatmeal; then stir it together and let it boil up three or four times, stirring it often; do not let it boil over; then strain it through a sieve, salt it to your palate, put in a good piece of fresh butter, brew it with a spoon til the butter is all melted, then it will be fine and smooth, and very good; some love a little pepper in it. HANNAH GLASSE

In a large saucepan, stir together your water and oatmeal. Using fewer oats creates a thin gruel, while more makes recognizable oatmeal. Boil the two together for 5 minutes, stirring occasionally. Stir in the salt and, if desired, strain it through a mesh strainer for a “perfectly smooth gruel.” Add the butter and allow it to melt into the gruel. Serve hot with dried fruit, sugar or pepper stirred in.
Serle, the Woodhouse’s cook, knows how to do everything just right, though the idea of boiling an egg seems so basic that any cook who calls herself such, even “the ignorant and unlearned” that Hannah Glasse wrote to, would know how to go about it. Poaching eggs is merely one step beyond boiling them—simply put, it’s boiling them without the shell.

Broiling them was a little more complicated and required special equipment. A salamander looked very much like a fire shovel (in fact they were interchangeable in many recipes). Period cooks would heat the flat end, and then set it over the dish to be browned, much like a crème brûlée torch is used today.

To Broil Eggs: First put your salamander into the fire, then cut a slice round a quartern loaf, toast it brown, and butter it, lay it in the dish, and set it before the fire; poach seven eggs just enough to set the whites, take them out carefully, and lay them on your toast: brown them with the salamander, grate some nutmeg over them, and squeeze Seville orange over all. Garnish your dish with orange cut in slices. SUSANNAH CARTER

In a large frying pan, bring one inch of water to a boil. When your water is boiling furiously, carefully crack one egg into a shallow bowl without breaking the yolk. From that bowl, slowly tip the egg into the boiling water. Add the remaining eggs, one at a time to the water and allow the eggs to cook until the whites are set.

Preheat your oven to grill (broil) and place your toast rounds, one per egg, on an oven proof dish. Once the eggs are cooked, carefully remove them from the water with a slotted spoon and place them on the toast rounds. Place them under the grill (broiler) for a few minutes, just until the yolks begin to brown.

Remove the dish from the oven and carefully place the eggs and toast rounds onto a new plate. Sprinkle with the nutmeg and orange juice and salt and pepper to taste; garnish with orange slices.

INGREDIENTS:

• 7 medium Eggs
• 7 slices of Bread cut in rounds or the cross section of a large round loaf, toasted and buttered
• 1/8 tsp Nutmeg
• 1 tsp Orange Juice
• Orange slices for garnish
• Salt and Pepper to taste

Serves 3-6
Though rich fruit and nut cakes had been used for centuries, in 1769, Elizabeth Raffald published the first cake recipe specifically for weddings. The cake was to be served not only at the wedding breakfast, but also shared with the household servants and sent in pieces to friends and relatives who had not attended the ceremony. These wedding cakes were single tiered, double frosted confections, though by no means small. Queen Victoria’s 1840 wedding cake measured 9 feet around and weighed 300 pounds, although it was only 14 inches high.

This recipe makes an enormous cake. I have quartered the ingredients and it fits nicely into my, 25 cm / 10 in springform pan.

To Make a Bride Cake
Take four pounds of fine flour well dried, four pounds of fresh butter, two pounds of loaf sugar, pound and sift fine a quarter of an ounce of mace the same of nutmegs, to every pound of flour put eight eggs, wash four pounds of currants, pick them well, and dry them before the fire. Blanch a pound of sweet almonds, and cut them lengthways very thin, a pound of citron, one pound of candied orange, the same of candied lemon, half a pint of brandy; first work the butter with your hand to cream, then beat in your sugar a quarter of an hour, beat the whites of your eggs to a very strong froth, mix them with your sugar and butter, beat your yolks half an hour at least, and mix them with your cake, then put in your flour, mace and nutmeg, keep beating it well till your oven is ready, put in your brandy, and beat your currants and almonds lightly in, tie three sheet’s of paper round the bottom of your hoop to keep it from running out, rub it well with butter, put in your cake, and lay your sweetmeats in three lays, with cake betwixt every lay, after it is risen and coloured, cover it with paper before your oven is stopped up; it will take three hours baking. ELIZABETH RAFFALD

INGREDIENTS:
• 450 g / 16 oz / 4 cups Flour
• 450 g / 16 oz / 2 cups Butter
• 450 g / 16 oz / 2 cups Sugar
• 1/2 tsp Mace
• 1/2 tsp Nutmeg
• 8 Eggs, divided
• 450 g / 1 lb / 3 cups Currants
• 150 g / 5 oz / 1 cup Slivered Almonds
• 120 g / 4 oz / ½ cup Citron
• 120 g / 4 oz / ½ cup Candied Lemon Peel
• 120 g / 4 oz / ½ cup Candied Orange Peel
• 120 ml / ½ Cup Brandy or 1 oz Brandy extract plus Apple Juice to equal a ½ cup

Serves 25
Whip the whites of 8 eggs to stiff peaks and set aside. With an electric mixer, cream together the butter, sugar and egg yolks. Once they are combined, fold in the egg whites, brandy or juice and spices. Add the flour a little at a time until it is incorporated. Stir in the almonds and currants.

Preheat the oven to 150° C / 300° F. Generously grease a tall 25 cm / 10 in springform pan. Spoon ¼ of the batter into the pan and top with 1/3 of the citron, orange peel and lemon peel. Repeat twice more and top with remaining batter.

Bake for 2 ½ hours, top with Almond and Sugar Icings. (see page 16)

During the Regency, weddings were held first thing in the morning with the bridal couple and their guests returning home to celebrate with a wedding breakfast, like that served to Anna Austen and Benjamin Lefroy in 1814, “The breakfast was such as best breakfasts then were. Some variety of bread, hot rolls, buttered toast, tongue, ham and eggs. The addition of chocolate at one end of the table and the wedding-cake in the middle marked the speciality of the day.”

Caroline Austen
In 1769, Elizabeth Raffald published the first Bride Cake recipe, which included the following two icings. These were not options, mind you, but were meant to be served together, one atop the other, crowning the cake in true, bride-like splendor. The cake (quite large, and expensive to make) was intended to be served to guests and friends at the wedding, and even last until the christening of the couple’s first child, expected to be sometime within the next twelvemonth. From this practical tradition came the practice of saving the top layer of wedding cake until the couple’s first anniversary.

**To make Almond-Icing for the Bride Cake**

Beat the whites of three eggs to a strong froth, beat a pound of Jordan almonds very fine with rose water, mix your almonds with the eggs lightly together, a pound of common loaf sugar beat fine, and put in by degrees; When your cake is enough, take it out, and lay your icing on, then put it in to brown. ELIZABETH RAFFALD

In a food processor, combine the almonds, rose water and sugar and set this aside. Whip the egg whites until stiff peaks form. Slowly add the almond mixture to the egg whites until incorporated. Spread this on the top of your cake as soon as you take it from the oven, and then return the cake to the oven until the top is lightly browned. Cool the cake slightly on a rack. Once the cake is cool enough to touch, slide a knife around the inside edge of the pan to loosen the cake. Remove the edge of the pan and ice the cake with Sugar Icing *(page 17).*

**INGREDIENTS:**
- 3 Egg Whites* or Meringue Powder equivalent
- 285 g / 10 oz / 2 cups Blanched Almonds, ground to powder
- 1 tbsp Rose Water
- 450 g / 16 oz / 2 cups Powdered Sugar

Yield: 4 cups of Icing
COOKING WITH JANE AUSTEN AND FRIENDS

BREAKFAST

There was a strange rumour in Highbury of all the little Perrys being seen with a slice of Mrs Weston’s wedding-cake in their hands: but Mr Woodhouse would never believe it. Emma

To make Sugar-Icing for the Bride Cake

Beat two pounds of double refined sugar, with two ounces of fine starch, sift it through a gauze sieve, then beat the whites of five eggs with a knife upon a pewter dish half an hour; beat in your sugar a little at a time, or it will make the eggs fall, and will not be so good a colour, when you have put in all your sugar, beat it half an hour longer, then lay it on your almond icing, and spread it even with a knife; if it be put on as soon as the cake comes out of the oven it will be hard by the time the cake is cold. ELIZABETH RAFFALD

INGREDIENTS:

- 900 g / 32 oz / 4 cups Powdered Sugar
- 4 tbsp Corn Starch
- 5 Egg whites or Meringue Powder equivalent

Yield: 4 cups of Icing

Sift together the starch and powdered sugar and set aside. Health and safety experts suggest using meringue powder in place of raw egg whites to minimize the risk of food poisoning. If you choose to use the powder, follow the instructions on the package for 5 egg whites. Whip the egg whites until stiff peaks form. Slowly add in the sugar mixture, while the mixer continues to whip the egg whites. If you add the sugar too fast the whites will fall and you will end up with a glaze instead of icing. Continue to whip the icing for a few more minutes until it is the consistency of marshmallow cream. Ice the cake using a large, flat spatula. Spread the icing smooth, or create a pattern with whorls and swirls. Allow the cake to stand at room temperature for several hours so that the icing can harden. Decorate with fresh flowers, if desired.
Dinner was the largest meal of the day, though the time of its consumption varied from household to household. During Jane Austen’s childhood, most dinners were served in the early afternoon in place of lunch, followed several hours later by tea, coffee and a cold collation or “little hot supper”. Gradually, dinner times shifted later and later until they settled around 6 o’clock. Hot suppers were done away with, though not tea, and “nuncheon”, often a plate of sandwiches or cold meat, was taken in the early afternoon, in whichever room the family happened to be.

This breakup of meals allowed the kitchen staff to focus on dinner for the entire day. Considering the number of dishes served at a single dinner it’s easy to see why this was necessary.

Country hours were often earlier than fashionable city hours and older generations were less likely to be influenced by the change in dining, as evidenced by the many comments on the subject in Jane Austen’s letters. The one place “supper” was always required, no matter how fashionable the setting, was at a ball, private or otherwise. Tea may be all that was offered in the Assembly Rooms, but something more was necessary to nourish young bodies who had been dancing until the wee hours of the morning.

Dinner usually consisted of two courses of several dishes each, including sweet and savoury pies, puddings, and several types of meat, fish, soup and vegetables. There could be anywhere from five to twenty five dishes on the table at any given time, depending on the grandeur of the occasion.

The host would carve the larger joints (mutton, beef, etc.) of meat and the gentlemen of the party would serve themselves from the dishes in front of them, offering them to their neighbors. If a dish was required from another part of the table, a manservant would be sent to fetch it. Fortunately guests were not expected to try every dish on the table.

After this, the table would be cleared, the tablecloth removed and dessert brought in. Dessert was not the expected array of sweets that it is now. Rather, it was a way of prolonging dinner with all manner of foods that could be eaten by hand such as olives, fresh and dried fruit, cheese, pickles and Mr. Elton’s famous celery root. This was served with wine, after which the ladies would excuse themselves, leaving the men to their snuff, cigars, Port and Brandy. After a suitable interval the gentleman would rejoin the ladies in the drawing room where tea and coffee would be served.

The exception to this was when the family dined alone or with close friends. In this case, dinner might consist of a single course followed by wine. In this event, it was common for the hostess to begin dinner by saying, “You see your dinner”. This allowed the family and any guests to know that they need not hold back, saving room for another course or two, and might make the most of what was before them.
Elinor Dashwood’s Spring Soup Supreme

A meagre dish, as this and other similar soups are called, simply means one with little or no meat. According to Hannah Glasse, all of this produce should have been available from a well-stocked kitchen garden in June. A kitchen garden was separate from the pleasure gardens on an estate and provided the majority of the vegetables and herbs used by the family.

The cabbage lettuces referred to here can mean any type of lettuce that grows in a round head reminiscent of a cabbage.

Swiss Soup Meagre
Take four cabbage lettuces, and endive, sorrel, spinach, chervil, chives, onions, parsley, beet leaves, cucumber sliced, peas and asparagus; let all these herbs be cut fine and no stalks be put in. Then put a quart of a pound of butter in a stewpan, shake over your herbs when they are in the butter a small teaspoonful of flour and let them stew sometime then pour in a quart of boiling water and let it stew on till near dinner time, then add the yolks of three eggs in a teacup of cream. Broth is better than so much water if you have it. If you have not all the vegetables above mentioned it will be very good with what you have or a little Seville orange juice if you like. MARTHA LLOYD.

INGREDIENTS:
• 2 heads of Iceberg or other head lettuce
• 2 heads Belgian Endive
• 3 cups misc. mixed greens: Sorrel, Spinach, Chervil, Chives, Parsley and Beet Greens
• 2 Onions, chopped
• 450 g / 16 oz / 2 cups fresh or frozen Peas
• 1 Cucumber, sliced
• 450 g / 1 lb fresh Asparagus, chopped
• 120 g / 4 oz / ½ cup Butter
• 1 tsp Flour
• 1 litre / 4 cups Chicken Broth
• 3 Egg Yolks
• 250 ml / 8 fl oz / 1 cup Cream

Serves 10-12

Soup too! Bless me! I should not be helped so soon, but it smells most excellent, and I cannot help beginning. Emma.
Martha Lloyd was a lifelong friend of the Austen family. In 1806, after her mother’s death, Martha Lloyd joined the Austen ladies, who were living in Southampton. She remained a part of the Austen household when they moved to Chawton in 1809. In 1828, at the age of 62, she became Francis Austen’s second wife, and thereby Lady Austen. Her ‘household book’ contains a lifelong collection of recipes, many of which, including this one, are found in this book.

White soup and Negus were *de rigueur* for the Regency hostess planning a ball. The warming properties of both were enough to fortify young dancers for hours on end, before sending them out into the cold light of dawn to return home.

Most recipes call for a veal stock base, ground almonds, egg yolks and cream. Here, Martha allows that any sort of “gravy”—a catchall term for soup stock—can be used. Gravy was made by boiling meat and bones with vegetables (generally carrots, onions, celery and turnips) and water and straining out the resulting broth.

**Nicholls’ White Soup**

*As for the ball, it is quite a settled thing; and as soon as Nicholls has made white soup enough I shall send round my cards.*

*Pride and Prejudice*

**INGREDIENTS:**
- 1 litre / 1 quart / 4 cups Beef Stock
- 4 hardboiled Egg Yolks
- 60 g / 2 oz / ½ cup Blanched Almonds
- 250 ml / 8 fl oz / 1 cup Cream

Serves 6-8

Heat the stock over a medium heat until just boiling. In a food processor or spice grinder, grind the almonds until fine. Chop the egg yolks in the same manner and add both to the soup. Remove from the heat and stir in 1 cup of cream. Serve warm in punch cups or mugs.
Dried peas were an easy way to preserve summer’s bounty for use during the long, cold winter. Pease Soup was a favorite way of serving them. This hearty dish was so well liked that most cookery books, including Martha Lloyd’s, offered several different recipes, some containing meat, and at least one without, which often indicated a Lenten meal. The popularity of this dish had waned by Victorian times when it came to be regarded as unfashionable and a sure sign of poverty in the kitchen.

In a large stockpot combine the peas with 3 litres / 3 quarts of water and bring to a boil. Simmer covered for two hours, adding additional water as necessary.

Strain the peas through a colander and set them aside. In the same pot, melt 1 cup butter. Dice the celery and onion and sauté them in the butter until they are tender. Add the rest of the ingredients and the peas to the pot, along with water enough to reach the desired consistency. Mash the whole together with a potato masher or in the blender. Serve hot, with croutons, if desired.

**INGREDIENTS:**
- 900 g / 32 oz / 2 lbs dried Peas
- 450 g / 8 oz / 1 cup Butter
- 1 large bunch of Celery
- ½ of a large Onion
- 2 Anchovies
- 8 tbsp / ½ cup fresh Mint, chopped
- 8 tbsp / ½ cup fresh Parsley, chopped
- 10 oz package frozen Spinach, chopped
- 1 tsp Sugar
- Salt and Pepper to taste

Serves 8-10
Even for those who had not or could not visit Italy, a fascination with the country, fueled by vivid descriptions of its scenery in novels like Ann Radcliffe’s *The Italian*, had captured the minds of Regency England. In 1816, Spode introduced Blue Italian, a transferware pattern featuring a castle and ruins in a picturesque setting, perfectly evoking the Gothic themes so popular at the time. Blue Italian remains popular and is still in production today.

Asparagus was a common kitchen garden vegetable used in a variety of dishes for its vivid green color, though white asparagus was also grown. Those fortunate enough to have hot-beds or hot houses on their property could enjoy it year round. Hannah Glasse, who provides this recipe, warns, “Most people spoil garden things by over-boiling them. All things that are green should have a little crispness, for if they are over-boiled they neither have any sweetness or beauty.”

Add the asparagus to a saucepan of boiling water and boil for 5 minutes before draining. In a separate pan, combine the oil and vinegar with 75 ml / 1/3 cup water and bring this to a boil. Remove the pan from the heat. Take a small amount of the sauce and quickly stir it into the egg yolks. You can now stir the eggs into the rest of the sauce. Add salt and pepper to taste. Toss the asparagus with the sauce and serve hot.

**INGREDIENTS:**
- 450 g / 16 oz /1 lb Asparagus, cleaned, snapped in 1in pieces
- 5 tbsp Oil
- 4 tbsp Vinegar
- 2 Egg Yolks
- Salt and Pepper to taste

*Asparagus in the Italian Way*

Take the asparagus, break them in pieces, then boil them soft, and then drain the water from them; take a little oil, water, and vinegar, let it boil season it with pepper and salt, throw in the asparagus, and thicken it with the yolks of eggs.

HANNAH GLASSE
Jane Austen’s cousin, Eliza Walters, was raised in India but moved to France as a young woman. There, she married the Comte de Feuillide and bore one son, Hastings, before fleeing to England in the wake of the French Revolution. She was a favourite of the Austen siblings and once widowed, married Jane’s brother, Henry Austen.

These green beans are dressed in the French style, that is to say, sliced very finely. Frozen and canned “French Style Green Beans” take the work out of this recipe making it an easy accompaniment to any meal. Green beans or string beans were so commonly served this way that they became known as French Beans.

To Dress French Beans
First string them and cut them in two, and afterwards, across; but if you would do them nice, cut the bean in four, and then across, which is eight pieces...when your pan boils put in some salt and the beans, when they are tender they are enough; they will be soon done. Take care they do not lose their fine green. Lay them in a place and have butter in a cup. HANNAH GLASSE

Place your green beans, water and salt in a sauce pan. Boil covered for about 5 minutes—slightly longer for fresh beans—until the beans are tender, but not mushy; after 5 minutes check them often for doneness. If you keep them covered too long, they will turn slightly gray—not at all appetizing.

Drain the beans in a colander and serve piping hot on a platter with melted butter on the side. If you prefer, toss the strained beans with the butter before serving.

INGREDIENTS:
• 450 g/ 16 oz / 1 pound French Cut Green Beans
• 125 ml/ 4 oz / ½ cup Water
• ½ tsp Salt
• Melted Butter see page 31

Serves 6-8
Dishes made of macaroni (a generic term for pasta) and cheese have been made in England since the time of Richard II. Most experts agree that pasta originated, as one would expect, in Italy, not China as many theories hold. With over 350 distinct known shapes of pasta, it is not surprising that Martha Lloyd would specify “pipe macaroni”. Vermicelli, similar to, though thinner than spaghetti, also appears quite often in the pages of period cookbooks. As with many meatless dishes, this one was suitable for Lent and other meatless days. The recipe reads much like a modern baked macaroni and cheese, but the sauce is very similar to Alfredo sauce, and just as delicious.

Macaroni
Stew a quarter pound of pipe macaroni in milk and water until it is tender, then lay it on top of a sieve to drain. Put it into a stewpan with two large spoonfuls of grated Parmesan cheese, a quarter pint of cream, a small piece of butter and some salt. Stew it gently ‘till the whole seems well done and then put it into a dish. Strew grated Parmesan cheese over it, and brown it with a salamander or in a Dutch oven. It may be done with gravy instead of cream if preferred. MARTHA LLOYD.

Place the pasta and milk in a large sauce pan with 625 ml / 2 ½ cups of water. Bring this to a boil and allow it to boil 6-10 minutes, until the pasta is tender. Drain the pasta in a colander.

In the same saucepan, combine 4 tbsp cheese, cream, salt and butter over a low heat until the butter is melted. Stir in the pasta and toss to coat it completely in the cheese sauce.

Pour this into an oven proof dish and sprinkle the top with the remaining cheese. Place it under the broiler until just browned. Serve immediately.

INGREDIENTS:
- 225 g / 8 oz / 2 cups dry Penne Pasta
- 125 ml / 4 fl oz / ½ cup of Milk
- 6 tbsp grated Parmesan Cheese, divided
- 125 ml / 4 fl oz / 1/2 cup Heavy Cream
- 1 tbsp Butter
- ½ tsp Salt

Serves 4
It seems strange to think of pickled beets as dessert, but so they were. The dessert course, far from being a sweet repast, consisted of any number of foods that could be eaten without formal tableware. This often included fresh and dried fruit, vegetables, olives, nuts, cheese and wine.

**To Pickle Beet-root**

Set a pot of spring water on the fire, when it boils up, put in your beets, and let them boil till they are tender; take them out, and with a knife take off all the outside, cut them in pieces according to your fancy; put them in a jar, and cover them with cold vinegar, and tie them down close; when you use the beet take it out of the pickle, and cut it into what shape you like; put it in a little dish with some of the pickle over it. HANNAH GLASSE

Place the beets in a saucepan filled with just enough water to cover them. Bring them to a boil and simmer for 20-30 minutes or until fork tender. Strain them out in a colander in the sink. Rinse them under warm or cold water and the skins will slide off with little effort.

Slice off the top and the root and discard. Slice the beets into rounds or whatever other shape you desire. Place them in a 1 pint glass jar and fill the jar the rest of the way with white vinegar. Cover tightly and store in the refrigerator until ready to serve.

Drain the beet slices before serving. They will become stronger the longer they stay in the vinegar, so you may wish to drain them completely a few hours after adding the vinegar in order to halt the process. These will store up to a week in the refrigerator.

**INGREDIENTS:**
- 3 medium Beets, roots and a small stub of greens attached
- 250 ml / 8 oz / 1 cup White Vinegar

Yield: 1 Pint Jar
Mrs. Martin’s Mashed Turnips

The turnip, while an extraordinarily humble vegetable was, like the carrot and potato, one of the few fresh vegetables that could be counted on throughout the winter without the help of a hothouse. They provided a double benefit as well, since both the vegetable root and greens could be eaten. Turnips are quite a bit sweeter than potatoes and this recipe makes a lovely, fluffy side dish. White or yellow turnips may be used.

**To Dress Turnips**

They eat best boiled in the pot, and when enough take them out and put them in a pan, and mash them with butter, a little cream, and a little salt, and send them to table. HANNAH GLASSE

Place the turnips in a saucepan with enough water to cover them and boil them, covered, for 20-25 minutes, or until they are fork tender.

Mash the turnips with an electric mixer until they are mostly smooth. Add the butter in pieces and the cream. Mash them again, allowing the butter to melt into the mixture. Serve at once.

**INGREDIENTS:**
- 900 g / 32 oz / 2 lbs Turnips, peeled and chopped in 1” cubes
- 125 ml / 4 oz / ½ cup Cream
- 2 tbsp Butter

Serves 4-6
DINNER

Mrs. Austen found plenty of occupation for herself, in gardening and needlework. The former was, with her, no idle pastime... She dug up her own potatoes, and I have no doubt she planted them, for the kitchen garden was as much her delight as the flower borders...

—Fanny Caroline Lefroy

Steventon Roasted Potatoes

Potatoes were grown at Steventon as early as 1773. In this, Mrs. Austen was decades ahead of her time, and the wonder of her neighbors who supposed them to be a dish fit only for gentry. Puddings had served as the main source of starch in English diets, but a wheat shortage in 1794 led the Board of Agriculture to advise all clergy “to encourage, as much as they can, the farmers and cottagers to plant potatoes this spring, in order that the kingdom may experience no scarcity...”

There was, at the time, some difference of opinion about the preparation of potatoes, as voiced by Susannah Carter, “Some pare potatoes before they are put into the pot; others think it the best way, both for saving time and preventing waste, to peel off the skin as soon as they are boiled.” I chose the former manner for this recipe as an easier alternative to handling boiling hot potatoes.

To Dress Potatoes
You must boil them in as little water as you can, without burning the sauce-pan. Cover the sauce-pan close, and when the skin begins to crack, they are enough. Drain the water out, and let them stand covered for a minute or two; then peel them, lay them in your plate, and pour some melted butter over them. The best way to do them is, when they are peeled to lay them on a griddle till they are of a fine brown, and send them to table. HANNAH GLASSE

In a large sauce pan, place the potatoes in enough water to cover them and bring them to a boil. Allow them to boil furiously over a medium to high heat for 20 minutes or until they are fork tender.

Preheat your oven to 220° C / 425° F. Drain the potatoes and place them on a foil lined baking sheet. Pour the melted butter over them and bake them until they are brown and crispy, about 10-15 minutes.

INGREDIENTS:

- 900 g / 32 oz / 2 lbs All Purpose Potatoes, peeled and cut in quarters
- Melted Butter see page 31

Serves 4-6
When Mr. Woodhouse talks of killing a porker (Hartfield pork is so superior to any other kind) he is talking of a pig raised specifically to be eaten as pork. Pigs reared to be eaten as ham or bacon would have been fed on a different diet as they were wanted as large as possible; 40-50 pound hams and sides of bacon were not unusual. Porkers were killed when just grown and used fresh or salted.

To Roast Pork

A loin must be cut on the skin in small streaks, and then basted, but put no flour on, which would make the skin blister. Be careful that it is jointed before you lay it down to the fire. SUSANNAH CARTER

Preheat the oven to 220° C / 425° F. Place the roast fat side up on a baking rack in a roasting pan. Baste the pork with the melted butter and sprinkle with salt.

Roast for an hour or approximately 15 minutes per pound. Allow the roast to sit for 5-10 minutes, covered with foil, before slicing, to complete the cooking process.

Serve with applesauce.

INGREDIENTS:

- 2 kg / 48 oz / 4 lb boneless Pork Roast
- 1 tbsp Butter, melted
- Salt to taste

Serves 8-10
Many meat dishes, most associated with autumn, such as pork roast and roast goose, suggest being served with “apple-sauce in a bason”. Apples, which were harvested from late summer into the fall, were used in any number of ways by creative Regency cooks, showing up baked, boiled, whipped and sauced as well as in puddings, pies and other pastries. This applesauce tastes much like apple pie filling and is delicious served warm.

To make Apple Sauce

Take as many boiling apples as you choose, peel them, and take out all the cores; put them in a sauce-pan with a little water, a few cloves, and a blade of mace; simmer them till quite soft. Then strain off all the water, and beat them up with a little brown sugar and butter. SUSANNAH CARTER

Pare, core and slice the apples into large chunks. Place them in a sauce pan with the spices and add a little water, (60-125 ml / 2-4 oz / ¼-½ cup). Cover the pan and bring the water to a boil. Continue boiling until the apples are soft, 15-20 minutes. Strain the apples, remove the cloves, and mash them with a potato masher or electric mixer. Add the butter and brown sugar and continue to mix until the butter is melted. Serve warm or chilled.
Ham was traditionally a fall/autumn dish, since the animals designated for the table had been fattening all summer long. When Mrs. Austen cured her “six hams for Frank”—her son who was off to sea—she did so in October. Hams of this period were cured with salt and had to be soaked for several hours before preparation in order to remove the excess. If your ham is fresh or frozen, you may omit this step.

_To Boil a Ham_
Steep your ham all night in water, then boil it; if it be of a middle size, it will take three hours boiling, and a small one two hours and a half; when you take it up, pull off the skin, and rub it all over with an egg, strew on bread crumbs, baste it with butter, set it to the fire 'till it be a light brown; if it be to eat hot, garnish it with carrots and serve it up. ELIZABETH RAFFALD

Place your ham in a large stock pot and fill the pot with water until the ham is covered. Bring the water to a boil and then reduce the heat to a simmer. Simmer ham for 20 minutes per pound or approximately 3 hours.

Once the ham is cooked, remove it from the pot of water and place it in a roasting pan and preheat your oven to 220° C / 425° F.

While the oven is heating, break the egg into a dish and scramble it with a fork. Using a pastry brush, coat the ham with the egg mixture and then sprinkle the bread crumbs over the ham, being sure that the entire ham is coated with crumbs.

Baste the ham with the melted butter and then place the ham in the oven to brown, 5-10 minutes.

**INGREDIENTS:**
- 4 ½ kg / 8-9 lb Bone-In Ham
- 1 Egg
- 120 g / 4 oz / 1 cup Bread Crumbs
- 3 tbsp Butter, melted

Serves 6-8
Mr. Woodhouse, always so solicitous of everyone’s health, cannot help advising
the preparation of his “Hartfield Pork” with a little boiled carrot. Carrots were a
staple of the well-stocked kitchen garden. As they could be eaten small and
young in the spring, or left in the ground after the frost, they were available
fresh, all year round. Their bright orange color leant them well to a variety of
dishes. Along with onions and turnips, other vegetables that were similarly
hardy, they formed a base for the soup stock indispensible to so many other
recipes.

To Dress Carrots
Let them be scraped very clean, when they are enough, rub them in a clean cloth
then slice them into a plate, and pour some melted butter over them. If they are
young spring carrots, half an hour will boil them; if large, an hour; but old
sandwich carrots will take two hours. HANNAH GLASSE

Place the carrots in a sauce pan with the butter and 125 ml / 4 fl oz / ½ cup water.
Cover and bring to a boil. Allow them to simmer until fork tender—10–20 minutes depending on how thin the slices are. Serve at once.

This recipe is easily adapted to any size gathering.

To Make Melted Butter
Melted butter was perhaps the most common sauce to be served with
any number of dishes. To make your own, melt 3 tablespoons of butter over
a medium heat. Quickly whisk in 2–3 tsp of flour and remove the butter from the heat.
Do not allow the mixture to boil or the sauce will separate, thus becoming “oiled”.

INGREDIENTS:
• 5 large Carrots, peeled and sliced thin
• Melted Butter See Below

Serves 6
Part of that “good table” to which Mrs. Bennet aspires is the inclusion of some sort of fish dish with each course. Better roads and faster methods of transportation meant that housekeepers were no longer reliant only on fish found in the manor’s fish ponds and the surrounding streams and lakes. Ocean caught fish were now readily available from local markets.

Bath was famous for its selection and variety of food and goods, surpassed only by London. Much was to be found for reasonable prices, though Jane Austen commented on the high prices being asked for salmon, while she lived there in 1801. Once the family moved to the coast, however, things were different and the variety of fish for “almost nothing” left her delighted with the arrangement.

**Mr. Bingley’s Broiled Salmon**

Preheat the oven to Grill (Broil). Coat each piece of fish with flour and place them on a greased ovenproof grill (broiler) pan. Broil the fish 10 cm / 4 in from the heat for 6 minutes on each side. Serve hot with melted butter.

**INGREDIENTS:**
- 450 g / 16 oz / 1 lb sliced Salmon fillets
- 60 g / 2 oz / ½ cup Flour
- Melted Butter *See page 31*

Serves 2-3
Mr. Darcy’s Favourite Beef-Steak Dinner

Georgian England was famous for its beef. All parts of the animal were used, from the cheeks to the tail, and these in turn were prepared in any number of ways: soups, pies, puddings, sausages, roasts, ragouts, steaks and more. Many of the recipes are still familiar to us today. This recipe, with its shallot gravy, is a delicious take on traditional steak and as a bonus, cooks up in about ten minutes.

To Fry Beef-Steaks
Take rump steaks, pepper and salt them, fry them in a little butter very quick and brown; take them out, and put them into a dish, pour the fat out of the frying pan, and then take a half pint of hot gravy; if no gravy, half a pint of hot water, and put into the pan, and a little butter rolled in flour, a little pepper and salt, and two or three shallots chopped fine: boil them up in your pan for two minutes, then put it over the steaks, and send them to the table. HANNAH GLASSE

INGREDIENTS:
• 2-450 g / 16 oz / 1 lb Rump Steaks
• 2 tbsp Butter, divided
• 1 tbsp Flour
• 250 ml / 8 fl oz / 1 cup Beef Broth
• 3 Shallots, sliced in fine rings
• Salt and Pepper to taste

Serves 4

Melt one tablespoon of butter in a large skillet over a medium to high heat. Add your steaks and salt and pepper them to taste. Fry them 3-5 minutes per side, turning once, until they are completely brown and crispy. Remove them from the pan to your serving plate.

Add the broth to the pan and allow it to come to a boil. Roll the remaining tablespoon of butter in the flour and add to the hot broth, stirring well to avoid lumps. Add the shallots, salt and pepper to the gravy and boil them all together for 2 minutes. Pour this sauce over the steaks and serve them immediately.

We sate down to dinner a little after five, and had some beef-steaks and a boiled fowl, but no oyster sauce.
Jane Austen to Cassandra, October 24, 1798
Pehr Kalm, a Swedish visitor to England in 1748 observed, "The English men understand almost better than any other people the art of properly roasting a joint, which also is not to be wondered at; because the art of cooking as practised by most Englishmen does not extend much beyond roast beef and plum pudding." He may have been wrong about that, but the art of properly preparing roast beef was a particularly English distinction, known around the world.

To Roast Beef
As soon as your meat is warm, dust on some flour, and baste it with butter; then sprinkle some salt, and, at times, baste it with what comes from it. ... Garnish your dish with scraped horse-radish, and serve it up with potatoes, brocoli, French beans, cauliflower, or celery. SUSANNAH CARTER

Allow your meat to come to room temperature. Once it is warmed, preheat your oven to 220°C / 425°F.
Line a roasting pan with foil and place your roast, on a rack, in the pan. Sprinkle the roast with flour and then pour the melted butter over that. Sprinkle with salt, according to your taste.

Place the roast in the oven and roast it to your desired degree of doneness, about 15 minutes per pound for medium rare. Baste after half an hour with the juices that have run out of the meat. Repeat this process every 20 minutes or so.

Remove the roast from the oven and cover with foil for 10 minutes before slicing. This will complete the cooking process.
Slice the meat thinly and serve with prepared Horseradish.

INGREDIENTS:
- 2 kg / 4½ lb Top Round or Sirloin Roast of Beef
- 4 tbsp Flour
- 3 tbsp Butter, melted
- 1 tbsp coarse Salt

Serves 8-10
Yorkshire Pudding

The recipe for Yorkshire pudding dates back to that of ‘A Dripping Pudding’ published in 1737. The name referred to the common practice of baking the pudding directly under a piece of roasting meat in order to make use of the tasty meat drippings it produced. Hannah Glasse was the first to assign this now famous pudding a proper name. This is a great dish to serve with roasted meat, as both items can be baked at the same high temperature and served hot, together.

Serving a dish with melted butter does not mean precisely that. In Jane Austen’s day melted butter was actually a slightly thickened sauce made from butter and flour, thus keeping the butter from separating when served at table. This explains General Tilney’s dismay at “the melted butter’s being oiled.”

A Yorkshire Pudding
Take a quart of milk, four eggs, and a little salt, make it up into a thick batter with flour, like pancake batter. You must have a good piece of meat at the fire; take a stew-pan and put some dripping in, set it on the fire; when it boils, pour in your pudding; let it bake on the fire till you think it is nigh enough… then slide it as dry as you can into a dish; melt some butter, and pour it into a cup and set it in the middle of the pudding. It is an excellent pudding; the gravy of the meat eats well with it. HANNAH GLASSE

Preheat your oven to 220° C / 425° F. Place the butter in a large casserole dish and put it in the oven to melt while preparing the batter. Combine the remaining ingredients in a blender and blend for 30 seconds or until smooth. Remove your dish from the oven, pour the batter into the pan and bake the whole for 45 minutes. The pudding will rise beautifully, but fall quite a bit once removed from the oven.
Serve immediately, cut in wedges or squares, with melted butter.
Mr. Hurst’s Ragout of Lamb

Although Mrs. Bennet kept a good table, her daughter, Elizabeth, earns Mr. Hurst’s disdain by preferring “a plain dish to a ragout.” Surrounded at Netherfield by such fashionable people, including Mr. Darcy, who supposedly kept “two or three French cooks, at least,” Austen yet finds a way to set her heroine apart from the artifice and pretension of the Bingley sisters, while at the same time, making a stand for good, old fashioned, British cooking.

“Larding the meat”, a technique called for in this recipe, involved threading thin bits of salt pork or fat through the surface layer of the meat in order to give flavor and tenderness to otherwise lean choices of meat, such as mutton or game. A special “larding needle” was required. The fat was inserted through the “eye” and pulled into place. Lacking this tool, I have chosen to simply add the bacon in the bottom of the pan while frying the meat.

To Make a Ragoo of Lamb

Take a fore-quarter of lamb. Cut the knuckle bone off. Lard it with little thin bits of bacon. Flour it, fry it a fine brown and then put it into a earthen pot or stew-pan: put to it a quart of both or good gravy, a bundle of herbs, a little mace, two or three cloves, and a little whole pepper, cover it close, and let it stew pretty fast for half an hour, pour the liquor all out, strain it, keep the lamb hot in the pot till the sauce is ready. Take half a pint of oysters, flour them, fry them brown, drain out all the fat clean that you fried them in, skim all the fat off the gravy, then pour into it the oysters, put in an anchovy, and two spoonfuls of either red or white wine: boil all together till there is just enough for sauce, add some fresh mushrooms (if you can get them) and some pickled ones, with a spoonful of the pickle, or the juice of half a lemon. Lay your lamb in the dish, and pour the sauce over it. Garnish with lemon. HANNAH GLASSE

INGREDIENTS:
- 570 g / 20 oz / 1-1½ lb Lamb Shoulder or Stew Meat, diced
- 2 slices of Bacon, diced
- 1 litre / 1 quart / 4 cups Beef Broth
- 1 Bouquet Garni*
- ¼ tsp Mace
- 2-3 Cloves
- 8 Peppercorns
- 225 g / 8 oz / ½ lb Oysters, fresh or canned
- 60 g / 2 oz / ½ cup Flour
- 1 Anchovy
- 30 ml / 1 fl oz / 2 tbsp Red Wine (optional)
- 225 g / 8 oz / 1 cup small Mushrooms, sliced

Serves 2-3
In a large saucepan, fry the bacon until the fat melts and covers the bottom of your pan. Toss the lamb in a little flour and add it to the pan. Save the flour for coating the oysters. Fry the bacon and lamb together, stirring often, until they are brown. Add the broth, herbs, mace, cloves and pepper and bring it to a boil. Cover the pan and let it boil for 30 minutes.

While the meat is boiling pour some oil, about an inch deep, into a skillet and set it on a medium to high heat. Toss the oysters in flour, to coat them. If using canned oysters, strain them before adding them to the flour. When the oil is hot enough for frying, add the oysters one at a time to the oil. Turn them once in the oil while they are cooking and when they are brown on both sides, remove them from the oil with a slotted spoon and let them dry on a paper towel.

Once the meat has boiled, strain it through a colander, saving the liquid and meat separately. Remove the cloves and bouquet from the meat. Pour the broth back into the sauce pan and add the oysters, anchovy, wine and mushrooms. Allow this mixture to come to a boil and boil uncovered until reduced by half. Return the meat to the pan or place it in a dish and pour the gravy over it.

*To create your own Bouquet Garni wrap a fresh bay leaf, a sprig of thyme, a sprig of parsley and some celery leaves in the green part of a leek. Tie with kitchen string and add to your favorite soup and sauce recipes in place of dried herbs.
Jane Austen’s father, Reverend George Austen raised sheep at their home in Steventon; some for the family table, and others to be sold to supplement his income. Young sheep were served as lamb; those over a year old were called mutton. To be asked to “Eat Mutton” with someone was a generic invitation to dinner. So ingrained was the association between the two, that even though mutton might not be served (and it often was) the meaning was clear. Mutton, like beef, was served baked, boiled, broiled and roasted, in pies, ragouts, stews and broths.

**A Leg of Mutton à la Bautgoût**

Let it hang a fortnight in an airy place, then have ready some cloves of garlic, and stuff it all over, rub it with pepper and salt; roast it, have ready some good gravy and red wine in the dish and send it to table. HANNAH GLASSE

Preheat the oven to 160°. Slice 8 cloves of garlic in thin slices. Make several deep cuts about 1 cm wide across the surface of your meat. Slip a slice of garlic into each cut. Place the leg of lamb on a baking rack in a deep roasting pan. Salt and pepper to taste and roast for 2 ½ hrs or 15 minutes per pound plus an additional 15-20 minutes. Remove the lamb from the oven when done, cover it with foil and allow it to stand for 10 minutes before slicing.

Take one cup of meat juices, strain it and remove as much fat as possible. Mix 2 tbsp of hot juices with 1 tbsp of flour and stir until smooth. Add the rest of the juices and wine to the flour mixture and allow this to simmer over a medium heat for a few minutes until the desired consistency is achieved. Serve over sliced lamb.
Tom Lefroy was an early admirer of Jane Austen. The extent of their relationship, conducted over a few weeks’ time in 1796 is unknown. Lefroy later married a young woman from his native Ireland and rose to become the Chief Justice of the Queen’s Court Bench.

Irish stew is a traditional Irish dish made from lamb or mutton. The French term haricot, which means “a stew of lamb with turnips and potatoes”, no doubt sounded more sophisticated to cooks of the time. During the Regency, “catchup” was a catchall word meaning any type of sauce with vinegar as the main ingredient. I’ve taken my cue from Frederick Accum’s recipe for “Tomata Catsup” (Culinary Chemistry; Ackerman, 1821) though Worcestershire sauce would also work well.

**Harrico of Mutton**

Cut a neck of mutton into steaks. Flour them and fry them brown on each side. Put into your stewpan a piece of butter and 2 spoonfuls of flour, and let it simmer together until is of a light brown (keeping it stirring all the time). Add to it some good gravy and let it boil up, then put in your steaks, and turnips and carrots and let it stew one hour. Pepper and salt to your taste and 2 Spoonfuls of catchup—when done if greasy mix some flour with cold water and put to it, but let it only boil up once afterwards. MARTHA LLOYD.

Cut your meat into pieces and coat with flour.

Melt 1 tbsp of butter in a large sauce pan. Add the lamb to the pan and brown the meat on all sides. Remove meat from pan and set aside.

In the same pot, add the remaining butter. Melt over low heat and at once add your remaining flour, stirring constantly to create a roux. Add the broth, carrots, turnips and lamb to this mixture.

Simmer for 1 hour at a medium to low heat. Just before serving, stir in the ketchup or Worcestershire sauce and add salt and pepper to taste.
This recipe may have come from Mr. Austen's sister, Philadelphia Hancock who lived in India for several years. Philadelphia and her daughter Eliza (who would later become Jane Austen's sister in law) moved back to England in 1765, where they spent some time with their Austen cousins before travelling to France, returning to England for good in 1794.

A Receipt to Curry after the Indian manner
Cut two chickens as for fricasseeing. Wash them clean and put them in a stew pan with as much water as will cover them. With a large spoonful of salt sprinkle them and let them boil till they are tender (covered close all the time). Skim them well; when boil’d enough take up the chicken and pour the liquor of them into a pan, then put ½ pound of fresh butter in the pan and brown it a little, put into it two cloves of garlic and a large onion and let these all fry till brown. After shaking the pan, then put in the chickens and sprinkle over them two or three spoonfuls of curry powder, then cover them close and let the chickens do till brown (frequently shaking the pan). Then put the liquor the chickens were boiled in and let it stew till tender. If acid is agreeable squeeze the juice of a lemon or orange into it. A dish of rice to be boiled and served up by itself. MARTHA LLOYD.

INGREDIENTS:
• 1 kg / 32 oz / 2 lbs Boneless Chicken cut in pieces
• 1-2 tsp salt
• 225 g / 8 oz / 1 cup of Butter
• 2 tbsp Garlic, minced
• 1 large Onion, diced
• 2-3 tsp Curry Powder
• 2 tsp Orange Juice

Serves 4

Place your chicken in a large saucepan and add water until the chicken is just covered, sprinkling the salt over the whole. Cover the pan and bring the water to a boil. Allow the chicken to simmer, covered, until cooked, about 15 or 20 minutes.
Once the chicken is cooked, remove the pan from the heat, and strain the broth off the chicken, reserving it for later. Put the chicken aside in a separate bowl.
Return the saucepan to the heat and add the butter. Allow the butter to brown slightly and then add the onion and garlic, stirring often so that they don’t burn.
When the onion is browned, return the chicken to the pan and add the curry powder to the mixture. Stir the pan often until the chicken is nicely browned. Add the broth and juice to the pan and bring the whole back to a slow boil. Continue to simmer until the chicken reaches the desired tenderness (whether fork tender or shredded.) Serve over rice.
Fowls of every size and type were to be found on Regency tables. Most country homes, from small rectories to the grandest houses, kept their own poultry yards containing pheasant, Guinea fowl, and other more exotic birds along with the usual chickens, turkeys and geese. These were tended by dairymaids, though overseen by the housekeeper or lady of the house.

**To Roast Large Fowls**

Take your fowls when they are ready dressed, put them down to a good fire, singe, dust and baste them well with butter; they will be near an hour roasting, make a gravy of the necks and gizzards, strain it, put in a spoonful of browning; when you dish them up, pour the gravy into the dish.

ELIZABETH RAFFALD

Preheat your oven to 160° C / 325° F. Remove the neck and gizzards from your chicken and set these aside. Pat your chicken dry and place it on a baking rack in your roasting pan. Sprinkle it with 60 g / ¼ cup flour, rubbing it in so that it is fully coated. Melt 2 tbsp butter and pour this over the chicken, spreading it with a basting brush, if necessary, to ensure even coverage.

Roast the chicken for 50-60 minutes (13-15 minutes per pound) until fully cooked and browned on top. Larger birds may be prepared in the same way.

While the chicken is roasting, place the neck and gizzards in a saucepan with 2 cups of water. Bring them to a boil and simmer, covered, for 20 minutes. Strain the broth through a colander and discard the meat and bones. Return the broth to the pot and bring it back to a boil. Add one tablespoon of butter, rolled in 1 tablespoon of flour and 1 tsp gravy browning. Stir well to eliminate lumps and reduce heat to low. Keep warm until you are ready to serve your chicken.
Though England had been described as a nation of beefeaters, by Jane Austen’s era times were changing. French cooking had become fashionable and the heavy foods of previous generations were being set aside in favor of light and pretty dishes, such as this fricassee, which like many things, sounds lovely and complicated, but is really a simple dish of meat cut into pieces and stewed in gravy. Regardless of the origins, Mary Musgrove, with her artificial importance and modern mind and manners, would no doubt have approved.

To Make a White Fricasey

Take two chickens, and cut them in small pieces, put them in warm water to draw out the blood, then put them into some good veal broth, if no veal broth, a little boiling water, and stew them gently with a bundle of sweet herbs, and a blade of mace, till they are tender; then take out the sweet herbs, add a little flour and butter boiled together, to thicken it a little, then add half a pint of cream, and the yolk of an egg beat very fine; some pickled mushrooms: the best way is to put some fresh mushrooms in at first; if no fresh then pickled: keep stirring it till it boils up, then add the juice of half a lemon, stir it well to keep it from curdling, then put it in your dish, Garnish with lemon. HANNAH GLASSE

Cut your chicken into pieces and place them in a large sauce pan with the broth, the herbs and mace. Boil over a medium heat for 15-20 minutes or until the chicken is cooked through. While your chicken is stewing, in another saucepan, melt your butter and add the flour to it, stirring well, to create a paste, to create a roux. Once the chicken has cooked, remove the herbs (if using fresh) and add the roux to your broth to thicken it.

Warm your cream with the egg yolk over a low heat, stirring well to combine the two. Add this mixture to your chicken and broth, along with the mushrooms. Continue cooking over a medium heat, stirring well for an additional five minutes.
Most period cookbooks offered suggested menu ideas for different gatherings and even different months of the year, based on what would be seasonable and fresh at the time. Some cookbooks even contained suggested table settings, like this one, giving hostesses and housekeepers an idea of how to fit so many dishes onto one table. A “remove” indicated just that—after being served, the dish was to be removed and replaced by another. A family dinner might consist of a single course with fewer dishes to choose from.

Mrs. Bennet had been strongly inclined to ask them to stay and dine there that day; but, though she always kept a very good table, she did not think anything less than two courses could be good enough for a man on whom she had such anxious designs, or satisfy the appetite and pride of one who had ten thousand a year.

Pride and Prejudice
Desserts, during Jane Austen’s life, were not confined to an array of sweet edibles; nor were foods which we consider dessert restricted to after dinner consumption. A Regency dessert spread was far more likely to contain fruit, cheese, pickled vegetables and some variety of cookies or biscuits. Plumb cakes and pound cakes were more likely to be seen at breakfast than dinner and apple pies took pride of place on the dinner table alongside the roast turkey and boiled carrots. Until the turn of the 19th century puddings, rather than potatoes or bread, formed the greatest part of starch in a meal and might well have been made with fruits and spices instead of the savory seasonings you’d expect.

Tea time offered another opportunity to partake of cakes, cookies and biscuits, and it always helped to have a little something on hand to share with visitors who stopped by. Evening parties required additional baking, though the standard was a bit higher and the food more fashionable. Rout-cakes and ices or ice cream were *di rigueur* for Mrs. Elton’s Bath sensibilities.

Some special desserts were indelibly associated with certain holidays, like mince pie at Christmas. Others were dependant on which fruits could be found in season. Apples and dried fruits could be kept for months on end and therefore show up in any number of recipes. Other fruits might be served fresh or preserved for later use.

The use of fresh apricots in the apricot ice cream proves that this was a dish for the wealthy. Ice would have had to have been purchased in the winter and stored underground in a specially built ice house in order to be available in June when the fruit was ripe. This amount of preparation and special storage made it unattainable to the lower orders, and once the ice was used up, there would be no more until the next winter.

To create your own Regency Style dessert spread, choose a fine selection of fresh, seasonable fruit, a variety of cheeses, some pickles and some olives. Prepare a few types of cookies and display it all prettily in the centre of your table, using tiered serving pieces, if possible. Good quality ice cream, sorbet or a syllabub would also be appropriate.

Many of the recipes contained in this section were actually intended to be served with dinner and would make lovely, if surprising side dishes for a dinner party.
Anna Austen’s Apple Snow

One can easily imagine the abundant fruit from Steventon’s gardens being used to create this light and airy dessert. Elizabeth Raffald offers a similar dish in her book, *The Experienced English Housekeeper*, and closes with this final suggestion, “Lay it upon a china dish, and heap it up as high as you can, and set round it green knots of paste, in imitation of Chinese rails; stick a sprig of myrtle in the middle of the dish, and serve it up. It is a pretty corner dish for a large table”.

**Apple Snow**
Core and pare a lb of apples boil or steam them until tender and put them on a strainer to drain–add six oz of find loaf sugar and two whites of eggs whipt to a froth by itself–whip up the apples also separately then put altogether and whisk it up for a full hour until it looks like snow. MARTHA LLOYD.

Peel and core your apples and place them in a saucepan with 250 ml / 1 cup of water. Boil covered over a medium heat for 15 – 20 minutes or until they are very soft. Turn them out into a strainer to drain.

While your apples are boiling, whip two egg whites until stiff peaks form. Recently experts have begun to advise against consuming raw eggs. For this reason, meringue powder maybe used instead. Follow the instructions on the package for the equivalent of two egg whites.

Once your apples have drained, place them in a bowl and whip them until somewhat smooth, like applesauce. Stir in your sugar–a little more or a little less depending on your taste–and fold in your egg whites. You may wish to whip up the mixture again once you’ve added all the ingredients. This creates a light and fluffy dessert, which does look like snow. For a decorative touch, pipe the mixture into your serving dishes using a large tipped icing bag.

**INGREDIENTS:**
- 3-4 medium sized Apples
- 80-120 ml / 4-6 oz / ½-¾ cup White Sugar
- 2 Egg Whites or Meringue Powder equivalent

Serves 4
To Make Ice-Cream

Pare and stone twelve ripe apricots, and scald them, beat them fine in a mortar, add to them six ounces of double refined sugar, and a pint of scalding cream, and work it through a sieve; put it in a tin with a close cover, and set it in a tub of ice broke small, with four handfuls of salt mixed among the ice. When you see your cream grows thick round the edges of your tin, stir it well and put it in again till it is quite thick; when the cream is all froze up, take it out of the tin, and put it into the mould you intend to turn it out of; put on the lid and have another tub of salt and ice ready as before; put the mould in the middle, and lay the ice under and over it; let it stand for four hours, and never turn it out till the moment you want it, then dip the mould in cold spring water, and turn it into a plate. You may do any sort of fruit the same way. HANNAH GLASSE

Bring a saucepan of water to a boil. Score the bottom of each apricot and place them in the pan. Let them boil furiously for 3 minutes. Drain the apricots in a colander and rinse them in cold water. The skins will now slip easily from them. Slice them in half and remove the pits.

Place the apricots, cream and sugar into a blender and purée until smooth. Pour this mixture into a dish with a tight fitting lid and place it in the freezer.

After 1 ½ hours, stir the ice cream so that it is smooth once more and return it to the freezer. Continue this process every few hours until it is semi-hard. Spoon the mixture into prepared moulds or allow it to harden in the dish and serve it in small scoops. You may also use an ice cream maker to speed this process and produce a uniformly creamy ice cream. Follow the manufacturer’s instructions.

INGREDIENTS:
• 12 ripe apricots
• 170 g / 6 oz / ¾ cup Powdered Sugar
• 500 ml / 16 fl oz / 2 cups of Heavy Cream

Serves 6-8

Anne Elliot's Apricot Ice Cream
When Jane Austen wrote the character of Mrs. Norris, the Bertram’s spunging aunt, she may well have had her own aunt, Jane Leigh-Perrot in mind. Mrs. Leigh-Perrot was involved in at least two altercations over suspected theft from various shops in Bath. Although she was acquitted in the one case that went to trial, there are some who have doubts about her innocence. Ironically, the official record for the trial, printed in 1800, was printed by a Mr. Thomas Norris.

**Spunge Cake**

Weigh ten eggs, and their weight in very fine sugar, and that of six in flour; beat the yolks with the flour; and the whites alone, to a very stiff froth; then by degrees mix the whites and the flour with the other ingredients, and beat them well half an hour. Bake in a quick oven an hour. ELIZABETH RAFFALD

Preheat the oven to 160° C / 325° F. With an electric mixer, whip the whites of the eggs until stiff peaks form. Set these aside. In a new bowl, beat the egg yolks until foamy and then add the sugar, continuing to beat the mixture. When the sugar is incorporated, add the flour and finally fold in the whites.

Pour this batter into an ungreased, non-fluted tube pan. Bake the cake for one hour. When the cake is finished, remove it from the oven and allow it to cool upside down, in the pan, on a cooling rack. Once the cake is cool, run a knife around the inside edge of the pan to loosen the cake from the sides before inverting onto a plate.

A popular way of serving sponge cake was to spread jam between two thin slices and top with whipped cream. This cake is also lovely iced or with preserved fruit ladled on top.

**INGREDIENTS:**

- 10 Eggs, separated
- 570 g / 20 oz / 2 ½ cups Sugar
- 170 g / 6 oz / 1 ½ cup Flour

Serves 16
Cassandra Austen was Jane Austen’s dearest friend and confidant, as well as her only sister. Much of what we know of Austen’s personal life is the result of the letters exchanged between these sisters over the course of Jane Austen’s life.

Custards, rich concoctions of milk, eggs and spices have been made for centuries. The basic recipe is the base of many other dishes including baked meats, frozen ices and crème desserts. It is simple to prepare and loved by both children and adults, though Mr. Woodhouse certainly felt obliged to recommend against it.

A Custard

Sweeten a quart of new milk to your taste; grate in a little nutmeg, beat up eight eggs well (leaving out half the whites) stir them into the milk, and bake them in china cups, or put them into a deep china dish. Have a kettle of water boiling, set the cups in, let the water come about half way, but do not let it boil too fast, for fear of its getting into the cups. You may add a little rose-water, and French brandy.

SUSANNAH CARTER

INGREDIENTS:
• 500 ml / 16 fl oz / 2 cups Whole Milk
• 2 Eggs + 2 Egg Yolks
• ½ tsp Nutmeg
• ¼ tsp Rose Water, Brandy or Vanilla

Preheat your oven to 180 °C / 350° F.

In a blender, combine the milk, eggs, nutmeg and seasoning of choice. Purée until smooth.

Place 6 porcelain ramekins or custard cups in a large, deep baking dish and divide the mixture evenly between them. Pour hot water in the dish until it reaches half way up the sides of the cups. Place the whole pan in the oven and bake for 45 minutes. Cool slightly before serving, or serve chilled with fresh fruit and whipped cream.

Serves 6
In period cookbooks you will often find recipes for little cakes. These are not, as one might imagine, small cakes, such as cupcakes, but rather, cookies. Some instructions, like these from Elizabeth Raffald, sound almost like modern sugar cookies, “roll it thin, and cut it with the top of a canister or glass. Bake fifteen minutes on tin-plates.”

You will find recipes similar to this in many countries in Europe, making it, perhaps, the most beloved cookie around the world. It is extraordinarily easy to prepare and the result is delicious; perfect for pairing with a cup of tea or dish of ice cream.

**To make Fine Little Cakes (Another Sort)**
A Pound of flour, and a half a pound of sugar: beat half a pound of butter with your hand and mix them well together. Bake it into little cakes. HANNAH GLASSE

Preheat your oven to 200° C / 400° F.

Cream the butter and sugar together in an electric mixer. Add in the flour and continue mixing until a stiff dough forms. Roll this out to ½ cm / ¼ in on a floured surface. Cut into 5 cm / 2 in rounds and place 5 cm / 2 in apart on an ungreased cookie sheet. Bake for 8-10 minutes until lightly browned around the edges.

Let the cookies cool on the sheet for a few minutes before removing them to a wire cooling rack.

**INGREDIENTS:**
- 225 g / 8 oz / 1 cup of Butter, softened
- 225 g / 8 oz / 1 cup granulated Sugar
- 450 g / 16 oz / 2 cups of Flour

Makes 4 Dozen Cookies
Strawberries, as a cultivated fruit, were developed in the early 1700s. Donwell Abbey’s famous strawberry beds were, therefore, a relatively recent addition to the grand old manor. Jane Austen, who mentions several strawberry gathering expeditions in her letters, could have been speaking for herself when she wrote, “The best fruit in England—everybody’s favourite—always wholesome.—These the finest beds and finest sorts.—Delightful to gather for oneself.—the only way of really enjoying them”.

To preserve Strawberries whole
Take equal weights of the fruit and double-refined sugar; lay the former in a large dish, and sprinkle half the sugar in fine powder over; give a gentle shake to the dish, that the sugar may touch the under side of the fruit. Next day make a thin syrup with the remainder of the sugar, and, instead of water, allow one pint of red-currant juice to every pound of strawberries; in this simmer them until sufficiently jellied. Choose the largest scarlets, or others, when not dead ripe. In either of the above ways, they eat well served in thin cream, in glasses.

MARIA ELIZA KETELBY RUNDuell

Place the strawberries in a bowl and sprinkle one cup of powdered sugar over them. Stir the dish so that the strawberries are coated in sugar on all sides. Cover the dish and refrigerate it for 12 hours or overnight.

In a saucepan, combine the currant juice and remaining sugar. Bring this mixture to a boil, stirring constantly. Allow the juice to come to a boil and simmer for 5 minutes. Add the berries and continue to simmer them until the desired consistency is achieved. The longer they boil, the thicker the syrup will become.

Serve the berries, cooled, in a tall glass with 4 oz / ½ cup cold cream poured over each serving or spoon the berries and their syrup over a slice of sponge cake. Garnish with whipped cream.

INGREDIENTS:
- 450 g / 16 oz / 1 lb ripe Strawberries, washed and hulled
- 450 g / 16 oz / 2 cups Powdered Sugar
- 500 ml / 16 fl oz / 2 cups Currant Juice or other red fruit juice
- 250 ml / 8 fl oz / 1 cup Cream

Serves 4
Lady Lucas’ Mince Pie

Although Mrs. Bennet makes a sly jab at Charlotte Lucas for being home advising the staff on how to prepare the mince pies, it is clear that she is a much better manager and housekeeper than either Mrs. Bennet or her daughters are likely to be.

Mince pies are often associated with Christmas, and for good reason. They are the Christmas pies referred to in Medieval times, though these were generally rectangular, to represent the Christ child’s cradle. The dried fruits and spices symbolized the three gifts of the Magi. Many mince pies contained chopped meat as well as spices. The brandy used in the filling acted as a preservative, allowing large quantities to be made up at one time and stored until use. I’ve pared down this recipe to make enough filling for one large pie. If you choose to replace the brandy with juice, use the filling immediately; it won’t store well.

To Make A Mince Pie Without Meat
Chop fine three pounds of suet, and three pounds of apples, when pared and cored, wash and dry three pounds of currants, stone and chop one pound of jar raisins, beat and sift one pound and a half of loaf sugar, cut small twelve ounces of candied orange peel, and six ounces of citron, mix all well together with a quarter of an ounce of nutmeg, half a quarter of an ounce of cinnamon, six or eight cloves, and half a pint of French Brandy, pot it close up and keep it for use.

ELIZABETH RAFFALD

Preheat your oven to 220° C / 425° F.
Mix together the suet, apple, raisins and sugar. Add the remaining spices, fruit and brandy or juice. Line a deep dish pie plate with pastry, and add the mince filling. Roll out the remaining crust and cut a pattern in the top to vent the pie. Place the top crust on the pie and crimp the edges together.
Bake for 35-40 minutes.
Lady Susan’s Sinfully Delicious Syllabub

Syllabub was a popular dessert for centuries due to its festive appearance and light and airy texture. Early recipes call for making it directly from a cow, though some allowed that new milk, poured from a height would work as well. The quantity of white wine added would determine the consistency qualifying whether the mixture would be a creamy dessert or enjoyed as a punch.

**To Make Solid Syllabub**

To a quart of rich cream put a pint of white wine, the juice of two lemons, the rind of one grated, sweeten it to your taste, mill it with a chocolate mill till it is all of a thickness; then put it in glasses, or a bowl, and set it in a cool place till next day.

HANNAH GLASSE

With an electric mixer, whip the heavy cream until stiff peaks form. Add the sugar and lemon peel and continue whipping the cream while you slowly pour in the wine or juice and lemon juice. The mixture will be soft and may be served immediately, or refrigerated until the next day. It will be slightly stiffer, when served cold, though minor separation occurs when the Syllabub is allowed to stand for any period of time.

Serve in glass goblets.

**INGREDIENTS:**

- 500 ml / 16 oz / 2 cups Heavy Cream
- 250 ml / 8 fl oz / 1 cup White Wine or clear juice
- 3 tbsp Lemon Juice
- 1 ½ tbsp grated Lemon Peel
- 60 g / 2 oz / ¼ cup Powdered Sugar

Serves 4
The bake house, like the one at Chawton cottage, was quite often a detached building as an added measure of safety against fire and to preserve the house from the heat of year round baking. As the Bates had no bake house, they were obliged to rely on Mrs. Wallis to bake their apples.

Jane Fairfax’s enjoyment of the apples sent by Mr. Knightley is clear from Miss Bates’ rambling conversation with Emma, “There is nothing she likes so well as these baked apples, and they are extremely wholesome, for I took the opportunity the other day of asking Mr. Perry…” Clearly they are a favourite in Highbury; even Mr. Woodhouse allows them to be served at Hartfield. Although the Bates’ send their apples out to be baked, in reality, they are a simple dish to prepare. You may wish to pair this dish with sweetened whipped cream or vanilla ice cream.

**Mrs. Bates’ Baked Apples**

**To Bake Apples Whole**

Put your apples into an earthen pan, with a few cloves, a little lemon-peel, some coarse sugar, a glass of red wine: put them into a quick oven, and they will take an hour baking. HANNAH GLASSE

Preheat your oven to 180° C / 350° F.

Peel and core your apples, leaving them whole. Place them in a ceramic baking dish and sprinkle the cloves, brown sugar and lemon peel on top of them. Pour 6 oz / ¾ cup wine or juice over the apples.

Bake uncovered for 1 hour. Stir occasionally if necessary to keep the juice from scorching.

Remove the apples from the dish and place them on your serving plates. Pour the remaining 2 oz / ¼ cup wine or juice into your baking dish and stir it together with the pan juices. Pour this sauce over your apples and serve.

**INGREDIENTS:**

- 4 medium sized Apples
- 12 Cloves
- 1 ½ tsp Lemon Peel
- 60 g / 2 oz / ¼ cup Brown Sugar
- 250 ml / 8 fl oz/ 1 cup Red Wine or Apple Juice, divided

Serves 4
PUDDING, SWEETS AND TEA TIME TREATS

I am glad the new cook begins so well. Good Apple Pies are a considerable part of our domestic happiness. Jane Austen to Cassandra October 17, 1815

Mrs. Bennet’s Best Apple Pie

Fruit pies have been baked since the invention of pastry. The Chawton orchards provided a bounty of apples to be baked into pies, puddings, pastries and more. No fruit is mentioned so often in Jane Austen’s novels, fruitful orchards being a sign of a worthy estate owner (i.e. suitor).

To Make an Apple Pie
Make a good puff paste crust, lay some round the sides of the dish, pare and quarter your apples, and take out the cores; lay a row of apples thick, throw in half the sugar you intend for your pie; mince a little lemon-peel fine, throw a few cloves, here and there one, then the rest of your apples, and the rest of your sugar. You must sweeten to your palate, and squeeze in a little lemon juice. Boil the peeling of the apples and the cores in fair water, with a blade of mace till it is very good; strain it, and boil the syrup with sugar till it is rich; pour it into your pie, put on your upper crust, and bake it. You may put in a little quince or marmalade, if you please. SUSANNAH CARTER

Preheat your oven to 220° C / 425° F.
Wash, pare, core and slice your apples into 8 wedges. Place the peels and cores in a sauce pan with 250 ml / 8 fl oz / 1 cup of water and 2 oz / ¼ cup sugar and ¼ tsp mace. Bring these to a boil and boil uncovered until about 175-125 ml / ¾-¼ cup of syrup remains. Strain the mixture through a colander and set the liquid aside. Discard the peels and cores.

Line a large, deep dish pie pan with half the dough, rolled thin. Layer half the apples in the bottom of the pan, top with 2 oz / ¼ cup sugar and 4 cloves. Layer the remaining apples as before and top with the remaining sugar and cloves, as well as the lemon juice and peel. Pour the syrup evenly over the whole.

Roll out your remaining dough, cut a design into it for ventilation and place it over the top of your pie. Crimp the edges and place the pie in the oven. You may wish to place it on a cookie sheet in case it boils over. Bake for 50 minutes. Serve hot or cold.

INGREDIENTS:
• Pastry for 23 cm / 9 in double crust pie
• 12 medium sized Baking Apples
• 170 g / 6 oz / ¾ cup Sugar, divided
• 1 tsp Lemon Peel
• 1 tsp Lemon Juice
• 8 Cloves or ¼ tsp Ground Cloves
• ¼ tsp Mace

Serves 8
During the Regency, evening parties were much the rage. The word rout, synonymous with large unruly gatherings, soon came to mean a fashionable assembly, or large evening party. Mrs. Elton, with all her Bath Society ways, was quite pleased to find that, though country parties might be smaller, they were no less frequent.

This was the only recipe for rout cakes that I could find in all my searching. The instructions were a bit ambiguous, though I found that flouring the cookie sheet was absolutely necessary. Rolling and then cutting the dough produced the most uniform looking cakes. You might also drop the dough by the tablespoon on your sheet or roll it into 2 ½ cm / 1 in balls.

**Rout-Cakes**

Mix two pounds of flour, one ditto butter, one ditto sugar, one ditto currents, clean and dry; then wet into a stiff paste, with 2 eggs, a large spoonful of orange-flower water, ditto sweet wine, ditto brandy, drop on a tin-plate floured: a very short time bakes them. ELIZABETH RAFFALD

Preheat the oven to 220° C / 350° F.

Cream the butter with the sugar, eggs and liquids. Slowly add the flour and once incorporated, add the currants. Roll out a little dough at a time on a floured surface and cut into 5 cm / 2 in circles.

Coat your baking sheet with flour and place your cookies about 2 in apart on the sheet. Bake for 8-10 minutes until lightly browned on the edges. Allow the cookies to cool on the sheet for a few minutes before removing them to a cooling rack to finish cooling.

**INGREDIENTS:**
- 225 g / 8 oz / 1 cup Butter, softened
- 150g / 5 oz / 1 cup Sugar
- 225 g / 8 oz / 2 cups White Flour
- 1 Egg
- 1 tbsp Orange Water or Orange Extract
- 1 tbsp White Wine or Milk
- 1 tbsp Brandy or Brandy Extract
- 150g / 5 oz / 1 cup dried Currants

Makes 3 Dozen Cookies
Mrs. Musgrove’s Christmas Pudding

Plum Puddings have long been associated with the Christmas Season. In this recipe, as in most other “Plumb” recipes of the time, raisins take the place of the plums or prunes modern cooks would expect. This recipe calls for a melted butter sauce and is meant to be served fresh, unlike its Victorian counterpart with its treacle, molasses and flaming Brandy. If garnishing with fresh holly, remember that the berries are toxic and best replaced or removed before serving.

Boiled Plumb Pudding
Shred a pound of beef suet very fine, to which add three quarters of a pound of raisins stoned, a little grated nutmeg, a large spoonful of sugar, a little salt, some white wine, four eggs beaten, three spoonfuls of cream, and five spoonfuls of flour. Mix them well, and boil them in a cloth three hours. Pour over this pudding melted butter, when dished. SUSANNAH CARTER

INGREDIENTS:
- 450 g / 1 lb Beef Suet, finely chopped
- 420 g / 14 oz / 2 ½ cups Raisins
- 1 tsp Nutmeg
- 1 tbsp Brown Sugar
- ½ tsp Salt
- 180 ml / 2/3 cup White Wine
- 4 Eggs
- 5 tbsp Flour, plus extra for dusting
- 3 tbsp Cream
- 60 cm x 60 cm / 2' x 2' Muslin Cloth and Kitchen String

Serves 8
Jane Austen’s mother, Cassandra, was known to have a sparkling wit and a fine aristocratic nose (which she was pleased to have passed along to her children). She also had a wonderful sense of rhyme. The following recipe, found in Martha Lloyd’s household book, is attributed to her.

A Receipt for a Pudding.

If the vicar you treat,
You must give him to eat,
A pudding to his affection.
And to make his repast
By the Cannon of Taste,
Be the present receipt your direction.

First we take 2 lbs. of bread,
Be the crumb only weigh’d,
For the crumb, the good wife refuses.
The proportions, you’ll guess
May be made more or less,
To the size the family chuses.

Then it’s sweetness, to make;
Some currants you take,
And sugar, of each a half pound.
Be butter not forgot,
And the quantity sought
Must the same with your currants be found.

Cloves & Mace you will want
With rose water, I grant,
And more savory things, if well chosen.
Then to bind each ingredient,
You’ll find it expedient
Of eggs to put in a half dozen.

Some milk, don’t refuse it,
But boil, as you use it,
A proper pint for it’s maker.
And the whole, when complete,
[Shall be ready to eat]
With care, reccommend the baker.

In praise of this pudding,
I vouch it a good one,
Or should you suspect a fond word,
To every guest,
Perhaps it is best
Two puddings should smoke on the board.

Two puddings!-yet-no,
For if one will do,
The other comes in out of season;
And these lines, but obey,
Nor can anyone say,
That this pudding’s without rhyme or reason.
The Austens spent a great deal of time and effort on their beverages. Numerous recipes for home brewed drinks abounded and although ale, cider and small-beer had been produced at home for centuries, new recipes, like Spruce-Beer and Lemonade were becoming fashionable, non-alcoholic alternatives. Wine, widely available in a number of varieties, was offered at dinner and after supper, with hard liquor reserved for gentlemen to drink in private. The Austen ladies preserved their own fruit wines for home use, though imported wine also played a part in their household purchases.

During the Regency, tea reached a previously unimagined popularity, outstripping coffee and cocoa, and becoming a hugely profitable industry with a thriving black market. Jane, herself, bought their tea from Twinings in London and seems to have been a bit of an aficionado. Tea was enjoyed, not only at the appointed hour after dinner, but also with breakfast, with company, and as a stimulant at public and private entertainments. Tea Gardens, Tea Rooms and Pastry Cooks were all available in larger cities to the person who wished to enjoy a cup of tea or refreshment while out and about.

Other beverages were popular as well, such as syllabubs, which could be served in a solid form, to be eaten with a spoon, or, with more liquor added, as a frothy drink. Water and milk were not drunk as often in their natural state as they are now, although they were available.

The one exception to this was when taking the waters in Bath and other spa towns. The waters here refer to the warm mineral waters which fed the hot baths and pools as well as being offered for consumption in the Pump Rooms. The popularity of spa towns had reached its zenith during the Regency and cities such as Bath, Tunbridge Wells and Leamington Spa benefitted from the upsurge in tourism. The hot baths and water were thought to be particularly healthful for any number of symptoms, particularly gout and rheumatic complaints.
Cocoa, or Chocolate, as it was often referred to (chocolate as a candy had not yet been introduced) was a popular Regency drink served most often at breakfast, but sometimes in the evening as well. Creating cocoa at home took time, skill and a special pot. The chocolate pot, looking like a small samovar, stood on legs so that a heat source could be placed beneath it. The chocolate and milk were melted together, stirred from the top by a whisk, and poured out. This task would be performed at the table by one of the members of the family.

The cakes of chocolate talked about in this recipe were made by grinding cocoa beans and mixing them with sugar and spices, such as aniseed, cinnamon, cardamom, vanilla and nutmeg. The whole mixture was then moistened and formed into bricks or cakes to be used at a later date. Today’s cocoa recipes can gain a flavor of the past by including a spoonful or two of whatever spices you like best.

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**Chocolate**

Cut a cake of chocolate in very small bits; put a pint of water into the pot, and, when it boils, put in the above; mill it off the fire until quite melted, then on a gentle fire till it boil; pour it into a basin, and it will keep in a cool place eight or ten days, or more. When wanted, put a spoonful or two into milk, boil it with sugar, and mill it well. MARIA ELIZA KETELBY RUNDELL

Stir the cocoa powder with the water over a medium heat until the chocolate is completely melted into the water and the mixture boils. Stir in the sugar and reduce the heat. Pour in the milk and continue stirring the chocolate until it is scalding hot, but not boiling.

Serve piping hot with a dash of your favourite spice and a dollop of whipped cream.

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**Arthur Parker’s Fortifying Cocoa**

**INGREDIENTS:**

- 60 g / 2 oz / ¼ cup good quality Cocoa Powder
- 250 ml / 8 fl oz / 1 cup Water
- 60 g / 2 oz / ¼ cup Sugar
- 750 ml / 24 fl oz / 3 cups Milk

Serves 4-6
The first lemonade, a concoction of water, lemon juice and honey, was created in Paris in the 1500s, though sweetened lemon drinks had long been popular around the world. In 1676 a monopoly on the sale of lemonade was created by the Compagnie des Limonadiers. Their vendors wandered the streets with tanks on their backs from which they dispensed their lemonade. Since then, the French term limonade has since come to mean "soft drink" in many languages.

Although Almack’s Assembly Rooms were the place to dance and be seen in Regency London, admittance was by nontransferrable voucher only and the guest list kept exclusive by the high standards required by its “Lady Patronesses.” In an effort to avoid drunkenness and its resulting improprieties, tea and lemonade were the only beverages served in their supper rooms.

Excellent Lemonade
Take one gallon of water, put to it the juice of ten good lemons, and the zeasts of six of them likewise, then add to this one pound of sugar, and mix it well together, strain it through a fine strainer, and put it in ice to cool; this will be a most delicious and fine lemonade. ROBERT ROBERTS

Stir one cup of water, the lemon juice, lemon zest and sugar in a sauce pan over medium heat until the sugar is dissolved and it begins to boil. Allow the mixture to boil for seven minutes, stirring constantly, to create a simple syrup.

Remove your pan from the heat, and strain the syrup through a sieve into a large pitcher. Add the remaining water to the syrup and stir well. Serve chilled.

INGREDIENTS:
- 2 litres / 2 quarts of Water, divided
- 250 ml / 8 fl oz / 1 cup Lemon Juice
- 6 tbsp Lemon Zest
- 225 g / 8 oz / 1 cup of Sugar

Serves 8
Negus, a beverage made of wine, hot water, lemon juice, sugar, and nutmeg was created by Colonel Francis Negus in the early 18th century. Though Colonel Negus died in 1737, his namesake drink remained a popular fortifier on cold evenings. During the early Regency it was practically expected, along with White Soup at balls.

By Victorian times the drink had fallen from fashion and was considered more often to be a child's drink. In his 1862 book, *How to Mix Drinks*, Jerry Thomas remarks that “Negus is a most refreshing and elegant beverage, particularly for those who do not take punch or grog after supper.”

*INGREDIENTS:*
- 750 ml / 3 cups Red Wine or Cranberry Juice
- 225 g / 8 oz / 1 cup Sugar
- 3 litres / 3 quarts of Water
- ¼ - ½ tsp fresh Nutmeg

Serves 16-20

Negus

One bottle of wine, half a pound of sugar, and a lemon sliced. Pour three quarts of boiling water upon this mixture, and grate nutmeg to taste.

MARIA ELIZA KETELBY RUNDELL

In a large pot bring the water to boiling. Add the sugar and lemons and stir until the sugar is dissolved. Pour in the wine or juice and add as much nutmeg as you would wish. Serve immediately in punch cups or mugs.
COOKING WITH JANE AUSTEN AND FRIENDS

BEVERAGES

But indeed I would rather have nothing but tea.
Mansfield Park

Miss Bennet’s Perfect Cup of Tea

Regency Ladies perfected the art of brewing tea as yet another way of showing off their accomplishments as a hostess. Tea was an expensive commodity kept under lock and key. The lady of the house or possibly the housekeeper would keep the key to the tea, along with those to the sugar and wine, on her person, doling out only what was necessary, when it was required.

In Jane Austen’s books, when the “tea things” are brought in, these would be not only what we’d expect by way of tea pots, saucers, china cups, sugar and cream, but also a large hot water urn filled with boiling water, a mote spoon (for removing stray leaves from the teacup) and a slop bowl (for emptying out the last dregs of tea and bits of leaves). A typical china tea set would contain 43 pieces, including 12 tea cups and 12 coffee cups. Silver sets were much more expensive and contained fewer pieces, namely, a tea pot, coffee pot, cream jug, sugar bowl and possibly a slop bowl. To this you would add your own china cups and saucers, preferably matching, though “harlequin” sets were also acceptable if they “consist[ed] of none but the most elegant articles.”

Start by preheating your tea pot. To do this, pour very hot water into the pot, let it stand a few minutes while your water boils and then pour it out again. This will help keep your tea hot and avoid shocking the porcelain pot with the addition of boiling water.

Fill your kettle with fresh water and bring it to a rolling boil. Allow the water to boil for a few seconds, but not too long or all the oxygen will be released.

Add the loose tea leaves to your tea pot, allowing 1 tsp per cup of water to be added. You may wish to put the tea in a tea strainer before adding it to the pot, as any leaves left in the pot after brewing will continue to brew making the tea strong and bitter.

Pour the desired amount of water into your pot, cover it, and let it steep for 3 to 5 minutes (three minutes is preferable). The time varies for different types of tea, but all tea becomes bitter the longer it steeps.

Remove the leaves or pour the tea through a strainer into your tea cup.

Serve with sugar, lemon or milk. Although cream and milk seem to be used interchangeably, most authorities agree that cream works best with coffee and milk in tea.
Anna, the Duchess of Bedford, is credited with creating the ritual of afternoon tea sometime in the early to mid 1800s as a remedy against the "sinking feeling" she felt between luncheon and the late hour of Court dinners. The practice soon caught on among her friends in upper class circles and the rest is history.

Taking tea during Jane Austen's day was nothing like what the term implied a few decades later with the advent of afternoon tea.

During the Regency, tea was produced about an hour after dinner, signaling the end of the port and cigars in the dining room and gossip and embroidery in the drawing room. The lady of the house, or her daughters, if she wished to show them off to advantage, would make and pour the tea and coffee, seeing to it that all guests were served. After tea, the family and any guests might remain in the drawing room to read aloud, sew or play games together until supper (if served) or bedtime.

If dinner had been late, supper might be replaced by light refreshments served with the tea, such as toast, muffins, or cake.

Tea or wine and refreshments of some sort or other would be offered to visitors who stopped by throughout the day. Tea was also served at breakfast and could be found throughout the day at any of the popular Tea Gardens or Tea Shops, which served tea and light refreshments for a small fee.

A formal invitation to tea always implied an after dinner gathering with some sort of entertainment whether games or music or conversation. An evening such as this might end in an informal dance if there were enough partners and a willing accompanist.

When having friends to tea, the most important part is, of course, the tea. Brew fresh tea of the highest quality and serve it with coffee or cocoa if you prefer. Provide an assortment of breads, rolls, cakes, cookies and sweet treats. Use your best china and entertain with a variety of period games and music. Read aloud from the works of Jane Austen and her contemporaries or have each guest read his or her favorite passage.

As Anne Elliot says, "My idea of good company... is the company of clever, well-informed people, who have a great deal of conversation; that is what I call good company."
The first consideration, when hosting a dinner party like those held at Hartfield or Rosings Park, was the number of invited guests. Regency hostesses had an abhorrence of uneven numbers at table and therefore an unexpected or absent guest might make or break the supposed success of the party. Even numbers were preferred to the point that when Emma attends the Coles' dinner party, only the male members of the Cox family are invited to dine. This was not considered unusual or even insulting, as it would be today. The ladies of the family were invited to join the party after dinner, for the entertainment.

In Jane Austen’s day, the ladies would precede the gentlemen into the dining room and take their seats, allowing the gentlemen, except for the highest ranking male and female guests, to choose their own dinner partners. The highest ranking male would be seated to the hostess’s right (thus throwing Mrs. Bennet into a panic when seated next to Mr. Darcy) and the most highly ranked female to the right of the host, at the opposite end of the table. Once you’ve decided on your guest list and seating arrangements, a proper menu is in order. In her book, *A New System of Domestic Cookery*, printed in 1807, Maria Rundell offers the following suggestions for the planning and serving of a traditional dinner menu. Many of these recipes are included in this book. Adjust the number of dishes you serve to the formality of the occasion, though 10-15 dishes per course makes a good showing. Two courses and a dessert of fruit, cheese, olives and light sweets will leave your guests amply provided for.


Vegetables are put on the side table at large dinners, as likewise sauces, and servants bring them round: but some inconveniences attend this plan; and, when there are not many to wait, delay is occasioned, besides that by awkwardness the clothes of the company may be spoiled. If the table is of a due size, the articles alluded to will not fill it too much.”
Card parties were a popular way of spending an evening at home with a few friends, as Mr. Woodhouse is fond of doing, or collectively repaying all your social obligations in one grand (and less expensive than a dinner or ball) gesture, as Elizabeth Elliot does in *Persuasion*. Mrs. Phillips' noisy houseful of guests playing games and setting down to a little hot supper afterwards sounds like a wonderful way to while away a long evening.

Card parties were held in the drawing room (or two drawing rooms if the size of the crowd warranted it) Card tables were set up and furnished with candles and new packs of cards; a show of expense unnecessary when hosting an evening with friends. Games such as Whist, Vingt-et-un, Piquet, or Loo would be played. Instructions for these and a variety of other Regency Era card games can be found on the Jane Austen Centre’s website. Stakes might be as low as a penny or chip...or much higher depending on the recklessness of the players.

Refreshments were a necessary part of the party and might be carried around by waiters, as Mrs. Elton plans, or set up as a cold collation of cheese, meat, bread and fruit on a sideboard. A hot supper, such as Mrs. Phillips hosts, or tea, as served at the Assembly Rooms might follow. Wine and Sherry would be available, along with Port for the gentlemen.

Eliza Rundell gives a good example of the dishes that might be served at a supper in 1807, though, by then, most suppers were confined to immediate family or intimate guests. Many of these recipes can be found in this book and easily recreated at home.


The lighter the things the better they appear, and glass intermixed has the best effect. Jellies, different coloured things, and flowers, add to the beauty of the table. An elegant supper may be served at a small expense by those who know how to make trifles that are in the house form the greatest part of the meal.
COOKING WITH JANE AUSTEN AND FRIENDS

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