BOSTON SCHOOL KITCHEN

TEXT-BOOK.

LESSONS IN COOKING

FOR THE USE OF CLASSES IN PUBLIC AND INDUSTRIAL SCHOOLS.

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BOSTON:
ROBERTS BROTHERS.
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RECEIPTS FOR LESSON XX

CHOCOLATE.

I c. milk scalded. I c. hot water.

I oz. or square chocolate.
I tbsp. sugar.

Cut the chocolate in small pieces and put it with the sugar and 2 thsp. of the water into a saucepan. Stir over the fire until smooth and glossy. Add the remainder of the water gradually, and then the milk. Serve at once. Use twice as much chocolate if a richer drink be desired.

COFFEE.

1 hp. tbsp. coffee to I c. boiling water.

Reduce the proportion of coffee, taking level thsp. when several cups are required. Mix the coffee with I clean egg shell or I inch of fish skin. Put it in the pot, add the boiling water, and boil only 5 m. Set it where it will keep hot but not boil. Add ½ c. of cold water. Pour out a little and pour it back, to clean the grounds from the spout.

Questions on Lesson XX.

This is to be a general examination. Each teacher should therefore be left to prepare her own questions, being expected so to frame them as to bring out in the answer the various and complete knowledge of the pupils.

TABLE OF AVERAGE COST OF MATERIAL USED IN COOKING.

| 1 " macaroni | 1 " rice | I " tapioca | 1 "crackers | I . " citron | I "currants | I pound of raisins | I orange | 1 lemon | I box of gelatine | t cream | 1 quart of milkman's cream . | | 2 tablespoonfuls of coffee | I tablespoonful of olive oil . | Butter size of an egg | I tablespoonful of butter | teaspoonfuls of cream of tartar | 1 " " soda, and 2 | 1 " spice | 1 teaspoonful of vanilla | 1 " " brandy . | 1 tablespoonful of wine | 1 " milk | 1 cup of molasses | legg | 1 "butter | 1 " sugar | I cup of flour or meal \$0 |
|-------------------|-------------------------|----------------------|-------------------|--------------|-------------|--------------------|----------|--------------------|---------------------|-------------------|------------------------------|------------------|----------------------------|--------------------------------|-----------------------|---------------------------|---------------------------------|-------------------|-----------|--------------------------|--------------------|-------------------------|----------------------------|-------------------|------------|-------------------|---------------|----------------------------|
| .18 | 8 | 9 | ë. | .18 | .10 | .18 | 93 | 9 | .16 | 60 | 15 | ဗ္ | 9 | 02 | 9 | င္မ | 9 | | .02 | 8 | 0 | 20. | 8 | 05 | <u>е</u> | 20 | 90 | \$0.01 |
| I head of lettuce | I bunch of watercresses | I handful of parsley | I bunch of celery | I turnip | I carrot | 1 quart of onions. | "apples | 1 peck of potatoes | 1 "Parmesan cheese. | I pound of cheese | Package of whole herbs | ‡ "herbs, ground | t " mustard | ‡ "ginger | t " cloves, cassia | t mace | t " nutmeg | I "chocolate | 1 coffee. | I pound of tea | I jar of marmalade | I tumbler of jelly | 1 "devilled ham and tongue | 1 " lobster | 1 " salmon | I can of tomatoes | 1 "cornstarch | I pound of spaghetti |
| .10 | .0 | .05 | 20 | 25 | .02 | i. | ė, | 25 | .50 | .18 | .08 | .10 | .12 | .10 | .15 | | 22 | Š | 88 | .75 | .25 | | | .15 | . 18 | .15 | ë | \$0.16 |

These prices are for the best materials, and are estimated for the season, from October to June, when butter and eggs are higher than during the summer.

TABLE OF COST OF MEAT AND GAME.

| eck, | | | | ē | . | Mutton, leg, | | Heart, | Tripe, honey-comb, | Tripe, plain, | | Flank, | Boneless brisket, | Brisket, | corned, | Second cut rib, | Chuck rib, | Second cut of rib, | | Tip of sirloin, | Small . | ě | Sirloin, | Back " | Middle " | Face of rump, | Aitch bone, | f round, | | round, | Lower part of | Middle cut of shin, 7 to 10 " | Shim of beef, |
|---------------------------------------|-----------------------|--------------------|---------------------|--|--------------|-----------------|------------------------|----------------|-----------------------|-----------------------|--------------|-------------|-------------------|-------------|--------------|-----------------|-------------|--------------------|--------------|-----------------|-----------------|-------------------|--------------|---------------|---------------|---------------|--------------|--------------|--------------|--------------|---------------|-------------------------------|-----------------------|
| ಕ : | 8 to 12 " " | | 15 to 25 " " | 15 to 90 " " | 14 to 20 " " | 12 to 20 " " | 7 to 12 " " | 3 to 10 " " | , 15 " " | 6 to 18 " " | 10 to 12 " " | 6 to 11 " " | 15 " " | 8 to 12 " " | 12 to 15 " " | | 7 to 14 " " | 15 to 20 " " | 17 to 25 " " | 22 to 30 " " | 30 to 45 cts. " | 75 c. to \$1.00 " | 28 to 33 " " | 22 to 30 '' " | 25 to 28 " " | 17 to 22 " " | " " OI ot 8 | 20 to 25 " " | 20 to 25 " " | 13 to 15 " " | | ,7 to 10 " " | 3 to 6 cts. per lb. |
| · · · · · · · · · · · · · · · · · · · | Ouail Ouail | Sough same, | Diggon tame | Diamon mild | Partridge | Grouse. | back, | Ducks, Canvas- | Ducks, tame, | Ducks, wild, | Chickens, | Fowl, | | Sausage, | | Lard, | | _ | | | | | Calf's head, | Calf's heart, | Calf's liver, | Sweetbreads, | Veal, breast | | ⊴ | _ | Lamb, fore | | lb. Lamb, leg, |
| #1.50 to #9.00 | #2.50 to #4.50 per d. | es to a cts. each. | 19: 10 %2.UU per d. | 10 00 00 00 00 00 00 00 00 00 00 00 00 0 | 75 4 61 05 | 75 c. to \$1.25 | \$1.50 to \$2.00 each. | | 20 to 37 cts. per lb. | 25 c. to \$1.50 each. | 18 to 75 " | 12 to 30 " | 20 to 35 " | 12 to 20 " | 8 | 11 to 15 " | 8 | \$ | ₹ | 8 | to 15 " | ខ | to 60 " | ₽ | to 70 " | ₽ | ♂ | ଟ | ₹ | 10 to 25 " | | 15 to 40 " | 14 to 30 cts, per lb. |

TABLE OF THE COST, Erc., OF FISH.

[Where no time is specified the fish are always in season.]

| Per Ib. S to 20 lbs. Whole. Season. | | | | zu to 35 cts. per 1b. | omoked risn. |
|--|---------------|------------|--------------|------------------------|---------------|
| Cost. Weight. How Sold. Whole. Cits. per lb. 5 to 8 lbs. Whole. Whole. Cits. per lb. 1 to 5 lbs. Whole. By the lb. May to in Maych Cits. per lb. 4 to 10 lbs. Whole. Spring ts. in May. 4 lbs. Whole. First per lb. 3 to 8 lbs. Whole. Whole. First per lb. 4 lbs. Whole. Whole. First per lb. 4 lbs. Whole. Whole. First per lb. 4 lbs. Whole. Whole. Spring ts. in May. Cits. per lb. 4 lbs. Whole. Whole. Spring ts. in May. Whole. Whole. Spring ts. in May. Whole. Whole. Whole. Whole. W | 2.00 | · | | 10 cts. per lb., best. | |
| Cost. Weight. How Sold. Whole. Cits. per lb. 5 to 8 lbs. Whole. Whole. Cits. per lb. 1 to 5 lbs. Whole. By the lb. May to in May. May. Whole. Spring ts. in May. 4 to 10 lbs. Whole. Whole. Spring ts. in May. 4 to 10 lbs. Whole. Spring ts. in May. 4 to 10 lbs. Whole. Fig. 10 lbs. Whole. Spring ts. in May. 4 lbs. Whole. 4 l | Mar. & Anr | · · | : | 20 cts. per dozen. | Herring. |
| Poet Ib. Sto 20 lbs. Whole. Whole. Whole. Whole. Whole. Whole. Cts. per Ib. 5 to 8 lbs. Whole. Whole. Whole. Whole. Whole. Whole. Spring ts. in May. Sta. Spring ts. in May. Sta. Spring ts. in May. Spr | , | | | dozen. | |
| Post Pow Sold Po | Summer | - | : | \$1.25 to \$1.50 per | Crabs. |
| Per Ib. S to 20 lbs. Whole. Whole. Cts. per Ib. 5 to 8 lbs. Whole. Whole. Octs. per Ib. 4 to 5 lbs. Whole. Octs. per Ib. 4 to 10 lbs. Whole. Spring is. in May. Whole. Spring is. in May. Average per Ib. S to 8 lbs. Whole. Spring is. in May. S to 8 lbs. Whole. Spring is. in May. S to 8 lbs. Whole. July to per Ib. S to 8 lbs. Whole. Spring. S to 1 lb. S to 1 lb. S to 2 lbs. S to 3 lb. S to 4 lbs. | | | | the shell. | |
| Cost. Weight. How Sold. Whole Cts. per lb. 5 to 8 lbs. Whole Whole Cts. per lb. 5 to 8 lbs. Whole Whole Cts. per lb. 5 to 8 lbs. Whole Whole Cts. per lb. 5 to 8 lbs. Whole Whole Cts. per lb. 4 to 10 lbs. Whole. Spring ts. in May. 6 to 8 lbs. Whole. Spring ts. in May. 6 to 8 lbs. Whole. July to 9 to 10 lbs. State of 10 lbs. Whole. July to 5 tos. per lb. 4 lbs. Whole. Whole. July to 5 tos. per lb. 8 to 8 lbs. Whole. Whole. Spring ts. per lb. 4 lbs. Whole. Spring ts. per lb. 1 to 4 lbs. Whole. Summe per lb. 1 to 4 lbs. Whole. Spring ts. per qt. 40 Whole. Spring ts. 40 Whole. 4 | | | | | |
| Cost. Weight. How Sold. Whole cts. per lb. 5 to 8 lbs. Whole Whole cts. per lb. 5 to 8 lbs. Whole whole cts. per lb. 4 to 5 lbs. Whole. By the lb. Octs. per lb. 4 to 10 lbs. Whole. Spring ts. in May. 6 cts. per lb. 4 lbs. Cts. per lb. 4 to 8 lbs. Whole. June to per lb. 4 to 8 lbs. Whole. July to 5 cts. per lb. 4 to 8 lbs. Whole. Spring ts. in May. 6 cts. per lb. 4 to 8 lbs. Whole. July to 5 cts. per lb. 5 to 8 lbs. Whole. Spring ts. in May. Whole. Spring ts. in May. State lb. 1 to 4 lbs. Whole. Spring. Cts. per lb. 1 to 4 lbs. Whole. Spring. Cts. per qt. 1 to 2 lbs. Whole. Spring. Cts. per qt. 1 to 2 lbs. Sept. to 5 cts. per qt. 1 to 2 lbs. 1 | , | | _ | 20 cts. per qt.; 40 | Clams. |
| Cost. Weight. How Sold. Whole. Cots. per lb. 5 to 8 lbs. Whole. Whole. Some lb. 5 to 8 lbs. Whole. Whole. Spring lb. Cots. per lb. 4 to 5 lbs. Whole. Spring lts. in May. Whole. Spring lts. in May. Cots. per lb. 4 to 10 lbs. Whole. Spring lts. in May. Whole. Spring lts. in May. Cots. per lb. 4 lbs. Whole. Whole. Spring lts. in May. Whole. Whole. Spring lts. in May. Whole. Spring lts. Spring. Cots. per lb. Summe per lb. 1 to 4 lbs. Whole. Spring. Cots. per lb. 1 to 2 lbs. Whole. Spring. Cots. per lb. 1 to 2 lbs. Whole. Spring. Cots. per lb. 1 to 2 lbs. Whole. Spring. Cots. per lb. 1 to 2 lbs. Whole. Spring. Cots. per lb. 1 to 2 lbs. Whole. Spring. Cots. per lb. 1 to 2 lbs. Whole. Spring. Cots. per lb. 1 to 2 lbs. Whole. Spring. Cots. per lb. 1 to 2 lbs. Whole. Spring. Cots. per lb. 1 to 2 lbs. Whole. Spring. Cots. per lb. 1 to 2 lbs. Whole. Spring. Cots. per lb. 1 to 2 lbs. Whole. Cots. per lb. Cots. per lb. To 2 lbs. Whole. Cots. per lb. To 2 lbs. Whole. Cots. per lb. To 2 lbs. Whole. Cots. per lb. Co | Sept. to May. | : | : | 35 to 50 cts. per qt. | Oysters. |
| Cost. Weight. How Sold. Whole. Cost. per lb. 5 to 8 lbs. Whole. Whole. Spring ts. in May. Cots. per lb. 4 to 10 lbs. Whole. Spring ts. in May. Cots. per lb. 4 to 10 lbs. Whole. Spring ts. in May. Cots. per lb. 4 to 10 lbs. Whole. Spring ts. in May. Whole. Spring ts. in May. Cots. per lb. 4 to 10 lbs. Whole. July to per lb. 4 lbs. Whole. Spring ts. per lb. 4 lbs. Spring ts. per lb. 4 lbs. Spring ts. per lb. 5 cts. per lb. 4 lbs. Spring ts. per lb. Sto a lb. Whole. Spring ts. per lb. Summe per lb. 1 to 4 lbs. Whole. Spring ts. per lb. May ts. per lb. 4 lbs. Whole. Spring ts. per lb. Whole. | | | to 2 lbs. | | Lobsters. |
| Per Ib. S to 20 lbs. Whole. Winter | , | | to 1 lb. | _ | Bels. |
| Per Ib. S to 20 lbs. Whole. Whole. Sen | April to Oct. | | _ | 5 to 25 cts. each. | Mackerel. |
| Per Ib. S to 20 lbs. Whole. Whole. Sen | Spring. | | | 75 cts. per lb. | Trout, Brook. |
| Weight How Sold Yend Sen | | | to 4 lbs. | per lb. | Pickerel. |
| Weight. How Sold. Sen 3 to 20 lbs. Whole. 5 to 8 lbs. Whole. 5 to 8 lbs. Whole. b By the lb. Whole. Spring b. 4 to 10 lbs. Whole. June to Whole. July to Whole. July to Whole. July to Whole. July to S to 8 lbs. Whole. July to S to 8 lbs. Whole. Spring S to 8 lbs. Whole. July to S to 8 lbs. Whole. July to S to 8 lbs. Whole. July to | Summer. | : | : | zen. | Perch. |
| Weight. How Sold. Sea State of the Prince of | Sept. to Mar | : | \ 8 to a lb. | Ģ | Smelts. |
| Weight. How Sold. 3 to 20 lbs. Whole. 5 to 8 lbs. Whole. 5 to 8 lbs. Whole. 6 to 10 lbs. Whole. 6 tay. 7 lb. 4 to 10 lbs. Whole. 7 lb. 4 to 10 lbs. Whole. 8 Whole. 9 Whole. 1 to 8 lbs. Whole. 1 Whole. 1 to 8 lbs. Whole. | July to Sept | By the lb. | | 15 cts. per. lb. | nsm-nsm- |
| Weight. How Sold. 3 to 20 lbs. Whole. 5 to 8 lbs. Whole. 5 to 8 lbs. Whole. 6 to 10 lbs. Whole. 6 the whole. 7 the whole. 8 the whole. 8 the whole. 9 the whole. | | | | ir ib. | bass. |
| Weight. How Sold. 3 to 20 lbs. Whole. 5 to 8 lbs. Whole. 5 to 8 lbs. Whole. 6 to 8 lbs. Whole. 6 to 8 lbs. Whole. 6 to 8 lbs. Whole. 1 to 5 lbs. Whole. 6 to 10 lbs. Whole. 6 to 10 lbs. Whole. 6 Whole. 7 lb. 4 to 10 lbs. Whole. 7 lb. 4 to 10 lbs. Whole. | Winter. | | lbs. | | White-fish. |
| Weight. How Sold. 3 to 20 lbs. Whole. 5 to 8 lbs. Whole. 5 to 8 lbs. Whole. 6 to 10 lbs. Whole. 6 to 10 lbs. Whole. | July to Sept | | : | 12 cts. per lb. | Lautog. |
| Weight. How Sold. 3 to 20 lbs. Whole. 5 to 8 lbs. Whole. 5 to 8 lbs. Whole. 5 to 5 lbs. By the lb. 4 to 5 lbs. Whole. Whole. | June to Oct. | | 4 to 10 lbs. | r lb. | Blue-fish. |
| Weight. How Sold. 3 to 20 lbs. Whole. 5 to 8 lbs. Whole. 5 to 8 lbs. Whole. 5 to 8 lbs. Whole. 6 to 5 lbs. By the lb. Whole. Whole. | Ą | | | 25 cts. in May. | ! |
| Weight. How Sold. 3 to 20 lbs. Whole. 5 to 8 lbs. By the lb. | Spring. | | , | \$1.25 in March | Shad. |
| Weight. How Sold. 3 to 20 lbs. Whole. 5 to 8 lbs. Whole. 5 to 8 lbs. Whole. Whole. By the lb. | Mav to Sent | | | 25 to 50 cts. per lb. | Salmon. |
| Weight. How Sold. 8 to 20 lbs. Whole. 5 to 8 lbs. Whole. 5 to 8 lbs. Whole. Whole. Whole. | | Whole. | 1 to 5 lbs. | 6 to 10 cts. per lb. | Flounders. |
| Weight. How Sold. 3 to 20 lbs. Whole. 5 to 8 lbs. Whole. 5 to 8 lbs. Whole. | | By the lb. | : | 12 to 20 cts. per lb. | Halibut. |
| Weight. How Sold. 8 to 20 lbs. Whole. 2r lb. 5 to 8 lbs. Whole. | Winter. | Whole. | 5 to 8 lbs. | 8 cts. per lb. | Cusk. |
| Weight. How Sold. | | Whole. | | 6 to 8 cts. per lb. | Haddock. |
| Weight. How Sold. | | Whole. | | 8 cts, per lb. | Cod |
| Weight How sold | Senson. | mon. | | | |
| | When in | How wold | Weight | Cost. | |