

Victorian Recipes

The Authors Christmas Pudding

(from 'Modern Cookery for private families' Eliza Acton 1860)

Flour, 3oz
Breadcrumbs, 3 oz
Suet
Stoned raisins and currants, each, 6 oz
Minced apples, 4 oz
Sugar, 5 oz
Candied peel, 2 oz
Spice, ½ teaspoonful
Salt
Few grains
Brandy, small wineglassful,
Eggs, 3

To three ounces of flour, and the same weight of fine, lightly-grated bread-crumbs, add six of beef kidney-suet, chopped small, six of raisins weighed after they are stoned, six of well-cleaned currants, four ounces of mined apples, five of sugar, two of candied orange-rind, half a teaspoonful of nutmeg mixed with pounded mace, a very little salt. A small glass of brandy, and three whole eggs. Mix and beat these ingredients well together, tie them tightly in a thickly floured cloth, and boil them for three hours and half. We can recommend this as a remarkably light small rich pudding: it may be served with German, wine or punch sauce.

(KH notes: This is more cake like than a modern Christmas Pudding. It might not keep as long so don't make it too early)

Gingerbread - Another sort

(from 'Modern Domestic Cookery' 1857 - Murray's Modern Cookery book based on Mrs. Rundell)

To ¾lb of treacle beat 1 egg strained; mix 4oz of brown sugar, ½oz of ginger sifted; of cloves, mace, allspice, nutmeg, ¼oz. together, beaten as fine as possible; coriander and caraway seeds, each ¼oz; melt 1lb of butter and mix with the above; and add as much flour as will knead into a pretty stiff paste; then roll it out, and cut into cakes.

Bake on tin plates in a quick oven. A little time will bake them.

(KH notes: I halved the recipe for the film. These are ideal for dunking, either into tea/coffee or hot wine!)

Almond Macaroons

(from 'Modern Cookery for private families' Eliza Acton 1860)

Blanch a pound of fresh Jordan almonds, wipe them dry, and set them into a very cool oven to render them perfectly so; pound them to an exceedingly smooth paste, with a little white of egg, then whisk to a firm solid froth the white of seven eggs, or of eight, should they be small; mix what the a pound and a half of the finest sugar; add these by degrees to the almonds, which the whole up well together and drop the mixture upon wafer-paper, which may be procured at the confectioner's: bak the cakes in a moderate oven over a very pale brown. It is an improvement to their fallow to substitute an ounce of bitter almonds for one of the sweet. They are sometime made with equal weight of each; and another variety of them is obtained by gently browning the almonds in a slow oven before they are pounded.

15 to 20minutes.

Fruit Jelly with Champagne

(The Royal Cookery Book by Jules Gouffes 1869)

Put 2oz of gelatine with 3/4lb of lump sugar: Beat 3 whites of egg; moisten them with 1 quart of water and the rind of a lemon; pour the whole into a stewpan containing the gelatine, and put it on the fire, stirring with a wire whisk till it boils;

Take the jelly off the fire; let it cool for a few minutes, and strain it through a jelly-bag; pour it back and strain again until it is perfectly clear;

When quite cold, add 1pint of Champagne to the jelly; Prepare a macedonie of pears and apples, cut to an olive shape and boiled in syrup at 38degrees, dried cherries and preserved apricots and greenings; Put a plain cylinder-mould in the ice; Put in 1/8-inch thickness of jelly; arrange some of the fruit at the bottom of the moulds on the jelly; pour in sufficient jelly to cover it, and continue the layer of fruit and jelly until the mould is nearly full; then let it set a little, and finish with jelly only; cover the mould with a baking sheet, with ice

on the top; let it remain in the ice for two hours; turn the jelly out of the mould and serve.

Observation - In the fruit season this jelly maybe garnished with fresh strawberries, apricots, grapes, peaches, currants etc

(KH note: I simplified this by simply using gelatine sheets, so passing the initial stage with the eggs, and adding sugar to the warm champagne . I also didn't prepare the fruit in syrup, putting in fresh raspberries in one layer only. Each layer needs to set slightly before the next one is added)

Mincemeat, without Beef

(from 'Cassell's Dictionary of Cookery')

Weigh a pound of good beef suite after chopping it as finely as possible, also a pound of stoned raisins; cut them across, but do not chop. Well wash and dry half a pound of currants, and pare, core and chop the same weight of russet apples - these are best for this purpose as they are less watery. Add two pounds of powdered sugar, a quarter of a pound of mixed candied peel - lemon, citron, and orange (minced) - a little powdered clove, two ounces of orange-marmalade, and mix the whole well together so that the ingredients may be well blended; then throw over it a quarter of a pint of brandy, and the same of sherry, but more brandy and less sherry will do. This mincemeat should be made a month before it is use. Tie it down with a bladder to exclude the air. Probably cost, 2s. 10d

(KH notes I used half the amount for the film and added a little more brandy and marmalade)

Wassail Bowl

(from 'Cassell's Dictionary of Cookery')

This wassail bowl used in ancient days to be served specially on Christmas Eve. It was brought into the banqueting hall with songs and carols, and crowned with garlands. To make it, grate half a nutmeg, and put it into a saucepans with one clove, a quarter of an ounce of grated ginger, half a small blade of mace, an inch of stick cinnamon, and two or three coriander and cardoon seeds. Pour upon these ingredients a teacupful of cold water, and let them boil.

Then add two bottles of white wine, not sweet, and three-quarters of a pound of refined sugar. Pour the mixture into a large saucepan, and set it on the fire. Break the yolks of six and the whites of three eggs into the wassail bowl.

When the wine is warm, mix a tea-cupful of it in a bowl with the eggs; when it is a little warmer, add another tea-cupful, and repeat until five tea-cupfuls have been used. Let the wine boil, and pour it upon the eggs, stirring briskly all the time to froth it. Core, but do not pare, six apples; fill the cavity with sugar, roast them, and throw them into the bowl. Serve very hot. Though sherry or madeira ought properly to be used, good raisin wine will make an excellent wassail, especially if a tumblerful of brandy be added to it.

Nesselrode Pudding

(from 'Modern Cookery for private families' Eliza Acton)

Chestnuts, 40
Syrup, 1 pint, some spoonsful
Vanilla, 1 pod
Cream, 1 pint
Yolk of eggs, 12
Maraschino, 1 glassful
Citron, 1 oz
Currants, 2 oz
Raisins, 2 oz
Whipped cream, 1 plateful
Whites of eggs beaten to snow, 3

Boil forty sound Spanish chestnuts quite tender in plenty of water, take off the husks, and pound the chestnuts perfectly with a few spoonsful of syrup; rub them through a fine sieve, and mix them in a basin with a pint of syrup made with a pound of sugar clarified, and highly-flavoured with a pod of vanilla, a pint of rich cream, and the yolks of twelve eggs; thicken the mixture like a boiled custard; when it is cold put it into a freezing pot, adding a glass of maraschino, and make it set as an iced cream; then add an ounce of preserved citron cut in dice, two ounces of currants, and as many fine raisins stoned and divided (all of which should be soaked from the day before in some maraschino with a little sugar); the whole thus mingled, add a plateful of whipped cream, and the whites of three eggs prepared as for Italian *meringue*. When the pudding is perfectly frozen, mould it in a pewter mould of the form of a pine-apple, and place it again in the ice till wanted to serve. Preserved cherries may be substituted for the raisins and currants.