

Cambridge University Press

978-1-108-04761-6 - Domestic Economy, and Cookery, for Rich and Poor: Containing an Account of the Best English, Scotch, French, Oriental, and Other Foreign Dishes

Maria Eliza Rundell

Frontmatter

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Domestic Economy, and Cookery, for Rich and Poor

Maria Eliza Rundell (1745–1828) was a phenomenally successful cookery writer. Originally compiled for her daughters, the first edition of this work was published in 1806, with improved and illustrated editions following regularly. It became one of publisher John Murray's chief assets, but after legal disputes between author and publisher over the profits, Rundell transferred the work to Longman in 1821; by 1849 it had reached its 73rd edition. The 1827 edition is reissued here. The book was the first manual of household management which aimed at completeness, including advice on servants, shopping with economy and attention to seasonal food, hygiene, and nutrition for children and invalids. It was much imitated, although apparently not used as a source by Mrs Beeton. It is surprisingly cosmopolitan, including French, German, Turkish and Indian recipes, and is a fascinating source for social historians on standards of living and fashions in food and entertaining.

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CONTAINING

AN ACCOUNT OF THE BEST ENGLISH, SCOTCH,
FRENCH, ORIENTAL, AND OTHER FOREIGN

DISHES ;

PREPARATIONS OF BROTHS AND MILKS FOR CONSUMPTION ;
RECEIPTS FOR SEA-FARING MEN, TRAVELLERS,
AND CHILDREN'S FOOD.

TOGETHER WITH

ESTIMATES AND COMPARISONS
OF DINNERS AND DISHES.

THE WHOLE COMPOSED WITH THE UTMOST ATTENTION TO
HEALTH, ECONOMY, AND ELEGANCE.

BY A LADY.

LONDON :

PRINTED FOR

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P R E F A C E.

THE following receipts were collected during twenty years' experience in housekeeping, and have been written for the especial purpose of affording to heads of families, as well as to cooks, a knowledge of the elegancies and comforts of a good table, and of the easiest modes and the most proper seasons for procuring and preparing them.

Particular attention has been given to the details of the table, as well as to the estimates introduced for regulating this important branch of household expenditure; and the most approved rules have been added for detecting whatever deleterious substances may have been mixed up with provisions of every kind. The best information has been collected in regard to milks, broths, and other diet adapted for infancy, debilitated constitutions, and consumption; and many receipts are inserted expressly for the comfort of seafaring men, and for the relief of artisans and the poor.

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The department of foreign European cookery is constructed according to the best practice, which a long residence abroad enabled the Author to appreciate; and in this branch of the work will be found receipts for many excellent dishes which have never before been described to the public. The mullatanees and curries of India; the sweet pillaus, yahourt, and cold soups of Persia; the cubbubs, sweet yaughs, and sherbets of Egypt; the cold soups and mixed meats of Russia; the cuscussou and honeyed paste of Africa; a light imitation of turtle, and methods of dressing the real, &c. &c. have been, for the most part, inserted with the view of introducing a less expensive, a more wholesome, and a more delicate mode of cookery.