

Recipes from Kidder's Contemporaries with Modernized Versions

The modernized versions of the eighteenth-century English recipes from Edward Kidder's contemporaries are adapted, with appreciation, from Maxime McKendry's *Seven Hundred Years of English Cooking* (New York: Exeter Books, 1983). Recipes by Charles Carter are adapted from his *Complete Practical Cook: Or, A New System of the Whole Art and Mystery of Cookery* (1730) "FITTED FOR ALL OCCASIONS: But more especially for the most *Grand and Sumptuous* ENTERTAINMENTS."

Duck Soup with Onions

Potage of onions santhy:

First boil off a good Quantity of old Onions tender; then pulp them through a Strainer; then make a Ragoust of Onions, with a little Sellery amongst them, and likewise force that, and strain it into your other; then take a Quarter of a Pound of Jordan Almonds, blanch them, and beat them in a Mortar very fine; mince a Sweetbread very small, and stove all this together in good Gravy, and put in a little scalded Parsly minc'd; stove it with a Duck or two half-roasted, till enough; stove French Manchet dry'd in Gravy, and put in the Bottom of your dish; fill up your Dish, put in your Ducks, and garnish your Dish with whole Onions, boil'd down and stov'd in Gravy;

put up and down in your Pottage after dish'd, some whole Onions; put sliced Lemon round and serve it. (Charles Carter, 1730)

Serves 6

2 cups sliced onions

2 stalks celery, chopped

4 tablespoons butter

10 cups stock

1/4 cup ground almonds

2 tablespoons chopped parsley

1 duck, half roasted

6 onions, parboiled

1 cup dry bread crumbs

1/2 cup duck gravy

1 sweetbread, cooked and finely chopped

1 lemon, sliced, for garnish

Sauté the onions and celery in the butter until tender. Puree. Stir in the stock. Add the almonds, parsley, duck, and onions and simmer until the duck is tender. Stir the bread crumbs and gravy together and stir into the soup to thicken it. Add the sweetbread.

Garnish with lemon slices and serve with sliced duck meat and one onion for each person.

A Salmon Pie

Take a good sole, or a side of salmon, scale it, and cut it into pieces two inches broad, and wash them over with the yolk of an egg, and season with pepper, salt, nutmeg and ginger, and thyme and parsley minced; lay it in a raised coffin, lay in some fish force-meat, and some oysters set, and some shrimps picked and washed; lay over butter, and close it; but first lay over two or three blades of mace, and some slices of lemon; bake it, and then have a leer made with a litte red wine and a lobster minced, and what is in the body; put in two or three anchovies, and a little beaten ginger; draw it up with thick butter, and take off the fat of the pie, and put in this leer, and shake it well together, and serve it away. (Charles Carter, 1732)

Serves 4-6

1 1/2 pounds pastry

1 pound salmon

1 cup oysters, shelled

6-8 pickled shrimps (optional)

1/2 pound lobster meat, diced

1 teaspoon salt

1/4 teaspoon pepper

1/4 teaspoon nutmeg

1 teaspoon thyme

1/4 teaspoon ginger

1/4 teaspoon mace

1/2 cup fish stock

1/2 cup red wine

1 tablespoon anchovy essence

2 tablespoons butter

1 teaspoon lemon juice

Line a pie dish with half the pastry. Arrange alternate layers of salmon, oysters, shrimps, and lobster in the pie, ending

with a salmon layer. Season with the seasonings, herbs, and spices. Pour the stock, wine, and anchovy essence over the layers. Dot with butter and lemon juice. Cover with the rest of the pastry. Bake at 375 degrees 30-40 minutes.