

BOSTON SCHOOL KITCHEN

TEXT-BOOK.

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LESSONS IN COOKING

FOR THE USE OF CLASSES IN PUBLIC AND  
INDUSTRIAL SCHOOLS.

BY

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BOSTON:

ROBERTS BROTHERS.

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RECIPTS FOR LESSON XX.

CHOCOLATE.

1 c. milk scalded. | 1 oz. or square chocolate.  
1 c. hot water. | 1 tsp. sugar.

Out the chocolate in small pieces and put it with the sugar and 2 tbsp. 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 1 c. boiling water.

Reduce the proportion of coffee, taking level tbsp. when several cups are required. Mix the coffee with 1 clean egg shell or 1 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 cup of flour or meal . . . . .	\$0.01	1 pound of spaghetti . . . . .	\$0.16
1 " sugar . . . . .	.06	1 " cornstarch . . . . .	.10
1 " butter . . . . .	.20	1 can of tomatoes . . . . .	.15
1 egg . . . . .	.03	1 " salmon . . . . .	.18
1 cup of molasses . . . . .	.05	1 " lobster . . . . .	.15
1 " milk . . . . .	.02	1 " devilled ham and tongue .	.80
1 tablespoonful of wine . . . . .	.02	1 tumbler of jelly . . . . .	.25
1 " brandy . . . . .	.04	1 jar of marmalade . . . . .	.25
1 teaspoonful of vanilla . . . . .	.02	1 pound of tea . . . . .	.75
1 " " spice . . . . .	.02	1 " coffee . . . . .	.38
1 " " soda, and 2		1 " chocolate . . . . .	.40
teaspoonfuls of cream of tartar	.02	1 " nutmeg . . . . .	.32
1 tablespoonful of butter . . . . .	.03	1 " mace . . . . .	.60
Butter size of an egg . . . . .	.05	1 " cloves, cassia . . . . .	.15
1 tablespoonful of olive oil . . . . .	.02	1 " ginger . . . . .	.10
2 tablespoonfuls of coffee . . . . .	.05	1 " mustard . . . . .	.12
2 teaspoonfuls of tea . . . . .	.01	1 " herbs, ground . . . . .	.10
1 quart of milkman's cream . . . . .	.25	1 Package of whole herbs . . . . .	.08
1 " Deerfoot cream . . . . .	.60	1 pound of cheese . . . . .	.18
1 box of gelatine . . . . .	.16	1 " Parmesan cheese . . . . .	.50
1 lemon . . . . .	.02	1 peck of potatoes . . . . .	.25
1 orange . . . . .	.03	1 " apples . . . . .	.50
1 pound of raisins . . . . .	.18	1 quart of onions . . . . .	.10
1 " currants . . . . .	.10	1 carrot . . . . .	.02
1 " citron . . . . .	.18	1 turnip . . . . .	.05
1 " crackers . . . . .	.10	1 bunch of celery . . . . .	.20
1 " tapioca . . . . .	.07	1 handful of parsley . . . . .	.05
1 " rice . . . . .	.08	1 bunch of watercresses . . . . .	.05
1 " macaroni . . . . .	.18	1 head of lettuce . . . . .	.10

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.

Shin of beef,	3 to 6 cts. per lb.	Lamb, leg,	14 to 30 cts. per lb.
Middle cut of shin,	7 to 10 "	Lamb, chops,	15 to 40 "
Lower part of round,	13 to 15 "	Lamb, fore quarter,	10 to 25 "
Vein,	20 to 25 "	Veal, knuckle,	12 to 17 "
Top of round,	20 to 25 "	Veal, cutlet,	22 to 28 "
Atch bone,	8 to 10 "	Veal, breast,	9 to 14 "
Face of rump,	17 to 22 "	Sweetbreads,	25 to 70 "
Middle "	25 to 28 "	Calf's liver,	25 to 70 "
Back "	22 to 30 "	Calf's heart,	5 to 8 "
Shoin,	28 to 33 "	Calf's head,	25 to 60 "
Whole tenderloin,	75 c. to \$1.00	Fresh pork,	9 to 15 "
Small "	30 to 45 cts.	Salt pork,	11 to 15 "
Tip of shoin,	22 to 30 "	Bacon, bag,	17 to 20 "
First cut of rib,	17 to 25 "	Bacon, sliced,	15 to 18 "
Second cut of rib,	15 to 20 "	Ham, bag,	17 to 20 "
Chuck rib,	7 to 14 "	Ham, sliced,	20 to 25 "
Second cut rib, corned,	12 to 15 "	Lard,	11 to 15 "
Brisket,	8 to 12 "	Leaf lard,	10 to 15 "
Boneless brisket,	15 "	Sausage,	12 to 20 "
Flank,	6 to 11 "	Turkeys,	20 to 35 "
Liver,	10 to 12 "	Fowl,	13 to 30 "
Tripe, plain,	6 to 18 "	Chickens,	18 to 75 "
Tripe, honey-comb,	15 "	Ducks, wild,	25 c. to \$1.50 each.
Heart,	8 to 10 "	Ducks, tame,	20 to 37 cts. per lb.
Suet,	7 to 12 "	Ducks, Canyas-back,	\$1.50 to \$2.00 each.
Mutton, leg,	12 to 20 "	Grouse,	75 c. to \$1.25 "
Mutton, loin,	14 to 20 "	Partridge,	75 c. to \$1.25 "
Mutton, saddle,	15 to 20 "	Pigeon, wild,	75 c. to \$2.00 per d.
Mutton, chops,	15 to 25 "	Pigeon, tame,	12½ to 25 cts. each.
Mutton, fore quarter,	8 to 12 "	Squab,	\$2.50 to \$4.50 per d.
Mutton, neck,	6 to 9 "	Quail,	\$1.50 to \$3.00 "

TABLE OF THE COST, ETC., OF FISH. 225

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

	Cost.	Weight.	How Sold.	When in Season.
Cod.	8 cts. per lb.	3 to 20 lbs.	Whole.	
Headcock.	6 to 8 cts. per lb.	5 to 8 lbs.	Whole.	
Cusk.	8 cts. per lb.	5 to 8 lbs.	Whole.	Winter.
Halibut.	12 to 20 cts. per lb.	4 to 5 lbs.	By the lb.	
Flounders.	6 to 10 cts. per lb.	4 to 5 lbs.	Whole.	
Salmon.	25 to 50 cts. per lb.	.....	By the lb.	May to Sept.
Shad.	\$1.25 in March	.....	Whole.	Spring.
Blue-fish.	25 cts. in May.	.....	Whole.	
Tauog.	7 to 15 cts. per lb.	4 to 10 lbs.	Whole.	June to Oct.
White-fish.	12 cts. per lb.	.....	Whole.	July to Sept.
Bas.	20 cts. per lb.	4 lbs.	Whole.	Winter.
Sword-fish.	12 to 25 cts. per lb.	3 to 8 lbs.	Whole.	
Smelts.	15 cts. per lb.	.....	By the lb.	July to Sept.
Perch.	10 to 25 cts. per lb.	.....	.....	Sept. to Mar.
Pickarel.	20 cts. per dozen.	{ Average 8 to 1 lb.	.....	.....
Trout, Brook.	15 cts. per lb.	1 to 4 lbs.	Whole.	Summer.
Mackerel.	75 cts. per lb.	.....	Whole.	Spring.
Eels.	5 to 25 cts. each.	.....	Whole.	April to Oct.
Lobsters.	15 cts. per lb.	½ to 1 lb.	Whole.	
Oysters.	12 cts. per lb.	1 to 2 lbs.	.....	
Clams.	35 to 50 cts. per qt.	.....	.....	Sept. to May.
Crabs.	20 cts. per pk. in the shell.	.....	.....	
Herring.	\$1.25 to \$1.50 per dozen.	.....	.....	Summer.
Salt Cod-fish.	20 cts. per dozen.	.....	.....	
Smoked Fish.	10 cts. per lb., best. 20 to 35 cts. per lb.	.....	.....	Mar. & Apr.