



# Receipts

from

## *The Netherfield Ball*

June 12, 2016



“So, he enquired who she was, and got introduced, and asked her for the two next. Then, the two third he danced with Miss King, and the two fourth with Maria Lucas, and the two fifth with Jane again, and the two sixth with Lizzy, and the Boulanger ...”  
Mrs. Bennet about Mr. Bingley at The Netherfield Ball.

# *White Soup (Vegan)*

*Agnes Cawne*

## **Traditional Recipe from Susannah Walker's 1833 Book of Household Recipes**

Take a knuckle of veal and a piece of ham with turnips, carrots and savory herbs; boil them to a strong Gravy. Also blanch and pound  $\frac{1}{4}$  lb. of almonds & boil with the above, strain them but first add cayenne pepper, salt, mace, nutmeg & cream to make it white. Thicken with flour and butter, serve it up with a toast in the middle.

### **Vegan Recipe**

Make a stock of roasted root vegetables (carrots, parsnips, potatoes, leeks), rice, onion, celery, almond meal and roasted mushrooms. Season with black peppercorns, bouquet garni (thyme, winter savory, parsley, bay leaf, marjoram) and sea salt. Boil to reduce to a thick stock, remove the bouquet garni and use a food processor to purée all the vegetables.

Optional cream as garnish for dairy eaters.

Have pomegranate seeds and pistachio nuts available as garnish.



# *Raised Pie (Vegetarian)*

## *McLean Slaughter*

### **From Domestic Gothess**

#### **Ingredients**

##### **Filling**

450g (16oz) mixed nuts (brazil nuts, cashews, almonds, walnuts etc)  
30g (2tbsp) butter  
1 large onion, finely chopped  
3 cloves garlic, crushed  
250g (9oz) mushrooms, finely chopped  
a couple of sprigs of fresh thyme and rosemary, leaves only, finely chopped  
a few fresh sage leaves, finely chopped  
500g (18oz) parsnips (unprepared weight)  
140g (5oz) fresh brown breadcrumbs  
175g (6.2oz) extra mature cheddar, grated  
salt and pepper  
2 large eggs, beaten

##### **Pastry**

500g (4 cups + 2tbsp) plain flour  
2 eggs, beaten  
½ tsp salt  
150g (1/2 cup + 2tbsp) butter  
180ml (3/4 cup) water  
1 egg, beaten, to glaze

#### **Instructions**

Preheat the oven to 200C/400F/gas mark 6. Grease a deep, 18cm loose bottomed cake tin. Spread the nuts out on a roasting tray and place under a grill, stirring occasionally, until golden. Set aside to cool.

Melt the butter in a large pan and add the onion and garlic, cook gently for about 10 minutes until translucent. Add the mushrooms and herbs and cook until the mushrooms are soft and any liquid has evaporated; set aside to cool.

Peel the parsnips, cut into chunks and cook in a pan of salted water until soft; drain then mash, set aside to cool.

Place the nuts in a food processor and blitz until they are finely chopped. Tip into a large bowl with the breadcrumbs, mix in the cheese, cooled vegetables and mashed parsnip and season generously with salt and pepper, taste, then mix in the beaten egg until well combined.

For the pastry, mix together the flour, salt and eggs in a large bowl. Place the butter and water in a pan and heat until the butter has melted and the mixture just comes to a boil. Quickly beat it into the flour mixture, a little at a time until it has all been combined and the mixture is smooth, it should be quite soft. Shape into a ball, wrap in clingfilm and pop in the fridge for 10 minutes until it has cooled to warm room temperature. Give the pastry a very brief knead then set aside two fifths for the lid and decorations.

Roll the remainder out on a lightly floured surface until it is 5mm thick. Carefully lift it into the tin, easing it into the corners; trim off the excess pastry, leaving 1cm hanging over the edge of the tin.

Spoon the filling into the tin and press it down. Brush the exposed pastry rim with the beaten egg. Roll out the remaining pastry to 5mm thick then cut out a circle 1cm wider than the tin. Place the pastry over the top of the pie and press the edges together to seal then crimp them. Cut a slit in the middle to let any steam escape.

Re-roll any leftover pastry and trimmings then cut out decorative shapes such as stars or holly leaves with a pastry cutter. Brush the underside of each with a little beaten egg then arrange them on top of the pie. Brush the whole of the top of the pie with beaten egg. Bake for 1 to 1½ hours until hot all the way through, a metal skewer inserted into the centre should feel hot to the touch. Cover the top of the pie with tin foil after 20 minutes or so to prevent it from burning.

Leave the pie to cool in the tin for 10 minutes then carefully unmould it. If the sides are too pale, you can place it on a baking sheet and pop it back into the oven for 10-15 minutes (keeping the top covered) until it is golden. You can also brush the sides with beaten egg before you put it back in the oven if you want the whole pie to be shiny.



# *Galantine of Chicken*

*Mary Hafner-Saney*

## **Forcemeat**

### **From an unsigned manuscript, 1811**

1 oz. (1/2 cup) breadcrumbs  
4 oz. (1/2 cup) boiled lean ham, finely chopped  
1 oz. (1/2 cup) cooked veal or chicken, finely chopped  
1 oz. (2 Tbsp) butter  
2 Tbsp. herbs, finely chopped  
1 tsp. grated lemon peel  
1/4 tsp. nutmeg  
4 Tbsp. onion, finely chopped  
1 egg yolk  
1 egg white, beaten until stiff.

Combine all the ingredients together in a mixing bowl, adding the egg white last.

## **Aspic**

Chicken stock  
Unflavored gelatin  
Prepare according to directions on gelatin package. One envelope of gelatin per cup of chicken stock. For this recipe, I used four cups of stock, four envelopes of gelatin for eight chicken breasts.

## **Galantines**

Butterfly chicken breasts and pound them until very thin. Lay the forcemeat on the chicken breasts and roll the breasts up around the forcemeat. Wrap rolls in cheesecloth and tie at ends and in middle (see photos). Poach the chicken and forcemeat rolls in simmering chicken stock for 30 minutes, then remove. Allow to cool slightly, then remove cheesecloth. Cool completely before applying aspic.

When the chicken breasts are cool, apply the aspic. I found the aspic applied best when cooled to where it was just about to jell but was still smooth; I simply poured or spooned it over the rolls which were set on a cooling rack over a metal pan with short sides. If it has jelled too much before applying, heat it slightly by keeping it in a metal bowl and setting it in warm or hot water for a second or two to melt a tiny bit. Then into the refrigerator for 20 or 30 minutes to set before applying the next layer of aspic. Apply as many layers as needed to make the chicken shiny and hold the rolls together. I added the carrots and herbs for decoration before the last couple of layers of aspic.



He danced only four dances, though gentlemen were scarce; and, to my certain knowledge, more than one young lady was sitting down in want of a partner.



## *Collar'd Beef*

*Julie Buck*

### **Adapted from Cooking in the Archives website**

Butterfly and pound thin a flank steak, salt it to taste and let it rest one hour. Using fresh or dried herbs, cover the open side of the steak with pepper, parsley, thyme, rosemary, chives, herbs de Provence and diced garlic. Close the steak and roll it up, tying it with butcher's twine. Put it in a Dutch oven with tight-fitting lid, and add one bottle of red table wine. Bake at 350° for 25 to 30 minutes, depending on how well-done you prefer your beef. 25 minutes made it to the rare side of medium-rare.





## *Salmagundi Salad*

*Carolee Jones*

**From the 1588-1660 cookbook titled: The Good Huswives Treasure**

Cut cold roast chicken or other meats into slices. Mix with minced tarragon and an onion. Mix all together with capers, olives, samphire, broombuds, mushrooms, oysters, lemon, orange, raisins, almonds, blue figs, potatoes, peas and red and white currants. Garnish with sliced oranges and lemons. Cover with oil and vinegar, beaten together.



## *Shortbread—Rout Cakes* *Ruth Flaring*

### **Small Rout Cakes**

**From The Practice of Cookery, 1840**

Rub into one pound of dried and sifted flour, half a pound of butter, six ounces of pounded and sifted loaf sugar, and the yolks of two well beaten eggs; mix them all into a paste with a little rose water, divide the quantity, put a few dried currants or caraway seeds into one half; roll out the paste, cut it into small round cakes, and bake them upon buttered tins.

### **Shortbread Rout Cakes**

1 cup butter, softened  
3/4 cup plus 2 Tablespoons white sugar  
2 egg yolks, well beaten  
2 teaspoons rose water, or vanilla extract  
3 3/4 cup sifted white flour  
1/2 cup currants  
1 teaspoon caraway seeds

Preheat oven to 350 degrees. Cream the butter and the sugar together. Stir in the egg yolks and rose water or vanilla. Mix until well blended. Stir in the flour gradually. Divide the dough into two parts. Fold the currants into one half and the caraway seeds into the other half. Roll out about 1/4 inch thick, and cut out into small rounds. Bake on a greased baking sheet for 15 minutes or until the edges turn golden.



# *Trifle*

## *Kimberly Milham*

### **Traditional English Trifle**

#### **Ingredients**

##### **Custard Layer**

4 cups whole milk  
1/2 cup heavy cream  
1 tsp. vanilla extract  
8 egg yolks  
4 Tbsp. sugar  
2 Tbsp. cornstarch

##### **Cake Layer**

9x9" white or yellow cake, baked and cooled  
1/2 cup cream sherry  
3 heaping Tbsp. seedless red raspberry jam or preserves

##### **Fruit Layer**

2 cups sliced fresh strawberries  
1 Tbsp. cream sherry  
1 Tbsp. sugar

##### **Whipped Cream**

1 1/2 cups heavy whipping cream  
1 tsp. powdered sugar

#### **Instructions**

##### **For the Custard**

Combine the milk, heavy cream and vanilla in a heavy-bottomed medium saucepan, stirring frequently. Heat the milk mixture over low-medium heat until it just begins to simmer and steam rises from the surface. Meanwhile, mix the sugar and cornstarch together with a fork. In a large mixing bowl, whisk together the egg yolks and the sugar mixture until light and smooth. *HINT: I use my Kitchen Aid for this, but only as a stand. I hand-whisk but use the bowl of the mixer attached to the machine so that I don't have to hold the bowl as well. This allows me to whisk and pour at the same time, which is needed in the next step.* Remove the warmed milk from the stove and while whisking the egg yolks constantly, dribble a few drops at a time into the yolks. Adding the hot liquid very, very slowly in the beginning will temper the eggs, allowing them to warm gradually so that they don't curdle, or worse, scramble! Once you have dribbled in a good amount you can increase the amount of liquid you add at a time, whisking continuously until all the milk has been added. Pour the contents of the mixer bowl into the saucepan and heat over medium, stirring constantly. Keep stirring, ensuring that the milk mixture does not stick to the bottom of the pan, until thickened, anywhere from 2 to 6 minutes. Custard will be thick and smooth. Pour into a shallow bowl and cover the top with plastic wrap so that the plastic is touching the surface of the custard. This will prevent a skin from forming on top. Cool in the refrigerator until chilled.

## **Traditional English Trifle (Continued)**

### **For the Cake**

Cut the cake into large, manageable squares. Cut those squares in half horizontally. Open the squares so that the cut sides are facing up. Brush the cake with the cream sherry. Spread the sherried cake with the raspberry jam. Cut the cake into cubes.

### **For the Fruit**

In a medium bowl, combine the strawberries, raspberries, sherry and sugar. Stir to coat and allow to macerate. Keep in the refrigerator until ready to assemble the trifle.

### **For the Whipped Cream**

Combine the heavy whipping cream and the powdered sugar in a large mixer bowl. Beat on high for 2 minutes, or until stiff peaks form. Keep chilled in the refrigerator until ready to assemble the trifle.

### **Assemble the Trifle**

Place one third of the cake cubes in the bottom of the trifle dish, jam side up. Top the cake cubes with one third of the fruit, followed by one third of the custard and finally with one third of the whipped cream. Repeat layers two more times. Decorate the top with fresh fruit. Keep chilled until ready to serve.



## Lemon Trifle

### INGREDIENTS

10 Italian ladyfinger biscuits (from half a 7-ounce package)  
1/2 cup dessert wine (such as Sauternes or sweet sherry)  
2 cups heavy cream  
2 tablespoons confectioners' sugar  
1 cup Lemon Curd or Raspberry Curd (make sure to get a good brand that is made from lemons and sugar, not some yellow glop—read the label.)

### DIRECTIONS

Place ladyfinger biscuits on a rimmed baking sheet and drizzle with dessert wine; let stand 5 minutes. In a large bowl, whisk heavy cream with confectioners' sugar until soft peaks form.

Place 5 soaked ladyfingers in a 2-quart serving bowl. Top with 1/3 cup lemon or raspberry curd, then half the whipped cream. Top with remaining ladyfingers, 1/3 cup curd, and remaining whipped cream; top with remaining 1/3 cup curd. Refrigerate 3 hours (or up to overnight) before serving. Serves six.

## Old English Trifle

### Ingredients

2 cups cubed sponge cake  
5 macaroon cookies, crumbled  
2 tablespoons sherry or orange juice  
2 tablespoons brandy or orange juice  
3 cups heavy whipping cream, divided  
4 egg yolks  
2 tablespoons sugar  
1/4 teaspoon vanilla extract  
1 cup fresh raspberries  
1 cup sliced fresh strawberries  
1 cup sliced peeled fresh or frozen peaches, thawed  
1/2 cup sliced almonds, toasted

### Directions

1. Place cake cubes and crumbled cookies in a 3-qt. glass bowl. Drizzle with sherry and brandy.
2. In a small saucepan, heat 1-3/4 cups cream until bubbles form around sides of pan. In a small bowl, whisk egg yolks and sugar. Remove cream from the heat; stir a small amount of hot cream into egg mixture. Return all to the pan, stirring constantly. Cook and stir until mixture is thickened and coats the back of a spoon; stir in vanilla.
3. Layer the raspberries, strawberries and peaches over crumbled cookies; spoon custard over fruit. Cover and refrigerate for at least 1 hour.
4. In a large bowl, beat remaining cream until stiff peaks form. Pipe over custard; sprinkle with almonds. Yield: 12 servings (1 cup each).

# *Marzipan Confections*

*Susan Pasco*

## **To make Marchpane:**

Blanch three pounds almonds

Remove skins

Grate one pound cone sugar

Powder grated sugar in mortar

Finely chop almonds

Pound to paste in mortar

Mix together paste and sugar with drops of lemon juice or water

## **To candy lemon peel:**

For thin and dainty decorative peels, you can use a serrated peeler to scrape yellow strips from the exterior of the lemon peel. Cut those peels into thin slices. Place the peels into a saucepan and cover with water. Bring the water to a rolling boil for 30 seconds. Drain the peels in a colander. Cover with water again. Bring to a boil for 30 seconds, then drain again in a colander. Pour 4 cups of water into the saucepan along with 3 cups of sugar. Stir with a whisk while the water heats, till all of the sugar is dissolved. Add peels to the saucepan and bring to a rolling boil. Reduce heat to the a low simmer. Let the peels simmer for 60-90 minutes, stirring every 15 minutes. Different sized peels will take different amounts of time to cook. The peels are ready when they're transparent and easy to bite through. Err on the side of cooking them longer, if you're unsure... undercooked peels will have a slightly bitter flavor. Line a baking sheet with parchment paper. Spread the peels out in an even layer on the parchment. Let the peels cool for about 15 minutes till tacky to the touch. Pour 1/4 cup of sugar into a small bowl. Dip the peels into the sugar till coated. Sugar coating the peels will add sweetness and help to keep them from sticking together. Alternatively, you may let the peels dry as-is for a deeper yellow color and a gel-like texture. Place the peels back on the parchment. Let them dry for 2-3 hours longer if they are sugar coated, and overnight if they are not.





A broad hint of not meaning to dance. Gillray-published by Hannah Humphrey 1804

—She is tolerable; but not handsome enough to tempt me; and I am in no humour at present to give consequence to Young ladies who are slighted by other men.

# *Negus*

*Maggie Lohnes*

## **From Epicurious**

### **Ingredients**

1 quart Port  
1 tablespoon sugar  
Juice of 2 lemons  
Grated rind of 1 lemon  
1/4 teaspoon ground  
cinnamon  
Ground nutmeg, to taste  
Whole cloves, to taste  
1 quart boiling water  
Garnish: grated lemon rind

### **Preparation**

Heat Port but do not let it boil. Stir in the sugar, lemon juice, grated lemon rind, cinnamon, nutmeg, and cloves. Let the mixture stand in a warm place for about 15 minutes. Pour boiling water into the warm wine and serve immediately. Garnish with grated lemon rind, if desired.

