

Cooking with the Books

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According to *the fine Art of Food* (Folio 1968) the ancient Sumerians and Egyptians cooked food and made bread and beer and there is evidence of wine having been made from grapes around 3000 BC. Whilst there are no ancient Greek books related to cooking there is evidence of the existence of such books around 500BC. The Romans recorded many sumptuous banquets and books by the likes of Apicus in the 1st Century AD gave many sophisticated recipes.

When I first came across a couple of early recipe books in the DEI, I thought they might make an interesting 'Saturday Snippet,' I was under the impression that our earliest was Hannah Wolley's *Accomplished Ladies'*

Delight, first published in 1672, our copy is from 1696.

It turns out that we also have a copy, from 1910, of Sir Kenelm Digby's recipe book, *The Closet of Sir Kenelm Digby, Knight, Opened*, first published in 1669, three years earlier than Hannah's book.

This isn't all! We have a copy of Frederick Furnivall's *English Manners and Meals*, a commentary and reprint of manuscripts in the British Library from around 1475. Following a visit to England Voltaire is said to have remarked that *England has a hundred religions and only one sauce*, a statement which would have been wrong in any period.

Bibliography

Furnivall, Frederick J. (ed) Early English Text Society *Ancient English Manners and Meals* (1868)

This is a commentary on manuscripts in the British Library

On "*The Babees Book*" (1475)

Or, "*A lytyl report of How Young People Should Behave.*"

And "*The Bokes of Nurture*"

Of **John Russel and Hugh Rhodes** (1460 to 1470?)

And **Wynkyn de Worde's** *Boke of Kervynge* c1508

P XXXVI Hugh (or Hewe) Rhodes (or Rodes) book was printed at least 5 times from 1554 to 1557

P XXCI See preface to Rhodes XC and XCI

P53 Recipe for Fritters or 'Fretoure'

P60 Recipe for 'Harys and Conyngys'.

P164. A meat dinner

P210 Glossary of cooking terms (**Russel** 1460)

P213 "Powdered" means sprinkled over or pickled, i.e. spiced

P214 Yseland (Iceland) stockfish etc.

Finally includes the "*Boke of Kervynge*". (Carving)

Sir Kenelm Digby. 1603 to 1665 A Roman Catholic from

Buckinghamshire, his father was executed in 1606 for his part in the Gunpowder Plot, he spent 1620 to 23 on the Continent, he later recounted that Mary De Medici fell madly in love with him.

In 1627 he became a privateer, wreaking some havoc on Dutch, French and Spanish ships off Gibraltar and Algiers. He was married to Venetia Stanley and they had six sons, two of whom reached adulthood and one survived Sir Kenelm. He had an interesting and adventurous life, including a spell in jail in England, exile to France, killing a French nobleman in a duel, back to England, sent to Rome by Cromwell and was back in favour at the Restoration.

He died in 1665, aged 62, of *The Stone*!

In addition to production of an acclaimed cookbook he was responsible for the production of the modern wine bottle.

Digby, Sir Kenelm.

The closet of the Eminently Learned Sir Kenelm Digby, Knight, Opened.

1910, Warner, first published 1669

(Bay 69 1910 DIG)

106 recipes for mead, metheglin and hydromel, the first 97 pages of the book.

The next 13 pages of wines, beers, ciders.

P141 Pan Cotto, bacon and egg. *Una pignata, Pan Cotto.*

P160 Mince pies with ox tongue, currants, raisins, sugar etc.

P166 black pudding, white pudding.

P203 to boil eggs for 200 pulse beats. P217 cake,

see 218/19/20 etc. p229/30 feeding poultry In

all 261 pages of recipes,

Hannah Wolley, later **Challiner**, born around 1622, married Jerome Wolley in 1646 master of Newport free grammar school, Essex. Practised medicine successfully before her marriage and continued for the benefit of her pupils and neighbours. Her first book, *The Ladies Directory* in 1661 contained recipes and medicinal drinks, followed by *The Cooks Guide* in 1664 with 'two hundred very good receipts added to what was before.'

In 1666 she married again, to Francis Challiner who died a few months later.

In 1670 Hannah produced the *Queen-Like Closet* and in 1672 *The Ladies Delight*. Both of these re-used and added to what went before. At least two editions of *Queen Like Closet* were published in Germany.

Her last work was *A Supplement to The Queen Like Closet or A Little of Every Thing* in 1674, with recipes, notes on household management, and instructions for embroidery and letter writing. She is believed to have died around 1674.

Hannah Wolley, *The Accomplished Ladies Delight in Preserving, Physick, Beautifying and Cookery*. FP 1672, our edition 1696 (SW Cupboard, 1696
WOL)

" Presented to the DEI by the Inheritors of Sarah Morgan" (d. 1865, aged 81, b.1784)

Inscribed, owned by Anne Round 1698, and Ann Nicholas 1707.

“ The seventh edition enlarged”

Foreword addressed to ‘Ladies and Gentlewomen’ and signed by ‘TP’ who, according to the DEI catalogue, is Hannah Wolley.

Part 1 The Art of Preserving, and Candyng Fruits and Flowers, as also of

Making all sorts of Conserves, Syrups and Jellies. 237 recipes from Quince Cakes and Cinnamon Water to Bragget (beer/ale flavoured with hops, honey and spices) including;

P7 (28) Dr. Steven’s water, includes 12 pints of Gascon wine.

P 10 (41) Pomatum, ointment from hog’s & sheep suet with roots etc. P 13 (54) King Edwards Perfume to make your house smell like rosemary, “ 3 spoonfuls and enough sugar to make walnut”

P 13 (57) Marmalade of Lemons and oranges, v. Similar to a modern recipes.

P 40 (159) Trifle

P 54 (212) Suckets of lettuce stalks boiled in sugar syrup.

62 pages of recipes followed by Part 2;

“Excellent Receipts in Physics and Chirugery”

1st “Daffy’s Elixir Solution” Spices, rhubarb and raisins infused in *Acqua Vitae* for at least two weeks.

Followed by receipts for:

The Stone or Gravel, (2) Scurvy (3) Gout (4) Griping of the Guts, see (13) for plague and (101) for Piles After Childbirth.

Directions for Nurses:

P.79 Beautifying Waters, Oyls, Oyntments, and Powders, to adorn, and add loveliness, to the Face and Body.

From p 93 onwards;- cleaning/washing etc recipes

Page 99 :-part 3, Complete Cook’s Guide

Recipes seem to be mixed with sweets and savouries on the same pages, see; 30 (p107) Hedge-Hog Pudding

37 Scollops

41 Rabbit with Oysters

52 To bake a Pig

88 Cods Head with oysters

131 Mince Pie

P172;- Terms of carvings for fish, fowl and flesh.

Elizabeth Moxon, born first decade of 1700s. The first reference is in the *Leeds Mercury* of September 1740 with an advert for her book *English Housewifry Exemplified* at 5s. The copyright to her book was owned by a James Lister, proprietor of the *Leeds Mercury*, who continued to publish in Leeds and London up to 1785, our copy is from 1764.

Moxon, Elizabeth. Poss. 1701 to poss. 1760

English Housewifry Exemplified in about Four Hundred and Fifty Receipts, Given Directions in Most Parts of Cookery. 9th ed. 1764

SW Cupboard 1764 MOX

Elizabeth Moxon (fl1740-54) Book published 1741, ours is 9th edition, 1764, (Leeds)

English Housewifery Exemplified

Starts with 'soops' from P1 (1)

vermicelly soup to p (10) soop
without water.

P (11) beef, via Mutton, veal, (see 27, p18)

P 21 (32) Scotch collops (escalopes)

P 29 (50) Roast hare with pudding in the belly

P 29 (52) white Rabbets (sic) and poultry

Onto. Offal and various pies,

Then to Fish/Shellfish and Puddings.

Hannah Glasse, née Allgood, Born 1708 in Hatton Garden, London, author of possibly our most famous book, *The Art of Cooking Made Plain and Easy*. Hannah went to live with her grandmother in 1724, aged 16, and secretly married John Glasse within a year. She gave birth to 10 children, 5 of whom died in infancy Her first project was selling a product called **Daffy's Elixir**, in 1746 she published *The Art of Cooking Made Plain and Easy..... by a Lady*. In 1747 her husband died and the second edition was published, at the same time she was running a costumier's shop in Tavistock Street. Hannah went bankrupt in 1754, owing over £10,000 and having sold the copyright of her

book to bookseller Andrew Miller. She was confined in Marshalsea debtor's prison in 1757. She published a further book, *The Compleat Confectioner*, probably in 1760. Little is recorded of the last ten years of her life, she died in London on 1st September 1770.

Glasse, Hannah abt 1708 to 1770

The Art of Cooking Made Plain and Easy... to which are added one hundred and fifty useful receipts. And also fifty receipts for different articles of perfumery. By Mrs Glasse. A new edition Which far exceeds anything of the kind yet published. (SW Cupboard 1788 GLA.)

From:

I) How to roast and boil to perfection everything necessary to be sent up to table, to;

P 107 How expensive a French Cook's sauce is. *A Frenchman.....*

P 108 *French Cooks*

CONTENTS, CH.X1, For Captains of Ships.

P 111 Hogs Ears, Forced

P 144 Devonshire Squab Pie.

P148 Mince Pies

P 294 To Make Trifle

P 320 To make vermicelli

P326 Hysterical water

P 328 CHAP XXI How to Market

P 342/3 Bite of a Mad Dog/ How to Keep clear from Bugs

P 346 To dress a Turtle

To which was added:

One hundred and fifty new and useful receipts and fifty receipts for different articles of perfumery.

NEW EDITION

Added a 'bill of fare' for each month

Raffald, Elizabeth (1733-1781) *The Experienced English Housekeeper: for the use and ease of Ladies, Housekeepers, Cooks, Etc.....* consists of 800 recipes. In Special Collections, Exeter University Library.

Elizabeth, born 1733, daughter of Joshua Whitaker, Doncaster, spent 15yrs in service, rising to Housekeeper in Arley Hall, Cheshire, married the gardener (1763) . Nine children, all hire, 3 survived to adulthood. She opened a shop in Fennel St, Manchester, selling “*cold entertainments, hot French dishes, confectionaries etc.*” Ran a cookery school and domestic services agency. In 1769 she published *The Experienced English Housekeeper*, numerous editions were published. In 1772 she and her husband took the King’s Head in Salford, advertising *Card Assemblies and excellent cuisine*, the first gastro-pub?

Eliza Rundell née Ketelby, 1755-1828. Was born in Ludlow, Shropshire, married in 1766 Thomas Rundell, surgeon, who died in 1795, leaving her with two daughters. Eliza collected recipes and household tips for her daughters but sent the manuscript to a family friend, publisher John Murray, who published her book under the title of *Domestic Cookery* in 1806 followed by several annual reprints of 5-10,000 copies. Mrs Rundell was surprised to receive a cheque for £150. After a bit of a legal spat with Murray Eliza got the copyright back and published an improved edition in 1821 with different publisher. Murray retaliated with another lawsuit, eventually settling by buying the rights from Eliza for £2000! By 1841 the book had been translated into German and the sixty-fifth English edition was printed in the same year. Eliza Rundell died in Switzerland in 1828.

Rundell, Maria Eliza. 1745 to 1828

A New System of Domestic Cookery; Formed Upon Principles of Economy; and Adapted to the Use of Private Families. (1806)

58th ed. corrected and augmented with a chapter on French cookery.

(SW Cupboard 1835 RUN)

The 65th edition was remodelled and improved, *by the addition of nearly 1000 new receipts* (contributed by Miss Emma Roberts) 1841

In 1851 was produced *Modern Domestic Cookery Based on The Well-known Work of Mrs Rundell.*

P 13 Curried Cod

P 61 Currie.

P 69 Calf’s brain.

P 112 Chicken Currie

P 159 Currie powder.

P 159 Mince pies without meat.

Alexis Soyer, 1810 to 1858. Born in Meaux-en-Brie, France, he was sent to the local Cathedral to train as a priest but was expelled for ringing the bells at night and bringing out the fire brigade and local militia. At the age of 17 he was apprenticed as a chef, moving to England in 1831, becoming chef at the Reform club in 1837. In 1832 he left for Belgium to meet the king, leaving his wife, expecting a baby, at home. Tragically, she had a miscarriage and died whilst he was away. Alexis never really recovered from his grief and guilt and threw himself into his work.

He spent the next years designing kitchens, writing books, running soup kitchens in Ireland and Spitalfields and producing kitchen gadgets. He created the Gastronomic Symposium of all Nations on the site of what is now the Albert Hall. This was a place of entertainment and a restaurant with over a thousand visitors a day! It lost money and closed! In 1853 he produced *Soyer's Pantropheon*, this turned out to be translation by Soyer of the work of Adolphe Duhart-Fauvet, a Frenchman.

Alexis Soyer (1853) *Soyer's Pantropheon*

Or History of Food and its Preparation from the Earliest Ages of The World. This is a scholarly work which covers every aspect of food production, preparation and history.

Mrs Isabella Beeton 1859 to 1861

No copy in DEI, but available in Special Collections, University library.

(8) **Anne Bowman**, (1867) *The new Cookery Book*

A complete manual of English Foreign Cookery, on sound principles of taste and science.

Comprehending carefully tried recipes for every branch of the Art.

A total of 1747 recipes printed!

P 10 Calf's head/brain

P 22 Bechamel P126 Boiled

Cabbage p 288/9 Black

Pudding P 476 Creams etc.

In DEI Section 'J', mostly medical books we have (8) *Food and Feeding*, by Sir Henry Thomson, 1891, and (9) *Diet and Cookery for Common Ailments*, by Phyllis Browne, a fellow of the Royal College of Physicians, 1894.

Jack, Florence B, and Rita Strauss (ed)

The Woman's Book; Containing Everything a Woman Ought To Know.

SW Cupboard 1911 JAC

GLOSSARY

Pottle; Peck; 1/2 gallon

Walms; bubbles in boiling liquid

Suckets; A sweetmeat

Searced; Sieved

Roul; Roll (up)

Hydromel; Similar to mead

Bragget; Beer flavoured with spices and honey

Runnel; small barrel

Pickerel; a young pike.

Houghil; (of beef) a weight (of meat)

Pallets; Pullets?

Acqua Vitae: Strong Alcohol, brandy

Cyneye: Chive & butter sauce

Gillyflower, Clove Gillyflower; Gilliver; Clove-scented carnation.

Kervynge; carving

Neats Tongues; ox tongue.

Tansy or Tansy Cream, cream/eggs/spinach juice/herbs/daisy flowers

Books in the DEI collection

Furnivall, Frederick J. (ED) *Ancient English Manners and Meals* (1868)

Digby, Sir Kenelm. *The Closet of the Eminently Learned Sir Kenelm Digby, Knight, Opened.* (1910)
F.P. 1669

Wolley, Hannah. *The Accomplished Ladies Delight in Preserving, Physick, Beautifying and Cookery.*
(1696) F.P. 1672

Moxon, Elizabeth. *English Housewifry Exemplified in About Four Hundred and Fifty Receipts.* (1764) F.P. 1741

Glasse, Hannah, *The Art of Cookery Made Plain and Easy* (1788) F.P. 1746.

Rundell, Eliza. *A new System of Domestic Cookery: Formed Upon Principles of Economy; and Adapted to the Use of Private Families* (1835)
F.P. 1806

Soyer, Alexis. *Soyer's Pantrpcheon, or History of Food* (1853)

Bowman, Anne. *The New Cookery Book.* (1867)

Jack, Florence, B and Rita Strauss. *The Woman's Book; Containing Everything a Woman Ought to Know.* (1911)