

THE
ROYAL
PARISIAN PASTRYCOOK
AND
CONFECTIONER:

FROM THE ORIGINAL OF
M. A. CARÈME,
OF PARIS.

EDITED BY JOHN PORTER,
FORMERLY COOK TO THE MARQUIS CAMDEN,
SUBSEQUENTLY AT THE SENIOR UNITED SERVICE AND TRAVELLERS'
CLUBS, AND NOW AT THE ORIENTAL.

WITH ILLUSTRATIVE PLATES.

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M.DCCC.XXXIV.

the mould should be kept in a place which is moderately warm, in order that the butter may drain easily from the mould; for if the cold should stop the draining, too much butter will remain in the mould, and therefore too much sugar, a circumstance which will cause the cake to be too highly coloured in baking.

Ditto, with Almonds.

Take sixty eggs, four pounds of sugar, twenty-eight ounces of flour, and eight of bitter almonds. Throw the almonds into boiling water, and blanch them immediately, to prevent their imbibing too much of it. Then wash them in clean water and drain them in a sieve; afterwards squeeze them in a napkin to dry them, and then pound them well, moistening them gradually with half of the white of an egg, to prevent their turning to oil; after this rub them through a horse-hair sieve, and then dilute them in a small earthen vessel with three or four yolks (from the sixty eggs required for use), adding the remaining yolks and the sugar, and proceeding as before.

SECT. III.—LARGE MERINGUES A LA PARISIENNE.

MAKE one pound and a half of *confectioner's paste* as directed in page 24. Divide it in four, and, after rolling out each part to a little more than one-sixth of an inch in thickness, put one of them on a large baking-plate lightly buttered, and then cut it round fifteen inches in diameter. Place another piece on a middle-sized baking-plate, buttered, and cut it likewise round ten inches in diameter. With the two other pieces, each forming a half-round of eight inches in diameter, cover two moulds lightly buttered. Cut off the paste to within a quarter of an inch from the rim of each mould, and prick it all over with the point of a knife, to enable the small air-bladders which may have formed themselves between it and the mould to evaporate in baking. After placing these two moulds on two separate baking-plates, roll out another round piece of paste of six inches in

EXPLANATION OF PLATE II.

No. 1 represents a large *meringué à la Parisienne*.

No 2. a *croquante* of almond paste, ornamented with small white rings and pistachio biscuits.

No 3. a cake of *mille feuilles* (a thousand leaves) *meringués*. The first half representing the old, and the second the modern fashion (see pages 162 and 163.)

diameter, and one-sixth of an inch thick ; after which mould all the parings, and roll them out in large strips of full half an inch in diameter. Cut them in small columns of thirteen inches in length, and place them on a buttered baking-plate. Then egg your three round pieces and prick them in the same manner as you did the half-rounds. Put the whole in a moderate oven, and as soon as the half-rounds are a little coloured, take them out. Then turn the three round pieces, and when they have acquired a regular yellow colour, take them out, as also the uprights, provided they are thoroughly dry ; afterwards make thirty wafers with pistachios as directed in page 84. Let them be three inches in length, and a quarter of an inch in width, and bend them as usual on the roller. Make also twenty-four small cakes *à la duchesse* (see page 74), of two inches in length only ; taking care, that both these cakes and the wafers, are very lightly coloured ; then trim the rim of the half rounds, and with the point of a small knife, make an opening of an inch in width in the centre of one of them and another of two inches and a half in the centre of the other. Then beat up the whites of six eggs very stiff, softening them with a spoon in the same manner as for common *méringués*, and mix them with eight ounces of pounded sugar. Put half of it over each half-round, taking care that it be everywhere of an equal thickness, and strew some fine sugar over it ; put them in a slack oven and let them bake an hour. In the meantime glaze the small cakes *à la duchesse* with sugar boiled to a *crack*, and after trimming your three pieces of paste all round, moisten the edge with white of egg, and roll it over some green or rose-coloured almonds chopped very fine. The half-rounds being thoroughly dry, beat up the whites of six more eggs and mix them as the former with eight ounces of pounded sugar, and after working them well with a spoon, make thirty small *méringués* of an inch in width and the same in height, covering them with very fine sugar. As soon as the sugar is melted, strew some coarse sugar over them, and immediately put them on a board in the oven. Then make a *méringué* of the common size, but perfectly round ; cover it first with fine and then with coarse sugar, and afterwards put it in the oven by the side of the others. Then take half a pound of fine pistachios, blanched ; split each in two, and after masking the half-round, which has the smallest opening, first with half of the remaining white of egg, and then rather thickly with fine sugar, place your pistachios, with the points upwards, carefully and regularly upon them. (See Plate II.) Ob-

serve, however, that they should not be stuck in deep ; nor be put where you intend placing the small *méringués*, for which you must leave six vacant spaces at regular distances from each other, and of an inch in width. Now strew some coarse sugar on the places where you have placed the pistachios, and put your half-round immediately in the oven. Then proceed to ornament the other half-round in the same manner, placing, however, the pistachios the contrary way, that is with their points downwards. When your small *méringués* are baked, and may be easily removed from the paper, place three of them on the half-round which has the small opening ; thus—put the first on the vacant space where there are no pistachios, and close to the edge of the half-round ; the next a quarter of an inch above the former, and the third a quarter of an inch above the second. Place afterwards three *méringués* in the same manner, on each of the five remaining vacant spaces where you have put no pistachios. Then put the half-round in the oven again, and take it out as soon as the *méringués* are evenly coloured. On the second half-round place your *méringués* also on the vacant spaces where there are no pistachios, but at a quarter of an inch from the rim, and the others a quarter of an inch above the former. Then put it in the oven and let it have a fine colour. After this put four ounces of sugar to boil in a small pan with the fourth part of a glass of water, and the moment it begins to be lightly coloured, pour three-fourths of it on the lid of a stewpan lightly buttered. Then cover the stove partly with ashes so as to absorb the heat and still leave the fire sufficiently strong to keep the sugar in a sirup. Then place a large piece on a double sheet of paper, putting it on a baking plate turned upside down. Then put the egged side of the middle-sized piece on the large one, after which dip the end of a wafer in the pan, and place it immediately on the middle-sized piece of paste at half an inch from the edge. Proceed with the remaining wafers in the same manner, placing them upright, close to each other, but all half an inch from the edge, so as to form a perfect circle. Afterwards dip the ends of six of the columns in the *caramel*, and place them upright on the edge of a baking-plate. Then put one-third of the remaining sugar back in the pan, and stir it with a small sugar-spatula. When melted, dip in it the ends of the three columns (which you have already dipped in the *caramel*), and place them immediately in the centre of the piece of paste, and at two inches apart. You next dip the three others in the sugar, and place them also on the

piece of paste close to the wafers, and at an equal distance from each other. Put a little of the sugar while it is hot on the ends of the columns; and then turn the middle-sized piece of paste, together with its columns, quickly on the centre of the large piece, pressing it down at the same time in order to fasten the columns in a regular manner. Afterwards fix the remainder of the wafers on the small piece of paste in the same manner as the former, and then dip both ends of the columns in the caramel and place them immediately on the piece of paste close to the wafers. Then heat the sugar, and after pouring some drops of it on the ends of the columns, turn the small piece of paste, together with its columns, on the centre of the former, and fasten it by pressing it lightly down. After this fix your cakes *à la duchesse* in the manner represented on the plate, fastening them lightly with a little caramel, and then place the half-round with the large opening like a cup on the small piece of paste, fastening them both together by putting immediately eight macaroons or *croquignoles à la reine* (one side of which you dip in *caramel*) part on the bottom in the inside of the half-round, and part on the piece of paste on which the half-round rests. Afterwards fix eight macaroons round the upper edge in the same manner as those at the bottom, but let them project a little above the rim in order to steady the second half-round, which you then put on the top of the first, placing at the same time the largest of the small *méringués* on the small opening in the centre. The moment you are going to serve it, you take off the upper part of your large *méringué*, and fill the bottom with cream *à la Chantilly*, flavoured with vanilla and fine sugar; taking care that the cream is raised *en pyramide* above the edge of the half-round, on the top of which you put some fine strawberries; cover it again, and then fill the small *méringué* also with cream, which you place on the large one. When it is served the top of the *méringué* should be taken off and be broken, and a piece of it handed round with a spoonful of the cream.

Croquantes of Almonds' Paste à l'Ancienne.*

After blanching and washing two pounds of almonds, drain them on a sieve, and then squeeze them in a napkin in order to dry them as much as possible. Pound a fourth

* A *croquante* is a crisped or crusty cake,—a kind of savoy-cake.

into one tureen, stirring it four or five times with a spoon in order to make it veiny by the different shades of the colours, and then empty the whole in the other case; after which you strew some flour over it and put it in the oven. Let both your cases bake three-quarters of an hour, by which time the biscuit should be sufficiently firm to the touch; but should it not prove so, let it remain a few minutes longer; when quite cold, cut it in slices of two inches in width, which you afterwards break into irregular pieces of about an inch square. Put the whole on a large plate in the oven to dry, till it begins to be quite brittle. The colours may of course be varied according to a person's taste.

Croquettes à la Parisienne.

After pounding a stick of vanilla with two ounces of sugar, pass the whole through a silk sieve. Then add seven ounces of pounded sugar well dried, and mixed with eight ounces of sifted flour; after which add the whole to the whites of four eggs, beaten up very stiff in the usual manner, and then work it for some minutes till it becomes sleek and soft. Then heat two large copper-plates, over which some virgin wax should be rubbed, wiping them afterwards lightly, in order that no more wax may remain than is sufficient to put slight glass on the plates. When the plates are cold, mould a little of the biscuit-paste in a table-spoon, and put it in one of the plates in the same manner as you make *biscuit à la cuillère*. Repeat this (leaving a distance of half an inch between each spoonful) till both plates are covered; after which place them on stands on the oven, in order to prevent their receiving any heat from the bottom. Then put a chafing-dish with burning coals (the top closely covered) on the oven, at some distance from the *croquettes*, so that they may receive no heat but from the top. If the top of the oven is not adapted for this operation, put the plates in the bottom of a stove, and the fire on the top. After your *croquettes* have remained all night in the oven, or on the stove, put them the next morning in a moderate oven, and bake them fifteen or twenty minutes, so that they are all over of a fine clear colour. The moment they come out of the oven take them off the plates (which you should be able to do with ease); for in case you let them get cold, you will not be able to get them off without breaking.

You may flavour them with lemon-peel, essence of roses, &c.

Croquignoles à la Reine.

These are made in the same manner as the *croquettes à la Parisienne* (page 339), except that you put the paste with a knife on a spatula, and give your *croquignoles* a round form of the size of an almond *d'aveline*.

You may also make them smaller, and colour them red, green, or yellow.

Croquignoles à la Chartres.

After washing and wiping five ounces of sweet, and three of bitter almonds (blanched), pound them well, adding gradually a little white of egg to prevent their turning to oil. Then put eight ounces of flour on the working-board; make a hole in the centre, in which you put the pounded almonds, together with eight ounces of pounded sugar, the yolks of four eggs, and a little salt; and then, after mixing the whole in the usual manner, work it four times; after which roll it out in long strips as big as your finger. Then put three or four of these strips together, and cut them in square pieces of the size of an almond *d'aveline*, which, after rolling them in the hollow of your hand, put on two plates rubbed over with wax, as for *croquettes à la Parisienne*. When you have disposed of them all in this manner, egg them; then put them in a moderate oven to give them a fine colour, and take them off the plates as soon as they come out.

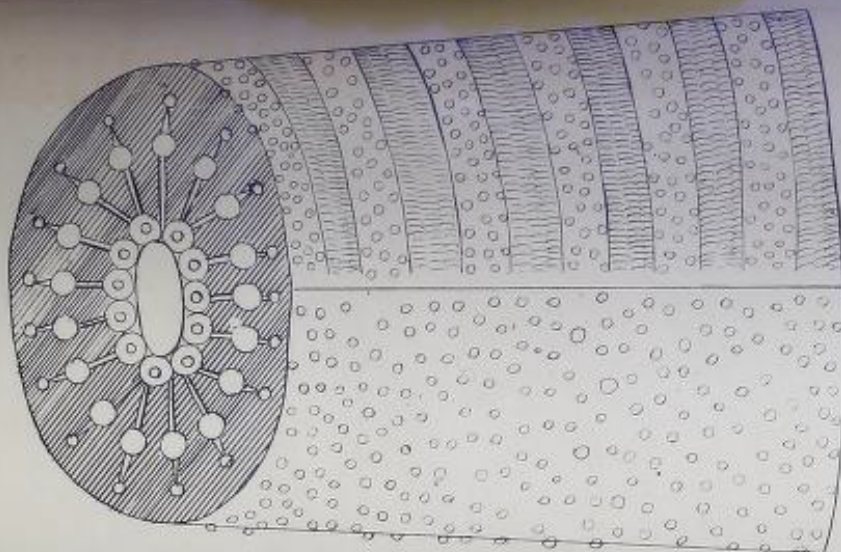
Croquignoles, with Pralinés (Crisp Almonds).

After preparing the same paste as mentioned in the last article, roll it out to a little more than one-twelfth of an inch in thickness, and cut it into two equal parts. Then lightly wet the surface of one of them, and place your *pralinés* in regular order upon it at half an inch distance from each other. Cover them with the remaining piece of paste (also lightly wetted), and then cut out your *croquignoles* with an oval paste-cutter, of two-thirds of an inch in width by full an inch in length. Fasten the paste all round the *pralinés*, and finish as before.

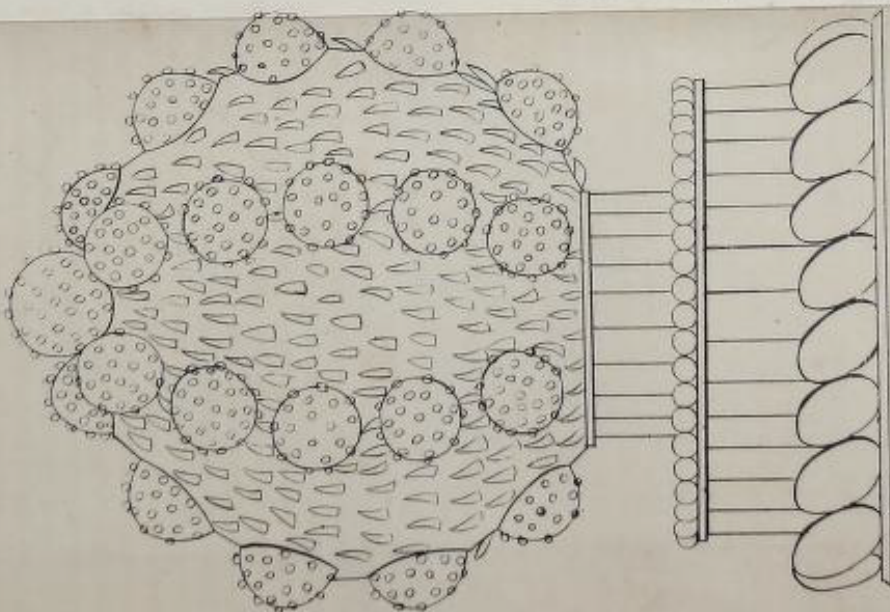
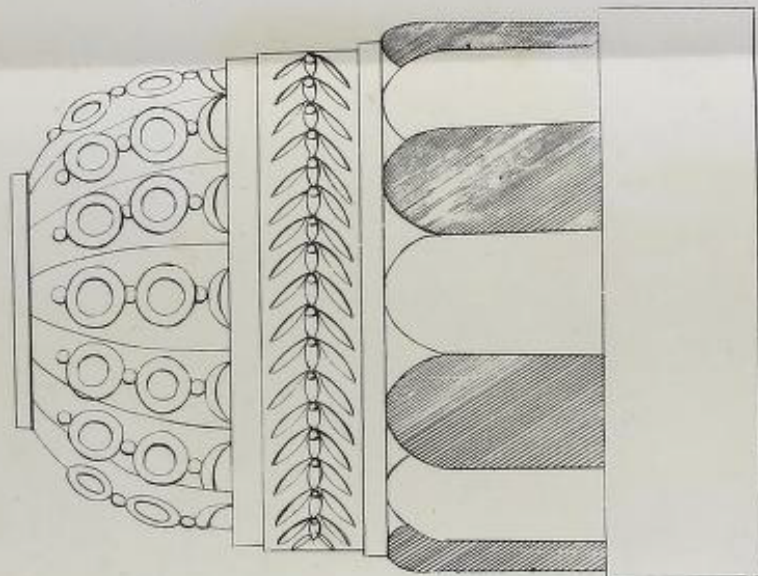
Ditto, with Avelines.

Take eight ounces of almonds *d'avelines*, four of which you put on a moderate fire, stirring them continually in order to give them all a regular colour. When cold, pound them with the other almonds, to which you add a little white of an egg to prevent their turning to oil. Mix this paste

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a little cream, and half a pound of butter. The preparation of the paste is the same as that for the large ones. When this paste is ready you proceed in the same manner as in making the *kouques*, but to give them a different form you may butter for them a dozen moulds for biscuits à *fécule*, or any other round sort, either plain or fluted. They should be put in a clear oven, and taken out when they are of a lightish colour. These cakes can also be made in the shape of *biscottes*; in which case they are to be cut, when cold, in slices of two-thirds of an inch thick, and then placed flat, on two plates, and put back in the oven, in order that they may be lightly coloured, both top and bottom. They are served up hot and cold, lightly sprinkled with sugar.

SECT. XI.—PÂTE D'OFFICE (CONFECTIONERS' PASTE.)

TAKE one pound and a half of sifted flour, make a hole in the centre as usual, and put therein two eggs, three yolks, a pound of pounded sugar, and a pinch of salt; stir this for two minutes only, in order that the sugar may be a little melted: add afterwards the flour and another yolk if necessary, so that it may be of the same thickness as paste for making hot and cold pies. Then give it five or six turns by working it well with your wrists (as mentioned before) which will render it particularly sleek and binding, otherwise you must add another yolk or the white of an egg to it. Next cut the paste in pieces, which mould and afterwards roll out to the thickness of one-sixth of an inch, if intended for the groundwork of a large *pièce montée* (mounted piece). Then put the paste on a plate lightly buttered, and press it slightly with the ends of your fingers, in order to expel the air, which sometimes lodges between it and the surface of the plate; for if it be put in the oven without this precaution the heat will cause it to blister, which not only disfigures it, but also reduces its strength very much. After placing your paste on the plate as above stated, cut it with the point of your knife into a round, square, or oval form, according to your fancy. You then egg the top lightly (but by no means the edges), and prick it here and there with the point of the knife, to facilitate the evaporation of the air; after which put it in a moderate oven. If, notwithstanding the precautions you have taken, it should blister (which will sometimes happen), pass the blade of a large knife underneath, and if it be baked enough so as to be raised, turn it upside down

and leave it some time longer, so that it may be lightly coloured on both sides. In taking it out of the oven place it on the straightest part of your working board, and put a baking-plate or a large board on the top of it. When it is cold, remove the plate or board, and you will find your paste very straight, and perfectly smooth on both sides. This paste will also succeed very well by using only twelve ounces of sugar instead of a pound.

Paste for Echaudes (Scalded Cakes).

To make sixty *echaudes* take three-quarters of a pound of flour; make a hole in the centre as usual, and put therein three drams of fine salt, four ounces of butter, and seven eggs; mix these ingredients, and then lightly add the flour. The paste should now be rather soft; if otherwise, add a white, yolk, or whole egg, as may be necessary. Then give it five turns by kneading it well with your wrists, and afterwards work it for a few minutes by taking a part of the paste at the time in your hand, throwing it back again on the remainder. The paste, which should now have a beautiful gloss and be extremely elastic, is then put on a small round board, the top lightly sprinkled with flour, and, after being covered with a napkin, put into a cool place. It is generally made in the evening to scald the following morning; but it may also be scalded three hours after making it, in the following manner.—Cut the paste in four long pieces of equal length, each of which form into a roll of an inch in diameter, and then cut it into fifteen small slices, which place on the lid of a small stewpan covered with flour, with the side that has been cut downwards. When all the *echaudes* have been cut out in this manner and placed on two lids, throw them in a large stewpan with boiling water, preventing them as much as possible from sticking to each other. At first they will sink to the bottom, when you must lightly stir the surface of the water (which should not boil) with a spatula, in order to make them rise. As soon as they have been sufficiently scalded (which you will be able to ascertain by their feeling a little firm, and the middle being no longer soft*), take them out of the stewpan and put them in a large earthen pan full of water. After soaking them for five hours, drain them in a sieve; and, a few minutes after, range them on plates or very

* When the side that is cut has a fine grain, it is a good sign.

Choux in cases, with Citron.

To make these cakes proceed in the same manner as directed in the preceding article; observing this difference, that you mix two ounces of preserved citron, chopped very fine with the paste.

N. B. These kinds of *choux* may be flavoured with vanilla, orange peel, marasquin rum, &c.—(See Part VII.)

Small Cakes à la Duchesse.

Put in a stewpan two glasses of water and two ounces of butter. When it boils, take it off the fire, and add six ounces of sifted flour. Dry the paste in the usual manner, and, after putting it in another stewpan, put into it two eggs, a little salt, and two ounces of pounded sugar. When these ingredients have been well mixed, add to it two more eggs, and the peel of a lemon, chopped very fine. Add another egg or two, if the paste requires it, which should be a little firmer than that of the preceding *choux*. Then sprinkle the board with flour, and form your *choux* of the usual size; after which roll them out to three inches in length, but with as little flour as possible, in order to make them look clear when baked. Place them successively on a baking plate, at the distance of two inches and a half from each other; then egg them lightly, and put them in an oven a little hotter than for common *choux*. When done, glaze them as before directed (see *Choux à la St. Cloud*). As soon as you take them out of the oven, you must immediately remove them off the baking-plate. When cold, cut one side open, and fill it with marmalade of apricots, peaches, or gooseberry jelly. Then close up the aperture, and serve them up.

Almond Cakes.

Proceed as directed in the preceding article. When egged, cover them with four ounces of almonds (chopped very fine), mixed with two spoonsful of pounded sugar, and a little white of egg. Wet the plate on which you bake them, in order to prevent them falling off, when you hold it sideways to separate the almonds that do not stick to the cakes. When cold, fill them with some of the creams (described in Part VII.) mixed with the remainder of the almonds, pounded very fine.

SECT. V.—WAFERS, WITH PISTACHIOS.

Cut half a pound of sweet almonds (blanched) in very thin fillets, put them in a small tureen, with four ounces of pounded sugar, half a table spoonful of flour, the peel of an orange (grated), two whole eggs, the yolk of another, * and a grain of salt. Stir these ingredients gently together with a spatula, so as not to break the almonds. When the whole has been well mixed, butter lightly a baking-plate of eighteen inches long by twelve wide; pour this mixture upon it, and level it with the blade of a large knife; then cover it lightly with two ounces of pistachios, blanched and cut in small fillets, and put it in a moderate oven, so that both sides of the wafer may acquire a clear light brown colour. † It is necessary to pay the utmost attention to the baking; for, if the wafer remains a minute too long in the oven it will be extremely brittle, and consequently you will have great difficulty in giving it a handsome shape; while, on the other hand, if it is underdone, it will not only lose the form you have given it, but, besides, be very unpleasant to eat. When the wafer is quite done, cut it in strips of two inches in width, which you cut again crosswise in pieces of two or two inches and a half long; then put the plate in the mouth of the oven, while you give the wafers a semi-circular form, by bending them over a roller of an inch and a half in diameter, and four or five feet long. If you are alone, it will be better to place the wafers during this operation on two small plates, which put in the oven at some distance from each other, or else they are likely to change their colour, on account of the time necessary for shaping them. You may also dish the wafers up without bending them; in which case, you cut them three inches in length by one in width, and dip the edges lightly in sugar boiled to a *crack*, (see Part XIII.), over which strew some pistachios, chopped very fine. In the centre put some apple or white currant jelly. You may also mask them with coarse sugar or with two ounces of sugar and two of pistachos chopped very fine.

Ditto, with Currants and Coarse Sugar.

Make them the same as the former; but, instead of pistachios, strew over them two ounces of currants well washed.

* You may use instead five white or five yolks indiscriminately, as may be most convenient.

† In case the top gets brown too soon, you must cover it with paper.