

= The Experienced English Housekeeper =

The Experienced English Housekeeper , is a cookery book by the English businesswoman Elizabeth Raffald (1733 ? 1781) . It was first published in 1769 , and went through 13 authorised editions and at least 23 pirated ones .

The book contains some 900 recipes for : soups ; main dishes including roast and boiled meats , boiled puddings , and fish ; desserts , table decorations and " little savory dishes " ; potted meats , drinks , wines , pickles , preserves and distilled essences . The recipes consist largely of direct instructions to the cook , and do not contain lists of ingredients . The book is illustrated with three fold @-@ out copper plate engravings .

The book is noted for its practicality , departing from earlier practice in avoiding plagiarism , consisting instead almost entirely of direct instructions based on Raffald 's experience . It introduced the first known recipe for a wedding cake covered in marzipan and royal icing , and is an early use of barbecue . The book remains a reference for cookery writers .

= = Context = =

Raffald was born in Doncaster in 1733 . Between 1748 and 1763 she was employed as a housekeeper by several families , including the Warburtons of Arley Hall in Cheshire , where she met her future husband , John Rafford , Arley Hall 's head gardener . In 1763 the couple moved to Manchester , where Elizabeth opened a confectionery shop and John sold flowers and seeds at a market stall . They had 16 children , all girls . As well as her cookery book , she wrote a book on midwifery and ran a registry office in Manchester . In 1773 , she sold the copyright to the book to her publisher for £ 1400 , equivalent to about £ 160 @,@ 000 as of 2015 .

Raffald writes in her Preface that she not only worked as a housekeeper " in great and worthy families " , but " had the opportunity of travelling with them " . The bibliographer William Carew Hazlitt observes that in this way she " widened her sphere of observation . " A 2005 article in Gastronomica described Raffald as " the most celebrated English cookery writer of the eighteenth century after Hannah Glasse . "

= = Book = =

= = = Contents = = =

The following page numbers refer to the 4th edition of 1775 .

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= = = Approach = = =

The book begins without a table of contents , though the three parts are described on the title page . The front matter consists of a dedication " To the Honourable Lady Elizabeth Warburton " , occupying two pages , a three @-@ page Preface to the First Edition , and a fold @-@ out plate of a suitable stove , complete with a " Description of the Plate " on the facing page . Plagiarism was combated in later editions (from as early as 1775) with the declaration at the foot of the title page " N. B. No Book is genuine but what is signed by the Author " , and a matching handwritten signature in brownish @-@ black ink bracketing the heading of Chapter 1 .

Each chapter begins with a section of " Observations " on the topic of the chapter ; thus , Chapter 3 has three pages of " Observations on Roasting and Boiling " . The observations are close to instructions , as " when you boil mutton or beef , observe to dredge them well with flour before you put them into the kettle of cold water , keep it covered , and take off the scum " .

The rest of each chapter consists entirely of " receipts " (recipes) . These are usually named as instructions like " To roast a Pig " , " To make Sauce for a Pig " . Occasionally there is a comment , as in " A nice way to dress a Cold Fowl " .

The names of dishes are overwhelmingly in English , even when the dish is in fact foreign ; thus " To make Cream Cakes " is the heading for the recipe for meringue , beginning " Beat the whites of nine eggs to a stiff froth , then stir it gently with a spoon , for fear the froth should fall " .

Raffald is however not afraid to use foreign words for new techniques , as " to fricassee Lamb Stones " , " to barbecue a Pig " , " Bouillie Beef " , " Ducks a @-@ la @-@ mode " , " To fricando Pigeons " , " To ragoo Mushrooms " . In explanation of this , she writes in the Preface to the First Edition :

And though I have given some of my dishes French names , as they are known only by those names , yet they will not be found very expensive , nor add compositions but as plain as the nature of the dish will admit of .

The recipes themselves are written entirely as directions , without lists of ingredients . They are generally terse , the reader being assumed to know how to beat eggs and to separate the white from the yolk , to boil starchy foods in milk without burning the pan , or to make a " paste " (pastry) , all of which are required skills for this recipe for sago pudding :

A SAGO PUDDING another way .

Boil two ounces of sago till it is quite thick in milk , beat six eggs , leaving out three of the whites , put to it half a pint of cream , two spoonfuls of sack , nutmeg and sugar to your taste ; put a paste round your dish .

= = = Illustrations = = =

Official editions contained three engravings on pages that folded out , interspersed with the text . The first illustrated a stove ; the other two , suggested table layouts for the first course and for the second course . Raffald explains in her Directions for a GRAND TABLE that :

being desirous of rendering it easy for the future , have made it my study to set out the dinner in as elegant a manner as lies in my power , and in the modern taste ; but finding I could not express myself to be understood by young house @-@ keepers , in placing the dishes upon the table , obliged me to have two copper @-@ plates ; as I am very unwilling to leave even the weakest

capacity in the dark , it being my greatest study to render my whole work both plain and easy .

The book , intended for " a burgeoning middle class that required explanation and elucidation " , provided an accurate description of how to serve an elegant meal à la française , complete with two fold @-@ out engravings of the layout of a table with 25 " prettily @-@ shaped " and symmetrically @-@ arranged serving @-@ dishes " laid in generous profusion on the table " , each annotated with the name of the appropriate recipe . It is not clear whether the term " cover " for the layout of such a " Grand meal " is an acknowledgement of the French couvert , as it may simply mean , with Hannah Glasse , " a large table to cover " .

The layout for the second course contains the dishes (from top) :

Pheasant ,

Snow balls , Crawfish in savory jelly , Moonshine ,

Pickl 'd Smelts , Marbl 'd Veal ,

Fish pond , Mince Pies , Globes of gold web with mottoes in them ,

Stewed Cardoon , Pompadore Cream ,

Roast Woodcocks , transparent pudding covered with a silver web , pea Chick with asparagus ,

Maccaroni , Stew 'd mushrooms ,

Pistacha Cream , Crocrant with Hot Pippins , Floating Island ,

Collared Pig , Pott 'd Lampreys ,

Rocky Island , Snipes in savory jelly , Burnt Cream ,

Roast 'd Hare .

= = Influence = =

= = = Contemporary = = =

The Monthly Review , Or , Literary Journal of 1770 listed the book , commenting only that " The Reviewers are sorry to own , but their regard to truth obliges them to it , that there are subjects with which , alas ! they are too little acquainted , to pretend to be judges of what the learned may publish concerning them . "

The Experienced English Housekeeper was " extremely successful " , going through 13 authorised editions and at least 23 pirated ones . To attempt to reduce the piracy , Raffald signed each copy on the first page of the main text in ink , and printed the message " N.B. No Book is genuine but what is signed by the Author " on the title page . Finally in 1773 , she sold the copyright to her publisher for £ 1400 , equivalent to about £ 160 @,@ 000 in 2015 .

As well as direct piracy , the book inspired other " experienced housekeepers " to try to profit by publishing books of culinary advice . In 1795 , Sarah Martin published The New Experienced English Housekeeper , for the Use and Ease of Ladies ' Housekeepers , Cooks , & c. written purely for her own practice . Similarly , Susanna Carter entitled her 1822 book The Experienced Cook and Housekeeper 's Guide . It included 12 engravings " for the arrangement of dinners of two courses " .

As an illustration of how familiar Raffald had made the idea of the experienced English housekeeper , The Critical Review , Or , Annals of Literature of 1812 wrote that " The arranging of a dinner @-@ table is attended in Iceland with little trouble , and would afford on scope for the display of the elegant abilities of an experienced English housekeeper . On the cloth was nothing but a plate , a knife and fork , a wine glass , and a bottle of claret , for each guest , except that in the middle stood a large and handsome glass @-@ castor of sugar , with a magnificent silver top . "

= = = Firsts = = =

The Experienced English Housekeeper was the first book to contain a recipe for what became the classic wedding cake complete with marzipan and royal icing .

The Oxford English Dictionary of 1888 credited Raffald as one of the earliest sources in English to mention barbecue in cookery .

= = = On modern cookery = = =

The Cambridge Guide to Women 's Writing in English noted in 1999 that Raffald distinguishes her work as purely from practice , unlike books of untried recipes copied from elsewhere , and that she apologises for " the plainness of the style " in her introductory letter . The Guide observes , however , that " this is the essence of her lasting appeal , and her clarity and economy with words find an echo in the work of Eliza Acton a century later . "

The cookery writer Sophie Grigson wrote in The Independent that her mother Jane made Raffald 's Orange Custards " every year when the Seville orange season was in full swing , a treat to look forward to . "

In 2013 , Raffald 's former workplace , Arley Hall , brought some of her recipes including lamb pie , pea soup and rice pudding back to their tables . The general manager Steve Hamilton however said they would avoid Raffald 's turtle and calf 's foot pudding .

= = Publication = =

Raffald states in her Preface that she personally " perused [every sheet] as it came from the press , having an opportunity of having it printed by a neighbour , whom I can rely on " . She writes that " The whole work being now compleated to my wishes " , she must thank her friends and subscribers ; she states that over 800 of them contributed , " raising me so large a subscription , which far excells my expectations " . She was thus a self @-@ publisher .