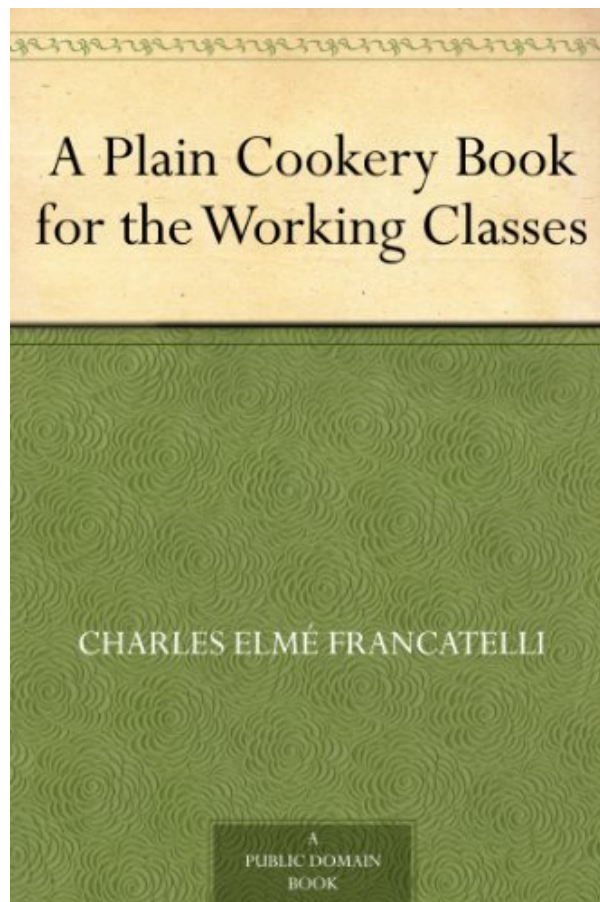
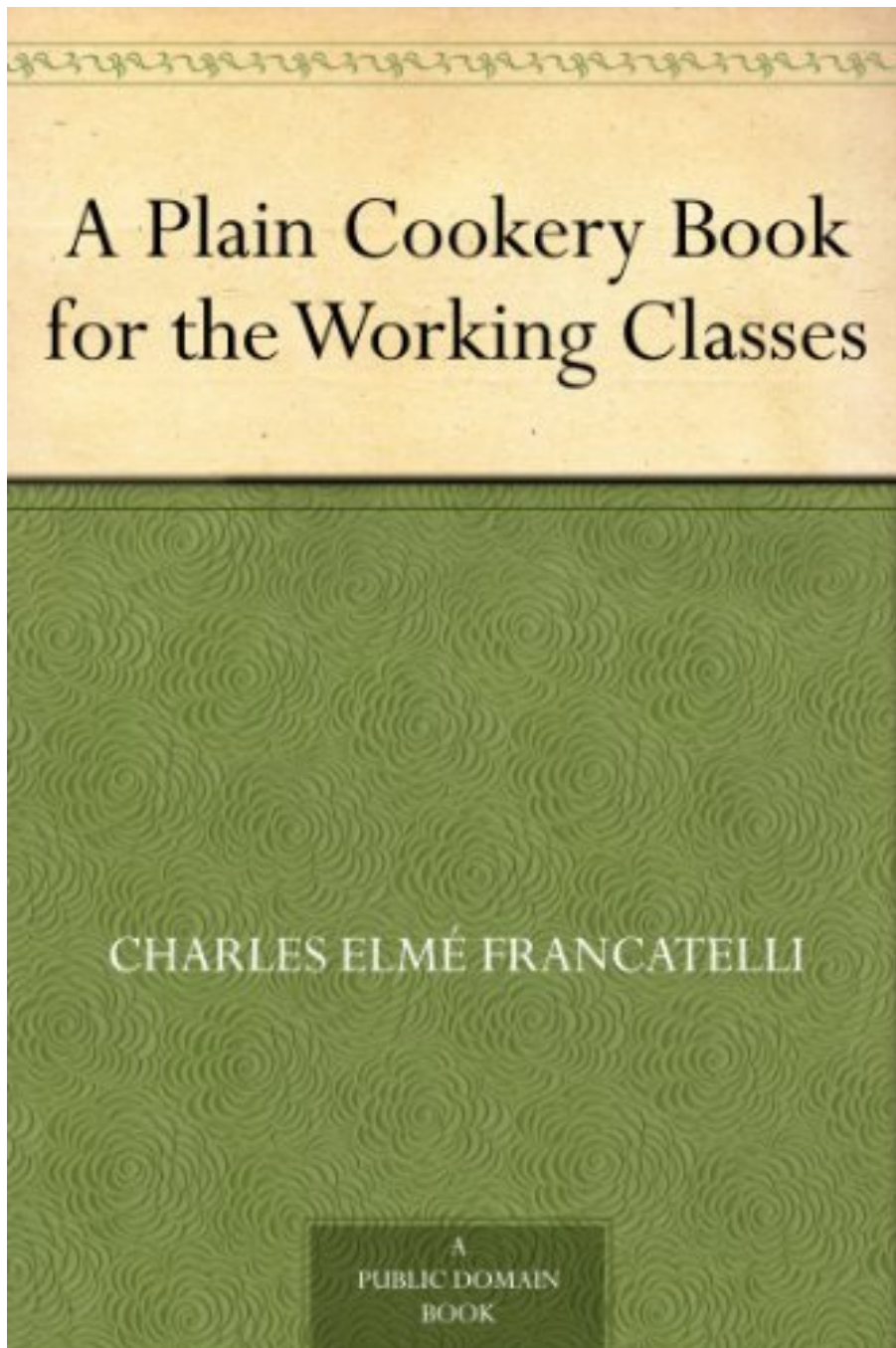


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Charles Elmé Francatelli (1805–1876) was chief cook to Queen Victoria. His other works include The Modern Cook and The Cook's Guide.

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## Most helpful customer reviews

100 of 102 people found the following review helpful.

Amazing!

By stargazer

There are 241 Recipes in this book. They are basic good solid food recipes and assume that the reader can boil water without instructions. These are not extremely detailed how-to recipes on how to construct a salad, or tear lettuce, or fry eggs. They detail basic ingredients and give ways to combine them without fuss. Mostly for women or family cooks who had so many things to do that they couldn't spend a great deal of time watching the pot boil. They had to put on the soup and let it simmer for a few hours stirring occasionally. I especially liked the simple split-pea soup recipe, the onion soups, and some of the rice pudding recipe ideas. There are more complex recipes should one desire to try them.

The simplicity of ingredients is not because these folks were not inventive, or somehow crushed by their poor and difficult lives into a miserable grey existence devoid of flavor and taste. It indicates rather that the availability of fresh, non-hybrid, non-corporate farmed ingredients was assumed by the writer. The significance of this is missed by many. The fruits and vegetables, the grains and meats used in these recipes were full flavor and robust. The simplicity of the recipes allows the flavor of the food itself to show thru. There is no need for elaborate combinations of spices to cover up the styrofoam-like taste of supermarket veggies, hybridized for appearance and shelf-life, for example. It just wasn't yet a part of the reality of the era in which this book was written. And the quality of the food they ate was vastly different from what we are forced to make do with.

There are very good instructions here on how to do things like pickling pork, curing meat, dressing chicken, cooking small game birds like pigeon or quail. There are a few recipes on soups in large quantity for 'distribution to the poor'. Delightfully, there are also some basic housewifely recipes for possets, teas, and other home remedies for colds, flu, dropsy and other digestive disorders. As a practicing herbalist I can say that the recipes I read in this gem of a book, although not extensive, are valid and useful. Come to think of it, they had to be.

If you wish to imagine yourself better off than people at some other time in history, AKA 'we're so much more modern and privileged', then download the book, it is free and you actually might learn something. If you want to believe yourself a hip gourmet who only cooks in 1/2 hour segments with food pre-prepared and purchased in small packages from the supermarket, then pass on by, this book is not for you.

But if you have an understanding of basic cooking, as well as an interest in historical recipes and simple goodness, then this is an excellent book, clearly written and well formatted for Kindle, and you can make your own substitutions for ingredients and methods as it suits you. There are many things that our era has that were not yet available when this book was written, and you might need to find a contemporary ingredient or two. Sadly, we have lost the two most precious things that these folks had in abundance: self-reliance and TIME.

6 of 6 people found the following review helpful.

Nutrition advice from Queen Victoria's Chef!

By Kathleen Valentine

Written in 1852 by Charles Elme Francatelli, the "late maitre d'hotel, and chief cook to Her Majesty the Queen (I assume Victoria), this book is not just a book of recipes but also of guides to shopping, using food in an economical manner, selecting the most useful products to provide both affordable and nutritious meals for families and so much more. This book is wonderful history and wonderful reading! Francatelli advises housewives on how to shop and how to manage their resources to get the most for their money. He provides much information on how to make meals more nutritional, too, which I found quite fascinating.

Some of his recipes -- complete with instructions and observations, are just plain wonderful reading. I loved his instruction on "A Pudding Made of Small Birds" and such classic British dishes as Toad in the Hole and Bubble and Squeek. He provides detailed instruction for the working class housewife on how to make economical versions of plum pudding, homemade mincemeat, preserved rhubarb, and how to bake her own bread which he assures her is more nutritious and delicious than buying bread from bakeries where she will not know what kind of inadequate flours and fillers they have used.

He also devotes an entire chapter to how to make beer. What could be better than that?

0 of 0 people found the following review helpful.

Three Stars

By Helen

No comment,

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