

As soon as the soup is served up, the ingredients for the next meal are put into the pot (which is never suffered to cool, and does not require scouring;) and this pot, which is of cast iron, or of earthenware, being well closed with its thick wooden cover, is placed *by the side of the fire*, where its contents are kept simmering for many hours, but are seldom made to boil, and never but in the gentlest manner possible.

Were the pot put in a close fire-place (which might easily be constructed, even with the rudest materials, with a few bricks or stone, or even with sods, like a camp-kitchen,) no arrangement for cooking could well be imagined more economical or more convenient.

Soups prepared in this way are uncommonly savoury, and there is little doubt that the true reason why nourishing soups and broths are not more in use among the common people in most countries, is because they do not know how good they really are, nor how to prepare them; in short because they are not acquainted with them. There is another important reason which the Editor must add—the common people for the most part cannot spare time from their labour to stay at home and attend to them.

To form a just idea of the enormous waste of fuel that arises from making water boil and *evaporate* unnecessarily in culinary processes, we have only to consider how much heat is expended in the formation of steam. Now it has been proved by the most decisive and unexceptionable experiments that have ever been made by experimental philosophers, that if it were possible that the heat which actually combines with water, in forming steam (and which gives it wings to fly up into the atmosphere,) could exist in the water, without changing it from a dense liquid to a rare elastic vapour, this water would be heated by it to the temperature of red-hot iron.

Many kinds of food are known to be most delicate and savoury when cooked in a degree of heat considerably below that of boiling water; and it is more than probable that there are others which would be improved by being exposed to a *heat greater than that of boiling water*.

In many of the seaport towns of our New England States, it has been a custom, time immemorial, among people of fashion, to dine one day in the week (Saturday) on salt fish, and a long habit of preparing the same dish has, as might have been expected, led to very considerable improvements in the art of cooking it. We have often heard foreigners who have partaken of these dinners, declare that they never tasted salt fish dressed in such perfection. The secret of this cooking is to keep the fish a great many hours in water, which is just scalding hot, but which is never made actually to boil.

The Count being desirous of finding out whether it was possible to roast meat with a much gentler heat than that usually employed, put a shoulder of mutton in a machine contrived for drying potatoes: the result, which we give in the Count's own words, was as follows:

“After trying the experiment for three hours, and finding it showed no signs of being done, it was concluded that the heat was not sufficiently intense, and, despairing of success, it was abandoned to the cookmaids.