

***WILLIAM  
KITCHINER***



***THE COOK'S  
ORACLE; AND  
HOUSEKEEPER'S  
MANUAL***

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**William Kitchiner**

# **The Cook's Oracle; and Housekeeper's Manual**

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AMONG the multitudes of causes which concur to impair health and produce disease, the most general is the improper quality of our food: this most frequently arises from the injudicious manner in which it is prepared: yet strange, “passing strange,” this is the only one for which a remedy has not been sought; few persons bestow half so much attention on the preservation of their own health, as they daily devote to that of their dogs and horses.

The observations of the Guardians of Health respecting regimen, &c. have formed no more than a catalogue of those articles of food, which they have considered most proper for particular constitutions.

Some medical writers have, “in good set terms,” warned us against the pernicious effects of improper diet; but not one has been so kind as to take the trouble to direct us how to prepare food properly; excepting only the contributions of Count Rumford, who says, in pages 16 and 70 of his tenth Essay, “however low and vulgar this subject has hitherto generally been thought to be—*in what Art or Science could improvements be made that would more powerfully contribute to increase the comforts and enjoyments of mankind? Would to God! that I could fix the public attention to this subject!*”

The Editor has endeavoured to write the following receipts so plainly, that they may be as easily understood in the kitchen as he trusts they will be relished in the dining-