

STUFFED BEEF HEART

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| 1 beef heart | $\frac{1}{2}$ cup hot water |
| 2 cups fine bread crumbs | Salt and pepper to taste |
| 1 chopped onion | 3 medium sized carrots |
| 3 medium sized onions | |

Wash heart thoroughly, inside and out. Remove the veins and arteries. Make a stuffing of the bread crumbs, chopped onion, hot water, and season it with salt and pepper. Stuff the heart, and sew up the opening. Sprinkle the heart with salt and pepper, brown in fat drippings, and then cover with water and let simmer for about three hours. When almost done, add onions and carrots, cut into slices, and cook until the vegetables are tender. Remove the heart from the gravy, dredge with flour, and brown in the oven. Thicken the gravy in which the heart has been cooked.

STUFFED HEART WITH VEGETABLES

Wash and clean hearts, stuff, skewer into shape, season with salt and pepper, dredge with flour, and sauté in fat, adding to fat 1 stalk celery, 1 tablespoon onion chopped, 2 sprigs parsley, 4 slices carrots cut in pieces, 2 slices turnips, a bit of bay leaf, 2 cloves, $\frac{1}{2}$ teaspoon pepper corns. Turn hearts occasionally till well browned, then add $1\frac{1}{2}$ cups stock, cover all and cook slowly $\frac{1}{2}$ hour. Serve with carrots and turnips cut in strips.

KIDNEYS

CURRIED MUTTON KIDNEYS

Skin and mince a dozen mutton kidneys and fry in a little fat until well done. Make a curry sauce of a half cup of rich gravy to which has been added a tablespoon of butter and curry as desired. Boil this sauce well. Pour over the cooked kidneys and decorate with rings of onion fried to a light brown. Serve with potato croquettes.