

## ROAST DUCK

2 ducks	Sage and onion
$\frac{1}{2}$ pt. stock	stuffing
$\frac{1}{2}$ oz. flour	Apple sauce
Salt and pepper	

METHOD—Stuff the body of the ducks with the stuffing, and truss them; baste well with hot fat, and roast in a moderately hot oven, about 1 hour, basting frequently.

When done, pour off the fat from the baking tin, thicken the gravy, if desired, season to taste, and serve.

*Time 1 to 1 $\frac{1}{4}$  hours.*

## RAGOUT OF FOWL

1 fowl	$\frac{1}{4}$ lb. ham or bacon
2 $\frac{1}{2}$ oz. butter	1 $\frac{1}{2}$ oz. flour
1 onion, finely chopped	Salt and pepper

METHOD—Divide the fowl into joints; heat the butter in a stewpan, fry the pieces of fowl till nicely browned, then remove and keep hot.

Fry the onion slightly, stir in the flour, cook gently till well browned; then add the stock. Bring to boiling point, stirring constantly; then add the fowl and bacon, cut into dice; cover closely, and cook gently 1 $\frac{1}{4}$  hours. Serve with the sauce poured over.

*Time 1 $\frac{1}{2}$  hours.*