

Wash and clean the calf's head. Soak from one to two hours in cold water to cover. Cook until tender in three and a half quarts salted boiling water, to which the seasonings and vegetables have been added. Remove the head. Boil the stock until reduced to one quart. Strain and cool. Melt and brown the butter. Add flour substitute and stir until well browned. Then pour slowly over the brown meat, cut in dice, and add the lemon juice; also egg balls made from yolks of eggs. Heat and serve at once.

HEARTS

CALF'S HEART

Wash the heart, remove the veins, arteries and clotted blood. Stuff with bread crumbs or cold rice dressing highly seasoned with pepper and sage. Fasten securely, dredge with flour and brown in a little fat in a frying pan. Place in a small, deep-covered baking pan, with some water in the pan. Cover very closely and bake two hours. Make a gravy with the liquor that is left in the pan.

STEWED HEART WITH RICE OR POTATO BORDER

2 calf, lamb or pork hearts	2 tablespoons fat
2 tablespoons chopped onion	1 tablespoon caramel
2 tablespoons chopped carrot	1 tablespoon vinegar
or celery	1 teaspoon salt
2 tablespoons flour	

Clean the heart as for baking. Then cut it into small dice and cover for fifteen minutes with cold water; drain and cover with boiling water; add the onion and carrot and boil slowly for three hours or cook in a fireless cooker three hours. Add the salt, pepper, flour and melted fat and boil for five minutes. Then add the caramel and vinegar.

Arrange mashed potato or boiled rice around a platter and put the stewed heart in the centre. Serve very hot.