

Put platter to heat before broiling.

- (1) To broil by coal fire :—

Have coal glowing hot without flame or smoke. Grease broiler with beef fat and place steak in it, and hold it near the coals while counting ten slowly. Turn and hold for some length of time. Repeat for one minute until seared. Hold farther from fire and turn occasionally until surface is well-browned. Sprinkle with salt and pepper and turn once again.

- (2) To broil by gas :—

Have broiling oven hot. Lay the meat on broiler or directly on the rack over the pan. (In the latter case do not pierce the meat in turning). Broil as in cooking with coal fire. To cook more slowly after outside is seared, lower the gas and lower the pan in the broiling oven.

- (3) Pan broiling :—

Heat pan very hot. Rub lightly with fat. Sear the meat on one side, then on the other and continue turning occasionally until done, as in method for broiling. (Note:—Do not pierce lean part of meat with a fork in turning as it allows the juices to escape.)

BROWN STEW

One pound beef, 1 cup cold water, 2 tablespoonfuls flour, $\frac{3}{4}$ teaspoonful salt, 1 small onion, $\frac{1}{4}$ cup carrots cut in cubes, $\frac{1}{4}$ cup turnip, $\frac{1}{2}$ teaspoonful pepper. Remove fat from meat and "try" it out in the stew pot. Cut the meat in pieces and roll in the flour. Put it into the hot fat and stir until brown. Add the water, cover closely and cook two and a half hours. Add the onion, carrots, turnips, salt and pepper and simmer half an hour.

DUMPLINGS

One cup flour, 2 teaspoonfuls baking powder, 1 tablespoonful butter, $\frac{1}{4}$ teaspoonful salt, $\frac{1}{2}$ cup milk. Sift together all the dry ingredients. Rub the butter into the dry ingredients. Stir the milk in quickly and drop by spoonfuls into the hot stew. Cover closely and boil gently 15 minutes. Do not remove cover while dumplings are cooking.

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