

## MEAT PIE

Cut remnants of cooked meat in 1 inch cubes. Cover with boiling water, add  $\frac{1}{2}$  onion and cook slowly 1 hour. Remove onion and thicken gravy with flour mixed with cold water; season with salt and pepper; add 2 potatoes and 2 carrots cut in slices. Place in a greased pudding dish, cover with a baking-powder biscuit mixture made with part cornmeal, oatmeal or mashed potatoes. Bake in a hot oven or steam.

## MEAT SHORTCAKES

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|--------------------------|--------------------------|
| 2 cups chopped meat      | 1 tablespoon onion juice |
| 1 tablespoon fat         | Small quantity savoury   |
| 2 tablespoons flour      | 2 cups meat stock        |
| Pinch of pepper and salt | Potato biscuit           |

Make a sauce of fat, flour, seasonings and stock. Add the meat. Split the potato biscuits. Pour in part of the meat sauce. Then put on the other halves of the biscuit and pour remaining sauce on top. Garnish with parsley.

## MUTTON STEW

Use shoulder or neck of mutton. Cut into small pieces and put into a stew pan. Add onion, carrot, turnip and potato diced, with salt and pepper to suit the taste. Cover with boiling water, bring to a boil on the stove and cook slowly on the top of the stove or in a fireless cooker until done. It makes a very delicate stew with celery, a small quantity of onion and salsify, but any vegetables desired can be used. A cup of barley added improves the stew.

## PATRIOTIC ROAST

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| 1 cup cooked oatmeal | 1 sweet green pepper |
| 1 cup cold meat      | 1 small onion        |
| Salt and pepper      |                      |

Remove core and seed from pepper; parboil 5 minutes. Put meat, onion, and pepper through meat-mincer; add oatmeal, salt and pepper; press into greased mould and bake in oven till brown. Serve with tomato sauce.