

Roast Pork.

Cut off the skin and part of the fat if there is a good deal. Have the oven very hot when the pork is first put in, cook it fifteen or twenty minutes, then pour over it a cup of boiling water, and sprinkle with sage, pepper and salt; baste frequently. Cook the pork a long time, the more it is cooked the better it will be and the more healthy. Do not make a gravy, it is too greasy to be good.

Yorkshire Pork Pie.

Make a crust according to the rule for meat pie. Line a buttered dish with part of the crust, fill it with alternate layers of cold pork, sliced thin and seasoned with sage, pepper and salt, and some apples, pared and cut in thin slices. Pour in a little warm water or beef gravy, put on the top crust and bake.

Dried Beef.

Chip the dried beef into thin slices, cut these slices into small bits and put in a frying-pan with enough milk to cover the bits of meat, a small lump of butter and a little pepper. Thicken this when it is boiling hot with one teaspoonful of cornstarch wet with a little cold milk. When it boils up once more stir in an egg well beaten. As it is often difficult to get the genuine dried beef, it is better to dry it yourself, then you are sure of it when you want it. This can easily be done by cutting out a part of the lean meat from the piece of corned beef that you have bought from your butcher, and hanging it over the stove covered lightly with brown paper or a cloth. From one to two weeks will be sufficient to dry a small piece of meat if there is constant fire.

Below are given the directions for curing and drying the beef, for the benefit of those who may wish to try it; you will surely feel that you have been repaid for your trouble, for when dried in this way it is delicious.

To Dry Beef.

For twelve pounds of beef, heat and rub in one-half cup of salt once a week for four weeks, the fourth time put in a little brown sugar and saltpetre with the salt. Keep the meat in a dish covered with a cloth during the time of salting and for a few days after the fourth salting, then hang it in a cold place where it can freeze until it is frozen dry.

Meat Balls.

Meat that has been used in making soup is not generally regarded as of much value, but it may be utilized by the economical house-keeper, and a very palatable dish made from it as follows: Remove the meat from the bones, add any scraps of cold steak or veal, a slice or two of breakfast bacon, three or four tablespoonfuls of stale bread crumbs, seasoned highly with pepper and salt; chop all together in hash bowl or run through meat cutter; make into cakes and fry in hot lard or butter; serve hot.

Beef Croquettes.

Chop the bits of cold beef very fine; to one cupful of chopped meat add one-half cup of cracker crumbs, one egg, mustard, ground celery seed, pepper and salt, and mix together; a little hot water or meat gravy may be needed to make the crumbs stick together. Make into little cakes and fry in a hot buttered pan.

Oyster Stew.

Heat one cup of milk and two cups of water until it is boiling; add butter the size of an egg, pepper and salt; now turn in one pint of fresh oysters and allow it to boil up once; it is then ready to serve.

Roast Veal.

Remove the bones from the meat and fill the cavity with a dressing made of two cups of bread crumbs, one-half cup of chopped pork, season with lemon-juice, sage and pepper. Follow the directions for roasting beef, allowing more time as veal needs to be well cooked.

Spiced Meat.

Take a thin slice of round steak; remove the bone, all the fat and the bits of skinny membrane on the outside. Make a dressing of one cup of bread crumbs, one-half cup of butter, mustard, pepper, salt, ground celery seed and spices to suit the taste, add enough hot water to make it soft, and spread over the meat. Now roll it up firmly and tie in a thin cloth, place the roll in a kettle and cover with boiling water. Boil from three to five hours according to the size of the roll. After it has boiled two hours, put in a teaspoonful of salt. When it is done remove the cloth, place the meat in a mould with a heavy weight on top. When it is cold it will slice nicely and make a nice cold meat for lunch or supper.

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