

# The Country Cook

## USING ODDS AND ENDS OF MEAT

In these days meats are about the most expensive items on our bill of fare, and to live within bounds one must utilize every scrap, combining them with other material to make a nice breakfast or supper dish, or even get an extra dinner from the combination.

I have frequently been in houses where the bones from a roast, the carcass of a fowl or the bones and tough ends of steak were thrown out as useless. To me these often make a more tasty dish than the original roast fowl or steak. The bones from a roast may be put on the stove in some cold water, and allowed to simmer for an hour or so, add some vegetables cut in small pieces, and later a little rice and one has a most delicious soup.

The chicken carcass added to a meat and vegetable stew gives it a fine flavor.

The steak bones and tough ends will not recognize themselves done up in the following way. Add a little water to the bones and meat, and, if you have it, a bit of canned tomato. After this has cooked slowly for some time, put in an onion and some carrot or turnip. Season well and ten minutes before serving add some dumplings, or if dumplings are not liked, boiled macaroni is a good substitute.

## DUMPLING FOR STEW

Many people do not like dumpling and when it is tough and soggy there is no wonder. The following recipe is good if strictly followed: One pint of flour, two level teaspoonfuls baking powder, half teaspoonful salt, one level teaspoonful butter, two-thirds of a cup of milk.

Mix the salt and baking powder with the flour, rub in the butter and add the milk, mixing into a very stiff batter—not a dry dough—drop with a teaspoon in the stew, cover closely and cook for ten minutes without lifting the cover. Make sure that the stew is simmering all the time. Serve at once, if the dumpling is cooked too long it will be heavy and indigestible.

## BEEF OLIVES

### Made from Cooked Meat

No very specific list of materials can be given for this dish, which can be made of almost any left-over bits of cold chicken, lamb, mutton or beef, or any one of these and a little cold boiled ham serves as the foundation. Put the meat thru the chopper, add a little onion juice, and if you have it a few drops of Worcester or H.P. sauce, or a little canned tomato. A few bread crumbs and gravy or stock to moisten the whole. If there is no gravy, make a butter sauce. Make this into little sausage shaped rolls, encase each one in a piece of good pie pastry and bake in a quick oven until the pastry is brown. Do not cook too long or the meat will be tough.

## MRS. RORER'S RECIPE FOR BEEF OLIVES

### Made from Uncooked Meat

One thin steak from the round, one tablespoonful chopped parsley, one tablespoonful butter, one tablespoonful flour, half cup of fine bread crumbs, one pint stock, one teaspoonful kitchen bouquet, half teaspoonful salt, one salt-spoonful pepper.

Cut the steak into strips four inches long and two inches wide. Put the bread crumbs into a bowl; add a half-teaspoonful of salt, a dash of pepper and sufficient melted butter (extra) to moisten. Spread each slice with bread crumbs, roll them up compactly and tie with twine. Put the butter and flour into a saucepan, mix, add the stock; when boiling add the kitchen bouquet, or a little summer savory or thyme, and the "olives," as they are now called. Bring this to the boiling point, push it on the back of the stove where it will simmer gently for one hour, then add the salt and pepper, and if you like, a bay leaf and tablespoonful of chopped onion; cook slowly thirty minutes longer. When ready to serve heap in the centre of the platter mashed potatoes or boiled rice. Put the "olives" round as a garnish and fill the bottom of the dish with the strained brown sauce. Be careful to remove the strings.

## EVER USEFUL CAN OF TOMATOES

\* Have you ever tried to see just how far a can of tomatoes will go used as flavoring and as sauce for other dishes. The larger pieces of tomato may be taken out and fixed with bread crumbs as a scallop for supper. The remaining juice and smaller pieces may be used in innumerable ways and will be relished as a flavoring even by people who do not like tomatoes "straight."

## BRAISED BEEF WITH TOMATO SAUCE

Choose a cut of beef that is too tough for roasting, the lower part of the round will do for this. Put into a covered roasting pan and when the meat is well browned add a little water or stock, cover closely and cook until tender, this usually takes some hours. Season when about half done. A chopped onion may be added if desired. Serve with the following sauce: Brown together in a saucepan one and a half tablespoonfuls of butter and two of flour, add one cup of liquid from the roasting pan, and one-half cup of strained tomato, and let boil up together. Thicken with one and one-half tablespoonfuls of flour mixed with a little water and stir until smooth and cooked.

## TOMATO AND MACARONI

If there is anything left of this same can of tomatoes, try it with some macaroni. Break one-half of a pound package of macaroni into inch lengths, and drop into two quarts of boiling salted water, cook until tender (about twenty-five or thirty minutes). Drain and blanch in cold water. Put in a pudding pan and cover with the following sauce.

One heaping tablespoonful butter, one heaping tablespoonful flour, mix these and add to one cup of hot strained tomato, stir until it thickens and put in two-thirds of a cup of milk, season with pepper and salt. Pour this over the macaroni, sprinkle a few bread crumbs and a little grated cheese over the top and bake until brown.

## A COMBINATION PIE

This is the time of year when one longs for something new, new clothes, new things for the house and some new dish on the table. Fresh fruits and vegetables are not available yet, so we have to make new combinations of the old ones do. The following recipe for pie is a nice change and very delicious:

Line a pie plate with good pastry as for lemon pie, and fill with the following mixture: One and half or two cups of buttermilk (the amount depends on the size of the pie plate), add one-half cup of sugar, one teaspoonful of vanilla, or half a teaspoonful of lemon extract, one teaspoonful of cornstarch dissolved in a little milk. The well-beaten yolks of three eggs and two-thirds of a cup of seeded raisins; bake until set. Make a meringue of the egg whites and pile on the top. This pie is very good without the raisins.

## GROW SOME PARSLEY

When you are preparing your garden this year, be sure and sow some parsley seed. Parsley seed takes a long time to germinate, so do not get discouraged and dig it up, as I did one year. Parsley is an excellent flavoring for many, many things and no one thing quite takes its place as an all round garnish. Garnishing may seem a waste of time, but one is surely repaid by the improved appearance of the dish, especially in hot weather when the bit of green gives an air of coolness and freshness that is most refreshing. Parsley will keep most of the winter in a box in the cellar. Dig in the fall, plant in a box, keep in a cool place and water occasionally, or dried, it may be used as flavoring for soups, stews, jellied meats, etc.

## TO KEEP MEALS WARM

Take a deep baking pan and half fill it with hot water, then set in it some covered bowls containing the various articles of food and put the pan in a moderately hot oven. The belated dinner will be fresh and hot.



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