

SOUP STOCKS.

BROWN STOCK.

4-lb. shank of beef—1 large carrot—3 onions—1 small turnip—a little celery—1 teaspoon pepper—corns—1 long pepper—1 bay leaf—a bunch of herbs—6 cloves—1 tablespoon salt—5 pints cold water.

Cut the meat and bone into small pieces and place in a large pan, pour over the water and bring slowly to the boil. Skim well, then add the vegetables, etc., and simmer gently for four hours; strain, and when cold carefully remove all fat. A second stock may be made from the same meat by adding a fresh supply of water.

WHITE STOCK.

The knuckle of veal is the best thing to take for this purpose; the bones of fowl or other white meat may be used with it.

For each pound of meat and bone take 1 oz. of lean ham—1 onion—a piece of celery—a few pepper corns—2 cloves—a bunch of herbs—1 teaspoon of salt and 1 pint of cold water.

Follow the directions given above for brown stock.

GAME STOCK.

This may be made from the bones of cooked game, but fresh bones will make better stock.