

4. If the brown bits in the tin do not make the gravy brown enough, add a little browning.

RULES FOR BOILING MEAT.

1. Salt meat should be put into cold water.
2. Put fresh meat into warm or boiling water, according to its size. Never put a very small piece into boiling water or it will harden at once.
3. Skim well.
4. If vegetables are cooked with the meat, put them in after the meat has been skimmed the first time.

RULES FOR STEWING.

1. Cook long, cook slowly.
2. Do not skim stews.
3. Keep the lid on the saucepan.
4. Stir from time to time.
5. Do not let the stew boil.

STUFFED STEAK.

Ingredients.—Two pounds of steak, six ounces of bread crumbs, two ounces of chopped parsley, one small onion (chopped), one egg (beaten), a little stock or milk, pepper and salt.

Method.—Spread the steak out on a board; mix the bread crumbs in a basin with the parsley, onion, pepper, salt, egg and stock and spread on the steak; roll up, tie with tape, lay on a meat rack on a dripping tin and put plenty of dripping on top. Bake in a hot oven for thirty minutes and then lower the heat and cook one hour and a half. Remove the tape and put the steak on a hot dish. Make gravy in the usual way and pour round.

Breast of mutton can be boned, stuffed and cooked in the same way.

STUFFED SHEEP'S HEART.

Ingredients.—A sheep's heart, two ounces of bread crumbs, three-quarters of an ounce of chopped parsley, a small piece of chopped onion, one egg, pepper and salt.

Method.—Make the stuffing as for stuffed steak. Well wash the heart in warm water and salt to clear out the blood. Cut off the auricles, trim away some of the outer fat and cut down the wall that goes down the centre, fill with stuffing and tie a piece of greased paper over the top. Put the heart on a greased dripping tin with the dripping on top and cook in a moderate oven for one hour. The heart may also be cooked in a saucepan with dripping, but great care must be taken not to let it burn.

BOILED SALT BEEF AND VEGETABLES.

Method.—Wipe the meat with a damp cloth; put in the saucepan with cold water and bring slowly to the boil. Skim well and put in carrots, turnips, parsnips and onions washed and prepared. Skim again when it comes again to the boil. Cook gently until all are tender. A piece of salt beef weighing six pounds will take about two hours and a half.

IRISH STEW.

Ingredients.—One pound and a half of neck of mutton (scrag or middle), three pounds of potatoes, one pound of onions, water to cover, pepper and salt, a little chopped parsley.

Method.—Chop the mutton into nice sized pieces and take away all gristle; prepare the vegetables, cutting all the potatoes, except four, into quarters, and cutting the onions in slices from top to bottom; cut the other four potatoes in halves; arrange the rest with the meat and onions in layers in a stewpan, putting the halves of potatoes on the top; cover with water, season with pepper and salt and simmer very gently for two hours. Arrange the halves of potatoes round a hot dish with a little parsley on each, arrange the rest of the stew in the middle with the gravy over.

BROMPTON STEW.

Ingredients.—Half a pound of shin of beef, half a pound of mutton, quarter of a pound of

ox kidney (cut small), two pounds of potatoes, two onions, two leeks, one tablespoonful of vinegar, one ounce and a half of dripping, one ounce and a half of rice, one ounce of flour, one teaspoonful of salt, half a teaspoonful of pepper, warm stock or water to cover.

Method.—Mix the pepper, flour and salt on a plate and dip the meat in it. Slice the onions from top to bottom and fry them a good brown in a saucepan in the dripping with the meat. Parboil the potatoes, cut them in slices and add them to the meat and onions. Add the water or stock, the vinegar, the leek prepared and cut up and the rice. Simmer gently one hour and a half.

TOAD IN THE HOLE.

Ingredients.—Half a pound of flour, three eggs, one pint of milk, pieces of meat, pepper and salt.

Method.—Put the flour in a basin, make a well in the middle and stir in the eggs with the back of a wooden spoon; add the milk by degrees, keeping it very smooth, beat well with the front of the spoon until covered with bubbles. Cut the meat into pieces, about two inches square, season and lay them on a greased tin or pie dish. Pour the batter over and bake in a good oven.

LIVER STEW.

Ingredients.—One pound of calf's or sheep's liver, half a pound of rashers of bacon, two pounds of potatoes, half a pound of onions, one ounce of flour, one teaspoonful of salt, half a teaspoonful of pepper, warm water or stock to cover.

Method.—Wash the liver and cut it into slices. Mix the pepper, flour and salt on a plate and dip it in this. Fry brown in the dripping with the onions sliced from top to bottom; slice the potatoes and add them; simmer gently for one hour and a half. Fry the bacon separately. Arrange the stew on a hot dish with the bacon placed round.

ROAST RABBIT.

Ingredients.—A rabbit, six or eight ounces of breadcrumbs, two ounces of suet (chopped), one ounce of chopped parsley, one shallot, half a teaspoonful of mixed herbs, pepper and salt, one egg (beaten), a little stock, dripping.

Method.—Well wash and clean the rabbit; make a stuffing of the breadcrumbs, suet, parsley, mixed herbs and pepper and salt, mixed rather wet with the beaten egg and stock. Stuff the rabbit with this and then sew it up with white cotton; the liver and kidneys can be simmered gently for fifteen minutes, chopped and added to the stuffing or they can be used in the sauce. Truss the rabbit with its fore paws turned back under it and its hind paws forward, and its head trussed up with a skewer. Put plenty of dripping on it and lay it on a well-greased dripping tin. Cook in a good oven about an hour basting often; make gravy in the usual manner, thicken it well with brown thickening and add the chopped liver and kidneys and seasoning and pour round.

BOILED STEAK PUDDING.

Ingredients.—Half a pound of chuck steak, quarter of a pound of ox kidney, one ounce of flour, one teaspoonful of salt, half a teaspoonful of pepper, a little water, half a pound of suet crust—(see chapter on "Pastry").

Method.—Cut the steak in thin pieces and the kidney very small, roll up the pieces of steak with a little piece of fat in each. Mix the pepper, flour and salt on a plate and toss all the meat and kidney in it. Cut off a third of the crust and roll it into a round for the top. Roll the larger piece into a round to fit the pudding basin which should be ready greased; line the basin carefully with it, put in the meat and a little water, wet the edges and put on the top, pressing it firmly. Tie over a floured and scalded cloth and boil two hours.

CORNISH PASTIES.

Ingredients.—Quarter of a pound of meat, six new potatoes or two old ones, one small onion (chopped), one tablespoonful of chopped parsley, a little water, pepper and salt, half a pound of short pastry, beaten egg.

Method.—Prepare the potatoes and cut them and the meat into dice, put them on a plate with the parsley, onion, pepper, salt and a little water and mix well. Flour the board, roll out the pastry, cut into rounds with a small saucepan lid, wet round the edge and put some of the mixture on each; close up, beginning in the middle, ornament, brush with beaten egg, lay on a greased tin and bake in a good oven twenty minutes.

BEEFSTEAK PIE.

Ingredients.—One pound of steak, quarter of a pound of ox kidney, stock or water, one ounce of flour, one teaspoonful of salt, half a teaspoonful of pepper, half a pound of short or flaxy pastry—(see chapter on "Pastry").

Method.—Prepare the meat with the seasoning as for beefsteak pudding and put it in a piedish. Roll out the pastry, lay it over the top of the piedish and cut sharply round, holding the dish in one hand and the knife in the other; cut strips from the rest of the pastry, wet the edges of the dish, lay on the strips, wet them and put on the cover; press round the edge, make a hole in the middle, ornament with leaves cut from the remains of the pastry, brush with egg and bake one hour and a half.

SAVOURY DUMPLINGS.

Ingredients.—Half a pound of salt pork, three large potatoes, one small onion, one tablespoonful of chopped parsley, pepper and salt, a little water, one pound of suet crust—(see chapter on "Pastry").

Method.—Roll out the suet crust and cut it into rounds as for the Cornish pasties; have ready the pork, potatoes and onions cut into dice and mixed with the parsley, pepper and salt and a little water; put some of the mixture on each round, wet the edges, close up in the shape of a dumpling and tie each in a scalded and floured cloth. Boil one hour.

FRIED SAUSAGES.

Method.—Prick the sausages well and put them in a frying pan with cold dripping and let them cook slowly until a good dark brown, turning them over and over so that they are evenly cooked. They take quite half an hour.

LIVER AND BACON.

Ingredients.—One pound of liver, half a pound of bacon, two ounces of flour, one teaspoonful of salt, half a teaspoonful of pepper, half a pint of water.

Method.—Cut the bacon in slices and cut off the rind, fry it slowly and place it round a hot dish; cut the liver in slices, dip it in pepper, flour, and salt, and fry it brown in the bacon fat, put it on a dish; dredge in the rest of the flour and fry it brown in the rest of the bacon fat, or if necessary add a little dripping; stir in half a pint of water, let it boil well and pour over the slices of liver.

PIG'S FRY.

Ingredients.—One pig's fry, two onions, four potatoes, half a pound of rashers of bacon, half a pint of warm water, one ounce of brown thickening, pepper and salt.

Method.—Wash the fry and simmer it in salt and water half an hour, drain and fry it, dredge with flour, pepper and salt. Fry the bacon and put it on a hot dish; keep it hot while you fry the fry in the bacon fat with the onions sliced in rings; cook a light brown, pour off the fat and stir in half a pint of warm water, add one ounce of brown thickening, stir and cook well. Put the fry and onions on a hot dish and arrange the bacon round. Pour the gravy over the fry.