

SELECTED RECIPES.

MUTTON CUTLETS WITH MASHED POTATOES.—*Ingredients.*—About 3 lbs. of the best end of the neck of mutton, salt and pepper to taste, mashed potatoes.—Procure a well hung neck of mutton, saw off about 3 inches of the top of the bones, and cut the cutlets of a moderate thickness. Shape them by chopping off the thick part of the chine-bone; beat them flat with a cutlet-chopper, and scrape quite clean a portion of the bone. Broil them over a nice clear fire for about seven or eight minutes, and turn them frequently. Have ready some smoothly-mashed white potatoes; place these in the middle of the dish; when the cutlets are done, season with pepper and salt; arrange them round the potatoes, with the thick end of the cutlets downwards, and serve very hot and quickly.

SCALLOPED OYSTERS.—*Ingredients.*—Oysters, say 1 pint, 1 oz. butter, flour, 2 tablespoonfuls of white stock, 2 tablespoonfuls of cream; pepper and salt to taste; bread crumbs, oiled butter.—Scald the oysters in their own liquor; take them out, beard them, and strain the liquor free from grit. Put one ounce of butter into a stewpan; when melted, dredge in sufficient flour to dry it up; add the stock, cream, and strained liquor, and give one boil. Put in the oysters and seasoning; let them gradually heat through, *but do not allow them to boil.* Have ready the scallop-shells buttered; lay in the oysters, and as much of the liquid as they will hold; cover them over with bread crumbs, over which drop a little oiled butter. Brown them in the oven, or before the fire, and serve quickly and very hot.

II.

Prepare the oysters as in the preceding recipe, put them in a scallop-shell or saucer, and between each layer sprinkle over a few breadcrumbs, pepper, salt, and grated nutmeg; place small pieces of butter over, and bake before the fire in a Dutch oven. Put sufficient breadcrumbs on the top to make a smooth surface, as the oysters should not be seen.

STEWED SPANISH ONIONS.—*Ingredients.*—Five or six Spanish onions, one pint of good broth or gravy.—Peel the onions, taking care not to cut away too much of the tops or tails, or

they would then fall to pieces; put them into a stewpan capable of holding them at the bottom without piling them one on the top of another; add the broth or gravy, and simmer very gently until the onions are perfectly tender. Dish them, pour the gravy round, and serve. Instead of using broth, Spanish onions may be stewed with a large piece of butter; they must be done very gradually over a slow fire or hot plate, and will produce plenty of gravy. *Time*, to stew in gravy, two hours, or longer if very large. *Note*—Stewed Spanish onions are a favorite accompaniment to roast shoulder of mutton.

BOILED PARSNIPS.—*Ingredients.*—Parsnips: to each half gallon of water allow one heaped tablespoonful of salt.—Wash the parsnips, scrape them thoroughly, and, with the point of the knife, remove any black specks about them, and, should they be very large, cut the thick part into quarters. Put them into a saucepan of boiling water salted in the above proportion, boil them rapidly until tender, which may be ascertained by thrusting a fork in them; take them up, drain them, and serve in a vegetable dish. This vegetable is usually served with salt fish, boiled pork, or boiled beef; when sent to table with the latter, a few should be placed alternately with carrots round the dish, as a garnish. *Time*, large parsnips, one to one and a half hour; small ones, half hour to one hour.

BREAD SAUCE (to serve with Roast Turkey, Fowl, Game, &c).—*Ingredients.*—One pint of milk, three-quarters pound of the crumb of a stale loaf, one onion; pounded mace, cayenne, and salt to taste; one ounce of butter.—Peel and quarter the onion, and simmer it in the milk till perfectly tender. Break the bread, which should be stale, into small pieces, carefully picking out any hard outside pieces; put it in a very clean saucepan, strain the milk over it, cover it up, and let it remain for an hour to soak. Now beat it up with a fork very smoothly, add a seasoning of pounded mace, cayenne, and salt, with one ounce of butter; give the whole one boil, and serve. To enrich this sauce, a small quantity of cream may be added just before sending it to table. *Time*, altogether one hour and three-quarters.