

MEAT SUBSTITUTES

Egg, milk, cheese, legume and nut dishes may be used in place of meat. Their popularity will depend upon the care and attention given to their preparation, **seasoning** and cooking.



Walnut Roast

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| 2 eggs | 1½ cups milk |
| 1 cup walnuts (chopped) | ½ cup cream |
| 1½ cups toasted bread crumbs | Celery salt |
| 1 tsp. salt | Parsley or Worcestershire Sauce if desired. |

NOTE : — If cream is not available use 2 tabls. butter and 2 cups milk. Beat eggs until well mixed, add milk, cream and bread crumbs. Let stand 20 minutes. Add other ingredients. Turn into greased pan and set in a pan of water to bake. Bake 30 minutes in a moderate oven, basting with dripping. Turn out on a platter and serve with a savory tomato sauce or Hollandaise sauce.

Baked Beans

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| 1 qt. pea or "yellow-eye" beans | 1 tblsp. molasses |
| ½ tsp. baking soda | 3 tblsp. brown sugar |
| ¾ lb. fat salt pork | 1 cup boiling water |
| 1 tblsp. salt | 1 tsp. mustard |

Pick over beans and wash in strainer over bowl of cold water until water is clear. Soak twelve hours or overnight in cold water. Drain, cover with cold water, add soda and simmer until the skin will burst, when a bean is removed in a spoon and blown upon. Drain and add about ⅓ of the beans to bean pot. Scald pork and score rind in ½ inch strips. Place in centre of crock and pile beans around it, leaving rind exposed. Mix remaining ingredients and pour over beans, adding more boiling water to just cover beans. Cover and bake slowly eight hours at least, uncovering the last hour of cooking. When necessary add a little boiling water, but never enough to cover the beans.

NOTE : — Strained tomatoes may be used as part of liquid. If one can of stewed and strained tomatoes is used to above recipe the sugar must be increased from 3 tblsp. to 4½ tblsp. and the amount of molasses doubled.