

HOW TO USE BROKEN VICTUALS.

BY PIERRE BLOT.

The best piece of beef to boil is from the round; it is more economical than either the chuck, neck, or flank pieces.

Warm water is turned over the meat, so as to wash it well; then it is tightly tied with twine (skewers do not answer the purpose) and put in the soup-kettle, with salt, at the first boiling of the water. A little over a quart of water is allowed for a pound of meat. It is then boiled gently for five hours. Some time after the meat is in, the scum that gathers on the surface is carefully skimmed off, and the liquor is seasoned the same as broth. When done the meat is placed on a dish, and the twine removed. The meat is served surrounded with a purée of vegetables—any kind to suit the taste.

It may also be served with fried potatoes, or with a piquante or tomato sauce.

A round piece or rib piece is cooked in the same manner. The larger the piece the better for boiling as well as roasting. If the piece be small, all the juice and part of the flavor escapes.

The liquid in which the meat has been boiled is an excellent broth for soup, sauce, or gravy. If it should not be found rich enough, it may be used the next day instead of water to make broth.

In order to enable small families to buy large pieces without wasting any, or without being obliged to make several meals off the same piece, we will explain how to prepare cold beef—we mean what is left from the dinner—from a roasted as well as a boiled piece, and for either breakfast, lunch, or dinner.

In Salad.—After trimming the fat and removing the bones, the cold meat is cut in square slices of about two inches in size and one-sixth of an inch thick. It should be cut as much as possible across the grain of the meat. The slices are arranged on the dish in the following or any other way, according to taste or fancy: a slice is placed in the middle of the dish, then other slices are placed around it, forming either a round or an oval figure, according to the shape of the dish, one overlapping another, and so on until the dish is entirely covered. The meat is then covered with parsley chopped fine, the following sauce is then spread over the whole, and an excellent dish is ready to serve.

Sauce.—Beat well together in a bowl two or three table-spoonfuls (more or less, according to the quantity of meat) of oil, about half as much of vinegar, salt, pepper, and mustard to suit the taste, and use.

Stewed.—The bottom of an earthen dish that stands fire is buttered inside, a layer of

the slices of cold beef is placed in it; then parsley and pickled cucumbers are chopped together, and some of them are spread over the slices, with salt and pepper. The process is repeated two, three, or four times, according to the quantity of beef. A little broth and butter are added, the dish is set on a rather slow fire for about half an hour, and it is ready to be served. It may also be dusted with bread-crumbs, and put in the oven for ten minutes when ready as above, adding a little more broth in case it gets dry.

Hash.—Instead of slicing the meat, chop it, and knead it with baked potatoes, raw eggs, chopped parsley, salt and pepper. A pinch of grated nutmeg may be added, if liked. Work it then into small balls about an inch in diameter, roll these in bread-crumbs, fry them slightly with a little butter, and serve with a piquante sauce. If liked, raw onions may be chopped very fine and mixed with the rest.

With Onions.—The slices of cold beef are put in an earthen dish. Sliced onions are fried with butter until of a golden color; then they are dusted with flour, and stirred for a minute or two in the frying-pan; enough water is added to a little more than cover the bottom of the pan; it is simmered until the onions are thoroughly cooked, when they are mashed through a colander, spread over the slices of beef, with salt, pepper, vinegar, and mustard mixed together, put in the oven to warm thoroughly and served.

With Potatoes, etc.—Proportions: to a pound of beef add two ounces of salt pork, cut in dice; four middling-sized potatoes, each cut in four pieces; salt and pepper; also the following seasonings, tied in a linen rag: a bay leaf, two cloves, three sprigs of parsley, and one of thyme. Place the whole in a sauce-pan, with cold water enough to half cover it, set it on the fire, and let it simmer gently until the potatoes are cooked. Then add the beef, sliced or cut in dice, give one boil, take off the rag of seasonings, and it is ready.

Broiled.—When the meat is trimmed as above, cut it in slices about half an inch thick, rub both sides slightly with butter, salt and pepper both sides also, and broil. It is done in less than a minute's time, the meat being already cooked. Place it on a warm dish, spread butter, chopped parsley, and a few drops of vinegar all over it, and serve quickly. When broiled as above the slices of meat may be served on a purée of pease, beans, Limas, lentils, or potatoes.

Piquante Sauce.—When the flour is cooked add about a pint of water or broth, a table-spoonful of chopped onions or shallots, half a gill of vinegar, three stalks of parsley chopped, salt, pepper, a tea-spoonful of