

lightly with an onion in the bottom of the stewpan, flour dredged over, and water or stock added gradually, just to cover, then cooked **very** slowly until tender.

To stew is not to boil; it means **only simmer**. A liquid is simmering when small bubbles come slowly to the surface, but do not break open as in boiling.

Cold meats in hashes **should not boil**; if they do, the fibres of the meats being already cooked, contract so much that all the nourishing part escapes into the gravy, and the meat itself is made dry and tasteless.

The sauce or gravy should be made first, the onion browned in some dripping, any vegetables added, seasoned and **cooked**. Then the meat should be added and just allowed to heat through.

Thawing Frozen Meat, Etc.—If meat, poultry, fish, or any other article of food, when found frozen, is thawed by putting it into **warm water**, or placing it before the fire, it will most certainly spoil by that process and be rendered unfit to eat. The only way to thaw these things is by immersing them in cold water. This should be done as soon as they are brought in from the market, that they may have time to be well thawed before they are cooked. If meat that has been frozen is to be boiled, put it on in cold water. If to be roasted, begin by setting it at a distance from the fire, for if it should chance to be not thoroughly thawed all through to the center, placing it first too near the fire will cause it to spoil. It is expedient to thaw the meat or poultry the night before cooking, lay it in cold water early in the evening and change the water at bed-time. If found crusted with ice in the morning, remove the ice and put the meat into fresh cold water, letting it lie in it till wanted for cooking.

Potatoes are injured by being frozen; other vegetables are not the worse for it, provided they are always thawed in cold water.

MEATS AND THEIR ACCOMPANIMENTS.

With roast beef: Tomato sauce, grated horse radish, mustard, cranberry sauce, pickles.

With roast pork: Apple sauce, cranberry sauce.

With roast veal: Tomato sauce, mushroom sauce, onion sauce, cranberry sauce, horse radish or lemons.

With roast mutton: Currant jelly, caper sauce.

With boiled mutton: Onion sauce, caper sauce.

With boiled fowls: Bread sauce, onion, lemon, and cranberry sauce, jellies, also cream sauce.

With roast lamb: Mint sauce.

With roast turkey: Cranberry sauce, currant jelly.

With boiled turkey: Oyster sauce.

With venison or wild duck: Cranberry sauce, currant jelly, or currant jelly warmed with port wine.