

GRILLED CHOP.

Take a nice loin chop about 1 inch thick. Trim off most of the fat, make the broiler hot, and grease it with a piece of the fat, lay the chop on it, and broil over a clear bright fire, or next the gas; turn every two minutes; cook about 8 minutes. Serve at once on a hot plate with a little bread sauce or mashed potato. Garnish with a sprig of celery.

STEWED CHOP.

1 tablespoon butter

$\frac{1}{4}$ tablespoon flour
Salt and pepper

1 loin chop

4 tablespoons stock

Trim the chop. Heat the butter in frying pan, when it smokes put in the chop and brown very quickly on both sides, then lay it in a stew pan. Add the stock which has been made hot. Cover very closely and let simmer gently for 1 hour. Put chop on hot plate. Mix the flour with a little cold water and add it to the stock. Season with pepper and salt and pour over the chop.

STEAMED CHOP.

Trim all the fat from the chop, place it in a dry fruit jar, cover very closely, set in a pan of boiling water and cook 1 hour. Sprinkle with salt and serve very hot. The jar should be set on a cloth or trivet.

BEEFSTEAK.

For the invalid beefsteak should be either broiled or pan-broiled. To broil, wipe steak with a cloth wrung out of cold water and trim off superfluous fat. With some of the fat, grease a wire broiler, place meat in broiler, having fat edge next to handle, and broil over a clear fire, turning every ten seconds for the first minute that surface may be well seared, thus preventing escape of the juices. After the first minute, turn occasionally until well cooked on both sides. Steak cut 1 inch thick will take five minutes, if liked rare; six minutes if well done. Remove to hot platter, sprinkle with salt and dot with butter.

For pan-broiled steak use an ordinary frying pan; heat it, rub it over with a piece of fat and lay in the steak; turn every 10 seconds for the first minute, then cook 3 minutes on each side. If any fat accumulates in the pan, it should be poured off.