

ROAST PHEASANT

1 pheasant	$\frac{1}{4}$ lb. beef steak
Fried breadcrumbs	Bacon
Watercress	Salad oil
Salt and pepper	

METHOD—Truss the bird in the same way as a chicken for roasting, only leaving the head on. Put the steak inside the bird, to improve the flavor; cover the breast with the slices of bacon, and roast in a moderate oven about 50 minutes, basting frequently with butter.

Remove the bacon a few minutes before serving to allow the breast to brown.

Serve on a hot dish, garnished with the watercress, previously well washed, dried, and seasoned with salt, pepper, and salad oil. Serve with brown sauce, bread sauce, and fried breadcrumbs.

Time 40 to 50 minutes.

FRICASSEE OF RABBIT

1 rabbit	2 oz. butter
2 oz. flour	$\frac{1}{2}$ pt. milk
Some white stock	2 onions
1 carrot	1 or 2 strips celery
1 bouquet garni	Pepper, Salt

METHOD—Cut the rabbit in neat pieces and wash well in lukewarm water, place in a stewpan, with just enough white stock to cover. Bring to boiling point, and add the vegetables, cut in slices. Add a little salt, and the bouquet garni, cover closely and cook gently about $1\frac{1}{4}$ hours. Melt the butter in another stewpan, add the flour, blend thoroughly, add the milk, stir till boiling. When ready, take up the rabbit, keep hot till required, strain and add a good $\frac{1}{2}$ pint of the stock to the white sauce, press the vegetables through a sieve, and add to the sauce. Season to taste, replace the rabbit and serve.

Time $1\frac{1}{2}$ hours.