

For those who like it, pour off all but about a tablespoonful of the fat. Dredge in sufficient flour to absorb the liquid, stirring and mashing until smooth and browned. Gradually add sufficient boiling water to thin to desired consistency. Season with salt and a few drops of Worcester or tomato catsup, and pour around the meat, placing the bacon on top to preserve its crispness.

Braised Liver. In certain sections of the country calf's liver larded and braised is served as one of the principal dishes for a formal dinner. For this the whole liver is wiped and the top larded with fine strips of larding pork, which has been rolled in a mixture of salt, pepper and ground spice, (usually a little clove and allspice). The liver is then laid on a bed of sliced vegetables—onion, carrot and turnip—in a deep pan, a pint of rich stock added, tightly covered and braised in a moderate oven for about two hours. Before serving, the gravy is thickened.

Lamb's Liver. This dish takes time to prepare, but an equally good result at lower cost may be obtained by taking a lamb's liver. Wash very carefully and dry on a cloth, then with a sharp knife score both sides, making cuts a quarter of an inch deep and about half an inch apart. Mix together a scant teaspoonful of salt, quarter of a teaspoonful each of pepper, ground allspice and cloves. Rub this into the cuts in the liver. In a deep pan make a bed of vegetables and cover with more slices of pork. On it lay the liver, sprinkle with remainder of the seasoning and cover closely and braise in a moderate oven for two hours. Any that is left may be sliced cold for luncheon or supper, or may be diced and converted into a salad.

Mock Terrapin. Another excellent dish may be prepared by washing a lamb's liver, placing it in a saucepan, adding a teaspoonful of salt, a dozen pepper corns, a soup bouquet and sufficient boiling water to cover, and simmering gently until tender. Let stand in this until cold, then drain and dice. Make a sauce with one tablespoonful of butter very lightly browned, one teaspoonful of flour, one cupful of milk, a half teaspoonful of salt and a dash of cayenne. Add a pint of the diced meat, and stand over boiling water until heated through, then add four hard-boiled eggs, cut fine, and serve, garnishing with toast points and olives if you have them. This is called mock terrapin. For a plainer dish a brown sauce may be substituted, seasoning with tomato catsup and Worcester.

Sour Cream. Aside from the economy in the use of an occasional cup of sour cream or milk, foods made from sour milk or cream keep moist longer and have a certain quality that butter cannot impart.

The chemist has not revealed all of the reasons for the success of sour milk recipes and their consequent popularity, but he can at least shed some light on their use.

The souring of milk is caused by the harmless lactic acid bacteria, which, in growing, produce the acid for which they are named. The acid is present in surprisingly uniform amount and requires less soda or other alkali than many are in the habit of using. One-half teaspoon of soda is a safe general rule for each cup of sour milk. Milk sour enough to be bitter should never be used. If the milk is stale as well as sour, throw it away, especially if, since souring, it has been kept in a warm room.

In using sour milk remember that the escape of gas takes place immediately on adding the soda to the batter; therefore work quickly, and do all the beating before the addition of the second chemical. Sour cream is just as good as sweet for salad dressing.



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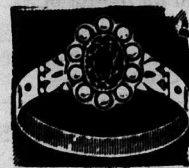
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