

VEAL.

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Roast Veal.

Select meat that is firm and the fat white. The loin is one of the most desirable parts for roasting. Rub it well with salt and a little pepper. Either with or without a larding needle, draw in bits of salt pork to give it richness. Make a dressing of bread crumbs, well seasoned and moistened with milk or water. Fasten this in under the loin securely, and put into a hot oven to bake. Baste it frequently, and when well done, take up; thicken the gravy, and serve. The same herbs and vegetables that are used for roasting beef may be put under the veal if preferred.

 The Royal Flavoring Extracts are made of great purity and strength. Take no other.

Minced Veal.

Take 3 pounds of uncooked veal, chop fine; add 3 beaten eggs, butter the size of an egg, 4 rolled crackers, and enough pepper and salt to season well; $\frac{1}{2}$ grated nutmeg; mix. Press it into a crock or earthen dish, and bake half an hour. When ready to serve, turn it out and slice down on a platter. Beef is good prepared in the same manner.

Fricandeau of Veal.

Choose a thick piece of veal from the leg, weighing three or four pounds, and lard it thus: Cut from very firm salt pork, pieces $\frac{1}{2}$ of an inch thick and 3 or 4 inches long. With the sharp point of a knife, make incisions in the upper part of the veal; draw into each of these a strip of the pork. Continue this process until the whole top is covered with the larding. Let every alternate strip lie in a different direction, so as to give an ornamenta finish to the top. Put into the oven and bake; when the juices are sealed in, or in half an hour, season it with salt and pepper. Do not let it scorch. When done, make a gravy as for roast veal.

Veal Croquettes.

Take very fine minced veal, moisten with cream and a beaten egg; season with salt, sweet marjoram and a little pounded mace; form into small cones either by hand or in a wine glass; crumb the outside, and fry, or else set in the oven and bake, basting frequently.

Veal Cutlets and Olives.

This is very pretty for a luncheon or supper dish, and also appropriate for an *entree*. Prepare the cutlets by cutting them in oval form two or three inches wide, a little longer, and half an inch thick. Dip them in egg, then in fine cracker crumbs, and repeat this until they are thoroughly encrusted; then fry them carefully in butter. Arrange them on the platter. Garnish with olives.

Veal Collops.

Cut veal from the leg or other lean part into pieces the size of an oyster. Season with pepper, salt and a little mace; rub over each piece; dip in egg, then into cracker crumbs, and fry. They both look and taste like oysters.

 A good cook will only use the best Baking Powder.

Boiled Calf's Head (with the Skin on).

Put the head into boiling water and let it remain 3 or 4 minutes; take it out, hold it by the ear, and (with the back of the knife) scrape off the hair. When clean, take out the eyes, cut off the ears, and remove the brains, which soak for an hour in warm water. Put the head into hot water for a few minutes, to make it look white, then lay it in a stew-pan and gradually bring it to boil. Simmer it very gently from $2\frac{1}{2}$ to 3 hours; when nearly done, boil the brains $\frac{1}{2}$ hour. Skin and chop them, not too finely, adding a tablespoonful of minced, scalded parsley. Season with pepper and salt, and stir the brains, parsley, etc., into 4 tablespoonfuls of melted butter; add 1 tablespoonful of lemon juice, 2 or 3 grains of cayenne, and keep these hot by the fire. Take up the head, cut out the tongue, skin it, put it on a small dish with the brains round it; sprinkle bread crumbs over the head; brown it in the oven, and serve with a tureen of parsley and butter, and either boiled ham, bacon, or pickled pork, as an accompaniment.