## CHURCH OF ENGLAND INSTITUTE RECEIPT BOOK. 121

## ROLLED BEEF.

Get the thinnest part of a flank of beef, take away all the fat and skin and lay flat on the table; have ready the following herbs well mixed together: sage, thyme, savory, majoram tarragon, and parsley; take four tablespoonsful of parsley and sage to every one of the other berbs; add to these one tablespoon salt, one teaspoon pepper, one-half teaspoonful of mixed spice, nutureg, cinnamon and mace; these are the quantities for seven pounds of beef; place all over the surface of the meat, roll up tightly and tie up in a cloth with tapes, boil five hours; when done press under a heavy weight until cold, remove the cloth and it is ready for table.

## BENGAL CHUTNEY.

Thirteen large ripe tomatoes, thirteen large sour appies, one pound brown sngar, one-half pound salt, (less if desired,) one-quarter pound garlic, one-quarter pound onions, one-quarter pound ground ginger, one-half pound best raisins, six onnces unstard seed, one-half ounce cayenne pepper, three pints vinegar; peel the apples and tomatoes and chop all the ingredients fine, boil altogether in the vinegar till quite soft, then bruise and mix together; when cold bottle and cork.

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