

one-fourth of a cup of vinegar. Rub this mixture thoroughly into a flank steak. Roll up the meat into compact shape. Secure it with twine or skewers and allow it to stand over night. Simmer in boiling water for three or four hours. Thicken the liquid with browned flour and fat, and serve.

SPICED BEEF

Take a thick piece from the solid part of the shank, cover it with diluted vinegar and season it with pickle spices. Allow this to stand for several hours. Then bring it slowly to the boil and remove the spices. Add a teaspoon each of sugar and salt and simmer the meat until tender. Half an hour before it is time to serve, make a savoury tomato sauce or add Worcestershire sauce.