

131. **Aitchbone.**

Follow with knife, line from 1 to 2.

**BEEF.**

132. **Spiced Beef**—Ingredients—8 or 9 lbs. of beef, fat, $\frac{1}{4}$ oz. of sal prunella, $\frac{3}{4}$ oz. of saltpetre, 2 oz. of pounded spices, $\frac{1}{2}$ lb. garlic, $\frac{1}{4}$ lb. of moist sugar.

Take eight or nine pounds of beef, with a good piece of fat, mix well together a quarter ounce of sal prunella, three quarters of an ounce saltpetre, about two ounces pounded spices—mace, cinnamon, cloves, allspice, nutmeg half pound garlic chopped very fine, and a quarter pound of moist sugar; rub this mixture well into the beef, and let it remain in the pickle a week, turning and rubbing it every day; tie up the beef, put it into cold water, boil it up slowly, skim well, and simmer for two or three hours; put it under heavy weights. Trim and serve cold.

133. **Beef-Steak Pudding**—Ingredients— $\frac{1}{2}$ lb. of flour, 6 oz. of beef suet, $2\frac{1}{2}$ lbs. of rump or beef steak, pepper and salt, 1 doz. oysters, $\frac{1}{4}$ pt. of stock.

Chop the suet finely, and rub into the flour with your hands, sprinkling a little salt, then mix with water to a smooth paste; roll the paste to the eighth of an inch; line a quart pudding basin with the paste; cut the steak into thin slices, flour them, and season with pepper and salt; put the oysters and the liquor that is with them into a saucepan and bring it to the point of boiling; then remove from the fire, and strain the liquor into a basin; then cut off the beards and the hard parts, leaving only the soft, roll the slices of steak, filling the basin with meat and oysters; pour in the stock and liquor from the oysters. Cover with paste and boil three hours.

N.B.—Be sure the water is boiling before putting the pudding in.

134. **Fillets of Beef (with Olives)**—Ingredients—A piece of rump steak, pepper, salt, olives, onions, flour, stock, sauce.

Take a piece of rump steak, cut it into slices three-eighths of an inch thick, and trim them into shape. Melt plenty of butter in a baking-tin, lay the fillets of beef in this, and let them stand in a warm place for an hour or so; then sprinkle them with pepper and salt, and fry them in some very hot butter