

SWEETBREADS SAUTED

Cut parboiled sweetbreads in slices, sauté them in fat and serve with peas. The peas should be as dry as possible and seasoned with salt, pepper and a little butter substitute.

BRAISED TONGUE

1 beef tongue	$\frac{1}{2}$ cup celery, diced
$\frac{1}{2}$ cup carrots, diced	1 sprig parsley
$\frac{1}{2}$ cup onion, diced	$\frac{1}{2}$ cup peas

Cook tongue slowly in water for two hours. Take out and remove skin. Place in baking dish with vegetables. Add four cups of sauce. Cover closely and bake two hours, turning after first hour. If canned peas are used, do not add at first with uncooked vegetables.

TONGUE

Place a fresh tongue in a kettle, cover with boiling water and cook slowly two hours. Drain, saving the water. Then skin and trim the tongue and place it in a deep pan. Surround with $\frac{1}{2}$ cup each carrots, onion and celery. Make a sauce of 4 tablespoons of fat, 4 tablespoons flour and 4 cups of water. Brown the fat and flour, and add the water. Season. Pour over the tongue and vegetables. Cover closely and bake two hours.

TRIPE

TRIPE IN BATTER

Cut the tripe in strips. Place in a skillet. Cover with boiling water and simmer 20 minutes. Drain, wipe the tripe dry, sprinkle with salt and pepper. Brush with melted fat, dip in batter and fry in deep fat. Serve while piping hot.

A good batter can be made from one cup flour, $1\frac{1}{2}$ teaspoons baking powder, $\frac{1}{2}$ teaspoon salt and a dash of black pepper. Add $\frac{1}{2}$ of a cup of milk and 1 well-beaten egg.