

hour to every pound of beef, though tender beef will require more roasting; pricking with a fork will determine whether er done or not: rare done is the healthiest, and the taste of this age.

No 6. *Roast Mutton.*

If a breast, let it be cauled, if a leg, stuffed or not, let it be done more gently than beef, and done more; the chine, saddle or leg requires more fire and longer time than the breast, &c. Serve with potatoes, beans, or boiled onions, caper sauce, marshed turnip, or lettuce.

No 7. *Roast Veal.*

As it is more tender than beef or mutton, and easily scorched, paper it, especially the fat parts, let there be a brisk fire, baste it well: a loin weighing fifteen pounds requires two hours and a half roasting; garnish with green parsley and sliced lemon.

No 8. *Roast Lamb.*

Lay down to a clear good fire that will not want too much stirring or altering, baste with butter, dust on flour, and before you take it up add more butter, sprinkle on a little salt and parsley shred fine; send to table with an elegant sallad, green peas, fresh beans or asparagus.

No 9. *Alamode Beef.*

Take a round of beef, and stuff it with half pound pork, half pound butter, the soft of half a loaf of wheat bread, boil four eggs very hard, chop them up; add sweet mar-