



# Seasoning Suggestions

**LEA & PERRINS**  
**WORCESTERSHIRE SAUCE**

THE ORIGINAL AND GENUINE


Seasoning Gravies, and for use with  
Roasts, Cold Meats, Soup, &c.  
An agreeable addition to SALAD & CHEESE  
Dishes. Beware of cheap imitations. Celebrated since  
first introduced to the public. Purchasers are requested to  
look for the name of LEA & PERRINS on all  
the original Labels, as well as improved  
and Stopper.

Made in New York by

**LEA & PERRINS,**  
**WORCESTER AND NEW YORK.**

AND SOLD BY

JOHN DUNCAN'S SONS, New York;  
AND BLACKWELL, Ltd., and the principal  
Italian Warehousemen, London;  
JOHN DUNCAN'S SONS, New York;  
and the leading Grocers and Sausage Vendors generally throughout the world.



Lea & Perrins' Sauce is manufactured from the choicest ingredients collected from various countries and scientifically blended under the most sanitary conditions.

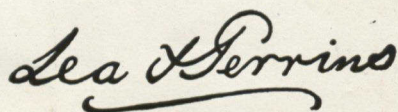
It has earned its world-wide reputation by always maintaining the highest standard of quality through several generations.

Messrs. Lea & Perrins alone hold the recipe for manufacturing the original Worcestershire Sauce, and the flavor and quality of their sauce is the recognized standard throughout the world.

It is known in South Africa, in India, in far China and Japan, in South America, in Canada, as well as America.

It stands on the tables of every well-equipped dining car, steamship line, luxurious hotel and in millions of homes; the housekeeper also uses it in cooking to give zest and unequalled flavor to the simple but delicious dishes which she prepares at home.

Every bottle of the original Worcestershire Sauce bears their signature, thus:



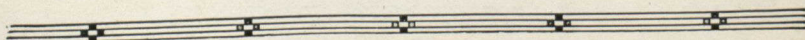
If Lea & Perrins' signature does not appear on the wrapper and label, it is not the original Worcestershire.

When ordering sauce, order by the name "Lea & Perrins" and thus get the original Worcestershire.

For additional copies of this book, write

*Lea & Perrins*

MONTREAL, CANADA





10  
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# *Seasoning Suggestions*

Revealing the Chef's Seasoning  
Secrets for Improving over One  
Hundred and Fifty Dishes with  
Lea & Perrins' Sauce



*Lea & Perrins*  
Montreal, Canada

1930's

## ALPHABETICAL INDEX TO RECIPES

Recipe	Page	Recipe	Page
A Salad Dressing Made Without Oil	29	Kidney or Chicken Liver Omelet	22
An Uncooked Tomato Catsup	30	Lamb Kidney Stew	19
Appetizer Dressing	4	Lea & Perrins' Clam Cocktail	5
Apple Chutney	31	Lemon Dressings	11 and 29
Bacon Omelet	22	Macaroni and Cheese	23
Baked Bean Soup	13	Macaroni Croquettes	16
Baked Egg	20	Macaroni Garnish	14
Basic Brown Dressing	9	Maitre de Hotel Dressing	11
Basic Recipe for Croquettes	15	Mayonnaise Dressing	28
Basic Sauce for Timbales	17	Meat and Cheese Filling	27
Basic White Dressing	10	Meat and Mayonnaise Filling	27
Beef Stew	18	Meat and Tomato Filling	27
Beet Ball Appetizer	5	Minced Meat Filling	27
Bernaise Dressing	11	Mint Dressing	11
Boiled Tomato Catsup	31	Mushroom Appetizer	5
Casseroles of Veal with Carrots and Peas	19	Mushroom Catsup	31
Cauliflower Dressing	10	Mushroom Croquettes	16
Celery Dressing	10	Mushroom Dressing	9
Cheese and Egg Filling	26	Mushroom Souffle	23
Cheese and Mayonnaise Filling	26	Mushroom Soup	13
Cheese and Nut Filling	26	Mustard Relish	32
Cheese and Pepper Filling	26	New York Fish Chowder	12
Cheese and Tomato Rarebit	25	Olive and Pepper Souffle	23
Cheese Dressing	10	Olive Dressings	9 and 29
Cheese Omelet	22	Onion Dressing	10
Cheese Sandwich Filling	26	Oyster Dressing	10
Cheese Souffle	23	Oyster or Clam Appetizer	5
Chicken a la King	25	Oyster Souffle	23
Chicken Cutlets	15	Panned Oysters	25
Chicken Souffle	23	Peanut or Walnut Croquettes	16
Chicken Timbales	17	Pickle Dressing	10
Chiffonade Mayonnaise	28	Pickled Onions	32
Chopped Pickle	32	'Pigs in Blankets'	25
Chow-Chow	32	Plain Butter Dressing	11
Clam Chowder	12	Plain Cuts of Meat Filling	27
Consomme	14	Plain Omelet	21
Cooked Salad Dressing	29	Plain Souffle	22
Corn Chowder	13	Poached Eggs	20
Corn Omelet	22	Polenta	19
Corn Soup	14	Potato Chowder	13
Creamed Eggs	25	Ragout of Mutton or Lamb	18
Creamed Salmon	25	Red Mayonnaise	28
Creamed Shrimps	25	Red Pepper Rarebit	25
Other Creamed Dishes	25	Red Pepper Relish	31
Creole Dressing	9	Rice Croquettes	16
Creole Oyster Gumbo	14	Roasted Meat Loaf	19
Creole Rice	23	Rolled Sandwiches	27
Devilled Egg Appetizer	5	Roquefort Dressing	29
Egg and Bacon Filling	27	Russian Mayonnaise	28
Egg and Olive Filling	26	Salmon Cutlets	16
Egg and Pimento Filling	26	Sardine Appetizer	5
Egg and Tomato Filling	26	Sardine Filling	27
Egg Balls for Soup	14	Sardine Omelet	22
Egg Dressing	11	Scalloped Rice and Cheese	23
Egg in Nest	20	Scrambled Eggs	21
Egg Yolks in Soup Garnishing	14	Shirred Egg	21
English Chowder	12	Shrimp Appetizer	5
Fish Chowder	12	Soft-Boiled Egg	20
Fish Cutlets	16	Spaghetti Soup	13
Fish Timbales	17	Spanish Dressing	10
Flaked Fish Filling	27	Spanish Omelet	22
Fluffy Mayonnaise	28	Split Pea Soup	13
Fluffy Omelet	21	Striped Sandwich Filling	27
French Dressing	29	Surprise Croquettes	16
Fried Eggs	20	Sweet Potato Croquettes	16
Fried Polenta	19	Sweet Tomato Pickle	30
Grated Cheese Filling	26	Tartare Sauce	28
Green Mayonnaise	28	Tomato Appetizer	5
Green Pepper Dressing	29	Tomato Chutney	31
Ham Omelet	22	Tomato Dressing	9
Ham Souffle	23	Tomato Omelet	22
Ham Timbales	17	Tomato Soup	13
Hollandaise Dressing	11	Veal Croquettes	15
Italian Chowder	13	Vegetable Omelet	22
Jelly Dressing	10	Welsh Rarebit	24
Julienne Soup	13	White Mayonnaise	28



## CONTENTS

Chapter	Page
I The New Dinner Appetizer .....	4
Dishes Improved with Lea & Perrins' Sauce on the Table .....	6
Dressings and Gravies .....	7
II How to Improve Dressings and Gravies with Lea & Perrins' Sauce .....	8
Different Kinds of Dressings .....	8
How and When to Season Dressings with Lea & Perrins' Sauce .....	9
Brown Dressings .....	9
White Dressings .....	10
Drawn Butter Dressings .....	11
Miscellaneous Dressings .....	11
III Chowders and Soups .....	12
Garnishings for Soup .....	14
IV Croquettes, Timbales, Casseroles, Stews and Other Meat Dishes .....	15
Timbales .....	17
Stews and Casserole Dishes .....	18
V Eggs, Omelets, Souffles, Creole and Rice Dishes .....	20
Omelets and Souffles .....	21
Rice and Creole Dishes .....	23
VI Chafing Dish Suppers .....	24
VII Sandwich Fillings .....	26
Cheese Sandwich Fillings .....	26
Egg Sandwich Fillings .....	26
Meat Sandwich Fillings .....	27
Fish Sandwich Fillings .....	27
VIII Salad Dressings .....	28
IX Catsups, Chutneys, Pickles and Home-Made Relishes .....	30

## CHAPTER I

THE NEW DINNER APPETIZER  
*Improved with Lea & Perrins' Sauce*

"But, isn't there something new to serve at the beginning of a dinner in place of fruit, or soup, or oysters, or the now prohibited cocktail?"

Yes—there is—something new and delicious and different. It is the new "dinner appetizer"—the piquancy and "punch" of which come from the delicious appetizer dressing—seasoned with *Lea & Perrins' Sauce*.

This Appetizer Dressing is made by combining in the proper proportions, the finest table catsup with the finest table sauce—*Lea & Perrins' Sauce*—the original Worcestershire. It is the zest—the inimitable flavor and the unequalled seasoning power—of *Lea & Perrins' Sauce* which makes these new first courses for dinner worthy of the "Dinner Appetizer" name.

These new Dinner Appetizers are not only inexpensive and easy to prepare at home, but they seem to surround the home table with the attractive and costly atmosphere of the most luxurious hotel.

A wine, cocktail, sundae or other glass is placed in the center of a small plate. The appetizer—tomato, devilled egg, mushroom, shrimp, beet or olive—is arranged on lettuce leaves on the plate around the glass, and the glass is filled with the appetizer dressing. These are placed with an oyster or other fork on a service plate at each individual cover just before dinner is announced and create an attractive and appetizing impression as each guest enters the dining room. Each appetizer and lettuce leaf is dipped in the Appetizer Dressing just before it is eaten.

To vary the arrangement of these dinner appetizers the Appetizer Dressing may be served in a tomato shell, or a green pepper case from which all seeds and pulp have been removed, or in a little cup cut from bread, and fried in deep fat for forty seconds to brown and harden the surface.

## APPETIZER DRESSING

*Improved with Lea & Perrins' Sauce*

2 teaspoonfuls of *Lea & Perrins' Sauce*.

4 tablespoonfuls of tomato catsup.

For every individual service desired, use the above proportions of *Lea & Perrins' Sauce* and tomato catsup. Add the *Lea & Perrins'* to the catsup, blend well, and put in the ice-box to chill.

Place this dressing in a chilled cocktail, sundae or other glass in the center of a small plate and serve surrounded with crisp lettuce leaves on which tomato, devilled egg, shrimp, sardine or other attractive dinner appetizers have been arranged. The lettuce and appetizers are dipped in the dressing with an oyster fork and eaten.



**TOMATO APPETIZER***Improved with Lea & Perrins' Sauce*

One tomato may be used for two services. Put the tomatoes in a wire strainer and quickly dip in and out of boiling water. Place immediately in cold water and peel. Place on ice to chill thoroughly. When ready to serve, quarter each tomato and recut each quarter into two or three parts, depending on the size. Arrange these on crisp lettuce leaves around a cocktail, sundae or other glass containing the Appetizer Dressing. Serve with an oyster fork. Dip each tomato and leaf in the Appetizer Dressing just before eating.

**DEVILLED EGG APPETIZER***Improved with Lea & Perrins' Sauce*

Use one hard-cooked egg for each individual service. Cut the egg in half and remove the yolk to a bowl. Add 1 tablespoonful of grated cheese,  $\frac{1}{8}$  teaspoonful of mustard,  $\frac{1}{4}$  teaspoonful of salt and a drop of Lea & Perrins' Sauce to each yolk of egg. Cream all together and refill egg white. Cut each egg half into four quarter pieces and place on lettuce leaves. Arrange the Appetizer Dressing in a glass in center of plate. Serve with oyster fork.

**BEEF BALL APPETIZER***Improved with Lea & Perrins' Sauce*

Cut small balls from a cooked beef with a fancy potato ball cutter, or cut a small beef into quarters and recut each quarter into suitable sizes. Place the cut beets in a bowl and cover with vinegar. Chill. When ready to serve drain off vinegar and roll each piece of beef in finely grated cheese. Arrange on lettuce with the Appetizer Dressing in a glass in the center of the plate and serve with an oyster fork.

**SARDINE APPETIZER***Improved with Lea & Perrins' Sauce*

Cut large canned sardines into pieces easily handled with an oyster fork and arrange on lettuce with the Appetizer Dressing in a glass in the center of the plate.

**SHRIMP APPETIZER***Improved with Lea & Perrins' Sauce*

Arrange small canned shrimps on lettuce leaves, place the Appetizer Dressing in a glass at one side or the center of the plate and serve with an oyster fork. Dip each shrimp and leaf in the Appetizer Dressing just before it is eaten.

**MUSHROOM APPETIZER***Improved with Lea & Perrins' Sauce*

Remove the stems from fresh mushrooms, peel the caps and cook in slowly boiling, salted water for ten or fifteen minutes. If canned mushrooms are used, drain, remove stems and cook slowly in freshly boiling, salted water for five minutes. Drain the mushrooms, cool and place in ice box to chill. When ready to serve, arrange the mushrooms on crisp lettuce leaves and place the Appetizer Dressing in a glass in the center of the plate. Serve with an oyster fork. Each mushroom and lettuce leaf are dipped in the dressing just before eating.

**LEA & PERRINS'****CLAM COCKTAIL***Improved with Lea & Perrins' Sauce*

25 clams with own juice.

4 cupfuls of water.

3 large stalks of celery.

Add the water and celery to the clams and juice and boil seven minutes. Strain through fine cloth and cool. Serve in cups, adding to each cup 1 teaspoonful of Lea & Perrins' Sauce.

NOTE.—Canned or bottled clam bouillon may be used in this recipe in place of the clams. In this case, use only 2 cupfuls of water and 2 cupfuls of the canned clam bouillon.

**OYSTER OR CLAM APPETIZER***Improved with Lea & Perrins' Sauce*

When oysters or clams are to be served on the half shell, place the Appetizer Dressing in a small glass in the center of each plate.

## Dishes Improved with Lea & Perrins' Sauce on the Table

### COLD MEATS

Improved by adding  
Lea & Perrins' Sauce at the table.

Cold Sliced Beef.  
Cold Sliced Lamb.  
Cold Sliced Mutton.  
Cold Sliced Veal.  
Cold Sliced Pork.  
Cold Sliced Chicken,  
Turkey or Game.

### FISH

Improved by adding  
Lea & Perrins' Sauce at the table.

Fried Shad  
or any Fried Fish.  
Baked Fish.  
Planked Fish.  
Boiled Fish.  
Broiled Fish.

### HOT MEATS

Improved by adding  
Lea & Perrins' Sauce at the table.

Steaks.  
Roasts.  
Lamb, Mutton  
and Pork Chops.

### SHELL FISH

Improved by adding  
Lea & Perrins' Sauce at the table.

Oysters.  
Clams.  
Soft-Shell Crabs.  
Boiled Crabs.  
Devilled Crabs.  
Lobster.

### SALADS

Improved by adding  
Lea & Perrins' Sauce at the table.

Egg Salad.  
Tomato Salad.  
Fish Salad.  
Chicken and Veal Salads.

### EGG DISHES

Improved by adding  
Lea & Perrins' Sauce at the table.

Soft-Boiled Eggs.  
Poached Eggs.  
Baked Eggs.  
Fried Eggs.  
Omelets.  
Soufflés.



## DRESSINGS AND GRAVIES

IMPROVED WITH LEA & PERRINS' SAUCE IN THE COOKING

Appropriate Dressings and Gravies for Different Meats and Vegetables

### BROWN DRESSINGS SHOULD BE SERVED WITH

Brown Gravy.	Roasted Meats, Cold Meats, Stewed Meats, Chopped Meats.
Creole Dressing.	Roasted Pork, Pork Chops, Broiled Fish, Croquettes, Rice.
Pickle Dressing.	Steak, Fried Liver, Game.
Jelly Dressing.	Roast Turkey, Duck, Goose or other Game.
Mushroom Dressing.	Steak, Fillet Mignon, Timbales, Croquettes, Chicken.
Olive Dressing.	Steak, Roast Duck, Baked Fish, Game, Chicken, Omelets, Croquettes.
Onion Dressing.	Steaks, Meats, Croquettes, Chopped Meats.
Spanish Dressing.	Omelets, Rice, Cornmeal, Croquettes, Fish Cakes.
Tomato Dressing.	Macaroni, Rice, Beef Steak, Croquettes, Fish Cakes.

### WHITE STOCK DRESSINGS SHOULD BE SERVED WITH

Cauliflower Dressing.	Boiled Chicken, Turkey or other Poultry.
Celery Dressing.	Broiled Fish, Chicken or Turkey.
Cheese Dressing.	Macaroni, Hominy, Rice, Fish, Vegetable Croquettes, Cauliflower, Asparagus.
Oyster Dressing.	Baked Fish, Croquettes, Chicken or Game.

### DRAWN BUTTER DRESSINGS SHOULD BE SERVED WITH

Plain Butter Dressing.	Fish and Fresh Vegetables.
Egg Dressing.	Fish or Vegetable Croquettes, Macaroni, Rice.
Lemon Dressing.	Shad, Shad Roe and other Fish.

### MISCELLANEOUS DRESSINGS SHOULD BE SERVED WITH

Bernaise Dressing.	Steaks and Game.
Maitre de Hotel Dressing.	Fish, Boiled, Baked or Fried. Fresh Vegetables.
Hollandaise Dressing.	Fish, Asparagus and Cauliflower.
Mint Dressing.	Lamb and Cold Meats.



## CHAPTER II

HOW TO IMPROVE DRESSINGS AND GRAVIES WITH  
LEA & PERRINS' SAUCE

After all, there are only a certain number of meats and fishes—and a tiresomely small number, too, we often think. But the thing that makes them seem more varied—the different feature of each is the dressing or gravy that is served with them—the dressing which is made through the inimitable flavor of **Lea & Perrins' Sauce**, a distinguishing addition to the dish.

The zest, the piquancy, the keen edge which **Lea & Perrins' Sauce** gives to a dressing or gravy has long been known and used to advantage by the high-salaried chefs of our luxurious restaurants and hotels. And now that the chef's secret is known, every homemaker has at her fingers' ends the basic knowledge for creating from one or two recipes an infinite variety of rich, delicious dressings that will transform the plainest food and make the simplest home meal an appetizing repast.

Foods that are too dry can be bettered with a thin dressing—enhanced by the addition of **Lea & Perrins' Sauce**; for more moist foods a thicker gravy, also seasoned with **Lea & Perrins' Sauce**, should be added. Plain dishes may be embellished, rich dishes "toned down" with contrasting flavors.

But whether the dressing be thick or thin, mild or rich, the addition of **Lea & Perrins' Sauce** improves beyond your expectation the recipe wherein it is used. Its flavor cannot be imitated, and it has never been equalled. It is the original Worcestershire—and the only all-perfect seasoning.

**Lea & Perrins** are the sole manufacturers of the Original Worcestershire Sauce. Be sure to add **Lea & Perrins' Sauce** to all recipes.

## DIFFERENT KINDS OF DRESSINGS

There are two big classes of dressings, brown and white. The brown dressings are usually made with meat juices or extracts known as "stock," or by first browning the flour which is used to thicken them. The white or cream dressings are made with white stock, the water in which vegetables, onion, celery, rice, chicken or mutton have been cooked, milk or cream as the liquid ingredient, and thickened with white flour. The brown dressings are more frequently served with meats, poultry and game, the white or cream dressings with fish and vegetables.

Dressings are also named by the main ingredient from which they gain their flavor, as Mushroom Dressing, Tomato Dressing, Mint Dressing, Cheese Dressing.

Other dressings are classified by the ingredient with which they are thickened, as Flour and Butter Dressings, Cornstarch Dressings, Egg Dressings and Drawn Butter Dressings.



## HOW AND WHEN TO SEASON DRESSINGS WITH LEA & PERRINS' SAUCE

To procure the full zest, piquancy and flavor of **Lea & Perrins' Sauce** in seasoning any dressing or gravy, you must add the **Lea & Perrins' Sauce** just before removing the dressing from the fire. If the dressing must stand for any length of time, do not add **Lea & Perrins' Sauce** until just before serving time.

The proportion of **Lea & Perrins' Sauce** to add to meat dressings and gravies is, for an average taste, about two teaspoonfuls of **Lea & Perrins'** to every cupful of dressing. To delicate white stock dressings and vegetable sauces, in which the flavor of the vegetable should dominate, use one-half of a teaspoonful of **Lea & Perrins' Sauce** to every cupful of dressing.

When such vegetables as onion, bay leaf, carrots or other highly seasoned vegetables are used in a sauce, they should be cooked in the butter or fat with which the sauce is made before the liquid is added. But if the vegetable which is used in the dressing is to be retained in the sauce, it is frequently added after the dressing has been completed. This is the case when chopped olives, asparagus tips, mushrooms and other vegetables are used.

## BROWN DRESSINGS BASIC BROWN DRESSING

### *Improved with Lea & Perrins' Sauce*

- 2 teaspoonfuls of **Lea & Perrins' Sauce**.
- 2 tablespoonfuls of butter.
- 3 tablespoonfuls of flour.
- $\frac{1}{2}$  teaspoonful of salt.
- 1 cupful of brown meat stock or other liquid.\*

Melt the butter, remove from fire and stir in flour until smooth; reheat and again remove from fire. Slowly stir in the liquid, which may be meat juice, stock, or bouillon broth. Return to fire and allow sauce to boil for two or three minutes. Add the **Lea & Perrins' Sauce**, and serve at once. This sauce is good with roasted meats, croquettes or stews.

\* STOCK.—When brown meat stock or white vegetable stock is mentioned in a recipe, it means the water in which the meat or vegetable was cooked. In case of roasting or broiling, the juices which cook out of the meat are used.

## MUSHROOM DRESSING

### *Improved with Lea & Perrins' Sauce*

Add  $\frac{1}{2}$  cupful of finely chopped, canned or fresh cooked mushrooms to the Basic Brown Dressing. Cook for five minutes and serve with croquettes, meat cakes, steak or chicken.

## OLIVE DRESSING

### *Improved with Lea & Perrins' Sauce*

Sauté  $\frac{1}{2}$  cupful of chopped olives in a little butter and add to the Basic Brown Dressing just before serving. Serve with steak, roast fowl or baked fish.

## TOMATO DRESSING

### *Improved with Lea & Perrins' Sauce*

Add an extra teaspoonful of **Lea & Perrins' Sauce** to the above recipe and in place of the meat stock use the same amount of tomato juice. Serve with meat or fish croquettes, macaroni or rice.

## CREOLE DRESSING

### *Improved with Lea & Perrins' Sauce*

To make this sauce, add 5 finely cut olives and  $\frac{1}{2}$  of a chopped green pepper to the Tomato Dressing recipe and cook until well blended. Serve with meats, fish or fish croquettes.

**PICKLE DRESSING****Improved with Lea & Perrins' Sauce**

Chop 2 small pickles into fine pieces and add to the Basic Brown Dressing recipe together with 1 tablespoonful each of capers and chives. Just before serving add an extra teaspoonful of **Lea & Perrins' Sauce** if a very hot sauce is desired. Serve with steak, fried liver or game.

**JELLY DRESSING****Improved with Lea & Perrins' Sauce**

Melt  $\frac{1}{4}$  of a glassful of currant jelly over hot water, add 1 tablespoonful of lemon juice and add 1 cupful of Basic Brown Dressing. Serve with roast turkey, chicken, goose or any preferred game.

**WHITE DRESSINGS****BASIC WHITE DRESSING****Improved with Lea & Perrins' Sauce**

- 1 teaspoonful of Lea & Perrins' Sauce.
- 2 tablespoonfuls of butter.
- 2 tablespoonfuls of flour.
- $\frac{1}{4}$  teaspoonful of salt.
- 1 cupful of white vegetable stock.

Melt the butter, add the flour and stir until smooth. Add the salt. Remove from the fire and stir in the white vegetable stock (water in which vegetables, celery, onion, rice, cereal or macaroni were cooked) until smooth. Return to fire, let boil one minute and add the **Lea & Perrins' Sauce** just after removing from the fire to serve. Serve with vegetables—canned or fresh—rice or macaroni, or vegetable croquettes.

**CAULIFLOWER DRESSING****Improved with Lea & Perrins' Sauce**

To the Basic White Dressing add 1 cupful of cooked cauliflower buds, 1 teaspoonful of lemon juice and just before serving 1 tablespoonful of butter. Serve with reheated chicken, turkey or fish.

**CELERY DRESSING****Improved with Lea & Perrins' Sauce**

Use 1 cupful of the water in which celery has been cooked as the stock in making the Basic White Dressing. Add to it 1 cupful of chopped celery and serve with boiled fish or reheated chicken or turkey.

**CHEESE DRESSING****Improved with Lea & Perrins' Sauce**

To 1 cupful of the Basic White Dressing, made with the water in which rice was cooked, add  $\frac{1}{2}$  of a

**SPANISH DRESSING****Improved with Lea & Perrins' Sauce**

To the butter with which the Basic Brown Dressing is made add 1 sliced carrot, 2 tablespoonfuls of chopped parsley and  $\frac{1}{2}$  of a chopped onion. Cook well and finish cooking as usual. Serve with meats, meat croquettes, fish or omelettes.

**ONION DRESSING****Improved with Lea & Perrins' Sauce**

To the butter or fat with which the Basic Brown Dressing is made, add  $\frac{1}{2}$  chopped onion. Cook until the onion is brown, add the rest of the ingredients and the **Lea & Perrins' Sauce**. Serve with meats, particularly steak, croquettes or chopped meats.

cupful of grated cheese and 2 extra teaspoonfuls of **Lea & Perrins' Sauce** just after removing from the fire. Serve with macaroni, spaghetti, rice, hominy, cauliflower, asparagus or potatoes.

**OYSTER DRESSING****Improved with Lea & Perrins' Sauce**

Heat 12 oysters until their edges begin to curl. Drain off the liquor and use it in making the Basic White Dressing. If there is not enough oyster liquor to make one cupful, add white vegetable or cereal stock to it. Make the White Dressing as usual and when ready to serve add the oysters finely chopped. Serve with baked or boiled fish, or fish croquettes or roasted fowl. This also makes a delicious sauce to pour over stewed celery or pan-fried mushrooms.



## DRAWN BUTTER DRESSINGS

## PLAIN BUTTER DRESSING

*Improved with Lea & Perrins' Sauce*

- 1 teaspoonful of Lea & Perrins' Sauce.
- 6 tablespoonfuls of butter.
- 2 tablespoonfuls of flour.
- $\frac{1}{2}$  teaspoonful of salt.
- 1 cupful of boiling water.

Melt 3 tablespoonfuls of the butter. Stir in the flour until smooth. Add the salt. Remove from fire and add the boiling water slowly, stirring smooth. Return to fire and boil for three minutes. Remove from fire but keep pan on warm part of stove and beat in the rest of the butter, adding it a teaspoonful at a time. This last part must be done very carefully or a good butter sauce cannot be obtained. Add the Lea & Perrins' Sauce. Serve with fish, cauliflower, asparagus or other fresh vegetables.

## LEMON DRESSING

*Improved with Lea & Perrins' Sauce*

Add 3 tablespoonfuls of lemon juice to the Plain Butter Dressing and beat into it with the last of the butter the yolks of 2 eggs. Serve with shad, shad roe or other fish.

## EGG DRESSING

*Improved with Lea & Perrins' Sauce*

Add 2 hard-cooked eggs, cut into tiny pieces with a silver knife, to the Plain Butter Dressing. Serve with macaroni, rice or fish croquettes.

## MISCELLANEOUS DRESSINGS

## MAITRE DE HOTEL DRESSING

*Improved with Lea & Perrins' Sauce*

Cream 4 tablespoonfuls of butter; add  $\frac{1}{2}$  a teaspoonful of salt, 2 teaspoonfuls of finely chopped parsley, 2 teaspoonfuls of lemon juice, creaming them into the butter very slowly. Last add 4 or 5 drops of Lea & Perrins' Sauce and cream in well. Serve with broiled meats or fish.

## HOLLANDAISE DRESSING

*Improved with Lea & Perrins' Sauce*

- 1 teaspoonful of Lea & Perrins' Sauce.
- 6 tablespoonfuls of butter.
- 2 egg yolks.
- $\frac{1}{4}$  teaspoonful of salt.
- $\frac{1}{2}$  cupful of boiling water.
- Juice of  $\frac{1}{2}$  lemon.

Cream the butter, add the egg yolks, well beaten, one at a time, and cream them thoroughly into the butter. Add the salt and boiling water and cook over hot water, stirring constantly until the sauce thickens; add the lemon juice last and remove from the fire. Add the Lea & Perrins' Sauce. Do not cook the sauce too rapidly as there is danger of it separating. If it does, remove at once to a pan of cold water and beat vigorously. Serve with asparagus, cauliflower, baked or boiled fish.

## BERNAISE DRESSING

*Improved with Lea & Perrins' Sauce*

2 tablespoonfuls of Lea & Perrins' Sauce.

- 2 tablespoonfuls of chopped onion.
- 1 teaspoonful of vinegar.
- 2 egg yolks.
- 6 tablespoonfuls of butter.
- 1 tablespoonful of chopped parsley.

Cook the chopped onion in one teaspoonful of butter and add the vinegar. Add another small piece of the butter, the well-beaten yolks of the eggs and cook over hot water. Add the rest of the butter slowly, a little at a time, beating the sauce constantly until all has been added. Lastly add the chopped parsley and the Lea & Perrins' Sauce. The sauce should be almost as thick as mayonnaise dressing. It may be served either hot or cold, with steak, fillet mignon or fish.

## MINT DRESSING

*Improved with Lea & Perrins' Sauce*

Carefully pick a bunch of mint leaves from the stems and chop very fine. Pour  $\frac{1}{4}$  cupful of boiling water over them, add 2 tablespoonfuls of sugar, cover and stand half an hour in a cool place. Add 3 tablespoonfuls of vinegar and  $\frac{1}{2}$  teaspoonful of Lea & Perrins' Sauce.

## CHAPTER III CHOWDERS AND SOUPS

### *Improved with Lea & Perrins' Sauce*

In soups and chowders, where herbs and spices are such an important element, *Lea & Perrins' Sauce*, an unusual blending of many spices and flavors, forms the finest possible addition. It will blend with whatever herb, spice or vegetable the recipe requires, and in cases where certain spices are hard to obtain it will, with its own inimitable piquancy, give the dish a perfect, complete and unequalled flavor.

In earlier days the fishermen each brought their own share of fish to the big family caldron, and when the dish, which contained biscuits, onions and a "hodge-podge" of other vegetables, was finished, the members of the family received an equal share. So a real genuine chowder should be composed of fish, although we have to-day many combinations of vegetable chowders.

### FISH CHOWDER

#### *Improved with Lea & Perrins' Sauce*

1 tablespoonful of <i>Lea &amp; Perrins' Sauce</i> . 3 pounds of fish. $\frac{1}{4}$ pound of salt pork. 10 large potatoes. 1 onion. 12 soda crackers.	Salt. 3 cupfuls of white stock or rice water. 3 tablespoonfuls of flour. 4 tablespoonfuls of butter or its equivalent.
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Any fresh, white fish may be used. Skin the fish, remove the fleshy part and cover the bones, head and skin with water. Let simmer for half an hour. Add the onion with the salt pork, both cut in small pieces. Strain this liquid through a fine strainer and pour over the white flaky part of the fish.

Add the potatoes cut in small pieces, salt, and simmer until the potatoes are tender. Then add the white stock or rice water and the soda crackers cut in half and spread with part of the butter.

Melt the rest of butter. Stir in the flour and add part of the liquid stock from the fish to make a smooth paste. Pour this back into the chowder to thicken it. Add the *Lea & Perrins' Sauce*. Serve in soup plates or from a soup tureen.

### NEW YORK FISH CHOWDER

#### *Improved with Lea & Perrins' Sauce*

For this chowder use 3 cupfuls of tomato juice in place of the white stock or rice water, and 1 cupful of freshly crumbled bread in place of the soda crackers in the above recipe. Also add a bit of parsley and 6 whole cloves. Cook and serve as usual.

### ENGLISH CHOWDER

#### *Improved with Lea & Perrins' Sauce*

Add  $\frac{1}{2}$  cupful of croutons—fried bread cubes—to the New York Fish Chowder before serving.

### CLAM CHOWDER

#### *Improved with Lea & Perrins' Sauce*

For this use 20 clams in place of the fish in the above recipe. Sort and wash them thoroughly. Allow to stand in cold water for half an hour, drain off the water, straining it through several thicknesses of cheese cloth. Scald the clams in this water and use the water in place of the stock or rice water in making the chowder. Make a sauce from the clam liquor, the butter substitute and the flour, and add the potatoes, clams, onion and *Lea & Perrins' Sauce* to this. Add crackers last.



## ITALIAN CHOWDER

*Improved with Lea & Perrins' Sauce*

Sprinkle the New York Fish Chowder generously with grated cheese when serving each dish, or pass the grated cheese and permit each person to sprinkle their own chowder with cheese as they desire.

## CORN CHOWDER

*Improved with Lea & Perrins' Sauce*

For this chowder use in place of the fish given in the Fish Chowder recipe a quart can or 4 cupfuls of corn. Omit the salt pork and onion and use 5 potatoes instead of 10, and just before removing from the fire stir in the well-beaten yolk of an egg.

## POTATO CHOWDER

*Improved with Lea & Perrins' Sauce*

This is made in the same way as the plain fish chowder, omitting the salt pork and fish and adding just before serving one chopped hard-cooked egg.

## MUSHROOM SOUP

*Improved with Lea & Perrins' Sauce*

- 1 tablespoonful of Lea & Perrins' Sauce.
- 1 cupful of dried mushrooms or
- 2 cupfuls fresh or canned mushrooms.
- 2 egg yolks.
- 2 cupfuls of white sauce.

If dried mushrooms are used, soak them in water over night. Put the mushrooms through the meat grinder, or cut very fine with scissors. Sauté the ground mushrooms in a little fat, add a small amount of water and press through a purée strainer. Add this to the white sauce. Add the yolks of 2 eggs and cook one minute more. Add the Lea & Perrins' Sauce. Serve at once.

## BAKED BEAN SOUP

*Improved with Lea & Perrins' Sauce*

- 1 tablespoonful of Lea & Perrins' Sauce.
- 2 cupfuls of cold baked beans.
- 4 cupfuls of water.
- Salt.
- 2 slices of onion.
- $\frac{1}{4}$  sliced carrot.
- 2 tablespoonfuls of fat.
- 2 tablespoonfuls of flour.

Put the beans, onion and carrot in a saucepan with four cupfuls of water, and allow to simmer for half an hour. Put through a colander or coarse sieve. Add a little salt and the flour and fat which have been cooked together. Season with the Lea & Perrins' Sauce and serve.

## TOMATO SOUP

*Improved with Lea & Perrins' Sauce*

- 1 tablespoonful of Lea & Perrins' Sauce.
- 1 can of tomatoes.
- 2 cupfuls of water.
- 1 small onion.
- 2 teaspoonfuls of sugar.
- $\frac{1}{2}$  teaspoonful of soda.
- $\frac{1}{2}$  teaspoonful of salt.
- 2 tablespoonfuls of butterine.
- 3 tablespoonfuls of flour.

Cook the tomatoes, water, onion, sugar and soda together for twenty minutes. Strain; add the salt. Melt the butter, add the flour, stir until smooth, then add to the tomato juice. Cook for ten minutes. Add the Lea & Perrins' Sauce and serve hot in heated bouillon cups or soup plates.

## SPAGHETTI SOUP

*Improved with Lea & Perrins' Sauce*

Add 2 cupfuls of cooked spaghetti to the Tomato Soup recipe and serve, sprinkling each plate with grated cheese as served.

## JULIENNE SOUP

*Improved with Lea & Perrins' Sauce*

For this, use the Tomato Soup recipe, substituting 4 cupfuls brown meat stock or broth, or bouillon in place of the tomatoes and omitting the water, soda and sugar. Cut raw carrots and turnips into long, thin strips, cook in boiling salted water until soft and add to the soup. A quarter of a cupful of cooked peas and string beans should also be added just before serving.

## SPLIT PEA SOUP

*Improved with Lea & Perrins' Sauce*

This is made in the same way as the Tomato Soup, substituting 2 cupfuls of mashed and strained peas for the tomatoes and omitting the sugar, soda and onion.

## CORN SOUP

*Improved with Lea & Perrins' Sauce*

Substitute 2 cupfuls of mashed and strained corn or cornlet for the tomatoes in the Tomato Soup recipe and omit the sugar, soda and onion.

## CREOLE OYSTER GUMBO

*Improved with Lea & Perrins' Sauce*

- 1 tablespoonful of Lea & Perrins' Sauce.
- 2 dozen oysters.
- 1 Spanish onion.
- 1 red pepper.
- 2 tablespoonfuls of olive oil.
- 1 tablespoonful of flour.
- 1 teaspoonful of salt.

Drain the liquor from the oysters and save. Heat the oil, add the chopped onion and red pepper. Add the flour and salt. Cook for a few minutes and add the oyster liquor and the oysters. Cook for five minutes longer. Add the **Lea & Perrins' Sauce** and serve.

## CONSOMME

*Improved with Lea & Perrins' Sauce*

- 2 tablespoonfuls of Lea & Perrins' Sauce.
- 3 pounds of soup beef.
- 3 pounds of veal knuckle.
- 3½ quarts of water.
- 6 slices of salt pork.
- 1 cupful each of chopped onion, celery, carrot.
- 1 bunch of parsley.
- 10 peppercorns.
- 1 tablespoonful of salt.

Cut the salt pork into fine pieces and brown. Add the veal, cut into pieces, add the beef and sear together with the salt pork. Add the water and any cracked bones and simmer for three hours. Add the vegetables and salt and cook an hour more. Set aside to cool, skim the fat from the top and strain the consomme through several thicknesses of cheese cloth. Add the **Lea & Perrins' Sauce** and serve hot.

## GARNISHINGS FOR SOUP

*Improved with Lea & Perrins' Sauce*

The attractive garnishings which are served in soups in the big hotels are very easy to prepare at home and add a touch of luxury that more than pays for the trouble put into their making.

EGG YOLKS IN SOUP  
GARNISHING*Improved with Lea & Perrins' Sauce*

- 1 tablespoonful of Lea & Perrins' Sauce.
- 6 egg yolks.
- 1 teaspoonful of salt.

Use only fresh eggs, as the yolks must be kept whole. Slide the yolks—one at a time—carefully from a saucer into boiling water to which the salt and **Lea & Perrins' Sauce** have been added. Simmer until the yolks are set and serve one in each plate of consomme or other thin soup.

## MACARONI GARNISH

*Improved with Lea & Perrins' Sauce*

Cut strips of cooked macaroni into very narrow little rings, and sauté in bacon drippings to which 1 teaspoonful of **Lea & Perrins' Sauce** has been added. Add to the soup just as it is served.

## EGG BALLS FOR SOUP

*Improved with Lea & Perrins' Sauce*

- 1 teaspoonful of Lea & Perrins' Sauce.
- 1 tablespoonful of bacon drippings.
- 3 hard-cooked eggs.
- Flour.
- 1 raw egg.

Extract the hard-cooked yolks of the egg from the whites and press through a fine strainer or sieve; add the bacon drippings and **Lea & Perrins' Sauce** and enough raw egg to make the cooked yolk hold together. Shape this mixture into small round balls; roll in the raw egg and a little flour and sauté in bacon drippings until brown. Arrange in a small vegetable dish and place one or two in each soup plate as it is served at the table.



## CHAPTER IV

CROQUETTES, TIMBALES, CASSEROLES, STEWS AND  
OTHER MEAT DISHES*Improved with Lea & Perrins' Sauce*

One of the greatest problems in the average household is what to do with meat, fish or vegetables which are of too small a quantity to serve alone and yet too worth-while to be wasted. Deliciously seasoned with **Lea & Perrins' Sauce**, croquettes, cutlets, meat cakes or creamed dishes, served in attractive bread and pastry cases, not only help to keep down the meat bill, but also to keep up the family's enthusiasm for mother's cooking. By forming the well-known cone-shaped croquette into a cylinder-shaped or a crescent-shaped cutlet, and serving it with any one of the delicious Spanish, Creole, Tomato or Mushroom Dressings given in Chapter II, an old recipe is made into a new dinner surprise.

**BASIC RECIPE FOR CROQUETTES***Improved with Lea & Perrins' Sauce*

- 2 tablespoonfuls of **Lea & Perrins' Sauce**.
- 4 tablespoonfuls of butter or its equivalent.
- 8 tablespoonfuls of flour.
- 1½ cupfuls of stock or rice water.
- ½ teaspoonful of salt.
- 2 cupfuls of cooked meat.
- 1 egg.
- Bread crumbs.

Melt the butter substitute, add the salt, remove from fire and stir in the flour until smooth. Add the stock or rice water slowly, stirring constantly, until all is added and boil for five minutes, or until thick and creamy. Add the cooked meat, ground, the **Lea & Perrins' Sauce**, and cool.

When thoroughly chilled, pat mixture into desired cylinder or cutlet shape and roll in bread crumbs. Beat the egg until well blended, adding to it 1 tablespoonful of melted butter and 3 tablespoonfuls of water. Dip the croquette in this egg mixture, roll in the bread crumbs again, and put into the ice-box for an hour or more to harden before frying.

Fry in deep fat or oil which will brown a cube of bread to a golden brown in 40 seconds. Do not fry croquette for more than 40 seconds. Drain in frying basket or on brown paper.

If desired, pour 2 tablespoonfuls of oil or melted fat over the unfried croquettes and bake in a very hot oven for from five to eight minutes, dressing occasionally with more oil if necessary.

Serve with Tomato, Cheese, Mushroom or Hollandaise sauce given in Chapter II.

If croquettes have been shaped into cutlets, a macaroni stick is usually stuck in the pointed end to imitate a chop bone.

**VEAL CROQUETTES***Improved with Lea & Perrins' Sauce*

A delicious combination calls for 1 cupful of cooked and cubed veal and ½ cupful of rice in place of the meat required in the above recipe. Proceed as usual, shaping the croquette into cutlet or chop shape. Serve with a Tomato, Spanish, Creole or a Mushroom dressing.

**CHICKEN CUTLETS***Improved with Lea & Perrins' Sauce*

For this use 1½ cupfuls of cooked cubed chicken, or 1 cupful of chicken and ½ cupful of cooked sweetbreads, celery or mushrooms as desired, in the Basic Croquette recipe. Serve with White, Celery or Oyster dressing given on page 10.

**RICE CROQUETTES***Improved with Lea & Perrins' Sauce*

2 tablespoonfuls of Lea &amp; Perrins' Sauce.

4 cupfuls of cooked rice.

 $\frac{1}{4}$  cupful of grated cheese.

2 eggs.

Bread crumbs.

Add the grated cheese to the rice and bind the mixture together with 1 well-beaten egg to which 2 tablespoonfuls of water has been added. Add the **Lea & Perrins' Sauce**. If too stiff, add a little more water, form into croquettes, roll in bread crumbs, beaten egg and bread crumbs again and chill. Dry in fat hot enough to brown a cube of bread in 40 seconds. Drain and serve with Spanish or Creole dressing. These croquettes may form the basis of a luncheon menu or may be served as a vegetable or side dish for dinner.

**MACARONI CROQUETTES***Improved with Lea & Perrins' Sauce*

Cut cooked macaroni into fine pieces, and measure four cupfuls. Add  $\frac{1}{2}$  cupful of grated cheese, bind the mixture together with 1 well-beaten egg, add 2 tablespoonfuls of **Lea & Perrins' Sauce**, a little more water if the mixture is too stiff to mold, shape into croquettes, chill and fry as usual.

**PEANUT OR WALNUT CROQUETTES***Improved with Lea & Perrins' Sauce*

Use 4 cupfuls of ground peanuts or walnuts in place of meat in the Basic Croquette recipe. Add enough of the croquette sauce to the nuts to make them easy to mold. Shape into croquettes, roll in bread crumbs, egg and crumbs again and chill. Fry as usual.

**SWEET POTATO CROQUETTES***Improved with Lea & Perrins' Sauce*

These are made the same way as the rice croquettes, using sweet potatoes in place of the rice in the Rice Croquettes recipe and omitting the cheese.

**MUSHROOM CROQUETTES***Improved with Lea & Perrins' Sauce*

For these use 2 cupfuls of chopped mushrooms in making the Basic Croquette recipe. Add to them just enough of the croquette sauce to mold firmly together. Shape and fry as usual. Serve with a Cream, Hollandaise or Bernaise Sauce.

**SALMON CUTLETS***Improved with Lea & Perrins' Sauce*

Use 2 cupfuls of canned salmon and 2 cupfuls of cooked rice, adding  $2\frac{1}{2}$  tablespoonfuls of **Lea & Perrins' Sauce**,  $\frac{1}{2}$  teaspoonful of salt and 1 tablespoonful of lemon juice. Bind together with an egg and shape into croquettes, rolling in bread crumbs and beaten egg as usual. Fry and serve with Tomato, Bernaise or Hollandaise Sauce.

**FISH CUTLETS***Improved with Lea & Perrins' Sauce*

Proceed as in making Salmon Cutlets, using the same proportions of any preferred cooked fish.

**SURPRISE CROQUETTES***Improved with Lea & Perrins' Sauce*

Press into the center of fish or meat croquettes, just before rolling in the bread crumbs, a raw oyster, a cooked mushroom, a stuffed olive or a piece of hard-cooked devilled egg. When the croquette is eaten the diner is delighted to find in the center this spicy surprise.

**REMEMBER:**—*Lea & Perrins' is the Only Original Worcestershire Sauce. None of the so-called "Worcestershires" can be used in these recipes with good results.*



## TIMBALES

*Improved with Lea & Perrins' Sauce*

Timbales are in reality very fine croquette mixtures, pressed into individual molds and poached in hot water or baked in the oven. In making timbales the meat, fish or vegetable is pounded or mashed until it is very fine and added to a very thick white sauce. This is poured into an oiled mold which is lined with buttered bread crumbs, macaroni, spaghetti, olives, peas or fancy cut pimentos.

## BASIC SAUCE FOR TIMBALES

*Improved with Lea & Perrins' Sauce*

- 1 teaspoonful of Lea & Perrins' Sauce.
- 2 tablespoonfuls of butter substitute.
- $\frac{1}{2}$  cupful of flour.
- $\frac{1}{2}$  cupful of boiling water.
- 1 egg.
- $\frac{1}{4}$  teaspoonful of salt.
- $\frac{1}{8}$  teaspoonful of paprika.

Melt the butter and stir in half of the flour. Add half of the boiling water, stir until smooth. Add the rest of the flour slowly, stirring constantly, so that no lumps will be formed, and the rest of the boiling water, the salt and paprika. Cook, stirring constantly to prevent scorching, until the whole sauce will leave the pan in one thick mass. Remove from fire and beat the egg, which has been well beaten, into the mixture. Add Lea & Perrins' Sauce. Allow to cool, add desired ingredient and pour into buttered or oiled timbale molds and poach in hot water.

## CHICKEN TIMBALES

*Improved with Lea & Perrins' Sauce*

Add 1 cupful of chicken meat which has been ground through a meat chopper and forced through a purée strainer to the Basic Timbale Sauce. Add also 3 finely chopped mushrooms. Fill oiled timbale molds, lined with one long piece of spaghetti, with the chicken timbale mixture and poach in boiling water or bake in a hot oven for ten minutes. Serve with Mushroom or Celery Sauce and garnish with parsley.

## FISH TIMBALES

*Improved with Lea & Perrins' Sauce*

Add 1 cupful of finely picked fish which has been forced through a purée strainer to the Basic Timbale Sauce. Add an extra teaspoonful of

Lea & Perrins' Sauce and 1 table-spoonful of lemon juice. Blend well and force into well-oiled timbale molds. Poach or bake for ten minutes and serve with Hollandaise Sauce.

## HAM TIMBALES

*Improved with Lea & Perrins' Sauce*

Cut cold, boiled ham into fine pieces to make one cupful and run through finest cutter of meat chopper. Run again through meat chopper, and then force through purée strainer. Add this to the Basic Timbale Sauce and fill into timbale mold which has been oiled and lined with olive rings. Poach in hot water for ten minutes or bake in the oven for that time. Serve with Bechamel sauce and garnish with parsley.

## STEWES AND CASSEROLE DISHES

*Improved with Lea & Perrins' Sauce*

In stews and casserole dishes our object is to make tender by slow, long cooking the meat selected, besides cooking with it herbs, spices and vegetables to supplement and flavor it.

Of all the spices and herbs which it is possible to add to these casserole dishes and stews, there is no seasoning that will produce just that zestful, appetizing flavor which *Lea & Perrins' Sauce*—itself a secret blend of the finest spices—gives.

Use it freely in seasoning all kinds of long-cooked meat dishes—goulashes, pot roasts, ragouts, stews, casseroles and meat pies. Use it also in making meat loaf and rolled meat dishes, in croquettes and timbales. In fact, wherever you use meat in cooking, remember to—

*Improve it with Lea & Perrins' Sauce.***BEEF STEW**

*Improved with Lea & Perrins' Sauce*  
2 tablespoonfuls of *Lea & Perrins' Sauce*.

- 3 pounds of stewing beef.
- 1 onion.
- 1 carrot.
- 6 potatoes.
- 1 turnip.
- 6 cupfuls of water.
- 1 green pepper.

Select a piece of shin meat, the flank end of a roast or a cut of the chuck ribs, as these contain fat meat, lean meat and a little bone, all of which are necessary to a good stew.

Cut the meat from the bones, wipe the bones carefully to remove any small cracked pieces and place in stewing kettle. Add the 6 cupfuls of boiling water.

Melt a piece of fat, from the meat, in a shallow pan and cook the cut onion in it until brown. Slice and brown the carrot and turnip, and add to the kettle.

Braise the meat in these same fat drippings, turning frequently and cooking on all sides until white, which closes the meat tubes and keeps the juices within the meat during the long, slow cooking that follows. Add the meat and the drippings in which it was cooked to the stewing kettle. Remove seeds and pulp from pepper and add to the stew.

Simmer slowly for three hours or until the meat is tender. Skim the

fat from the kettle and remove the bones. Add the potatoes, which have been washed, peeled and cut in quarters. Cook until these are done and the meat will be ready to serve. Add the *Lea & Perrins' Sauce*. Arrange the carrot, turnip, onion, pepper and potato around the meat on a platter. Thicken the stock left in the kettle with shortening and flour. Add an extra teaspoonful of *Lea & Perrins' Sauce*, and serve.

**RAGOUT OF MUTTON OR LAMB**

*Improved with Lea & Perrins' Sauce*  
2 tablespoonfuls of *Lea & Perrins' Sauce*.

- 3 pounds of mutton or lamb.
- 2 onions.
- 2 carrots.
- 6 potatoes.
- 2 cupfuls of tomato juice.
- 1 teaspoonful of salt.

Cube the meat into pieces two inches square and sear in drippings from the fat of the meat. Put meat in kettle and cover with water. Brown the onion in the drippings and add with salt and drippings to meat. Simmer for two hours or more, skim off fat, add the tomato juice, the potatoes peeled and cut in quarters and the carrot cubed or cut in balls with a potato cutter. Remove meat from stew, place on platter surrounded with the vegetables, add the *Lea & Perrins' Sauce* to the meat stock, and pour over the meat and vegetables. Serve at once.



## LAMB KIDNEY STEW

*Improved with Lea & Perrins' Sauce*  
1 tablespoonful of Lea & Perrins' Sauce.

- 6 lamb kidneys.
- 1 teaspoonful of salt.
- 2 tablespoonfuls of drippings.
- 2 tablespoonfuls of flour.
- 1 cupful of water or meat stock.

Remove all skin and fat from the kidneys and set them in water to cover, to which a handful of salt has been added. Let stand three or four hours, or, if possible, over-night. Remove water, put in pan with fresh water to cover and slowly bring to boiling point but do not boil. Drain and cut into tiny pieces. Brown the drippings and sauté the cut kidneys in them. Add the flour and stir until smooth, then the water or meat stock slowly, stirring constantly to make a smooth gravy. Add the Lea & Perrins' Sauce and a tablespoonful of catsup. Pour over toast on a hot platter and serve.

## CASSEROLE OF VEAL WITH CARROTS AND PEAS

*Improved with Lea & Perrins' Sauce*  
1 tablespoonful of Lea & Perrins' Sauce.

- 2 pounds of breast of veal.
- 2 pieces of salt pork.
- 4 carrots.
- 1 cupful of peas.
- 3 potatoes.
- 1 onion.

Cut the veal into small pieces and sear it in a shallow pan in drippings from one piece of the salt pork. Place the veal in a glass casserole greased with the salt pork. Brown the onion in the salt pork and add to the casserole. Cut the second piece of salt pork into small squares and add to casserole. Cover meat with water and cook in oven for an hour. Cut the potatoes and carrot into dice-shaped pieces. Add these with the peas to the casserole about half an hour before it is ready to take from the oven. Blanched rice added at the same time is often a welcome addition. When both meat and vegetables are tender, add the Lea & Perrins' Sauce and serve at once in the dish in which it was baked.

## ROASTED MEAT LOAF

*Improved with Lea & Perrins' Sauce*  
1 tablespoonful of Lea & Perrins' Sauce.

- 3 cupfuls of finely ground raw meat (about 2 pounds).
- 2 cupfuls of soft bread crumbs.
- 2 slices of bacon.
- 1 cupful of celery.
- 1 green pepper.
- 1 onion.
- 1 egg.

Mix the finely ground meat with the bread crumbs and celery. Add the chopped green pepper, a little salt and pepper, the egg well beaten and the Lea & Perrins' Sauce. Add enough water to make mixture moist and pack into greased brick-shaped pan. Place in ice-box to chill and remove when cold to a greased roasting pan, turning the loaf out of the mold. Place the bacon cut into thick strips on top of the loaf and also slices of the onion. Pour a cupful of thin tomato sauce over the whole and roast the meat in a hot oven for from fifty minutes to an hour. Serve hot with Tomato Sauce, sliced onion and crisp bacon.

## POLENTA

*Improved with Lea & Perrins' Sauce*  
1 tablespoonful of Lea & Perrins' Sauce.

- 1 cupful of yellow cornmeal.
- 2 cupfuls of boiling water.
- 2 cupfuls of cold water.
- 1 teaspoonful of salt.
- 2 tablespoonfuls of butter.
- 4 tablespoonfuls of grated cheese.

Cover the cornmeal with the cold water and let stand five minutes. Add to the boiling water and cook directly over the fire for half an hour. Add the salt, the Lea & Perrins' Sauce, the grated cheese and the butter. Cook five minutes more and pour into a buttered baking dish and serve with Creole Sauce given on page 9.

## FRIED POLENTA

*Improved with Lea & Perrins' Sauce*

Allow the polenta to cool, cut into 1-inch squares, roll in egg and bread crumbs and fry in deep fat. Serve with Tomato, Creole or Spanish Sauce given on pages 9 and 10.



## CHAPTER V

## EGGS, OMELETS, SOUFFLES, CREOLE AND RICE DISHES

*Improved with Lea & Perrins' Sauce*

It is almost unbelievable until you have tried it—to discover how surprisingly delicious just a drop or two of **Lea & Perrins' Sauce** can make a soft-boiled breakfast egg taste. And when you have tried it, you will want furthermore to fry and poach, scramble, omelet and soufflé all of the eggs that you cook with just a little of **Lea & Perrins' Sauce** added as an inimitable seasoning.

**SOFT-BOILED EGG***Improved with Lea & Perrins' Sauce*

There are several ways of cooking a soft-boiled egg—the best of which is not to boil it at all.

Use one pint of *boiling* water for each egg to be cooked. Carefully lower the egg into the water, cover the saucepan and let stand on back of stove for eight or ten minutes. Do not increase or diminish heat. The white of the egg will be tender and the yolk firm all the way through, instead of the yolk being partly uncooked and the white very tough as is the case with a three-minute boiled egg.

Still another way is to put the egg on in cold water and remove as soon as the water boils.

Remove egg from shell to a hot egg cup and add a large piece of butter, a bit of salt and 2 or 3 drops of **Lea & Perrins' Sauce**. Blend well and serve at once.

**FRIED EGGS***Improved with Lea & Perrins' Sauce*

Eggs should never be fried, as this method of cooking, like boiling, toughens the albumen. However, if your family must have fried eggs, you will find the addition of a teaspoonful of **Lea & Perrins' Sauce** to the fat in which they are cooked a decided improvement to the eggs. Put the **Lea & Perrins' Sauce** on the table and serve with the eggs.

**POACHED EGGS***Improved with Lea & Perrins' Sauce*

Brush a heavy iron frying pan

with oil and add boiling water to the depth of an inch or more. Add 1 tablespoonful of **Lea & Perrins' Sauce** and a pinch of salt. Break fresh eggs into a saucer and gently slip from saucer to water. Cook without allowing water to boil until the egg is firm. Remove with skimmer or quickly dip piece of toast under egg and lift out at once. Drain, then put on hot plate and serve. If one is fortunate enough to have an egg poacher, poaching eggs is an even simpler matter. Serve with **Lea & Perrins' Sauce** on the table.

**BAKED EGG***Improved with Lea & Perrins' Sauce*

Grease an individual glass or fire-proof ramekin with oil or butter and break an egg into it. Sprinkle with salt and pepper and season with a few drops of **Lea & Perrins' Sauce**. Bake surrounded by water in a moderate oven for from five to ten minutes and serve with **Lea & Perrins' Sauce** at the table.

**EGG IN NEST***Improved with Lea & Perrins' Sauce*

Beat the white of an egg with a sprinkling of salt until light and frothy and pile on top of a piece of toast in an individual ovenware dish. Make a slight dent on the top of the egg white and carefully place the yolk in the center; add a drop of **Lea & Perrins' Sauce**. Place in a pan of water and cook in a moderate oven until yolk and white are set. Serve with **Lea & Perrins' Sauce** at the table.



## SHIRRED EGG

*Improved with Lea & Perrins' Sauce*

Add 1 teaspoonful of **Lea & Perrins' Sauce** to 2 tablespoonfuls of finely chopped ham or bacon and 2 tablespoonfuls of bread crumbs. Add enough oil or butter to blend well, and press against the buttered sides and bottom of an individual baking dish. Break an egg into the dish and sprinkle top with buttered bread crumbs. Bake in a moderate oven, the dish being surrounded with hot water. Serve in the dish in which it was baked with **Lea & Perrins' Sauce** at the table. Mashed potato, spinach or tomato are often used to fill sides and bottom of ramekin.

## SCRAMBLED EGGS

*Improved with Lea & Perrins' Sauce*

In scrambling eggs, great care should be exercised in the cooking, the mixture being of a custard-like, creamy consistency when finished, and not dry and lumpy as some scrambled eggs become. The secret is in allowing the egg to cook as much in the heat of the pan as over the fire. Keep stirring the mixture constantly, removing the pan from the fire if the eggs seems to get too dry in any one spot.

In scrambling eggs, beat the egg until light and add for each egg used, 2 tablespoonfuls of water and a few drops of **Lea & Perrins' Sauce**.

## OMELETS AND SOUFFLES

*Improved with Lea & Perrins' Sauce*

An omelet may be made with or without separating the yolks and whites of the eggs, the one being called a plain—the other a fluffy omelet. A soufflé is a fluffy omelet made with a white sauce foundation and baked in the oven.

Cheese, tomatoes, chopped meats and vegetables are all attractive additions to these dishes, but, no matter what else may be added, **Lea & Perrins' Sauce** as a seasoning for omelets and soufflés cannot be equalled.

## PLAIN OMELET

*Improved with Lea & Perrins' Sauce*

- 1 tablespoonful of **Lea & Perrins' Sauce**.
- 3 eggs.
- 3 tablespoonfuls of water.
- $\frac{1}{4}$  teaspoonful of salt.
- 1 tablespoonful of butter.

Beat the eggs without separating and add the water. Add the salt, the butter melted and the **Lea & Perrins' Sauce**.

Heat a heavy iron frying pan and grease well with oil, bacon fat or shortening. Pour in the egg and lower heat under pan. Tilt pan backward and forward and from side to side, allowing liquid to run under egg as it cooks. When cooked throughout, run spatulate or knife under omelet and roll it into a roll. Turn out on platter and serve with toast or any desired addition.

## FLUFFY OMELET

*Improved with Lea & Perrins' Sauce*

- 1 tablespoonful of **Lea & Perrins' Sauce**.
- 4 eggs.
- 6 tablespoonfuls of water.
- $\frac{1}{2}$  teaspoonful of salt.
- 1 tablespoonful of butter.

Separate the eggs; add the water, salt and melted butter to the yolks. Also add the **Lea & Perrins' Sauce**. Beat the whites until light and frothy and carefully fold them into the yolks.

Grease a heavy iron pan with bacon fat and pour in the omelet. Lower heat under pan and let cook slowly until brown on the bottom and almost dry. Place lid over pan and let dry on top, or place in oven for two minutes.

Cut the omelet lightly on the top and fold over without breaking under part. Turn out on platter and serve at once.



**TOMATO OMELET****Improved with Lea & Perrins' Sauce**

Spread sliced and fried tomatoes in between the omelet before folding and pour the tomato gravy, which cooked out of the tomatoes in frying, over the finished dish.

**SPANISH OMELET****Improved with Lea & Perrins' Sauce**

Just before folding omelet over, spread with the following mixture and pour what is left, over the whole omelet after it is placed on the platter: 2 finely chopped onions, 1 chopped green pepper, a few cut olives, and, if possible, a few mushrooms. Sauté these ingredients in 2 teaspoonfuls of oil, add 1 cupful of tomato juice and spread in between and pour over omelet.

**CORN OMELET****Improved with Lea & Perrins' Sauce**

Spread the omelet with cooked corn before folding.

**VEGETABLE OMELET****Improved with Lea & Perrins' Sauce**

Spread the omelet with any desired combination of, or individually cooked vegetable, as peas, carrots, asparagus, cauliflower, onions. This also helps to use up any vegetables of which too small a quantity has been left to permit using them alone. The vegetable used should be heated in a little butter or cooking oil to which a few drops of **Lea & Perrins' Sauce** have been added.

**PLAIN SOUFFLE****Improved with Lea & Perrins' Sauce**

- 1 tablespoonful of **Lea & Perrins' Sauce**.
- 2 tablespoonfuls of shortening.
- 2 tablespoonfuls of flour.
- $\frac{1}{2}$  cupful of milk or water.
- 3 eggs.

Melt the shortening, stir in the flour until smooth, remove from the fire and slowly stir in the liquid. Add the salt and paprika and cook for three or four minutes or until a thick, smooth sauce is made. Beat the yolks of the eggs until creamy and add to the sauce. Remove from the fire and add the stiffly-beaten whites of the eggs. Add the **Lea & Perrins' Sauce**. Pour into a buttered baking dish, place dish in a pan of hot water and bake in a slow oven for twenty or twenty-five minutes. Serve at once.

The dish in which a soufflé is baked should be broad and wide, rather than high and narrow, to prevent the soufflé from rising too high in the center and then falling. It is a big help to pin a buttered paper band around a soufflé dish before baking, so that it will rise easily without overflowing.

**CHEESE OMELET****Improved with Lea & Perrins' Sauce**

Sprinkle grated cheese over the omelet before and after folding. Or add  $\frac{1}{2}$  cupful of grated cheese to the omelet in the making.

**BACON OMELET****Improved with Lea & Perrins' Sauce**

Fry four or five slices of bacon until crisp. Use the bacon drippings in place of the butter in making and frying the omelet. Spread the bacon, cut into small pieces, on the omelet before folding. Garnish the plate with bacon. Serve at once.

**HAM OMELET****Improved with Lea & Perrins' Sauce**

Chop previously fried ham very fine and reheat in some fat to which **Lea & Perrins' Sauce** has been added. Spread on omelet.

**SARDINE OMELET****Improved with Lea & Perrins' Sauce**

Sauté some sardines in a little cooking oil to which **Lea & Perrins' Sauce** has been added and spread on omelet before folding.

**KIDNEY OR CHICKEN LIVER OMELET****Improved with Lea & Perrins' Sauce**

Reheat previously cooked chicken livers or kidneys in a little cooking oil to which **Lea & Perrins' Sauce** has been added and spread on omelet before folding. Pour a little kidney or liver gravy over omelet.



## CHEESE SOUFFLE

*Improved with Lea & Perrins' Sauce*

For this, use tomato juice in place of the milk or water in the Plain Soufflé recipe and add 1 cupful of grated cheese just before folding in the egg whites. Pour into a buttered baking dish and bake as usual.

## MUSHROOM SOUFFLE

*Improved with Lea & Perrins' Sauce*

Use 1 cupful of mushroom gravy in making the sauce for the Basic Soufflé and add 1 cupful of finely chopped mushrooms before folding in the egg whites.

## OLIVE AND PEPPER SOUFFLE

*Improved with Lea & Perrins' Sauce*

Add  $\frac{1}{4}$  cupful of finely chopped olives and the same amount of finely chopped peppers to the Plain Soufflé before the egg whites are added. Proceed and bake as before.

## RICE AND CREOLE DISHES

## CREOLE RICE

*Improved with Lea & Perrins' Sauce*

- 2 tablespoonfuls of Lea & Perrins' Sauce.
- 2 green peppers.
- 1 onion.
- $\frac{1}{2}$  cupful of ham.
- 4 tablespoonfuls of oil.
- 1 cupful of rice.
- 3 cupfuls of tomato juice.
- 4 tomatoes.

Melt the shortening, and sauté in this oil the green peppers finely chopped, the sliced onion, and the ham, finely ground. Put the rice in a sieve and dip into rapidly boiling water for five minutes. Add with the tomato juice to the other ingredients. Cook directly over the fire for twenty minutes, add the whole tomatoes cut into slices and finish the cooking in the top of a double boiler. Add the Lea & Perrins' Sauce. When the rice is puffed and flaky the dish is ready to serve.

## CHICKEN SOUFFLE

*Improved with Lea & Perrins' Sauce*

Increase the amount of liquid in the Plain Soufflé recipe to 1 cupful and add 2 cupfuls of very finely ground chicken meat to sauce before folding in egg whites. Chicken stock may be used as liquid.

## OYSTER SOUFFLE

*Improved with Lea & Perrins' Sauce*

Substitute oyster liquor for water in making the Plain Soufflé recipe and add  $\frac{1}{2}$  cupful of finely chopped panned oysters to the soufflé before folding in the egg whites.

## HAM SOUFFLE

*Improved with Lea & Perrins' Sauce*

Increase the liquid used in the Plain Soufflé recipe to 1 cupful and add before folding in the egg white 1 cupful of very finely chopped ham.

## SCALLOPED RICE AND CHEESE

*Improved with Lea & Perrins' Sauce*

- 1 tablespoonful of Lea & Perrins' Sauce.
- 2 cupfuls of cooked rice.
- 1 tablespoonful of oil.
- 1 tablespoonful of flour.
- 1 cupful of finely grated cheese.
- 1 cupful of rice water.
- Bread crumbs.

Stir the flour into the oil until a smooth paste is formed. Add the rice water slowly, stirring constantly. Add the Lea & Perrins' Sauce and the grated cheese. Arrange the cooked rice in a well-greased baking dish and pour the cheese sauce over it. Sprinkle the top with bread crumbs and brown in the oven. Serve hot.

## MARCARONI AND CHEESE

*Improved with Lea & Perrins' Sauce*

This dish is made in the same way as the rice and cheese dish, filling the casserole with macaroni instead of rice.

## CHAPTER VI

## CHAFING DISH SUPPERS

*Improved with Lea & Perrins' Sauce*

## CHAFING DISH SUPPER MENU

*To be prepared with Lea & Perrins' Sauce in the cooking*

Welsh or Tomato Rarebit  
 on  
 Toasted Crackers  
 Deviled Ham, Celery and Lettuce Sandwiches  
 Salted Nuts Stuffed Olives  
 Coffee  
 or  
 Ginger Ale Orange Juice High Ball

At no other time do we so desire tasty, spicy, piquant food as when we have a chafing dish supper. And there is no other dish wherein the supreme quality of **Lea & Perrins' Sauce** shows off to better advantage than in the chafing dish recipe. For the midnight college spread—the Welsh, Cheese or Tomato Rarebits—for the kitchenette apartment dinner of Creamed Dried Beef, Ham, Shrimps or Eggs, or for the simple home Sunday night supper of Creamed Oysters, Chicken or Chicken à la King—**Lea & Perrins' Sauce**—the original Worcestershire—forms the unsurpassed, the perfect seasoning.

A chafing dish is composed of two flat pans, one called the blazer, the other the hot-water pan. The usual chafing dish recipe directs the first cooking of the material to be directly over the heat—and is finished and the food kept hot over the hot-water pan.

The chafing dish, particularly if it is one in which alcohol is the heating element, should always be placed on a tray, to avoid any danger from fire or a possible "boiling over" of the food. A wooden or chafing dish spoon is a help although not essential. The butter, flour and things necessary for the dish to be made should be measured and placed on the tray beside the chafing dish so that the recipe may be made up without hurry or getting up and down from the table. With electric grills the toast may be made under the grill while the other things are cooking above.

**WELSH RAREBIT**

*Improved with Lea & Perrins' Sauce*  
 1 teaspoonful of **Lea & Perrins' Sauce**.

1 tablespoonful of butter substitute.

$\frac{1}{2}$  teaspoonful of salt.

1 teaspoonful of paprika.

1 teaspoonful of mustard.

2 cupfuls of grated American cheese.

$\frac{1}{2}$  cupful of cream.

Buttered soda crackers or toast.

Melt the butter in the brazier over

the hot-water pan, in which the water should be boiling. Add the seasonings, and stir until smooth. Add the grated cheese and the cream alternately, a little at a time, allowing the cheese to melt slowly. Add the **Lea & Perrins' Sauce**.

Keep over the hot water while serving and serve on buttered crackers or toast. Serve **Lea & Perrins'** on the side, to be used for a flavor to suit each taste.



**CHEESE AND TOMATO RAREBIT***Improved with Lea & Perrins' Sauce*

In the Welsh Rarebit recipe, substitute tomato purée for the cream, add a well-beaten egg and cook until smooth and creamy. Serve with toast or crackers as desired.

**RED PEPPER RAREBIT***Improved with Lea & Perrins' Sauce*

To the Welsh Rarebit add one chopped red pepper from which the seeds and pulp have been removed.

**'PIGS IN BLANKETS'***Improved with Lea & Perrins' Sauce*

Wrap around peeled mushroom caps or oysters a strip of bacon, pinning it down with tooth-picks. Cook in the chafing dish until the bacon is crisp, sprinkle with salt, add a teaspoonful of Lea & Perrins' Sauce and serve with toast.

**CHICKEN A LA KING***Improved with Lea & Perrins' Sauce*

1 teaspoonful Lea & Perrins' Sauce.  
2 cupfuls of cooked cubed chicken.  
 $\frac{1}{2}$  cupful of cut mushrooms.  
1 green pepper.  
2 tablespoonfuls of flour.  
4 tablespoonfuls of butter.  
1 cupful rice or vegetable water.

Remove all seeds and pulp from the pepper and chop it up fine. Peel the mushrooms and break them into fine pieces. Melt the 2 tablespoonfuls of butter directly over the chafing dish flame or grill and sauté the mushrooms and peppers in it. Add the rest of the butter and slowly stir in the flour. Add the rice water, stirring all until smooth. Cook until it boils for one minute, then place in the pan over the hot water, add the chicken and cook for five minutes. Add the Lea & Perrins' Sauce. Serve on toast.

**CREAMED SHRIMPS***Improved with Lea & Perrins' Sauce*

Break the shrimps from a can into small pieces and run under the cold water. Drain. Use the same amount of butter, flour and liquid given in the Creamed Egg recipe to make a sauce, adding the shrimps after the sauce has been cooked for one minute. Cook over hot water for ten minutes before serving.

**CREAMED EGGS***Improved with Lea & Perrins' Sauce*

1 teaspoonful of Lea & Perrins' Sauce.  
6 hard-cooked eggs.  
 $\frac{1}{2}$  teaspoonful of salt.  
1 tablespoonful of butter.  
1 tablespoonful of flour.  
1 cupful of rice water or vegetable stock.

Melt the butter directly over the chafing dish flame or grill, add the flour, stir until smooth and slowly stir in the rice water. Cut the hard-cooked eggs into small pieces, saving out the yolk of one. Add the chopped egg to the white sauce and continue the cooking over hot water. Add the Lea & Perrins' Sauce and the salt. Serve on points of toast and garnish with the yolk of 1 egg rubbed through a fine strainer and sprinkled on top of the whole dish.

**CREAMED SALMON***Improved with Lea & Perrins' Sauce*

This is made by using salmon in the Creamed Egg recipe in place of the eggs. Chop one hard-cooked egg into fine pieces and add to dish before serving.

**OTHER CREAMED DISHES***Improved with Lea & Perrins' Sauce*

Any fish or meat which has been previously cooked may be creamed in a chafing dish, using the Creamed Egg recipe and substituting the desired ingredient for the eggs.

**PANNED OYSTERS***Improved with Lea & Perrins' Sauce*

2 teaspoonfuls of Lea & Perrins' Sauce.  
25 oysters.  
 $\frac{1}{2}$  teaspoonful of salt.  
 $\frac{1}{4}$  teaspoonful of pepper.  
2 tablespoonfuls of flour.  
2 tablespoonfuls of butter substitute.  
1 cupful of oyster liquor.

Heat the oysters directly over the flame until the edges curl. Add the butter and flour, which has been mixed with a little of the oyster liquor to make a smooth paste, and when blended add the rest of the liquid to make a white sauce. Continue cooking over hot water for a few moments and add the Lea & Perrins' Sauce. Serve with toast.



## CHAPTER VII SANDWICH FILLINGS

### *Improved with Lea & Perrins' Sauce*

Delicious and different sandwich fillings, for picnics or party refreshments, depend for their distinction, not so much upon the meat or cheese which is used as a filling, but upon the seasoning. **Lea & Perrins' Sauce**, which is so delicious with meat or cheese, adds an unequalled and spicy touch in the seasoning of sandwiches.

Bread for sandwiches should not be over a day old. In buttering the bread, always cream the butter first in a bowl and then spread the bread evenly with the softened butter. If saving crusts is not necessary, it is very nice to remove these, cutting the bread into fancy shaped slices. If a large number of sandwiches are made up for a reception, it is best to wrap them in a wet cheese-cloth and keep them wrapped until ready to serve.

## CHEESE SANDWICH FILLINGS

### CHEESE SANDWICH FILLING

#### *Improved with Lea & Perrins' Sauce*

Mash one cream or pimento cheese in a bowl and add to it 1 teaspoonful of **Lea & Perrins' Sauce**. Mix well. Add a tablespoonful of cream and a little salt. Spread on buttered bread.

### CHEESE AND NUT

#### *Improved with Lea & Perrins' Sauce*

Add  $\frac{1}{4}$  of a cupful of finely ground nuts to the cheese sandwich filling.

### CHEESE AND PEPPER

#### *Improved with Lea & Perrins' Sauce*

Remove the seeds and pulp from a large green pepper and chop it very fine. Add to the cheese sandwich filling.

### CHEESE AND MAYONNAISE

#### *Improved with Lea & Perrins' Sauce*

Add  $\frac{1}{2}$  of a cupful of heavy mayonnaise dressing to the cheese sandwich filling and cream well.

### CHEESE AND EGG

#### *Improved with Lea & Perrins' Sauce*

Cut 2 hard-cooked eggs into very fine pieces and add to the cheese sandwich filling.

### GRATED CHEESE FILLING

#### *Improved with Lea & Perrins' Sauce*

Grate a cupful of sharp American cheese and add to it 1 teaspoonful of **Lea & Perrins' Sauce**, 1 teaspoonful of prepared mustard and mix well. Add also a little salt and spread on buttered bread.

## EGG SANDWICH FILLINGS

### EGG AND OLIVE

#### *Improved with Lea & Perrins' Sauce*

Chop 2 hard-cooked eggs into fine pieces and add to them 4 tablespoonfuls of finely chopped olives. Add to these enough olive oil to moisten, and salt and pepper to taste. Season with 1 teaspoonful of **Lea & Perrins' Sauce** and spread on sandwiches.

### EGG AND PIMENTO

#### *Improved with Lea & Perrins' Sauce*

Add 4 tablespoonfuls of finely chopped pimentos to 2 chopped, hard-cooked eggs. Season with a teaspoonful of **Lea & Perrins' Sauce**.

### EGG AND TOMATO

#### *Improved with Lea & Perrins' Sauce*

Cut hard-cooked egg in circles and also cut a tomato into thin slices. Add 1 teaspoonful of **Lea & Perrins' Sauce** to 1 tablespoonful of olive oil. Add this to the butter with which the bread is spread. Arrange the tomato with the sliced egg on top of it in the center of the bread, taking care that it does not come too near the edge. Place bread on top and wrap each sandwich in individual wax papers.



## EGG AND BACON

*Improved with Lea & Perrins' Sauce*

To 1 hard-cooked, finely chopped egg, add 4 tablespoonfuls of finely chopped bacon. Spread the sandwiches with mayonnaise dressing

which has been seasoned with **Lea & Perrins' Sauce**, and fill with the bacon and egg.

## MEAT SANDWICH FILLINGS

## MINCED MEAT

*Improved with Lea & Perrins' Sauce*

Grind ham, chicken, veal or any desired meat through the meat grinder and measure it by the cupful. To every cupful add 1 tablespoonful of **Lea & Perrins' Sauce** and 4 tablespoonfuls of chopped sour pickles. Add salt and spread between sandwiches.

## PLAIN CUTS OF MEAT

*Improved with Lea & Perrins' Sauce*

When these are used in a sandwich, pour a little **Lea & Perrins' Sauce** in a bowl and dip a butter spreader into it, spreading the **Lea & Perrins'** seasoning well over the meat. This gives a delicious zest to the sandwich without making it too hot.

## FISH SANDWICH FILLINGS

## SARDINE

*Improved with Lea & Perrins' Sauce*

Cut canned sardines into small pieces and add the juice of  $\frac{1}{4}$  of a lemon. Season with a few drops of **Lea & Perrins' Sauce** and spread on sandwiches.

## FLAKED FISH

*Improved with Lea & Perrins' Sauce*

Cooked flaked, white fish makes a delicious sandwich filling when seasoned with 1 teaspoonful of **Lea & Perrins' Sauce** and moistened with mayonnaise.

## MEAT AND CHEESE

*Improved with Lea & Perrins' Sauce*

Add to 1 cupful of ground meat  $\frac{1}{2}$  of a cupful of creamed pimento cheese. Season with a teaspoonful of **Lea & Perrins' Sauce** and use as a sandwich spreading.

## MEAT AND MAYONNAISE

*Improved with Lea & Perrins' Sauce*

To 1 cupful of ground meat add  $\frac{1}{2}$  cupful of thick mayonnaise. Season with 1 teaspoonful of **Lea & Perrins' Sauce** and use as a sandwich spread.

## MEAT AND TOMATO

*Improved with Lea & Perrins' Sauce*

Chop a tomato into fine pieces and add it together with the juice to 1 cupful of finely chopped meat. Season with 1 teaspoonful of **Lea & Perrins' Sauce** and use as a sandwich spread.

## STRIPED SANDWICH

*Improved with Lea & Perrins' Sauce*

Cutting bread in very thin slices, from white and brown bread loaves, and placing a piece of white bread between two brown slices, or one brown slice between two whites, and filling with any desired sandwich filling which has been seasoned with **Lea & Perrins' Sauce**, makes an appetizing and attractive sandwich.

## ROLLED SANDWICHES

*Improved with Lea & Perrins' Sauce*

Cut thin slices from long side of loaf. Sprinkle with water. Spread with filling seasoned with **Lea & Perrins' Sauce**. Roll. Tie with ribbon.

REMEMBER:—*Lea & Perrins' is the Only Original Worcestershire Sauce. None of the so-called "Worcestershires" can be used in these recipes with good results.*

## CHAPTER VIII SALAD DRESSINGS

### *Improved with Lea & Perrins' Sauce*

In salad dressings, where flavor and spices are the very heart of the recipe, *Lea & Perrins' Sauce* reaches the height of its seasoning power. You cannot imagine how delicious a mayonnaise or a French dressing can be until you have tasted one which has been seasoned with *Lea & Perrins' Sauce*, the original Worcestershire flavoring.

Use it in your own favorite salad dressing or in the delicious salad dressing recipes given here. You will be surprised and delighted with the new, piquant taste which *Lea & Perrins' Sauce* adds, in a never-to-be-equalled manner, to the dish.

#### MAYONNAISE DRESSING

##### *Improved with Lea & Perrins' Sauce*

- 1 tablespoonful of *Lea & Perrins' Sauce*.
- 2 egg yolks.
- 1 teaspoonful of soft sugar.
- $\frac{1}{2}$  teaspoonful of mustard.
- $\frac{1}{2}$  teaspoonful of salt.
- 1 pint of olive oil.
- 2 tablespoonfuls of lemon juice.
- 2 tablespoonfuls of vinegar.
- $\frac{1}{4}$  teaspoonful of paprika.

Beat the yolks of the eggs well and add the dry seasonings. Add the *Lea & Perrins' Sauce* and the vinegar and stir well. Add 1 teaspoonful of the olive oil and beat well. Use a double-wheel egg-beater from this stage on. Add the olive oil first by teaspoonfuls and then tablespoonfuls at a time, beating constantly and rapidly. When all of the oil has been used add 2 tablespoonfuls of boiling water to smooth the sauce. Put in a cold bowl or pint preserve jar and keep in the ice-box until needed.

#### FLUFFY MAYONNAISE

##### *Improved with Lea & Perrins' Sauce*

Beat the white of an egg until very stiff and fold into the mayonnaise after it is very cold.

#### CHIFFONADE MAYONNAISE

##### *Improved with Lea & Perrins' Sauce*

Add 2 tablespoonfuls of chopped red pepper, from which the pulp and seeds have been removed, 1 small onion chopped fine, and 3 tablespoonfuls of chopped parsley to every cupful of mayonnaise. Last, add paprika to give red tint.

#### RUSSIAN MAYONNAISE

##### *Improved with Lea & Perrins' Sauce*

Add to every cupful of mayonnaise dressing  $\frac{1}{4}$  cupful each of finely chopped green and red peppers and  $\frac{1}{2}$  cupful of chopped stuffed olives. One quarter of a cupful of chilli sauce makes a nice addition if it is desired.

#### TARTARE SAUCE

##### *Improved with Lea & Perrins' Sauce*

Add 2 tablespoonfuls each of finely chopped pickles, olives and parsley and 1 teaspoonful of onion juice to each half cupful of mayonnaise.

#### GREEN MAYONNAISE

##### *Improved with Lea & Perrins' Sauce*

To give mayonnaise a green color, cook  $\frac{1}{2}$  cupful of spinach, peas and parsley together and press through a purée sieve. Re-cook this purée until rather dry. Add just enough to the mayonnaise to tint it a delicate green.

#### RED MAYONNAISE

##### *Improved with Lea & Perrins' Sauce*

Mayonnaise may be given a red or pink tint by the addition of tomato juice or paprika.

#### WHITE MAYONNAISE

##### *Improved with Lea & Perrins' Sauce*

If 1 cupful of whipped cream or 2 egg whites are folded into mayonnaise dressing it will make it almost white in color.



## COOKED SALAD DRESSING

*Improved with Lea & Perrins' Sauce*

- 1 teaspoonful of Lea & Perrins' Sauce.  
 2 egg yolks.  
 $\frac{1}{2}$  teaspoonful of salt.  
 1 teaspoonful of sugar.  
 1 teaspoonful of mustard.  
 $\frac{1}{2}$  cupful of milk.  
 1 cupful of oil.  
 2 tablespoonfuls of vinegar.  
 $\frac{1}{4}$  teaspoonful of pepper.  
 Few grains of cayenne.

Add the dry ingredients to the well-beaten yolks of the eggs. Beat until well blended and then add the milk, vinegar and oil. Cook in the top of a double boiler until smooth and thick and beat with an egg-beater during the cooking so that it will not curdle.

Remove from the fire as soon as it reaches the correct consistency. Plunge pan into cold water and continue beating. Add **Lea & Perrins' Sauce**. Put into preserve jar for convenient keeping in the ice-box.

## A SALAD DRESSING MADE WITHOUT OIL

*Improved with Lea & Perrins' Sauce*

By using 2 egg yolks and 1 whole egg and 1 cupful of cream instead of  $\frac{1}{2}$  cupful of milk, a delicious salad dressing may be made from the above recipe without using any oil at all.

These cooked salad dressings may be varied just as the mayonnaise by the addition of olives, peppers, parsley and other ingredients used as directed under the Mayonnaise Dressing recipes.

## FRENCH DRESSING

*Improved with Lea & Perrins' Sauce*

- 2 teaspoonfuls of Lea & Perrins' Sauce.  
 2 teaspoonfuls of vinegar.  
 3 tablespoonfuls of olive oil.  
 Dish of cayenne pepper.  
 $\frac{1}{2}$  teaspoonful of paprika.  
 $\frac{1}{4}$  teaspoonful of pepper.  
 $\frac{1}{2}$  teaspoonful of salt.

First rub a small bowl with ice. Remove and add the dry ingredients, the **Lea & Perrins' Sauce** and 1 tablespoonful of olive oil. Stir well and add the vinegar. As the dressing thickens through stirring, add the rest of the olive oil and continue beating. This may be poured into a bottle and kept in the ice-box, beating or shaking again before it is served.

## LEMON DRESSING

*Improved with Lea & Perrins' Sauce*

Use lemon juice in place of vinegar in making the French Dressing and proceed as usual. Serve with fruit salads.

## ROQUEFORT DRESSING

*Improved with Lea & Perrins' Sauce*

Add 3 tablespoonfuls of Roquefort cheese to the French Dressing and use enough paprika to produce a red color.

## OLIVE DRESSING

*Improved with Lea & Perrins' Sauce*

Add 2 tablespoonfuls of finely chopped olives to the French Dressing.

## GREEN PEPPER DRESSING

*Improved with Lea & Perrins' Sauce*

Add 1 tablespoonful of finely chopped green peppers to the French Dressing just before serving.

REMEMBER:—*Lea & Perrins' is the Only Original Worcestershire Sauce. None of the so-called "Worcestershires" can be used in these recipes with good results.*



## CHAPTER IX

## CATSUPS, CHUTNEYS, PICKLES AND HOME-MADE RELISHES

*Improved with Lea & Perrins' Sauce*

In pickling, we think first of Grandmother and the delicious catsups, pickles and chutneys which she served with Sunday-night suppers and wonder why we see these delicious relishes so seldom these days. But we need not forego our home-made catsups, pickles and chow-chows, nor even find them less relishing because we have no herb garden, for in *Lea & Perrins' Sauce* we have the most complete—the most ideal and perfect relish seasoning.

*Lea & Perrins' Original Worcestershire* is in itself a secret blending of spices which will give to any home-made relish the keen edge—the snap—the zest it requires.

Use *Lea & Perrins' Sauce* in seasoning catsups, chow-chows, pickles, vinegars, chutneys, piccalilli and chilli sauce relishes—it is the unequalled spice for them all.

AN UNCOOKED TOMATO  
CATSUP*Improved with Lea & Perrins' Sauce*

- 4 tablespoonfuls of *Lea & Perrins' Sauce*.
- 2 quarts of red ripe tomatoes.
- 1 cupful of onions.
- $\frac{1}{4}$  cupful of salt.
- 1 teaspoonful of red pepper.
- 1 cupful of sugar.
- 3 cupfuls of vinegar.

Dip the tomatoes quickly into rapidly boiling water, dip in and out of cold water and peel. Put into large preserving kettle and add the onions well chopped. Mash these two together and add the salt, pepper, sugar, vinegar and last, the *Lea & Perrins' Sauce*. Thoroughly sterilize catsup bottles by boiling and fill with the cold catsup. Cork loosely. Place bottles on a wire rack, stand in a pan which allows rapidly boiling water to come to the neck of the bottle, and boil or sterilize for thirty minutes. Some experts claim this final "water bath" to be unnecessary, but the inexperienced preserver will have better success if the last cooking is performed.

For perfect keeping and especially if the catsups are made up to sell, the corks should be driven in tightly and the bottles sealed with sealing

wax or melted paraffin as soon as they are removed from the water bath. Stamping the soft wax or paraffin with a special sealing stamp also helps to give an identifying and distinguishing mark to the product.

## SWEET TOMATO PICKLE

*Improved with Lea & Perrins' Sauce*

- 3 tablespoonfuls of *Lea & Perrins' Sauce*.
- 2 quarts of tomatoes.
- 4 large onions.
- 4 green peppers.
- $\frac{1}{2}$  cupful of salt.
- 1 quart of water.
- 2 cupfuls of sugar.
- 2 cupfuls of vinegar.
- 2 tablespoonfuls of cloves.
- 2 tablespoonfuls of mustard.
- 2 tablespoonfuls of cinnamon.
- 2 cupfuls of vinegar.

Cut the tomatoes and onions into small pieces, remove seeds and pulp from peppers and cut. Add the salt and let stand over-night. Drain off water in morning. Add 1 quart of fresh water and 2 cupfuls of vinegar and boil for fifteen minutes. Drain again and add 2 cupfuls of fresh vinegar, the sugar, cloves, mustard and cinnamon. Boil for fifteen minutes more. Add the *Lea & Perrins' Sauce*, and transfer to hot sterilized bottles; seal while hot.



**BOILED TOMATO CATSUP**

*Improved with Lea & Perrins' Sauce*  
3 tablespoonfuls of Lea & Perrins' Sauce.

4 quarts of ripe tomatoes.

$\frac{1}{2}$  cupful of salt.

2 cupfuls of sugar.

1 tablespoonful of pepper.

3 tablespoonfuls of mace.

2 quarts of vinegar.

Blanch the tomatoes by dipping them quickly in and out of hot water and rapidly plunging them into cold water. Peel. Place in a large preserving kettle, add the spices, sugar and vinegar. Let simmer gently until reduced nearly one-half, strain through a purée sieve, reheat and add last the Lea & Perrins' Sauce. Pour into thoroughly sterilized bottles. Seal at once, label and store.

**MUSHROOM CATSUP**

*Improved with Lea & Perrins' Sauce*  
2 tablespoonfuls of Lea & Perrins' Sauce.

2 quarts of mushrooms.

1 cupful of vinegar.

1 teaspoonful of mace.

1 tablespoonful of salt.

1 teaspoonful of pepper.

1 tablespoonful of mustard.

Peel the mushrooms, cut into small pieces, cover with  $\frac{1}{2}$  cupful of boiling water and cook until quite tender and soft. Mash through a fine purée strainer or sieve and add the vinegar, mace, salt, pepper, mustard and last the Lea & Perrins' Sauce. Cook from half to three-quarters of an hour or until of the consistency of catsup and pour into sterilized bottles and seal at once. Label and store.

**TOMATO CHUTNEY**

*Improved with Lea & Perrins' Sauce*  
2 tablespoonfuls of Lea & Perrins' Sauce.

4 quarts of tomatoes.

1 quart of onions.

1 quart of apples.

1 pound of raisins.

$1\frac{1}{2}$  cupfuls of brown sugar.

1 tablespoonful of salt.

1 quart of vinegar.

Peel the tomatoes and cut fine. Peel and chop the onions, and skin and chop the apples, and place all of

these ingredients in a heavy iron kettle. Add the brown sugar and salt. Cook for half an hour, add the vinegar, boil ten minutes longer, add the Lea & Perrins' Sauce. Pour into sterilized jars and seal.

**APPLE CHUTNEY**

*Improved with Lea & Perrins' Sauce*  
1 tablespoonful of Lea & Perrins' Sauce.

12 tart apples.

1 onion.

2 green peppers.

1 red pepper.

2 cupfuls of sweet vinegar.

$\frac{1}{2}$  cupful of tart currant jelly.

4 lemons.

2 cupfuls of sugar.

1 tablespoonful of salt.

1 tablespoonful of ginger.

1 cupful of ground raisins.

Skin and cut the apples fine. Peel and cut the onion; remove seeds and pulp from the peppers and chop fine. Put all these ingredients into a heavy iron kettle, add the jelly, the juice of the lemons, the sugar, salt, ginger and vinegar and simmer slowly for one hour. Add the raisins last. Cook an hour longer, stirring to prevent sticking. Then add the Lea & Perrins' Sauce. Pour into sterilized pint or quart preserving jars, seal, label and store with your other preserves.

**RED PEPPER RELISH**

*Improved with Lea & Perrins' Sauce*  
2 tablespoonfuls of Lea & Perrins' Sauce.

4 quarts of red peppers.

2 green peppers.

4 pounds of brown sugar.

1 teaspoonful of salt.

1 quart of vinegar.

Remove seeds and pulp from peppers and cut into long, thin strips with scissors. Cover with boiling water, and simmer, but do not boil, for ten minutes. Drain and plunge into ice water. Remove. Pack in hot sterilized jars. Add the sugar, salt and Lea & Perrins' Sauce to the vinegar. Boil until all are well blended and pour over the peppers. Seal the jars. Label and store in a cool place.

## PICKLED ONIONS

*Improved with Lea & Perrins' Sauce*

Two tablespoonfuls *Lea & Perrins' Sauce*; 1 quart small button onions; 2 red peppers; 1 quart vinegar; 1 sprig mace.

Peel onions, cover with cold water and let stand for two days; change water on second day. Wash, drain, put into freshly salted water and let stand for four days; change salted water at end of second day. Drain, and throw onions into rapidly boiling water. Turn off heat, let onions stand in this water for ten minutes and then put into cold water for two hours. Drain. Pack into hot sterilized jars. Remove seeds and pulp from red peppers, cut into small pieces and arrange attractively in the jar with the onions. Fill jars to overflowing with boiling vinegar to which 2 tablespoonfuls of *Lea & Perrins' Sauce* have been added. Seal jars, but not too tightly. Place on a standard in rapidly boiling water and boil for fifteen minutes. Seal jars entirely. Invert for leaks, label and store in dark place.

## CHOPPED PICKLE

*Improved with Lea & Perrins' Sauce*

Two tablespoonfuls *Lea & Perrins' Sauce*; 2 quarts green tomatoes; 2 quarts cabbage; 4 cupfuls onions; 12 green peppers; 6 red peppers;  $\frac{1}{4}$  cupful mustard.

Chop the tomatoes, cabbage and onions. Remove the seeds and pulp from the red and green peppers, cut into small pieces and add. Cover with salt and 1 cupful of water and let stand over-night. Pour all into a bag in the morning and drain without squeezing. Add the mustard. Boil 4 cupfuls of vinegar with 2 cupfuls of brown sugar and pour over the chopped pickle. Boil together for fifteen minutes and add the *Lea & Perrins' Sauce*. Pour into hot sterilized jars and seal.

## CHOW-CHOW

*Improved with Lea & Perrins' Sauce*

Four tablespoonfuls *Lea & Perrins' Sauce*; 2 cupfuls green tomatoes; 4 cupfuls tiny green cucumbers; 6 cupfuls white button onions; 1 head cabbage; 2 heads cauliflower;

2 stalks celery; 2 red peppers; 2 green peppers; 8 cupfuls vinegar; 2 cupfuls brown sugar; 1 cupful flour; 6 tablespoonfuls mustard; 1 teaspoonful curry powder.

Cut tomatoes into quarters; cut cucumbers into small pieces; cut cabbage, but do not chop it fine; separate cauliflower head into small flowerettes; cut onions; also cut peppers and celery into small strips. Soak this vegetable chow in salt and water to cover over-night. In the morning bring them to the boiling point in the same brine and drain. Mix the mustard and flour in a large kettle and add enough vinegar to make a smooth paste. Add the curry powder, brown sugar and the rest of the vinegar. Heat until the mixture is thick and add the drained vegetable chow. Cook for five minutes. Add *Lea & Perrins' Sauce*. Carefully pack into sterilized jars and seal.

## MUSTARD RELISH

*Improved with Lea & Perrins' Sauce*


Two tablespoonfuls *Lea & Perrins' Sauce*; 1 pint cucumbers; 1 pint onions; 1 cupful string beans; 3 green peppers; 3 red peppers; 1 pint tomatoes; dressing; 2 cupfuls vinegar; 4 tablespoonfuls flour; 1 cupful sugar; 3 tablespoonfuls mustard;  $\frac{1}{2}$  tablespoonful turmeric.

Cut the vegetables before measuring, halve the tomatoes, cut cucumbers into slices, string beans in half and chop peppers after removing seeds and pulp. Soak the vegetables in a brine of salt and water over-night, drain and stand in clear water for two hours. Drain and scald in one-half of the quantity of vinegar used in the dressing and the same amount of water.

To make the dressing, mix the mustard, turmeric, flour and sugar together. Add the vinegar slowly, stirring to make a smooth paste. Cook over hot water, stirring constantly until the mixture thickens. Add the *Lea & Perrins' Sauce*.

Drain the vegetables and pour the mustard dressing over them while it is hot. Mix well and pack in sterilized jars. Seal, but not too tightly, and simmer in hot water for twenty minutes. Remove, tighten jar lids and label.





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