LEA & PERRINS’ SAUCE
ADDS ZEST TO FOOD
LEA & PERRINS’ SAUCE has been one of the essentials of fine cooking for nearly a century. Its subtle flavor has made for it a permanent place in the greatest kitchens in the world.

Wherever civilized man has gone Lea & Perrins’ Sauce has followed. In the South Seas it appears on the traders’ tables. In the luxurious homes, hotels and cafes of Europe it knows no competition. The same is true in America. Its name is a synonym for fine flavor and appetizing dishes in the homes.

The greatest chefs in the world have given it their stamp of approval, both by using it consistently and in enthusiastic letters about its virtues.

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It is truly the World’s Favorite Seasoning and its package is the most imitated of all things that come to you. But its flavor has persistently eluded the imitators. Not one of the counterfeits even approaches its marvelous zestful appeal.

In order that you may obtain the original and genuine Worcestershire Sauce be sure that our signature is prominently displayed on the label and wrapper.

For additional copies of this book, write
LEA & PERRINS
241 West Street, New York
LEA & PERRINS' BOOK OF RECIPES

A collection of the most popular dishes with definite seasoning directions, revised in accord with the advanced methods of the world’s Greatest Chefs.

LEA & PERRINS
241 WEST STREET NEW YORK

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JOHN DUNCAN’S SONS
NEW YORK, N. Y.
Interesting and Appetizing Meals

You undoubtedly know tables where everything offered is delicious, even when ingredients are inexpensive and menus simple; and other tables where, although the food budget is larger and the meals more elaborate, there is something lacking in the taste of every dish.

The difference is due to the comparative skill in seasoning possessed by those who prepare the meals. In the first case, the neutral flavored foods which form a great part of our diet are made interesting by the skillful use of the spices, herbs and vegetables endowed by Nature with pleasing and piquant flavors. In the second case, because this important phase of cookery has been neglected, everything tastes flat and monotonous. Sometimes we run into a third condition, where dishes are seasoned, but without judgment, so that some one pungent flavor is unduly predominant.

How to Use Seasonings

The two most important rules for the use of seasonings are to use enough, but not too much, and to blend flavors so that each one combines with and helps to bring out the values of the others.

In Lea & Perrins’ Sauce the seasonings that make dishes interesting and flavorful are already blended by experts of long training and great skill, so that by keeping a bottle of Lea & Perrins’ Sauce at hand during the preparation of meals, any home maker, no matter how inexperienced, may be sure of serving dishes that are zestful and appetizing, whether the ingredients are expensive or inexpensive, fresh cooked, canned or left-over.

The recipes given on the following pages suggest definite quantities of Lea & Perrins’ Sauce. Since tastes vary, however, it is impossible to lay down hard and fast rules for seasoning; and, if you find that the members of your family like more or less than suggested, you can easily adjust the amount to their tastes.

An outstanding advantage of Lea & Perrins’ Sauce is that, because it is already blended and ripened, it may be added at the table by those who like more seasoning than the average taste demands.

The recipes in this book, except where otherwise stated, are planned for the service of four persons.

Measurements are level and are based upon standard sizes in cups and spoons as given in the following table:

<table>
<thead>
<tr>
<th>3 teaspoons</th>
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<tr>
<td>8 tablespoons</td>
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<tr>
<td>or 1/2 cup</td>
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<td>16 tablespoons</td>
<td>= 1 cup</td>
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<tr>
<td>or 2 gills</td>
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<td>2 cups</td>
<td>= 1 pint</td>
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<tr>
<td>4 cups</td>
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<td>4 quarts</td>
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<td>8 quarts</td>
<td>= 1 peck</td>
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<tr>
<td>4 pecks</td>
<td>= 1 bushel</td>
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Making New Dishes Out of Left-Overs

Although left-overs, skillfully prepared and attractively served, find an honored place on the menus of the greatest hotels, there is a prejudice in the minds of many people against warmed-over food. It is a prejudice without any real base to rest on, and one that, with a little ingenuity, a housewife can eliminate from her own mind and from the minds of her family.

Part of it is psychological, so a step in the right direction is never to refer to a dish as a left-over but to give it a name and a form of its own and send it forth to a welcoming family.

If Chicken à la King, for instance, had been introduced under the title "Left-Over Chicken Creamed with Mushrooms and Peppers," it is a question whether it would have attained the popularity it now enjoys. However, Chicken à la King can be made from pieces of left-over chicken just as well as from one cooked especially for the purpose. As a matter of fact, any dish made of food previously cooked may be considered a left-over dish, whether the ingredients were cooked on purpose for the dish, were turned out of a can, or were served as yesterday’s dinner.

The Secret of Success in Using Left-Overs

Of course, a name alone will not make a dish successful, and Chicken à la King had more to offer than its name. The secret of its success lies in its appearance and flavor; and these are the two points to keep in mind in using left-overs of any kind—make them attractive looking and make them flavorful.

There is a solid satisfaction in using up food materials so that for every dollar spent the family gets a dollar’s worth of nourishment and enjoyment; and, according to modern dieticians, a person who eats with enjoyment probably gets more benefit from the food consumed than he would if, under the coercion of "it’s good for you," he ate something else of equal food value but unattractive to him.

So the time given to making new dishes out of left-overs is, from every viewpoint, well spent; and it need not be much time. It is almost as easy to make a dish look appetizing as it is to serve it "any old way;" and with a bottle of Lea & Perrins’ Sauce at hand the question of making it flavorful offers no difficulties.

Attractive Looking and Flavorful Dishes

Suggestions for making foods look appetizing are given throughout the book, and especially in the section "Garnishes," on page 17.

On page 5 are listed recipes that are particularly good for using left-overs of various kinds. Where the recipes call for specific foods you can easily adapt them to other foods of similar character; and if you are now among those who look upon left-overs as a burden, you will soon come, with the aid of Lea & Perrins’ Sauce, to regard them with a friendly and even a welcoming eye as your best helpers in the great modern game of beating the food budget.
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Lea & Perrins’ Sauce is used by the greatest chefs; it may be used with equal success by every home maker. With its aid, appetizing, new dishes are easily made from left-overs.
Appetizers

The word “appetizer” explains itself. It is a dish that puts one in a frame of mind to enjoy more substantial courses that are to follow. It may consist of almost any variety of food, provided, first, that it is made piquant with seasoning, second, that it is attractive to look at, and, third, that it is small enough to accomplish the mission implied by its name—that is, to create but not to satisfy the appetite. It is usually, though not always, served cold.

Appetizers appear in many forms. One class is known as the dinner cocktail; another is the canapé; clear soups are often used, hot, chilled or jellied; and there are miscellaneous hors d’oeuvres and relishes consisting of such things as shellfish, balls of minced meat or fish held together by a sauce, cucumber cups and similar containers filled with a highly seasoned mixture, small aspics, and groups of olives and pickles served in tiny lettuce leaves or relish dishes.

The following suggestions may be adapted to many variations. Since piquancy of flavor is an essential element in an appetizer, you will naturally keep a bottle of Lea & Perrins’ Sauce at hand when preparing these zestful little morsels.

Dinner Cocktails

The dinner cocktail is made in two forms, (1) a chilled broth, such as the clam juice and tomato cocktails, below, and (2) a combination of bits of solid food with a highly seasoned sauce. The second form of cocktail may be served in two ways, described as Method 1 and Method 2.

Clam Juice Cocktail

24 clams with own juice or Canned or bottled clam bouillon 1 tablespoon lemon juice 2 tablespoons tomato catsup 1/2 teaspoon salt

Wash clams and chop slightly. Put into saucepan with 3 cups cold water and their own juice. Bring slowly to boiling point and simmer 5 minutes. Strain juice through cheesecloth and cool. Add remaining ingredients, mix, and put into a covered jar. Chill. This is cocktail stock; keep in the refrigerator until needed; then pour desired amount over cracked ice in a cocktail shaker, shake well and strain into glasses. Add a dash of celery salt and serve with young American cheese and crackers. Serve Lea & Perrins’ Sauce with these cocktails, for those who like more seasoning.

If canned bouillon is used, mix it with an equal quantity of cold water, add seasonings, chill and serve as directed.

Tomato Juice Cocktail

Tomato juice may be bought in cans, or in glass jars, or the juice of canned tomatoes or of fresh stewed tomatoes may be used. To each cup of tomato juice add from 2 teaspoons to 2 tablespoons Lea & Perrins’ Sauce, pour over cracked ice in a shaker and serve as directed for clam juice cocktail.

Methods of Serving a Dinner Cocktail

(With either Method 1 or Method 2, serve an oyster fork or other small, sharp-pronged fork with which the bits of chilled food may be picked up easily.)

METHOD 1—In the center of a small plate, set a cocktail glass or other suitable container, such as a claret glass or green pepper shell. Fill a little more than half with cocktail dressing. Arrange the bits of chilled food on the plate around the container. With shellfish on the half shell, lay the shells on a bed of cracked ice. With other foods, lay the pieces, which should be of convenient size for eating, on tiny lettuce leaves or beds of cress or parsley.

METHOD 2—Place the bits of chilled food in the container and pour the cocktail dressing over them.
Cocktail Dressing

The amount to be made depends upon the number of cocktails required and the size of the containers. Make the quantity you need, using the following proportions:

1 tablespoon Lea & Perrins’ Sauce
3 tablespoons tomato catsup

Blend thoroughly and chill before using.

Suggestions for Dinner Cocktails

OYSTER OR CLAM—Allow 5 or 6 clams or small oysters for each cocktail. Follow either Method 1 or Method 2.

SHRIMP—Use either canned or fresh shrimps, page 11. Chill and arrange by Method 1 or Method 2.

BEET BALL—Scoop small balls from cold boiled beets. Cover with vinegar and chill. Drain, roll in grated cheese and follow Method 1.

MUSHROOM—Use either canned or fresh mushrooms, page 25. Chill, and arrange by Method 1.

DEVILED EGG—Cut chilled deviled eggs, page 20, into pieces and arrange by Method 1.

SARDINE—Cut large well chilled sardines into pieces and arrange by Method 1.

Fish or Meat Canapés

There are many fish and meat pastes, such as anchovy and sardine, procurable in jars or tubes. These may be mixed with Lea & Perrins’ Sauce and used to make canapés; or any left-over or canned fish or meat may be flaked, chopped or rubbed to a paste, seasoned with salt and enough Lea & Perrins’ Sauce to make them pungent, and spread on the prepared bread.

Garnish with minced parsley, celery or raw onion spread over part of the canapé, or make a mound of it in the center with narrow lines running toward the edges and a border around the edge of the bread.

Tomato Canapés

Select a firm, ripe tomato and slice, crosswise. Remove the seedy portions from the slices (this may go into the stock kettle) leaving several openings. Lay each of these slices on a round of prepared bread, spread with mayonnaise, page 20, and fill each opening with a different relish or mixture. In one, for instance, place celery relish, page 28; in another hard cooked eggs, chopped and seasoned with salt and Lea & Perrins’ Sauce; and in the third minced cooked ham or chicken mixed with mayonnaise highly seasoned with Lea & Perrins’ Sauce. In the center place a small mound of minced parsley or celery, or a small circle of pickled beet or raw onion holding a plain or stuffed olive with the end cut so that it will stand on end.

Miscellaneous Appetizers

STUFFED CELERY—Fill the concave sides of tender stalks with Roquefort and cream cheese sandwich filling, page 27, and serve in relish dishes on cracked ice. Cut larger stalks into two-inch lengths, slash one end to make a fringe and throw into ice water. When the slashed ends have curled, put two or three of the pieces together to form a cylinder and fill the opening with the cheese filling. Serve, with the curled end up, on tiny lettuce leaves.

CUCUMBER CUPS—Cut large cucumbers in two-inch lengths, scoop out part of the center and fill with minced ham, anchovy paste, cheese filling or any preferred relish. Serve in lettuce leaves.

Be sure to have a bottle of Lea & Perrins’ Sauce at hand when you are preparing Appetizers. It gives the piquancy and zest that are indispensable in these attractive little dishes.
Soups

The home manager who has formed the soup habit has found one of the best ways of using left-overs, because there is hardly anything edible that cannot be used in some sort of soup. With a bottle of Lea & Perrins’ Sauce at hand the seasoning that makes soups appetizing is easily supplied.

Meat Stocks

Any juice that cooks out of broiled or roasted meat may be used in the same ways as specially prepared stocks; and if, in any recipe that calls for meat stock, no home-made stock is available, a can of meat broth or a bouillon cube dissolved in a cup of hot water may be used. Add 1 teaspoon Lea & Perrins’ Sauce to a pint of canned soup.

Brown Meat Stock or Bouillon—
1 tablespoon, each, 2 pounds soup beef, of three or four chopped flavor vegetables, such as carrot, celery, onion, parsley and turnip

Cut fat from meat and try out. Cut meat in cubes and brown in fat. Add bones and cold water. Cover and bring slowly to boiling point, then simmer gently for three hours, keeping kettle closely covered. Add flavor vegetables and salt and simmer an hour longer. Strain through a colander into a bowl; add Lea & Perrins’ Sauce, cool and place in refrigerator until needed. Then remove fat from top and use in sauces or serve as soup.

Mutton, Lamb or Veal Stock—These meats may be used instead of beef to make a brown stock, but mutton has a distinctive flavor and is generally served as mutton broth, with barley as garnish.

Stock from Left-Overs—Left-over meat may be used in the same way as uncooked meat, and cooked vegetables and such things as the outer leaves of lettuce, and celery tops and hard stalks may be cooked in the stock.

White Meat Stock—Follow directions for brown stock, but use chicken or veal and do not brown meat before adding water. Use 1 tablespoon, each, chopped white onion and celery as flavor vegetables. Left-over chicken or veal, which has not been browned in the previous cooking, or the carcass of roast chicken or turkey may be used for white stock. The liquid in which a chicken has been stewed is an excellent white stock.

Stock Served as Clear Soup—Heat and strain the stock through several thicknesses of cheesecloth. Serve hot with any desired garnish (See page 9) or make into jellied soup.

Vegetable Stock

This is the water in which any peeled or clean skinned vegetable has been boiled, or the juice that has cooked out of any baked or broiled vegetable.

White Vegetable Stock—This is the water from potatoes, celery, rice, white onions, etc.

Fish Stock

This is made by covering the bones and trimmings of fresh fish with cold water and simmering 20 to 30 minutes. It is used in chowders and fish stews.

Jellied Soup

4 cups any clear 2 teaspoons Lea & Perrins’ Sauce
1 tablespoon gelatin

Heat soup to boiling point and stir in gelatin, softened in % cup cold water. Add Lea & Perrins’ Sauce (unless the soup has been seasoned at the time of making) and add salt if required. Cool, then chill and serve, very cold, in bouillon cups with bouillon spoons.

Clear Tomato Soup

1/4 cup, each, diced 1 teaspoon salt
carrot, onion, celery and raw ham 2 cups tomato
4 tablespoons 4 cups brown meat stock
butter 1 small bay leaf
1 tablespoon Lea & Perrins’ Sauce

Sauté diced vegetables and ham in butter for 5 minutes. Add bay leaf and tomato and simmer, closely covered, for one hour. Strain, add hot stock, salt, and Lea & Perrins’ Sauce. This soup may be served hot with any desired garnish (see page 9) or may be used to make jellied soup or jellied salad.
Cream Soups

Cream soups in great variety may be made by combining thin white sauce, page 18, with cooked vegetable, meat or fish pulp. The following suggestions will serve as a guide for other combinations:

**Tomato Cream Soup**—To 4 cups hot thin white sauce, page 18, add, gradually, and stirring constantly, 2 cups cooked, strained tomato, to which ¼ teaspoon soda has been added. Add salt to taste, and 1 teaspoon Lea & Perrins’ Sauce. Serve immediately, with croutons, page 16.

**Mushroom Cream Soup**—Prepare ½ pound mushrooms, page 25. Dried mushrooms must be soaked over night. Grind or cut fine and simmer 10 minutes in 2 cups hot water. Make 4 cups thin white sauce, page 18, using the mushroom stock as part of the liquid. Rub mushrooms through a strainer and add pulp to sauce. Add 1 teaspoon Lea & Perrins’ Sauce and serve immediately. 2 egg yolks, beaten with a little cold water, may be stirred in just before the Lea & Perrins’ Sauce.

**Creole Oyster Gumbo**

24 oysters 2 tablespoons oil
4 cups white stock 1 tablespoon flour
or milk 1 teaspoon salt
1 Spanish onion 1 tablespoon Lea & Perrins’ Sauce

Heat oil; add chopped onion, flour and salt. Cook two minutes, stirring constantly, then add oyster liquor and white stock, page 8, or milk, and bring to boiling point. Add oysters, cook another five minutes, add Lea & Perrins’ Sauce and serve at once.

**Fish Chowder**

2 pounds cod or 1 onion, sliced
other white fish 4 pilot biscuits
2 tablespoons 1 teaspoon salt
butter 2 cups scalded milk
1 slice fat salt pork or white vege-
4 potatoes, diced 1 tablespoon Lea & Perrins’ Sauce
1 tablespoon salt

Free fish from skin and bone and cut in pieces. Make 1 cup fish stock, page 8, from bones and trimmings. Cut pork into cubes and try out. Sauté onion in fat 5 minutes. Strain fat into soup kettle. Parboil potatoes in 1 cup water and add both water and potatoes to fat; cover and simmer 10 minutes. Strain in fish stock and add fish. Cover and simmer 15 minutes, or until fish is cooked. Add hot milk or vegetable stock, salt, butter and Lea & Perrins’ Sauce. Split pilot biscuits, soak in a little cold milk and add to chowder. Serve immediately.

**FOR A THICKENED CHOWDER**—Rub 2 tablespoons flour with the butter, stir in gradually, and cook, stirring constantly, for two or three minutes before adding the Lea & Perrins’ Sauce.

**Clam Chowder**

Substitute 20 clams for the fish in the preceding recipe. Wash clams and scald in their own liquor, then remove clams and strain juice through cheesecloth. Use this juice instead of the fish stock, adding water if necessary to make the desired amount. Follow directions for making fish chowder, but do not simmer clams; add them after the potatoes are cooked.

**Garnishes for Soups**

(See also “All-Purpose Garnishes”, page 17.)

Croutons, page 16, rice, barley, noodles, macaroni, spaghetti, boiled vegetables, diced or in Julienne style, page 25, shreds of onion or celery, green peas, and small string beans are all used to garnish soup. Leftover macaroni may be cut in tiny rings and added to the soup while it is heating, or they may be sautéed in butter or bacon fat, mixed with a few drops of Lea & Perrins’ Sauce, and added just before it is served. Leftover meat and vegetables may be diced or rubbed through a strainer and added to soup. Cream, whipped very stiff, with a pinch of salt and a few drops of Lea & Perrins’ Sauce, makes a nourishing and attractive garnish for cream soups. It also prevents the formation of skin on the soup.

*Lea & Perrins’ Sauce improves any soup. Use it in the proportion of one teaspoon Lea & Perrins’ Sauce to a quart of cream soup, two teaspoons or more to a quart of meat stock.*
Fish

In the weekly round of menu making, fish offers its quota of variety as well as its food contribution. Fish and shellfish from the ocean have a special importance, because they contain iodin, which is an essential element in the diet. However, it is a dreary task to eat anything just because it is good for one, and there is a better reason for looking upon fish with favor—it is, when skillfully cooked and served, a delicious article of food. And this is so whether it is fresh fish from lake or stream or ocean, or fish kept fresh and wholesome, for those who live far from the fishing grounds, by any of the recognized methods of preservation—canning, freezing, drying, smoking, pickling or salting. There are two important points to keep in mind in cooking fish—cook it enough, but not too much; and season it adequately. With a bottle of Lea & Perrins’ Sauce at hand, the question of seasoning is easily solved.

Baked Fish Steaks

Use a platter or pie plate of glass or other ovenware that can be sent to the table. Buy slices one inch thick of any firm fish, such as cod or halibut. Cut flesh into pieces of convenient size for serving. Melt a little butter in platter, roll fish in flour, sprinkle with salt and lay in center of platter. Set in hot oven (450° F.). After five minutes reduce heat (to 350° F.) and bake until fish is cooked (20—30 minutes). Make a border of diced hot boiled potato around edge of platter. Melt 3 tablespoons butter, add \( \frac{3}{4} \) teaspoon salt, 2 tablespoons lemon juice, 2 tablespoons minced parsley, and 1 tablespoon Lea & Perrins’ Sauce and pour over both fish and potatoes.

Baked Stuffed Fish

Any fair sized fish, such as bluefish or weakfish, may be stuffed. Use pickle and caper stuffing, page 16. Do not stuff too full; the stuffing will swell in the cooking. Sew up opening with white thread. If fish is dry, slash sides two or three times and insert strips of fat salt pork. Use a platter that can be sent to the table. Place a thin layer of minced salt pork or bacon and a few thin slices of onion on the platter and lay stuffed fish on top. Dredge with salt and flour and lay a few strips of salt pork or bacon on top. Pour a cup of boiling water into the platter and add 1 tablespoon Lea & Perrins’ Sauce. Place in hot oven (425° F.). After five minutes reduce heat (to 350° F.) and cook 15—20 minutes for each pound, basting frequently and adding water if necessary. Serve with tomato or maître d’hôtel sauce, page 19, or egg sauce, page 18.

Planked Fish

The plank should be at least three inches wider than the fish, when split and opened. Heat plank in oven or under gas flame. Rub fish with butter, sprinkle with salt and Lea & Perrins’, and lay, skin side down, on plank. Set plank on upper grate of oven or under gas flame, and cook about 30 minutes, spreading more butter on fish as it cooks if it looks dry. If the fish has a roe, it may be cooked beside the fish, or it may be simmered, mashed, mixed with a little white sauce, well seasoned, and spread over the thinnest part of the fish five minutes before it is to be taken from oven. Cover roe with buttered crumbs, page 16. Have ready hot mashed potato and form border around fish on edge of board, using a pastry bag if you have one. Set plank in oven until potato is lightly browned. Pour over fish 3 tablespoons melted butter mixed with 1 tablespoon Lea & Perrins’ Sauce. Garnish with parsley and lemon slices.

Fish Pie

2 cups left-over or canned fish Salt
4 cups hot mashed potato 2 teaspoons Lea & Perrins’ Sauce
Flake fish. Spread half the potato over bottom of a greased baking dish. Season fish well with salt, add Lea & Perrins’ Sauce and spread over layer of potato. Pour egg sauce, page 18, over fish and cover with remainder of potato,
Spread 1 tablespoon melted butter over top and bake in moderately hot oven (400° F.) for 20 minutes.

**Creamed Fish Flakes**

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<thead>
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<th>2 cups left-over or canned fish</th>
<th>4 tablespoons flour</th>
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| 2 cups milk or white stock      | 2 teaspoons Lea & Perrins’ Sauce |

Melt butter in frying pan, turn in fish flakes and stir around with fork. Sprinkle in flour and mix well; stir in milk or stock gradually and heat to boiling point, stirring constantly. Cook 5 minutes over direct heat or set over hot water for 20 minutes, stirring occasionally. If fish needs salt, add it. Have ready a browned mashed potato border, page 25; stir Lea & Perrins’ Sauce into creamed fish and turn into border. Serve immediately. Or pour creamed fish over hot buttered toast instead of using potato border. An egg, beaten with a little cold milk may be stirred in just before the Lea & Perrins’ Sauce is added.

**Salmon Puffs**

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<th>2 cups left-over or canned salmon</th>
<th>1 tablespoon lemon juice</th>
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<tr>
<td>1 teaspoon salt</td>
<td>3 eggs</td>
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<tr>
<td>½ cup soft bread crumbs</td>
<td>1 tablespoon Lea &amp; Perrins’ Sauce</td>
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Free fish from skin and bones and chop fine. Add salt, bread crumbs, lemon juice and egg yolks. Beat whites stiff and fold into mixture. Add Lea & Perrins’ Sauce. Mix well and place in buttered custard cups, filling cups even full. Set cups in pan containing hot water and bake 30 minutes in moderate oven (375° F.). Turn puffs out of cups on to a hot platter; thrust a sprig of parsley or a whole clove in top of each puff and pour around them on platter maitre d’hôtel, Hollandaise or tartar sauce, page 19.

**Fresh Shrimps**

Simmer shrimps in boiling water, containing, for each quart, 1 teaspoon salt and 1 teaspoon Lea & Perrins’ Sauce. Drain, remove shells carefully and take out black line that runs the length of the body. They are now ready to be used in any way desired.

**Deviled Shrimps**

<table>
<thead>
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<th>1 cup shrimps</th>
<th>1 tablespoon parsley, minced</th>
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<tr>
<td>2 cups medium white sauce</td>
<td>1 teaspoon onion juice</td>
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<tr>
<td>3 hard cooked eggs</td>
<td>2 teaspoons Lea &amp; Paprika Perrins’ Sauce</td>
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If fresh shrimps are used, prepare as directed. Make white sauce, page 18, and rub hard cooked eggs through a strainer into sauce. Break shrimps into pieces and add to sauce. Season with paprika, parsley, onion juice, and Lea & Perrins’ Sauce. Put mixture into ramekins, cover with buttered crumbs, page 16, and brown in a hot oven, (400° F.).

**Kedgeree**

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<thead>
<tr>
<th>1 cup cooked fish, (finnan haddie is especially nice)</th>
<th>2 tablespoons butter</th>
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<tbody>
<tr>
<td>2 hard cooked eggs</td>
<td>1 cup boiled rice</td>
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<tr>
<td>Salt</td>
<td>2 teaspoons Lea &amp; Perrins’ Sauce</td>
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</tbody>
</table>

Melt butter in frying pan, add fish and stir gently about. Put in rice and whites of eggs, chopped. Add salt, if needed, and stir over fire until well heated through, Add Lea & Perrins’ Sauce, mix well and turn out on hot platter. Rub egg yolks through strainer over top.

**Fish Fritters**

<table>
<thead>
<tr>
<th>2 cups cooked fish</th>
<th>1 teaspoon parsley, minced</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 eggs</td>
<td>2 tablespoons flour</td>
</tr>
<tr>
<td>1 teaspoon garlic, minced (if liked)</td>
<td>1 teaspoon Lea &amp; Perrins’ Sauce</td>
</tr>
</tbody>
</table>

Free fish from skin and bone and mash to a paste. Beat egg yolks until light and thick, then add, little by little, the flour, salt, garlic and parsley. Stir in the fish and the Lea & Perrins’ Sauce and fold in the egg whites, beaten stiff. Drop spoonfuls of this mixture into hot fat (350°-370° F.) and fry to a golden brown.

*Use Lea & Perrins’ Sauce as a seasoning in baked or creamed fish, and serve it at the table with broiled, sautéed or fried fish or fish roe. With shellfish of all varieties, hot or cold, Lea & Perrins’ Sauce is the accepted standard.*
Meat and Poultry

When it is the day for a roast or a steak or a tender young chicken, there is no difficulty about pleasing the family. Broil it or roast it, sprinkle it with salt and Lea & Perrins’ Sauce, or make a brown sauce, page 19, and send it to the table. For those who like their meat more highly seasoned, send the bottle of Lea & Perrins’ along, or, better still, keep an extra bottle of Lea & Perrins’ Sauce in the dining room.

But the next day, when it comes to using up the end of the steak or the jagged remnant of roast, it is not so easy. However, it is easy enough if you consider the many ways there are of making new dishes out of left-over meats.

First of all, there are the stews, variously known as ragouts, fricassees and potpies. Where stews are not looked upon with favor, the meat pie, the meat loaf or the casserole dish may solve the problem. Other suggestions are listed on page 5.

Whatever methods are best suited to the tastes of your family, you will find that adequate seasoning does more to make left-over meat acceptable than any other factor; and this means that Lea & Perrins’ Sauce should be used in the preparation of the dish itself or in the sauce served with it or in both.

Stews

Any meat, tough or tender, uncooked or left-over, may be made into a stew; but the real mission of stewing is to make tender by cooking in moist heat, at a low temperature, and for a long time, cuts that, although flavorful and nourishing, would be tough if cooked by dry heat, as in broiling and roasting.

Stews, like meat stocks, may be either brown or white, but here the similarity ends; for in making stock the object is to extract the juices from the tissues, and in making stews the object is to seal them in as much as possible. For this reason meat should be seared, by contact with hot fat or boiling water, or by direct heat, as in broiling, before the simmering is begun.

Brown Stew

A brown stew may be made of any fresh meat—that is, meat that is not smoked or corned—whether uncooked or left-over. This includes beef, lamb, mutton, veal, chicken and other poultry, lean fresh pork, and glands or organs, such as sweetbreads, heart and liver.

The general directions for making a brown stew are as follows:

1. Allow \( \frac{3}{4} \) pound solid meat, or \( \frac{1}{2} \) to \( \frac{3}{4} \) pound mixed meat, bone and fat, for each person to be served.

2. Cut fat from meat and try out. Sauté in it a little minced onion or carrot if you like.

3. Dredge meat and bones with flour and brown thoroughly in the hot fat.

4. Add boiling water or stock. The less liquid you use the richer your stew will be but there should be enough to cover the bottom of the kettle to a depth of about one-half inch, and it may cover the meat. Cover kettle and simmer very gently for two hours, or until meat begins to feel tender when pressed with a fork. Do not let the water boil hard at any time.

5. About an hour before the stew is to be used, add vegetables, cut up or whole, and salt. The vegetables may be any that you like and that blend with the flavor of the meat. With beef stew, carrots, onions, potatoes and tomato are often used. Celery and parsley help to develop a good flavor. A very little turnip is good; much turnip gives too strong a flavor. With lamb or mutton, string beans are delicious. Do not cook the vegetables with the meat from the beginning; over-cooked vegetables give a disagreeable flavor to a stew.

6. Ten minutes before the stew is to be served, add Lea & Perrins’ Sauce, using from 1 to 2 tablespoons in a stew made from 2 pounds of meat, including bone. Simmer five minutes longer, then skim out meat and vegetables and arrange attractively on a hot platter. Keep hot in oven.
7. Taste stock. If it needs more salt or Lea & Perrins’ Sauce, add them. Pour over stew on platter and serve immediately.

White Stew

Use the same quantity of meat as for a brown stew. Veal, chicken and lamb are usually used in white stews. Sear but do not brown meat in hot fat, then add boiling water; or sear by dropping the pieces of meat into rapidly boiling water and turning so that all surfaces touch the water, before reducing the heat to a simmering temperature. Cover and simmer as with brown stews.

A slice of salt pork gives flavor and richness to a white stew. Try it out before putting in the meat, or simmer it with the meat. White stews are frequently made without vegetables and are often accompanied by dumplings, page 16.

Gravy for a white stew may be thickened by stirring in, for every cup of stock, 1 tablespoon flour rubbed with 1 tablespoon butter. An egg yolk, beaten with a little cold water or milk may be stirred into the gravy just before the Lea & Perrins’ Sauce is added.

Use from 1 teaspoon to 1 tablespoon Lea & Perrins’ Sauce in a white stew made from 2 pounds of meat. Add more to the gravy if needed.

Casserole of Veal

2 to 3 pounds breast veal
1 slice salt pork
4 small carrots
Stock or water

A casserole dish is in effect a stew cooked in a closely covered dish, which may be sent to the table. The cooking is sometimes done on top of the stove but more often in the oven.

Dice half of the salt pork and try out in a frying pan. Sauté onion, sliced, in the fat, skim out and put into casserole. Sear veal, cut in pieces, in the hot fat; then turn both veal and fat into casserole. Add remainder of pork, diced, and boiling water or stock to a depth of about an inch. Cover closely and cook in a moderate oven (350° F.) 1 ½ hours. Add carrots and potatoes, diced or in balls, peas, and, if you like, 2 tablespoons washed rice. Cover and cook an hour longer. Add Lea & Perrins’ Sauce and, if pork has not salted it enough, salt to taste. Send to the table in the casserole.

Beef Loaf

2 cups left-over or raw beef, ground
2 cups bread crumbs
2 tablespoons fat salt pork or bacon, minced
⅛ cup chopped celery or 1 teaspoon celery seed
1 green pepper, minced (may be omitted)
2 eggs
1 minced onion
1 teaspoon salt
Stock, milk or water as required
1 tablespoon Lea & Perrins’ Sauce

Mix ground meat with crumbs, add eggs, well beaten, and mix thoroughly. Work in remaining ingredients and add enough liquid to make a compact mass. Pack into a greased loaf pan and chill in refrigerator. Turn out on a roasting pan, containing a little melted fat.

FOR A MOIST LOAF, to be eaten hot, pour 1 cup tomato sauce, page 19, over loaf and bake in moderate oven, (350°-375° F.) an hour and a half. Serve immediately, adding more sauce if necessary. If this loaf is not entirely used up, the remainder may be made into a shepherd’s pie, page 15.

FOR A FIRM LOAF, to be eaten hot, with a sauce on the side, or to be sliced for cold meat or sandwich filling, omit sauce in cooking, dredge loaf with flour and have oven hot (450° F.) before putting loaf in to bake. After fifteen minutes reduce heat and roast for an hour and a quarter, basting occasionally and adding more fat and a little hot water or stock if needed. Make a brown gravy, page 19, in the pan; season with salt and Lea & Perrins’ Sauce and send to the table in a gravy boat.

Lea & Perrins’ Sauce blends with and enhances the natural flavors of meat and poultry. Use it in stews, meat loaves and casserole dishes, and serve it with roasts, steaks, veal cutlets, pork, lamb or mutton chops, and with cold sliced meat.
Entrees

The word "entree" is used to cover a wide range in the field of cookery—almost anything, in fact, except a large joint of meat, can qualify. In the days of groaning boards two entrees were often served, a hot one before the roast and a cold one following it. In the simplification of menus which is becoming more and more common, a hot entree is often served as the main course, even at fairly formal dinners. In the average family, of course, this has always been the custom, because entrees offer a rich field for the use of left-overs in attractive forms. Among the well recognized classes of entrees are croquettes, timbales and creamed mixtures served in various ways.

Although entrees are not so highly seasoned as appetizers, sufficient seasoning to make them interesting is essential. Lea & Perrins' Sauce will be found indispensable in the preparation of these always popular dishes.

Croquettes with Sauce as a Base

The basic sauce for croquettes is thick white sauce, page 18. To this sauce, while hot, add the food which gives the croquette its name,—chicken, lobster, mushrooms, etc.—and turn into a shallow dish. When cold this will be a paste that can be shaped into any desired form.

Croquettes without Sauce as a Base

In croquettes of this kind the characteristic material is mixed with boiled rice or hominy, mashed potato, raw eggs and similar materials instead of with a cooked sauce.

General Directions for Making Croquettes

Shaping croquettes—Roll the prepared croquette material into a ball and then shape into any desired form, such as cylinders, cones and cutlets; or press it into molds.

Egging and crumbing croquettes—Roll each croquette in crumbs, which may be either soft bread, rubbed through a wire strainer, or dry bread rolled and sifted. Break an egg into a shallow dish, add 2 tablespoons cold water and beat just enough to mix white and yolk. Dip the crumbed croquettes into this and with a knife blade roll each one so that the entire surface is covered. Lift out on the knife blade and roll again in crumbs. Allow croquettes to dry a few minutes, then fry or bake; or set them in the refrigerator until needed.

Frying croquettes—Heat cooking fat to between 375° F. and 390° F. (At this temperature it should brown a cube of bread in 40—50 seconds.) Put croquettes in, being careful not to crowd them, and fry 2 to 5 minutes. Lift out and drain on paper.

Baking croquettes—Place egged and crumbed croquettes in a baking pan; pour over them a little oil or melted butter, spreading it with a spoon. Bake in a hot oven (450° F.) until browned (from 5 to 8 minutes.)

Serving croquettes—Serve with any desired sauce. Among those commonly used are medium white, page 18, in any preferred variation, tomato and hollandaise, page 19.

Suggestions for croquettes

Chicken or veal croquettes—Add 1 1/2 cups cooked, diced chicken or veal to 1 cup thick white sauce, page 18. Follow general directions for making.

Peanut, walnut or mushroom croquettes—To 2 cups ground peanuts or walnuts, or to 2 cups cut mushrooms, canned or fresh, page 25, add just enough thick white sauce, page 18, to hold them together. Follow general directions for making.

Salmon or other fish croquettes—

2 cups cold, cooked salmon or other fish
1/2 teaspoon salt
2 cups cold, boiled rice
1 egg
1 tablespoon lemon juice
2 tablespoons Lea & Perrins' Sauce

Mix ingredients thoroughly, shape, cook and serve following general directions.
HAM CROQUETTES—
2 cups hot mashed potato
1 tablespoon fat
3 egg yolks
Mix potato, fat, 2 egg yolks and Lea & Perrins' Sauce. Beat smooth and set aside to cool. Mix chopped ham with remaining egg set on the stove for a moment, then turn out to cool. When both mixtures are cold, take a tablespoon of potato, make a hole in it, insert a large teaspoon of ham, close hole and form a ball. Roll in flour, then in egg, then in crumbs, and follow general directions for cooking and serving.

Timbales
These are small entrées packed into molds and poached, sometimes on top of the stove but more often in the oven. They may be made of fish, meat or vegetable pulp combined with thick white sauce, page 18, or with eggs.

Any recipe for croquettes or soufflés can be adapted to use for timbales.

TO COOK ANY TIMBALE—Pack the mixture into custard cups, cover the tops with oiled paper, set cups in a pan containing hot water and cook on top of the stove or in a slow oven (250° F.—350° F.).

For cooking on top of the stove use a deep pan with a cover, and place a smaller cover directly on top of the molds, so that the steam will not condense and drop into the timbales.

Timbales should not be browned. Keep water below the boiling point and cook 35 to 45 minutes. Turn from the molds and serve with any desired sauce, pages 18 and 19.

Suggestions for Timbales

CHICKEN TIMBALES—Make thick white sauce, page 18, using 2 teaspoons Lea & Perrins’ Sauce, and stir in 1 egg, well beaten. Add to this sauce 1 cup cooked chicken, ground and rubbed through a strainer or pounded to a paste. Add 2 tablespoons minced mushrooms. Grease timbale molds or custard cups and line each by spiraling a long piece of cooked spaghetti around the inside. Pack in chicken mixture and follow directions for cooking any timbale.

HAM TIMBALES—Use ham rubbed to a paste instead of the chicken, and line molds with olive rings instead of spaghetti, otherwise follow directions for chicken timbales. Serve with Béarnaise sauce, page 19. Garnish with parsley.

FISH TIMBALES—Use fish paste instead of chicken, and add an extra teaspoon Lea & Perrins’ Sauce and 1 tablespoon lemon juice. Otherwise follow directions for chicken timbales. Garnish with parsley and slices of lemon and serve with Hollandaise sauce, page 19.

Meat Pies
Any cooked meat may be made into a pie by any of the methods suggested below.

WITH PASTRY CRUST—Make a brown or a white stew, pages 12 and 13. Line the sides of a deep baking dish with pie-crust, invert a custard cup in the center (this is to hold the surplus juice and keep it from cooking out). Place cooked meat and vegetables in dish, add enough sauce, slightly thickened, or plain stock, nearly to cover meat. Taste to see if it needs more salt or Lea & Perrins’ Sauce. Cover top with pie-crust, rolled and slashed, and bake in a hot oven (450°F.) 30 minutes.

SHEPHERD’S OR COTTAGE PIE—Spread a baking dish with a layer of hot mashed potato seasoned with salt and Lea & Perrins’ Sauce. Add a layer of chopped cooked meat, well seasoned, and a layer of thickened sauce, either white, page 18, or brown, page 19. Repeat having a layer of potato on top. Bake in hot oven (450°F.) just long enough to brown the potato.

OPEN FACED PIE—Spread pie crust over an inverted pie tin or, for individual pies, over patty pans, and bake in a hot oven (450°F.) until browned all over. These pastry shells may be kept several days and warmed when needed. Fill with any meat heated in a thickened sauce. Mashed potato border, page 25, may be used instead of the pastry shells.

Add Lea & Perrins’ Sauce to all entrées—croquettes, timbales, meat pies, creamed mixtures served in pastry shells or potato borders—and to the sauces that accompany them.
Stuffings and Other Accessories

Stuffings serve various purposes. They give moisture to foods that are too dry, and absorb juices from those that are too moist; they furnish an opportunity to use up bits of dry bread, broken crackers, left-over bacon, sausage and other savory meats; they help to “extend” fish and meat; and, most important of all, they hold seasonings which not only make the stuffings themselves appetizing but are communicated to the meat or fish or vegetable containing the stuffing. Lea & Perrins’ Sauce should be part of the seasoning of any stuffing.

Bread Crumb Stuffing

No. 1—Rich and Moist
1 1/2 cups soft bread crumbs 1 teaspoon salt
1/4 cup butter or other fat 1 egg
1/4 cup Lea & Perrins’ Sauce

No. 2—Loose and Light
1 cup dry crumbs 2 tablespoons milk
1 teaspoon salt or water or stock
2 tablespoons butter or other fat 1 tablespoon Lea & Perrins' Sauce

For either No. 1 or No. 2, mix all ingredients and use to stuff fish, meat or vegetables. Either No. 1 or No. 2 may be varied by adding minced parsley, celery or onion, or such things as mushrooms, oysters, left-over sausage or chopped bacon.

Pickle and Caper Stuffing

1 cup cracker crumbs 1 teaspoon capers
1/2 teaspoon salt 1 teaspoon chopped pickles
1 teaspoon each, minced parsley, celery and onion 1 tablespoon Lea & Perrins’ Sauce

Mix all ingredients, adding a little stock or water if necessary. This is generally used for stuffing fish.

Dumplings for Stews

2 cups flour 3/4 to 1 cup milk or water
2 teaspooms baking powder 1 teaspoon Lea & Perrins’ Sauce
1/4 teaspoon salt

Mix flour, salt and baking powder and stir in liquid. Drop by tablespoons on top of stew, 20 to 30 minutes before stew is to be served. Do not crowd dumplings, and drop them so that they will rest on meat or vegetables and not be immersed in stock. Cover kettle and cook.

Richer Dumplings may be made by cutting 2 tablespoons shortening into dry ingredients, but these are heavier than dumplings made without shortening.

Yorkshire Pudding

1 cup flour 2 eggs
1/4 teaspoon salt 1 teaspoon Lea & Perrins’ Sauce
1 cup milk

Put flour, salt, milk and eggs together in a bowl. Beat well with a rotary beater. Add Lea & Perrins’ Sauce and pour batter into a heated, shallow pan containing some of the drippings from roast beef. Bake in oven, which should be hot (400°-450° F.) at first. Reduce heat after 10 minutes and bake 20 to 30 minutes. Cut in squares and serve on platter with roast.

Buttered Crumbs

Melt 3 tablespoons butter and stir in 1 teaspoon Lea & Perrins’ Sauce and 1 cup soft bread crumbs. Use to top scalloped and au gratin dishes which are to be set in the oven to brown.

Croutons

Cut half-inch slices of bread into cubes and sauté in a little butter with a few drops of Lea & Perrins’ Sauce; or spread slices with savory butter, page 26, before cutting into cubes, and brown cubes in the oven. Serve with soup.

Lea & Perrins’ Sauce gives savor to stuffings for chicken, turkey, shoulder of lamb or pork and baked fish, and to dumplings and other accompaniments for roasts and stews.
Garnishes

There is something in civilized people that responds to a dish which looks finished and shapely; and one way to make a shapely and finished looking dish is by the use of garnishes. The principal thing to bear in mind in using garnishes is to work for contrast, in color or texture or form. The best garnish is one that is not only pleasant to look at but good to eat.

The following suggestions may be varied in any way your ingenuity suggests. Once the garnish habit is formed, it becomes almost automatic; and every left-over beet, every tablespoon of boiled rice or macaroni suggests itself as an assistant in serving nourishing and appetizing dishes to your family.

Coupled with attractive appearance, of course, must be satisfactory flavor. With Lea & Perrins’ Sauce at hand, this is easily supplied.

All-Purpose Garnishes

Some garnishes may be used for practically any dish, hot or cold. Among these are:

- Parsley, minced or in sprigs.
- Lemon, with or without the peel, cut in quarters or in slices.
- Pickles and Olives, all varieties, whole, cut in strips or in rings, or chopped.
- Grated Cheese, sprinkled over soups, sauces, salads, entrées and vegetables, or used to top scalloped dishes which are to be browned. Hard ends of cheese may be used up in this way.
- Paprika, which gives color as well as flavor.
- Hard Cooked Eggs. These may be used in halves, quarters or slices. They may be chopped, white and yolk mixed, or the white may be chopped and the yolk rubbed through a strainer. They may be stuffed in halves, as in deviled egg salad, page 20, and used cold for canapés and cocktails, or hot, with a sauce, as an entrée. Or one or both ends may be cut off, the yolk scooped out and the white used as a cup to hold the seasoned yolk or any desired relish. These may be served on their sides, with both ends showing the stuffing, or on end, in a nest of lettuce.
- Peppers, red or green, may be used either cold or hot. Stuffed, page 25, they may be alternated with other vegetables such as carrots or potatoes, to make a border around a platter. Cold they may be cut in rings, strips or fancy designs and used to ornament canapés, salads and sandwiches.

Garnishes for Soups

See page 9 and all-purpose garnishes on this page.

Garnishes for Salads and Sandwiches

See page 21 and all-purpose garnishes on this page.

Garnishes for Fish, Meat, Entrées and Vegetables

(See also all-purpose garnishes on this page)

Any meat dish may be garnished with vegetables. A vegetable border may be made of a combination of cooked vegetables, whole, stuffed, diced, sliced, cut with fancy cutters or mashed. (See mashed potato border, page 25.)

Toast serves as a foundation for any fish, meat or vegetable served in a thickened sauce. Cut in points it forms a flat border around a platter, or a picket fence around the top of a baking dish or individual ramekins.

Nests of Mashed Potato or other vegetables, mashed, or of boiled rice may be filled with diced vegetables of contrasting colors and used as a border around the edge of a platter.

Garnishes add to the attractiveness and nutritive value of many dishes; Lea & Perrins’ Sauce supplies the zest that makes any dish, whether fish, meat or vegetable, appetizing.
Sauces

There are limits to the varieties available in fish, meat and vegetables, but ways of serving them are infinitely varied and one of the surest methods of giving satisfaction to a family is through the skillful use of sauces.

When such vegetables as onion, carrot and celery are used in a sauce merely to season it, they may be sautéed in the fat before the liquid is added, and strained out before the sauce is served; but if the vegetable is to be served in the sauce it is usually added, already cooked, just a few minutes before the sauce is taken from the fire.

For meat sauces, a safe proportion of Lea & Perrins’ Sauce to use is from 1 to 2 teaspoons to a cup. For delicate white sauces use ½ to 1 teaspoon of Lea & Perrins’ Sauce to a cup. To secure the full zest and flavor of Lea & Perrins’ Sauce, add it to a cooked sauce just before removing the sauce from the fire. If the sauce must stand some time before it is served, add the Lea & Perrins’ just before serving.

White Sauce

White sauce is known as a “basic” sauce because it is used in so many combinations with other foods. The other basic sauce is brown sauce, page 19.

MEDIUM WHITE SAUCE—
2 tablespoons butter or other fat
2 tablespoons flour
½ teaspoon salt
1 cup white stock
¼ teaspoon Lea & Perrins’ Sauce

Melt fat, add flour and stir over fire until smooth. This is a roux. Add salt, remove from fire and stir in milk or stock, gradually. Return to fire and stir constantly until sauce boils and becomes thick. Boil one minute over direct heat, stirring constantly, or set over hot water and cook ten minutes, stirring occasionally. Just before taking from fire add Lea & Perrins’ Sauce. Serve, plain or in any desired variation, with vegetables, croquettes and other entrées, or use in making creamed mixtures, page 31.

THIN WHITE SAUCE—Reduce fat and flour to 1 tablespoon, each. Use in making cream soups and in scalloped dishes.

THICK WHITE SAUCE—Increase fat and flour to 4 tablespoons, each. Use in making croquettes, timbales and soufflés.

For croquettes and soufflés the amount of Lea & Perrins’ Sauce may be increased to as much as 2 tablespoons. In that case, increase the flour used in making the sauce to 5 or 6 tablespoons.

Variations of Medium White Sauce

CELERY SAUCE—Add ½ cup chopped cooked celery, and use celery stock in making medium white sauce. Serve with boiled fish, chicken or turkey.

CHEESE SAUCE—Add ½ cup grated cheese to medium white sauce. Stir over hot water until cheese is well blended. Add an extra teaspoon Lea & Perrins’ Sauce. Serve with macaroni, rice, fish, croquettes and vegetables.

OYSTER SAUCE—Heat 12 oysters in their own liquor until edges curl. Use liquor as part of liquid in making medium white sauce. Add chopped oysters a moment before taking from the fire. Serve with baked fish, croquettes, chicken or game.

EGG SAUCE—Add chopped, hard cooked eggs and an extra teaspoon Lea & Perrins’ Sauce to medium white sauce. Serve with boiled fish, croquettes, macaroni or rice.

Drawn Butter Sauce

6 tablespoons butter
2 tablespoons flour
1 teaspoon Lea & Perrins’ Sauce
¼ teaspoon salt

Make a roux (see medium white sauce) of 2 tablespoons butter and the flour. Add salt. Gradually pour in boiling water, stirring constantly over hot water until sauce thickens. Beat in remaining butter in small pieces and add Lea & Perrins’ Sauce. Serve at once, with fish and fresh vegetables.

Lemon Sauce

Add to drawn butter sauce 3 tablespoons lemon juice and 2 egg yolks, well beaten; beat in with butter after sauce thickens. Serve with fish or roe.
ADDS ZEST TO FOOD

Melted Butter
Use 3 parts melted butter to 1 part Lea & Perrins’ Sauce. Serve with broiled fish and meat and with vegetables.

Brown Sauce
2 tablespoons butter or other fat
3 tablespoons browned flour
1 teaspoon salt
1 cup brown stock
2 teaspoons Lea & Perrins’ Sauce

Make a roux (see medium white sauce) but brown fat before adding browned flour. Finish as in medium white sauce. If sauce is not brown enough add a few drops of vegetable coloring.

Variations of Brown Sauce

MUSHROOM SAUCE—Add ½ cup chopped mushrooms and cook five minutes. Serve with steak, chicken and croquettes.

SPANISH SAUCE—Sauté in fat, before adding flour, 2 tablespoons, each, chopped carrot, parsley and onion. Serve with omelet, croquettes, rice and other cereals.

JELLY SAUCE—Add 4 tablespoons melted currant jelly and 1 tablespoon lemon juice. Serve with roast birds.

ONION SAUCE—Sauté in fat, before adding flour, 2 tablespoons chopped onion. Serve with meat or croquettes.

PICKLE SAUCE—Add 1 tablespoon, each, capers, chopped pickle and chopped chives, and an extra teaspoon Lea & Perrins’ Sauce. Serve with steak, fried liver and game.

OLIVE SAUCE—Sauté in a little butter 4 tablespoons chopped olives and add to brown sauce just before serving. Serve with broiled or roasted meat, omelets and croquettes.

TOMATO SAUCE—Use tomato juice instead of stock in making brown sauce and add an extra teaspoon Lea & Perrins’ Sauce. Serve with meat, fish, macaroni.

CREOLE SAUCE—Add 2 tablespoons, each, chopped olives and chopped green pepper to tomato sauce and cook until well blended. Serve with roast pork, pork chops, broiled fish, rice.

Any sauce for meat, fish, vegetables or entrees is made delicious by the addition of Lea & Perrins’ Sauce, which adds zest and piquancy to and blends with the other ingredients.
Salads and Salad Dressings

One reason for the steadily growing popularity of salads is that they offer an easy and appetizing method of including in the family meals the greens and other raw foods that are considered valuable. Another reason is that in salads it is often possible to use bits of left-over food, too small to make a dish by themselves. Some salads are improved by adding Lea & Perrins’ Sauce to the basic ingredients; all salads are made delicious by using Lea & Perrins’ Sauce in the dressing.

Vegetable Salad

Any combination of cold cooked vegetables may be used, with a dressing, to make a salad, or cooked vegetables may be combined with uncooked vegetables, such as celery and the various greens. A delicious salad is made by mixing equal parts cold boiled lima beans, string beans, potatoes, sliced or diced, and chopped celery, with 1 tablespoon, each, chopped onion and sweet pickle. Stir in 1 teaspoon to 1 tablespoon Lea & Perrins’ Sauce and serve with French dressing or any preferred dressing.

Meat Salads

<table>
<thead>
<tr>
<th>2 cups cooked chicken, veal, or other meat</th>
<th>1 cup mayonnaise</th>
<th>Garnish of celery leaves, pickled beets, capers or hard cooked egg</th>
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</thead>
<tbody>
<tr>
<td>1 cup diced celery</td>
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<tr>
<td>[Marinade (see 21)]</td>
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Cover diced chicken or other meat and celery with marinade and let stand for half an hour. Mix lightly with a fork and turn into a dish lined with lettuce leaves. Pour mayonnaise over top and garnish as desired.

Fish Salads

<table>
<thead>
<tr>
<th>1 cup left-over or canned salmon, tuna, lobster</th>
<th>1 cup diced celery</th>
<th>Mayonnaise</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>2 tablespoons Lea &amp; Perrins’ Sauce</td>
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Discard skin and bones and flake or chop the flesh. Mix with celery, and pour Lea & Perrins’ Sauce over all. Mix lightly with a fork. Pile on lettuce leaves and cover with any preferred dressing.

Potato Salad

Use small potatoes and boil them with the skins on. Cool, peel, dice or slice, and mix with minced parsley and minced onion or onion juice to taste. Pour marinade over all and set in cool place for two hours or longer. This salad may be varied by adding cold cooked green peas, chopped celery, or capers, and may be dressed with mayonnaise or boiled dressing thinned somewhat with vinegar or lemon juice and Lea & Perrins’ Sauce.

Deviled Egg Salad

Remove shells from hard cooked eggs, cut eggs in half, lengthwise, and remove yolks. Mash yolks with a fork and mix with them butter, cream or mayonnaise, Lea & Perrins’ Sauce, salt, and any other piquant additions, such as minced onion or celery, anchovy paste, minced cooked ham, grated cheese or chopped pickle. Fill the whites with the mixture, mounding it up or smoothing flat. (Any left-over yolk mixture makes a good sandwich spread.) Chill eggs and arrange on lettuce leaves. Serve with mayonnaise.

Aspic or Jellied Salads

Make clear tomato soup, page 8, and turn it into jellied soup, page 8. When cold, but before it begins to congeal, fill custard cups or larger molds with diced cooked or raw vegetables or cooked meat or fish and pour the jellied soup over. Set in refrigerator and chill thoroughly. Unmold on lettuce leaves and serve, icy cold, with mayonnaise or any preferred dressing. Garnish with cream cheese balls, page 21.

Mayonnaise

| 2 egg yolks | 3 tablespoons vinegar or lemon |
| 1/2 teaspoon salt | 1/4 teaspoon mustard juice |
| 1 1/4 cups salad oil | Dash of Paprika |
| 1 tablespoon Lea & Perrins’ Sauce |
it should separate, break another egg yolk into another bowl and beat the separated dressing into that. Add Lea & Perrins’ and paprika last.

**Variations of Mayonnaise**

**CHIFFONADE**—Add to 1 cup mayonnaise 3 tablespoons chopped red pepper, 1 tablespoon chopped onion and 3 tablespoons chopped parsley. Add enough paprika to give reddish tint.

**FLUFFY WHITE**—Beat the white of an egg or 1/2 cup heavy cream very stiff and fold into 1 cup of chilled mayonnaise.

**COLORED**—Mayonnaise may be colored any desired shade by adding vegetable coloring. Red mayonnaise may be made by adding paprika or lobster coral, or by using the vinegar from pickled beets in making the dressing. A green tint may be given by the addition of a little boiled spinach, pressed dry and chopped or rubbed to a powder. A lighter tint is given by adding mashed cooked green peas.

**Russian Dressing**

\[
\begin{align*}
\frac{1}{2} \text{ cup mayonnaise} & \quad 1 \text{ tablespoon green pepper minced chilli sauce} \\
2 \text{ tablespoons thick vinegar} & \quad 1 \text{ tablespoon lemon juice} \\
1 \text{ tablespoon minced pimiento} & \quad 1 \text{ tablespoon Lea & Perrins’ Sauce}
\end{align*}
\]

Mix ingredients thoroughly, and chill.

**Thousand Island Dressing**

To Russian dressing, just before serving, add 1/4 cup cream beaten stiff.

**French Dressing**

\[
\begin{align*}
3 \text{ tablespoons oil} & \quad 1 \text{ teaspoon salt} \\
2 \text{ tablespoons vinegar} & \quad 2 \text{ teaspoons Lea & Perrins’ Sauce}
\end{align*}
\]

Mix ingredients in a chilled bowl or shake together in a covered jar.

**Variations of French Dressing**

**MARINADE**—This is French dressing made more acid than usual. The vinegar or lemon juice and the Lea & Perrins’ Sauce may be increased to as much as three times the quantities given above. Use to flavor fish and salad materials.

**OLIVE OR GREEN PEPPER DRESSING**—Just before serving add 2 tablespoons minced olives or peppers to French dressing.

**ROQUEFORT DRESSING**—Stir 3 tablespoons Roquefort cheese into French dressing and sprinkle with paprika.

**Boiled Dressing**

**NO. 1—MADE WITH SALAD OIL**

\[
\begin{align*}
2 \text{ egg yolks} & \quad 2 \text{ tablespoons vinegar or lemon juice} \\
\frac{1}{2} \text{ teaspoon salt} & \quad 1 \text{ teaspoon sugar} \\
1 \text{ teaspoon sugar} & \quad 1 \text{ teaspoon Lea & Perrins’ Sauce} \\
\frac{1}{2} \text{ cup milk} & \quad 1 \text{ cup salad oil}
\end{align*}
\]

Add dry ingredients to well beaten egg yolks. Beat thoroughly, then stir in milk, vinegar and oil. Cook, stirring constantly over boiling water, until thick. Remove from heat and beat for a moment longer.

**NO. 2—WITH CREAM INSTEAD OF OIL**—Add to ingredients above 1 whole egg and 1 cup cream, and omit milk and oil.

**Variations of Boiled Dressing**

Any of the variations suggested for mayonnaise may be used with boiled dressing.

**Garnishes for Salads**

(See also All-Purpose Garnishes, page 17.)

**LETTUCE** is the standard garnish for salads. The small leaves may be used to hold extra mayonnaise or small garnishes such as olives and radishes. Large leaves may be shredded and made into nests to hold eggs and similar components of the salad.

**RED OR GREEN PEPPERS** may be cut in rings, strips or fancy shapes, or may be chopped and sprinkled over the salad. Stuffed with cream cheese sandwich filling, page 27, well chilled and cut in slices they make effective garnishes for lettuce salads.

**CREAM CHEESE BALLS**, made by mixing cream cheese sandwich filling, page 27, with a little minced celery and olive, are attractive, rolled in ground nuts or minced parsley.

Lea & Perrins’ Sauce may be added to the salad ingredients as well as to the dressing. Try it with egg salad, chicken salad, vegetable salad, and be sure to add it to your jellied salads.
Eggs, Omelets and Soufflés

Eggs hold an important place in the list of nourishing and delicious foods available, whether cooked alone or in combination with other substances. If you have never tried the effect of seasoning them with Lea & Perrins’ Sauce there is a pleasant experience in store for you. A few drops with your breakfast egg, a tablespoon added to the ingredients of the omelet, will give just the distinctive, alluring flavor they need.

Eggs Cooked in the Shell

Formerly when an egg was cooked in the shell we called it a boiled egg, but now many prefer to have them coddled; that is, cooked at a temperature just below the boiling point. This gives a delicate texture, even when the egg is cooked long enough to make it solid or ‘‘hard cooked,’’ No matter how long it is cooked by this method it never becomes tough and leathery as it will if cooked in boiling water or otherwise subjected to a very high temperature. In fact, all eggs and all dishes containing many eggs are better if cooked by a moderate or slow heat rather than by a quick heat.

Coddled Eggs—Use 1 pint water for each egg, up to 6 eggs, and 1 cup for each additional egg, and use a small deep saucepan so that the eggs will be immersed in water. Bring water to boiling point, remove to a warm but not hot place, put in eggs, cover closely and let stand 4 to 6 minutes, for a soft cooked egg. If the eggs are to be hard cooked, set saucepan where water will keep just below the boiling point and let them stay 20 to 30 minutes. Season with butter, salt and a dash of Lea & Perrins’ Sauce.

Poached Eggs

Break eggs into a saucer, one at a time, and slide gently into water just below the boiling point. Cover and let stand until they are of the desired texture. Place on buttered toast and sprinkle with salt and Lea & Perrins’ Sauce, or spread the toast with savory butter, page 26.

Fried Eggs

Break eggs as for poaching and slide them into a frying pan containing heated fat. Do not let the fat become hot enough to smoke, and baste the eggs with it to cook the top. Sprinkle with salt and Lea & Perrins’ Sauce and serve immediately.

Baked Eggs

Plain—Grease a small ramekin and break an egg into it. Sprinkle with salt and a few drops of Lea & Perrins’ Sauce. Set the dish in a pan containing hot water and bake in a slow oven (250°-350° F.) until set. Serve with Lea & Perrins’ Sauce.

Shirred—For each egg, blend 1 teaspoon Lea & Perrins’ Sauce with 2 tablespoons minced cooked ham or bacon, 2 tablespoons bread crumbs, and 1 tablespoon melted butter, and line a small ramekin with the mixture. Break an egg into the dish, sprinkle with salt, cover with buttered crumbs, page 16, set ramekin in a pan containing hot water and bake as directed above until crumbs are lightly browned. Plain buttered crumbs, seasoned with Lea & Perrins’ Sauce may be used to line the ramekin instead of the ham or bacon mixture. In that case add a sprinkle of salt to the crumbs.

In a Nest—Beat the egg white with a pinch of salt until very light. Pile it on a round of toast in a ramekin. Make a dent in the mound and carefully drop in the yolk. Add a drop of Lea & Perrins’ Sauce and bake as directed.

Fluffy Omelet

4 eggs 1 tablespoon melted butter
4 tablespoons hot water 1 tablespoon Lea & Perrins’ Sauce
½ teaspoon salt Separate whites and yolks. Add water, salt and butter to yolks and beat. Add Lea & Perrins’ Sauce. Beat whites very light and fold into yolks. Melt enough fat in a heavy frying pan to grease sides and bottom, and pour in beaten eggs. Cook over moderate heat until almost dry on top, then set in oven or cover pan for a moment to complete cooking. Cut across the omelet, fold the side nearer the handle over the other half and turn out on a hot platter. Serve immediately.
Plain Omelet

Use same ingredients as for fluffy omelet but do not separate eggs. Beat just enough to mix yolks and whites. Turn into greased pan and as omelet cooks loosen it around edge and tilt pan, or prick with a fork so that uncooked portion on top runs under cooked portion. When almost cooked, cover and allow bottom to brown lightly. Fold as directed for fluffy omelet, or roll and turn out on a heated platter. Serve at once.

Variations of Plain or Fluffy Omelet

SPANISH OMELET—While omelet is cooking, sauté, in 2 tablespoons salad oil or butter, 2 minced onions, 1 chopped pepper, 1 tablespoon chopped olives or pickles, and a few chopped mushrooms. Add 1 cup tomato juice and 1 teaspoon Lea & Perrins' Sauce. Boil up once and spread part over omelet just before folding. Pour remainder over folded omelet after it is on the platter.

MEAT OR FISH OMELET—Spread on omelet, just before folding, chopped cooked bacon, grilled sardines, diced chicken meat, calves' liver, tongue or ham, seasoned with salt and Lea & Perrins' Sauce or mixed with a little white or brown sauce.

VEGETABLE OMELET—Spread on omelet, just before folding, any cooked vegetable of distinctive flavor, such as corn, asparagus or tomato. Tomatoes may be sautéed in slices and the slices laid on one half of the omelet. After omelet is on platter, pour over it the juice which cooked out of tomato in sautéing.

JELLY OMELET—Spread over the omelet, just before folding, a few spoonfuls of fruit jelly, such as currant, quince, apple or crab-apple. Additional jelly or jams of any kind may be served with the omelet.

CHEESE OMELET—Scatter over the omelet, while it is cooking, grated or ground cheese. A rather highly flavored cheese is generally used for this purpose, but any bits of leftover cheese may be grated and used up in this way. Additional cheese or a cheese sauce may be served with the omelet.

Plain Soufflé

Make 1/2 cup thick white sauce, page 18. When it is thick and smooth, and before adding Lea & Perrins' Sauce, add yolks of 3 eggs beaten until thick and creamy. Stir in thoroughly and remove from heat. Fold in 3 egg whites beaten until dry and light. Add 1 tablespoon Lea & Perrins' Sauce and pour into buttered baking dish. Place dish in a pan of hot water and bake in a moderate oven (375° F.) 20 to 30 minutes. Serve immediately, as a soufflé begins to fall when taken from the oven.

Variations of Plain Soufflé

MUSHROOM—Use mushroom stock in making white sauce, and add 1 cup chopped mushrooms before folding in egg whites.

CHICKEN—Add 2 cups ground chicken to sauce before folding in egg whites.

HAM—Add 1 cup finely ground cooked lean ham to sauce before folding in egg whites.

OYSTER—Use oyster liquor for all or part of liquid in making white sauce and add 1/4 cup finely chopped panned oysters, page 30, before folding in egg whites.

CHEESE—Use tomato juice as liquid in making white sauce and add 1 cup grated cheese just before folding in egg whites.

OLIVE AND PEPPER—Add 1/4 cup, each, finely chopped olives and peppers just before folding in egg whites.

Egg Yolks as Garnishes

POACHED EGG YOLKS—Drop egg yolks into hot water, containing a little salt and a dash of Lea & Perrins' Sauce, and keep the water at a temperature just below boiling until the yolks are firm. Use, whole, as a garnish for soup, or rubbed through a strainer as a garnish for salads, entrées and hot vegetables.

Egg BALLS—Mash 3 hard cooked egg yolks, season to taste with salt and Lea & Perrins' Sauce, add enough raw egg yolk or egg white to make a firm mass, make into tiny balls, roll these in flour and fry in deep fat, or sauté in the frying pan, rolling them around so that they are browned all over. Use as a garnish in soup.

Add zest to eggs, whether cooked alone or in combination with other foods, by seasoning them with Lea & Perrins' Sauce.
Vegetables

With all the vegetables now obtainable, and with their seasons extended to an all-the-year-round period by modern methods of transportation and preserving, no one should be at a loss for variety in this important item of the food supply; for, in addition to the many kinds of vegetables, there are so many ways of preparing them that it would probably be possible, if one set out to make a record, to serve something different in the vegetable line at every dinner throughout the year. However, the only degree of efficiency in this direction that the average home maker need strive for is to serve them in enough variety so that every member of the family will eat as much as he or she needs of these most valuable foods.

Seasoning plays an important part in making vegetables appetizing, and Lea & Perrins’ Sauce can be depended upon to give piquancy to the mild-juiced and to combine with the pungency of the strong-juiced vegetables to produce new and interesting flavors.

Stuffed Tomatoes

Choose firm tomatoes of fair size. Cut a slice from the stem end of each and scoop out the center, being careful not to break the wall. Fill with bread crumb stuffing, No. 2, page 16, mixing in the pulp that was scooped out. Pack the stuffing in quite firmly. Set the stuffed tomatoes upright in a baking dish, put a bit of butter on top of each, and bake in a moderate oven (350°-400° F.) until tender.

Broiled or Sautéed Tomatoes

Cut firm, ripe tomatoes crosswise in slices three quarters of an inch thick, and brush with melted butter. Broil about 8 minutes, or sauté in butter. Lay each slice on a round of hot toast, spread with savory butter, page 26, or pour over each slice melted butter mixed with Lea & Perrins’ Sauce, using 1 teaspoon Lea & Perrins’ Sauce to 1 tablespoon melted butter. These may be served with Hollandaise sauce, page 19.

Deviled Corn

1 cup thin white sauce 1 egg 1 tablespoon Lea & Perrins’ Sauce
2 cups cooked corn pulp 1 teaspoon Lea & Perrins’ Sauce

Make thin white sauce, page 18, and combine it with the corn pulp, the Lea & Perrins’ Sauce, and the egg, slightly beaten. Cover with buttered crumbs, page 16, and bake in a moderate oven (350°-400° F.) until the crumbs are brown.

Rice or Macaroni Croquettes

4 cups cooked rice ¼ cup grated or cooked macaroni, chopped cheese Bread crumbs
2 eggs
2 tablespoons Lea & Perrins’ Sauce

Add cheese to rice or macaroni and bind the mixture with one of the eggs, beaten with 2 tablespoons cold water. Add Lea & Perrins’ Sauce and form into croquettes. Roll in egg and crumbs, and cook and serve as directed on page 14. Serve Spanish sauce, page 19, with these croquettes.

Sweet Potato Croquettes

Substitute mashed sweet potato for the rice or macaroni in the preceding recipe, omitting the cheese if you like.

Creole Rice

2 green peppers 1 cup uncooked 1 onion rice
½ cup minced ham 3 cups tomato juice
4 tablespoons oil 4 tomatoes
2 tablespoons Lea & Perrins’ Sauce

Heat oil in frying pan or casserole and sauté in it the peppers, chopped, the onion, sliced, and the ham minced. Put the rice in a strainer and dip into rapidly boiling water for 5 minutes, then add, with tomato juice, to ingredients in pan. Cook over moderate direct heat for 20 minutes, stirring frequently, then set over boiling water, add sliced tomatoes, and complete cooking, without stirring, until rice is puffed and flaky. Add Lea & Perrins’ and serve.
**Potatoes on the Half Shell**

Bake medium sized potatoes whole, or large potatoes cut in half lengthwise, then scoop out the inside, leaving a boat shaped receptacle. When whole potatoes are used the skin must be cut away from one side. Mash the scooped out portion with a fork or put through a ricer and, for each potato or half potato, add 1 teaspoon butter, ¼ teaspoon salt and 2 tablespoons milk or white vegetable stock. Beat well and put back into the skins, mounding lightly with a fork. In the top of each mound, make a small depression and drop into it ¼ teaspoon Lea & Perrins' Sauce. Fill the cavity with butter and set potatoes in a moderate oven (350°-400° F.) to brown.

**Mashed Potato Border**

Mash freshly boiled potatoes, season with salt and butter and beat in enough milk to make a smooth light mass. Add, for each pint of potato, 1 teaspoon Lea & Perrins' Sauce. Make a border of the potato around the edge of a deep pie plate or baking dish that can be sent to the table. If you have a pastry bag, pipe the potato through that; if not, ruffle the surface with a fork. Set in a moderate oven (350°-400° F.) until the border is well browned. Fill with creamed chicken, or any other cooked meat in a white or brown sauce, or with creamed fish. Leftover mashed potato may be used.

**Fresh Mushrooms**

To **Prepare Fresh Mushrooms** for cooking or serving by any method, wash and cut off stalks. Peel caps, or, if they are very fresh and tender, brush well. If they are not to be cooked immediately, drop into cold water containing a little lemon juice, to keep them from turning dark.

**Stewed Mushrooms**—Drop prepared caps into boiling water and simmer gently until tender. Too much cooking spoils mushrooms, so watch them carefully. Three or four minutes will heat canned mushrooms and, five or six minutes will cook fresh ones, unless they are very old and tough.

**Mushroom Stock**—Cover the skins and stalks with cold water and bring to the boiling point. Simmer for a few minutes. Use for flavoring soups and sauces.

**Broiled, Sautéed, or Baked Mushrooms**—Place the caps, with the tops down, on a fine wire broiler or in a baking dish or frying pan, sprinkle with salt, and put a bit of butter in each cap. Cook until tender, in a moderate heat, then turn each cap over on to hot toast, melt some butter in the pan, with the juice of the mushrooms, adding 1 part Lea & Perrins' Sauce to 3 parts butter, and pour over the toast and mushrooms.

**Polenta**

1 cup yellow cornmeal 2 tablespoons butter
5 cups water ¼ cup hard cheese, grated
1 teaspoon salt
1 tablespoon Lea & Perrins' Sauce

Cover cornmeal with 2 cups cold water and stir well. Add this moistened meal to 3 cups rapidly boiling water, a little at a time, and stir constantly until it begins to thicken. Then cook over direct heat for 30 minutes, stirring frequently, or over boiling water for an hour, stirring occasionally. Add salt, cheese and butter. Cook 5 minutes longer. Stir in Lea & Perrins' Sauce and pour into a buttered baking dish. Serve with Creole sauce, page 19.

**Peppers**

To **Prepare Peppers**—Cut off tops, or cut the peppers in half lengthwise, and remove seeds and fiber. Drop into boiling water, remove from heat and let stand 10—15 minutes, then drain.

**Stuffed Peppers**—Stuff prepared peppers with bread crumb stuffing, page 16, either No. 1 or No. 2, with any desired variation. Bake 30 minutes in a moderate oven (350°-400° F.).

**Julienne Vegetables**

Cut potatoes, carrots, onions, turnips, celery, etc., into shreds about the size of a match and simmer until tender in water containing a little salt and a dash of Lea & Perrins' Sauce. Use as a garnish for soups, meats and entrées.

*Bring out the natural flavors of vegetables and add a new interest by using Lea & Perrins' Sauce, cooked or served with the vegetable itself, or in the sauce that accompanies it.*
Sandwiches, Hot and Cold

Not many years ago a sandwich was considered a makeshift among foods, fit only to be carried to a picnic or packed into the school lunch box. Now it has developed a most surprising versatility and is offered as an entire luncheon or even as the pièce de résistance at dinner.

The latest development, which has increased its availability so greatly, is the hot sandwich, for which suggestions are given on the opposite page.

Whatever variety of sandwich is being made—delicate little wisps for afternoon tea or substantial hot ones for a one-dish meal—it is essential to have them adequately seasoned. Lea & Perrins’ Sauce will provide the interest and relish that will make any sandwich successful.

Butter for Sandwiches

Most sandwiches should have the bread generously spread with butter. This not only adds richness and nourishment to the sandwich but helps to keep the bread fresh and prevents its becoming soaked when a moist filling is used. The butter should be creamed so that it is soft and easy to spread.

Savory Butter—An easy way to add an elusive flavor to any sandwich is to add Lea & Perrins’ Sauce to the butter during the creaming process. Use 1 teaspoon Lea & Perrins’ Sauce to 1/2 cup butter. This savory butter may be piped through a pastry decorator as a garnish for canapés.

Yeast Sandwiches

(To Make Yeast More Palatable)

To each cake compressed yeast add 5 drops Lea & Perrins’ Sauce. Cream together until thoroughly mixed and spread on crackers or thin slices of buttered bread. Add a sprinkle of salt and cover with another cracker or slice of bread.

Meat Sandwich Fillings

Sliced Meat Filling—When sliced meat is used, the sandwich is easier to eat if several small, thin slices are used instead of one thick slice. An easy way to season a sliced meat sandwich is to pour a little Lea & Perrins’ Sauce into a saucer, dip a butter spreader into it and spread lightly over the meat. Sprinkle with salt, if fresh meat is used.

Minced Meat Filling—To 1 cup minced cooked meat add 1/4 to 1/2 cup mayonnaise, page 21, 1 teaspoon Lea & Perrins’ Sauce and salt as needed. This filling may be varied by the addition of such things as chopped sour pickles, chopped raw tomato, minced raw onion and minced parsley.

Fish Sandwich Fillings

Sardine Filling—Cut canned sardines into small pieces, or mash to a paste, and moisten with Lea & Perrins’ Sauce mixed with lemon juice, using 1 teaspoon Lea & Perrins’ Sauce to 1 tablespoon lemon juice.

Flaked Fish Filling—Any firm-fleshed, cooked fish or shell fish, fresh or canned, may be used. Mix the flakes with mayonnaise, page 20, adding an extra teaspoon Lea & Perrins’ Sauce for each cup of fish. Season to taste with salt.

Egg Sandwich Fillings

Egg and Olive Filling—Chop 2 hard cooked eggs and add 4 tablespoons minced olives. Moisten with French dressing, page 21, or mayonnaise, page 20, and stir in an extra teaspoon Lea & Perrins’ Sauce. Add salt if the olives do not give the required flavor.

Egg and Pimiento or Pepper Filling—Follow directions for egg and olive filling, substituting minced pimiento or green pepper for the olives.

Egg and Bacon Filling—To 2 chopped, hard cooked eggs, add 4 tablespoons chopped cooked bacon, 2 tablespoons mayonnaise, page 20, and 1 teaspoon Lea & Perrins’ Sauce.

Egg and Tomato Filling—Cut in slices hard cooked eggs. Scald, peel, chill and slice firm ripe tomatoes. Spread rounds of bread with savory butter, lay a slice of tomato on a round of buttered bread, add a layer of egg slices, sprinkle with salt, spread with mayonnaise, page 20, and cover with another round of buttered bread.
Cheese Sandwich Fillings

**CREAM CHEESE FILLING**—Work into 1/2 cup cream cheese, 1 to 2 teaspoons Lea & Perrins’ Sauce and salt to taste. For a richer, softer filling, add a little heavy cream or mayonnaise, page 20.

**CHEESE AND PIMENTO OR PEPPER FILLING**—Add 3/4 cup minced pimiento or green pepper to cream cheese filling.

**ROQUEFORT AND CREAM CHEESE FILLING**—Add 1/4 cup Roquefort cheese to cream cheese filling.

**Egg and Cream Cheese Filling**—Chop 2 hard cooked eggs and add, together with an extra teaspoon Lea & Perrins’ Sauce, to cream cheese filling.

**Nut and Cream Cheese Filling**—Add 3/4 cup ground nut meats to cream cheese filling.

**Grated Cheese Filling**—To 1/4 pound grated American or other firm cheese, add 2 teaspoons Lea & Perrins’ Sauce and salt to taste. This may be moistened with a little mayonnaise, page 20.

Hot Sandwiches

When hot sandwiches first appeared they were merely two slices of bread with a slice of hot meat between and hot gravy poured over all. Then the open faced sandwich was evolved. In its simplest form this is a single slice of bread or toast holding some hot meat or vegetable or cheese or egg preparation, which is in turn topped by a sauce and a garnish, such as parsley, pickle, grated cheese or grated egg yolk. The latest development is the fritter sandwich, made of two slices of meat, dipped separately into a batter, fried and then put together with a filling and served with a hot sauce.

**CLUB SANDWICH**—On a slice of hot toast, buttered, lay a lettuce leaf. Over this put thin slices of cooked chicken and spread with mayonnaise, page 20. Add a thin slice of tomato and on this lay slices of fried or broiled bacon. Cover with another slice of toast and serve immediately. Serve Lea & Perrins’ Sauce and additional mayonnaise with this sandwich.

**Toasted Chicken and Cheese Sandwich**
Place thin slices of cold chicken on a slice of buttered bread and sprinkle with salt. Cover with a thin layer of Roquefort cheese creamed with Lea & Perrins’ Sauce—1 teaspoon Lea & Perrins’ Sauce to 2 tablespoons Roquefort cheese—cover with another slice of buttered bread and toast the sandwich on both sides. Serve immediately with Lea & Perrins’ Sauce or tomato sauce, page 19.

**Hot Minced Meat Sandwiches**—Grind cold boiled ham or other meat through the meat grinder, using the finest cutter. Mix with Lea & Perrins’ Sauce—1 teaspoon Lea & Perrins’ Sauce to 1/2 cup minced meat—and salt if needed. Spread on buttered slices of bread, cover with other slices of bread and press together. Beat an egg slightly, add 6 tablespoons milk and season with a dash of salt and a few drops Lea & Perrins’ Sauce. Dip each sandwich quickly into the batter, then sauté in a little fat, until brown on both sides. Serve hot with tomato sauce, page 19.

**Fritter Sandwiches**—Cut slices of cold boiled ham or tongue about an eighth of an inch thick and trim all to the same size and shape. Lay in marinade, page 21, for a few minutes, then take out, dry thoroughly and dip into fritter batter below. Fry in deep fat, heated to 360°-370° F., and drain on absorbent paper. Lay a slice of the fried meat on a heated plate, place a crisp lettuce leaf on top and cover with another slice of the meat. Pour hot tomato sauce, page 19, or any preferred sauce, around sandwich and serve immediately. This makes a good meat item for a “blue plate” dinner.

**Fritter Batter**

| 1 1/4 cups flour | 1 egg |
| 2 teaspoons baking powder | 3/4 cup milk |
| 1/4 teaspoon salt | 1 teaspoon Lea & Perrins’ Sauce |

Sift dry ingredients, add egg, well beaten, then milk and Lea & Perrins’ Sauce. The batter should be just thick enough to coat the article it is intended to cover. If it is too thin, add flour; if too thick, add milk or water.

Whether your sandwich is hot or cold, thin or thick, dainty or substantial, you will find that Lea & Perrins’ Sauce adds immensely to the distinction and piquancy of its flavor.
Pickles and Relishes

The mention of pickles brings up a memory of childhood and Sunday night suppers at Grandmother’s, where the platters of cold sliced meat were interspersed with dishes of chow-chow, catsup and other relishes from her well stocked pantry. Many of the herbs and spices which gave the relishes their tang were grown in her own garden—and gardens are fast giving way to garages! However, there is no need on that account to forego your shelf of home made pickles, for with Lea & Perrins’ Sauce it is easy to make them in all the variety and with all the zest that you remember.

The quick relishes are not to be bottled and stored, but are for immediate service. They offer an opportunity for the use of small left-overs of cooked or uncooked vegetables and fruits.

Quick Relishes

Beet Relish—
1 cup chopped pickled beets, 1/2 teaspoon salt vinegar from pickled beets
2 tablespoons horseradish 2 teaspoons Lea & Perrins’ Sauce
1/2 cup chopped, raw cabbage

Mix all ingredients, using just enough vinegar to moisten. Toss lightly together and mound in a relish dish. Chill thoroughly and drain before serving.

Celery Relish—
2 teaspoons powdered sugar or 1 cup chopped celery
2 tablespoons chopped, sweetened fruit
2 teaspoons Lea & Perrins’ Sauce

Mix ingredients and chill thoroughly. Drain free from juice and serve in a relish dish.

Chow-Chow

2 cups green tomatoes 2 red peppers
4 cups tiny green cucumbers 2 green peppers
6 cups white button onions 8 cups vinegar
1 head cabbage 2 cups brown sugar
2 heads cauliflower 1 cup flour
2 stalks celery 6 tablespoons dry mustard
4 tablespoons Lea & Perrins’ Sauce 1 teaspoon curry powder

Quarter tomatoes and cut cucumbers and onions into small pieces. Shred cabbage, but do not chop it. Break cauliflowers into small florets. Cut peppers and celery into small strips. Soak this mixture of cut vegetables in brine (6 tablespoons salt to 1 quart water) over night. Use enough of the brine to cover the vegetables. In the morning, scald the vegetables in the brine, then drain. Mix mustard and flour in a large kettle and add enough vinegar to make a smooth paste. Add curry powder, brown sugar and the rest of the vinegar, rubbing out all lumps so that the mixture is smooth. Heat, stirring constantly, until the sauce thickens, then add drained vegetables and cook for five minutes. Add Lea & Perrins’ Sauce and turn into clean, hot jars. Seal and store in a cool place.

Mustard Relish

2 cups cucumbers 3 cups vinegar
2 cups onions 4 tablespoons flour
1 cup string beans 1 cup sugar
3 green peppers 2 tablespoons dry mustard
2 red peppers 2 cups green tomatoes
1/2 tablespoon turmeric
2 tablespoons Lea & Perrins’ Sauce

Cut the vegetables before measuring. Cut tomatoes in quarters, string beans in halves, cucumbers in slices, and chop the peppers, after removing seeds and fiber. Soak the cut vegetables in brine, (6 tablespoons salt to 1 quart water.) In the morning drain off the brine and cover vegetables with clear water. Allow them to stand for two hours. Then drain off the water and scald the vegetables in 1 cup vinegar mixed with 1 cup water. Mix mustard, turmeric, flour and sugar, add remaining vinegar slowly, stirring to make a smooth paste. Cook over hot water, stirring constantly until sauce thickens. Add Lea & Perrins’ Sauce. Drain vegetables and pour mustard
sauce over them while both vegetables and dressing are hot. Mix well and pack in clean hot jars and partly seal. Stand jars in a kettle of hot water and simmer for 20 minutes. Use a trivet or some skewers to keep the jars from resting on the bottom of the kettle or the heat may crack them. Remove jars from hot water bath and seal tightly.

Red Pepper Relish

12 red peppers
12 green peppers
3 large onions
2 tablespoons Lea & Perrins' Sauce

Split peppers and remove seeds, then with scissors cut into thin strips. Pour boiling water over and let stand 5 minutes. Drain, pour more boiling water over them and let stand ten minutes. Drain, and add the onions, chopped. Boil vinegar, sugar and salt 5 minutes and add peppers and onions. Cook gently for 10 minutes after the mixture comes to the boiling point. Stir in Lea & Perrins' Sauce. Pack into clean, hot jars and seal.

Apple Chutney

12 tart apples
1 onion
2 green peppers
1 red pepper
2 cups sugar
2 tablespoons Lea & Perrins' Sauce

Pare, core and chop apples. Peel and chop onion. Remove seeds and fiber from peppers and chop fine. Put all these together in a kettle; add jelly, lemon juice, sugar, salt and vinegar, and simmer gently for one hour. Add chopped raisins and cook another hour, stirring frequently. Add Lea & Perrins' Sauce; pour into clean, hot jars, and seal.

Tomato Chutney

4 quarts tomatoes
1 quart onions
1 quart apples
1 pound raisins
4 tablespoons Lea & Perrins' Sauce

Scald and peel tomatoes, and cut fine. Peel and chop onions. Pare, core and chop apples. Place all in a kettle. Add brown sugar and salt and simmer gently for 30 minutes. Add vinegar and simmer 10 minutes longer. Add Lea & Perrins' Sauce and pour into clean, hot jars. Seal.

Tomato Catsup

2 quarts ripe tomatoes
1/4 cup salt
1 cup onions
3 cups vinegar
4 tablespoons Lea & Perrins' Sauce

Scald and peel the tomatoes. Put into a large kettle and add onions, chopped. Mash onions and tomatoes together and add salt, sugar, vinegar and Lea & Perrins’ Sauce. Pour into clean, hot bottles and cork loosely. Place bottles on a wire rack in a deep kettle, add water up to the necks of the bottles and boil for 30 minutes. Remove bottles from hot water bath, drive corks in tight and seal by dipping cork and neck of bottle into melted paraffin.

Mushroom Catsup

8 cups mushrooms
1 tablespoon salt
1 cup vinegar
1 tablespoon dry mustard
3 tablespoons Lea & Perrins' Sauce

Peel mushrooms, cut into small pieces, and add the boiling water. Cover and simmer until mushrooms are tender. Mash through a fine strainer and add vinegar, salt and Lea & Perrins’ Sauce. Cook from 30 to 45 minutes (until it is the right consistency for catsup.) Pour into clean hot bottles and seal.

Cranberry Catsup

2 pounds cranberries
2 cups sugar
2 tablespoons Lea & Perrins' Sauce

Wash and pick over the cranberries. Cover them with vinegar and cook until the berries burst. Force through a strainer. Add sugar. Return to the fire and cook slowly until thick. Stir in Lea & Perrins’ Sauce and seal in clean hot jars.

Pickles and relishes add zest to many foods; an interesting new zest will be added to any pickle or relish by the use of Lea & Perrins’ Sauce as one of the essential ingredients.
Cooking at the Table

The chafing dish and its up-to-date sister, the electric grill or table stove, are useful for many occasions—the breakfast to which different members of the family come one at a time, the midday meal for which only one or two are at home, and, most of all, the informal supper on Sunday night or after the theater, where most of the things can be prepared beforehand, needing only one hot dish to make a festal occasion.

The secret of success in entertaining of this kind lies in careful preparation. See that the table is provided with everything that will be needed in the way of dishes, silver and napkins, that everything which can be made ready ahead of time is waiting—cheese grated or run through the food grinder, eggs broken into a bowl, cold meat diced, the bottle of Lea & Perrins’ Sauce and salt cellar at hand—then any recipe that can be cooked in a frying pan or double boiler can be made on either a chafing dish or an electric table stove; and with the electric stove, broiling or toasting can be carried on under the heated wires while the sauce or rabbit is being prepared on top.

Welsh Rabbit

1 tablespoon butter 1 cup cream or evaporated milk
3 cups grated or ground American cheese
1 tablespoon Lea & Perrins’ Sauce

This should be cooked over hot water. Melt butter, add cheese and cream, or evaporated milk, alternately and at a little at a time, allowing cheese to melt slowly. Add Lea & Perrins’ Sauce and serve immediately, on toast or crackers, Serve Lea & Perrins’ Sauce with the rabbit, for those who like more seasoning.

Variations of Welsh Rabbit

TOMATO RABBIT—Use tomato purée instead of the cream or evaporated milk (canned tomato soup, undiluted, is excellent for this purpose) and add a well beaten egg after the cheese is entirely melted.

RED OR GREEN PEPPER RABBIT—Sauté a minced red or green pepper in butter, then proceed as for plain Welsh rabbit.

Meat Flips

2 cups mashed potato 1 cup chopped, cooked meat 1 egg
Butter Salt 2 teaspoons Lea & Perrins’ Sauce
Flour

Work into the potato the egg, beaten just enough to mix white and yolk. Add the chopped meat and mix thoroughly, working in salt and Lea & Perrins’ Sauce at the same time. The amount of salt depends upon whether fresh or salt meat, such as ham, is being used. A little onion juice or minced raw onion, celery, or parsley may be added if desired. Form into small flat cakes; roll in flour, and brown on both sides, in butter, over direct heat. Serve with a brown sauce, page 19, made from the butter remaining in the pan, adding more if necessary.

Panned Oysters

24 oysters with own juice 2 tablespoons butter
½ teaspoon salt 2 teaspoons Lea & Perrins’ Sauce

Heat oysters in their own liquor over direct heat until their edges curl. Skim out, place on slices of hot toast, and keep in a warm place. Add salt and butter to liquor and boil up once; add Lea & Perrins’ Sauce and pour over oysters and toast. Serve immediately, piping hot. If a thickened sauce is liked, rub from 1 to 2 tablespoons flour with the butter and add gradually to the hot oyster liquor, stirring constantly until the sauce thickens. Add Lea & Perrins’ Sauce just before pouring over oysters. Garnish with parsley or pickles.

Little Pigs in Blankets

Wrap around peeled mushroom caps or oysters strips of bacon, pinning them with wooden toothpicks. Sauté over direct heat
until bacon is crisp. Lay each little bundle on a finger of toast; remove toothpicks; add 1 teaspoon Lea & Perrins’ Sauce to the fat in the pan and pour over oysters and toast. Serve immediately, with garnish of pickles or shredded cabbage moistened with marinade, page 21.

**Chicken a la King**

2 cups cooked chicken, cubed  
½ cup cut mushrooms  
1 green pepper, chopped  
1 cup cream or evaporated milk  
1 teaspoon Lea & Perrins’ Sauce

Melt butter over direct heat and sauté in it for five minutes the mushrooms and pepper, then stir in flour and gradually add milk and cream, or evaporated milk, stirring constantly until sauce thickens. Place over hot water, add chicken, cover and cook, stirring occasionally, until chicken is heated through. Add Lea & Perrins’ Sauce and serve on toast.

**Scrambled Eggs**

Beat eggs until whites and yolks are well mixed and, for each egg used, add 2 tablespoons milk or water or stock and ½ teaspoon salt and ½ teaspoon Lea & Perrins’ Sauce. For each egg used, melt 1 teaspoon butter. Pour the beaten eggs into the melted fat and cook over hot water, or over a low direct heat, stirring gently until the mass becomes jelly-like. Remove from the heat and serve on toast.

**Variations of Scrambled Eggs**

**WITH GREEN PEPPER OR PIMENTO**—As the eggs begin to cook, stir in, for each egg, 1 tablespoon minced green pepper or canned pimiento. If fresh peppers are used, remove seeds and fiber and parboil pepper before mincing.

**WITH CHICKEN OR HAM**—Stir in cooked chicken or ham, cut in small dice.

Keep a bottle of Lea & Perrins’ Sauce on the tray with the salt cellar when you are cooking at the table. It adds distinction to the plainest dish and blends with other flavors to make subtle and interesting combinations that tempt the appetite.

**Creamed Mixtures**

Any cooked meat, fish or vegetable may be diced and warmed in medium white sauce, page 18. It may be served on toast, in pastry shells, page 15, or in a mashed potato border, page 25. Or it may be turned into small ramekins, covered with buttered crumbs, page 16, with grated cheese added if desired, and set in the oven just long enough to brown the top.

**CREAMED SHRIMPS**—Combine with 2 cups cooked shrimps, broken into small pieces, 2 cups medium white sauce.

**CREAMED CHICKEN**—Combine with 2 cups cooked chicken, cut in cubes, 2 cups medium white sauce.

**CREAMED EGGS**—Combine 2 cups hard cooked or deviled eggs, page 20, with 2 cups medium white sauce.

**Lobster à la Newburg**

2 tablespoons butter  
1 pint milk  
2 cups cooked lobster meat  
1 teaspoon salt  
1 teaspoon Lea & Perrins’ Sauce

Melt the butter over direct heat. Rub flour into melted butter, add salt, then remove from heat and stir in 1 cup of the milk, gradually, rubbing out all lumps. Beat the egg yolks until frothy, add to them the other cup of milk and stir into the roux. Replace on the fire and cook, stirring constantly, until the mass is thick and creamy. Add lobster, cut into pieces, and heat through. Stir in Lea & Perrins’ Sauce and serve immediately.

**Peanut Butter Cutlets**

1½ cups peanut butter  
1 teaspoon salt  
1 teaspoon salt  
Bread cut in slices  
1½ cups hot milk  
½ inch thick  
1 teaspoon Lea & Perrins’ Sauce

Mix peanut butter with hot milk and salt. Stir in Lea & Perrins’ Sauce. Dip bread slices into this mixture and sauté in hot butter or other fat, until brown on both sides. Garnish with pickles or olives.
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Sea & Perrin's SAUCE

ADDZ ZEST TO FOOD