the secret of...

Seasoning

ILLUSTRATED LESSONS ON CARVING
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WITH ILLUSTRATED
LESSONS IN CARVING

LEA & PERRINS, INC.
241 West Street, New York 13, N.Y.
NOTE: The recipes in this book, except where otherwise stated, are meant for the service of four persons. Measurements are level and are based on standard sizes in cups and spoons as given below:

3 teaspoons = 1 tablespoon
16 tablespoons = 1 cup
2 cups = 1 pint
4 cups = 1 quart

All starred recipes (*) can be made with left-overs. They are temptingly savory and well seasoned... Try them!

Copyright 1946 Lea & Perrins, Inc., New York, N. Y.
Over a hundred years ago an English nobleman who had spent many years in India, returned to England.

He carried with him a treasure from the Orient. Not gold or jewels, but a recipe: the recipe for a marvelous Sauce, a secret blend of rare spices and seasonings that lent to food a new savor and delight.

From this recipe, a Sauce was compounded by Lea & Perrins, of Worcester, England. Instant appreciation and popularity greeted the new Sauce wherever it was offered. Soon Lea & Perrins, the Original Worcestershire, was being shipped to every civilized country in the world.

Today Lea & Perrins Sauce is an institution; a symbol for good dining, good living, good hospitality. You will find it in the world’s most famous cafés and hostelries... the clubs of London, the cafés of Vienna, the restaurants of Paris and the leading hotels of the Orient... in fact, wherever fine flavor in food is appreciated. Through more than a hundred years of change and lost traditions, the quality of Lea & Perrins Sauce has remained supreme.

Many have tried to imitate the Original Worcestershire... of course. But the blend remains a secret. It is easy to tell the genuine; just be sure the name “Lea & Perrins” is written diagonally across the label.
REPARING FLAVORFUL MEALS

You must have a favorite restaurant; some place you go for a really satisfying meal. Perhaps the chef’s special is unrivalled elsewhere. Or every dish has a certain savor that draws you back again and again.

In either case, you credit the chef with special culinary powers. But remember . . . the chef isn’t a wizard. He doesn’t pour a magic potion in his chicken a la king, or wave a wand over the cream of tomato soup. As a matter of fact, his dishes aren’t really unusual. You’ve served them often at home.

This chef you would imitate merely knows the importance of flavor. His corned beef hash is as tasty as his juicy porterhouse steak. How does he do it? Without knowing your favorite chef, we’d wager that this wise man knows the secret of seasoning. If you begged him to reveal his magic art, no doubt he’d wink mysteriously. “A pinch of this . . . a pinch of that . . . so . . .” and tell you nothing.

But the art of seasoning is no mystery. It merely consists in using the correct mixture of spices to bring out the natural tang of your food. For years Lea & Perrins Worcestershire Sauce has been used in the finest hotels and restaurants the world over. No doubt you have it on your dining-room table, to flavor meat dishes. Now try putting a bottle in your kitchen as well. Season a variety of foods with this famous Sauce while cooking. You’ll find that it enhances the true flavor of meats, vegetables, appetizers, many salads, and soups.

This book contains a variety of recipes; many you probably know; some will be new to your menu. Try them now with Lea & Perrins Worcestershire Sauce, as directed, and give your meals the fine flavor that you’ve long appreciated in your favorite restaurant.

Remember, too, that Lea & Perrins Sauce is economical; a little goes a long way. And many of these recipes will show you how to use up left-overs, how to make them delectable with Lea & Perrins, the original Worcestershire.
your salt and pepper shakers and a bottle of Lea & Perrins Worcestershire Sauce.

Don't wait until the food is served to bring out the Lea & Perrins bottle. Put it on when you set the table, as you do the salt and pepper. It's THE PERFECT SEASONING for a variety of foods—for appetizers, soups, and vegetables, as well as meat dishes. So keep the bottle of Lea & Perrins Sauce handy at meal-times, for table use.

And since a few drops of Lea & Perrins Sauce go such a long way towards flavoring a dish, here's a hint:

When using Lea & Perrins Sauce at the table, hold the bottle as shown below and use the glass stopper as illustrated. It then becomes easy to obtain the right amount of Sauce to suit your individual taste.
are all their name implies, when properly seasoned

Attractive Canapés

**OYSTER OR CLAM COCKTAIL**

*A zestful appetizer*

In the middle of a plate, set a small glass half filled with cocktail dressing. Arrange around the glass, on cracked ice, five or six oysters or clams on the half shell. If you are not able to get them on the half shell, use a larger glass, put the oysters or clams inside and pour the dressing over.

**SNAPPY CANAPÉS**

*Popular with Men*

Grate snappy yellow cheese or use cream cheese. Season well with Lea & Perrins Sauce and spread on crisp potato chips. Heat briefly under broiler just before serving.

**TOMATO JUICE COCKTAIL**

Use canned or bottled tomato juice or strain the juice from canned or stewed fresh tomatoes. To each 8-ounce cup of juice, add a dash of salt and a teaspoon of Lea & Perrins Sauce . . . more if you like. Chill and serve.
AVOCADO COCKTAIL

1 large avocado  1 large avocado
1/2 cup chile sauce  1 tablespoon lemon juice
1 teaspoon horseradish  1 tablespoon mayonnaise
1/2 teaspoon Lea & Perrins
Sauce  1/4 teaspoon salt

Chill avocado. Blend together remaining ingredients; chill. Just before serving, pare avocado and cut into cubes or wedge-shaped pieces. There should be 1 1/2 cups. Arrange in 4-6 sherbet glasses; then top each with some of the sauce.

RUSSIAN CANAPÉS

Everyone loves these savory appetizers

Hard-cooked eggs, finely chopped
Lea & Perrins Sauce
Caviar
Mayonnaise

Chop hard-cooked eggs very fine and mix to a paste with mayonnaise. Season with Lea & Perrins Sauce. Spread mixture on thinly sliced bread cut in diamonds or half moons. Cover with caviar and sprinkle with hard-cooked egg yolk which has been pressed through a sieve.

STUFFED CELERY

Crisp and well seasoned

Fill the concave sides of tender stalks with cream cheese mixed with Roquefort and Lea & Perrins Sauce. Cut larger stalks into two-inch lengths, slash one end and throw into ice water. When the ends have curled, put two pieces together and fill the center with the mixture. Arrange on a relish dish, curled end up.

ROQUEFORT CANAPÉS

A prime favorite

Roquefort cheese
Lea & Perrins Sauce
Blanched almonds, finely chopped

Rounds of bread, toasted on one side
Chopped parsley

Season Roquefort cheese with Lea & Perrins Sauce, and mix with blanched almonds which have been chopped very fine. Spread on untoasted side of bread rounds and sprinkle lightly with finely chopped parsley.
HAWAIIAN CANAPÉS

Attractive and tempting

1/2 cup of tomato pulp
1/2 cup of minced boiled ham or salt salmon
2 tablespoons minced green pepper
2 tablespoons minced Sauce

Bread toasted on one side

The tomato pulp may be canned or stewed fresh tomatoes from which all juice has been drained. Mix with the meat or fish, the minced pepper and onion, and the Lea & Perrins Sauce. Put into a covered glass jar and chill for at least an hour. Cut the toasted bread into triangles, rectangles or fancy shapes, and cover the un-toasted side with a thick spreading of the appetizer. Garnish with sliced, stuffed olives or strips of red or green pepper.

BROILED CHEESE RINGS

Men like these

3/4 cup grated American cheese
1 egg yolk, beaten
2 tablespoons Lea & Perrins Sauce
2 teaspoons ketchup

Mix ingredients thoroughly into a paste and spread evenly on slices of new bread, cut thin the long way of the loaf. Roll bread like jelly roll and wrap tightly in waxed paper. Store in refrigerator about 3 hours. Remove paper with hot, sharp knife, cut off thin slices place on pan and toast under broiler on one side, then on the other.

CANAPÉS

Easy to make with cookie cutters

Unusually attractive canapés may be made easily and quickly. Just slice bread thinly and cut into fancy shapes with small cookie cutters or a sharp knife. These may be finger-length strips, small rounds, triangles, diamonds and other bridge shapes. Toast the bread lightly on one side or sauté in butter.

Large potato chips may serve as the basis for well-seasoned spreads. New and modern are tiny meat cornucopias filled with seasoned cheese and fastened with toothpicks.

No matter how simple they may be, canapés are more enjoyable if highly seasoned, more attractive if served in a variety of shapes and colors.
SAVORY CHICKEN LIVER CANAPÉS
With tempting flavor and aroma

4 chicken livers  1 hard-cooked egg
2 tablespoons butter  Salt to taste
1 1/2 tablespoons finely chopped onion  1 1/2 teaspoons Lea & Perrins Sauce

Cook livers in boiling salted water five minutes. Melt butter in frying pan, add chopped onion and cook till golden. Chop egg and livers very fine. Mix with onion, and salt to taste. Take pan from stove and with fork, mash mixture into a paste. Return to stove, add Lea & Perrins Sauce, stir for 1 minute and then spread on bread.

Use small rounds or oblong slices of bread, toasted lightly on one side. Spread with paste and toast under broiler.

MEAT ROLLS
Made in a Jiffy

Roll pieces of dried beef in cornucopia shape and fill with cottage cheese seasoned to taste with Lea & Perrins Sauce. Fasten with a toothpick and serve.

FLAKY MEAT RINGS*
Just watch these disappear!

1 cup finely ground cooked ham  2 teaspoons Lea & Perrins Sauce
1 teaspoon onion juice

Mix ingredients well and spread on thinly rolled pastry. Roll up tightly, wrap in waxed paper and chill in refrigerator. When you start to prepare cocktails, cut roll into thin slices and place on pan. Brown 15 minutes in hot oven (450°). Serve hot . . . This is sufficient to cover pastry for small 2-crust pie.

EGG CANAPÉS
Delights a connoisseur

Cut hard-cooked eggs crosswise in slices. Take the yolk from the center slices, leaving white rings. Place each ring on a small square of buttered bread or toast and fill with caviar mixed with Lea & Perrins Sauce, or with any other highly seasoned, colorful filling. Spread the yolks, rubbed through a coarse strainer around the rings. Make a border of chopped parsley and lay a slice of stuffed olive in the center.
FRENCH ONION SOUP

3 cups thinly sliced onions
3 tablespoons butter or margarine
2 1/2 cups canned bouillon
2 1/2 cups water
1 teaspoon Lea & Perrins Sauce
Salt and pepper
6 rounds toasted bread
Parmesan or other cheese, grated

Sauté onion slowly in fat until soft. Add bouillon, water and seasoning. Simmer 30 minutes. Place round of toast in each soup bowl. Pour in soup—sprinkle toast with cheese.

TEMPTING CANNED SOUPS

Everyone will relish them

Excellent canned soups are made nowadays and most of us no longer want to spend time over the soup kettle. But male members of the family often yearn for the tempting flavor of home-made soups. Here's an easy way to please them: Just before serving, season to taste with Lea & Perrins Sauce usually about 1/2 teaspoon to each cup of soup. This piquant seasoning gives canned soup the tantalizing flavor and aroma of home-made soup.
OYSTER OR CLAM BISQUE
Use basic cream soup recipe, with 4 tablespoons flour instead of 3. Heat gently for 10 minutes 3/4 cup oysters or clams in their own juice, adding water to make a cup and using milk for balance of the liquid. Chop oysters or clams very fine, and add to cream soup in place of vegetables. Serves 4.

CREAM OF TOMATO SOUP
How to make without curdling
This can quickly and easily be made by heating together one can tomato soup with its own volume of water, adding 1/2 teaspoon celery salt and 1/8 teaspoon soda. Follow basic recipe for cream soup using 3/4 teaspoon salt in white sauce and omitting water and vegetables. Just before serving, pour tomato soup slowly into cream sauce and serve at once (to avoid curdling). If desired garnish with a heaping teaspoon of whipped cream. Serves 4.

SEA FOOD BISQUE
Tempting made with lobster, crabmeat or shrimp
Follow the basic recipe for cream soups. With fresh shrimps, use water in which they are cooked; (1 1/2 cups). With canned sea food, strain liquid in can and make up with milk the rest of the 1 1/2 cups needed. Flake the sea food before adding to soup. Serves 4.

EMERGENCY SOUP
2 potatoes 1 teaspoon salt
2 onions 2 teaspoons Lea & Perrins
Milk Sauce
2 tablespoons butter Chopped parsley
1 tablespoon flour

Peel the potatoes and onions and cut into small pieces. Put into a saucepan, cover with water and simmer until they are soft enough to be mashed with a spoon. Rub through a coarse strainer and mix with the water in which they were boiled. Add enough milk to make three cups and bring to a boil. Stir in gradually the butter rubbed with the flour and salt, and continue to stir until the soup thickens slightly. Cook over boiling water until time to serve. Add the Lea & Perrins Sauce just before serving. Strain, if necessary, and garnish with chopped parsley. Left-over vegetables may be cooked with the potatoes and onions, or peas or string beans may be used as a garnish.
CREAM OF MUSHROOM SOUP

The flavor’s simply luscious

Boil stems from 1/2 pound mushrooms for 20 minutes in about 2 1/2 cups of water. Use 1 1/2 cups of this water for the cream soup discarding the stems. Cut mushroom caps in thin slices and sauté in butter 5 minutes. Add to cream soup using basic recipe. Serves 4.

CLEAR TOMATO SOUP

Add enough tomato juice to chicken broth to turn it red. Season to taste with salt and Lea & Perrins Sauce. Serve hot, chilled, or frozen to a mush.

JELLIED SOUP

Delicious on a hot day

Use clear tomato soup or any clear stock. Season with salt and Lea & Perrins Sauce, adding anything else you like, such as onion juice or wine flavoring. For each pint of soup, soak one tablespoon gelatine in two tablespoons cold water for five minutes and dissolve in the boiling hot soup. Cool and chill. When it has jellied, break up with a fork and serve very cold.

RECIPE FOR ANY CREAM SOUP

A tempting variety — easy to make

In top of double boiler melt butter, add flour and salt, blending thoroughly. Stir in gradually the vegetable juices, then the milk. Cook, stirring constantly until soup thickens. Cover and cook 15 minutes longer, stirring occasionally. Add Lea & Perrins Sauce and serve at once. Makes 4 portions . . . Any cream soup looks more attractive garnished with minced parsley.

The following vegetables will make delicious cream soups, with the above recipe. Mash them through a sieve for a purée or cut them in tiny thin slices (mushrooms and carrots).

<table>
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<tr>
<th>Asparagus</th>
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JUNO FISH CHOWDER

Delicious made with cod or other white fish—a famous Maine recipe

2 lbs. cod
1 slice fat salt pork
1 onion, sliced
4 potatoes, diced
1 cup fish stock

2 cups scalded milk
1 teaspoon salt
2 tablespoons butter
1 tablespoon Lea & Perrins Sauce
4 chowder crackers

Free fish from skin and bone and cut in pieces. Cover skin and bones with cold water and simmer for twenty minutes to make fish stock. Cut pork into cubes and try out. Cook onion in pork fat five minutes, then strain fat into soup kettle. Parboil potatoes in one cup water and add water and potatoes to fat. Cover and simmer ten minutes. Add fish stock and fish. Cover and simmer fifteen minutes, or until fish is cooked. Add hot milk, salt, butter and Lea & Perrins Sauce. Split chowder crackers, soak in a little cold milk and add to chowder. Makes 4 servings.

CLAM CHOWDER

Makes a whole meal

Substitute twenty 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. Chop hard part of clams, then follow directions for making fish chowder, but do not simmer clams; add them after the potatoes are cooked. Tomato juice or water may be used instead of milk. Sage, thyme and savory may be added.

GARNISHES FOR SOUP

Croutons are an attractive garnish. Rice, barley, noodles or spaghetti, added to soups, makes them more substantial and varied. Boiled vegetables, diced or cut into match strips, lend color and flavor. Leftover macaroni may be cut in tiny rings and added to soup while it is heating.

Salted soda crackers spread with Savory Butter and browned slightly under the broiler are delicious served with any soup or salad.
FISH AND SEA FOOD...

to delight the palate of the connoisseur

'A Meal For A King

FISH PIE

2 cups cooked fish
4 cups mashed potato
Salt

Flake the fish. Spread half the potato on a greased pie plate. Add the fish, seasoned with salt and Lea & Perrins Sauce, then the egg sauce, and cover with the rest of the potato. Bake in a moderate oven (350°-400° F.) for twenty to thirty minutes until the top is lightly browned.

FISH FRITTERS*

Welcome Friday or any day

2 cups cooked fish
3 eggs
3 tablespoons flour
Salt
1 tablespoon onion juice

Free the fish from skin and bone and mash to a paste. Beat the egg yolks until thick and lemon colored and add to them the flour, salt, onion and parsley. Stir in the fish and the Lea & Perrins Sauce and fold in the stiffly beaten egg whites. Fry spoonfuls of this mixture in hot fat. (360-400° F.)
**SALMON LOAF**

*Tempting for lunch or Friday dinner*

- 3 cups boiled rice
- 1 cup cooked salmon, flaked
- 2 tablespoons melted butter
- 1 tablespoon Lea & Perrins Sauce
- 1 teaspoon salt
- ¼ cup soft bread crumbs
- ¼ cup of salmon liquor
- 2 hard-cooked eggs


**OYSTER RAREBIT**

- 1 tablespoon butter
- ¾ lb. mild cheese
- 2 tablespoons chopped green pepper
- ½ teaspoon salt
- ½ cup of tomato pulp
- 2 eggs well beaten
- 1 cup oysters
- 2 teaspoons Lea & Perrins Sauce

Melt butter and cheese in top of double boiler. Add other ingredients except oysters and cook slowly till hot and well blended. Heat oysters in their own liquor till edges curl, and place on slices of toast. Pour over the cheese mixture and serve at once. Makes 6 portions.

**FRIED FILET OF SOLE**

*With Browned Almond Sauce*

- 1 ½ lbs. filet of sole
- 3 tablespoons butter or other fat
- ¼ cup of finely sliced, Salt
- blanched almonds
- 2 teaspoons Lea & Perrins Sauce

Wash and dry sole well and rub with a little salt. Heat butter in frying pan till it bubbles. Put in sole and when well browned on one side, turn and brown other side. Remove to hot platter . . . Add almonds to butter. Increase the heat until they are a nice golden brown. Remove from fire and add Lea & Perrins Sauce. Mix well and pour over fish, garnish with parsley and serve immediately. Serves 4 . . . It is possible to substitute salted almonds, cooking in fat just long enough to heat through well, as they should not be too brown.
SAVORY SALMON CROQUETTES

Light, crisp and tasty

3 tablespoons butter
3 tablespoons flour
½ teaspoon salt
1 cup milk
2 cups salmon, flaked
½ teaspoon onion juice

Sauce
Salt to taste
1 egg beaten
1 cup fine bread crumbs

Melt butter in top of double boiler. Blend with flour and salt. Add milk gradually and cook till smooth and thick. Remove from fire and cool . . . Mix lightly with salmon and seasonings. Salt to taste. Spread in shallow pan and stiffen ½ to 1 hour in refrigerator . . . Wash hands with cold water, but do not dry. Shape croquettes into cylinders using rounded tablespoon of mixture for each. Roll in fine bread crumbs, then in beaten egg to which has been added 1 tablespoon cold water, and again in crumbs . . . Fry in deep fat at 390° F. for 3 minutes. Drain on absorbent paper. Makes 12 croquettes.

SCALLOPED HALIBUT *

2 tablespoons butter
Fresh bread crumbs
1 lb. halibut
1 tablespoon flour
¾ teaspoon salt
1 tablespoon Lea & Perrins Sauce

Sauce
1 cup milk, or half milk
and half stock in which
fish has boiled
1 hard-cooked egg,
chopped
1 teaspoon lemon juice

Melt 1 tablespoon butter, stir in the fresh bread crumbs (about ½ cup) and reserve for top . . . Cover halibut with boiling water and cook slowly until tender (about 20 minutes). Drain and separate into flakes, removing skin and any bones . . . Meanwhile melt the remaining tablespoon butter in top of double boiler. Stir in flour, add milk and stock, slowly cooking until smooth and thick. Remove from fire and add seasoning, fish, chopped egg and lemon juice. Mix lightly with fork. Pour into greased baking dish. Cover with bread crumbs and bake in hot oven at 400° F. for 15 minutes, until it bubbles up and top is nice brown. Serves 4.

Scalloped fish makes a very tasty supper served with hot old-fashioned Johnny cake, and cucumber and watercress salad with French Dressing.
SHRIMP NEWBURG

1 lb. cooked shrimp
2 tablespoons butter
1 ¼ tablespoons flour
1 cup cream
3 tablespoons Sherry

Prepare the shrimp. Melt the butter. Stir in the flour until blended, then slowly stir in the cream. When the sauce is thick, stir in the Lea & Perrins Sauce. Then add the shrimp, stirring them until they are well heated. Add the seasoning. Immediately before serving, add the sherry. Serve over rice.

FISH AU GRATIN*

Delights those who ordinarily don’t like fish

2 tablespoons butter  ¾ cup grated Swiss cheese
2 tablespoons flour  1 tablespoon Lea & Perrins Sauce
½ teaspoon salt
2 cups milk  2 cups flaked fish

Make a thin white sauce by melting butter in top of double boiler, and blending with flour and salt. Stir in milk gradually and cook for 10 minutes. Add cheese and cook till melted. Stir in Lea & Perrins Sauce and flaked fish. Turn in 5 or 6 buttered ramekins and bake in moderate oven (350° F.) till sauce is thick and browned on top.

BAKED STUFFED FISH

Delicious served with egg sauce

Blue fish or other fish suitable for baking
Bread stuffing
Salt pork or bacon
Onion sliced

Salt
Flour
1 cup of boiling water
1 tablespoon Lea & Perrins Sauce

Stuff fish and sew up with white thread. Place a thin layer of minced salt pork or bacon and a few thin slices of onion on baking platter and lay stuffed fish on top. Over fish pour 1 cup boiling water mixed with Lea & Perrins Sauce. Bake in hot oven (400° F.) allowing 60 minutes for a 5-lb. fish. Baste frequently. If desired, serve with Egg Sauce, made by adding two chopped, hard-cooked eggs to two cups White Sauce.
WELL-SEASONED GRAVIES

Roasts or pot roasts are doubly delicious accompanied by gravy well-seasoned with Lea & Perrins Sauce. Stews and other cheaper meats are as tempting as expensive cuts if the original Worcestershire Sauce is added just before serving. See on page 21 the recipe for making a smooth, rich, brown gravy successfully.

CABBAGE MEAT ROLLS*

1 cup ground leftover meat  1 tablespoon Lea & Perrins Sauce
1 cup bread crumbs
1 onion, chopped
1 teaspoon salt

1 egg
Cabbage leaves
Grated cheese

Mix meat, crumbs, onion, salt and Lea & Perrins Sauce. Beat the egg and stir into the mixture, working all together thoroughly. Wash perfect leaves from the outside of a cabbage and cook for five minutes in boiling salted water; drain. Place a portion of the meat mixture in each leaf. Roll lengthwise and tie securely with soft white string. Cook the rolls in a little salted water, or steam, about thirty minutes. Serve with grated cheese.
ROAST BEEF

Wipe, rub with salt (allowing 1/2 teaspoon to the pound), pepper, and flour. Place, fat side up, in an open pan without water. If roast is very lean, fasten a flattened layer of suet over the top with string or skewers. If roast is of such a shape that it cannot be placed fat side up place a few trimmings of fat on top and baste occasionally. Otherwise, basting is unnecessary, as fat will baste meat as it melts. Place meat in very hot oven (500° F.). Sear 20 minutes until lightly browned. Reduce heat to slow oven (300° F.), and continue roasting. Allow about 16 minutes to the pound for rare beef, 22 minutes to the pound for medium, 30 minutes to the pound for well-done beef. A roast thermometer will read 140° F. for a rare roast, 160° F. for a medium roast, and 180° F. for a well-done roast.

SURPRISE MEAT ROLL

Try this tempting oven dinner

3 cups mashed potato, seasoned with 1 teaspoon salt
2 lbs. ground beef shank 1 egg slightly beaten

Shape mashed potatoes into a roll 4 inches in diameter. Season meat with salt and Lea & Perrins Sauce and mix with beaten egg. Pat to about 1/2 inch thickness on waxed paper. Wrap meat around potato roll, pressing edges together firmly. Remove paper. Bake in a moderate oven (375°F.), for 30 minutes. Delicious with baked onions and a crisp salad. Serves four.

SWEDISH MEAT BALLS

1 lb. ground beef 4 slices bread
1 egg 1/4 cup of water
1 teaspoon salt 2 tablespoons shortening
3 tablespoons grated onion 2 tablespoons flour
2 teaspoons Lea & Perrins Sauce 1 cup milk

Combine meat, egg, salt, onion and Lea & Perrins Sauce. Toast bread slowly until dry and brown. Break in small pieces; add water to toast. Combine softened toast with meat mixture. Shape into small balls and brown in hot shortening. Remove meat balls from pan. Add flour, stir until smooth, then gradually add milk, stirring constantly until smooth and thickened. Place meat balls in gravy cover and simmer about 15 minutes. Makes 4 to 5 servings.
**SCALLOPED EGGS WITH HAM**

4 tablespoons butter or other fat  
4 tablespoons flour  
2 cups milk  
6 tablespoons green pepper  
2 teaspoons Lea & Perrins Sauce  
4 hard-cooked eggs  
2 cups cold boiled ham, ground or cut in small pieces  
⅓ cup bread crumbs

Melt butter in double boiler and blend with flour. Stir in milk gradually, cooking for 15 minutes till medium thick. Add green pepper and Lea & Perrins sauce to cream sauce. Slice eggs and put cold boiled ham through meat chopper. In greased baking dish scatter a few dried bread crumbs. Add layers of ham, eggs and cream sauce till all is used—bake in moderate oven (350° F.) for 30 minutes.

**LIVER WITH BROWN SAUCE**

Delicious with creamed potatoes and broccoli

4 slices lean bacon  
1 lb. calves or beef liver  
1 ½ tablespoons flour  
1 ½ cups hot stock (or 2 bouillon cubes dissolved in 1 ½ cups boiling water)  
1 teaspoon Lea & Perrins Sauce  
Salt to taste

Try out bacon in a frying pan. Remove bacon from fat and keep warm. Cut liver in pieces, dredge in flour and brown on each side in hot bacon fat. Place on hot platter, with bacon cut in small pieces. Blend flour with pan fat until nicely browned, add hot stock and stir till sauce thickens. Add Lea & Perrins Sauce and salt, if needed. Pour over liver and serve.

**BROWN GRAVY**

How to make smooth, rich gravy for roasts and other meals

Remove roast from pan. Pour off fat, measure 4 tablespoons and put into saucepan. Stir in 3 tablespoons flour till smooth. Brown over medium fire for about one minute. Pour juice from pan into a measuring cup and add boiling water to make 2 cups. Add gradually to flour mixture, stirring until thickened. Season to taste with Lea & Perrins Sauce and salt. A rich, temptingly smooth gravy can be made in this way for any kind of roast.
STUFFED SHOULDER OF VEAL

5 to 6 lbs. shoulder of veal

With a damp cloth, wipe off veal thoroughly. Stuff with Bread Stuffing and sew up with coarse twine. Place in roasting pan, without water or cover. Sear all over in very hot oven (500°F.). Reduce heat to moderate oven (350°F.) for remaining time. A 6-lb. roast requires 2 hours.

MEAT LOAF

Delicious hot or cold

2 cups leftover or raw beef ground (1 lb.)
2 tablespoons fat salt pork or bacon, minced
2 cups of bread crumbs
1 1/4 teaspoons salt
2 tablespoons Lea & Perrins Sauce

1/4 cup of finely chopped celery or 1 teaspoon celery seed
2 eggs, well beaten
1 minced onion
1 minced green pepper (may be omitted)
Milk to moisten

Mix ground meat with crumbs, salt, Lea & Perrins Sauce, celery, onion and green pepper. Add well-beaten eggs, and mix thoroughly. Add enough milk 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. Bake in moderately hot oven (400°F.) about one hour.

POT ROAST

How to make it tender and tasty

4 lbs. rump of beef
1 tablespoon salt
2 tablespoons flour
1/2 to 3/4 cup water
Small onions

Potato balls
Slices of carrot
2 teaspoons Lea & Perrins Sauce
2 tablespoons ketchup

Have butcher roll meat and tie with string. Wipe with a damp cloth and dredge well with a mixture of the salt and flour. Use a heavy kettle. Brown meat on all sides in a little fat to which a small, minced onion has been added. Pour 1/2 to 3/4 cup water over meat (according to size of bottom of kettle) cover tightly and simmer until almost tender—50 minutes per pound. About an hour before meat has finished cooking, add vegetables and 1 cup of boiling water. Cover and cook slowly. The gravy will thicken itself if the meat is well floured. Just before removing from fire, stir in the Lea & Perrins Sauce and ketchup.
CHICKEN PIQUANT

A quick dinner dish the whole family will love

2 cups chicken stock or canned chicken soup  
Salt to taste  
Dash of nutmeg  
3 tablespoons browned flour

2 tablespoons butter  
2 cups diced leftovers or canned chicken  
2 teaspoons Lea & Perrins Sauce  
2 tablespoons currant jelly

Put into a saucepan left-over chicken gravy or use 2 cups chicken stock. Season with salt and nutmeg. When partly heated, thicken with blended flour and butter. Stir until smooth. Then add chicken and heat well. Stir in Lea & Perrins Sauce and currant jelly. Serve over toast rounds on hot plates or fill depressions in mounds of mashed potato. Makes 8 portions.

LEG OF LAMB — STORK CLUB

Leg of lamb  
Salt to taste  
1 cup French dressing

1 tablespoon of Lea & Perrins Sauce

Place leg of lamb, well salted, skin side down on a rack in open pan. Do not add water. Roast in slow oven (300° F.) basting every half hour with French Dressing to which Lea & Perrins Sauce has been added. If a meat thermometer is used, it should register 175° F. for medium-done lamb; 180° F. for well-done lamb. Allow 30-35 minutes to the pound. A 6-lb. leg of lamb serves 8-10 people.

BEEF IN NESTS*

Makes a complete meal served with hearts of lettuce

3 cups hot cooked rice  
4 hard-cooked eggs  
2 cups left-over ground beef or hamburger  
1 tablespoon flour  
1 egg, slightly beaten  
1/2 teaspoon salt

1 onion, minced  
1 tablespoon Lea & Perrins Sauce  
1 can tomato soup  
1 tablespoon butter  
1 teaspoon horseradish

Cook rice; hard boil eggs and shell them. Arrange rice in mound down middle of hot platter, quarter eggs and arrange on rice. Keep hot. Meanwhile mix beef, flour, eggs, salt, onion and 2 teaspoons of the Lea & Perrins Sauce into small meat balls and fry in butter or bacon fat. Heat can of tomato soup and butter. When hot, add horseradish and remaining teaspoon of Lea & Perrins Sauce. Place meat balls around eggs on rice. Pour hot sauce over all. Makes 6 portions.
**LONDON LOAF**

1 lb. ground raw beef
1/2 lb. ground raw pork or
4 cups left-over cooked meat
1 teaspoon salt
1 onion, minced

1 teaspoon chopped parsley
1 tablespoon Lea & Perrins Sauce
2 eggs, slightly beaten
1/2 cup bread crumbs
1/2 cup milk, scalded

Combine meat, salt, onion, parsley, Lea & Perrins Sauce and eggs. Add crumbs softened in milk; mix well. (If cooked meat is used, use extra crumbs and milk). Pack in well-greased ring mold, bake in moderate oven 350° F. 25 minutes for left-over meat and 1 hour for raw meat. Turn out on hot serving platter. Fill center of mold with parsley potato balls and buttered green peas. Arrange glazed baby carrots on outside. Serves 6 to 8. Make a sauce for meat loaf by heating a can of mushroom soup with drippings from meat.

**CROWN ROAST OF LAMB**

*With vegetables*

4 to 6 lb. rib roast
Salt and pepper

Have butcher cut 8 ribs from each side of backbone, separate at backbone and fasten into a crown. Sprinkle roast with salt and pepper. To prevent scorching, cover end of each rib with cubes of bread. Place meat on rack in open roaster and press down a cup in center so roast will keep its shape. Sear in hot oven (500° F.) for 15 minutes. Reduce heat to 350° taking 1 1/2 hours for a 6-lb roast. Add a cup of hot water to prevent dripping from scorching. Serve on platter with center of roast filled with small new, boiled potatoes sprinkled with minced parsley. Remove bread cubes and cover ribs with paper frills. Surround with boiled or baked whole carrots.

**BROILED STEAK**

*Inexpensive cut but delicious*

Top round steak can be broiled and will be delightfully tender and flavorsome if allowed to stand overnight in this mixture.

1/4 cup lemon juice or vinegar
1/2 cup salad oil

2 teaspoons onion juice
1 tablespoon Lea & Perrins Sauce

Wipe dry and broil on each side. Serve with sauce made of 3 parts melted butter blended with one part Lea & Perrins Sauce.
HAMMER CHOPS

1 pound ground beef
2 slices white bread, soaked in sufficient milk to soften
1 egg
1 teaspoon Lea & Perrins Sauce
1/2 teaspoon salt
1 small onion, grated

Thoroughly blend meat, bread, egg, and seasonings. Mold into shape of chops. Brown quickly in small amount of hot shortening; then cook until done. Dress with chop ruffle, and garnish with watercress. This makes 4 to 5 servings.

LAMB TURNOVERS

Make double the pastry recipe for meat pie. Roll out and cut in six-inch squares. Put into the middle of each square a large spoonful of cut-up cold, cooked lamb, moistened with gravy and seasoned with salt and Lea & Perrins Sauce. Wet the edges of the paste with cold water and fold over into triangles, pressing the edges together with a fork. Prick the tops with the fork and bake in a quick oven (400°-450° F.) until well browned.

SPANISH STEAK

3 lbs. chuck steak
4 tablespoons shortening
1 green pepper
1 #2 can tomatoes
1/2 cup flour
2 onions
2 teaspoons salt
1 1/2 tablespoons Lea & Perrins Sauce

Have steak cut about 1 1/2 inches thick from arm side of chuck. Dredge with flour and brown in hot shortening. Sprinkle the remaining flour over meat while browning. Add onion, pepper, Lea & Perrins Sauce and salt. Pour tomatoes overall. Cover and allow to simmer 1 1/2 hours or until tender. This makes 4-6 servings.

STUFFED PEPPERS*

Cut the tops from firm peppers and remove seeds and fibers. Drop into boiling water and simmer for ten minutes. Drain, fill with any desired stuffing, cover with buttered crumbs and bake in a moderate oven (350-400° F.) fifteen to twenty minutes or until the peppers are well cooked.
Succulent Meat Pie

1 onion, sliced
2 tablespoons butter
2 cups cooked meat, in 1-inch cubes
1 1/4 cups milk
1 1/2 tablespoons flour

Brown sliced onion in butter, and add meat cubes searing well. Remove meat and onions, blend flour and pan fat and add milk and Lea & Perrins Sauce. Fill well-greased 8-inch baking dish with mixture of meat and vegetables and pour over sauce. Cover with pastry rolled thin, with three gashes in center. Turn under edges and press with tines of fork. Bake in hot oven, (450° F.) for 30 minutes. Serves 6. Left-over gravy may be used in place of milk.

Pastry

3/4 cup of pastry flour
1/4 teaspoon salt

Chill flour and shortening in refrigerator. Sift flour and salt together into bowl. Cut in shortening with two knives until mixture resembles coarse meal. Add ice water gradually—just enough to make stiff dough. Cover bowl and chill in refrigerator overnight or at least 1 hour.

On floured board roll pastry lightly from center, to form a circle 1/2 inch larger than baking dish.

Veal Timbales with Spanish Sauce

2 tablespoons fat
2 tablespoons flour
1 cup meat broth, thin gravy or milk
2 eggs
1 teaspoon salt

Melt fat in top of double boiler. Blend in flour and stir in liquid gradually to make a smooth sauce. Add well-beaten eggs, seasonings and meat. Mix thoroughly. Pour into greased custard cups and place in a pan of water. Bake in moderate oven (350° F.) for 30 minutes or until set in center. Turn out timbales and serve hot with Spanish Sauce (page 41). Makes 6 timbales.

Any left-over meat may be used in making these timbales. Half chopped ham and half chopped veal is an excellent mixture.
LIVER AND ONIONS IN CASSEROLE

1 pound liver  1 egg
6 sweet gherkins  4 tablespoons cream
1 1/2 cups mashed potatoes  4 tablespoons bacon drippings
1/2 teaspoon salt  Creamed onions
2 teaspoons Lea & Perrins Sauce  4 slices bacon

Parboil liver, drain and grind with the pickles. Combine with potatoes, seasonings, egg and cream. Shape into small patties and brown in bacon drippings. Place creamed onions in bottom of casserole and arrange patties on top. Lay slices of bacon over patties and bake, uncovered, in a moderately hot oven (400° F.) for 20 minutes or until bacon is browned. Serves 6.

DEVILED CHICKEN

2 broilers or 1 tender roasting chicken  1 tablespoon vinegar
6 tablespoons butter  1 tablespoon Lea & Perrins Sauce
1 teaspoon salt  1 cup bread crumbs

Have the chickens split. Place on a greased broiler and broil for 5 minutes on each side. Place in a heated meat pan, skin side up. Mix four tablespoons of the butter with the salt, vinegar and Lea & Perrins Sauce and spread over the chicken. Melt the rest of the butter and stir the crumbs around in it. Spread the buttered crumbs over the chicken and bake in a moderate oven (350-400° F.) until the chicken is tender and the crumbs are browned—about an hour. This gives a rich, crusty surface.

FLUFFY CHICKEN ROLL

2 cups flour  2 cups cubed cooked chicken
4 teaspoons baking powder  1/3 cup minced stuffed olives
3/4 teaspoon salt  1/2 teaspoon onion juice
6 teaspoons butter or other shortening  2 teaspoons Lea & Perrins Sauce
2/3 cup milk

Mix and sift first three ingredients. Cut in chilled shortening. Add milk gradually to form a soft dough. Roll lightly into oblong shape 1/2 inch thick and spread with other ingredients which have been mixed together. Roll up like jelly roll. Place on greased pan and bake 25 or 30 minutes in hot oven (425° F.). Serve hot with two cups White Sauce (see page 38).
CREEMED SALT PORK
Cut fat salt pork into slices one-fourth inch thick. Fry on both sides until well browned. Lay on a heated platter and keep hot. Pour out all the melted fat except four tablespoons. Add three tablespoons flour and blend well. Stir in a cup of milk and cook, stirring constantly until thick. Add two teaspoons Lea & Perrins Sauce and pour over the fried pork.

LINK LOAF
1 lb. small sausage links
1 tablespoon water
2 cups cooked elbow macaroni
1 cup cheese sauce

OLD FASHIONED BOILED DINNER
4 lbs. corned beef
2 white turnips
4 carrots
4 onions
4 potatoes
1 head cabbage
4 beets
1 tablespoon Lea & Perrins Sauce
Put the meat into a large pot and cover with cold water. Cover the kettle and bring rapidly to the boiling point. Then skim, cover, reduce the heat and simmer until tender — 4 hours or more. Do not let it boil hard at any time.

Pare and quarter the turnips, scrape the carrots, peel the onions and pare the potatoes. Cut the cabbage into quarters. Wash the beets and boil separately. Dip into cold water, cut off roots and stems and slip off the skins. Keep warm. About an hour before the dinner is to be served skim the kettle and put in carrots, onions, turnips, cabbage and potatoes. Cover and cook until the vegetables are tender. Lift the meat out of the water and place in the center of a heated platter with the vegetables around it. If the beets have become cold, heat them in a little of the water in which the meat was cooked. Mix the Lea & Perrins Sauce with a half cup of the water and pour over meat and vegetables. Serves 4.
CHIPPED BEEF IN SAVORY SAUCE

They'll ask for this again

1 tablespoon butter
1/2 lb. chipped beef, shredded
1/2 teaspoon mustard
2 tablespoons flour

3/4 cup milk
1/4 cup cream
2 teaspoons Lea & Perrins Sauce

Put butter in frying pan and when hot, add beef. Stir until it frizzles crisp. Add mustard and flour. When mixed, add the milk, stirring until smooth and thick. Add cream and Lea & Perrins Sauce. When well blended, pour into patty shells or croustades. Garnish with parsley. Serves 4. Chopped tongue may be used in place of beef.

ROAST BEEF GRAVY

4 tablespoons fat from pan
5 tablespoons flour
1 1/2 cups boiling water

Salt and pepper
Onion juice, if liked
1 teaspoon Lea & Perrins Sauce

Remove some of fat from pan, leaving 4 tablespoons. Set pan on top of stove. Brown flour thoroughly in fat, gradually add boiling water. Cook 5 minutes, season and strain.

ONE-DISH PORK CHOP MEAL

6 pork chops
1 tablespoon shortening
2 teaspoons salt
2 tablespoons grated onion
1 tablespoon Lea & Perrins Sauce

1 can tomato soup (condensed)
1/2 cup water
4 cups cooked noodles

Brown chops in shortening until golden brown, season with half the salt. Combine remaining salt, onion, Lea & Perrins Sauce, tomato soup and water. Place noodles in casserole, add tomato soup mixture. Arrange chops overlapping around inner edge of casserole; cover and bake in moderate oven (350° F.) for 1 1/2 hours. This makes 4 to 6 servings.

Famous chefs in every country rely on Lea & Perrins to add a flavor bonus to their finest dishes. Their personal letters testify to the honest admiration real cooking experts have for this famous sauce.
when seasoned with Lea & Perrins, complete your meat dish

BREAD STUFFING

Delicious with chicken, hearts, stuffed shoulder

4 cups soft bread crumbs 3 tablespoons minced onion
2 teaspoons salt 1 1/2 tablespoons Lea & Perrins Sauce
1 1/2 tablespoons sage 1 egg, slightly beaten
1/4 cup melted butter

Mix dry ingredients well. Fry onion till golden in the butter, and add to dressing. Then mix lightly together with beaten egg. Makes enough stuffing for one chicken.

PICKLE & ONION STUFFING

Excellent for fish

1 cup cracker crumbs 1 teaspoon minced capers
3 tablespoons melted butter 1 teaspoon minced sour pickles
1/2 teaspoon salt 1 tablespoon Lea & Perrins Sauce
1 small onion, minced 1 teaspoon minced parsley

Mix all ingredients together. This is a good stuffing for any meat or poultry, and particularly good for fish.
POTATO STUFFING
Mix together two cups hot mashed potato, two teaspoons salt, a little onion juice or minced onion, a cup of bread crumbs, a quarter of a cup of melted butter or other fat and a tablespoon of Lea & Perrins Sauce. This is especially good for duck or goose.

SAUSAGE STUFFING
For any lean meat or poultry
1 onion, minced
4 tablespoons melted shortening
3 cups soft bread, broken in small pieces
½ lb. sausage meat
2 tablespoons chopped celery
1 ½ teaspoons salt
1 ½ tablespoons Lea & Perrins Sauce
2 tablespoons parsley, chopped fine

Add onion to melted shortening, stirring over low flame. Then add bread crumbs, cooking until well mixed and heated through. Remove from fire and add other ingredients. Mix all thoroughly. This stuffing is excellent for shoulder or breast of veal, poultry, lamb and other meats. Sufficient for 5 to 6 lb. shoulder of veal, or 4 to 5 lb. chicken.

APPLE STUFFING
(For Roast Goose)
1 cup chopped tart apple
1 cup chopped celery
1 tablespoon minced onion
¼ cup butter or bacon fat
3 cups soft bread cubes
1 tablespoon Lea & Perrins Sauce
Salt and pepper

Cook the apple, celery and onion in the fat five minutes. Add bread cubes and seasonings. Mix lightly, cooking until heated through.

OYSTER STUFFING
½ cup chopped celery
2 tablespoons minced onion
¼ cup butter or margarine
4 cups soft bread cubes
2 tablespoons minced parsley
2 cups oysters, drained and chopped
1 tablespoon Lea & Perrins Sauce
Salt and pepper

Cook celery and onion in fat until soft. Add bread cubes and parsley. Add oysters and seasonings and enough oyster liquor to moisten.
bring many compliments, when flavored with Lea & Perrins Sauce

HASH WITH POTATOES

1/2 cup cooked, diced potatoes
1/3 cup cooked, diced onions
1/3 cup seeded, sliced green peppers
3 tablespoons diced pimentos
2 cups cold, cooked meat cut into 1/3 inch cubes

1 cup left-over gravy
1/3 cup tomato purée
1 tablespoon butter
Paprika
Salt
1 teaspoon Lea & Perrins Sauce
Bread crumbs
Grated cheese

This is an excellent combination. If it is not feasible to use all the ingredients given, it will still be good. Prepare potatoes, onions, peppers, pimentos and meat. Combine these with gravy, tomato purée and butter. Season with paprika, salt and Lea & Perrins Sauce. Heat the sauce and add the meat and vegetables. Pour the hash into one large baking dish or into six individual baking dishes. Sprinkle with bread crumbs and cheese. Dot lightly with butter. Brown the dish in a moderate oven (350° F.). Serves 6.
**BRUNSWICK STEW**

- a 4-lb. chicken
- 1/4 cup butter or drippings
- 1/2 cup chopped onions
- 5 tomatoes, peeled and quartered (about 2 cupfuls)
- 1 cup boiling water
- 6 cloves
- a few grains of cayenne

3 cups fresh lima beans
3 cups corn cut from the cob
Salt
2 teaspoons Lea & Perrins Sauce
1 cup toasted bread crumbs

Disjoint chicken and sauté it slowly until light brown. Remove it from the pan. Brown in the fat. Place in a large stewing pan the chicken, onions, tomatoes, boiling water, cloves and grains of cayenne. Simmer these ingredients until the chicken is nearly tender. Then add lima beans and corn. Simmer these ingredients covered until the chicken and the vegetables are tender. (The meat may be removed from the bones.) Season the stew with salt and Lea & Perrins Sauce and stir in bread crumbs. This serves eight.

**LAMB STEW WITH DUMPLINGS**

- 2 lbs. lamb for stewing
- 2 sliced onions
- 1 teaspoon salt
- 1/2 bay leaf
- 2 cups flour

4 teaspoons baking powder
1 cup milk or water
1 tablespoon Lea & Perrins Sauce

Cut the lamb in pieces, put into a kettle and almost cover with boiling water. Add onions, salt and bay leaf. Cover and simmer for two hours, or until the lamb is tender. Mix two cups of flour with the baking powder and sift. Stir in enough milk or water to make a paste stiff enough to hold its shape—about a cup. Drop the dumpling paste by spoonfuls on top of the lamb (not in the liquid). Cover tightly and boil briskly for 15 minutes. When the dumplings are thoroughly cooked, lift them out with a skimmer, lay around the edge of a platter and keep hot. Skim out the pieces of meat and place in the middle of the platter. If the gravy has not thickened enough, mix flour and water and stir, in a thin stream, into the boiling liquid, using only enough to make it the desired thickness. Boil up once, then add the Lea & Perrins Sauce. Strain a little of the gravy over the meat on the platter and serve the rest in a gravy boat.
CORNED BEEF HASH

2 cups old corned beef, chopped
2 cups cold boiled potatoes, chopped
1 tablespoon butter
1/2 cup milk
1 tablespoon Lea & Perrins Sauce

Mix corned beef and potato. Heat butter in frying pan and turn hash into it. Stir around with a knife or spatula for a few minutes, adding more butter if necessary. Then press lightly down in pan. Over hash pour the milk mixed with Lea & Perrins Sauce. Cover and cook over a low fire 30 minutes. Do not stir during this time, but move the pan around so that the heat is evenly distributed. There should be a rich but not hard or scorched crust on the bottom. Fold as you would fold an omelet and turn out on a heated platter. Serve with Lea & Perrins Sauce.

OVEN STEW

2 slices salt pork
1 large onion
1 1/2 cups water
1 teaspoon salt
6 small onions
6 medium carrots
6 medium potatoes
1 1/2 lbs. diced beef chuck
2 tablespoons flour
1 can condensed tomato soup
1 tablespoon Lea & Perrins Sauce
Pepper
Paprika

Cube pork and brown with beef chuck in frying pan. Remove to baking dish. Brown chopped onion in fat remaining in frying pan. Add flour, mix well and add water, tomato soup, salt, pepper and paprika. Cook three minutes, stirring constantly. Pour over meat. Add whole onions, carrots and potatoes. Cover and bake in a moderate oven (375° F.) for 1 1/2 hours, or cook slowly on top of range for the same length of time. Add the Lea & Perrins Sauce just before serving.

HASH A LA MODE

A quick supper dish men like

Heat thoroughly with butter, in a frying pan, a good brand of canned corned beef hash. Meanwhile, in another frying pan or a grill, prepare scrambled eggs. Just before serving, season hash to taste with Lea & Perrins Sauce. Serve with scrambled eggs over top, garnished with parsley.
EGG AND CHEESE DISHES...

take on added delicacy when flavored with Lea & Perrins.

Creamed Eggs with Cheese Sauce

DEVILED EGGS WITH LIVER SAUSAGE

Prepare hard-cooked eggs. Shell the eggs, and cut them in halves, remove the yolks. Crush the yolks with a fork and work them into a smooth paste with liver sausage and season the paste with Lea & Perrins Sauce. Fill the egg whites with the paste and garnish the eggs with chopped parsley, chopped olives or paprika.

EGG CROQUETTES

Easy to make this new way

2 cups chopped, hard-cooked eggs
1 cup thick white sauce, seasoned with 2 teaspoons Lea & Perrins Sauce

2 tablespoons diced green pepper
Salt to taste
1 egg, beaten and diluted with 1 tablespoon water
Bread crumbs

Mix chopped eggs, white sauce and green pepper; salt to taste. Pack mixture one-half inch thick in shallow pan and chill in refrigerator. Cut with cookie cutter. Roll in crumbs, then in beaten egg and again in crumbs. Let stand a few minutes to dry. Fry in deep fat at (390° F.) for 3 minutes. Drain on brown paper and serve with White Sauce or Cheese Sauce. Makes 12 croquettes. Try serving spinach and carrots with these.
BAKED EGGS WITH CHEESE

Cover bottom of a well-buttered baking dish with the chopped American cheese, combine and pour over the cheese the mustard, salt, cayenne, cream or evaporated milk and 2 teaspoons of Lea & Perrins Sauce. Break over these ingredients 6 eggs. Keeping the yolks whole, combine and pour over the eggs the ½ cup of cream or evaporated milk, salt and paprika.
Bake in moderate oven (350° F.) until they are firm.

PLAIN OMELET

Temptingly light and tasty

Separate the eggs. Beat yolks, salt and hot water until frothy and lemon colored. Beat egg whites stiff but not dry and fold into yolks. Meanwhile melt butter in omelet or frying pan until it bubbles. Add Lea & Perrins Sauce. Pour in omelet mixture, spread evenly and cook over low heat until firm (8 to 10 minutes). Set in oven a minute to dry off top. Fold over and serve immediately on warm, buttered platter. Makes 6 portions.

BAKED OMELET WITH CHEESE

A favorite with men

Beat the eggs, add milk, then the cheese, crumbs, salt and Lea & Perrins Sauce. Pour into a buttered baking dish, set the dish in a pan containing an inch of hot water, and bake in a moderate oven (350°-375° F.) until firm. Sprinkle the parsley over the top and serve the omelet from the baking dish. Makes 6 portions.
CREAMED EGGS WITH CHEESE SAUCE

6 hard-cooked eggs  Lea & Perrins Sauce, to taste
6 slices toast

Slice 1 hard-cooked egg on each piece of toast on a hot plate. Make 2 cups hot Cheese Sauce (page 40) and add Lea & Perrins Sauce and pour over eggs and toast. Serve at once.

SCRAMBLED EGGS

Beat eggs until whites and yolks are well mixed. For each egg used, add one tablespoon water, one-eighth teaspoon salt and one-half teaspoon Lea & Perrins Sauce. For each egg used melt one-half tablespoon butter; pour the beaten eggs into the melted butter and cook, over a low heat, stirring gently until the mass becomes jelly-like.

SNAPPY WELSH RABBIT (RAREBIT)

Always brings compliments

1 tablespoon butter  ¼ teaspoon salt
1 ½ lbs. medium sharp cheese 1 egg, well beaten
½ bottle beer

Melt butter, add cheese and beer. Allow cheese to melt without stirring over low fire. Then add salt and well-beaten egg. Season with Lea & Perrins Sauce and serve quickly on hot toast, on warm plates. If a more piquant flavor is desired, add Lea & Perrins Sauce to the portions after service. Makes six generous servings.

INDIVIDUAL CHEESE SOUFFLES

Golden and tempting

2 tablespoons butter  ½ cup milk
2 tablespoons flour 1 cup grated cheese
½ teaspoon soda 4 eggs, beaten separately
1 teaspoon salt 2 teaspoons Lea & Perrins Sauce
¼ teaspoon paprika

Melt the butter, add the flour, soda, salt, Lea & Perrins Sauce and paprika and stir until well blended. Add the milk gradually, stirring constantly over boiling water until the sauce thickens. Remove from the fire and stir in the grated cheese and the egg yolks, beaten until thick and lemon colored. Then fold in the stiffly beaten egg whites. Bake in individual paper cases or in well-buttered custard cups which can be sent to the table. Have the oven moderate (350°-375° F.) and bake about 12 minutes. Serve immediately. This will make 8 to 10 souffles of custard-cup size.
should add relish to any dish.

Mushroom Sauce

**EGG SAUCE**

Use recipe for white sauce. Ten minutes before serving, add one chopped hard-cooked egg.

**WHITE SAUCE**

*The best you ever tasted*

2 tablespoons butter 1 cup cream or milk
2 tablespoons flour 1 teaspoon Lea & Perrins Sauce

$\frac{1}{2}$ teaspoon salt

Melt butter, stir in flour and salt; blend well. Add the cream or milk gradually, stirring constantly. Cook, still stirring, over boiling water until the sauce thickens. Cover and cook 15 minutes, stirring occasionally. Just before taking from fire, add the Lea & Perrins Sauce. If there are lumps, beat vigorously with an egg beater for a minute. This is a basic sauce which may be varied in many ways. For a thin sauce, to use in cream soups and scalloped dishes, reduce the butter and flour to one tablespoon each. For a thick sauce, to use in croquettes, soufflés and timbales, increase them to four tablespoons each. To add color and flavor to plain white sauce for creamed eggs, meat or vegetables, add Lea & Perrins Sauce with diced pimento and parboiled chopped green pepper.
ONION SAUCE

The crowning touch with meat loaf, roast beef or pork

- 5 tablespoons butter
- 1 1/2 tablespoons flour
- 1/2 teaspoon salt
- 1 cup brown stock or 1 bouillon cube dissolved
- 1 cup sliced onion
- 2 teaspoons Lea & Perrins Sauce
- 1/2 cup milk

Blend 2 tablespoons of butter with flour and salt in double boiler. Add stock or bouillon gradually, stirring constantly. Cook 10 minutes. In remaining butter, fry onions till deep golden but not brown. Add to mixture with Lea & Perrins Sauce. Heat well and serve at once.

MOCK HOLLANDAISE SAUCE

Delicious and easy to make

- 4 tablespoons butter
- 2 tablespoons flour
- 1/4 cup milk
- 1 egg yolk
- 1/2 teaspoon salt
- 2 teaspoons lemon juice
- 2 teaspoons Lea & Perrins Sauce

Melt two tablespoons of the butter, stir in the flour and blend well. Add the milk, gradually, and cook, stirring constantly until the sauce thickens. Beat the egg yolk and salt together and stir the hot sauce into them. Return to the top of the double boiler and set over boiling water. Add the rest of the butter, a little at a time, stirring vigorously after each addition. Then add the lemon juice and the Lea & Perrins Sauce. Serve immediately with fish or shellfish, or with boiled vegetables such as spinach, broccoli, asparagus and cauliflower.

MUSHROOM SAUCE

Luscious with meat loaf

- 1/4 lb. mushrooms
- 1 1/2 cups mushroom stock
- 2 1/2 tablespoons flour
- 1/2 cup milk
- Salt to taste
- 2 teaspoons Lea & Perrins Sauce

Peel mushrooms and cut off stems. Cover stems and peelings with water in a saucepan and simmer 15 minutes. Meanwhile, slice caps and sauté in butter 5 minutes. Mix in flour till smooth. Gradually add milk and stock to mushrooms. Salt to taste. Stir while bringing to boiling point. When sauce thickens, add Lea & Perrins Sauce.
BRAZILIAN SAUCE

Adds zest to many dishes

1 cup tomato
1 green pepper, minced
1 tablespoon minced onion
1 teaspoon salt
1/2 cup chopped celery
1 tablespoon butter
1 tablespoon Lea & Perrins Sauce

Mix all the ingredients, except the Lea & Perrins Sauce and simmer, covered, for twenty minutes, or until all the vegetables are tender. Add a little hot water or stock, if necessary, and stir from time to time. Add the Lea & Perrins Sauce just before serving. This is good with omelets, scrambled eggs, rice, macaroni or noodles and meat or fish cooked in almost any manner.

CHEESE SAUCE

Add one-half cup grated cheese to white sauce and stir over hot water until the cheese is well blended. Add an extra teaspoon Lea & Perrins Sauce. Serve with macaroni, rice, fish, croquettes and vegetables.

BUTTER SAUCE

Perfect with steak or sea food

3 parts melted butter  1 part Lea & Perrins Sauce

This is universally useful as a sauce. Serve it with broiled meat or fish, boiled or baked vegetables, lobsters, crabs, scallops, steamed clams, eggs, rice or spaghetti. Vary it in any way you like, by the addition of onion juice, wine flavoring, tomato juice or minced parsley.

BARBECUE SAUCE

Good with roasts or any dish requiring a highly seasoned sauce

1 minced onion
2 tablespoons butter
2 tablespoons vinegar
2 tablespoons brown sugar
1 tablespoon lemon juice
1 cup tomato ketchup
1 cup brown stock or water
1 cup diced celery
2 teaspoons salt
3 tablespoons Lea & Perrins Sauce

Fry the minced onion in the butter. Add other ingredients in order named. Cover and simmer for an hour, adding a little water, if necessary.
SAUCE BERNAISE

\[ \frac{1}{4} \text{ cup tarragon vinegar} \]
\[ \frac{1}{4} \text{ cup water} \]
\[ 1 \text{ small onion, sliced} \]
\[ 4 \text{ egg yolks, slightly beaten} \]

In a small saucepan heat vinegar, water and onion to boiling. Strain and pour liquid gradually, on slightly beaten egg yolks in double boiler, stirring constantly. Add salt and cook over hot water, stirring till mixture begins to thicken. Add Lea & Perrins Sauce, then butter which has been creamed — 1 tablespoon at a time. Stir constantly. Very appetizing with fish or vegetables.

SAUCE TARTAR

\[ \frac{1}{2} \text{ tablespoon chopped parsley} \]
\[ 1 \text{ tablespoon chopped capers} \]
\[ 1 \text{ tablespoon chopped pickles} \]
\[ 1 \text{ tablespoon chopped olives} \]
\[ 1 \text{ teaspoon onion juice} \]
\[ 2 \text{ teaspoons Lea & Perrins Sauce} \]
\[ 1 \text{ cup mayonnaise} \]

Mix ingredients well, fold into mayonnaise and chill. Tasty served with fried scallops or other hot fish, and with meat or fish salads.

ROQUEFORT SAUCE

\[ 3 \text{ ozs. Roquefort cheese} \]
\[ 1 \text{ teaspoon Lea & Perrins Sauce} \]
\[ 1 \text{ cup French Dressing} \]

Crumble cheese and add, with Lea & Perrins Sauce, to the French dressing. Mix well. Delicious with certain vegetables like cooked cucumbers and also with hearts of lettuce salad.

SPANISH SAUCE

\[ 2 \text{ tablespoons butter} \]
\[ 1 \text{ onion, chopped fine} \]
\[ 1 \text{ carrot, chopped fine} \]
\[ 2 \text{ teaspoons sugar} \]
\[ 2 \text{ tablespoons flour} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ \frac{1}{4} \text{ cup chili sauce} \]
\[ \frac{1}{4} \text{ cup water} \]
\[ 1 \text{ cup tomato juice} \]
\[ 1 \text{ tablespoon Lea & Perrins Sauce} \]

become a hostess' pride when carefully seasoned

Noodle Ring with Cheese

TURKISH RICE

2 cups brown stock
2 cups tomato
1 cup uncooked rice
1 teaspoon salt

4 tablespoons butter
1 tablespoon Lea & Perrins Sauce

The stock may be canned bouillon or bouillon extract dissolved in boiling water. Rub the tomato through a coarse strainer and mix with the stock. Bring to boiling. Stir in the washed rice and salt, set over boiling water, cover and cook until the rice is soft. Uncover and stir in the butter and the Lea & Perrins Sauce. Allow to steam for a minute or two. Serves 4.

QUICK SPAGHETTI

Second helpings the rule

½ lb. spaghetti, cooked
1 can tomato soup
1 teaspoon onion juice
½ teaspoon salt

¾ cup grated American cheese
2 teaspoons Lea & Perrins Sauce

Cook spaghetti in briskly boiling salted water. Meanwhile make sauce in double boiler or in saucepan over low flame. Heat tomato soup, onion juice and salt. Stir in grated cheese. Add Lea & Perrins Sauce. Pour over spaghetti in hot serving dish.
SPAGHETTI WITH BACON

1/2 cup chopped bacon  1/2 teaspoon salt
1 chopped onion  2 cups tomato
1 chopped green pepper  1 tablespoon Lea & Perrins Sauce
1/2 lb. spaghetti  1 cup boiling water
Fry the bacon, onion and green pepper together until slightly browned. Add the uncooked spaghetti, one cup of boiling water, the salt and the tomato. Cover and simmer about twenty minutes or until the spaghetti is tender, stirring frequently with a fork and adding a little water if necessary. Add the Lea & Perrins Sauce and serve immediately.

SPANISH RICE

1/2 cup olive oil  2 green peppers, chopped
1 cup uncooked rice  1/2 cup boiling water
2 cups tomato  1 tablespoon Lea & Perrins Sauce
1 teaspoon salt  2 onions, chopped
Heat the oil in a frying pan or casserole. Add the washed rice and stir until the grains are golden. Add the tomato, salt, chopped onion and peppers, and stir around. Add the boiling water. Cover closely and simmer, without stirring for a half hour, or until the rice is tender, but not mushy. Add the Lea & Perrins Sauce and serve as an accompaniment to meat or as a separate course, with grated Parmesan cheese to be sprinkled on at the table. Serves 4 to 6.

CHOW MEIN NOODLE RING

1 cup cooked veal or pork  6 tablespoons butter
6 tablespoons flour  1 teaspoon salt
2 teaspoons Lea & Perrins Sauce  3 cups milk
2 eggs  1/2 cup blanched almonds
1 can chow mein noodles  Buttered peas
Remove all fat from meat and dice finely. Melt butter and blend in flour and salt. Add milk gradually, and cook, stirring constantly until thickened. Add to the well beaten egg yolks and cook for a minute longer. Combine the meat with almonds which have been cut into slivers lengthwise and the chow mein noodles. Fold in the stiffly beaten egg whites and pour into a well greased 8-inch ring mold. Set in a pan of hot water and bake in a moderate oven (350° F.) for 30 minutes or until firm. Turn out on platter and fill center with buttered peas. Serves 6.
RICE LOAF

- 2/3 cup rice
- 1 cup White Sauce
- 1 egg yolk
- 1 cup salmon (cooked fish or meat, diced)
- 1/4 cup bread crumbs
- 1 tablespoon chopped parsley
- 1 tablespoon chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped salmon
- 1/4 cup bread crumbs
- 1 tablespoon chopped parsley
- 1 tablespoon chopped onion
- 1/2 cup chopped celery
- 1 teaspoon Lea & Perrins Sauce
- Salt to taste
- Paprika
- Nutmeg

Boil the rice. To 1 cup of white sauce add egg yolk. Stir and cool until egg is set. Add 1 cup rice, reserving 1/2 cup for top. Add remaining ingredients. Fill the mold and place the reserved rice over the top. Cover this with a piece of buttered paper. Set the mold in a pan of hot water and bake or steam it until it is set for about 30 minutes. Invert the loaf onto a platter.

CHEESE RICE RING

- 1/4 cup rice—boil as follows: (1 cup rice equals 3 or more cups of cooked rice)

Wash and drain 1/2 cup of rice, boil 1 qt. water and add 1/2 teaspoon salt. Stir rice slowly into water so as not to disturb boiling. Cook it without stirring until it is tender (about 25 minutes); drain and rinse the rice.

Add:
- 1 beaten egg
- 2 tablespoons olive oil or melted butter
- 1/4 cup milk
- 1/2 cup grated cheese
- 1/4 tablespoon grated onion
- 1 teaspoon Lea & Perrins Sauce
- 1/4 teaspoon salt
- 3 tablespoons chopped parsley

Grease a mold. Fill it with the rice mixture. Bake it set in a pan of hot water in a moderate oven (350° F.) for about 45 minutes. Serves 4.

CHICKEN AND RICE CREOLE

- 2 cups diced cooked chicken
- 1 cup cold cooked rice
- 1 cup canned or cooked tomatoes
- 1 onion, minced
- 1 green pepper, minced
- 1 tablespoon Lea & Perrins Sauce
- Salt and pepper
- Buttered crumbs

Combine chicken and rice. Add tomatoes, onion, green pepper and seasoning and simmer about 15 minutes. Turn into a buttered baking dish. Cover with crumbs and bake about 30 minutes in a moderate oven (375° F.). Makes 4 portions.
NOODLE RING WITH CHEESE

1 1/2 cups noodles
2 egg yolks
3/4 cup of milk
3/4 tablespoon butter
1/4 teaspoon salt
1/8 teaspoon paprika
1/8 cup grated cheese
3/4 cup grated cheese
2 egg whites

Noodles Ring with Cheese (optional)

Cook noodles, rinse and drain them. Beat egg yolks, milk, butter, salt, paprika and nutmeg, then combine this mixture with the noodles. Add to this, Lea & Perrins Sauce, catsup, and cheese. Beat egg whites until stiff, and fold them into the noodles. Butter a 9-inch ring mold or individual ring molds, and fill them with the noodle mixture. Set in pan of hot water, and bake them in a moderate oven (350° F.) until done, about 45 minutes. Invert contents of molds on hot plates and fill centers with creamed spinach, peas, mushrooms, stewed tomatoes, etc.

OYSTERS & MACARONI

The flavor's simply marvelous

1 1/2 cups finely chopped celery
4 tablespoons grated onion
4 tablespoons butter
4 tablespoons flour
1/2 teaspoon salt
1/2 cup grated cheese
2 cups milk
1 tablespoon Lea & Perrins Sauce
2 dozen large oysters
1 1/2 cups macaroni
1/2 cup bread crumbs

Mix celery and onion. Make white sauce by blending butter, salt and flour in top of double boiler. Add milk slowly and cook 10 minutes. Meanwhile, break macaroni in pieces and cook till tender in boiling salt water. Add Lea & Perrins to white sauce; then vegetables and oysters. Arrange in buttered casserole, alternating layers with macaroni and salting to taste. Cover top with bread crumbs and grated cheese. Bake in moderate oven (350° F.) till heated through and slightly brown on top, about 30 minutes. Serves 8.

When Great-Grandpa kept a carriage, when Great-Grandmother danced with Lafayette, Lea & Perrins Sauce was already a family favorite as a cooking and table sauce, and a family favorite it remains today!
to enhance a delicious entrée.

Stuffed Baked Tomatoes

**STUFFED BAKED TOMATOES**

*Fill with left-over meat*

Remove the tops from firm tomatoes and scoop out the pulp. Moisten bread crumbs with milk or stock. If you have a little left-over meat or fish, grind it and mix with the crumbs. Add a little minced parsley and onion and the pulp that was scooped out and season well with salt and Lea & Perrins Sauce. Fill the tomato shells with the mixture, cover the top with dry crumbs, add a bit of butter and bake in a hot oven (400°-450° F.) until the tomatoes are cooked.

**SPANISH EGGPLANT**

Peel a small eggplant and cut into cubes. Cover with water and simmer about thirty minutes. Throw away the water. Cut up a green pepper and a tomato together in a little water. Slice an onion and fry in butter. Add tomato, pepper, onion and their liquid to the eggplant. Heat and stir in a teaspoon of cornstarch mixed with a little cold water. Cook for ten minutes, adding water if needed. Season to taste with salt and Lea & Perrins Sauce.
**CAULIFLOWER AU GRATIN**

Cut a cauliflower in pieces and let stand in cold, salted water for one-half hour to remove any insects from crevices. Cook in salted water for about 20 minutes, till tender. Place on a hot dish for serving. Pour over it one or two cups of Cheese Sauce (page 40) according to size of cauliflower.

---

**CREAMED MUSHROOMS**

\[
\frac{1}{4} \text{ lb. fresh mushrooms or } 1 \text{ cup canned mushrooms} \\
2 \text{ tablespoons butter} \\
2 \text{ tablespoons flour} \\
1 \text{ cup milk or milk mixed with water in which mushrooms were cooked} \\
1 \text{ teaspoon Lea & Perrins Sauce}
\]

Peel fresh mushrooms and simmer in water until tender—five or six minutes. Melt the butter, add the flour and blend well. Add the liquid gradually, and stir over the fire until the sauce thickens. Add the mushrooms and cook over boiling water for ten minutes, or until the mushrooms are heated through. Add the Lea & Perrins Sauce just before serving.

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**FRESH VEGETABLE PLATES**

...everyone will enjoy

Vegetable plates can easily be made so attractive that everyone in your family will relish them. Always remember to have a variety, with contrast in color, as well as texture and flavor.

All vegetable meals are much more delicious if served with well-seasoned butter sauce. Make it of three parts melted butter to one part of Lea & Perrins Sauce. Serve in a gravy boat.

Try the following suggestions:

1. A stuffed baked tomato, surrounded by servings of mashed potato, string beans, cauliflower and diced carrots.

2. A baked potato, pinched open and seasoned with Lea & Perrins Sauce, butter and a dash of paprika, surrounded by servings of spinach, broiled tomato slices and creamed celery.

3. French fried potatoes, baked squash, boiled onions, diced boiled beets and broccoli with Mock Hollandaise Sauce.

4. A stuffed pepper surrounded by servings of hashed browned potato, sliced beets, peas and broiled mushrooms.
**CORN FRITTERS**

*Pan fry in cakes or drop in deep fat*

- 2 eggs, beaten
- 3/4 teaspoon salt
- 2 cups canned or fresh corn
- 2 teaspoons Lea & Perrins Sauce
- 2 tablespoons chopped parsley
- 1/2 teaspoon soda
- Fine cracker crumbs

Mix beaten eggs, corn, parsley and seasonings. Stir in soda, dissolved in a little warm water. Add just enough fine cracker crumbs so you can shape the mixture into cakes. Melt enough butter or other fat to well cover the bottom of frying pan. Fry about 4 minutes on each side, till golden brown. Makes 12 fritters. Or drop by tablespoons in deep fat and fry 2 minutes. Use less crumbs when frying this way.

**TOMATOES PIQUANT**

*A tempting change*

- 1 can tomatoes
- Salt and sugar to taste
- Soft bread crumbs


**CHEESE AND BEAN LOAF**

*Hearty and well-seasoned*

- 1 pound can kidney beans
- 1/2 lb. American cheese
- 1 chopped onion
- 1 tablespoon butter
- 1 cup bread crumbs

- 2 eggs
- 1 teaspoon salt
- 1 tablespoon Lea & Perrins Sauce

Drain all liquid from the beans. Run the beans and the cheese through the food grinder. Cook the chopped onion in the butter and add the ground cheese and beans. Add the crumbs and mix thoroughly. Beat the eggs and add to the mixture, then add the salt and the Lea & Perrins Sauce and work all together. Mold into a loaf or roll, brush with melted butter and roll in crumbs. Or pack firmly in a buttered bread pan and cover the top with crumbs. Bake in a moderate oven (350°-400° F.) until nicely browned. Serve with any desired sauce. Makes 6 portions.
RED CABBAGE WITH APPLES
Slice a red cabbage crosswise and put into a saucepan with a little water, a little vinegar, a sprinkling of salt and a few whole cloves. Cover and simmer about an hour, stirring occasionally and adding a little water if needed. After thirty minutes remove the cover and add four or five tart apples, peeled and cut in quarters. Just before taking from the fire, stir in a few tablespoons of melted butter or bacon fat mixed with Lea & Perrins Sauce, the amount depending upon the size of the cabbage.

SCALLOPED VEGETABLES

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 tablespoons butter</td>
<td>2 teaspoons Lea &amp; Perrins Sauce</td>
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<tr>
<td>2 tablespoons flour</td>
<td>1 cup each, cooked carrots, cauliflower and string beans</td>
</tr>
<tr>
<td>1/4 teaspoon salt</td>
<td>Bread crumbs, mixed with melted butter</td>
</tr>
<tr>
<td>1 cup milk</td>
<td></td>
</tr>
<tr>
<td>1/2 cup grated American cheese</td>
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Melt butter in top of double boiler. Blend with flour and salt. Add milk gradually and cook about 15 minutes, till sauce begins to thicken. Stir in 1/3 cup of grated cheese and the Lea & Perrins Sauce. Mix vegetables, salt to taste and place in shallow, greased baking dish. Pour the thin cheese sauce over them. Cover with fine bread crumbs mixed with melted butter and sprinkle with remainder of grated cheese. Bake in moderate oven (350° F.) about 30 minutes till crumbs are brown and sauce bubbles. Serves 6.

Variations — Combinations of appropriate vegetables may be prepared in the same way and for variety baked in ramekins or other small baking dishes. Asparagus tips or broccoli with small white onions or new potatoes and carrots make an excellent combination.

POTATOES ON HALF SHELL
Bake medium-sized potatoes whole, or large potatoes cut in half lengthwise. Scoop out and mash contents or put through ricer. For each potato, add 1 teaspoon butter, 1/4 teaspoon salt, and 2 tablespoons milk. Beat well and fill potato shells, mounding lightly with a fork. Make a small depression in each mound and drop into it 1/4 teaspoon Lea & Perrins Sauce. Fill cavity with butter and brown potatoes in moderate oven (350°-400° F.).
LIMA BEANS WITH CHEESE & BACON

Drain the contents of a #2 can of lima beans and stir into them 1 teaspoon of Lea & Perrins Sauce, ¼ teaspoonful paprika, ½ cup chicken stock or bean liquor. Grease a baking dish and place in it alternate layers of beans and grated Parmesan or other cheese. Cover the top with bread crumbs and dot them with butter or strips of bacon.

SCALLOPED CORN*

2 cups canned corn
2 tablespoons diced green pepper
2 tablespoons diced pimento
1/2 teaspoon salt
1 egg, beaten
2 teaspoons Lea & Perrins Sauce
Buttered bread crumbs

Mix thoroughly all ingredients except crumbs and put in buttered baking dish. If corn is rather dry add a little water. Cover with buttered crumbs and bake in moderate oven (375° F.) until crumbs are browned.

CANDIED SWEET POTATOES

4 sweet potatoes
1/2 teaspoon salt
3/4 cup brown sugar
3 tablespoons water
1/4 cup melted butter
1 tablespoon Lea & Perrins Sauce


SAVORY LIMA BEANS*

1 cup dried lima beans
2 slices bacon
2 chopped onions
2 tablespoons diced pimentos
1 tablespoon bacon fat
3/4 teaspoon salt
2 teaspoons Lea & Perrins Sauce

Soak lima beans in water overnight. Drain. Cook in 2 cups slightly salted water about 20 to 30 minutes, until almost tender. Fry bacon till crisp. Add bacon, broken in bits, with other ingredients to lima beans. Pour into greased baking dish with part of water in which beans were cooked. Bake in a moderate oven (375° F.) for about 20 minutes till beans are tender and browned on top. Serves 6.
CABBAGE AU GRATIN

4 tablespoons butter
2 tablespoons flour
2 cups milk
1 teaspoon salt
1 tablespoon Lea & Perrins Sauce

4 cups cooked cabbage
2 cups soft bread crumbs
1/4 lb. American Cheese, grated

Melt butter, add the dry ingredients and mix well. Add the milk gradually, add salt, stirring constantly, and boil 2 minutes. Add Lea & Perrins Sauce and cooked cabbage and turn into buttered casserole. Sprinkle with bread crumbs and grated cheese. Bake in moderate oven (375° F.) 15 minutes, or until brown. Serves 8.

BAKED ONIONS WITH CHEESE

1 1/2 lb. onions
3 tablespoons butter
1/2 teaspoon salt
1 1/2 teaspoons Lea & Perrins Sauce

1/2 cup soft bread crumbs
1/2 cup grated American cheese

Cut onions in thin slices crosswise and cook in boiling salted water about 10 minutes, till tender. Melt butter in frying pan and sauté onions until they are well coated with butter. Add salt and Lea & Perrins Sauce; turn into greased glass pie plate. Sprinkle with crumbs and cheese. Bake 15 minutes in hot oven (400° F.) till cheese is melted and crumbs are brown. These are particularly tempting with roast beef and may be heated while gravy is being made. Serves 6.

CREAMED POTATOES AND POTATO CAKES

Try adding onion juice and Lea & Perrins Sauce to taste. You'll be surprised what a difference this makes!

SPINACH BORDER WITH MUSHROOMS

Wash spinach and steam or cook in the top of a double boiler without any water except what clings to it from washing. When it is cooked, chop, season with salt, butter and Lea & Perrins Sauce and pack into a ring mold. Set in a slow oven (250°-300° F.) for twenty minutes. Then turn out on a heated dish and fill the center with creamed mushrooms.
add zest to many dishes

Red Pepper Relish

EGG YOLK GARNISH*

When you have egg yolks left from recipes that require only the whites, drop them into boiling water containing a teaspoon of salt and a teaspoon of Lea & Perrins Sauce for each pint. Cook until firm, and use, whole or rubbed through a coarse strainer, as a garnish for soups, salads and creamed dishes.

RED PEPPER RELISH

| 12 red peppers | 2 cups sugar |
| 12 green peppers | 1 tablespoon salt |
| 3 large onions | 2 tablespoons Lea & Perrins Sauce |
| 1 quart vinegar |

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

Work one teaspoon Lea & Perrins Sauce into one-half cup butter and spread on slices of stale bread. Cut into cubes and brown in the oven or in a frying pan. Sprinkle lightly with salt and use as a garnish for soups and stews.

**JULIENNE VEGETABLES**

Cut raw potatoes, carrots, onions, turnips, celery, etc., into shreds 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 entrees.

**CRANBERRY RELISH**

\[ \frac{1}{2} \text{ cup cooked cranberries} \]
\[ \frac{1}{4} \text{ cup chopped celery} \]
\[ 1 \text{ tablespoon chopped onion} \]
\[ 2 \text{ tablespoons chopped parsley} \]
\[ \frac{1}{2} \text{ teaspoon salt} \]
\[ 1 \text{ tablespoon Lea & Perrins Sauce} \]

Drain the cranberries free from juice and chop. The skins and seeds left from cranberry jelly or cranberry cocktail may be used. Mix all the ingredients, put into a covered glass jar and chill. Serve with hot or cold meat.

**APPLE CHUTNEY**

Rich and tempting

\[ 12 \text{ tart apples} \]
\[ 1 \text{ onion} \]
\[ 2 \text{ green peppers} \]
\[ 1 \text{ red pepper} \]
\[ 1 \text{ cup currant jelly} \]
\[ 4 \text{ lemons} \]
\[ 2 \text{ cups sugar} \]
\[ 1 \text{ tablespoon salt} \]
\[ 2 \text{ cups vinegar} \]
\[ 1 \text{ cup raisins, seeded} \]
\[ 2 \text{ tablespoons Lea & Perrins Sauce} \]

Pare, core and chop the apples. Peel and chop the onion. Remove seeds and fibers from the 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. The raisins should be seedless or seeded. Chop them and stir into the ingredients in the kettle. Cook another hour, stirring frequently. Add the Lea & Perrins Sauce and seal in clean hot jars. Apple Chutney is especially delicious served with roast meats or poultry.
CUCUMBER CUPS
Cut large cucumbers in two-inch lengths. Scoop out part of the center and fill with minced ham, anchovy, cheese, etc., mixed with Lea & Perrins Sauce. Use as a garnish for salads and cold cuts.

PIQUANT APPLE SAUCE*
To a cup of thick, slightly sweetened apple sauce add one teaspoon grated horseradish, one-half teaspoon salt and one teaspoon Lea & Perrins Sauce. Serve with rich meats, such as roast pork or duck.

PEPPER GARNISH
\[
\frac{1}{2} \text{ cup cream cheese} \quad 1 \text{ teaspoon Lea & Perrins Sauce}
\]
\[
1 \text{ teaspoon salt} \\
1 \text{ tablespoon heavy cream or mayonnaise}
\]
Work all the ingredients together thoroughly. Add anything you like for variety, such as chopped nut meats, minced parsley, onion juice or Roquefort cheese. Cut the stem end from a firm green or red pepper and stuff tightly with the mixture. Chill and slice crosswise. Use as a garnish for salads and cold cuts.

HOT SLAW
Serve as relish or salad
\[
\frac{1}{2} \text{ teaspoon salt} \quad \frac{1}{4} \text{ cup hot vinegar} \\
1 \text{ tablespoon sugar} \quad 1 \text{ tablespoon Lea & Perrins Sauce} \\
1 \text{ egg, beaten} \quad 2 \text{ cups shredded cabbage} \\
2 \text{ tablespoons butter} \quad 2 \text{ onions} \\
\frac{1}{2} \text{ cup hot milk}
\]
Mix the salt, sugar and beaten egg. Add the butter, then the hot milk, stirring constantly. Cook over boiling water for two minutes, stirring all the time. Remove from the heat and slowly add the vinegar and the Lea & Perrins Sauce. Mix the shredded cabbage and the thinly sliced onions (Spanish onions are best for the purpose). Strain the hot sauce over them. Cool, then put into a covered glass jar and chill. Serve as a relish with meat or as a salad in lettuce leaves, with garnish of tomato or cucumber slices. No additional dressing is needed.
find new delicacy when flavored with Lea & Perrins Sauce

Jellied Tomato Salad

FROZEN MAYONNAISE

Mix equal parts mayonnaise and whipped cream. For each cup of the mixture add one teaspoon Lea & Perrins Sauce. Freeze for three or four hours. No stirring is needed. Cut in slices and serve a slice on any green salad or fruit salad.

BOILED DRESSING

Perfectly seasoned

1 tablespoon flour
1 teaspoon salt
2 tablespoons oil or melted butter
½ cup milk

2 egg yolks or 1 whole egg
¼ cup vinegar
1 tablespoon Lea & Perrins Sauce

Mix flour and salt with oil or melted butter. Add milk gradually and stir over the fire until the sauce thickens. Stir it into the beaten egg and return to double boiler. Add vinegar and cook, stirring constantly, for five minutes or until sauce is thick and smooth. Add Lea & Perrins Sauce and remove from heat. If desired, add whipped cream just before using.
JELLY CUBES

Make a hit for lunch or supper!

Prepare an aspic jelly highly seasoned with Lea & Perrins Sauce. Before it starts to thicken, add coarsely chopped tongue and sweet pickles. Pour into a shallow pan so that jelly is not more than an inch deep. Cut in cubes and serve in small lettuce cups. Delicious with thin sandwiches and hot buttered vegetables.

STUFFED PEPPER SALAD

Colorful and delicious

1 tablespoon gelatine  1 tablespoon minced parsley
1 cup tomato juice  2 large green peppers
1 teaspoon salt  2 hard-cooked eggs
1 tablespoon Lea & Perrins Sauce

Soak the gelatine in two tablespoons cold water for five minutes. Heat the tomato juice and add the softened gelatine, stirring until dissolved. Add the salt, Lea & Perrins Sauce and parsley and set aside to cool. Cut the stem ends from the peppers and remove seeds and fibers. Cook the eggs hard, cool and shell. Stand the peppers up on end. Place a hard-cooked egg upright in each, and pour the tomato jelly around, filling the pepper entirely. Chill. When the jelly has set, cut the peppers in crosswise slices and serve on lettuce leaves with mayonnaise or French dressing. The slices are very attractive, with their centers of yellow surrounded by rings of white, red and green.

Delicious served with Cheese Straws.

TASTY SALAD MOLD

A hit at bridge parties

1 package lemon gelatine  1 cup grated cabbage
1 cup boiling water  1/2 cup grated carrot
1 cup cold water  1/2 cup chopped cashew nuts
2 teaspoons Lea & Perrins Sauce

Salt to taste

Dissolve gelatine in 1 cup boiling water and add 1 cup cold water and Lea & Perrins Sauce. Fill 6 individual salad molds nearly full of this liquid. Mix grated vegetables and nuts, salt to taste and add a portion to each mold. Place in refrigerator to harden. When set, unmold on lettuce and serve with mayonnaise at side. Makes 6 portions.
MAYONNAISE

*With a really delicious flavor*

1 egg yolk 1 to 3 tablespoons vinegar
1/2 teaspoon salt 2 teaspoons Lea & Perrins Sauce
3/4 cup salad oil

Put the egg yolk into a small chilled bowl or saucer and stir in the salt. Add the oil, a few drops at a time at first, stirring vigorously after each addition. After the first few additions, more oil may be added at a time. When the dressing begins to grow thick, add the vinegar alternately with the oil. When all the oil has been stirred in, add the Lea & Perrins Sauce. Mayonnaise is really easy to make, especially if oil and vinegar are chilled before using. But if it should separate, stir it into another egg yolk, a little at a time.

It may be varied by the addition of any of the things suggested for French dressing and may be mixed with whipped cream just before it is served. It may be colored any shade with vegetable colorings.

FRENCH DRESSING

1/2 cup salad oil 2 tablespoons vinegar
1 tablespoon Lea & Perrins Sauce
1 teaspoon salt

Chill oil and vinegar. Mix ingredients and beat or shake well before using. This dressing may be varied by the addition of onion juice, chopped parsley, Roquefort cheese, chopped pickles or olives, or by using instead of the vinegar the juice of any tart fruit, such as lemon, orange, pineapple, tomato or cranberry juice.

POTATO SALAD SUPREME

*All its name implies*

4 cups cooked potatoes, cubed
4 tablespoons finely chopped parsley
2 chopped pickles
1 cucumber, chopped fine
1 small onion, chopped fine
2 hard-cooked eggs, chopped
Salt to taste
3/4 cup mayonnaise
2 tablespoons ketchup
2 teaspoons Lea & Perrins Sauce

Boil potatoes, cool and cube them. Meanwhile, run parsley, pickles, cucumber, onion and eggs through meat chopper. Mix these thoroughly with cubed potatoes and salt to taste. Season mayonnaise with ketchup and Lea & Perrins Sauce, and mix with salad.
JELLIED TOMATO SALAD
Seasoned just right!

2 1/2 cups tomato pulp or canned tomato juice
1 small onion, sliced
1 1/4 teaspoons salt
1 1/2 teaspoons sugar

1 1/2 tablespoons gelatine
1/2 cup cold water
Juice of 1/2 lemon
2 teaspoons Lea & Perrins Sauce

Cook together gently for 10 minutes the tomato pulp or canned tomato juice, onion, salt and sugar. Meanwhile, soak gelatine in the cold water for 5 minutes. Strain hot mixture, and gelatine and stir to dissolve thoroughly. Add lemon juice and Lea & Perrins Sauce. Pour into large or individual molds and place in refrigerator to harden. Unmold on crisp lettuce and garnish with mayonnaise. Serves 8.

JELLIED TONGUE
Delicious with creamed potatoes and fresh peas

2 tablespoons gelatine
4 cups chicken or vegetable stock
Juice of 2 lemons
1 medium onion, minced
2 teaspoons salt

1 1/2 tablespoons Lea & Perrins Sauce
3 hard-cooked eggs
Strips of pimento
12 thin slices of tongue

Soak gelatine in 1/2 cup cold water; dissolve in hot stock. Stir in seasonings and let stand till it begins to jell. Put layer of tongue in bottom of loaf tin, cover with jelly, then a layer of sliced egg and pimento strips. Continue adding gelatine and other ingredients in layers until all are used. Chill in refrigerator until firm. Cut in slices with sharp knife and serve on lettuce, with mayonnaise in bowl. Makes 8 generous portions.

EASTER SALAD
Delicious at any time of year

2 cups ground ham
3 hard-cooked eggs, chopped
6 sweet pickles, minced

12 stuffed olives, chopped
3/4 cup mayonnaise
1 tablespoon Lea & Perrins Sauce

Mix first four ingredients lightly together. Add Lea & Perrins Sauce to mayonnaise and mix with salad. Serve on lettuce as main luncheon dish. Delicious with hot baking powder biscuits. Serves 6. Also makes excellent sandwich filling if a little more dressing is added.
SPANISH SALAD

1 cup shredded cabbage  4 tomatoes, sliced
1 cup diced cucumbers  Parsley or watercress
French dressing  1 hard-cooked egg
1/2 onion, sliced thin  Mayonnaise

Let the shredded cabbage and diced cucumbers crisp separately in ice water; then drain. Toss each vegetable separately in French dressing, well seasoned with Lea & Perrins Sauce. Mix the shredded cabbage with the sliced onion and add enough mayonnaise to hold them together. In the center of a salad dish arrange a mound of the cabbage and onion mixture. Surround with tomato slices, then add a ring of diced cucumber, and finish with a border of parsley or watercress. Sprinkle the chopped hard-cooked egg over the mound in the center. Serve additional mayonnaise with this salad.

RUSSIAN DRESSING

Makes hearts of lettuce extra-delicious!

1/2 cup mayonnaise  1 tablespoon chili sauce
2 tablespoons mixed green and red peppers, chopped  1 tablespoon Lea & Perrins Sauce

Mix all ingredients. This recipe may be varied by adding a little lemon juice, chopped celery, caviar, anchovy or onion juice.

CREOLE FRENCH DRESSING

Can be stored in refrigerator

Rub a bowl with a cut clove of garlic. To the recipe for French dressing, add 4 tablespoons tomato ketchup, 1/4 teaspoon dry mustard, 1 teaspoon sugar. Beat or shake well. Absolutely delicious with hearts of lettuce or fresh vegetable salad.

To be appetizing, salads need as skilful seasoning as meat dishes. Try adding Lea & Perrins Sauce to all dressings for meat, vegetable and sea food salads—to all aspics and jellied vegetables.
become a special treat when carefully seasoned

Sandwich Whirls

HOT HAMBURG SANDWICH
Popular at picnics

$\frac{1}{2}$ lb. ground raw beef
1 teaspoon salt
2 tablespoons minced onion

Butter or drippings
1 tablespoon Lea & Perrins Sauce

Mix the beef with the salt, onion and Lea & Perrins Sauce. Make into thin cakes and brown on both sides in a hot frying pan containing drippings or melted butter. Turn often, sprinkling with salt each time. When cooked, place between slices of buttered bread or toast and serve very hot with Lea & Perrins Sauce as an accompaniment.

CHOPPED MEAT SANDWICH*
Tasty made with left-over roast meat

Put cold cooked meat through the grinder and mix with mayonnaise. Season to taste with salt and Lea & Perrins Sauce and spread a good layer on buttered bread. Add a leaf of lettuce or a spreading of pickle or relish or a thin slice of tomato dipped into French Dressing, and cover with another slice of buttered bread.
SNAPPY HAM SANDWICHES

Popular at picnics

1 cup chopped cooked ham  1 tablespoon mayonnaise
2 teaspoons Lea & Perrins  3 tablespoons mixed pickle relish
Sauce

Add Lea & Perrins Sauce to mayonnaise and mix thoroughly with chopped ham. Add pickle relish and mix well. Spread on buttered bread and top with another slice of bread. These are delicious toasted or browned in a waffle iron. Makes 8 to 10 large sandwiches.

WAFFLE SANDWICHES

Novel . . . delicious . . . easy to make

Cut crusts from thin slices of sandwich bread. Spread one slice thinly with sandwich mixture, and top with slice of buttered bread. Cut diagonally into triangles. Dip in following waffle mixture:

3 eggs, well beaten  1/2 teaspoon salt
1/4 cup milk  1 tablespoon melted butter

Mix other ingredients with beaten eggs and dip each sandwich in mixture. Fry 4 triangles at a time on hot waffle iron. Press upper lid of waffle iron down slightly when closing. Bake 2 to 4 minutes. Serve at once, with maple syrup, if desired.

HOT LOBSTER SANDWICH WITH NEWBURG SAUCE

Makes a hit for lunch or late suppers

5 tablespoons butter  1 cup cream or milk
1 cup cooked lobster meat  3 tablespoons sherry
Yolks of three eggs  2 teaspoons Lea & Perrins Sauce
1/2 teaspoon salt

Melt two tablespoons of butter in a chafing dish and heat in it the lobster meat, cut in small pieces. Make the sauce separately, melt the rest of the butter, add the salt, then the cream or milk and heat to boiling. Beat the egg yolks in a bowl. Pour into them part of the hot sauce, stirring constantly.

Then pour it back into the saucepan and cook for two minutes over boiling water, stirring meanwhile. Add the Lea & Perrins Sauce and sherry and take from the fire. Have ready for each sandwich two slices of buttered bread or toast. Spread the hot lobster over one slice, top with the second, and pour the Newburg Sauce over all. Serve immediately. Makes 4 portions.
BARBECUE SANDWICH

Between two slices of bread or a flat split biscuit, lay several thin slices of hot roast pork, spread with Barbecue Sauce. This is the original Barbecue sandwich, which started in the South, where the pork is roasted on a spit before an open fire. In its travels over the country the sandwich has been varied, so that at roadside stands in various places, you will find it made of beef, ham, and even oysters. The meat should be hot and roasted, with a generous spread of a zestful sauce or relish. Lea & Perrins Sauce alone makes this sandwich delicious.

FRIED MEAT SANDWICHES

*Men like these*

Butter slices of bread and spread with minced cooked ham, tongue, corned beef or salt fish mixed with Lea & Perrins Sauce. Beat an egg with a half cup of milk. Dip the sandwiches, first on one side, then on the other, into this mixture and fry a golden brown in a frying pan containing melted butter. Garnish with lettuce leaves and pickles.

RED-and-WHITE SANDWICHES

*You'll love their marvelous flavor!*

1 pkge. cream cheese  2 pimentos, finely
1 teaspoon Lea & Perrins  chopped Salt to taste
Sauce

Blend Lea & Perrins Sauce thoroughly with cream cheese and mix with pimentos to a smooth paste. Makes filling for 6 large sandwiches. Try them toasted or browned on a waffle iron.

SPANISH CHICKEN SANDWICH*

*Tempting toasted or waffle-ized*

2 cups minced chicken  3 tablespoons mayonnaise
(1 large can boned chicken)  2 teaspoons Lea & Perrins Sauce
½ cup chopped stuffed olives  Salt to taste

Mix the chicken and olives. Blend Lea & Perrins Sauce with mayonnaise and mix thoroughly with chicken and olives to form a spread. Salt to taste. For waffle-izing these sandwiches, see Waffle Sandwiches (page 61).
WHIRLS

As dainty as they are delicious
Cut all the crusts from a loaf of fresh sandwich bread and cut lengthwise slices one-fourth inch thick. Spread each slice with butter and then with any soft filling you like. On one use cream cheese mixed with finely chopped nuts and Lea & Perrins Sauce; on another, minced ham mixed with mayonnaise; on a third, orange marmalade and peanut butter seasoned with Lea & Perrins Sauce. Roll each slice tightly lengthwise; wrap in waxed paper and chill. Just before serving, cut into half-inch slices, crosswise of the roll. This makes small circles. The chilled butter keeps them from unrolling. The different colors in the fillings give an attractive variety to the sandwich plate.

RUSSIAN SANDWICH

Butter a thin slice of white bread and spread with chopped olives mixed with a little mayonnaise. Spread a slice of whole wheat bread with cream cheese mixed with Lea & Perrins Sauce. Press the two slices together. Cut in triangles, long strips or fancy shapes. These are very good with cocktails.

CHEESE AND TOMATO SANDWICH

Drain all the juice from canned or stewed fresh tomatoes and mix the pulp with an equal quantity of grated cheese, adding a teaspoon of Lea & Perrins Sauce and one-half teaspoon salt for each cup of the mixture. Spread between buttered slices of white or whole wheat or rye bread. Or scoop out the centers of split finger rolls and fill with the tomato and cheese paste.

ROYAL CHICKEN SANDWICH

Everyone asks for this recipe!

8 slices buttered toast  1 cup grated American cheese mixed with 2 teaspoons Lea & Perrins Sauce
Slices of cooked chicken
Slices of tomato

Lay slices of buttered toast in a shallow baking pan. Place sliced chicken on the toast, sliced tomato on chicken and sprinkle with salt. Spread thickly with grated American cheese mixed with Lea & Perrins Sauce. Place under broiler till cheese is melted and browned. Serve at once.
that enhance the reputation of a hostess

Barbecued Frankfurters

CROUSTADES
Cut stale bread in slices 1\(\frac{1}{2}\) inches thick. With large biscuit cutter, doughnut cutter or a sharp, pointed knife cut into rounds, diamonds, ovals or squares. Take smaller cutter or knife and carefully cut out center about 1/3 inch in from edge down to within 1/2 inch from the bottom, leaving a nicely cut bread shell. Toast on all sides in hot oven.

CHEESE STRAWS

<table>
<thead>
<tr>
<th></th>
<th>2 cups flour</th>
<th>1(\frac{1}{2}) cups grated American cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 teaspoon salt</td>
<td></td>
<td>2 teaspoons Lea &amp; Perrins Sauce</td>
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<tr>
<td>1/2 cup shortening</td>
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Sift together flour and salt. Cut in shortening and grated cheese mixed with Lea & Perrins Sauce until well blended. Press into a ball and roll on floured board to 1/4 inch thickness. Cut in strips 1/2 by 3 inches. Bake in hot oven (400° F.) 8 to 10 minutes, until golden. Makes 2\(\frac{1}{2}\) dozen.
PASTRY

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ½ cups flour</td>
<td>¼ cup shortening</td>
</tr>
<tr>
<td>2 teaspoons baking</td>
<td>4 or 5 tablespoons ice water</td>
</tr>
<tr>
<td>¼ teaspoon salt</td>
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Sift dry ingredients into bowl and cut in shortening with two knives. Add just enough ice water to make a soft dough. Chill and divide paste into four equal parts. Roll out each ⅛ inch thick on slightly floured board and cover pies which have been put into four individual baking dishes. Trim off paste a little beyond the rim of each baking dish and turn back, pressing down all around. With tines of fork, cut two or three small slits in top. Brush with milk. Bake in very hot oven at (500° F.) for about 10 minutes.

PATTY SHELLS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
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<tbody>
<tr>
<td>1 ½ cups pastry flour</td>
<td>½ cup shortening</td>
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<tr>
<td>½ teaspoon salt</td>
<td>4½ tablespoons ice water</td>
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Chill flour and shortening in refrigerator. Sift flour and salt together into bowl. Cut in shortening with two knives until mixture resembles coarse meal. Add ice water gradually — just enough to make stiff dough. Cover bowl and chill in refrigerator over night, or at least one hour.

Place pastry on floured board and roll lightly from center a little less than ⅛ inch thick. Cut in circles to cover inverted 3-inch fluted patty shells and press in another patty shell, letting it remain for half of baking period. Bake either kind of patty shell for about 12 minutes in hot oven (450° F.) until light brown. Makes 12 fluted patty shells or 8 made over 3-inch muffin tins.

INDIVIDUAL CHICKEN PIES

A nice touch when entertaining

For chicken filling, add to a thin or brown gravy well seasoned with Lea & Perrins Sauce, about 12 slices of chicken, preferably breast of chicken, 10 or 12 small white onions, the same number of small young carrots, cut in cubes, fresh peas, and one large potato cut into cubes. Divide the filling between the four dishes and cover with pastry. Makes 4 individual chicken pies.

Other delicious combinations are chicken and mushrooms, without the vegetables; left-over lamb and lamb kidneys; or stewed kidneys and chopped hard-boiled eggs. By using a combination of vegetables in season, vegetable pies can be made in the same way.
BLUSHING BUNNY

Delicious — and made in a jiffy!

1 can tomato soup 1 tablespoon Lea & Perrins Sauce
1 lb. cheese, diced
1 egg, slightly beaten

Put one can tomato soup in a chafing dish and heat. Add cheese and cook over low heat till melted and mixed with soup. Stir in slightly beaten egg and Lea & Perrins Sauce. Serve at once on hot crackers or toast. Makes 6 generous portions.

BARRBECUED FRANKFURTERS

6 Frankfurters (about 1/2 to 2/3 lb.)
6 Frankfurter buns
1 tablespoon butter or margarine
1/2 cup chopped onion
1 teaspoon paprika
1/2 to 3/4 lb.)

To make sauce, melt butter; add chopped onion and cook until clear. Add all seasonings, sugar and vinegar. With a sharp knife cut 3-inch slit in each frankfurter. Place frankfurters in flat baking pan, slit side up. Pour sauce over all and bake in (350° F.) oven for 20 minutes. Baste frequently. Place frankfurters in split, toasted, buttered buns; garnish with fresh green onions; serve extra sauce separately. Serves 6.

HAM A LA KING

A quick supper dish that always pleases

4 tablespoons butter 3 tablespoons chopped, cooked green peppers
6 tablespoons flour 1 sliced pimento
1/4 teaspoon salt 2 eggs, beaten
3 cups milk 1 tablespoon Lea & Perrins Sauce
1 1/2 cups chopped, boiled ham 8 slices toast
1/2 cup chopped, cooked celery

Melt butter in chafing dish. Stir in flour and salt. Add milk gradually and cook 15 minutes, stirring constantly. Stir in ham, celery, green peppers and pimentos. Cook two minutes. Add well-beaten eggs and Lea & Perrins Sauce, stir and cook for one minute, then serve at once. Sufficient to serve over 8 slices of toast.

For Chicken a la King, use 1 1/2 cups diced, cooked chicken instead of the ham.
OYSTERS ROYALE

Tasty for supper Sunday night or any night

1 pint oysters  2 tablespoons flour
1 cup oyster liquor  ¼ cup thin cream
3 tablespoons butter  2 teaspoons Lea & Perrins Sauce
¾ teaspoon salt

Put oysters and liquor in frying pan or chafing dish and cook over low flame until edges of oysters curl. Remove oysters to hot double boiler or warm dish. Add to liquor the butter, seasonings, and flour mixed with a little cold water, stirring until slightly thick and smooth. Add cream and boil up once. Pour over oysters and fill patty shells or croustades. Serves four.

Shrimps, canned or fresh, may be substituted for the oysters.

CRAB MEAT EN CASSEROLE

Unequalled for Sunday suppers

3 cups crab meat, flaked  (2 cans)
2 egg yolks, well beaten
¾ cup grated cheese
3 cups medium thick white sauce seasoned with 1 tablespoon Lea & Perrins Sauce
½ cup buttered bread crumbs

Flake crab meat in not too small pieces. Salmon or tuna may be used, if desired. Make 3 cups white sauce, using 3 tablespoons each butter and flour, 2 teaspoons salt, and 3 cups milk. Remove from fire, stir in egg yolks and Lea & Perrins Sauce. Fold in crab meat and fill large, shallow buttered baking dish or individual baking dishes. Sprinkle with mixture of grated cheese and buttered crumbs. Bake at (375° F.) till top is a light brown, about 25 minutes. Serves 10.

EGGS MOLLET EN CASSEROLE

A tempting main dish

8 whole, soft-cooked eggs  1 tablespoon Lea & Perrins Sauce
2 cups thin white sauce
1 cup grated cheese  Buttered crumbs

Cook eggs about five minutes, only long enough so that they may be shelled. Arrange them, whole, in small buttered casserole. Mix grated cheese and Lea & Perrins Sauce with white sauce till smooth and pour over eggs. Cover with buttered crumbs and brown in moderate oven (375° F.) for about 20 minutes. Serves 4. Delicious with a fresh vegetable salad and French dressing.
CHEESE FONDUE

Serve it as a midnight snack with beer or cocoa

1/2 pound American cheese  1 teaspoon Lea & Perrins Sauce
1/2 pound pimento cheese  
1/4 pound Roquefort cheese  Cream or mayonnaise
3 tablespoons butter

Cut or break the cheeses into small pieces. Add the butter and Lea & Perrins Sauce. Cook and stir these ingredients over hot water. Work them to a smooth paste and whip them until they are fluffy. Add, if the mixture is too stiff to spread, a small amount of cream or mayonnaise. Serve the fondue at once on rusk, melba toast, toasted crackers or rye bread. Serves 6.

DEVILED LOBSTER

3 hard-cooked eggs  2 cups diced fresh lobster meat
1 1/2 tablespoons butter  1 1/4 teaspoons salt
2 tablespoons flour  1/2 teaspoon paprika
2 1/2 cups milk  2 tablespoons Lea & Perrins Sauce
2 tablespoons chopped parsley
1 teaspoon minced onion  1/4 cup bread crumbs

Shell the eggs; separate the yolks from the whites. While hot, crush the yolks with a fork, or rice them. Blend the flour and butter; combine the yolk and flour mixture. Stir in slowly the milk. Cook and stir these ingredients over a low flame until they thicken and boil. Cut egg whites in small pieces and add with the parsley, onion, lobster meat, salt, paprika, and Lea & Perrins Sauce. Pour these ingredients into a greased casserole. Cover the top with the bread crumbs, and dot with 2 tablespoons butter. Bake the dish in a hot oven (500° F.) for about 10 minutes. Serves 10.

CREAMED SHRIMP AND EGGS

Try this next Friday

2 tablespoons butter 2 teaspoons Lea & Perrins Sauce
2 tablespoons flour 1/2 lb. cooked shrimps
1/2 teaspoon salt 2 hard-cooked eggs, cut in eighths
1 1/4 cups milk

Melt butter in chafing dish; add flour, salt and milk to make cream sauce. Add Lea & Perrins Sauce, shrimps and eggs, cooking 10 minutes. Pour into croustades or patty shells, or serve over toast as main supper or luncheon dish. Makes 4 portions.
WESTERN SALMON

Popular with men

2 tablespoons butter
1 can salmon, flaked
1 can tomato soup

Remove skin and any bones from salmon and flake in rather large pieces. Melt butter in chafing dish or frying pan. Add salmon and heat slowly. Pour over can of tomato soup, mix and heat till hot. Just before removing from fire, stir in Lea & Perrins Sauce. Serve on toast. Makes 4 portions.

CREAMED SHRIMP AND CELERY,
EGGPLANT OR CUCUMBER AU GRATIN

1 cup chopped celery†
3/4 cup White Sauce
1/2 cup or more shrimp
Salt, if needed
Bread crumbs or cornflakes

Cook the celery; drain it well. Prepare the White Sauce. When the sauce is boiling, add the celery and shrimp. Season with salt, paprika, and Lea & Perrins Sauce. Place these ingredients in greased ramekins. Sprinkle the tops with bread crumbs or cornflakes, and dot them with butter. Brown them under a moderate flame.

†One cup boiled eggplant or cucumber may be substituted.

CHILE CON CARNE

2 tablespoons chopped green pepper
1/2 cup chopped onions
1 clove garlic, minced (optional)
3 tablespoons fat or salad oil
1 lb. beef cut in small cubes
2 1/2 cups tomatoes (No. 2 can) or tomato juice
2 teaspoons salt
1 teaspoon chili powder
3 teaspoons Lea & Perrins Sauce
2 1/2 cups cooked kidney beans or No. 2 can

Cook the green pepper, onions and garlic in the hot fat, in a heavy skillet, until soft and slightly browned. Add the cubed meat, stir and cook uncovered until meat is browned, add tomatoes or tomato juice, salt, chili powder, which had been mixed to a paste in cold water, and Lea & Perrins Sauce. Cover and simmer at low heat until meat is tender. Then add kidney beans and continue cooking gently until thoroughly heated. Serves 6.
SAVORY BUTTER
Cream butter with a fork and work into it one teaspoon Lea & Perrins Sauce for each half cup of butter. Use as spread for sandwiches, saltines, canapés; or keep in the refrigerator for cooking purposes.

FISH OR MEAT SOUFFLE

| 1 cup cream sauce for souffles | 3 beaten egg yolks |
| ⅔ to 1 cup flaked cooked fish or finely chopped meat | Salt and Pepper to taste |
| ⅓ cup finely chopped raw carrots, celery and parsley | ¼ teaspoon Paprika |
| | 1 teaspoon Lea & Perrins Sauce |
| | 3 egg whites |

Prepare the cream sauce. When it is smooth and boiling stir in the flaked fish or chopped meat and the carrots, celery and parsley. When these ingredients are hot reduce the heat and stir in the egg yolks. Cook and stir for one minute longer to permit the yolks to thicken. Add the seasonings. Cool these ingredients. Whip the egg whites; fold them lightly into the mixture. Bake the souffle in an ungreased 7-inch baking dish in a moderate oven (325° F.). After 10 minutes increase the heat slightly. Bake the souffle until it is firm, about 25 minutes in all. Serve with tomato sauce.

CREAMED CHICKEN AND PEAS IN PATTY SHELLS*

Delicious for luncheon or dinner

| 2 tablespoons butter | 1 cup diced cooked chicken or canned chicken |
| 2 tablespoons flour | 1 cup cooked fresh peas |
| 1 cup milk | 1 egg yolk, beaten |
| ¼ teaspoon salt | 2 teaspoons Lea & Perrins Sauce |

Melt butter, blend with flour, add milk and salt. Cook about 15 minutes. Then add chicken and peas. Heat through. Add 2 tablespoons milk to beaten egg yolk and stir into mixture, with Lea & Perrins Sauce. Cook 2 minutes, fill patty shells and serve. Fills eight 3-inch fluted patty shells—to serve 4. To fill 8 shells made over 3-inch muffin tins, increase white sauce recipe by one-half and add another cup of peas.
CRAB MEAT A LA KING

- 8 ounces canned crab meat (1 cupful)
- 3 hard-cooked eggs, peeled and diced
- 1 pimento, chopped
- ½ cup chopped mushrooms
- ¼ cup chopped green peppers

Combine crab meat, eggs and pimento. Sauté mushrooms and green peppers in butter five minutes, stir in flour, add milk, gradually stirring until mixture thickens. Add seasonings, combine with crab meat, eggs, and pimento. Serve the crab over hot toast, rusks, pastry shell, etc. Serves 8.

CREAM SAUCE USED IN SOUFFLES

1 cupful
Cream sauce and all its relations are best made in a double boiler. As this is a rather tedious process, requiring 10 to 15 minutes cooking and stirring, most cooks prefer the shorter way.

- 3 tablespoons butter, melted
- 3 tablespoons flour
- 2 cups milk
- ½ teaspoon salt
- ¼ teaspoon paprika
- 1 teaspoon Lea & Perrins Sauce

Melt the butter over a low heat. Add and blend in the flour. Stir in slowly the hot milk. Add the seasonings. Cook and stir the sauce with a wire whisk until it is smooth and boiling. Combine it with other ingredients when it is boiling so that it will not become watery. For creamed dishes use about one-half as much sauce as there are solids.

PARSLEY SAUCE

To each cup of White Sauce add 2 teaspoons of chopped parsley just before serving. This sauce is also excellent for creaming vegetables such as peas, carrots, potatoes, turnips and cauliflower.

ANCHOVY DIAMONDS

Season cream cheese to taste with salt and Lea & Perrins Sauce. Spread on small diamonds made of bread toasted on one side. Wrap an anchovy around a stuffed olive and place in the center of each canapé.
ON CARVING...

**Rolled Rib Roast**

a  Slice across grain from the far right side. Make slices \( \frac{1}{8} \) to \( \frac{3}{8} \) thick.

b  Remove each cord only as you come to it. Cut, loosen with fork, let drop on plate.
**Roast Leg of Lamb**

**a** Place shank end at carver’s right, with thick meaty section on far side.

**b** Cut a few lengthwise slices, turn roast to rest on cut edge, and carve parallel slices to the bone.

**c** Release slices by cutting along bone at right angles to the slices.
Carving’s easier if you have the butcher separate the backbone from the ribs when you buy.

Slice from the far outside edge across the grain. Cut along rib with tip of knife to release each slice. Slices $\frac{1}{8}”$ to $\frac{3}{8}”$ thick.

Be sure you’ve sliced enough for everyone before putting meat on individual plates.
Crown Roast

a  Remove garnish to side of platter. Slice down between ribs.

b  Allow one rib to each slice. Lift out on knife blade, with fork to steady it.
**Pork Loin Roast**

*a*
Have the butcher saw across ribs to loosen ribs from backbone.

*b*
Before serving, remove the backbone, by cutting between it and the rib ends.

*c*
With rib side facing you, cut down between ribs, making alternate slices with and without rib.
Place shank end of ham at carver's right. Make first slices lengthwise from the thin side.

Now turn ham so it rests on cut side. Then cut parallel slices down to the bone.

Release slices by cutting along bone at right angles to the slices.
**Blade Pot Roast**

**a** Separate a section by running knife between two muscles, then close to bone.

**b** Turn the section so the grain runs parallel with platter, then cut across grain.

**c** Cut each section across grain; serve two or three slices to each person.
Always cut a steak with the grain. It's tender that way, and looks much handsomer.

To save your knife-blade, serve your steak on a board cut to fit the platter.
Remove excess tissue and cartilage from large end of tongue; continue to make thin even slices.

**Half Ham (Shank End)**

Divide cushion and shank section. Slice cushion across the grain. To make further servings, cut through joint, remove bone and slice.

**Beef Brisket**

Have round side away from you, when you place on platter and trim off excess fat. Then slice in rotation from each of three sides as pictured.
Ham Slice—Center Cut

Cut into three sections and turn each on its side to slice across the grain. Before slicing end section remove the bone.

Cushion Lamb Shoulder

Make thin slices through meat and stuffing as shown in illustration.

Picnic Shoulder

Slice from the small side until the shoulder can stand on this surface. Then make parallel slices, releasing from bone.
Roast Turkey

With turkey's legs to your right, remove leg and thigh and place on separate platter. Sever leg and thigh by cutting through joint.

a

Remove wing, cut in two pieces, then carve leg and thigh in lengthwise slices.

b

Carve breast in thin slices angling across grain.

c
Another method of carving a thigh and drumstick.

For each serving, have white slices laid over dark, with dressing underneath or alongside.
Using a silver (not steel) knife, cut rectangle A to A, B to B, and then A to B.

Now cut in individual slices 1 inch to 1½ inches.

Lift out pieces on knife and fork and serve. Do other side of fish same way.

Cut rectangle as in large fish, then lift out entire fillet and serve in one piece as individual portion.
INDEX

APPETIZERS
Avocado Cocktail ......................... 8
Broiled Cheese Rings .................... 9
Canapés ................................ 9
Canapés, Chicken Liver .................. 10
    Egg ................................ 10
    Hawaiian ............................ 9
    Roquefort .......................... 8
    Russian ............................. 8
    Snappy .............................. 7
Meat Rings .............................. 10
Meat Rolls .............................. 10
Oyster or Clam Cocktail ................. 7
Stuffed Celery ........................... 8
Tomato Juice Cocktail ................... 7

SOUPS
Canned ................................ 11
Clam Chowder ............................ 14
Cream .................................. 13
Cream of Mushroom ....................... 13
Cream of Tomato ........................ 12
Emergency .............................. 12
French Onion ............................ 11
Jellied Soup ............................. 13
Juno Fish Chowder ....................... 14
Oyster or Clam Bisque .................... 12
Sea Food Bisque .......................... 12
Tomato .................................. 13
Garnishes for Soup ....................... 14

FISH AND SEA FOOD
Baked Stuffed Fish ....................... 18
Fish au Gratin ........................... 18
Fish Fritters ............................ 15
Fish Pie ................................ 15
Fried Filet of Sole ....................... 16
Oyster Rarebit ........................... 16
Salmon Croquettes ....................... 17
Salmon Loaf ............................. 16
Scalloped Halibut ......................... 17
Shrimp Newburg .......................... 18

MEATS AND ENTREES
Beef, Chipped in Savory Sauce ........ 29
    In nests ............................ 23
    Roast ............................. 20
Chicken, Deviled ......................... 27
Piquant ................................. 23
Chicken Roll ............................ 27
Ham with Scalloped Eggs ................ 21
Hamburger Chops ........................ 25
Lamb, Crown Roast of ................... 24
    Leg of ............................. 23
    Turnovers .......................... 25
Liver and Onions in Casserole ........... 27
    with Brown Sauce ................... 21
Link Loaf ............................... 28
London Loaf ............................. 24
Meat Loaf ............................... 22
Meat Balls, Swedish ...................... 20
Meat Pie ................................ 26
Meat Rolls, cabbage ..................... 19
    surprise ........................... 20
Old Fashioned Boiled Dinner .......... 28
Peppers, stuffed ......................... 25
Pork Chop Meal, one-dish ............... 29
Pork, creamed salt ....................... 28
Pot Roast ............................... 22
Steak, broiled ........................... 24
Spanish .................................. 25
Veal, stuffed shoulder of .............. 22
Veal Timbales with Spanish Sauce ..... 26
Pastry (for meats) ....................... 26

GRAVIES
Well-Seasoned ............................ 19
Brown .................................. 21
Roast Beef .............................. 29

STUFFINGS
Apple .................................. 31
Bread ................................... 30
Oyster ................................... 31
Pickle and Onion ......................... 30
Potato .................................. 31
Sausage .................................. 31

STEWS AND HASHES
Brunswick Stew ........................... 33
Corned Beef Hash ........................ 34
Hash a la Mode ........................... 34
Hash with Potatoes ....................... 32
Lamb Stew with Dumplings .............. 33
Oven Stew ............................... 34

EGG AND CHEESE DISHES
Baked Eggs with Cheese .................. 36
Baked Omelet with Cheese ............... 36
Creamed Eggs with Cheese Sauce ........ 37
Deviled Eggs with Liver Sauce .......... 35
Egg Croquettes ........................... 35
Individual Cheese Souffles ............. 37
Plain Omelet ............................. 36
Scrambled Eggs ........................... 37
Snappy Welsh Rabbit (Rarebit) ........ 37

SAUCES
Barbecue .................................. 40
Brazilian .................................. 40
Bernaise .................................. 41
Butter .................................... 40
Cheese .................................... 40
Egg ....................................... 38
Mock Hollandaise ........................ 39
Mushroom ................................. 39
Onion ..................................... 39
Roquefort ................................. 41
Tartar .................................... 41
Spanish .................................... 41
White ..................................... 38
<table>
<thead>
<tr>
<th>SPAGHETTI AND RICE</th>
<th>VEGETABLES</th>
<th>GARNISHES AND RELISHES</th>
<th>SALADS</th>
<th>SALAD DRESSINGS</th>
<th>SANDWICHES</th>
<th>PARTY AND SNACK DISHES</th>
<th>LESSONS IN CARVING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese Rice Ring</td>
<td>Baked Onions with Cheese</td>
<td>Apple Chutney</td>
<td>Easter</td>
<td>Boiled</td>
<td>Barbecue</td>
<td>Anchovy Diamonds</td>
<td>Baked Whole Ham</td>
</tr>
<tr>
<td>Chicken and Rice Creole</td>
<td>Cabbage au Gratin</td>
<td>Cranberry Relish</td>
<td>Jellied Tomato</td>
<td>French</td>
<td>Cheese and Tomato</td>
<td>Barbecued Frankfurters</td>
<td>Beef Brisket</td>
</tr>
<tr>
<td>Chow Mein Noodle Ring</td>
<td>Candied Sweet Potatoes</td>
<td>Croutons</td>
<td>Jellied Tongue</td>
<td>French, Creole</td>
<td>Chopped Meat</td>
<td>Beef Tongue</td>
<td>Picnic Shoulder</td>
</tr>
<tr>
<td>Noodle Ring with Cheese</td>
<td>Cauliflower au Gratin</td>
<td>Cucumber Cups</td>
<td>Jelly Cubes</td>
<td>Mayonnaise</td>
<td>Fried Meat</td>
<td>Blade Pot Roast</td>
<td>Pork Loin Roast</td>
</tr>
<tr>
<td>Oysters and Macaroni</td>
<td>Cheese and Bean Loaf</td>
<td>Egg Yolk Garnish</td>
<td>Potato Salad Supreme</td>
<td>Mayonnaise, Frozen</td>
<td>Hot Meat</td>
<td>Cushion Lamb Shoulder</td>
<td>Porterhouse Steak</td>
</tr>
<tr>
<td>Quick Spaghetti</td>
<td>Corn Fritters</td>
<td>Hot Slaw</td>
<td>Salad Mold</td>
<td>Russian</td>
<td>Hot Hamburg</td>
<td>Crown Roast</td>
<td>Roast Leg of Lamb</td>
</tr>
<tr>
<td>Rice Loaf</td>
<td>Creamed Mushrooms</td>
<td>Julienne Vegetables</td>
<td>Spanish</td>
<td>Standing Rib Roast</td>
<td>Hot Lobster Sandwich with Newburg Sauce</td>
<td>Fish, Large</td>
<td>Roast Turkey</td>
</tr>
<tr>
<td>Spaghetti with Bacon</td>
<td>Creamed Potatoes and Potato Cakes</td>
<td>Pepper Garnish</td>
<td>Stuffed Pepper</td>
<td>Standing Rib Roast</td>
<td>Red-and-White</td>
<td>Snappy Ham</td>
<td>Rolled Rib Roast</td>
</tr>
<tr>
<td>Spanish Rice</td>
<td>Fresh Vegetable Plates</td>
<td>Piquant Apple Sauce</td>
<td>Stuffed Pepper</td>
<td>俄罗斯</td>
<td>Spanish Chicken</td>
<td>Waffle</td>
<td>Standing Rib Roast</td>
</tr>
<tr>
<td>Turkish Rice</td>
<td>Lima Beans</td>
<td>Red Pepper Relish</td>
<td></td>
<td></td>
<td>Whirls</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
For over a hundred years
the perfect seasoning
for cooking
and table use

LEA & PERRINS
SAUCE

THE ORIGINAL & GENUINE WORCESTERSHIRE

THE Original AND Genuine
WORCESTERSHIRE
the secret of...

Seasoning

ILLUSTRATED LESSONS ON CARVING
the secret of...
Seasoning

WITH ILLUSTRATED
LESSONS IN CARVING

LEA & PERRINS, INC.
241 West Street, New York 13, N.Y.
## CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Englishman's Secret</td>
<td>4</td>
</tr>
<tr>
<td>Preparing Flavorful Meals</td>
<td>5</td>
</tr>
<tr>
<td>The Table Trio</td>
<td>6</td>
</tr>
<tr>
<td>Appetizers</td>
<td>7</td>
</tr>
<tr>
<td>Soups</td>
<td>11</td>
</tr>
<tr>
<td>Fish and Sea Food</td>
<td>15</td>
</tr>
<tr>
<td>Meats and Entrées</td>
<td>19</td>
</tr>
<tr>
<td>Stuffings</td>
<td>30</td>
</tr>
<tr>
<td>Stews and Hashes</td>
<td>32</td>
</tr>
<tr>
<td>Egg and Cheese Dishes</td>
<td>35</td>
</tr>
<tr>
<td>Tempting Sauces</td>
<td>38</td>
</tr>
<tr>
<td>Spaghetti and Rice</td>
<td>42</td>
</tr>
<tr>
<td>Savory Vegetables</td>
<td>46</td>
</tr>
<tr>
<td>Garnishes and Relishes</td>
<td>52</td>
</tr>
<tr>
<td>Salads and Salad Dressings</td>
<td>55</td>
</tr>
<tr>
<td>Sandwiches</td>
<td>60</td>
</tr>
<tr>
<td>Party and Snack Dishes</td>
<td>64</td>
</tr>
<tr>
<td>Lessons in Carving</td>
<td>72</td>
</tr>
<tr>
<td>Index</td>
<td>85</td>
</tr>
<tr>
<td>Scrapbook</td>
<td>87</td>
</tr>
</tbody>
</table>

**NOTE:** The recipes in this book, except where otherwise stated, are meant for the service of four persons. Measurements are level and are based on standard sizes in cups and spoons as given below:

- 3 teaspoons = 1 tablespoon
- 16 tablespoons = 1 cup
- 2 cups = 1 pint
- 4 cups = 1 quart

All starred recipes (*) can be made with left-overs. They are temptingly savory and well seasoned... Try them!

Copyright 1946 Lea & Perrins, Inc., New York, N.Y.
Over a hundred years ago an English nobleman who had spent many years in India, returned to England.

He carried with him a treasure from the Orient. Not gold or jewels, but a recipe: the recipe for a marvelous Sauce, a secret blend of rare spices and seasonings that lent to food a new savor and delight.

From this recipe, a Sauce was compounded by Lea & Perrins, of Worcester, England. Instant appreciation and popularity greeted the new Sauce wherever it was offered. Soon Lea & Perrins, the Original Worcestershire, was being shipped to every civilized country in the world.

Today Lea & Perrins Sauce is an institution; a symbol for good dining, good living, good hospitality. You will find it in the world's most famous cafés and hostelries... the clubs of London, the cafés of Vienna, the restaurants of Paris and the leading hotels of the Orient... in fact, wherever fine flavor in food is appreciated. Through more than a hundred years of change and lost traditions, the quality of Lea & Perrins Sauce has remained supreme.

Many have tried to imitate the Original Worcestershire... of course. But the blend remains a secret. It is easy to tell the genuine; just be sure the name "Lea & Perrins" is written diagonally across the label.
You must have a favorite restaurant; some place you go for a really satisfying meal. Perhaps the chef's special is unrivalled elsewhere. Or every dish has a certain savor that draws you back again and again.

In either case, you credit the chef with special culinary powers. But remember . . . the chef isn't a wizard. He doesn't pour a magic potion in his chicken a la king, or wave a wand over the cream of tomato soup. As a matter of fact, his dishes aren't really unusual. You've served them often at home.

This chef you would imitate merely knows the importance of flavor. His corned beef hash is as tasty as his juicy porterhouse steak. How does he do it? Without knowing your favorite chef, we'd wager that this wise man knows the secret of seasoning. If you begged him to reveal his magic art, no doubt he'd wink mysteriously. "A pinch of this . . . a pinch of that . . . so . . ." and tell you nothing.

But the art of seasoning is no mystery. It merely consists in using the correct mixture of spices to bring out the natural tang of your food. For years Lea & Perrins Worcestershire Sauce has been used in the finest hotels and restaurants the world over. No doubt you have it on your dining-room table, to flavor meat dishes. Now try putting a bottle in your kitchen as well. Season a variety of foods with this famous Sauce while cooking. You'll find that it enhances the true flavor of meats, vegetables, appetizers, many salads, and soups.

This book contains a variety of recipes; many you probably know; some will be new to your menu. Try them now with Lea & Perrins Worcestershire Sauce, as directed, and give your meals the fine flavor that you've long appreciated in your favorite restaurant.

Remember, too, that Lea & Perrins Sauce is economical; a little goes a long way. And many of these recipes will show you how to use up left-overs, how to make them delectable with Lea & Perrins, the original Worcestershire.
THE TABLE TRIO...

your salt and pepper shakers and a bottle of Lea & Perrins Worcestershire Sauce.

Don’t wait until the food is served to bring out the Lea & Perrins bottle. Put it on when you set the table, as you do the salt and pepper. It’s THE PERFECT SEASONING for a variety of foods—for appetizers, soups, and vegetables, as well as meat dishes. So keep the bottle of Lea & Perrins Sauce handy at meal-times, for table use.

And since a few drops of Lea & Perrins Sauce go such a long way towards flavoring a dish, here’s a hint:

When using Lea & Perrins Sauce at the table, hold the bottle as shown below and use the glass stopper as illustrated. It then becomes easy to obtain the right amount of Sauce to suit your individual taste.
Attractive Canapes

Oyster or Clam Cocktail

A zestful appetizer

In the middle of a plate, set a small glass half filled with cocktail dressing. Arrange around the glass, on cracked ice, five or six oysters or clams on the half shell. If you are not able to get them on the half shell, use a larger glass, put the oysters or clams inside and pour the dressing over.

Snappy Canapés

Popular with Men

Grate snappy yellow cheese or use cream cheese. Season well with Lea & Perrins Sauce and spread on crisp potato chips. Heat briefly under broiler just before serving.

Tomato Juice Cocktail

Use canned or bottled tomato juice or strain the juice from canned or stewed fresh tomatoes. To each 8-ounce cup of juice, add a dash of salt and a teaspoon of Lea & Perrins Sauce... more if you like. Chill and serve.
AVOCADO COCKTAIL

1 large avocado  
1/2 cup chile sauce  
1 teaspoon horseradish  
1/2 teaspoon Lea & Perrins Sauce  
1 tablespoon lemon juice  
1 tablespoon mayonnaise  
1/4 teaspoon salt

Chill avocado. Blend together remaining ingredients; chill. Just before serving, pare avocado and cut into cubes or wedge-shaped pieces. There should be 1 1/2 cups. Arrange in 4-6 sherbet glasses; then top each with some of the sauce.

RUSSIAN CANAPÉS

Everyone loves these savory appetizers

Hard-cooked eggs, finely chopped  
Lea & Perrins Sauce  
Caviar  
Mayonnaise

Chop hard-cooked eggs very fine and mix to a paste with mayonnaise. Season with Lea & Perrins Sauce. Spread mixture on thinly sliced bread cut in diamonds or half moons. Cover with caviar and sprinkle with hard-cooked egg yolk which has been pressed through a sieve.

STUFFED CELERY

Crisp and well seasoned

Fill the concave sides of tender stalks with cream cheese mixed with Roquefort and Lea & Perrins Sauce. Cut larger stalks into two-inch lengths, slash one end and throw into ice water. When the ends have curled, put two pieces together and fill the center with the mixture. Arrange on a relish dish, curled end up.

ROQUEFORT CANAPÉS

A prime favorite

Roquefort cheese  
Lea & Perrins Sauce  
Blanched almonds, finely chopped  
Rounds of bread, toasted on one side  
Chopped parsley

Season Roquefort cheese with Lea & Perrins Sauce, and mix with blanched almonds which have been chopped very fine. Spread on untoasted side of bread rounds and sprinkle lightly with finely chopped parsley.
HAWAIIAN CANAPÉS

Attractive and tempting

1/2 cup of tomato pulp
1/2 cup of minced boiled ham or salt salmon
2 tablespoons minced green pepper
2 tablespoons minced Sauce

The tomato pulp may be canned or stewed fresh tomatoes from which all juice has been drained. Mix with the meat or fish, the minced pepper and onion, and the Lea & Perrins Sauce. Put into a covered glass jar and chill for at least an hour. Cut the toasted bread into triangles, rectangles or fancy shapes, and cover the untoasted side with a thick spreading of the appetizer. Garnish with sliced, stuffed olives or strips of red or green pepper.

BROILED CHEESE RINGS

Men like these

3/4 cup grated American cheese
1 egg yolk, beaten
2 teaspoons Lea & Perrins Sauce
2 tablespoons ketchup

Mix ingredients thoroughly into a paste and spread evenly on slices of new bread, cut thin the long way of the loaf. Roll bread like jelly roll and wrap tightly in waxed paper. Store in refrigerator about 3 hours. Remove paper with hot, sharp knife, cut off thin slices place on pan and toast under broiler on one side, then on the other.

CANAPÉS

Easy to make with cookie cutters

Unusually attractive canapés may be made easily and quickly. Just slice bread thinly and cut into fancy shapes with small cookie cutters or a sharp knife. These may be finger-length strips, small rounds, triangles, diamonds and other bridge shapes. Toast the bread lightly on one side or sauté in butter.

Large potato chips may serve as the basis for well-seasoned spreads. New and modern are tiny meat cornucopias filled with seasoned cheese and fastened with toothpicks.

No matter how simple they may be, canapés are more enjoyable if highly seasoned, more attractive if served in a variety of shapes and colors.
SAVORY CHICKEN LIVER CANAPÉS

With tempting flavor and aroma

4 chicken livers  1 hard-cooked egg
2 tablespoons butter  Salt to taste
1 1/2 tablespoons finely chopped onion  1 1/2 teaspoons Lea & Perrins Sauce

Cook livers in boiling salted water five minutes. Melt butter in frying pan, add chopped onion and cook till golden. Chop egg and livers very fine. Mix with onion, and salt to taste. Take pan from stove and with fork, mash mixture into a paste. Return to stove, add Lea & Perrins Sauce, stir for 1 minute and then spread on bread.

Use small rounds or oblong slices of bread, toasted lightly on one side. Spread with paste and toast under broiler.

MEAT ROLLS

Made in a Jiffy

Roll pieces of dried beef in cornucopia shape and fill with cottage cheese seasoned to taste with Lea & Perrins Sauce. Fasten with a toothpick and serve.

FLAKY MEAT RINGS*

Just watch these disappear!

1 cup finely ground cooked ham  2 teaspoons Lea & Perrins Sauce
1 teaspoon onion juice

Mix ingredients well and spread on thinly rolled pastry. Roll up tightly, wrap in waxed paper and chill in refrigerator. When you start to prepare cocktails, cut roll into thin slices and place on pan. Brown 15 minutes in hot oven (450°). Serve hot... This is sufficient to cover pastry for small 2-crust pie.

EGG CANAPÉS

Delights a connoisseur

Cut hard-cooked eggs crosswise in slices. Take the yolk from the center slices, leaving white rings. Place each ring on a small square of buttered bread or toast and fill with caviar mixed with Lea & Perrins Sauce, or with any other highly seasoned, colorful filling. Spread the yolks, rubbed through a coarse strainer around the rings. Make a border of chopped parsley and lay a slice of stuffed olive in the center.
may become a wholesome meal or a tempting appetizer, when finely flavored

![Image of a soup bowl and toast]

**Tempting Canned Soup**

**FRENCH ONION SOUP**

- 3 cups thinly sliced onions
- 3 tablespoons butter or margarine
- 2 1/2 cups canned bouillon
- 2 1/2 cups water
- 1 teaspoon Lea & Perrins Sauce
- Salt and pepper
- 6 rounds toasted bread
- Parmesan or other cheese, grated

Sauté onion slowly in fat until soft. Add bouillon, water and seasoning. Simmer 30 minutes. Place round of toast in each soup bowl. Pour in soup—sprinkle toast with cheese.

**TEMPTING CANNED SOUPS**

*Everyone will relish them*

Excellent canned soups are made nowadays and most of us no longer want to spend time over the soup kettle. But male members of the family often yearn for the tempting flavor of home-made soups. Here's an easy way to please them: Just before serving, season to taste with Lea & Perrins Sauce usually about 1/2 teaspoon to each cup of soup. This piquant seasoning gives canned soup the tantalizing flavor and aroma of home-made soup.
**Oyster or Clam Bisque**

Use basic cream soup recipe, with 4 tablespoons flour instead of 3. Heat gently for 10 minutes ¾ cup oysters or clams in their own juice, adding water to make a cup and using milk for balance of the liquid. Chop oysters or clams very fine, and add to cream soup in place of vegetables. Serves 4.

**Cream of Tomato Soup**

*How to make without curdling*

This can quickly and easily be made by heating together one can tomato soup with its own volume of water, adding ½ teaspoon celery salt and ¼ teaspoon soda. Follow basic recipe for cream soup using ¾ teaspoon salt in white sauce and omitting water and vegetables. Just before serving, pour tomato soup slowly into cream sauce and serve at once (to avoid curdling). If desired garnish with a heaping teaspoon of whipped cream. Serves 4.

**Sea Food Bisque**

*Tempting made with lobster, crabmeat or shrimp*

Follow the basic recipe for cream soups. With fresh shrimps, use water in which they are cooked; (1½ cups). With canned sea food, strain liquid in can and make up with milk the rest of the 1½ cups needed. Flake the sea food before adding to soup. Serves 4.

**Emergency Soup**

2 potatoes  1 teaspoon salt
2 onions  2 teaspoons Lea & Perrins
Milk  Sauce
2 tablespoons butter  Chopped parsley
1 tablespoon flour

Peel the potatoes and onions and cut into small pieces. Put into a saucepan, cover with water and simmer until they are soft enough to be mashed with a spoon. Rub through a coarse strainer and mix with the water in which they were boiled. Add enough milk to make three cups and bring to a boil. Stir in gradually the butter rubbed with the flour and salt, and continue to stir until the soup thickens slightly. Cook over boiling water until time to serve. Add the Lea & Perrins Sauce just before serving. Strain, if necessary, and garnish with chopped parsley. Left-over vegetables may be cooked with the potatoes and onions, or peas or string beans may be used as a garnish.
CREAM OF MUSHROOM SOUP

The flavor's simply luscious

Boil stems from ½ pound mushrooms for 20 minutes in about 2½ cups of water. Use 1½ cups of this water for the cream soup discarding the stems. Cut mushroom caps in thin slices and sauté in butter 5 minutes. Add to cream soup using basic recipe. Serves 4.

CLEAR TOMATO SOUP

Add enough tomato juice to chicken broth to turn it red. Season to taste with salt and Lea & Perrins Sauce. Serve hot, chilled, or frozen to a mush.

JELLIED SOUP*

Delicious on a hot day

Use clear tomato soup or any clear stock. Season with salt and Lea & Perrins Sauce, adding anything else you like, such as onion juice or wine flavoring. For each pint of soup, soak one tablespoon gelatine in two tablespoons cold water for five minutes and dissolve in the boiling hot soup. Cool and chill. When it has jellied, break up with a fork and serve very cold.

RECIPE FOR ANY CREAM SOUP*

A tempting variety — easy to make

<table>
<thead>
<tr>
<th>3 tablespoons butter</th>
<th>1 teaspoon grated onion</th>
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<tr>
<td>3 tablespoons flour</td>
<td>1 ½ cups top milk</td>
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<tr>
<td>1 teaspoon salt</td>
<td>⅔ cup sliced cooked vegetables or purée of vegetables mashed through sieve</td>
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<tr>
<td>1½ cups water in which vegetables were boiled or liquid from canned vegetables; bouillon or meat stock</td>
<td>2 teaspoons Lea &amp; Perrins Sauce</td>
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</tbody>
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In top of double boiler melt butter, add flour and salt, blending thoroughly. Stir in gradually the vegetable juices, then the milk. Cook, stirring constantly until soup thickens. Cover and cook 15 minutes longer, stirring occasionally. Add Lea & Perrins Sauce and serve at once. Makes 4 portions... Any cream soup looks more attractive garnished with minced parsley.

The following vegetables will make delicious cream soups, with the above recipe. Mash them through a sieve for a purée or cut them in tiny thin slices (mushrooms and carrots).

Asparagus  Cauliflower  Mushrooms
Broccoli  Celery  Peas
Carrots  Corn  Spinach
JUNO FISH CHOWDER

Delicious made with cod or other white fish—a famous Maine recipe

2 lbs. cod
1 slice fat salt pork
1 onion, sliced
4 potatoes, diced
1 cup fish stock

2 cups scalded milk
1 teaspoon salt
2 tablespoons butter
1 tablespoon Lea & Perrins Sauce
4 chowder crackers

Free fish from skin and bone and cut in pieces. Cover skin and bones with cold water and simmer for twenty minutes to make fish stock. Cut pork into cubes and try out. Cook onion in pork fat five minutes, then strain fat into soup kettle. Parboil potatoes in one cup water and add water and potatoes to fat. Cover and simmer ten minutes. Add fish stock and fish. Cover and simmer fifteen minutes, or until fish is cooked. Add hot milk, salt, butter and Lea & Perrins Sauce. Split chowder crackers, soak in a little cold milk and add to chowder. Makes 4 servings.

CLAM CHOWDER

Makes a whole meal

Substitute twenty 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. Chop hard part of clams, then follow directions for making fish chowder, but do not simmer clams; add them after the potatoes are cooked. Tomato juice or water may be used instead of milk. Sage, thyme and savory may be added.

GARNISHES FOR SOUP

Croutons are an attractive garnish. Rice, barley, noodles or spaghetti, added to soups, makes them more substantial and varied. Boiled vegetables, diced or cut into match strips, lend color and flavor. Leftover macaroni may be cut in tiny rings and added to soup while it is heating.

Salted soda crackers spread with Savory Butter and browned slightly under the broiler are delicious served with any soup or salad.
to delight the palate of the connoisseur

**FISH PIE**

2 cups cooked fish
4 cups mashed potato
Salt

Flake the fish. Spread half the potato on a greased pie plate. Add the fish, seasoned with salt and Lea & Perrins Sauce, then the egg sauce, and cover with the rest of the potato. Bake in a moderate oven (350°-400° F.) for twenty to thirty minutes until the top is lightly browned.

**FISH FRITTERS**

Welcome Friday or any day

2 cups cooked fish
3 eggs
3 tablespoons flour
Salt
1 tablespoon onion juice

Free the fish from skin and bone and mash to a paste. Beat the egg yolks until thick and lemon colored and add to them the flour, salt, onion and parsley. Stir in the fish and the Lea & Perrins Sauce and fold in the stiffly beaten egg whites. Fry spoonfuls of this mixture in hot fat. (360-400° F.)
**SALMON LOAF**

Tempting for lunch or Friday dinner

- 3 cups boiled rice
- 1 cup cooked salmon, flaked
- 2 tablespoons melted butter
- 1 tablespoon Lea & Perrins

1 teaspoon salt

1/4 cup soft bread crumbs

1/4 cup of salmon liquor

2 hard-cooked eggs


**OYSTER RAREBIT**

- 1 tablespoon butter
- 3/4 lb. mild cheese
- 2 tablespoons chopped green pepper
- 1/2 teaspoon salt

1/2 cup of tomato pulp

2 eggs well beaten

1 cup oysters

2 teaspoons Lea & Perrins Sauce

Melt butter and cheese in top of double boiler. Add other ingredients except oysters and cook slowly till hot and well blended. Heat oysters in their own liquor till edges curl, and place on slices of toast. Pour over the cheese mixture and serve at once. Makes 6 portions.

**FRIED FILET OF SOLE**

*With Browned Almond Sauce*

- 1 1/2 lbs. filet of sole
- 3 tablespoons butter or other fat
- 1/4 cup of finely sliced, Salt

Blanched almonds

2 teaspoons Lea & Perrins Sauce

Wash and dry sole well and rub with a little salt. Heat butter in frying pan till it bubbles. Put in sole and when well browned on one side, turn and brown other side. Remove to hot platter . . . Add almonds to butter. Increase the heat until they are a nice golden brown. Remove from fire and add Lea & Perrins Sauce. Mix well and pour over fish, garnish with parsley and serve immediately. Serves 4 . . . It is possible to substitute salted almonds, cooking in fat just long enough to heat through well, as they should not be too brown.
SAVORY SALMON CROQUETTES

Light, crisp and tasty

3 tablespoons butter
3 tablespoons flour
1/2 teaspoon salt
1 cup milk
2 cups salmon, flaked
1/2 teaspoon onion juice

1 tablespoon Lea & Perrins
Sauce
Salt to taste
1 egg beaten
1 cup fine bread crumbs

Melt butter in top of double boiler. Blend with flour and salt. Add milk gradually and cook till smooth and thick. Remove from fire and cool . . . Mix lightly with salmon and seasonings. Salt to taste. Spread in shallow pan and stiffen 1/2 to 1 hour in refrigerator . . . Wash hands with cold water, but do not dry. Shape croquettes into cylinders using rounded tablespoon of mixture for each. Roll in fine bread crumbs, then in beaten egg to which has been added 1 tablespoon cold water, and again in crumbs . . . Fry in deep fat at 390° F. for 3 minutes. Drain on absorbent paper. Makes 12 croquettes.

SCALLOPED HALIBUT*

2 tablespoons butter
Fresh bread crumbs
1 lb. halibut
1 tablespoon flour
3/4 teaspoon salt
1 tablespoon Lea & Perrins
Sauce

1 cup milk, or half milk and half stock in which fish has boiled
1 hard-cooked egg, chopped
1 teaspoon lemon juice

Melt 1 tablespoon butter, stir in the fresh bread crumbs (about 1/3 cup) and reserve for top . . . Cover halibut with boiling water and cook slowly until tender (about 20 minutes). Drain and separate into flakes, removing skin and any bones . . . Meanwhile melt the remaining tablespoon butter in top of double boiler. Stir in flour, add milk and stock, slowly cooking until smooth and thick. Remove from fire and add seasoning, fish, chopped egg and lemon juice. Mix lightly with fork. Pour into greased baking dish. Cover with bread crumbs and bake in hot oven at 400° F. for 15 minutes, until it bubbles up and top is nice brown. Serves 4.

Scalloped fish makes a very tasty supper served with hot old-fashioned Johnny cake, and cucumber and watercress salad with French Dressing.
SHRIMP NEWBURG

1 lb. cooked shrimp
2 tablespoons butter
1 ¼ tablespoons flour
1 cup cream
3 tablespoons Sherry

¾ tablespoon Lea & Perrins Sauce
Salt
Paprika
Cayenne, few grains

Prepare the shrimp. Melt the butter. Stir in the flour until blended, then slowly stir in the cream. When the sauce is thick, stir in the Lea & Perrins Sauce. Then add the shrimp, stirring them until they are well heated. Add the seasoning. Immediately before serving, add the sherry. Serve over rice.

FISH AU GRATIN*

Delights those who ordinarily don't like fish

2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
2 cups milk

¾ cup grated Swiss cheese
1 tablespoon Lea & Perrins Sauce
2 cups flaked fish

Make a thin white sauce by melting butter in top of double boiler, and blending with flour and salt. Stir in milk gradually and cook for 10 minutes. Add cheese and cook till melted. Stir in Lea & Perrins Sauce and flaked fish. Turn in 5 or 6 buttered ramekins and bake in moderate oven (350° F.) till sauce is thick and browned on top.

BAKED STUFFED FISH

Delicious served with egg sauce

Blue fish or other fish suitable for baking
Bread stuffing
Salt pork or bacon
Onion sliced

Salt
Flour
1 cup of boiling water
1 tablespoon Lea & Perrins Sauce

Stuff fish and sew up with white thread. Place a thin layer of minced salt pork or bacon and a few thin slices of onion on baking platter and lay stuffed fish on top. Over fish pour 1 cup boiling water mixed with Lea & Perrins Sauce. Bake in hot oven (400° F.) allowing 60 minutes for a 5-lb. fish. Baste frequently. If desired, serve with Egg Sauce, made by adding two chopped, hard-cooked eggs to two cups White Sauce.
are more delicious when properly seasoned

Tender Pot Roast

WELL-SEASONED GRAVIES

Roasts or pot roasts are doubly delicious accompanied by gravy well-seasoned with Lea & Perrins Sauce. Stews and other cheaper meats are as tempting as expensive cuts if the original Worcestershire Sauce is added just before serving. See on page 21 the recipe for making a smooth, rich, brown gravy successfully.

CABBAGE MEAT ROLLS*

1 cup ground leftover meat 1 tablespoon Lea & Perrins Sauce
1 cup bread crumbs 1 egg
1 onion, chopped Cabbage leaves
1 teaspoon salt Grated cheese

Mix meat, crumbs, onion, salt and Lea & Perrins Sauce. Beat the egg and stir into the mixture, working all together thoroughly. Wash perfect leaves from the outside of a cabbage and cook for five minutes in boiling salted water; drain. Place a portion of the meat mixture in each leaf. Roll lengthwise and tie securely with soft white string. Cook the rolls in a little salted water, or steam, about thirty minutes. Serve with grated cheese.

19
ROAST BEEF

Wipe, rub with salt (allowing 1/2 teaspoon to the pound), pepper, and flour. Place, fat side up, in an open pan without water. If roast is very lean, fasten a flattened layer of suet over the top with string or skewers. If roast is of such a shape that it cannot be placed fat side up place a few trimmings of fat on top and baste occasionally. Otherwise, basting is unnecessary, as fat will baste meat as it melts. Place meat in very hot oven (500° F.). Sear 20 minutes until lightly browned. Reduce heat to slow oven (300° F.), and continue roasting. Allow about 16 minutes to the pound for rare beef, 22 minutes to the pound for medium, 30 minutes to the pound for well-done beef. A roast thermometer will read 140° F. for a rare roast, 160° F. for a medium roast, and 180° F. for a well-done roast.

SURPRISE MEAT ROLL

Try this tempting oven dinner

3 cups mashed potato, seasoned with 1 teaspoon salt
2 lbs. ground beef shank 1 egg slightly beaten
Shape mashed potatoes into a roll 4 inches in diameter. Season meat with salt and Lea & Perrins Sauce and mix with beaten egg. Pat to about 1/2 inch thickness on waxed paper. Wrap meat around potato roll, pressing edges together firmly. Remove paper. Bake in a moderate oven (375° F.), for 30 minutes. Delicious with baked onions and a crisp salad. Serves four.

SWEDISH MEAT BALLS

1 lb. ground beef 4 slices bread
1 egg 1/4 cup of water
1 teaspoon salt 2 tablespoons shortening
3 tablespoons grated onion 2 tablespoons flour
2 teaspoons Lea & Perrins Sauce 1 cup milk
Combine meat, egg, salt, onion and Lea & Perrins Sauce. Toast bread slowly until dry and brown. Break in small pieces; add water to toast. Combine softened toast with meat mixture. Shape into small balls and brown in hot shortening. Remove meat balls from pan. Add flour, stir until smooth, then gradually add milk, stirring constantly until smooth and thickened. Place meat balls in gravy cover and simmer about 15 minutes. Makes 4 to 5 servings.
SCALLOPED EGGS WITH HAM

4 tablespoons butter or other fat
4 tablespoons flour
2 cups milk
6 tablespoons green pepper
2 teaspoons Lea & Perrins Sauce
4 hard-cooked eggs
2 cups cold boiled ham, ground or cut in small pieces
1/3 cup bread crumbs

Melt butter in double boiler and blend with flour. Stir in milk gradually, cooking for 15 minutes till medium thick. Add green pepper and Lea & Perrins sauce to cream sauce. Slice eggs and put cold boiled ham through meat chopper. In greased baking dish scatter a few dried bread crumbs. Add layers of ham, eggs and cream sauce till all is used—bake in moderate oven (350° F.) for 30 minutes.

LIVER WITH BROWN SAUCE

Delicious with creamed potatoes and broccoli

4 slices lean bacon
1 lb. calves or beef liver
1 1/2 tablespoons flour
1 1/2 cups hot stock (or 2 bouillon cubes dissolved in 1 1/2 cups boiling water)
1 teaspoon Lea & Perrins Sauce
Salt to taste

Try out bacon in a frying pan. Remove bacon from fat and keep warm. Cut liver in pieces, dredge in flour and brown on each side in hot bacon fat. Place on hot platter, with bacon cut in small pieces. Blend flour with pan fat until nicely browned, add hot stock and stir till sauce thickens. Add Lea & Perrins Sauce and salt, if needed. Pour over liver and serve.

BROWN GRAVY

How to make smooth, rich gravy for roasts and other meals

Remove roast from pan. Pour off fat, measure 4 tablespoons and put into saucepan. Stir in 3 tablespoons flour till smooth. Brown over medium fire for about one minute. Pour juice from pan into a measuring cup and add boiling water to make 2 cups. Add gradually to flour mixture, stirring until thickened. Season to taste with Lea & Perrins Sauce and salt. A rich, temptingly smooth gravy can be made in this way for any kind of roast.
STUFFED SHOULDER OF VEAL

5 to 6 lbs. shoulder of veal

With a damp cloth, wipe off veal thoroughly. Stuff with Bread Stuffing and sew up with coarse twine. Place in roasting pan, without water or cover. Sear all over in very hot oven (500° F.). Reduce heat to moderate oven (350° F.) for remaining time. A 6-lb. roast requires 2 hours.

MEAT LOAF

Delicious hot or cold

2 cups leftover or raw beef ground (1 lb.)
2 tablespoons fat salt pork or bacon, minced
2 cups of bread crumbs
1 ½ teaspoons salt
2 tablespoons Lea & Perrins Sauce

¼ cup of finely chopped celery or 1 teaspoon celery seed
2 eggs, well beaten
1 minced onion
1 minced green pepper (may be omitted)
Milk to moisten

Mix ground meat with crumbs, salt, Lea & Perrins Sauce, celery, onion and green pepper. Add well-beaten eggs, and mix thoroughly. Add enough milk 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. Bake in moderately hot oven (400° F.) about one hour.

POT ROAST

How to make it tender and tasty

4 lbs. rump of beef
1 tablespoon salt
2 tablespoons flour
½ to ¾ cup water
Small onions

Potato balls
Slices of carrot
2 teaspoons Lea & Perrins Sauce
2 tablespoons ketchup

Have butcher roll meat and tie with string. Wipe with a damp cloth and dredge well with a mixture of the salt and flour. Use a heavy kettle. Brown meat on all sides in a little fat to which a small, minced onion has been added. Pour ½ to ¾ cup water over meat (according to size of bottom of kettle) cover tightly and simmer until almost tender—50 minutes per pound. About an hour before meat has finished cooking, add vegetables and 1 cup of boiling water. Cover and cook slowly. The gravy will thicken itself if the meat is well floured. Just before removing from fire, stir in the Lea & Perrins Sauce and ketchup.
CHICKEN PIQUANT

A quick dinner dish the whole family will love.

2 cups chicken stock or 2 tablespoons butter
canned chicken soup 2 cups diced leftovers or
canned chicken
Salt to taste 2 teaspoons Lea & Perrins
Dash of nutmeg Sauce
3 tablespoons browned
flour 2 tablespoons currant jelly

Put into a saucepan left-over chicken gravy or use 2
cups chicken stock. Season with salt and nutmeg. When
partly heated, thicken with blended flour and butter.
Stir until smooth. Then add chicken and heat well.
Stir in Lea & Perrins Sauce and currant jelly. Serve over
toast rounds on hot plates or fill depressions in mounds
of mashed potato. Makes 8 portions.

LEG OF LAMB — STORK CLUB

Leg of lamb 1 tablespoon of Lea &
Salt to taste Perrins Sauce
1 cup French dressing

Place leg of lamb, well salted, skin side down on a
rack in open pan. Do not add water. Roast in slow
oven (300° F.) basting every half hour with French
Dressing to which Lea & Perrins Sauce has been added.
If a meat thermometer is used, it should register 175° F.
for medium-done lamb; 180° F. for well-done lamb.
Allow 30-35 minutes to the pound. A 6-lb. leg of lamb
serves 8-10 people.

BEEF IN WESTS

Makes a complete meal served with hearts of lettuce

3 cups hot cooked rice 1 onion, minced
4 hard-cooked eggs 1 tablespoon Lea & Perrins
2 cups left-over ground Sauce
beef or hamburger 2 tablespoons tomato soup
1 tablespoon flour 1 tablespoon butter
1 egg, slightly beaten 1 teaspoon horseradish
1/2 teaspoon salt

Cook rice; hard boil eggs and shell them. Arrange rice
in mound down middle of hot platter, quarter eggs and
arrange on rice. Keep hot. Meanwhile mix beef, flour,
eggs, salt, onion and 2 teaspoons of the Lea & Perrins
Sauce into small meat balls and fry in butter or bacon
fat. Heat can of tomato soup and butter. When hot,
add horseradish and remaining teaspoon of Lea &
Perrins Sauce. Place meat balls around eggs on rice.
Pour hot sauce over all. Makes 6 portions.
**LONDON LOAF**

1 lb. ground raw beef  
1/2 lb. ground raw pork or  
4 cups left-over cooked meat  
1 teaspoon salt  
1 onion, minced

1 teaspoon chopped parsley  
1 tablespoon Lea & Perrins Sauce  
2 eggs, slightly beaten  
1/2 cup bread crumbs  
1/2 cup milk, scalded

Combine meat, salt, onion, parsley, Lea & Perrins Sauce and eggs. Add crumbs softened in milk; mix well. (If cooked meat is used, use extra crumbs and milk). Pack in well-greased ring mold, bake in moderate oven 350° F. 25 minutes for left-over meat and 1 hour for raw meat. Turn out on hot serving platter. Fill center of mold with parsley potato balls and buttered green peas. Arrange glazed baby carrots on outside. Serves 6 to 8. Make a sauce for meat loaf by heating a can of mushroom soup with drippings from meat.

**CROWN ROAST OF LAMB**

*With vegetables*

4 to 6 lb. rib roast  
Salt and pepper

Have butcher cut 8 ribs from each side of backbone, separate at backbone and fasten into a crown. Sprinkle roast with salt and pepper. To prevent scorching, cover end of each rib with cubes of bread. Place meat on rack in open roaster and press down a cup in center so roast will keep its shape. Sear in hot oven (500° F.) for 15 minutes. Reduce heat to 350° taking 1 1/2 hours for a 6-lb roast. Add a cup of hot water to prevent dripping from scorching. Serve on platter with center of roast filled with small new, boiled potatoes sprinkled with minced parsley. Remove bread cubes and cover ribs with paper frills. Surround with boiled or baked whole carrots.

**BROILED STEAK**

*Inexpensive cut but delicious*

Top round steak can be broiled and will be delightfully tender and flavorsome if allowed to stand overnight in this mixture.

1/3 cup lemon juice or vinegar  
1/2 cup salad oil  
2 teaspoons onion juice  
1 tablespoon Lea & Perrins Sauce

Wipe dry and broil on each side. Serve with sauce made of 3 parts melted butter blended with one part Lea & Perrins Sauce.
HAMBURGER CHOPS

1 pound ground beef
2 slices white bread, soaked in sufficient milk to soften
1 egg

1 teaspoon Lea & Perrins Sauce
1/2 teaspoon salt
1 small onion, grated

Thoroughly blend meat, bread, egg, and seasonings. Mold into shape of chops. Brown quickly in small amount of hot shortening; then cook until done. Dress with chop ruffle, and garnish with watercress. This makes 4 to 5 servings.

LAMB TURNOVERS

Make double the pastry recipe for meat pie. Roll out and cut in six-inch squares. Put into the middle of each square a large spoonful of cut-up cold, cooked lamb, moistened with gravy and seasoned with salt and Lea & Perrins Sauce. Wet the edges of the paste with cold water and fold over into triangles, pressing the edges together with a fork. Prick the tops with the fork and bake in a quick oven (400°-450° F.) until well browned.

SPANISH STEAK

3 lbs. chuck steak
4 tablespoons shortening
1 green pepper
1 #2 can tomatoes
1/2 cup flour
2 onions
2 teaspoons salt
1 1/2 tablespoons Lea & Perrins Sauce

Have steak cut about 1 1/2 inches thick from arm side of chuck. Dredge with flour and brown in hot shortening. Sprinkle the remaining flour over meat while browning. Add onion, pepper, Lea & Perrins Sauce and salt. Pour tomatoes overall. Cover and allow to simmer 1 1/2 hours or until tender. This makes 4-6 servings.

STUFFED PEPPERS*

Cut the tops from firm peppers and remove seeds and fibers. Drop into boiling water and simmer for ten minutes. Drain, fill with any desired stuffing, cover with buttered crumbs and bake in a moderate oven (350-400° F.) fifteen to twenty minutes or until the peppers are well cooked.
**Succulent Meat Pie**

- 1 onion, sliced
- 2 tablespoons butter
- 2 cups cooked meat, in 1-inch cubes
- 1 1/4 cups milk
- 1 1/2 tablespoons flour
- 1 cup each cooked peas, carrots, potatoes
- Salt
- 1 tablespoon Lea & Perrins Sauce
- 1/2 pastry recipe (below)

Brown sliced onion in butter, and add meat cubes searing well. Remove meat and onions, blend flour and pan fat and add milk and Lea & Perrins Sauce. Fill well-greased 8-inch baking dish with mixture of meat and vegetables and pour over sauce. Cover with pastry rolled thin, with three gashes in center. Turn under edges and press with tines of fork. Bake in hot oven, (450° F.) for 30 minutes. Serves 6. Left-over gravy may be used in place of milk.

**Pastry**

- 3/4 cup of pastry flour
- 1/4 cup of shortening
- 1/4 teaspoon salt
- 2 1/2 tablespoons of ice water

Chill flour and shortening in refrigerator. Sift flour and salt together into bowl. Cut in shortening with two knives until mixture resembles coarse meal. Add ice water gradually—just enough to make stiff dough. Cover bowl and chill in refrigerator overnight or at least 1 hour.

On floured board roll pastry lightly from center, to form a circle 1 1/2 inch larger than baking dish.

**Veal Timbales with Spanish Sauce**

- 2 tablespoons fat
- 2 tablespoons flour
- 1 cup meat broth, thin gravy or milk
- 2 eggs
- 1 teaspoon salt
- 2 cups ground cooked veal
- 1 teaspoon Lea & Perrins Sauce
- 1 small onion, grated
- 1 tablespoon chopped parsley

Melt fat in top of double boiler. Blend in flour and stir in liquid gradually to make a smooth sauce. Add well-beaten eggs, seasonings and meat. Mix thoroughly. Pour into greased custard cups and place in a pan of water. Bake in moderate oven (350° F.) for 30 minutes or until set in center. Turn out timbales and serve hot with Spanish Sauce (page 41). Makes 6 timbales.

Any left-over meat may be used in making these timbales. Half chopped ham and half chopped veal is an excellent mixture.
**Liver and Onions in Casserole**

- 1 pound liver
- 6 sweet gherkins
- 1 1/2 cups mashed potatoes
- 1/2 teaspoon salt
- 2 teaspoons Lea & Perrins Sauce
- 1 egg
- 4 tablespoons cream
- 4 tablespoons bacon drippings
- Creamed onions
- 4 slices bacon

Parboil liver, drain and grind with the pickles. Combine with potatoes, seasonings, egg and cream. Shape into small patties and brown in bacon drippings. Place creamed onions in bottom of casserole and arrange patties on top. Lay slices of bacon over patties and bake, uncovered, in a moderately hot oven (400° F.) for 20 minutes or until bacon is browned. Serves 6.

**Deviled Chicken**

- 2 broilers or 1 tender roasting chicken
- 6 tablespoons butter
- 1 teaspoon salt
- 1 tablespoon vinegar
- 1 tablespoon Lea & Perrins Sauce
- 1 cup bread crumbs

Have the chickens split. Place on a greased broiler and broil for 5 minutes on each side. Place in a heated meat pan, skin side up. Mix four tablespoons of the butter with the salt, vinegar and Lea & Perrins Sauce and spread over the chicken. Melt the rest of the butter and stir the crumbs around in it. Spread the buttered crumbs over the chicken and bake in a moderate oven (350-400° F.) until the chicken is tender and the crumbs are browned—about an hour. This gives a rich, crusty surface.

**Fluffy Chicken Roll**

- 2 cups flour
- 4 teaspoons baking powder
- 3/4 teaspoon salt
- 6 teaspoons butter or other shortening
- 3/4 cup milk
- 2 cups cubed cooked chicken
- 1/2 cup minced stuffed olives
- 1/2 teaspoon onion juice
- 2 teaspoons Lea & Perrins Sauce

Mix and sift first three ingredients. Cut in chilled shortening. Add milk gradually to form a soft dough. Roll lightly into oblong shape 1/3 inch thick and spread with other ingredients which have been mixed together. Roll up like jelly roll. Place on greased pan and bake 25 or 30 minutes in hot oven (425° F.). Serve hot with two cups White Sauce (see page 38).
CREAMED SALT PORK
Cut fat salt pork into slices one-fourth inch thick. Fry on both sides until well browned. Lay on a heated platter and keep hot. Pour out all the melted fat except four tablespoons. Add three tablespoons flour and blend well. Stir in a cup of milk and cook, stirring constantly until thick. Add two teaspoons Lea & Perrins Sauce and pour over the fried pork.

LINK LOAF
1 lb. small sausage links  2 cups cooked elbow macaroni
1 tablespoon water        1 cup cheese sauce


OLD FASHIONED BOILED DINNER
4 lbs. corned beef  1 head cabbage
2 white turnips      4 beets
4 carrots            1 tablespoon Lea & Perrins Sauce
4 onions             4 potatoes

Put the meat into a large pot and cover with cold water. Cover the kettle and bring rapidly to the boiling point. Then skim, cover, reduce the heat and simmer until tender — 4 hours or more. Do not let it boil hard at any time.

Pare and quarter the turnips, scrape the carrots, peel the onions and pare the potatoes. Cut the cabbage into quarters. Wash the beets and boil separately. Dip into cold water, cut off roots and stems and slip off the skins. Keep warm. About an hour before the dinner is to be served skim the kettle and put in carrots, onions, turnips, cabbage and potatoes. Cover and cook until the vegetables are tender. Lift the meat out of the water and place in the center of a heated platter with the vegetables around it. If the beets have become cold, heat them in a little of the water in which the meat was cooked. Mix the Lea & Perrins Sauce with a half cup of the water and pour over meat and vegetables. Serves 4.
CHIPPED BEEF IN SAVORY SAUCE

They'll ask for this again

1 tablespoon butter
½ lb. chipped beef, shredded
½ teaspoon mustard
2 tablespoons flour

¾ cup milk
¼ cup cream
2 teaspoons Lea & Perrins Sauce

Put butter in frying pan and when hot, add beef. Stir until it frizzles crisp. Add mustard and flour. When mixed, add the milk, stirring until smooth and thick. Add cream and Lea & Perrins Sauce. When well blended, pour into patty shells or croustades. Garnish with parsley. Serves 4. Chopped tongue may be used in place of beef.

ROAST BEEF GRAVY

4 tablespoons fat from pan
5 tablespoons flour
1 ½ cups boiling water
Salt and pepper
Onion juice, if liked
1 teaspoon Lea & Perrins Sauce

Remove some of fat from pan, leaving 4 tablespoons. Set pan on top of stove. Brown flour thoroughly in fat, gradually add boiling water. Cook 5 minutes, season and strain.

ONE-DISH PORK CHOP MEAL

6 pork chops
1 tablespoon shortening
2 teaspoons salt
2 tablespoons grated onion
1 tablespoon Lea & Perrins Sauce

1 can tomato soup (condensed)
½ cup water
4 cups cooked noodles

Brown chops in shortening until golden brown, season with half the salt. Combine remaining salt, onion, Lea & Perrins Sauce, tomato soup and water. Place noodles in casserole, add tomato soup mixture. Arrange chops overlapping around inner edge of casserole; cover and bake in moderate oven (350° F.) for 1½ hours. This makes 4 to 6 servings.

Famous chefs in every country rely on Lea & Perrins to add a flavor bonus to their finest dishes. Their personal letters testify to the honest admiration real cooking experts have for this famous sauce.
when seasoned with Lea & Perrins, complete your meat dish

**Seasoned Bread Stuffing**

**BREAD STUFFING**

Delicious with chicken, hearts, stuffed shoulder

- 4 cups soft bread crumbs
- 2 teaspoons salt
- 1 1/2 tablespoons sage
- 1/4 cup melted butter
- 3 tablespoons minced onion
- 1 1/2 tablespoons Lea & Perrins Sauce
- 1 egg, slightly beaten

Mix dry ingredients well. Fry onion till golden in the butter, and add to dressing. Then mix lightly together with beaten egg. Makes enough stuffing for one chicken.

**PICKLE & ONION STUFFING**

Excellent for fish

- 1 cup cracker crumbs
- 3 tablespoons melted butter
- 1/2 teaspoon salt
- 1 small onion, minced
- 1 teaspoon minced parsley
- 1 teaspoon minced capers
- 1 teaspoon minced sour pickles
- 1 tablespoon Lea & Perrins Sauce

Mix all ingredients together. This is a good stuffing for any meat or poultry, and particularly good for fish.
POTATO STUFFING

Mix together two cups hot mashed potato, two teaspoons salt, a little onion juice or minced onion, a cup of bread crumbs, a quarter of a cup of melted butter or other fat and a tablespoon of Lea & Perrins Sauce. This is especially good for duck or goose.

SAUSAGE STUFFING

For any lean meat or poultry

1 onion, minced
4 tablespoons melted shortening
3 cups soft bread, broken in small pieces
1/2 lb. sausage meat

2 tablespoons chopped celery
1 1/2 teaspoons salt
1 1/2 tablespoons Lea & Perrins Sauce
2 tablespoons parsley, chopped fine

Add onion to melted shortening, stirring over low flame. Then add bread crumbs, cooking until well mixed and heated through. Remove from fire and add other ingredients. Mix all thoroughly. This stuffing is excellent for shoulder or breast of veal, poultry, lamb and other meats. Sufficient for 5 to 6 lb. shoulder of veal, or 4 to 5 lb. chicken.

APPLE STUFFING

(For Roast Goose)

1 cup chopped tart apple
1 cup chopped celery
1 tablespoon minced onion
1/4 cup butter or bacon fat

3 cups soft bread cubes
1 tablespoon Lea & Perrins Sauce
Salt and pepper

Cook the apple, celery and onion in the fat five minutes. Add bread cubes and seasonings. Mix lightly, cooking until heated through.

OYSTER STUFFING

1/2 cup chopped celery
2 tablespoons minced onion
1/4 cup butter or margarine
4 cups soft bread cubes
2 tablespoons minced parsley

2 cups oysters, drained and chopped
1 tablespoon Lea & Perrins Sauce
Salt and pepper

Cook celery and onion in fat until soft. Add bread cubes and parsley. Add oysters and seasonings and enough oyster liquor to moisten.
Hash with Potatoes

1/2 cup cooked, diced potatoes
1/3 cup cooked, diced onions
1/3 cup seeded, sliced green peppers
3 tablespoons diced pimentos
2 cups cold, cooked meat cut into 1/2 inch cubes

1 cup left-over gravy
1/3 cup tomato purée
1 tablespoon butter
Paprika
Salt
1 teaspoon Lea & Perrins Sauce
Bread crumbs
Grated cheese

This is an excellent combination. If it is not feasible to use all the ingredients given, it will still be good. Prepare potatoes, onions, peppers, pimentos and meat. Combine these with gravy, tomato purée and butter. Season with paprika, salt and Lea & Perrins Sauce. Heat the sauce and add the meat and vegetables. Pour the hash into one large baking dish or into six individual baking dishes. Sprinkle with bread crumbs and cheese. Dot lightly with butter. Brown the dish in a moderate oven (350° F.). Serves 6.
BRUNSWICK STEW

- 4-lb. chicken
- 3/4 cup butter or drippings
- 1/2 cup chopped onions
- 5 tomatoes, peeled and quartered (about 2 cupfuls)
- 1 cup boiling water
- 6 cloves
- a few grains of cayenne

Disjoint chicken and sauté it slowly until light brown. Remove it from the pan. Brown in the fat. Place in a large stewing pan the chicken, onions, tomatoes, boiling water, cloves and grains of cayenne. Simmer these ingredients until the chicken is nearly tender. Then add lima beans and corn. Simmer these ingredients covered until the chicken and the vegetables are tender. (The meat may be removed from the bones.) Season the stew with salt and Lea & Perrins Sauce and stir in bread crumbs. This serves eight.

LAMB STEW WITH DUMPLINGS

- 2 lbs. lamb for stewing
- 2 sliced onions
- 1 teaspoon salt
- 1/2 bay leaf
- 2 cups flour
- 4 teaspoons baking powder
- 1 cup milk or water
- 1 tablespoon Lea & Perrins Sauce

Cut the lamb in pieces, put into a kettle and almost cover with boiling water. Add onions, salt and bay leaf. Cover and simmer for two hours, or until the lamb is tender. Mix two cups of flour with the baking powder and sift. Stir in enough milk or water to make a paste stiff enough to hold its shape—about a cup. Drop the dumpling paste by spoonfuls on top of the lamb (not in the liquid). Cover tightly and boil briskly for 15 minutes. When the dumplings are thoroughly cooked, lift them out with a skimmer, lay around the edge of a platter and keep hot. Skim out the pieces of meat and place in the middle of the platter. If the gravy has not thickened enough, mix flour and water and stir, in a thin stream, into the boiling liquid, using only enough to make it the desired thickness. Boil up once, then add the Lea & Perrins Sauce. Strain a little of the gravy over the meat on the platter and serve the rest in a gravy boat.
CORNED BEEF HASH

Mix corned beef and potato. Heat butter in frying pan and turn hash into it. Stir around with a knife or spatula for a few minutes, adding more butter if necessary. Then press lightly down in pan. Over hash pour the milk mixed with Lea & Perrins Sauce. Cover and cook over a low fire 30 minutes. Do not stir during this time, but move the pan around so that the heat is evenly distributed. There should be a rich but not hard or scorched crust on the bottom. Fold as you would fold an omelet and turn out on a heated platter. Serve with Lea & Perrins Sauce.

OVEN STEW

Cube pork and brown with beef chuck in frying pan. Remove to baking dish. Brown chopped onion in fat remaining in frying pan. Add flour, mix well and add water, tomato soup, salt, pepper and paprika. Cook three minutes, stirring constantly. Pour over meat. Add whole onions, carrots and potatoes. Cover and bake in a moderate oven (375°F) for 1 1/2 hours, or cook slowly on top of range for the same length of time. Add the Lea & Perrins Sauce just before serving.

HASH A LA MODE

Heat thoroughly with butter, in a frying pan, a good brand of canned corned beef hash. Meanwhile, in another frying pan or a grill, prepare scrambled eggs. Just before serving, season hash to taste with Lea & Perrins Sauce. Serve with scrambled eggs over top, garnished with parsley.
EGG AND CHEESE DISHES...

take on added delicacy when flavored with Lea & Perrins.

Creamed Eggs with Cheese Sauce

DEVILED EGGS WITH LIVER SAUSAGE

Prepare hard-cooked eggs. Shell the eggs, and cut them in halves, remove the yolks. Crush the yolks with a fork and work them into a smooth paste with liver sausage and season the paste with Lea & Perrins Sauce. Fill the egg whites with the paste and garnish the eggs with chopped parsley, chopped olives or paprika.

EGG CROQUETTES

Easy to make this new way

<table>
<thead>
<tr>
<th>2 cups chopped, hard-cooked eggs</th>
<th>2 tablespoons diced green pepper</th>
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</thead>
<tbody>
<tr>
<td>1 cup thick white sauce,</td>
<td>Salt to taste</td>
</tr>
<tr>
<td>seasoned with 2 teaspoons</td>
<td>1 egg, beaten and diluted</td>
</tr>
<tr>
<td>Lea &amp; Perrins Sauce</td>
<td>with 1 tablespoon water</td>
</tr>
<tr>
<td></td>
<td>Bread crumbs</td>
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</tbody>
</table>

Mix chopped eggs, white sauce and green pepper; salt to taste. Pack mixture one-half inch thick in shallow pan and chill in refrigerator. Cut with cookie cutter. Roll in crumbs, then in beaten egg and again in crumbs. Let stand a few minutes to dry. Fry in deep fat at (390° F.) for 3 minutes. Drain on brown paper and serve with White Sauce or Cheese Sauce. Makes 12 croquettes. Try serving spinach and carrots with these.
BAKED EGGS WITH CHEESE

3/4 lb. chopped American cheese
1/2 teaspoon to 1 of dry mustard
3/4 teaspoon salt
a few grains of cayenne
3/4 cup cream or evaporated milk
2 teaspoons Lea & Perrins Sauce
6 eggs
1/2 cup cream or evaporated milk
1/8 teaspoon salt
1/8 teaspoon paprika

Cover bottom of a well-buttered baking dish with the chopped American cheese, combine and pour over the cheese the mustard, salt, cayenne, cream or evaporated milk and 2 teaspoons of Lea & Perrins Sauce. Break over these ingredients 6 eggs. Keeping the yolks whole, combine and pour over the eggs the 1/2 cup of cream or evaporated milk, salt and paprika.

Bake in moderate oven (350° F.) until they are firm.

PLAIN OMELET

Temptingly light and tasty

4 eggs
1/2 teaspoon salt
1 teaspoon Lea & Perrins Sauce
1/4 cup hot water
4 teaspoons butter

Separate the eggs. Beat yolks, salt and hot water until frothy and lemon colored. Beat egg whites stiff but not dry and fold into yolks. Meanwhile melt butter in omelet or frying pan until it bubbles. Add Lea & Perrins Sauce. Pour in omelet mixture, spread evenly and cook over low heat until firm (8 to 10 minutes). Set in oven a minute to dry off top. Fold over and serve immediately on warm, buttered platter. Makes 6 portions.

BAKED OMELET WITH CHEESE

A favorite with men

4 eggs
1/2 lb. grated cheese
2 cups soft bread crumbs
3 cups milk
1 teaspoon salt
Minced parsley
1 tablespoon Lea & Perrins Sauce

Beat the eggs, add milk, then the cheese, crumbs, salt and Lea & Perrins Sauce. Pour into a buttered baking dish, set the dish in a pan containing an inch of hot water, and bake in a moderate oven (350°-375° F.) until firm. Sprinkle the parsley over the top and serve the omelet from the baking dish. Makes 6 portions.
**CREAMED EGGS WITH CHEESE SAUCE**

6 hard-cooked eggs  
6 slices toast  
Lea & Perrins Sauce, to taste  

Slice 1 hard-cooked egg on each piece of toast on a hot plate. Make 2 cups hot Cheese Sauce (page 40) and add Lea & Perrins Sauce and pour over eggs and toast. Serve at once.

**SCRAMBLED EGGS**

Beat eggs until whites and yolks are well mixed. For each egg used, add one tablespoon water, one-eighth teaspoon salt and one-half teaspoon Lea & Perrins Sauce. For each egg used melt one-half tablespoon butter; pour the beaten eggs into the melted butter and cook, over a low heat, stirring gently until the mass becomes jelly-like.

**SNAPPY WELSH RABBIT (RAREBIT)**

*Always brings compliments*

| 1 tablespoon butter | ¼ teaspoon salt |
| 1 ½ lbs. medium sharp cheese | 1 egg, well beaten |
| ½ bottle beer | 1 tablespoon Lea & Perrins Sauce |

Melt butter, add cheese and beer. Allow cheese to melt without stirring over low fire. Then add salt and well-beaten egg. Season with Lea & Perrins Sauce and serve quickly on hot toast, on warm plates. If a more piquant flavor is desired, add Lea & Perrins Sauce to the portions after service. Makes six generous servings.

**INDIVIDUAL CHEESE SOUFFLES**

*Golden and tempting*

| 2 tablespoons butter | ½ cup milk |
| 2 tablespoons flour | 1 cup grated cheese |
| ½ teaspoon soda | 4 eggs, beaten separately |
| 1 teaspoon salt | 2 teaspoons Lea & Perrins Sauce |
| ¼ teaspoon paprika | |

Melt the butter, add the flour, soda, salt, Lea & Perrins Sauce and paprika and stir until well blended. Add the milk gradually, stirring constantly over boiling water until the sauce thickens. Remove from the fire and stir in the grated cheese and the egg yolks, beaten until thick and lemon colored. Then fold in the stiffly beaten egg whites. Bake in individual paper cases or in well-buttered custard cups which can be sent to the table. Have the oven moderate (350°-375° F.) and bake about 12 minutes. Serve immediately. This will make 8 to 10 souffles of custard-cup size.
should add relish to any dish.

Mushroom Sauce

EGG SAUCE
Use recipe for white sauce. Ten minutes before serving, add one chopped hard-cooked egg.

WHITE SAUCE
The best you ever tasted
2 tablespoons butter  1 cup cream or milk
2 tablespoons flour  1 teaspoon Lea & Perrins Sauce
½ teaspoon salt

Melt butter, stir in flour and salt; blend well. Add the cream or milk gradually, stirring constantly. Cook, still stirring, over boiling water until the sauce thickens. Cover and cook 15 minutes, stirring occasionally. Just before taking from fire, add the Lea & Perrins Sauce. If there are lumps, beat vigorously with an egg beater for a minute. This is a basic sauce which may be varied in many ways. For a thin sauce, to use in cream soups and scalloped dishes, reduce the butter and flour to one tablespoon each. For a thick sauce, to use in croquettes, soufflés and timbales, increase them to four tablespoons each. To add color and flavor to plain white sauce for creamed eggs, meat or vegetables, add Lea & Perrins Sauce with diced pimento and parboiled chopped green pepper.
ONION SAUCE

The crowning touch with meat loaf, roast beef or pork

5 tablespoons butter  1 cup sliced onion
1 1/2 tablespoons flour  2 teaspoons Lea & Perrins Sauce
1/2 teaspoon salt
1 cup brown stock or 1 bouillon cube dissolved in 1 cup hot water

Blend 2 tablespoons of butter with flour and salt in double boiler. Add stock or bouillon gradually, stirring constantly. Cook 10 minutes. In remaining butter, fry onions till deep golden but not brown. Add to mixture with Lea & Perrins Sauce. Heat well and serve at once.

MOCK HOLLANDAISE SAUCE

Delicious and easy to make

4 tablespoons butter  1/2 teaspoon salt
2 tablespoons flour  2 teaspoons lemon juice
1/4 cup milk  2 teaspoons Lea & Perrins Sauce
1 egg yolk

Melt two tablespoons of the butter, stir in the flour and blend well. Add the milk, gradually, and cook, stirring constantly until the sauce thickens. Beat the egg yolk and salt together and stir the hot sauce into them. Return to the top of the double boiler and set over boiling water. Add the rest of the butter, a little at a time, stirring vigorously after each addition. Then add the lemon juice and the Lea & Perrins Sauce. Serve immediately with fish or shellfish, or with boiled vegetables such as spinach, broccoli, asparagus and cauliflower.

MUSHROOM SAUCE

Luscious with meat loaf

1/4 lb. mushrooms  Salt to taste
1 1/2 cups mushroom stock  2 teaspoons Lea & Perrins Sauce
2 1/2 tablespoons flour  1/2 cup milk

Peel mushrooms and cut off stems. Cover stems and peelings with water in a saucepan and simmer 15 minutes. Meanwhile, slice caps and sauté in butter 5 minutes. Mix in flour till smooth. Gradually add milk and stock to mushrooms. Salt to taste. Stir while bringing to boiling point. When sauce thickens, add Lea & Perrins Sauce.
BRAZILIAN SAUCE*

Adds zest to many dishes

1 cup tomato
1 green pepper, minced
1 tablespoon minced onion
1 teaspoon salt

1/2 cup chopped celery
1 tablespoon butter
1 tablespoon Lea & Perrins Sauce

Mix all the ingredients, except the Lea & Perrins Sauce and simmer, covered, for twenty minutes, or until all the vegetables are tender. Add a little hot water or stock, if necessary, and stir from time to time. Add the Lea & Perrins Sauce just before serving. This is good with omelets, scrambled eggs, rice, macaroni or noodles and meat or fish cooked in almost any manner.

CHEESE SAUCE

Add one-half cup grated cheese to white sauce and stir over hot water until the cheese is well blended. Add an extra teaspoon Lea & Perrins Sauce. Serve with macaroni, rice, fish, croquettes and vegetables.

BUTTER SAUCE

Perfect with steak or sea food

3 parts melted butter
1 part Lea & Perrins Sauce

This is universally useful as a sauce. Serve it with broiled meat or fish, boiled or baked vegetables, lobsters, crabs, scallops, steamed clams, eggs, rice or spaghetti. Vary it in any way you like, by the addition of onion juice, wine flavoring, tomato juice or minced parsley.

BARBECUE SAUCE

Good with roasts or any dish requiring a highly seasoned sauce

1 minced onion
2 tablespoons butter
2 tablespoons vinegar
2 tablespoons brown sugar
1 tablespoon lemon juice
1 cup tomato ketchup

1 cup brown stock or water
1 cup diced celery
2 teaspoons salt
3 tablespoons Lea & Perrins Sauce

Fry the minced onion in the butter. Add other ingredients in order named. Cover and simmer for an hour, adding a little water, if necessary.
SAUCE BERNAISE

\[
\begin{align*}
\frac{1}{4} & \text{ cup tarragon vinegar} \\
\frac{1}{4} & \text{ cup water} \\
1 & \text{ small onion, sliced} \\
4 & \text{ egg yolks, slightly beaten}
\end{align*}
\]

In a small saucepan heat vinegar, water and onion to boiling. Strain and pour liquid gradually, on slightly beaten egg yolks in double boiler, stirring constantly. Add salt and cook over hot water, stirring till mixture begins to thicken. Add Lea & Perrins Sauce, then butter which has been creamed—1 tablespoon at a time. Stir constantly. Very appetizing with fish or vegetables.

SAUCE TAR TAR

\[
\begin{align*}
\frac{1}{2} & \text{ tablespoon chopped parsley} \\
1 & \text{ tablespoon chopped capers} \\
1 & \text{ tablespoon chopped pickles} \\
1 & \text{ tablespoon chopped olives} \\
1 & \text{ teaspoon onion juice} \\
2 & \text{ teaspoons Lea & Perrins Sauce} \\
1 & \text{ cup mayonnaise}
\end{align*}
\]

Mix ingredients well, fold into mayonnaise and chill. Tasty served with fried scallops or other hot fish, and with meat or fish salads.

ROQUEFORT SAUCE

\[
\begin{align*}
3 & \text{ ozs. Roquefort cheese} \\
1 & \text{ teaspoon Lea & Perrins Sauce} \\
1 & \text{ cup French Dressing}
\end{align*}
\]

Crumble cheese and add, with Lea & Perrins Sauce, to the French dressing. Mix well. Delicious with certain vegetables like cooked cucumbers and also with hearts of lettuce salad.

SPANISH SAUCE

\[
\begin{align*}
2 & \text{ tablespoons butter} \\
1 & \text{ onion, chopped fine} \\
1 & \text{ carrot, chopped fine} \\
2 & \text{ teaspoons sugar} \\
2 & \text{ tablespoons flour} \\
\frac{1}{2} & \text{ teaspoon salt} \\
\frac{1}{4} & \text{ cup chili sauce} \\
\frac{1}{4} & \text{ cup water} \\
1 & \text{ cup tomato juice} \\
1 & \text{ tablespoon Lea & Perrins Sauce}
\end{align*}
\]

become a hostess' pride when carefully seasoned

Noodle Ring with Cheese

TURKISH RICE

2 cups brown stock
2 cups tomato
1 cup uncooked rice
1 teaspoon salt

4 tablespoons butter
1 tablespoon Lea & Perrins Sauce

The stock may be canned bouillon or bouillon extract dissolved in boiling water. Rub the tomato through a coarse strainer and mix with the stock. Bring to boiling. Stir in the washed rice and salt, set over boiling water, cover and cook until the rice is soft. Uncover and stir in the butter and the Lea & Perrins Sauce. Allow to steam for a minute or two. Serves 4.

QUICK SPAGHETTI

Second helpings the rule

1½ lb. spaghetti, cooked
1 can tomato soup
1 teaspoon onion juice
1½ teaspoon salt

2½ cup grated American cheese
2 teaspoons Lea & Perrins Sauce

Cook spaghetti in briskly boiling salted water. Mean-while make sauce in double boiler or in saucepan over low flame. Heat tomato soup, onion juice and salt. Stir in grated cheese. Add Lea & Perrins Sauce. Pour over spaghetti in hot serving dish.
**SPAGHETTI WITH BACON**

- ½ cup chopped bacon
- 1 chopped onion
- 1 chopped green pepper
- ¼ lb. spaghetti
- 1 cup boiling water

Add the uncooked spaghetti, one cup of boiling water, the salt and the tomato. Cover and simmer about twenty minutes or until the spaghetti is tender, stirring frequently with a fork and adding a little water if necessary. Add the Lea & Perrins Sauce and serve immediately.

**SPANISH RICE**

- ¼ cup olive oil
- ½ cup uncooked rice
- 2 cups tomato
- 1 teaspoon salt
- 2 onions, chopped

Add the tomato, salt, chopped onion and peppers, and stir around. Add the boiling water. Cover closely and simmer, without stirring for a half hour, or until the rice is tender, but not mushy. Add the Lea & Perrins Sauce and serve as an accompaniment to meat or as a separate course, with grated Parmesan cheese to be sprinkled on at the table. Serves 4 to 6.

**CHOW MEIN NOODLE RING**

- 1 cup cooked veal or pork
- 6 tablespoons flour
- 2 teaspoons Lea & Perrins Sauce
- 2 eggs
- 1 can chow mein noodles
- 6 tablespoons butter
- 1 teaspoon salt
- 3 cups milk
- ½ cup blanched almonds
- Buttered peas

Remove all fat from meat and dice finely. Melt butter and blend in flour and salt. Add milk gradually, and cook, stirring constantly until thickened. Add to the well beaten egg yolks and cook for a minute longer. Combine the meat with almonds which have been cut into slivers lengthwise and the chow mein noodles. Fold in the stiffly beaten egg whites and pour into a well greased 8-inch ring mold. Set in a pan of hot water and bake in a moderate oven (350°F) for 30 minutes or until firm. Turn out on platter and fill center with buttered peas. Serves 6.
RICE LOAF

1/2 cup rice  1 tablespoon chopped onion
1 cup White Sauce  1/2 cup chopped celery
1 egg yolk  1 teaspoon Lea & Perrins Sauce
1 cup salmon (cooked fish or meat, diced)  Salt to taste
1/4 cup bread crumbs  Paprika
1 tablespoon chopped parsley  Nutmeg

Boil the rice. To 1 cup of white sauce add egg yolk. Stir and cool until egg is set. Add 1 cup rice, reserving 1/2 cup for top. Add remaining ingredients. Fill the mold and place the reserved rice over the top. Cover this with a piece of buttered paper. Set the mold in a pan of hot water and bake or steam it until it is set for about 30 minutes. Invert the loaf onto a platter.

CHEESE RICE RING

1/4 cup rice—boil as follows: (1 cup rice equals 3 or more cups of cooked rice)

Wash and drain 1/2 cup of rice, boil 1 qt. water and add 1/2 teaspoon salt. Stir rice slowly into water so as not to disturb boiling. Cook it without stirring until it is tender (about 25 minutes); drain and rinse the rice.

Add:

1 beaten egg  1/4 tablespoon grated onion
2 tablespoons olive oil or melted butter  1 teaspoon Lea & Perrins Sauce
1/4 cup milk  1/4 teaspoon salt
1/2 cup grated cheese  3 tablespoons chopped parsley

Grease a mold. Fill it with the rice mixture. Bake it set in a pan of hot water in a moderate oven (350° F.) for about 45 minutes. Serves 4.

CHICKEN AND RICE CREOLE

2 cups diced cooked chicken  1 green pepper, minced
1 cup cold cooked rice  1 tablespoon Lea & Perrins Sauce
1 cup canned or cooked tomatoes  Salt and pepper
1 onion, minced  Buttered crumbs

Combine chicken and rice. Add tomatoes, onion, green pepper and seasoning and simmer about 15 minutes. Turn into a buttered baking dish. Cover with crumbs and bake about 30 minutes in a moderate oven (375° F.). Makes 4 portions.
**NOODLE RING WITH CHEESE**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measurements</th>
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<tbody>
<tr>
<td>1 1/2 cups noodles</td>
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<tr>
<td>2 egg yolks</td>
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<tr>
<td>3/4 cup of milk</td>
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<tr>
<td>3/4 tablespoon butter</td>
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<tr>
<td>1/4 teaspoon salt</td>
<td></td>
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<tr>
<td>1/8 teaspoon paprika</td>
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<tr>
<td>1/8 teaspoon nutmeg</td>
<td>(optional)</td>
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<tr>
<td>1 1/2 teaspoons Lea &amp; Perrins Sauce</td>
<td></td>
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<tr>
<td>1/2 tablespoon catsup</td>
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<tr>
<td>3/4 cup grated cheese</td>
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<tr>
<td>2 egg whites</td>
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Cook noodles, rinse and drain them. Beat egg yolks, milk, butter, salt, paprika and nutmeg, then combine this mixture with the noodles. Add to this, Lea & Perrins Sauce, catsup, and cheese. Beat egg whites until stiff, and fold them into the noodles. Butter a 9-inch ring mold or individual ring molds, and fill them with the noodle mixture. Set in pan of hot water, and bake them in a moderate oven (350° F.) until done, about 45 minutes. Invert contents of molds on hot plates and fill centers with creamed spinach, peas, mushrooms, stewed tomatoes, etc.

**OYSTERS & MACARONI**

The flavor’s simply marvelous

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measurements</th>
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<tbody>
<tr>
<td>1 1/2 cups finely chopped celery</td>
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<tr>
<td>4 tablespoons grated onion</td>
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<tr>
<td>4 tablespoons butter</td>
<td></td>
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<td>4 tablespoons flour</td>
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<tr>
<td>1/2 teaspoon salt</td>
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<tr>
<td>2 cups milk</td>
<td></td>
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<tr>
<td>1 tablespoon Lea &amp; Perrins Sauce</td>
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</tr>
<tr>
<td>2 dozen large oysters</td>
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<tr>
<td>1 1/2 cups macaroni</td>
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<tr>
<td>1/2 cup bread crumbs</td>
<td></td>
</tr>
<tr>
<td>1/4 cup grated cheese</td>
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</tbody>
</table>

Mix celery and onion. Make white sauce by blending butter, salt and flour in top of double boiler. Add milk slowly and cook 10 minutes. Meanwhile, break macaroni in pieces and cook till tender in boiling salt water. Add Lea & Perrins to white sauce; then vegetables and oysters. Arrange in buttered casserole, alternating layers with macaroni and salting to taste. Cover top with bread crumbs and grated cheese. Bake in moderate oven (350° F.) till heated through and slightly brown on top, about 30 minutes. Serves 8.

When Great-Grandpa kept a carriage, when Great-Grandmother danced with Lafayette, Lea & Perrins Sauce was already a family favorite as a cooking and table sauce, and a family favorite it remains today!
Stuffed Baked Tomatoes

**Stuffed Baked Tomatoes**

*Fill with left-over meat*

Remove the tops from firm tomatoes and scoop out the pulp. Moisten bread crumbs with milk or stock. If you have a little left-over meat or fish, grind it and mix with the crumbs. Add a little minced parsley and onion and the pulp that was scooped out and season well with salt and Lea & Perrins Sauce. Fill the tomato shells with the mixture, cover the top with dry crumbs, add a bit of butter and bake in a hot oven (400°-450° F.) until the tomatoes are cooked.

**Spanish Eggplant**

Peel a small eggplant and cut into cubes. Cover with water and simmer about thirty minutes. Throw away the water. Cut up a green pepper and a tomato together in a little water. Slice an onion and fry in butter. Add tomato, pepper, onion and their liquid to the eggplant. Heat and stir in a teaspoon of cornstarch mixed with a little cold water. Cook for ten minutes, adding water if needed. Season to taste with salt and Lea & Perrins Sauce.
CAULIFLOWER AU GRATIN

Cut a cauliflower in pieces and let stand in cold, salted water for one-half hour to remove any insects from crevices. Cook in salted water for about 20 minutes, till tender. Place on a hot dish for serving. Pour over it one or two cups of Cheese Sauce (page 40) according to size of cauliflower.

CREAMED MUSHROOMS

\[
\begin{align*}
\frac{1}{4} \text{ lb. fresh mushrooms or} & \quad 1 \text{ cup milk or milk mixed} \\
1 \text{ cup canned mushrooms} & \quad \text{with water in which} \\
2 \text{ tablespoons butter} & \quad \text{mushrooms were cooked} \\
2 \text{ tablespoons flour} & \quad 1 \text{ teaspoon Lea & Perrins Sauce}
\end{align*}
\]

Peel fresh mushrooms and simmer in water until tender—five or six minutes. Melt the butter, add the flour and blend well. Add the liquid gradually, and stir over the fire until the sauce thickens. Add the mushrooms and cook over boiling water for ten minutes, or until the mushrooms are heated through. Add the Lea & Perrins Sauce just before serving.

FRESH VEGETABLE PLATES

...everyone will enjoy

Vegetable plates can easily be made so attractive that everyone in your family will relish them. Always remember to have a variety, with contrast in color, as well as texture and flavor.

All vegetable meals are much more delicious if served with well-seasoned butter sauce. Make it of three parts melted butter to one part of Lea & Perrins Sauce. Serve in a gravy boat.

Try the following suggestions:

1. A stuffed baked tomato, surrounded by servings of mashed potato, string beans, cauliflower and diced carrots.
2. A baked potato, pinched open and seasoned with Lea & Perrins Sauce, butter and a dash of paprika, surrounded by servings of spinach, broiled tomato slices and creamed celery.
3. French fried potatoes, baked squash, boiled onions, diced boiled beets and broccoli with Mock Hollandaise Sauce.
4. A stuffed pepper surrounded by servings of hashed browned potato, sliced beets, peas and broiled mushrooms.
CORN FRITTERS
Pan fry in cakes or drop in deep fat
- 2 eggs, beaten
- \( \frac{3}{4} \) teaspoon salt
- 2 cups canned or fresh corn
- 2 teaspoons Lea & Perrins Sauce
- 2 tablespoons chopped parsley
- \( \frac{1}{2} \) teaspoon soda
- Fine cracker crumbs

Mix beaten eggs, corn, parsley and seasonings. Stir in soda, dissolved in a little warm water. Add just enough fine cracker crumbs so you can shape the mixture into cakes. Melt enough butter or other fat to well cover the bottom of frying pan. Fry about 4 minutes on each side, till golden brown. Makes 12 fritters. Or drop by tablespoons in deep fat and fry 2 minutes. Use less crumbs when frying this way.

TOMATOES PIQUANT
A tempting change
- 1 can tomatoes
- Salt and sugar to taste
- Soft bread crumbs
- \( \frac{1}{4} \) cup tomato juice mixed with 2 teaspoons Lea & Perrins Sauce
- Buttered crumbs


CHEESE AND BEAN LOAF
Hearty and well-seasoned
- 1 pound can kidney beans
- \( \frac{1}{2} \) lb. American cheese
- 1 chopped onion
- 1 tablespoon butter
- 1 cup bread crumbs
- 2 eggs
- 1 teaspoon salt
- 1 tablespoon Lea & Perrins Sauce

Drain all liquid from the beans. Run the beans and the cheese through the food grinder. Cook the chopped onion in the butter and add the ground cheese and beans. Add the crumbs and mix thoroughly. Beat the eggs and add to the mixture, then add the salt and the Lea & Perrins Sauce and work all together. Mold into a loaf or roll, brush with melted butter and roll in crumbs. Or pack firmly in a buttered bread pan and cover the top with crumbs. Bake in a moderate oven (350°-400° F.) until nicely browned. Serve with any desired sauce. Makes 6 portions.
RED CABBAGE WITH APPLES

Slice a red cabbage crosswise and put into a saucepan with a little water, a little vinegar, a sprinkling of salt and a few whole cloves. Cover and simmer about an hour, stirring occasionally and adding a little water if needed. After thirty minutes remove the cover and add four or five tart apples. Peel and cut in quarters. Just before taking from the fire, stir in a few tablespoons of melted butter or bacon fat mixed with Lea & Perrins Sauce, the amount depending upon the size of the cabbage.

SCALLOPED VEGETABLES

2 tablespoons butter
2 tablespoons flour
1/4 teaspoon salt
1 cup milk
1/2 cup grated American cheese
2 teaspoons Lea & Perrins Sauce
2 tablespoons cornmeal
1 cup each, cooked carrots, cauliflower and string beans
Bread crumbs, mixed with melted butter

Melt butter in top of double boiler. Blend with flour and salt. Add milk gradually and cook about 15 minutes, till sauce begins to thicken. Stir in 1/3 cup of grated cheese and the Lea & Perrins Sauce. Mix vegetables, salt to taste and place in shallow, greased baking dish. Pour the thin cheese sauce over them. Cover with fine bread crumbs mixed with melted butter and sprinkle with remainder of grated cheese. Bake in moderate oven (350° F.) about 30 minutes till crumbs are brown and sauce bubbles. Serves 6.

Variation — Combinations of appropriate vegetables may be prepared in the same way and for variety baked in casserole dishes. Asparagus tips or broccoli with small white onions or new potatoes make an excellent combination.

POTATOES ON HALF SHELL

Bake medium-sized potatoes whole, or large potatoes cut in half lengthwise. Scoop out and mash contents or put through ricer. For each potato, add 1 teaspoon butter, 1/4 teaspoon salt, and 2 tablespoons milk. Beat well and fill potato shells, mounding lightly with a fork. Make a small depression in each mound and drop into it 1/4 teaspoon Lea & Perrins Sauce. Fill cavity with butter and brown potatoes in moderate oven (350°-400° F.).
LIMA BEANS WITH CHEESE & BACON

Drain the contents of a #2 can of lima beans and stir into them 1 teaspoon of Lea & Perrins Sauce, ¼ teaspoonful paprika, ½ cup chicken stock or bean liquor. Grease a baking dish and place in it alternate layers of beans and grated Parmesan or other cheese. Cover the top with bread crumbs and dot them with butter or strips of bacon.

SCALLOPED CORN*

2 cups canned corn
2 tablespoons diced green pepper
2 tablespoons diced pimento
½ teaspoon salt
1 egg, beaten
2 teaspoons Lea & Perrins Sauce
Buttered bread crumbs

Mix thoroughly all ingredients except crumbs and put in buttered baking dish. If corn is rather dry add a little water. Cover with buttered crumbs and bake in moderate oven (375° F.) until crumbs are browned.

CANDIED SWEET POTATOES

4 sweet potatoes
½ teaspoon salt
½ cup brown sugar
3 tablespoons water
¼ cup melted butter
1 tablespoon Lea & Perrins Sauce


SAVORY LIMA BEANS*

1 cup dried lima beans
2 slices bacon
2 chopped onions
2 tablespoons diced pimentos
1 tablespoon bacon fat
¾ teaspoon salt
2 teaspoons Lea & Perrins Sauce

Soak lima beans in water overnight. Drain. Cook in 2 cups slightly salted water about 20 to 30 minutes, until almost tender. Fry bacon till crisp. Add bacon, broken in bits, with other ingredients to lima beans. Pour into greased baking dish with part of water in which beans were cooked. Bake in a moderate oven (375° F.) for about 20 minutes till beans are tender and browned on top. Serves 6.
CABBAGE AU GRATIN

4 tablespoons butter
2 tablespoons flour
2 cups milk
1 teaspoon salt
1 tablespoon Lea & Perrins Sauce
4 cups cooked cabbage
2 cups soft bread crumbs
¼ lb. American Cheese, grated

Melt butter, add the dry ingredients and mix well. Add the milk gradually, add salt, stirring constantly, and boil 2 minutes. Add Lea & Perrins Sauce and cooked cabbage and turn into buttered casserole. Sprinkle with bread crumbs and grated cheese. Bake in moderate oven (375° F.) 15 minutes, or until brown. Serves 8.

BAKED ONIONS WITH CHEESE

1 1/2 lb. onions
3 tablespoons butter
1/2 teaspoon salt
1 1/2 teaspoons Lea & Perrins Sauce
1/2 cup soft bread crumbs
1/2 cup grated American cheese

Cut onions in thin slices crosswise and cook in boiling salted water about 10 minutes, till tender. Melt butter in frying pan and sauté onions until they are well coated with butter. Add salt and Lea & Perrins Sauce; turn into greased glass pie plate. Sprinkle with crumbs and cheese. Bake 15 minutes in hot oven (400° F.) till cheese is melted and crumbs are brown. These are particularly tempting with roast beef and may be heated while gravy is being made. Serves 6.

CREAMED POTATOES AND POTATO CAKES

Try adding onion juice and Lea & Perrins Sauce to taste. You’ll be surprised what a difference this makes!

SPINACH BORDER WITH MUSHROOMS

Wash spinach and steam or cook in the top of a double boiler without any water except what clings to it from washing. When it is cooked, chop, season with salt, butter and Lea & Perrins Sauce and pack into a ring mold. Set in a slow oven (250°-300° F.) for twenty minutes. Then turn out on a heated dish and fill the center with creamed mushrooms.
add zest to many dishes

Red Pepper Relish

**EGG YOLK GARNISH**

When you have egg yolks left from recipes that require only the whites, drop them into boiling water containing a teaspoon of salt and a teaspoon of Lea & Perrins Sauce for each pint. Cook until firm, and use, whole or rubbed through a coarse strainer, as a garnish for soups, salads and creamed dishes.

**RED PEPPER RELISH**

12 red peppers
12 green peppers
3 large onions
1 quart vinegar
2 cups sugar
1 tablespoon salt
2 tablespoons Lea & Perrins Sauce

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

Work one teaspoon Lea & Perrins Sauce into one-half cup butter and spread on slices of stale bread. Cut into cubes and brown in the oven or in a frying pan. Sprinkle lightly with salt and use as a garnish for soups and stews.

**JULIENNE VEGETABLES**

Cut raw potatoes, carrots, onions, turnips, celery, etc., into shreds 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 entrees.

**CRANBERRY RELISH**

\[
\begin{align*}
\frac{1}{2} \text{ cup cooked cranberries} & \quad 2 \text{ tablespoons chopped parsley} \\
\frac{1}{4} \text{ cup chopped celery} & \quad \frac{1}{2} \text{ teaspoon salt} \\
1 \text{ tablespoon chopped onion} & \quad 1 \text{ tablespoon Lea & Perrins Sauce}
\end{align*}
\]

Drain the cranberries free from juice and chop. The skins and seeds left from cranberry jelly or cranberry cocktail may be used. Mix all the ingredients, put into a covered glass jar and chill. Serve with hot or cold meat.

**APPLE CHUTNEY**

*Rich and tempting*

\[
\begin{align*}
12 \text{ tart apples} & \quad 2 \text{ cups sugar} \\
1 \text{ onion} & \quad 1 \text{ tablespoon salt} \\
2 \text{ green peppers} & \quad 2 \text{ cups vinegar} \\
1 \text{ red pepper} & \quad 1 \text{ cup raisins, seeded} \\
1 \text{ cup currant jelly} & \quad 2 \text{ tablespoons Lea & Perrins Sauce} \\
4 \text{ lemons} & \quad \\
\end{align*}
\]

Pare, core and chop the apples. Peel and chop the onion. Remove seeds and fibers from the 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. The raisins should be seedless or seeded. Chop them and stir into the ingredients in the kettle. Cook another hour, stirring frequently. Add the Lea & Perrins Sauce and seal in clean hot jars. Apple Chutney is especially delicious served with roast meats or poultry.
CUCUMBER CUPS

Cut large cucumbers in two-inch lengths. Scoop out part of the center and fill with minced ham, anchovy, cheese, etc., mixed with Lea & Perrins Sauce. Use as a garnish for salads and cold cuts.

PIQUANT APPLE SAUCE

To a cup of thick, slightly sweetened apple sauce add one teaspoon grated horseradish, one-half teaspoon salt and one teaspoon Lea & Perrins Sauce. Serve with rich meats, such as roast pork or duck.

PEPPER GARNISH

\[
\begin{align*}
\frac{1}{2} \text{ cup cream cheese} & \quad 1 \text{ teaspoon Lea & Perrins Sauce} \\
1 \text{ teaspoon salt} & \quad 1 \text{ teaspoon Lea & Perrins Sauce} \\
1 \text{ tablespoon heavy cream} & \quad \text{or mayonnaise}
\end{align*}
\]

Work all the ingredients together thoroughly. Add anything you like for variety, such as chopped nut meats, minced parsley, onion juice or Roquefort cheese. Cut the stem end from a firm green or red pepper and stuff tightly with the mixture. Chill and slice crosswise. Use as a garnish for salads and cold cuts.

HOT SLAW

Serve as relish or salad

\[
\begin{align*}
\frac{1}{2} \text{ teaspoon salt} & \quad \frac{1}{4} \text{ cup hot vinegar} \\
1 \text{ tablespoon sugar} & \quad 1 \text{ tablespoon Lea & Perrins Sauce} \\
1 \text{ egg, beaten} & \quad 2 \text{ cups shredded cabbage} \\
2 \text{ tablespoons butter} & \quad 2 \text{ onions} \\
\frac{1}{2} \text{ cup hot milk} & \quad \text{ }
\end{align*}
\]

Mix the salt, sugar and beaten egg. Add the butter, then the hot milk, stirring constantly. Cook over boiling water for two minutes, stirring all the time. Remove from the heat and slowly add the vinegar and the Lea & Perrins Sauce. Mix the shredded cabbage and the thinly sliced onions (Spanish onions are best for the purpose). Strain the hot sauce over them. Cool, then put into a covered glass jar and chill. Serve as a relish with meat or as a salad in lettuce leaves, with garnish of tomato or cucumber slices. No additional dressing is needed.
find new delicacy when flavored with Lea & Perrins Sauce

Jellied Tomato Salad

FROZEN MAYONNAISE

Mix equal parts mayonnaise and whipped cream. For each cup of the mixture add one teaspoon Lea & Perrins Sauce. Freeze for three or four hours. No stirring is needed. Cut in slices and serve a slice on any green salad or fruit salad.

BOILED DRESSING

Perfectly seasoned

1 tablespoon flour  
1 teaspoon salt  
2 tablespoons oil or melted butter  
½ cup milk

2 egg yolks or 1 whole egg  
⅛ cup vinegar  
1 tablespoon Lea & Perrins Sauce

Mix flour and salt with oil or melted butter. Add milk gradually and stir over the fire until the sauce thickens. Stir it into the beaten egg and return to double boiler. Add vinegar and cook, stirring constantly, for five minutes or until sauce is thick and smooth. Add Lea & Perrins Sauce and remove from heat. If desired, add whipped cream just before using.
JELLY CUBES

Make a hit for lunch or supper!

Prepare an aspic jelly highly seasoned with Lea & Perrins Sauce. Before it starts to thicken, add coarsely chopped tongue and sweet pickles. Pour into a shallow pan so that jelly is not more than an inch deep. Cut in cubes and serve in small lettuce cups. Delicious with thin sandwiches and hot buttered vegetables.

STUFFED PEPPER SALAD

Colorful and delicious

1 tablespoon gelatine
1 cup tomato juice
1 teaspoon salt
1 tablespoon Lea & Perrins Sauce

1 tablespoon minced parsley
2 large green peppers
2 hard-cooked eggs

Soak the gelatine in two tablespoons cold water for five minutes. Heat the tomato juice and add the softened gelatine, stirring until dissolved. Add the salt, Lea & Perrins Sauce and parsley and set aside to cool. Cut the stem ends from the peppers and remove seeds and fibers. Cook the eggs hard, cool and shell. Stand the peppers up on end. Place a hard-cooked egg upright in each, and pour the tomato jelly around, filling the pepper entirely. Chill. When the jelly has set, cut the peppers in crosswise slices and serve on lettuce leaves with mayonnaise or French dressing. The slices are very attractive, with their centers of yellow surrounded by rings of white, red and green.

Delicious served with Cheese Straws.

TASTY SALAD MOLD

A hit at bridge parties

1 package lemon gelatine
1 cup boiling water
1 cup cold water
2 teaspoons Lea & Perrins Sauce

1 cup grated cabbage
1/2 cup grated carrot
1/2 cup chopped cashew nuts

Salt to taste

Dissolve gelatine in 1 cup boiling water and add 1 cup cold water and Lea & Perrins Sauce. Fill 6 individual salad molds nearly full of this liquid. Mix grated vegetables and nuts, salt to taste and add a portion to each mold. Place in refrigerator to harden. When set, unmold on lettuce and serve with mayonnaise at side. Makes 6 portions.
MAYONNAISE

MAYONNAISE

With a really delicious flavor

1 egg yolk  1 to 3 tablespoons vinegar
1/2 teaspoon salt  2 teaspoons Lea & Perrins
2/3 cup salad oil  Sauce

Put the egg yolk into a small chilled bowl or saucer and stir in the salt. Add the oil, a few drops at a time at first, stirring vigorously after each addition. After the first few additions, more oil may be added at a time. When the dressing begins to grow thick, add the vinegar alternately with the oil. When all the oil has been stirred in, add the Lea & Perrins Sauce. Mayonnaise is really easy to make, especially if oil and vinegar are chilled before using. But if it should separate, stir it into another egg yolk, a little at a time.

It may be varied by the addition of any of the things suggested for French dressing and may be mixed with whipped cream just before it is served. It may be colored any shade with vegetable colorings.

FRENCH DRESSING

FRENCH DRESSING

1/2 cup salad oil  2 tablespoons vinegar
1 tablespoon Lea & Perrins  1 teaspoon salt
Sauce

Chill oil and vinegar. Mix ingredients and beat or shake well before using. This dressing may be varied by the addition of onion juice, chopped parsley, Roquefort cheese, chopped pickles or olives, or by using instead of the vinegar the juice of any tart fruit, such as lemon, orange, pineapple, tomato or cranberry juice.

POTATO SALAD SUPREME

POTATO SALAD SUPREME

All its name implies

4 cups cooked potatoes, cubed
4 tablespoons finely chopped parsley
2 chopped pickles
1 cucumber, chopped fine
1 small onion, chopped fine
2 hard-cooked eggs, chopped
Salt to taste
3/4 cup mayonnaise
2 tablespoons ketchup
2 teaspoons Lea & Perrins Sauce

Boil potatoes, cool and cube them. Meanwhile, run parsley, pickles, cucumber, onion and eggs through meat chopper. Mix these thoroughly with cubed potatoes and salt to taste. Season mayonnaise with ketchup and Lea & Perrins Sauce, and mix with salad.
### Jellied Tomato Salad

*Seasoned just right!*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>2 1/2 cups tomato pulp or canned tomato juice</td>
<td>1 1/2 tablespoons gelatine</td>
</tr>
<tr>
<td>1 small onion, sliced</td>
<td>1/2 cup cold water</td>
</tr>
<tr>
<td>1 1/4 teaspoons salt</td>
<td>Juice of 1/2 lemon</td>
</tr>
<tr>
<td>1 1/2 teaspoons sugar</td>
<td>2 teaspoons Lea &amp; Perrins Sauce</td>
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</tbody>
</table>

Cook together gently for 10 minutes the tomato pulp or canned tomato juice, onion, salt and sugar. Meanwhile, soak gelatine in the cold water for 5 minutes. Strain hot mixture, and gelatine and stir to dissolve thoroughly. Add lemon juice and Lea & Perrins Sauce. Pour into large or individual molds and place in refrigerator to harden. Unmold on crisp lettuce and garnish with mayonnaise. Serves 8.

### Jellied Tongue

*Delicious with creamed potatoes and fresh peas*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>2 tablespoons gelatine</td>
<td>1 1/2 tablespoons Lea &amp; Perrins Sauce</td>
</tr>
<tr>
<td>4 cups chicken or</td>
<td>3 hard-cooked eggs</td>
</tr>
<tr>
<td>vegetable stock</td>
<td>Strips of pimento</td>
</tr>
<tr>
<td>Juice of 2 lemons</td>
<td>12 thin slices of tongue</td>
</tr>
<tr>
<td>1 medium onion, minced</td>
<td></td>
</tr>
<tr>
<td>2 teaspoons salt</td>
<td></td>
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</table>

Soak gelatine in 1/2 cup cold water; dissolve in hot stock. Stir in seasonings and let stand till it begins to jell. Put layer of tongue in bottom of loaf tin, cover with jelly, then a layer of sliced egg and pimento strips. Continue adding gelatine and other ingredients in layers until all are used. Chill in refrigerator until firm. Cut in slices with sharp knife and serve on lettuce, with mayonnaise in bowl. Makes 8 generous portions.

### Easter Salad

*Delicious at any time of year*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>2 cups ground ham</td>
<td>12 stuffed olives, chopped</td>
</tr>
<tr>
<td>3 hard-cooked eggs,</td>
<td>1/4 cup mayonnaise</td>
</tr>
<tr>
<td>chopped</td>
<td>1 tablespoon Lea &amp; Perrins Sauce</td>
</tr>
<tr>
<td>6 sweet pickles, minced</td>
<td></td>
</tr>
</tbody>
</table>

Mix first four ingredients lightly together. Add Lea & Perrins Sauce to mayonnaise and mix with salad. Serve on lettuce as main luncheon dish. Delicious with hot baking powder biscuits. Serves 6. Also makes excellent sandwich filling if a little more dressing is added.
SPANISH SALAD

1 cup shredded cabbage
1 cup diced cucumbers
French dressing
½ onion, sliced thin

4 tomatoes, sliced
Parsley or watercress
1 hard-cooked egg
Mayonnaise

Let the shredded cabbage and diced cucumbers crisp separately in ice water; then drain. Toss each vegetable separately in French dressing, well seasoned with Lea & Perrins Sauce. Mix the shredded cabbage with the sliced onion and add enough mayonnaise to hold them together. In the center of a salad dish arrange a mound of the cabbage and onion mixture. Surround with tomato slices, then add a ring of diced cucumber, and finish with a border of parsley or watercress. Sprinkle the chopped hard-cooked egg over the mound in the center. Serve additional mayonnaise with this salad.

RUSSIAN DRESSING

Makes hearts of lettuce extra-delicious!

½ cup mayonnaise
2 tablespoons mixed green and red peppers, chopped
1 tablespoon chili sauce
1 tablespoon Lea & Perrins Sauce

Mix all ingredients. This recipe may be varied by adding a little lemon juice, chopped celery, caviar, anchovy or onion juice.

CREOLE FRENCH DRESSING

Can be stored in refrigerator

Rub a bowl with a cut clove of garlic. To the recipe for French dressing, add 4 tablespoons tomato ketchup, ¼ teaspoon dry mustard, 1 teaspoon sugar. Beat or shake well. Absolutely delicious with hearts of lettuce or fresh vegetable salad.

To be appetizing, salads need as skilful seasoning as meat dishes. Try adding Lea & Perrins Sauce to all dressings for meat, vegetable and sea food salads—to all aspics and jellied vegetables.
HOT HAMBURG SANDWICH

Popular at picnics

\[
\begin{align*}
\frac{1}{2} \text{ lb. ground raw beef} & \quad \text{Butter or drippings} \\
1 \text{ teaspoon salt} & \quad 1 \text{ tablespoon Lea & Perrins Sauce} \\
2 \text{ tablespoons minced onion} & \\
\end{align*}
\]

Mix the beef with the salt, onion and Lea & Perrins Sauce. Make into thin cakes and brown on both sides in a hot frying pan containing drippings or melted butter. Turn often, sprinkling with salt each time. When cooked, place between slices of buttered bread or toast and serve very hot with Lea & Perrins Sauce as an accompaniment.

CHOPPED MEAT SANDWICH

Tasty made with left-over roast meat

Put cold cooked meat through the grinder and mix with mayonnaise. Season to taste with salt and Lea & Perrins Sauce and spread a good layer on buttered bread. Add a leaf of lettuce or a spreading of pickle or relish or a thin slice of tomato dipped into French Dressing, and cover with another slice of buttered bread.
SNAPPY HAM SANDWICHES
Popular at picnics

1 cup chopped cooked ham
2 teaspoons Lea & Perrins Sauce
1 tablespoon mayonnaise
3 tablespoons mixed pickle relish

Add Lea & Perrins Sauce to mayonnaise and mix thoroughly with chopped ham. Add pickle relish and mix well. Spread on buttered bread and top with another slice of bread. These are delicious toasted or browned in a waffle iron. Makes 8 to 10 large sandwiches.

WAFFLE SANDWICHES
Novel...delicious...easy to make

Cut crusts from thin slices of sandwich bread. Spread one slice thinly with sandwich mixture, and top with slice of buttered bread. Cut diagonally into triangles. Dip in following waffle mixture:

3 eggs, well beaten
1/2 teaspoon salt
1/4 cup milk
1 tablespoon melted butter

Mix other ingredients with beaten eggs and dip each sandwich in mixture. Fry 4 triangles at a time on hot waffle iron. Press upper lid of waffle iron down slightly when closing. Bake 2 to 4 minutes. Serve at once, with maple syrup, if desired.

HOT LOBSTER SANDWICH WITH NEWBURG SAUCE
Makes a hit for lunch or late suppers

5 tablespoons butter
1 cup cooked lobster meat
3 tablespoons mixed pickle relish
Yolks of three eggs
1/2 teaspoon salt
1 cup cream or milk
3 tablespoons sherry
2 teaspoons Lea & Perrins Sauce

Melt two tablespoons of butter in a chafing dish and heat in it the lobster meat, cut in small pieces. Make the sauce separately, melt the rest of the butter, add the salt, then the cream or milk and heat to boiling. Beat the egg yolks in a bowl. Pour into them part of the hot sauce, stirring constantly.

Then pour it back into the saucepan and cook for two minutes over boiling water, stirring meanwhile. Add the Lea & Perrins Sauce and sherry and take from the fire. Have ready for each sandwich two slices of buttered bread or toast. Spread the hot lobster over one slice, top with the second, and pour the Newburg Sauce over all. Serve immediately. Makes 4 portions.
BARBECUE SANDWICH
Between two slices of bread or a flat split biscuit, lay several thin slices of hot roast pork, spread with Barbecue Sauce. This is the original Barbecue sandwich, which started in the South, where the pork is roasted on a spit before an open fire. In its travels over the country the sandwich has been varied, so that at roadside stands in various places, you will find it made of beef, ham, and even oysters. The meat should be hot and roasted, with a generous spread of a zestful sauce or relish. Lea & Perrins Sauce alone makes this sandwich delicious.

FRIED MEAT SANDWICHES
Men like these
Butter slices of bread and spread with minced cooked ham, tongue, corned beef or salt fish mixed with Lea & Perrins Sauce. Beat an egg with a half cup of milk. Dip the sandwiches, first on one side, then on the other, into this mixture and fry a golden brown in a frying pan containing melted butter. Garnish with lettuce leaves and pickles.

RED-and-WHITE SANDWICHES
You'll love their marvelous flavor!
1 pkge. cream cheese 2 pimentos, finely chopped
1 teaspoon Lea & Perrins Sauce Salt to taste
Blend Lea & Perrins Sauce thoroughly with cream cheese and mix with pimentos to a smooth paste. Makes filling for 6 large sandwiches. Try them toasted or browned on a waffle iron.

SPANISH CHICKEN SANDWICH*
Tempting toasted or waffle-ized
2 cups minced chicken 3 tablespoons mayonnaise
(1 large can boned chicken) 2 teaspoons Lea & Perrins Sauce
¾ cup chopped stuffed olives Salt to taste
Mix the chicken and olives. Blend Lea & Perrins Sauce with mayonnaise and mix thoroughly with chicken and olives to form a spread. Salt to taste. For waffle-izing these sandwiches, see Waffle Sandwiches (page 61).

62
WHIRLS

As dainty as they are delicious
Cut all the crusts from a loaf of fresh sandwich bread and cut lengthwise slices one-fourth inch thick. Spread each slice with butter and then with any soft filling you like. On one use cream cheese mixed with finely chopped nuts and Lea & Perrins Sauce; on another, minced ham mixed with mayonnaise; on a third, orange marmalade and peanut butter seasoned with Lea & Perrins Sauce. Roll each slice tightly lengthwise; wrap in waxed paper and chill. Just before serving, cut into half-inch slices, crosswise of the roll. This makes small circles. The chilled butter keeps them from unrolling. The different colors in the fillings give an attractive variety to the sandwich plate.

RUSSIAN SANDWICH

Butter a thin slice of white bread and spread with chopped olives mixed with a little mayonnaise. Spread a slice of whole wheat bread with cream cheese mixed with Lea & Perrins Sauce. Press the two slices together. Cut in triangles, long strips or fancy shapes. These are very good with cocktails.

CHEESE AND TOMATO SANDWICH*

Drain all the juice from canned or stewed fresh tomatoes and mix the pulp with an equal quantity of grated cheese, adding a teaspoon of Lea & Perrins Sauce and one-half teaspoon salt for each cup of the mixture. Spread between buttered slices of white or whole wheat or rye bread. Or scoop out the centers of split finger rolls and fill with the tomato and cheese paste.

ROYAL CHICKEN SANDWICH

Everyone asks for this recipe!

<table>
<thead>
<tr>
<th>8 slices buttered toast</th>
<th>1 cup grated American cheese mixed with 2 teaspoons Lea &amp; Perrins Sauce</th>
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</thead>
<tbody>
<tr>
<td>Slices of cooked chicken</td>
<td></td>
</tr>
<tr>
<td>Slices of tomato</td>
<td></td>
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</tbody>
</table>

Lay slices of buttered toast in a shallow baking pan. Place sliced chicken on the toast, sliced tomato on chicken and sprinkle with salt. Spread thickly with grated American cheese mixed with Lea & Perrins Sauce. Place under broiler till cheese is melted and browned. Serve at once.
Particle and Snack Dishes... that enhance the reputation of a hostess

Barbecued Frankfurters

Croustades*

Cut stale bread in slices 1½ inches thick. With large biscuit cutter, doughnut cutter or a sharp, pointed knife cut into rounds, diamonds, ovals or squares. Take smaller cutter or knife and carefully cut out center about ½ inch in from edge down to within ½ inch from the bottom, leaving a nicely cut bread shell. Toast on all sides in hot oven.

Cheese Straws

2 cups flour  
¼ teaspoon salt  
½ cup shortening

1 ½ cups grated American cheese  
2 teaspoons Lea & Perrins Sauce

Sift together flour and salt. Cut in shortening and grated cheese mixed with Lea & Perrins Sauce until well blended. Press into a ball and roll on floured board to ¼ inch thickness. Cut in strips ½ by 3 inches. Bake in hot oven (400° F.) 8 to 10 minutes, until golden. Makes 2½ dozen.
**PASTRY**

1 ¼ cups flour
2 teaspoons baking powder
¼ cup shortening
4 or 5 tablespoons ice water
½ teaspoon salt

Sift dry ingredients into bowl and cut in shortening with two knives. Add just enough ice water to make a soft dough. Chill and divide paste into four equal parts. Roll out each ¼ inch thick on slightly floured board and cover pies which have been put into four individual baking dishes. Trim off paste a little beyond the rim of each baking dish and turn back, pressing down all around. With tines of fork, cut two or three small slits in top. Brush with milk. Bake in very hot oven at (500° F.) for about 10 minutes.

**PATTY SHELLS**

1 ½ cups pastry flour
½ teaspoon salt
1 ½ cup shortening
4 ½ tablespoons ice water

Chill flour and shortening in refrigerator. Sift flour and salt together into bowl. Cut in shortening with two knives until mixture resembles coarse meal. Add ice water gradually—just enough to make stiff dough. Cover bowl and chill in refrigerator over night, or at least one hour.

Place pastry on floured board and roll lightly from center a little less than ¼ inch thick. Cut in circles to cover inverted 3-inch fluted patty shells and press in another patty shell, letting it remain for half of baking period. Bake either kind of patty shell for about 12 minutes in hot oven (450° F.) until light brown. Makes 12 fluted patty shells or 8 made over 3-inch muffin tins.

**INDIVIDUAL CHICKEN PIES**

A nice touch when entertaining

For chicken filling, add to a thin or brown gravy well seasoned with Lea & Perrins Sauce, about 12 slices of chicken, preferably breast of chicken, 10 or 12 small white onions, the same number of small young carrots, cut in cubes, fresh peas, and one large potato cut into cubes. Divide the filling between the four dishes and cover with pastry. Makes 4 individual chicken pies.

Other delicious combinations are chicken and mushrooms, without the vegetables; left-over lamb and lamb kidneys; or stewed kidneys and chopped hard-boiled eggs. By using a combination of vegetables in season, vegetable pies can be made in the same way.
BLUSHING BUNNY

Delicious — and made in a jiffy!

1 can tomato soup
1 lb. cheese, diced
1 egg, slightly beaten

Put one can tomato soup in a chafing dish and heat. Add cheese and cook over low heat till melted and mixed with soup. Stir in slightly beaten egg and Lea & Perrins Sauce. Serve at once on hot crackers or toast. Makes 6 generous portions.

BARBECUED FRANKFURTERS

6 Frankfurters (about 1/2 to 2/3 lb.)
6 Frankfurter buns
1 tablespoon butter or margarine
1/2 cup chopped onion
1 teaspoon paprika
1/2 teaspoon pepper
4 teaspoons sugar
1 teaspoon mustard
4 teaspoons Lea & Perrins Sauce
1/4 cup catsup
3 teaspoons vinegar

To make sauce, melt butter; add chopped onion and cook until clear. Add all seasonings, sugar and vinegar. With a sharp knife cut 3-inch slit in each frankfurter. Place frankfurters in flat baking pan, slit side up. Pour sauce over all and bake in (350° F.) oven for 20 minutes. Baste frequently. Place frankfurters in split, toasted, buttered buns; garnish with fresh green onions; serve extra sauce separately. Serves 6.

HAM A LA KING*

A quick supper dish that always pleases

4 tablespoons butter
6 tablespoons flour
1/4 teaspoon salt
3 cups milk
1 1/2 cups chopped, boiled ham
1/2 cup chopped, cooked celery
1 1/2 cups chopped, cooked green peppers
1 sliced pimento
2 eggs, beaten
1 tablespoon Lea & Perrins Sauce
8 slices toast

Melt butter in chafing dish. Stir in flour and salt. Add milk gradually and cook 15 minutes, stirring constantly. Stir in ham, celery, green peppers and pimentos. Cook two minutes. Add well-beaten eggs and Lea & Perrins Sauce, stir and cook for one minute, then serve at once. Sufficient to serve over 8 slices of toast.

For Chicken a la King, use 1 1/2 cups diced, cooked chicken instead of the ham.
OYSTERS ROYALE
Tasty for supper Sunday night or any night

1 pint oysters  2 tablespoons flour
1 cup oyster liquor  ½ cup thin cream
3 tablespoons butter  2 teaspoons Lea & Perrins Sauce
¾ teaspoon salt

Put oysters and liquor in frying pan or chafing dish and cook over low flame until edges of oysters curl. Remove oysters to hot double boiler or warm dish. Add to liquor the butter, seasonings, and flour mixed with a little cold water, stirring until slightly thick and smooth. Add cream and boil up once. Pour over oysters and fill patty shells or croustades. Serves four.

Shrimps, canned or fresh, may be substituted for the oysters.

CRAB MEAT EN CASSEROLE
Unequalled for Sunday suppers

3 cups crab meat, flaked  (2 cans)  2 egg yolks, well beaten
3 cups medium thick white sauce seasoned with 1 tablespoon Lea & Perrins Sauce
1½ cup grated cheese  1½ cup buttered bread crumbs

Flake crab meat in not too small pieces. Salmon or tuna may be used, if desired. Make 3 cups white sauce, using 3 tablespoons each butter and flour, 2 teaspoons salt, and 3 cups milk. Remove from fire, stir in egg yolks and Lea & Perrins Sauce. Fold in crab meat and fill large, shallow buttered baking dish or individual baking dishes. Sprinkle with mixture of grated cheese and buttered crumbs. Bake at (375° F.) till top is a light brown, about 25 minutes. Serves 10.

EGGS MOLLET EN CASSEROLE
A tempting main dish

8 whole, soft-cooked eggs  1 tablespoon Lea & Perrins Sauce
2 cups thin white sauce  Buttered crumbs
1 cup grated cheese

Cook eggs about five minutes, only long enough so that they may be shelled. Arrange them, whole, in small buttered casserole. Mix grated cheese and Lea & Perrins Sauce with white sauce till smooth and pour over eggs. Cover with buttered crumbs and brown in moderate oven (375° F.) for about 20 minutes. Serves 4. Delicious with a fresh vegetable salad and French dressing.
CHEESE FONDUE

Serve it as a midnight snack with beer or cocoa

- 1/2 pound American cheese
- 1/2 pound pimento cheese
- 1/4 pound Roquefort cheese
- 3 tablespoons butter
- 1 teaspoon Lea & Perrins Sauce
- Cream or mayonnaise

Cut or break the cheeses into small pieces. Add the butter and Lea & Perrins Sauce. Cook and stir these ingredients over hot water. Work them to a smooth paste and whip them until they are fluffy. Add, if the mixture is too stiff to spread, a small amount of cream or mayonnaise. Serve the fondue at once on rusk, melba toast, toasted crackers or rye bread. Serves 6.

DEVILED LOBSTER

- 3 hard-cooked eggs
- 1 1/2 tablespoons butter
- 2 tablespoons flour
- 2 1/2 cups milk
- 2 tablespoons chopped parsley
- 1 teaspoon minced onion
- 2 cups diced fresh lobster meat
- 1 1/4 teaspoons salt
- 1/4 teaspoon paprika
- 2 tablespoons Lea & Perrins Sauce
- 1/2 cup bread crumbs

Shell the eggs; separate the yolks from the whites. While hot, crush the yolks with a fork, or rice them. Blend the flour and butter; combine the yolk and flour mixture. Stir in slowly the milk. Cook and stir these ingredients over a low flame until they thicken and boil. Cut egg whites in small pieces and add with the parsley, onion, lobster meat, salt, paprika, and Lea & Perrins Sauce. Pour these ingredients into a greased casserole. Cover the top with the bread crumbs, and dot with 2 tablespoons butter. Bake the dish in a hot oven (500° F.) for about 10 minutes. Serves 10.

CREAMED SHRIMP AND EGGS*

Try this next Friday

- 2 tablespoons butter
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1 1/4 cups milk
- 2 teaspoons Lea & Perrins Sauce
- 1 1/2 lb. cooked shrimps
- 2 hard-cooked eggs, cut in eighths

Melt butter in chafing dish; add flour, salt and milk to make cream sauce. Add Lea & Perrins Sauce, shrimps and eggs, cooking 10 minutes. Pour into croustades or patty shells, or serve over toast as main supper or luncheon dish. Makes 4 portions.
WESTERN SALMON

Popular with men

2 tablespoons butter  2 teaspoons Lea & Perrins Sauce
1 can salmon, flaked
1 can tomato soup

Remove skin and any bones from salmon and flake in rather large pieces. Melt butter in chafing dish or frying pan. Add salmon and heat slowly. Pour over can of tomato soup, mix and heat till hot. Just before removing from fire, stir in Lea & Perrins Sauce. Serve on toast. Makes 4 portions.

CREAMED SHRIMP AND CELERY, EGGPLANT OR CUCUMBER AU GRATIN

1 cup chopped celery†  ⁴⁄₅ teaspoon paprika
³⁄₄ cup White Sauce  ¹⁄₂ teaspoon Lea & Perrins Sauce
¹⁄₂ cup or more shrimp  Bread crumbs or cornflakes
Salt, if needed

Cook the celery; drain it well. Prepare the White Sauce. When the sauce is boiling, add the celery and shrimp. Season with salt, paprika, and Lea & Perrins Sauce. Place these ingredients in greased ramekins. Sprinkle the tops with bread crumbs or cornflakes, and dot them with butter. Brown them under a moderate flame.

†One cup boiled eggplant or cucumber may be substituted.

CHILE CON CARNE

2 tablespoons chopped green pepper
¹⁄₂ cup chopped onions
1 clove garlic, minced (optional)
3 tablespoons fat or salad oil
1 lb. beef cut in small cubes

2 ¹⁄₂ cups tomatoes (No. 2 can) or tomato juice
2 teaspoons salt
1 teaspoon chili powder
3 teaspoons Lea & Perrins Sauce
2 ¹⁄₂ cups cooked kidney beans or No. 2 can

Cook the green pepper, onions and garlic in the hot fat, in a heavy skillet, until soft and slightly browned. Add the cubed meat, stir and cook uncovered until meat is browned, add tomatoes or tomato juice, salt, chili powder, which had been mixed to a paste in cold water, and Lea & Perrins Sauce. Cover and simmer at low heat until meat is tender. Then add kidney beans and continue cooking gently until thoroughly heated. Serves 6.
SAVORY BUTTER

Cream butter with a fork and work into it one teaspoon Lea & Perrins Sauce for each half cup of butter. Use as spread for sandwiches, saltines, canapés; or keep in the refrigerator for cooking purposes.

FISH OR MEAT SOUFFLE

1 cup cream sauce for soufflés
1/4 to 1 cup flaked cooked fish or finely chopped meat
1/4 cup finely chopped raw carrots, celery and parsley
3 beaten egg yolks
Salt and Pepper to taste
1/4 teaspoon Paprika
1 teaspoon Lea & Perrins Sauce
3 egg whites

Prepare the cream sauce. When it is smooth and boiling stir in the flaked fish or chopped meat and the carrots, celery and parsley. When these ingredients are hot reduce the heat and stir in the egg yolks. Cook and stir for one minute longer to permit the yolks to thicken. Add the seasonings. Cook these ingredients. Whip the egg whites; fold them lightly into the mixture. Bake the souffle in an ungreased 7-inch baking dish in a moderate oven (325° F.) After 10 minutes increase the heat slightly. Bake the souffle until it is firm, about 25 minutes in all. Serve with tomato sauce.

CREAMED CHICKEN AND PEAS IN PATTY SHELLS*

Delicious for luncheon or dinner

2 tablespoons butter
2 tablespoons flour
1 cup milk
1/4 teaspoon salt
1 cup diced cooked chicken or canned chicken
1 cup cooked fresh peas
1 egg yolk, beaten
2 teaspoons Lea & Perrins Sauce

Melt butter, blend with flour, add milk and salt. Cook about 15 minutes. Then add chicken and peas. Heat through. Add 2 tablespoons milk to beaten egg yolk and stir into mixture, with Lea & Perrins Sauce. Cook 2 minutes, fill patty shells and serve. Fills eight 3-inch fluted patty shells—to serve 4. To fill 8 shells made over 3-inch muffin tins, increase white sauce recipe by one-half and add another cup of peas.
CRAB MEAT A LA KING

8 ounces canned crab meat
(1 cupful)
3 hard-cooked eggs, peeled and diced
1 pimento, chopped
½ cup chopped mushrooms
¼ cup chopped green peppers

Combine crab meat, eggs and pimento. Sauté mushrooms and green peppers in butter five minutes, stir in flour, add milk, gradually stirring until mixture thickens. Add seasonings, combine with crabmeat, eggs and pimento. Serve the crab over hot toast, rusks, pastry shell, etc. Serves 8.

CREAM SAUCE USED IN SOUFFLES

1 cupful

Cream sauce and all its relations are best made in a double boiler. As this is a rather tedious process, requiring 10 to 15 minutes cooking and stirring, most cooks prefer the shorter way.

3 tablespoons butter
3 tablespoons flour
1 cup hot milk
¼ teaspoon salt

Melt the butter over a low heat. Add and blend in the flour. Stir in slowly the hot milk. Add the seasonings. Cook and stir the sauce with a wire whisk until it is smooth and boiling. Combine it with other ingredients when it is boiling so that it will not become watery. For creamed dishes use about one-half as much sauce as there are solids.

PARSLEY SAUCE

To each cup of White Sauce add 2 teaspoons of chopped parsley just before serving. This sauce is also excellent for creaming vegetables such as peas, carrots, potatoes, turnips and cauliflower.

ANCHOVY DIAMONDS

Season cream cheese to taste with salt and Lea & Perrins Sauce. Spread on small diamonds made of bread toasted on one side. Wrap an anchovy around a stuffed olive and place in the center of each canapé.
ON CARVING...

Rolled Rib Roast

Slice across grain from the far right side. Make slices \( \frac{1}{8} \)" to \( \frac{3}{8} \)" thick.

Remove each cord only as you come to it. Cut, loosen with fork, let drop on plate.
Roast Leg of Lamb

a Place shank end at carver’s right, with thick meaty section on far side.

b Cut a few lengthwise slices, turn roast to rest on cut edge, and carve parallel slices to the bone.

c Release slices by cutting along bone at right angles to the slices.
Standing Rib Roast

a  Carving's easier if you have the butcher separate the backbone from the ribs when you buy.

b  Slice from the far outside edge across the grain. Cut along rib with tip of knife to release each slice. Slices 1/8" to 3/8" thick.

c  Be sure you've sliced enough for everyone before putting meat on individual plates.
Crown Roast

a Remove garnish to side of platter. Slice down between ribs.

b Allow one rib to each slice. Lift out on knife blade, with fork to steady it.
Pork Loin Roast

a  Have the butcher saw across ribs to loosen ribs from backbone.

b  Before serving, remove the backbone, by cutting between it and the rib ends.

c  With rib side facing you, cut down between ribs, making alternate slices with and without rib.
Baked Whole Ham

a. Place shank end of ham at carver’s right. Make first slices lengthwise from the thin side.

b. Now turn ham so it rests on cut side. Then cut parallel slices down to the bone.

c. Release slices by cutting along bone at right angles to the slices.
Blade Pot Roast

a Separate a section by running knife between two muscles, then close to bone.

b Turn the section so the grain runs parallel with platter, then cut across grain.

c Cut each section across grain; serve two or three slices to each person.
**Porterhouse Steak**

a Remove bone and lift to side of platter.

b Always cut a steak with the grain. It's tender that way, and looks much handsomer.

c To save your knife-blade, serve your steak on a board cut to fit the platter.
**Beef Tongue**

Remove excess tissue and cartilage from large end of tongue; continue to make thin even slices.

**Half Ham (Shank End)**

Divide cushion and shank section. Slice cushion across the grain. To make further servings, cut through joint, remove bone and slice.

**Beef Brisket**

Have round side away from you, when you place on platter and trim off excess fat. Then slice in rotation from each of three sides as pictured.
Ham Slice — Center Cut

Cut into three sections and turn each on its side to slice across the grain. Before slicing end section remove the bone.

Cushion Lamb Shoulder

Make thin slices through meat and stuffing as shown in illustration.

Picnic Shoulder

Slice from the small side until the shoulder can stand on this surface. Then make parallel slices, releasing from bone.
Roast Turkey

With turkey’s legs to your right, remove leg and thigh and place on separate platter. Sever leg and thigh by cutting through joint.

Remove wing, cut in two pieces, then carve leg and thigh in lengthwise slices.

Carve breast in thin slices angling across grain.
Another method of carving a thigh and drumstick.

For each serving, have white slices laid over dark, with dressing underneath or alongside.
Using a silver (not steel) knife, cut rectangle A to A, B to B, and then A to B.

Now cut in individual slices 1 inch to 1 1/2 inches.

Lift out pieces on knife and fork and serve. Do other side of fish same way.

Small Fish

Cut rectangle as in large fish, then lift out entire fillet and serve in one piece as individual portion.
INDEX

APPETIZERS
Avocado Cocktail ................................. 8
Broiled Cheese Rings .......................... 9
Canapés ........................................ 9
Canapés, Chicken Liver ...................... 10
Egg ............................................. 10
Hawaiian ....................................... 9
Roquefort ...................................... 8
Russian ......................................... 8
Snappy ......................................... 7
Meat Rings ..................................... 10
Meat Rolls ..................................... 10
Oyster or Clam Cocktail ...................... 7
Stuffed Celery .................................. 8
Tomato Juice Cocktail ....................... 7

SOUPS
Canned ............................................ 11
Clam Chowder .................................. 14
Cream ........................................... 13
Cream of Mushroom ........................... 13
Cream of Tomato ............................... 12
Emergency ...................................... 12
French Onion .................................... 11
Jellied Soup .................................... 13
Junó Fish Chowder ............................. 14
Oyster or Clam Bisque ......................... 12
Sea Food Bisque ............................... 12
Tomato .......................................... 13
Garnishes for Soup ............................ 14

FISH AND SEA FOOD
Baked Stuffed Fish ............................. 18
Fish au Gratin .................................. 18
Fish Fritters .................................... 15
Fish Pie ......................................... 15
Fried Filet of Sole ............................. 16
Oyster Rarebit ................................ 16
Salmon Croquettes ............................ 17
Salmon Loaf .................................... 16
Scalloped Halibut .............................. 17
Shrimp Newburg ............................... 18

MEATS AND ENTRÉES
Beef, Chipped in Savory Sauce ................ 29
In nests ........................................ 23
Roast .......................................... 20
Chicken, Deviled .............................. 27
Piquant ........................................ 23
Chicken Roll ................................... 27
Ham with Scalloped Eggs .................... 21
Hamburger Chops ............................. 25
Lamb, Crown Roast of .................... .......................... 24
Leg of ......................................... 23
Turnovers ..................................... 25
Liver and Onions in Casserole .............. 27
with Brown Sauce ............................ 21
Link Loaf ...................................... 28
London Loaf ................................... 24
Meat Loaf ..................................... 22
Meat Balls, Swedish ......................... 20
Meat Pie ....................................... 26
Meat Rolls, cabbage ......................... 19
Surprise ....................................... 20
Old Fashioned Boiled Dinner ............... 28
Peppers, stuffed .............................. 25
Pork Chop Meal, one-dish ................... 29
Pork, creamed salt ........................... 28
Pot Roast ....................................... 22
Steak, broiled ................................ 24
Spanish ......................................... 25
Veal, stuffed shoulder of .................... 22
Veal Timbales with Spanish Sauce ........ 26
Pastry (for meats) ............................ 26

GRAVIES
Well-Seasoned .................................. 19
Brown .......................................... 21
Roast Beef ..................................... 29

STUFFINGS
Apple ............................................. 31
Bread ............................................ 30
Oyster .......................................... 31
Pickled and Onion ............................. 30
Potato .......................................... 31
Sausage ........................................ 31

STEWS AND HASHES
Brunswick Stew ................................ 33
Corned Beef Hash ............................. 34
Hash a la Mode ................................. 34
Hash with Potatoes ........................... 32
Lamb Stew with Dumplings .................. 33
Oven Stew ....................................... 34

EGG AND CHEESE DISHES
Baked Eggs with Cheese ...................... 36
Baked Omelet with Cheese .................. 36
Creamed Eggs with Cheese Sauce .......... 37
Deviled Eggs with Liver Sauce ............ 35
Egg Croquettes ................................ 35
Individual Cheese Souffles ............... 37
Plain Omelet .................................. 36
Scrambled Eggs ............................... 37
Snappy Welsh Rabbit (Rarebit) ............ 37

SAUCES
Barbecue ....................................... 40
Brazilian ....................................... 40
Bernaise ....................................... 41
Butter .......................................... 40
Cheese ......................................... 40
Egg .............................................. 38
Mock Hollandaise ............................ 39
Mushroom ...................................... 39
Onion .......................................... 39
Roquefort ..................................... 41
Tartar .......................................... 41
Spanish ......................................... 41
White .......................................... 38
SPAGHETTI AND RICE

Cheese Rice Ring ............. 44
Chicken and Rice Creole .......... 44
Chow Mein Noodle Ring .......... 43
Noodle Ring with Cheese .......... 45
Oysters and Macaroni ............. 45
Quick Spaghetti ................. 42
Rice Loaf .................... 44
Spaghetti with Bacon ............ 43
Spanish Rice ................. 43
Turkish Rice ............. 42

VEGETABLES

Baked Onions with Cheese ...... 51
Cabbage au Gratin ............. 51
Candied Sweet Potatoes .......... 50
Cauliflower au Gratin .......... 47
Cheese and Bean Loaf .......... 48
Corn Fritters ................. 48
Creamed Mushrooms .......... 47
Creamed Potatoes and Potato Cakes .......... 51
Fresh Vegetable Plates .......... 47
Lima Beans .................. 50
with Cheese and Bacon .......... 50
Potatoes on Half Shell .......... 49
Red Cabbage with Apples .......... 49
Scalloped Corn .......... 50
Scalloped Vegetables .......... 49
Spanish Eggplant .......... 46
Spinach Border with Mushrooms .......... 51
Stuffed Baked Tomatoes .......... 46
Tomatoes Piquant .......... 48

GARNISHES AND RELISHES

Apple Chutney ............... 53
 Cranberry Relish ............... 53
 Croutons .................. 53
 Cucumber Cups ............... 54
 Egg Yolk Garnish ............ 52
 Hot Slaw .................. 54
 Julienne Vegetables .......... 53
 Pepper Garnish ............. 54
 Piquant Apple Sauce .......... 54
 Red Pepper Relish ............ 52

SALADS

Easter .................. 58
Jellied Tomato .......... 58
Jellied Tongue .......... 58
Jelly Cubes ............. 56
Potato Salad Supreme .......... 57
Salad Mold .......... 56
Spanish ............. 59
Stuffed Pepper .......... 56

SALAD DRESSINGS

Boiled ................. 55
French .................. 57
French, Creole .......... 59
Mayonnaise .......... 57
Mayonnaise, Frozen .......... 55
Russian ............. 59

SANDWICHES

Barbecue ................ 62
Cheese and Tomato .......... 63
Chopped Meat .......... 60
Fried Meat ............. 62
Hot Hamburg .......... 60
Hot Lobster Sandwich with Newburg Sauce .......... 61
Red-and-White .......... 62
Royal Chicken .......... 63
Russian ............. 63
Snappy Ham .......... 61
Spanish Chicken .......... 62
Waffle ............. 61
Whirls ............. 63

PARTY AND SNACK DISHES

Anchovy Diamonds .......... 71
Barbecued Frankfurters .......... 66
Blushing Bunny .......... 66
Cheese Fondue .......... 68
Cheese Straws .......... 64
Chicken Pies, individual .......... 65
Chile Con Carne .......... 69
Crab Meat a la King .......... 71
Crab Meat en Casserole .......... 67
Cream Sauce Used in Souffles .......... 71
Creamed Chicken and Peas in Patty Shells .......... 70
Creamed Shrimp and Celery, Eggplant or Cucumber au Gratin .......... 69
Creamed Shrimp and Eggs .......... 68
Croustades .......... 64
Deviled Lobster .......... 68
Eggs Moller en Casserole .......... 67
Fish or Meat Souffle .......... 70
Ham a la King .......... 66
Oysters Royale .......... 67
Parsley Sauce .......... 71
Pastry ............. 65
Patty Shells .......... 65
Savory Butter .......... 70
Western Salmon .......... 69

LESSONS IN CARVING

Baked Whole Ham .......... 77
Beef Brisket .......... 80
Beef Tongue .......... 80
Blade Pot Roast .......... 78
Cushion Lamb Shoulder .......... 81
Crown Roast .......... 75
Fish, Large .......... 84
Small ............. 84
Half Ham (Shank End) .......... 80
Ham Slice .......... 81
Picnic Shoulder .......... 81
Pork Loin Roast .......... 76
Porterhouse Steak .......... 79
Roast Leg of Lamb .......... 73
Roast Turkey .......... 82
Rolled Rib Roast .......... 72
Standing Rib Roast .......... 74
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