TO MAKE CROQUETTES CUTLETS

Begin with N. B. C. CRACKER MEAL
COATING...

CROQUETTES
To make croquettes use meat, fish, vegetables, fruit, hard cooked eggs or cheese. Season and bind together with a hot thick white sauce. Chill the mixture, then shape into cones, rolls or balls. Coat croquettes thoroughly with N.B.C. Cracker Meal. Beat 1 egg with 2 tbsps. water. Dip cracker meal coated croquettes in egg mixture, then, again coat with cracker meal. Fry in deep hot fat (390° F). Fry a few at a time so that the temperature of the fat is not lowered by the cold croquettes. Drain on soft paper.

N.B.C. Cracker Meal is the easiest coating to use for croquettes. It is fine flavored and ready for immediate use.

CHOPS AND CUTLETS
To prepare chops for crumbing, trim away excess part and season. To prepare cutlets, trim and cut in suitable sized pieces for serving and season. Dip meat in N.B.C. Cracker Meal, then in a mixture of 1 egg beaten with 2 tbsps. water and then again in cracker meal. Fry in deep hot fat (385° F) 5-8 minutes, and drain on soft paper.

To bake coated chops or cutlets, prepare as above, saute (fry gently) in a small amount of butter 8 minutes. To finish cooking place in a moderate oven (375° F) until tender, adding a small amount of hot water to the pan.

FISH
Method No. 1. Dip seasoned fillets or suitable sized pieces of fish in evaporated milk, then in N.B.C. Cracker Meal. Place on a well oiled baking sheet, sprinkle liberally with salad oil and bake in a hot oven (425° F) until golden brown.

Method No. 2. Dip pieces of seasoned fish in N. B. C. Cracker Meal, then in a mixture of one egg beaten with 2 tbsps. of water and again in cracker meal. Fry in deep hot fat (370° F) 4-6 minutes. Drain on soft paper.
CRUMBING...

AU GRATIN DISHES

Creamed dishes which are to be baked are greatly improved with a covering of N.B.C. Cracker Meal blended with melted butter, in the proportion of 2 tsps. butter to 1/8 cup of cracker meal. Place in a hot oven (400° F) and bake until brown.

BROWN BUTTER CRUMBS

To make Brown Butter Crumbs of delicate flavor and fine consistency, melt 2 tsps. butter in a frying pan, add 1/4 cup of N.B.C. Cracker Meal and stir constantly over a low flame until brown.

SOUFFLES

For “Cheese Souffle” make the base with N.B.C. Cracker Meal instead of white sauce. Simply blend 1/4 cup of N.B.C. Cracker Meal with 1 cup hot milk. Add the beaten yolks of 3 eggs and 1 cup grated cheese. Season to taste and cool. Fold in stiffly beaten egg whites. Turn into buttered baking dish and bake 35 minutes in a moderate oven (325° F). Salmon, vegetable or fruit may be substituted for cheese in the above recipe in each dish seasoning to taste.

ESCALLOPS

An inexpensive and easy way to make escallops of fish, meat or vegetables is to arrange alternate layers of any of these and N.B.C. Cracker Meal in a baking dish, season and cover with milk. Dot with butter and bake 15 minutes in a hot oven (425° F).
THICKENING...

SOUPS AND CHOWDERS

N.B.C. Cracker Meal makes an excellent thickening for soups and chowders. Moisten cracker meal with cold water to make a paste. Stir into it a little hot soup or chowder, then add mixture to hot soup or chowder, stirring until smooth.

Gravies may be thickened in the same manner with N.B.C. Cracker Meal.

CRACKER MEAL...

THINGS YOU MAY NOT KNOW ABOUT N.B.C. CRACKER MEAL

One of the most widely-sold and widely-used products of the National Biscuit Company is N.B.C. Cracker Meal. Because of its convenience and usefulness in meal-planning, it is an important staple item on the pantry shelf in millions of homes.

N.B.C. Cracker Meal is not made from broken, scorched or imperfect crackers, but from whole, freshly-baked crackers, made according to their own special formula, baked in their own ovens, just to be ground up into N.B.C. Cracker Meal. When you specify N.B.C. Cracker Meal you can be sure you are getting the highest possible quality.

NATIONAL BISCUIT COMPANY

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