

MEATS

"The turnpike road to people's hearts, I find,
Lies through their mouth, or I mistake mankind."

Meats and Suitable Sauces

Roast Beef—Tomato sauce, pickles.

Roast Mutton—Currant jelly, caper sauce.

Roast Lamb—Mint sauce.

Roast Veal—Sliced lemon.

Roast Venison—Spiced currants or gooseberry catsup.

Roast Pork—Apple sauce, onion sauce.

Roast Goose—Apple or grape sauce.

Roast Ham—Horseradish.

TO FRY STEAK.

Have a nice tenderloin or porterhouse steak one inch and a half in thickness, well hacked. Over this sprinkle, salt, pepper and a little flour. Have ready a very hot spider. Into this drop plenty of good, sweet butter ($\frac{1}{4}$ pound is not too much). When thoroughly melted, lay in the meat; turn frequently. While cooking make many openings in the steak to allow butter to pass through. When done, place on a hot platter and serve immediately.

MEAT CAKES.

Two cups of chopped cooked meats, 3 tablespoons cracker crumbs, 1 tablespoon butter, 1 small onion, 2 eggs, salt and pepper to taste. Chop onion very fine. Beat eggs very light without separating. Melt the butter, add to the cracker crumbs, mix with the eggs, meat and seasoning. Make into flat cakes and fry in half butter and half lard or drippings.

VEAL CROQUETTES.

Boil meat until tender, chop fine. To 1 bowl of meat add equal quantity of mashed potatoes, a little butter, 1 egg, salt and pepper. Make into balls and roll in flour. Fry in hot lard.

MEAT BALLS.

Chop cold meat with a meat chopper, 1 quart meat, 3 eggs, well beaten, $\frac{1}{2}$ pint cold mashed potatoes, pepper, salt and gravy from meat, or half cup water, flour enough to form into balls as for sausage. Fry in a little grease.

CHICKEN PIE.

Stew chicken until it drops from bone, take out bones, make a sauce with butter, flour and milk, as much as desired. Salt 1 quart flour rubbed with $\frac{1}{2}$ cup lard, a little salt and 2 teaspoons baking powder, wet with milk until you can roll. Place layer of crust in bottom, then chicken and gravy. Cover with crust half inch thick.

SMOTHERED BEEFSTEAK.

Take 1 large thin steak, lay out smoothly and wipe dry; prepare a dressing with 1 cup of fine bread crumbs, $\frac{1}{2}$ teaspoon salt, some pepper, tablespoon butter, $\frac{1}{2}$ teaspoon sage, or use chopped onions and enough meat, roll up and tie carefully with stout string, put a few thin slices of pork in bottom of a kettle and fry till brown; put the roll of steak and also brown it on all sides, then add 1 pint of hot water and cook until tender, then thicken the gravy. The roll is to be carved crosswise.

SWEET BREADS.

Parboil them in salt water; remove the skins and tough parts; cut in pieces the size of a large oyster; dip in beaten eggs; roll in cracker crumbs seasoned with salt and pepper; fry in hot butter or drop in hot lard as you would doughnuts.

"TOAD-IN-THE-HOLE."

Mix 1 pint flour and 1 egg with milk enough to make batter (like that for batter cakes) and a little salt; grease dish well with butter, put in lamb chops, add a little water with pepper and salt; pour batter over it and bake for one hour.

FROGS FRIED.

Frogs are usually fried, and are considered a great delicacy. Only the hind legs and quarters are used. Clean them well, season and fry in egg batter, or dipped in beaten egg and fine cracker crumbs, the same as oysters.

TONGUE WITH TOMATO SAUCE.

Boil a tongue until tender, remove the skin and return to the kettle and add $\frac{1}{2}$ cup stock and 1 can tomatoes. Cook slowly until the tomatoes are done, add flour to thicken as for gravy, and 2 tablespoons onion juice. Remove the tongue to platter and pour over the sauce and garnish with parsley.

TO FRY FRESH HAM.

Soak sliced ham in molasses water for an hour before cooking. Delicious.

TO COOK TONGUE.

Wash the tongue carefully and let lie in cold water for several hours before cooking. Boil until tender, season with salt and pepper, remove the skin and lay in vinegar over night. A sliced onion added to the vinegar is a great improvement.

PRESSED BEEF.

Select four or five pounds of beef, boil until very tender, seasoning while it is boiling. Shred while warm and press firmly together. When cold slice and serve cold, or fry in butter.

MEATS.**CREAMED CHICKEN.**

Boil a good-sized chicken until meat falls from bones, put in dish, alternate layers of chicken, cracker crumbs, salt, pepper and butter until dish is full, put in some gravy and as much cream and bake.

BEEF LOAF.

Four pounds ground beef, add to it 3 dozen small crackers, rolled fine, 4 eggs, 1 cup sweet milk, 2 table-spoons salt, 1 teaspoon pepper, 1 tablespoon melted butter. Mix well; pack well. Pour boiling water over and bake two hours.

ROAST TURKEY WITH OYSTER DRESSING.

Clean a turkey and lay it in dripping pan. Prepare a dressing of stale bread composed of 1 quart bread crumbs and 1 cup butter, water enough to moisten; add 2 dozen oysters, salt and pepper to suit the taste. Mix all and stuff the turkey with it. Sew up carefully. Put some water in the dripping pan; salt and a chunk of butter, set in the oven and bake until done, basting often. Never parboil a young turkey.

POT ROAST OF BEEF.

Put into kettle some fresh suet; when hot put in the beef and sear over, as this keeps the juice in; season with salt, pepper and sift a little flour over; cover with boiling water and boil slowly, letting the water boil down so the last half hour the meat will fry. Make a fine brown gravy and the roast is excellent.

TO ROAST BEEF.

Sprinkle flour, salt and pepper on the beef, place in pan, pour in a little water, slice an onion, add 1 tablespoon vinegar. Cover tight in roaster or baste often. A little vinegar makes tough beef tender and juicy.

CHICKEN LOAF.

One chicken, cook until tender, remove bones and chop fine, add 1 cup rolled crackers, 1 pint sweet milk, 1 egg, 1 teaspoon salt, pepper to taste. Mix all together, form into loaf and bake half an hour, baste with broth of chicken.

VEAL LOAF.

Two and a half pounds fresh veal and $\frac{1}{4}$ pound pickled pork, chopped very fine, $\frac{1}{2}$ teacup rolled crackers, 2 whole eggs, well beaten, salt, pepper and a little sage. Mix all together thoroughly and form into a loaf. Bake 1 hour.

BRAIN OUTLETS.

Well wash the brains and soak them in cold water till white. Parboil them till tender in a small saucepan for about a quarter of an hour; then thoroughly drain them, and place them on a board. Divide them into small pieces with a knife. Dip each piece into flour, and then roll them in egg and bread crumbs, and fry them in butter or well-clarified drippings. Serve very hot with gravy. Another way of doing brains is to prepare them as above, and then stew them gently in rich stock, like stewed sweetbreads. They are also nice plainly boiled, and served with parsley and butter sauce.

ROAST PIGEONS.

Pigeons lose their flavor by being kept more than one day after being killed. They may be prepared and roasted or broiled the same as chicken; they will require from twenty to thirty minutes cooking. Make a gravy of the giblets or not; season with pepper and salt, and add a little flour and butter.

SQUAB POT-PIE.

Cut into dice 3 ounces of salt pork; divide wild squabs into pieces, at the joints; remove the skin. Cut up 4 potatoes into small squares, and prepare a dozen

small dough balls. Put into a yellow, deep baking dish the pork, potatoes and squabs, and then the balls of dough; season with salt, white pepper, a dash of mace or nutmeg, add hot water enough to cover ingredients, cover with a "short" pie-crust and bake in a moderate oven $\frac{3}{4}$ of an hour.

DRIED BEEF WITH CREAM.

Shave your beef very fine. Put it into a suitable dish on the back of the stove, cover with cold water and give it time to soak out to its original size before being dried. When it is quite soft and the water has become hot (it must not boil), take it off, turn off the water, pour on a cup of cream; if you do not have it use milk and butter, a pinch of pepper, let it come to a boil, thicken with a tablespoon of flour, wet up in a little milk. Serve on dipped toast or not, just as one fancies. A nice breakfast dish.

HEAD CHEESE.

Boil the forehead, ears and feet and nice scraps trimmed from the hams of a fresh pig, until the meat will almost drop from the bones, put it in a large chopping bowl, and season with pepper, salt, sage and summer savory. Chop it rather coarsely; put it back into the same kettle it was boiled in, with just enough of the liquor in which it was boiled to prevent burning; warm it through thoroughly, mixing it well together. Now pour it into a strong muslin bag, press the bag between two flat surfaces, with a heavy weight on top; when cold and solid it can be cut in slices. Good cold or warmed up in vinegar.

FLANK STEAK.

This is cut from the boneless part of the flank and is secreted between an outside and an inside layer of creamy fat. There are two ways of broiling it. One is to slice it diagonally across the grain; the other is to broil it whole. In either case brush but-

ter over it and proceed as broiling other steaks. It is considered by butchers as the finest steak which they frequently reserve for themselves.

STUFFED HEART.

Take a beef's, sheep's or veal's heart, wash deeply and thoroughly so as to remove all blood, make the two into one by cutting through the partition with a long sharp knife, being careful not to cut through to the outside; make a stuffing of bread crumbs as for roast turkey, fill the cavity, cover with greased paper or cloth to secure the stuffing, and bake in a deep pan with plenty of water, for two hours or longer, basting and turning often, as the upper part particularly is apt to get dry. While heart is roasting, put valves or "deaf ears" which must be cut off after washing, into a sauce-pan, with pint of cold water and a sliced onion. Let simmer slowly one hour; melt in same sauce-pan a tablespoon of butter, add a tablespoon flour then the strained liquor from valves, and serve as gravy.

VEAL WITH OYSTERS.

Fry 2 pounds tender veal cut in thin bits, and dredged with flour, in sufficient hot lard to prevent sticking; when nearly done add $1\frac{1}{2}$ pints of fine oysters, thicken with flour, season with salt and pepper. Cook until done. Serve hot in covered dish.

VEAL CUTLETS.

Skin 6 veal cutlets, lay in skillet, cover tight, and let them steam slowly in their own juice until cooked through. Drain them on a plate, dip in egg and cracker crumbs, and fry a golden brown. Season well. The juice that steamed out add to the gravy.

PIG'S FEET PICKLED.

Take twelve pig feet, scrape and wash them clean, put them in a sauce-pan with enough hot (not boiling) water to cover. When partly done, salt them. It requires four or five hours to boil them soft. Pack them in a stone crock, and over them spiced vinegar made hot. They will be ready for use in a day or two. If you wish them for breakfast, split them, make a batter of two eggs, a cup of milk, salt, a teaspoon butter, with flour enough to make a thick batter; dip each piece in this and fry in hot lard. Or dip them in beaten egg and flour and fry. Sauce is good eaten cold or warm.

DELICIOUS FRIED HAM.

Place slices in boiling water and cook until tender, put in frying pan and brown, and dish on a platter; fry some eggs by dripping gravy over them until done; instead of turning take up carefully and lay them on the slices of ham.

ROAST HARE OR RABBIT.

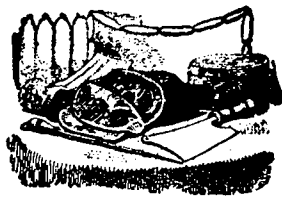
A very close relationship exists between the hare and rabbit, the chief difference being in smaller size and shorter legs and ears of the latter. The manner of dressing and preparing each for the table, is, therefore, pretty nearly the same. To prepare them for roasting, first skin, wash well in cold water and rinse thoroughly in luke warm water. If a little musty from being emptied before they were hung up, afterwards neglected, rub the insides with vinegar and afterward remove all taint of the acid by a thorough washing in lukewarm water. After being well wiped with a soft cloth put in a dressing as usual, sew the animal up, truss it, and roast for half or three-quarters of an hour, until well-browned, basting it constantly with butter and dredging with flour, just before basting up.

FRIED LIVER.

Always use calf's liver (if possible), cut in slices. Pour boiling water over it and let it stand fifteen minutes; fry some slices of breakfast bacon, take out the bacon, roll the liver in either flour or corn meal, and fry a delicate brown; sprinkle with salt and pepper. Serve with gravy if you like.

JELLIED MEAT.

One pound meat, 1 pint stock, 3 ounces gelatine, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 1 teaspoon lemon juice, 2 hard-boiled eggs, 1 tablespoon chopped parsley. Soften the gelatine in cold water; add the hot stock and seasoning, then the finely-chopped cooked meat. Wet a mould with cold water, place in it the eggs, cut in slices, and the chopped parsley, then the meat mixture, and allow it to stand until firm and cold. Garnish with parsley or lettuce.



MEMORANDA.