Mock Tenderloin Steak

1 quart nut meats
(English walnuts, peanuts, pine nuts and almonds in equal quantities)

1 quart bread crumbs
1 pint water
1 tablespoonful salt
2 saltspoonfuls pepper

Put the nuts through the meat chopper, mix them with crumbs, add the seasoning and the water, pack into tin cans, and steam or boil three hours. Stand in a cold place with the lids off until perfectly cold, then cover and keep them in the refrigerator. When ready for use, turn them out, cut in slices, and heat in the oven or broil quickly. Serve plain or with tomato sauce.

The better way to do is to make a quantity of this, put into cans and cook it, then cut it off and broil or heat it when needed. The above ingredients will be sufficient for several meals.

Mock Beef Rissoles

3 ounces fine rusk 1 teaspoonful made mustard
3 ounces grated cheese 3 ounces grated horse radish

\( \frac{3}{4} \) pint milk

Mix well together the rusk crumbs, cheese, mustard, pepper and horseradish. Boil the milk, and pour it over them, allowing it to stand for one hour. Mix all together, roll in fine rusk crumbs, and fry in boiling oil. Serve very hot.

All meat is not the same in every man's mouth.
Proverb.

*Mock Meat Pie*

\[\begin{align*}
\frac{1}{2} \text{ pint small lima beans} & \quad 2 \text{ hard-boiled eggs} \\
\frac{1}{2} \text{ cup peanuts} & \quad 1 \text{ tablespoonful chopped parsley} \\
\frac{1}{2} \text{ cup almonds or} & \quad 1 \text{ teaspoonful salt} \\
\frac{1}{4} \text{ cup pine nuts} & \quad 1 \text{ tablespoonful chopped onion} \\
\frac{1}{2} \text{ pint white sauce} & \quad 1 \text{ saltspoonful pepper} \\
6 \text{ potatoes} & \\
\end{align*}\]

Soak the beans over night. Next morning cover them with boiling water, and boil rapidly half an hour; drain; slip the beans from their skins, cover with fresh water, and cook until tender. When they are done, split them into halves without breaking the halves. Scald and blanch the almonds, and shell the peanuts. Boil the potatoes. When they are done, take out three potatoes, and cut them into blocks; mash the remaining three, add four tablespoonfuls of hot milk, a little salt and pepper, and a half-cup of sifted flour. Put a layer of beans in the bottom of a baking-dish, then a sprinkling of the nuts, mixed, a little chopped hard-

boiled egg, a dusting of the seasonings, then the potato blocks, then another layer of beans, and so continue until you have the ingredients all used. Take the mashed potato in your hand and pat it or roll it out on a board the size of the baking-dish. Pour in the baking-dish the white sauce, put the potato crust on the top, brush with milk, and bake half an hour in a moderately quick oven.
"The discovery of a new dish does more for the happiness of man than the discovery of a new star."

BRILLAT-SAVARIN.

MOCK MEAT PIE

Soak a pint of haricot beans in boiling water over night. Chop up one large onion and two slices of bacon, place in the bottom of a pie dish with a cup of water. Put the beans on top, sprinkle with pepper and salt, cover with a good crust and bake.

He that eats and saves sets the table twice.

PROVERB.

*MOCK MEAT HASH

Chop left-over mock veal roast and mix it with an equal quantity of cold boiled potatoes, also chopped. Bake in a greased pie dish and serve hot.

Appetite comes with eating.

Proverb.

Mock Chop Suey

2 cupfuls diced cold roast pork or veal
1 cupful diced celery
1 large onion diced
1 cupful gravy or slightly thickened stock
Curry powder to taste
Salt and paprika
1 can button mushrooms sliced
4 tablespoonfuls butter substitute

Boiled rice

Fry the celery and onion in the butter substitute until tender, about thirty minutes; then add the gravy and season as needed with salt, paprika, and curry powder. The amount of curry to be used depends on its strength. Cook together for a few moments, then add the meat and mushrooms, and serve around a mound of hot boiled rice. Fresh mushrooms may be used if fried for five minutes before combining. Fried noodles may be served with this dish.
"God sends meat and the Devil sends cooks."

JOHN TAYLOR.

**MOCK ROAST OF MUTTON**

Boil a neck of mutton until the bones will slip out easily. Take out the bones and shape the meat into a loaf. Put into a dripping-pan, and spread with a thick dressing of bread crumbs, seasoned with salt, pepper, butter substitute, and sage- Roast, basting with the liquid in which the mutton was boiled.

*Much meat, much maladies.*

PROVERB.

**MOCK VEAL LOAF**

2 cupfuls whole wheat bread crumbs 1 egg
1½ cupfuls ground mixed nuts 1 teaspoonful sage
1½ cupfuls milk 2 teaspoonfuls onion juice
1¼ teaspoonfuls salt ⅛ teaspoonful pepper

Mix ingredients in order given and let stand for thirty minutes. Form into a loaf and bake in a buttered pan about forty minutes.
"I protest I do honour a chine of beef, I do reverence a loin of veal."

Beaumont and Fletcher.

**Mock Veal Roast**

\[ \frac{1}{2} \text{ pint shelled roasted peanuts} \]

\[ \frac{1}{2} \text{ pint lentils} \]

\[ \frac{1}{2} \text{ pint toasted bread crumbs} \]

\[ 1 \text{ teaspoonful salt} \]

\[ 1 \text{ saltspoonful pepper} \]

Soak the lentils over night, drain, bring them to a boil; throw the water away; cover with fresh water, and boil until tender; drain again; press them through a colander. Add nuts, chopped or ground; the bread crumbs and the seasoning with sufficient milk to make it the consistency of mush. Pour into a baking-dish, and bake in a moderate oven for one hour.

A BOOK OF MOCK DISHES

"Not to know me argues yourselves unknown."
MILTON, PARADISE LOST.

*MOCK SWEETBREADS

Finely chop one pound lean veal, add two ounces finely chopped, fat salt pork, and work, using the hands, until well blended; then add two-thirds cup of soft bread crumbs, two eggs, slightly beaten, one-third cup flour, one-half cup rich milk, one-half teaspoonful salt, and one-eighth teaspoonful pepper. Form into eight elliptical-shaped pieces, put in dish, dot over with butter substitute, using one and one-half tablespoonfuls, and pour around three-fourths cup chicken stock. Cover and bake one hour, basting every ten minutes of the cooking. Remove to hot serving dish and pour around white, brown or tomato sauce.

"'Tis hot, it smokes!"

King Lear.

*Mock Chili Con-Carne*

1 pint kidney beans
or Mexican frijoles
1 small red pepper (hot)

4 sweet peppers
1 pint tomato
6 tablespoonfuls olive oil
1 onion
1 teaspoonful salt

Wash the beans and soak them over night. Next morning cover them with fresh water, bring to a boil, drain; throw the water away; cover again with fresh boiling water, and cook until the beans are tender. A half-hour before the beans are done, put the oil in a saucepan, add the peppers and onion, chopped, and the tomatoes, strained; cook thirty minutes; add the salt and the beans. Let them simmer gently until the sauce is thick—about fifteen to twenty minutes—and serve with rice.

"Perdition catch my soul
But I do love thee!"

Othello.

Mock Birds—I

Use small slices of rare roast beef, veal, or lamb. Make a stuffing of seasoned crumbs, moistening with melted butter substitute and well-beaten egg. Any herbs desired may be used in the stuffing. Put a spoonful of the stuffing on each slice of meat, roll up and pin in shape with a toothpick or skewer. Dip in melted butter substitute, sprinkle with crumbs and bake half an hour in a moderate oven.

A good appetite does not want sauce.

Proverb.

Mock Birds—II

Cut veal steak in thin slices. Make a stuffing of bread crumbs, chopped onions, parsley, salt and pepper, and melted butter substitute. Spread each slice of veal with stuffing, roll and tie with string. Sprinkle with flour and brown in hot fat. Cover with boiling water and cook until tender and serve with tomato sauce.
"Thy truffles, Perigord! thy hams, Bayonne."
Pope, Dunciad.

*Mock Ham*

1 quart kidney beans  
½ pint almonds
1 ½ pint English walnuts  
1 can pimentos
1 ½ pint black walnuts  
1 tablespoonful salt
1 ½ pint pecans  
1 saltspoonful black pepper

Soak the beans over night; next morning drain, cover with fresh boiling water, boil twenty minutes; drain, throw the water away, cover again with fresh water, and boil until tender; press through a colander. Chop the nuts and pimentos. Add them, with all the other ingredients, to the beans. Form into a small ham, and place on a greased paper; brush with melted butter substitute; bake in a moderate oven one hour. When done, take out the ham, brush it again with butter substitute, dust it thickly with bread crumbs and brown. Serve this cold, cut into thin slices.