MEAT DISHES

66. FRIED SWEETBREADS.—Soak the sweetbreads in salted water, put on in cold water and bring it to the boil, throw it away, put on again with fresh water and simmer gently for an hour, drain and press between 2 plates with a weight on top. When firm dip in seasoned flour, brush over with egg, coat with a mixture of parsley, ham and lemon peel, then again with egg and crumbs, fry a golden brown in hot fat, dish on hot dish with fancy paper, garnish with fried parsley. The sweetbreads can be cut in slices if preferred.

2 calf's sweetbreads, 1 teaspoonful chopped parsley, little grated lemon peel, 1 dessertspoonful chopped ham, salt and pepper, egg and bread crumbs, little flour

(Enough for three or four people)

67. STEWED SWEETBREADS.—Soak the sweetbreads in salted water, put them in a stewpan with cold water, bring to the boil, throw it away, put the sweetbreads on again with the milk, onion and mace, and simmer very gently till tender; drain them, press them between 2 plates and trim them when firm, make a sauce with the butter, flour and milk the sweetbreads were cooked in, add a little cream, season well, reheat the sweetbreads and serve garnished with cut lemon and parsley.

Calf's or sheep's sweetbreads, 1 shallot or onion, blade of mace, ½ pint milk, 1 oz. butter, 1 oz. flour, little cream, salt and pepper

(Enough for three or four people)

68. CALF'S HEAD (BOILED).—Thoroughly wash the head, let it soak in cold water. Put it in a saucepan with enough cold water to cover. When it boils add a
little salt and remove the scum as it rises, add the
vegetables, herbs and peppercorns, simmer gently from
2 to 3 hours till perfectly tender. The brains must be
removed and soaked, then tied in muslin and boiled.
Take out the head, remove all the bones, and the tongue,
place the head on a hot dish, coat well with parsley
sauce, garnish with the skinned and sliced tongue,
chopped brains, bacon fried and cut into dice, quarters
of lemon and parsley.

Another method is to coat the head (boiled and pre-
pared in the same way) with egg sauce, garnished with
ham, brains, lemon and parsley, or coat the head and
tongue with brown sauce garnished.

Half a calf’s head or a whole one, bacon, lemon, vegetables and
herbs to flavour, peppercorns, parsley sauce, salt
(Enough for seven or eight people)

69. MINCED VEAL.—Take 1 lb. of cooked veal, mince
it fine, add to it a tablespoonful of flour and sufficient
stock to make it a nice thick sauce; add the veal to it,
and squeeze the juice of $\frac{1}{2}$ lemon; add a bay leaf or two,
and stir into the mince. Let it stand on a slow fire for
$\frac{1}{4}$ hour, dish up with fried bread around, and serve.

70. CREAM OF VEAL.—1 lb. of veal cutlet and 1 pint
of cream; whip just a little and pass the veal through
a mincing machine, then through a very fine wire sieve.
Mix the cream well with the veal, season nicely, add a
teaspoonful of chopped truffles in small leaf shapes, butter
and decorate a plain dariole mould nicely, and put the
cream into it. Put over the top a buttered paper, place
in a stewpan, steam for 20 minutes over a very slow fire
or the cream will be spoiled. When done, turn it out
on a silver dish and serve Portuguese or Hollandaise
sauce around, and green peas in the centre. Rabbit and
chicken can also be done this way.
71. **Sheep's Head and Broth.**—Thoroughly cleanse the head, take out the splinters, wash in salt and water, put the head in cold water and bring to the boil, pour away the water, add fresh water and boil, removing the scum, cut up the vegetables and add with the rice, simmer gently for 3 hours or till the meat will leave the bones. Put the brains into a small piece of muslin and drop into the stewpan about 15 minutes before the head is done. Cut the meat from the head, place in the centre of a hot dish, put a border of rice and vegetables round, slice the tongue and chop the brains, make a sauce with the butter, flour and milk, adding some of the liquor; season well and add chopped parsley. Coat the head with this sauce and garnish with sliced tongue and chopped brains.

1 sheep's head, 2 carrots, 2 turnips, 1 onion, 1 oz. flour, 1 oz. butter, 1 gill milk, 3 oz. rice, chopped parsley, salt and pepper

(Enough for five or six people)

72. **Boiled Knuckle of Veal.**—Take a knuckle of veal and boil it for 1½ hours with a little onion, turnip, carrot and a bay leaf or two—cook it for 1½ hours. When done, make a good parsley and butter sauce and pour over the veal. Boiled bacon should be sent to table with it.

73. **Tripe and Onions.**—Wash the tripe, place it in a stewpan, cover with cold water and bring to the boil, put it on a board, scrape it if necessary, cut into neat pieces, return it to the pan with about ½ pint of water and the onions finely chopped, simmer till the tripe is tender, mix the flour smoothly with the milk, add it, stir till it boils, season well and serve.

1 lb. tripe, 2 onions, 1 oz. flour, ½ pint milk, salt and pepper

(Enough for four people)
74. Fillets of Beef.—Cut some nice round fillets of beef, allowing a fillet for each person; fry them quickly a nice brown on each side—glaze with a nice rich glaze of brown sauce; dish them up on a border of potato and pour some clear brown sauce around. Serve very hot.

75. Beef Cutlets.—Take a pound of rump steak, pass it through a mincing machine twice and add 2 oz. of bread soaked in \( \frac{1}{2} \) teacupful of milk—mix this with the beef, a little onion, thyme and parsley chopped fine, a little salt. Mix well together, form it into cutlets, and fry gently in a little fat. When done, dish up on a border of potato, put green peas in the centre and tomato sauce around. Serve very hot.

76. Minced Beef.—Take about 1 lb. of cooked beef; add a spoonful of cornflour, an onion, a little bunch of savoury herbs, pepper and salt, sufficient stock to mix it. Stir it over the fire until it boils, and 5 minutes after; add a teaspoonful of curry powder (which greatly improves it). Dish the mince up with fried bread around on toast.

77. Stewed Steak.—Wipe and trim the steak, chop the onion, melt the butter in a saucepan, brown the steak, remove it and brown the onion, add the stock, herbs, and vegetable trimmings, simmer very gently till tender, from 2 to 2\( \frac{1}{2} \) hours. Place the steak on a hot dish. Strain and thicken the gravy with the flour, stir till it boils, season it well and pour it over the meat. Garnish with vegetables, cut in fancy shapes and cooked separately.

1 lb. beef steak, 1 onion, 1 carrot, 1 turnip, bouquet garni, 1 oz. butter, 1 oz. flour, \( \frac{3}{4} \) pint stock or water, salt and pepper

(Enough for four or five people)
78. SCOTCH COLOPS.—Mince the meat. Put the butter or dripping into a stewpan and melt it. When it is hot put in the meat with the onion finely chopped. Stir and beat well with a wooden spoon until brown. Add the stock gradually whilst stirring. About 10 minutes before serving add the bread crumbs. Serve with the toast cut into small croûtons.

1 lb. lean juicy beef, 1 onion, 3 tablespoonfuls bread crumbs, 1 tablespoonful butter or dripping, ½ pint stock, pepper and salt, slices of toast.

79. BOILED MUTTON AND BROTH.—Wipe the meat, trim the joint and take off chine bone and any superfluous fat, tie it up, place in boiling water, allow it to boil for 5 minutes, carefully removing the scum, then allow it to simmer very gently for about 1½ hours, wash and blanch the pearl barley and add, also the vegetables, which should be prepared and cut into neat pieces. Place the mutton on a hot dish with carrots and turnips round, coat with caper or parsley sauce, add seasoning and chopped parsley to the broth.

Neck of mutton (about 3 lb.), 2 carrots, 2 turnips, 1 onion, 2 oz. barley or rice, chopped parsley, salt and pepper, caper sauce

(Enough for seven or eight people)

80. MUTTON CUTLETS.—Saw off the chine bone carefully and the end of the bones, allowing 2 inches below the eye of the cutlet, divide the cutlets, trim them, keeping the bone clean, dip in salt and pepper, then egg and bread crumbs, fry in a sautépan till a nice brown, turning them occasionally, dish in a circle on a border of mashed potatoes, fill the centre with peas, sprouts or
any suitable vegetable, strain a good brown or tomato sauce round.

Best end of neck of mutton, egg and bread crumbs, salt and pepper, mashed potatoes, vegetables for garnish, brown or tomato sauce

(Enough to make six or seven cutlets)

81. **Roast Shoulder of Mutton.**—Take a nice shoulder of mutton, 8 lb.; roast for 1½ or 2 hours. Serve it nice and hot, with brown gravy and onion sauce sent to table with it.

82. **Roast Haunch of Mutton.**—Take a good haunch of mutton which has been well hung. Roast it before a clear fire for 2½ hours, well basting it all the time. When nearly done, dredge it over with flour and baste it again. Dish up with a good brown gravy which should be free from fat.

83. **Roast Saddle of Mutton.**—Trim the saddle of mutton neatly, then tie it up firmly. Roast it in front of a clear fire for two hours, basting it well. When done, dish up with brown gravy. Send red currant jelly to table with it in a sauceboat.

84. **Mutton Cutlets.**—Trim and cut the cutlets from the best end of the neck of mutton, then dip them into a beaten egg in which is a little grated cheese mixed. Egg and bread crumb them, fry them a nice golden colour—drain off the fat and dish them up on a border of potato. Have ready some plain boiled macaroni and some strips of carrot, about equal quantities; dish up in the centre of them and serve with white sauce around.

85. **Calf’s Feet.**—Place the calf’s feet into a stewpan with sufficient cold water to cover them. Let them
come to the boil, then throw away the water. After rinsing the feet well put them back into the stewpan with enough light stock to cover them, and let them simmer for 4 hours. Remove the bones and press the feet between two dishes until cold. Cut them into small pieces and let them simmer for about 5 minutes. Serve with croûtons of toast.

86. COLLARED CALF'S HEAD.—Cook the calf's head. Stuff it with veal stuffing in which some ham has been chopped. Bone the calf's head and fill it with stuffing, roll it around, tie it up with string, skewer it through to keep it firm. Put it into a baking tin, brush it over with an egg and cover it with bread crumbs. Put a few pieces of butter over the top of it. Place it in the oven and let it bake a nice brown (it will take about an hour). When done, dish up—serve brown or tomato sauce around and little rolls of bacon.