

ENGLISH CHOPS AND STEAKS

By MARY BARRETT BROWN



IN England we are accustomed to bestow such care in the preparation of chops and steaks that they have come almost to be regarded as national dishes, and are met with in almost all English households, cooked to perfection. It is likely that the methods pursued by your American housewives are equally as good; still, as we never can know too many good ways of doing a thing, I trust the following well-tested receipts will prove acceptable:

MUTTON CHOPS GRILLED

CUT the chops an inch thick, either from the loin or the best end of the neck; if from the latter, the bones must be shortened a little. Remove all superfluous fat, and season each chop by pressing in a mixture of salt, pepper, and powdered herbs; then dip each chop in warmed butter, and grill on a hot, well-greased gridiron, over a clear fire, from eight to ten minutes, according to thickness. During the process of cooking, the chops require to be frequently turned, in order that they may be done equally, and for this purpose use a pair of steak tongs. By inserting any sort of a sharp instrument into meat that is cooking we provide a ready means of escape for the juices which the meat contains, and thus, being deprived of its best element, it becomes dry and tasteless. When cooked, place each chop, just slightly overlapping its neighbor, upon a hot dish; pour over each a dessertspoonful of hot butter and a tablespoonful of boiling mushroom ketchup, and serve immediately.

CHOPS WITH TOMATO SAUCE

AFTER trimming the chops neatly, and seasoning with salt, pepper, and mixed herb powder, dip each one in beaten egg, coat with fine bread crumbs, and fry a rich brown on both sides, in a small quantity of clarified fat. When done, pile the chops up high in the middle of a hot dish; surround them with a border of carefully-boiled whole potatoes, rather small and even in size, and pour over all some tomato sauce; sprinkle the surface lightly with finely chopped parsley and tiny patches of sifted egg yolk, and serve very hot.

STEWED MUTTON CHOPS

CUT as many chops as are required, trim them neatly, season with salt and pepper, and brown on both sides just as quickly as possible, either on the gridiron or in a frying-pan. Melt four ounces of butter in a sauce-pan, then put in two small Spanish onions which have been very thinly sliced, and when these are quite hot lay in the chops; cover closely, and stew gently until the onions are quite soft. Place in a neat, flat bed of mashed potatoes on a hot dish, and arrange the chops on top; add to the onions a small quantity of mushroom ketchup, or rich brown stock, season according to taste, boil up quickly, pour over the meat, and serve just as hot as possible.

CHOPS WITH POTATOES

FOR this purpose choose a shallow tin dish of requisite size; butter the inside liberally, fill it two-thirds full with potatoes which have been peeled and very thinly sliced, season, moisten with cold water or thin white stock, and place the dish in the hottest part of the oven until the surface of the potatoes is browned. Trim the chops neatly, season them on both sides with salt and pepper, dip them in hot butter, then arrange them on the top of the potatoes, which latter should be entirely covered, and cook in a moderately hot oven. The chops should be turned once, and when finished should be a crisp brown. If a rather unsightly looking dish must, of necessity, be used, arrange round the edge of it, before sending to table, a pretty paper frill, or a table napkin.

STEWED BEEF STEAK

FOR stewing, the steak should weigh about three pounds, and be cut an inch and a half thick; sprinkle it with salt and pepper, lay it in a sauce-pan with two ounces of butter, and brown quickly on both sides over a brisk fire; then cover the meat with good brown stock, and scatter over the surface two tablespoonfuls of minced onions, one tablespoonful of powdered herbs, and four large, ripe tomatoes, which have been cut in halves. Cover the pan closely, and stew gently for about an hour and a half. Place it on a hot dish; thicken the sauce if necessary, boil up quickly, and pour it over the meat. Have ready at the same time a well-boiled cauliflower; divide it into small, neat sprigs; dip these in boiling hot butter, sprinkle them lightly with salt, pepper, minced parsley, arrange round the steak, and serve just as hot as possible.

STEAKS WITH MUSHROOM SAUCE

HAVE several small steaks cut, if possible from the sirloin, each one about three quarters of an inch thick; season well with salt, pepper, minced onion and powdered herbs, and soak in fine salad oil for an hour so that the meat may imbibe, to the full, the flavor of the various ingredients. Fry the steaks in a hot frying-pan, then arrange them neatly on a flat bed of mashed potatoes, which have been placed in readiness on a hot dish and pour over the whole some mushroom sauce. Send to table very hot, accompanied if for luncheon or dinner, by more vegetables in a hot tureen, and more sauce in a sauce boat.