

*Marrow Toast.*—The butcher will break up the marrow bone, and from it the marrow should be taken in as large pieces as possible; put these into a saucepan of boiling water rather highly salted; when the marrow has boiled for one minute drain it through a strainer. Have ready a slice of crisp, brown toast, place the marrow upon it and put it before the fire for two or three minutes, sprinkle with salt, pepper, and chopped parsley, and serve very hot.



*Italian Meat Cakes.*—Mince finely any kind of cold meat which is free from gristle and skin, add to it a little minced fat of ham or bacon, a teaspoonful of chopped spring onion, parsley and fresh herbs, a few drops of anchovy, pepper and salt to season well, and an egg to bind the whole. Make into small round flat cakes, cover on both sides with beaten egg and bread raspings, fry them in a little good dripping until lightly browned, then drain the cakes and make a garnish of them around a small mound of savoury macaroni, cooked beans, peas or spinach, pouring a little thickened gravy round the base.



*Mutton Pies.*—For breakfast or supper. One or two slices of underdone mutton, and any odd scraps which have no gristly bits about them, should be minced together in a wooden bowl till quite fine, when add to the mince a good tablespoonful of tomato catsup, a liberal pinch of pepper, half a teaspoonful of salt, a few bread-crumbs, and enough good gravy to make the mixture quite moist.

Line some patty-pans with very good short paste, place a spoonful of the mince on the middle, cover with an upper crust, and bake in a rather hot oven until well crisped and brown. These may be eaten either hot or cold, but are most savoury when freshly baked.



*Savoury Sandwiches.*—Cut some slices from a French roll very thinly and evenly, trimming away all hard crust. Fry these lightly on one side only in a little butter, spread one slice with potted shrimp or salmon paste (the bottles or pots may be bought at a small cost), sprinkle with chopped watercress or small garden-cress, cover with another slice of bread pressing the two well together, and keeping the fried side out. Garnish with picked cress or parsley.

The filling of these sandwiches may be varied *ad libitum*, and chopped hard-boiled egg with pepper and salt, or cucumber very thinly sliced may replace the cress with advantage.



*Cauliflower au Gratin.*—Boil a cauliflower in salted water until it is tender through, then break it into sprigs. Have a shallow enamelled dish ready with an ounce of salt butter ready dissolved in it, sprinkle the bottom with a handful of fine bread-crumbs, chopped parsley, and grated cheese (if liked). Place the sprigs of cauliflower on this bed, cover with the same again and pour over all another ounce of dissolved butter, put the dish into the oven for five minutes, then serve at once as it is.

*A Ragout of Veal.*—Take about two pounds of breast of veal, which should be cut into pieces two to three inches long. Dip each piece into seasoned flour, and place in a stewpan with also some inch long pieces of salt bacon. Over the meat lay two or three small onions split in half, two or three young carrots, or in wintertime a slice of parsnip, and add a spoonful of chopped parsley with the same of fresh or dried mint. Cover with lukewarm stock or water, place the lid over and stew gently for a couple of hours. Lift the portions of meat out on to a dish, strain the gravy, and slightly colour it if it seems well to do so, and add to it a tablespoonful of capers with vinegar; pour over the meat and serve at once.



*A Miroton of Beef.*—The scraps that remain from a roast of beef or beefsteak will make a delicious and economical dish treated thus:—Cut them into small, thin pieces, trim them nicely and put them to become hot through, but not to boil, or they will be rendered tough, in a good savoury gravy, slightly thick. This gravy will be delicious if made by stewing together two or three fresh tomatoes, a young onion, and a few fresh leaves of herbs in an ounce of beef dripping, then crushing these through a sieve, add a tablespoonful of dried flour with salt and pepper, which work together until quite smooth: stir in a teacupful of stock made from bones, bring the gravy to a boil, and then it is ready for the meat to be put in.

Have some good potatoes ready boiled, mash them thoroughly with a little milk and pinch of salt. Make a wall of potato around a dish, leaving a "well" in the centre, which fill up with the beef. The surface of the potato may be ornamented with a sprinkling of chopped parsley, but the whole must be kept and served very hot, and then it will be found a most savoury composition.



*Purée of Spinach.*—If the trouble be taken to shred the green part of each leaf from the stalk before throwing into the boiling water, there will be no subsequent need to rub the spinach through a sieve, and thus much waste may be avoided.

Boil in salted water for upwards of ten minutes, drain and press well, then return the spinach to a stewpan with a small lump of fresh butter, and a little pepper; beat and stir it constantly with a wooden spoon, and add gradually a teacupful of milk, allowing it to simmer all the time.

Turn out in a mound on to a dish and garnish with hard-boiled egg, the yellow powdered and the white cut in rings, or poached eggs, or have some rounds of bread with the centre partly scooped out and the shape fried in butter, and fill these with the *purée* of spinach. It should be as smooth as cream and not much thicker.



*To Drain after Frying.*—Most cooks drain fish, rissoles, cutlets, etc., on paper; soft pieces of cotton or thick soft muslin answer the purpose better, they can be so easily folded over on to the top of the articles and absorb all the fat very quickly. Of course, they are washed and used over and over again.

*Scolloped Crab.*—Take the meat out of the shell, cut it in small pieces; to every four table-spoonfuls of meat add one of fine bread-crumbs, a teaspoonful of oiled butter, a little cayenne pepper, salt, a small quantity of finely chopped parsley, and a squeeze of lemon-juice; mix all together, butter some scollop shells, fill them with the mixture, sift fine bread-crumbs over the top, and put on some little lumps of butter; cook in the oven until lightly browned, then serve. Suitable at lunch, dinner, or supper.



*Rissoles of Macaroni.*—Boil two ounces of macaroni with a little salt, in water, until tender, drain, cut in pieces about one-sixth of an inch long, put in a saucepan with a very small piece of butter, two tablespoonfuls of grated cheese, and a little cayenne pepper; stir until the cheese has melted, then turn on to a plate to cool. Roll some puff paste out very thin, cut into rounds about the size of the top of a large cup, place some of the cheese and macaroni on each piece of paste, double the paste over, pinch the edges together, roll the rissole in broken vermicelli and grated cheese, fry in a basket or in a frying-pan in plenty of boiling fat, serve very hot, garnished with fried parsley, and placed on a serviette or a white paper.



*Beef with Kidney.*—Take a quarter of a pound of ox kidney, cut it lengthwise in four pieces, then cut the pieces in thin slices so that they may resemble sliced sheep's kidneys, dredge flour over, stirring the pieces as you dredge. Put a small lump of butter in a brown jar that is not too big round, add a little pinch of white sugar and a very small onion, whole, then put in the kidney. Cover the jar and put in a moderately hot oven for twenty minutes; remove from the oven, take a pound and a half of beef, flour it all over, put in with the kidney, cover and bake for a quarter of an hour, then add a little pepper and salt and sufficient tepid water to nearly cover the meat, and bake (keeping the cover well on the jar, it is a good plan to put a small weight on the top) in a very moderate oven from two to four hours. Fillet, steak, or even shin of beef will do for this dish, fillet will be quite done enough in two hours, but shin requires four hours. When done, remove the fat from the top. At the moment of serving add a teaspoonful of chopped parsley, do not cook the parsley at all. Cold beef cut in thin slices rolled and put on skewers (which are removed before serving) may very well be used for this dish; but then, the kidneys must have the water added to them after they have been in the oven for half an hour, and must be cooked another hour before the cold meat is put in.



*Macaroni and Tomatoes.*—Take three ounces of Naples macaroni, break it in pieces about an inch long, boil in water with a little salt until tender, then drain on a sieve. Take half the contents of a tin of tomatoes, rub through a sieve and put in a saucepan with the macaroni and a piece of butter the size of a filbert, cook together a few minutes, and serve with roast mutton, round a hash, or alone; or before serving stir in a large tablespoonful of grated cheese, and send to table as a savoury.