

SEASONABLE RECIPES.

AT this time of the year we have recourse to lamb and veal—both in prime condition—forming as they do a most welcome change in our somewhat limited choice of meats.

Ribs of lamb, bought without the shoulder, is the least expensive part of the animal, and in the opinion of most people, it is the sweetest in flavour. It is economical too. From the neck and scrag part an excellent pie may be made for eating hot or cold; and the remaining piece will be a delicious roast.

Lamb requires gentle roasting and a fire not too brisk—in this particular resembling veal and pork.



A delicious stew from breast of veal is the following, and this also is an inexpensive dish.

Poitrine de veau aux câpres.—About two pounds of the breast of veal is cut into convenient pieces some two inches in length. Each piece is rolled in seasoned flour, then laid in a stewpan. A slice of unsmoked bacon or salted pork is cut into strips and laid over the meat, also three or four spring onions finely chopped, three or four leaves of fresh sorrel, thyme, etc., with a sprinkling of seasoning; then pour over a teacupful of warm water and set the stewpan in a corner of the oven to cook gently for an hour and a half. When quite tender, take out the meat and arrange neatly on a hot dish. Remove the fat from the gravy, and then add to it half a small bottleful of capers with about a table-spoonful of the vinegar. Make hot and pour over the meat.

A dish of spinach should accompany this, then it becomes true summer faring.



A Veal Pie is an excellent reserve or picnic dish. Was it not "Sam Weller" who pronounced it good "for melling the orgin?"

A slice off the leg near to the knuckle, or piece from the shoulder blade makes up in this way better than the expensive fillet. Shape neat pieces, flour them slightly, and sprinkle in among them strips of unsmoked bacon or ham, a spoonful of minced sweet herbs, slices of hard boiled egg, and fill up spaces with small forcemeat balls. Add just enough clear well-seasoned stock to cover the meat, and covering the pie with a lid, allow it to simmer gently for at least an hour. Make a rather rich "short" or "flakey" crust, roll it out to half an inch in thickness, fit it over the pie, then brush with beaten egg and ornament according to fancy. Let the crust also be well baked.



Braised Leg of Lamb.—When the joint is not to be eaten until cold this is a far better way of cooking it than roasting.

To braise properly doubtless requires a braising-pan, but an excellent substitute for this is an earthenware or stone jar (glazed, of course) with well-fitting lid. Whatever the vessel, it must be large enough to take in the whole joint and allow of the lid to fit securely down.

A small teacupful of water, or a little clear dripping is all that is needed in addition to the meat, although a bunch of sweet herbs may be put in for the sake of their flavour.

Very gentle cooking for some three or four hours in a slow oven will be needed according to the weight of the piece. When done let the vessel be put aside in the larder that the meat may cool in its own gravy, only

tilting the lid slightly that the steam may escape. The gravy will be found a solid jelly when cold and may be used for ornamenting the joint. The latter will be proved to be much more juicy and tender than when simply roasted, and its weight not so much lessened.



Veal Cutlet aux Petits pois.—Take about a pound and a half of veal cutlet, cut it into pieces two inches square. Dip each one in beaten egg and breadcrumbs and fry on both sides in very clear fat until nicely browned.

Stew the peas by preference, rather than boil them, doing them in a covered stewpan with a little butter, seasoning, a spring onion and half a lettuce. They will take about half an hour to cook them through, and should be ready by the time the cutlet is done. Remove the lettuce and onion and pour the peas into the middle of a round dish, heaping them towards the centre. Place the veal around the outer edge, and pour a small quantity of nicely-made and slightly thickened gravy around also.



Veal Croquettes.—The remains of cold roast or boiled veal to be minced finely with a little fat bacon or ham and an ounce or two of sausage meat. Mix with enough nicely flavoured gravy to moisten it well, add seasoning and a few breadcrumbs or a table-spoonful of mashed potato.

Roll out a sheet of very light flakey pastry, not too thin, cut into small rounds and place a teacupful of mince in the centre of each; roll up the pastry and close the edges with a touch of egg.

Have ready a saucepan containing some boiling lard. Drop each croquette into this and fry them until slightly browned and crisp. Serve on a d'oyley and garnished with parsley.



Tomatoes are plentiful and cheap this month. An excellent and savoury dish is:—

Stuffed Tomatoes.—For this choose them of even size and rather large. Scoop out a piece from the stalk end and take a portion of the inside with it; in place of this put a spoonful of savoury forcemeat highly seasoned, and scatter some breadcrumbs over the top. Place the tomatoes in a buttered baking-tin and put a few bits of butter among them. Bake in a quick oven about twenty minutes.

Tomatoes cut in quarters and frizzled in the fat make a delicious accompaniment to grilled or fried bacon.

A *purée* of tomatoes (cooked until soft in a little nice dripping, then passed through a sieve), well seasoned and slightly thickened, makes an admirable medium for warming-up the remains of cold meat. The meat should be cut into small, neat pieces and slightly frizzled on both sides before putting it into the *purée*.

With a dish of cauliflower and macaroni boiled and dressed in the usual manner—with or without grated cheese, a pleasant change from white sauce is to serve a *purée* of tomatoes in its place.



Tomato Salad.—Cut them in slices and place in a glass dish laying morsels of ice among them. Make a fringe of sprigs of watercress around the edge of the dish, and dress with pepper, salt and vinegar, oil if liked.

Light Scones (made from sour or "butter"-milk).—Stir a teacupful of carbonate of soda into a pint of sour or buttermilk until it froths. Rub a pinch of salt and a teacupful of baking-powder into a quart of flour. Make into a dough with the milk, roll out to the thickness of an inch, cut into shapes, and bake either in a quick oven or on a girdle. To be eaten either hot or cold, but whilst fresh.



Rice Shape to eat cold with custard or stewed fruit.—A pint and a half of milk and four ounces of best Patna rice; place these in a saucepan with a dozen lumps of sugar, a pinch of salt and a morsel of lemon rind. Let simmer gently for fully an hour or until the rice has absorbed nearly all the milk, stirring occasionally to prevent sticking at the bottom. Pour into a wetted mould, removing the lemon rind. Turn out when cold, pour custard or cream around it.



A delicious Bread-and-Butter Pudding.—The secret of success with this is to make the pudding some two or three hours before it is to be cooked. Butter a mould and sprinkle it inside with desiccated cocoanut and shred lemon peel, then about half fill it with pieces of bread and butter without crust, putting them in lightly and sprinkling more cocoanut between. Pour over this a custard made with two beaten eggs and a pint of sweetened milk made hot; let the pudding stand aside covered with a buttered paper, then bake in gentle oven for thirty or forty minutes. Turn out and serve either with more custard (boiled) or cream, or a little dissolved jelly.



Raspberry Cream Tart.—A summer dainty. Roll out some light short pastry, line a shallow tart tin, put in raspberries and sprinkle castor sugar thickly over them; then roll out an upper crust, place it over but do not fasten the edges closely. Ornament, and glaze if you will, then bake the tart, and when done remove the upper crust, pour in half a pint of custard or sixpennyworth of cream, replace the cover and let it stand till cold before it is sent to table. Gooseberry or currant tart may be made the same way, but will not be so rich as the raspberry.



Green Gooseberry Jam.—The berries are best for this purpose when just on the point of turning colour. Pick them on a dry day. Boil the fruit until it is thoroughly cooked before adding the sugar to it, add this in the proportion of three-quarters of a pound to a pint of fruit, and boil for twenty minutes after boiling has once well begun. Pour into hot jars. For gooseberry jelly strain the fruit through a jelly bag; a little water may have been added to the berries while cooking to make more juice when they are intended for this purpose. To the strained juice put sugar in proportion of a pound to a pint, boil this also for twenty minutes after it has come to boiling-point. Jam should be kept well stirred, but not so with jelly, which is best left to boil gently until ready to put into jars.

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