

# Meat, Game and Poultry.

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## Brawn.

$\frac{1}{2}$  pigs head.

1 small trotter.

**METHOD.**—Thoroughly wash head and trotter in salt and water, cut head as small as possible, place in large saucepan with sufficient cold water to completely cover and a handful of salt and a little pepper. Bring to the boil and simmer gently for 4 or 5 hours, then strain off liquor into a large dish, carefully remove all bones from meat, and chop meat very fine, then put back into the liquor. Pour into wet moulds, and leave in a cool place to set.

**Mrs. L. A. Baudains, 59, Kensington Place, St. Helier, Jersey.**

## Galantine of Veal.

5 lbs. Breast of Veal.

$\frac{1}{2}$  lbs. sausages.

1 teaspoon chopped parsley.

$\frac{1}{4}$  teaspoon thyme.

3 slices tongue.

2 slices of ham.

3 hard boiled eggs.

$\frac{1}{4}$  teaspoon grated lemon rind.

2 teaspoons salt.

$\frac{1}{4}$  teaspoon pepper.

**METHOD.**—Remove all the breast bones, lay the sausage meat on the veal and the slices of tongue. Divide the egg into 12 pieces, arrange in rows on the sausage meat. Sprinkle the remaining ingredients over the whole. Roll into a neat shape, tie tightly in a cloth just like a roly-poly, and simmer gently for 4 hours. This improves by being boiled in stock. When cooked, place between 2 boards with heavy weights. Leave all night, then glaze top and side with gelatine.

**Mrs. W. Terry, Cleveland Road, Jersey.**

## Steak, Potato and Onion Pie.

Line the bottom of a pie dish with sliced raw potatoes, and over this place a layer of steak cut into strips, pepper and salt. Now slice a big onion and make another layer, continue until the pie dish is full, finishing with a top layer of potatoes. Pour in a teacup of cold water or beef stock and cover with a paste crust. Bake in a hot oven for 15 minutes, lower the heat and bake slowly for one hour, or until the pie is nicely browned.—If you like plenty of gravy, add a little hot water just before pie is finished baking. Brush crust over with white of egg to get a good colour.

**L. A. Williams, 26, Green Street, Jersey.**

## Veal and Ham Pie.

1 lb. fillet of veal.

1 teaspoon of chopped parsley.

$\frac{1}{4}$  lb. ham or bacon.

Pinch of herbs.

$\frac{1}{2}$  teaspoon salt.

Grated lemon rind.

$\frac{1}{4}$  teaspoon pepper.

$\frac{1}{2}$  gill water or stock.

1 hard boiled egg.

Rough puff pastry.

**METHOD.**—Chop the parsley and mix all the seasoning together. Cut the ham or bacon in thin slices, remove the rind, then cut into neat pieces about 2 inches in length. Dip the veal into the seasoning. Place a layer of veal at the bottom of the pie dish, and then a layer of bacon. When the dish is half full, put in the stock and the slices of hard boiled egg, then fill the dish with the rest of the bacon and veal. Cover with pastry and bake for  $1\frac{1}{2}$  hours.

**Mrs. Vibert, Green Street, St. Helier,**



**Beef Roll.**

$\frac{1}{2}$  lb. steak.  
2 ozs. bacon.  
3 ozs. breadcrumbs.  
Little stock.

Yolk of one egg.  
Herbs.  
Seasoning.

**METHOD.**—Mince meat, add breadcrumbs, herbs, and seasoning. Mix partly beaten egg and moisten to make a dough like mixture. Roll in floured cloth, and boil or steam for  $1\frac{1}{2}$  hours. Roll in breadcrumbs or glaze.

**Mrs. L. A. Filleul, "Summerville," Don Road, Jersey.**

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**Meat Paste.**

1 lb. rump steak.  
1 lb. back (fat pork).

1 breakfastcup water.

**METHOD.**—Cut up meat and fat and boil one hour, then pass through a mincer and return to boil for 2 hours on slow fire. Add salt and pepper and 1 teaspoon Marmite and a little mace. Pour into pots and cover.

**Mrs. Le Quesne, "Villa Capri," Havre-des-Pas.**

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**Veal Stew (for 6 people).**

2 lbs. veal.  
2 onions.  
3 red chillies.  
1 glass sherry.

4 tomatoes.  
Little chopped parsley.  
Salt and pepper.

**METHOD.**—Put a cupful of oil in a saucepan. When hot, add the veal, cut in little pieces and let them colour. A sprinkling of flour, a spoonful of tomato puree, a glass of sherry (or any white wine), water to cover, and let it cook an hour. Chop the onions, chillies, tomatoes and parsley. Colour them and add to veal and simmer till cooked.

**"Les Silleries," Grouville, Jersey.**

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**Meat and Potato Chops.**

$\frac{1}{2}$  lb. cooked beef.  
2 tablespoons melted butter or dripping.  
1 dessertspoon finely chopped parsley.

$\frac{1}{2}$  lb. cooked potatoes.  
1 tablespoon grated lemon rind  
Little salt and pepper.

**METHOD.**—Put the meat through a mincing machine, sieve the potatoes, put meat, potatoes and parsley in a basin, add the melted butter or dripping, and season with pepper and salt, nutmeg and the lemon rind altogether with a well beaten egg. Form the mixture into chop shapes, using a little flour. Then eggs and breadcrumb, fry in boiling fat, serve with brown gravy or tomato sauce.

**Mrs. Maine, "The Laurels," Peel Road, Jersey.**

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**Beef Roll.**

1 lb. beef steak.  
6 ozs. breadcrumbs.  
 $\frac{1}{4}$  nutmeg (grated).

$\frac{1}{2}$  lb. lean ham or bacon.  
2 eggs.  
Pepper and salt.

**METHOD.**—Pass meat through a mincer. Beat eggs and mix all together. Form into a sausage shape, tie in cloth like a roly-poly, and boil for 2 hours. Can be eaten hot or cold.

**Mrs. Sharpe, "Le Pré Vallon," St. Lawrence.**

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### **Beef Mould.**

Take  $1\frac{1}{2}$  lbs. of best leg of beef (fat and lean), cut it up and put in pan with just enough water to cover the beef, and simmer very slowly for three hours. When tender, add two leaves of gelatine, and flavour with pepper and salt. Now pour a little of the gravy into a mould, having ready 2 hard boiled eggs, cut into four pieces on the length, place these upright round the mould, now tip the meat and gravy carefully into the mould and turn out when cold, and garnish with parsley.

**N. D. H.**

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### **Stuffed Steak.**

Take  $\frac{3}{4}$  lb. of stewing beef in one slice, thinly cut. Lay it out flat and beat it for 5 minutes with a rolling pin, then rub it all over with olive oil and a little pepper and salt. Make a nice stuffing with 3 tablespoons of breadcrumbs, a pinch of salt and pepper, 1 onion finely chopped, 1 tablespoon minced sage,  $\frac{1}{2}$  teaspoon mixed herbs and 1 tablespoon of milk to bind. Cover the steak with this, roll it up tightly and tie it with fine string. Place it in a baking tin, and bake for one hour, basting frequently with dripping.

**Mrs. Beslievre, "Elizabeth Place," Samarès.**

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### **Cold Meat Shape.**

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| $\frac{1}{4}$ lb. any cooked meat or chicken | Chopped parsley. |
| 1 hard boiled egg.                           | A little stock.  |
| $\frac{1}{2}$ oz. gelatine.                  |                  |

**METHOD.**—Stir gelatine and stock until dissolved, boil, then strain and let it cool. Cover the bottom of the bowl with a little stock. When set, decorate sides with egg and parsley. Fill the bowl to the top with the minced meat, and the rest of the stock. Put in a cool place till set.

**Mrs. De Faye, "Eden Lodge," Pontac.**

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### **Veal Patties.**

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| Puff paste.                | 1 egg.                       |
| 8 ozs. lean cooked veal.   | 2 ozs. lean cooked ham.      |
| 4 tablespoons white sauce. | 1 teaspoon lemon juice.      |
| A pinch of nutmeg.         | Grated rind of half a lemon. |
| Pepper, salt and stock.    |                              |

**METHOD.**—Chop the veal and ham finely, pound it in a mortar with the pepper, salt, nutmeg, rind and lemon juice. Moisten by degrees with the stock and when perfectly smooth, rub through a fine sieve, and add the white sauce. Roll out the paste to half an inch and stamp out with hot wet cutter about two inches in diameter. Brush over with beaten egg, then with a slightly smaller cutter make an incision in the centre of each round to the depth of the paste. Bake in a hot oven, and when done remove the tops and scoop out the soft inside. Fill with the mixture, replace the tops and serve hot or cold.

**Miss A. Pain, Longueville.**

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### **Jumbo Sausage.**

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|---------------------------------------|---------------------------------|
| 1 lb. beefsteak.                      | $\frac{1}{2}$ lb. fat bacon.    |
| 1 teaspoon Bovril.                    | 4 ozs. breadcrumbs.             |
| 1 teaspoon chopped parsley and thyme. | Egg to mix and pepper to taste. |

**METHOD.**—Mince steak and bacon, add breadcrumbs and herbs with egg. Place in a 2 lb. stone jam jar, cover with grease-proof paper. Place jar in hot water and boil for  $2\frac{1}{2}$  hours. Turn out next day.

**Mrs. Sims, "Craigtara," Samarès.**

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**Cottage Pie.**

Cold beef.  
A dash of onion.  
Gravy.

Mashed potatoes.  
Pepper and salt to taste.

**METHOD.**—Half fill a pie dish with minced meat, add the onion, pepper and salt and moisten well with gravy. Mash potatoes smoothly with a little butter, pile on top of the meat and bake in a fairly quick oven until a nice golden brown. Serve hot.

**Mrs. Doody, "Eastcott," Sheldon, Devon.**

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**Devon Pasties.**

Minced meat.  
Slices of hard boiled egg.  
Pepper and salt to taste.

Mashed potatoes.  
A little shredded onion.  
Short crust pastry.

**METHOD.**—Roll out pastry into thin strips about 4 inches wide. Mix all the other ingredients together and place a generous heap on one end of each strip of pastry, fold over and press edges together, bake for about 10 minutes in a moderate oven, then brush over with beaten egg and return to oven until a nice golden brown. Can be eaten hot or cold.

**Mrs. Doody, "Eastcott," Sheldon, Devon.**

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**Curry of raw meat.**

1 lb. meat.  
1 onion.  
1 dessertspoon curry.  
 $\frac{1}{2}$  pint of stock.

2 ozs. fat.  
1 apple.  
1 dessertspoon flour.

**METHOD.**—Fry meat, onion and apple and a little curry powder in fat. When browned, take up and stir in flour and curry off the fire. Add stock, and when it boils, return meat, and let all simmer gently for one hour. Serve with rice.

**Miss M. Gallie, St. Luke's.**

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**A Tasty Dish en Casserole.**

1 lb. pork sausages.  
3 tomatoes.  
1 hard boiled egg.

2 teacups butter beans.  
1 teacup of breadcrumbs.

**METHOD.**—Soak beans overnight and boil for 2 hours, which should make them soft. Butter the casserole and sprinkle with crumbs, cut sausages in two, slice tomatoes and egg, put layers in casserole with breadcrumbs dusted with pepper and salt and a few dabs of butter. Bake in good oven for one hour, and serve very hot.

**Miss Wagner, "La Bourdonnerie," La Rocque.**

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**Blanquette de Veau.**

1 lb. veal.  
2 ozs. flour.  
2 cloves.  
Herbs.

2 ozs. butter.  
2 onions.  
 $\frac{1}{2}$  pint cream.

Seasoning and juice of lemon.

**METHOD.**—Put veal into pan with onion, cloves and herbs, cover with stock, bring to boil and simmer gently till tender. Strain liquor, put meat on hot dish. Cook butter and flour together, add liquor gradually, stir till it boils, add cream to the sauce but do not boil, season and add lemon juice. Pour over veal, garnish with bacon rolls.

**Mrs. Harrison, "Dulce Domum," La Rocque.**

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### **Jellied Veal (or Rabbit).**

Stew some veal cut into convenient pieces in a little good stock, plenty of seasoning and the grated rind of a lemon and half the juice. Cook slowly  $1\frac{1}{2}$  to 2 hours. When cooked, add 2 hard boiled eggs, cut in quarters and mix some melted gelatine with the stock. Set in a mould and serve cold with a border of lettuce and slices of beetroot.

**Mrs. Reading, c/o Miss Coleman, 10, Lockyer Street, Plymouth, Devon.**

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### **Curry and Boiled Rice.**

2 ozs. margarine.	1 onion.
1 apple.	$\frac{1}{2}$ oz. flour.
1 teaspoon curry powder.	$\frac{3}{4}$ pint white stock.
2 tablespoons coconut.	1 teaspoon chutney.
1 teaspoon curry paste.	1 teaspoon jelly or jam.
Juice of half a lemon.	Seasoning.

**METHOD.**—Melt fat and saute finely chopped onion and apple from 5—15 minutes. Add flour and curry powder and continue sauteing for 10 minutes. Add chutney, curry paste and  $d\frac{1}{2}$  pint of the liquid, and stir until boiling. Cook very slowly from  $1\frac{1}{2}$ —2 hours. Infuse the coconut in remaining  $\frac{1}{2}$  pint of liquid for 1 hour, then add the water of this to sauce. Add jelly, lemon juice and seasoning just before serving.

**SUITABLE FOODS TO CURRY.**—Cold meat cut in slices, cold white fish, cold root vegetable, cold butter and haricot beans, lentils washed and cooked  $\frac{1}{2}$  hour in the sauce, bananas, hard boiled eggs.

**Mrs. A. M. Copp, "Aubin House," Georgetown.**

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### **Galantine of Beef.**

1 lb. stewing beef.	2 eggs.
$\frac{3}{4}$ lb. lean pork.	1 gill stock.
6 ozs. white breadcrumbs.	Pepper and salt.
Pinch of allspice.	Meat glaze.
1 onion.	

**METHOD.**—Wipe the steak and the pork, and remove any skin. Mince meat fairly thickly. Mix with the breadcrumbs, beaten egg and stock and minced onion, and season thoroughly. Roll in a cloth and tie ends tightly. Cook in a pan of boiling water with a few vegetables to flavour, also parsley and thyme, or in stock pot about 2 hours. When cooked, remove the cloth, add hard boiled egg cut in slices, roll up galantine in dry cloth and tie ends lightly. When cold, remove the cloth, and brush over the top with a little liquid meat glaze. Garnish with parsley and serve.

**Miss E. R. Desmares, "Vale View," Bagot.**

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### **Curry.**

Fry till quite cooked 3 good sized onions, cut into small pieces, add minced cooked meat, about 2 tablespoons cooked apple (sweetened). Sprinkle over all 1 tablespoon Halford's Curry Powder.

Mix  $1\frac{1}{2}$  tablespoons curry powder with 1 teaspoon curry paste (Captain Whites), 2 tablespoons flour, 1 large teacup water. Pour over fried ingredients and cook for about 10 minutes.

**Beryl Dyson, St. Mawes, Cornwall.**

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**Brawn.**

Half pig's head.  
Onions.  
Water.

Hock.  
Pepper and salt.

**METHOD.**—Clean thoroughly pig's head and hock, and cut up in 4 or 5 pieces, put in saucepan with about 6 large onions, pepper, salt, and a sufficient amount of water to barely cover. Boil slowly till meat leaves bones, stirring frequently, remove bones and boil up again for 2 or 3 minutes. Put into basins immediately.

**L. A. Le B.**

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**Cornish Pasties.**

$\frac{1}{2}$  lb. self raising flour.  
 $\frac{1}{4}$  teaspoon salt.  
Cold Water to mix.  
1 large potato (peeled).

Pepper and salt.  
3 ozs. margarine.  
4 ozs. mutton.  
1 small onion (peeled).

**METHOD.**—Pass the meat and potato through a mincing machine, chop the onion and add it to the meat. Season with salt and pepper, and moisten with about 1 tablespoonful of water. Mix the flour and salt in a basin and rub in the margarine. Mix to a stiff paste with cold water. Roll out the paste on a floured board and cut it into round pieces with a cutter or saucepan lid. Put a spoonful of the meat mixture in the centre of each. Damp the edges of the paste and draw the two opposite edges together. Press them firm and crimp them with the finger and thumb. Put on a greased tin and bake in a quick oven for 30 minutes.

**J. C.**

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**Galantine.**

Mince 2 lbs. of fresh steak and 1 lb. bacon. Mix together with 1 lb. of breadcrumbs, 2 sausages and a little chive and parsley. Then add a beaten egg with a little milk, pepper and salt to taste. Put in a pudding bowl and steam for  $1\frac{1}{2}$  hours.

**Miss Le Sauter, "Fountain Farm," Grouville.**

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**Pain de viande.**

Mince some remains of veal and chicken. Make a sauce with butter, flour and broth, add salt and pepper and let it cook for 20 minutes. Put in the mince with 3 or 4 yolks of eggs well beaten with a drop of milk, add the whites after whisking them stiff. Pour the mixture into a greased mould and steam in the oven for about an hour. The mould must be standing in another pan of boiling water inside the oven. Turn out on a dish and cover with tomato sauce.

**Denise Eustache, "Le Chasney," Fourchambault, Nièvre, France.**

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**Beef Mould.**

$1\frac{1}{2}$  lbs. beef.  
Little pickling spice.  
2 hard boiled eggs.

A knuckle of veal.  
Salt and pepper.

**METHOD.**—Line a mould with the eggs. Pass the meat through a mincer, then put all in a double saucepan with a very little water to cover the meat, and cook slowly from 3 to 4 hours. Then put into a mould to set.

**"Rockvale," Millbrook.**

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### Supper Pie.

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| 1½ lbs. of potatoes.          | 2 ozs. butter. |
| ½ lb. onions.                 | Short pastry.  |
| 1 tablespoon chopped parsley. |                |

**METHOD.**—Boil the potatoes until they are half cooked. Boil the onions and save the water they were boiled in. Slice the potatoes and chop the onions. Butter a pie-dish, put in a layer of sliced potatoes, then chopped onion, a sprinkling of parsley, salt, pepper and some scraps of butter. Repeat until all are used. Pour in about ½ pint of the onion water. Cover with short pastry and bake for three-quarters-of-an-hour in a moderate oven.

**Mrs. Dupré, 22, Charing Cross.**

### A mode of dressing Fillet of Mutton.

**Time :** 2 hours.—Take off the chump end of a loin of mutton, and cover it with two sheets of buttered paper, roast it for 2 hours, but do not allow it to become the least brown. Have ready some french beans boiled tender and well drained. While the mutton is being glazed, warm them up in gravy, put them on a dish, and serve the meat on them.

**Mrs. Huelin, 59, Hayes Way, Park Langley, Beckenham, Kent.**

### Cornish Pasties

**Pastry :—**

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| 8 tablespoons flour.    | ½ tablespoon baking powder. |
| 2 tablespoons dripping. | Pinch of pepper and salt.   |

**Filling :—**

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| ½ lb. cooked meat.        | 1 or 2 boiled potatoes.           |
| 1 or 2 par-boiled onions. | 2 or 3 tablespns. stock or gravy. |
| Pieces of cooked turnip.  |                                   |

**METHOD.**—Prepare meat filling, take away skin and gristle, cut in small pieces, also cut onions, potatoes and turnips into cubes. Mix all together with gravy, add pepper and salt. Mix flour, baking powder, pepper, salt and dripping into bowl, rub dripping into flour until it looks like breadcrumbs. Mix with water into a very stiff dough. Turn on to a floured board, knead lightly. Turn over and roll to ¼ inch in thickness, cut into rounds, place a little filling on each round. Wet edges and draw together. Make edges in scallops, brush pastry with milk. Place on a greased oven sheet, and bake for 25—30 minutes. Serve hot or cold.

**Miss B. de Gruchy, 5, Ventnor Villas, First Tower.**

### Strasbourg Sausages.

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| 1 lb. minced beef.       | ½ lb. pork or cold ham (minced) |
| 1 teacup of breadcrumbs. | 1 egg.                          |
| Pepper, salt and herbs.  |                                 |

**Method.**—Tie up in buttered paper in cloth and boil for 2 hours. Serve cold.

**Mrs. Cox, 5, Elizabeth Place, St. Helier.**

### Stewed Rabbits.

Cut in joints. Dip each piece in flour, pepper and salt. Between each layer, as placed in stewpan, sprinkle chopped parsley, thyme, onion, and a few fingers of bacon. Cover all with good stock and after it has come to the boil, cook very gently for 2½—3 hours.

**Miss Burdett, 2, Grantham Terrace, Clapham Road, London, S.W. 9.**



### **Breakfast Sausage.**

2½ lbs. minced beef (fresh).  
½ lb. breadcrumbs.  
1 teaspoon mixed herbs.  
1 egg well beaten.

1½ lbs. minced bacon (fresh).  
Grating of nutmeg.  
Salt and pepper to taste.

**METHOD.**—Mix all ingredients in a large basin. Divide up into three 2 lb. jars. Cover with greaseproof paper and tie down. Boil for 3 hours. Leave to get cold in the jars. Turn out and roll in breadcrumbs.

**Mrs. Hudson, 24, Montpelier Street, Camberwell Gate.**

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### **Beef and Ham Roll.**

¾ lb. raw beef.  
Pepper and salt.  
1 egg.

1 teacupful breadcrumbs.  
6 ozs. ham (raw).

**METHOD.**—Put beef and ham through the mincer. Place in a bowl, add the other ingredients. Mix well with a fork and press in a greased 2 lb. jam jar. Stand the jar in a pan of hot water, and steam for 3 hours. Turn out and cover with brown breadcrumbs.

**E. R.**

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### **Galantine.**

1 lb. lean beef.  
½ lb. bacon or ham.

¾ lb. breadcrumbs.  
1 egg.

**METHOD.**—Mince beef, bacon and bread together. Pass twice through the mincer, season with pepper and salt (also a little nutmeg and grated lemon, if desired). Boil for 4 hours in a 3 lb. jam pot, as it can then be cut in rounds when cooked. Leave the jar standing in the saucepan till the water is cold.

**E. L. Rowcliffe, 12, Victoria Street, St. Helier.**

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### **Recipe for Glazed Sausage.**

1½ lbs. lean beef.  
¾ lb. breadcrumbs.  
A little pepper.

¾ lb. sausage meat.  
1 teaspoon salt.  
2 eggs.

**METHOD.**—Mix together and boil in cloth for 2 hours. When cold, glaze. To make a glaze, mix 1 oz. gelatine with a spoonful of Marmite and bring to the boil, then brush over sausage several times.

**H. Le Breton.**

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### **Ox Tongue to Boil.**

If tongue has been salted, soak for 12 hours. If fresh, add a tablespoon of salt. Put in a pan, cover with cold water, and simmer for 4 hours, skimming frequently. When cooked, remove the skin. If required, roll round with root in centre, then put into a basin with a little of the liquor, placing a plate with a heavy weight on top. If wanted flat, stick a large fork at either end, and decorate with paper frill before sending to table.

**Mr. W. T. Poingdestre, Colomberie.**

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### **An Easy Casserole Dish.**

1 lb. good stewing steak.  
¼ lb. kidney.

A few good size onions.

**METHOD.**—Cut up the steak and kidney and place in casserole. Cut up the onions in thin slices and cover the whole of the meat with a thick layer of onions, then flour it thickly, and season, putting a little water. Put in a slow oven for 3 hours without disturbing.

**Mrs. H. Randall, Ealing.**

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**METHOD.**—Rub the fish with the back of a spoon, together with the butter into a smooth paste, add the breadcrumbs, egg and seasoning. Put into a basin or mould (well buttered), and steam for half an hour. Turn out and serve hot with white sauce.

**Mrs. C. S. Renouf, "Glanville," St. Mark's Road.**

+ **Fish Kedgerre.**

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| $\frac{1}{2}$ lb. cold fish. | $\frac{1}{4}$ lb. rice.     |
| 1 hard boiled egg.           | $1\frac{1}{2}$ ozs. butter. |
| White breadcrumbs.           | Salt and pepper.            |

**METHOD.**—Boil rice and allow to cool, add cooked fish, and chopped egg, pepper, salt and mix thoroughly. Put in greased dish, cover with bread crumbs and break butter into small pieces, and put over top. Bake in moderate oven for 1 hour until golden brown, and serve with tomato sauce. Sufficient for four people.

**Mrs. F. Touzel, "Brazele," Greve d'Azette.**

**Baked Haddock.**

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| Haddock of 1 lb. in weight. | 1 tablespoon chopped suet.     |
| Pinch of sweet herbs.       | $\frac{1}{4}$ teaspoon pepper. |
| One third teaspoon salt.    | 1 teaspoon chopped parsley.    |
| 1 egg.                      | 2 tablespoons breadcrumbs.     |
| 1 oz. butter.               | Brown breadcrumbs.             |
| $\frac{1}{4}$ pint stock.   |                                |

**METHOD.**—Clean, scrape and wash the fish, make a forcemeat with the rest of the ingredients, except the butter, put this inside the fish, and sew or skewer up to keep in place. Lay in a well greased baking tin pour round the stock, and put the butter on top in small pieces. Bake for 40 minutes in a moderate oven.

On dishing sprinkle the brown breadcrumbs over the fish, Pour gravy round and serve.

**Miss Moyse, Temple Cottage, Stopford Road, St. Helier.**

**Salmon Mould.**

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| $\frac{1}{2}$ tin salmon. | 1 breakfast cupful breadcrumbs |
| Chopped parsley.          | 1 egg.                         |
| Pepper and salt to taste. |                                |

**METHOD.**—Mix well together, and add beaten egg. Steam about one hour. This can be eaten hot or cold.

**Mrs. Blampied, 8, Almorah Crescent, Jersey.**

**Fish Custard.**

About half a pound fresh haddock. Scrape the haddock from the skin, and remove the bone. Butter a pie dish, lay the fish in it, sprinkle with pepper and salt and squeeze the juice of half a lemon over the fish. Mix a dessertspoonful of flour with a teaspoon of flour with a teaspoon of butter, a little salt one egg well beaten and a teacupful of milk into a smooth batter. Pour over the fish, and cook gently until a delicate brown.

**Mrs. Cagney, "Dumbarton," 192, Brixton Hill, London, S.W. 2.**

**Fish Cakes.**

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| 1 lb. of any kind cooked fish.             | 2 teaspoons essence of anchovy |
| 1 lb. potatoes (passed through wire sieve. | 1 oz. butter.                  |
| Yolk of one egg.                           | Pepper and salt.               |
|  | A few drops of lemon juice.    |



**METHOD.**—Put the ounce of butter in a stewpan, and when melted add the fish cut into small flakes, the potatoes, the seasoning and the yolk of egg, cook well over gas stirring and mixing until the mixture leaves the side of the stewpan, and clings in a ball round the spoon. Turn on to a plate and spread flat, let it get quite cold, then shape into cakes and brush over with egg, cover with breadcrumbs, and place in a frying basket and plunge into boiling fat sufficient to cover them, and fry a golden brown. Drain them on paper and serve in a circle with fried parsley in centre.

**Mrs. Page, La Rocque.**

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**Curried Prawns.**

1 tin prawns.	1 oz. butter.
1 tablespoon dess. cocoanut.	$\frac{1}{2}$ teaspoon salt.
$1\frac{1}{2}$ gills milk.	$\frac{1}{2}$ an apple.
$\frac{1}{2}$ oz. curry powder.	Juice of half a lemon.
1 small onion.	1 small tablespoon flour.

**METHOD.**—Chop the onion and apple, cook them gently in the butter for a few minutes. Add the flour, curry powder and cocoanut and mix gradually with the milk. Stir until it boils and season to taste. Wash the prawns and add to the curry. Simmer very gently for ten minutes. Serve in border of boiled rice. Add the lemon juice just before serving.

**Mrs. Le Marinel, St. John's.**

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**Macaroni and Salmon.**

A tin of Salmon.	Boiled macaroni.	Sauce.
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**METHOD.**—Open a tin of Salmon, drain off liquid into a basin. Remove the skin and bones and chop into fairly small pieces. Make a sauce with 1 oz. of flour 1 oz. of butter and the liquid from the salmon, boil up to cook flour, and if necessary thin down with a little milk, then season with salt, pepper and mustard. Grease a fireproof dish, and put in a layer of macaroni, then a coating of sauce, then a layer of salmon, and so on till the dish is full, ending up with macaroni and sauce. Make very hot in oven and serve.

**Miss A. Valpy, "Glenavon" Gorey.**

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**Fish Cream.**

$\frac{1}{2}$ lb. cooked fish well pounded.	
2 ozs. fresh breadcrumbs.	2 ozs. butter.
2 eggs well beaten.	1 teaspoon thick butter.
A little pepper, salt and mace.	Juice of half a lemon.
Enough hot milk to moisten bread.	

**METHOD.**—Steam for  $\frac{3}{4}$  hour. Serve with egg sauce poured over.

**Mrs. G. P. Grill, "Eastwell," Samares.**

—o—  
**Salmon Mould.**

1 tin salmon.	1 breakfast cup breadcrumbs.
Small piece of butter.	Chopped parsley.
Salt, pepper and a little cayenne	

**METHOD.**—Remove all skin and bone from the salmon, mix with breadcrumbs, salt, pepper and parsley. Bind with beaten egg and steam for 2 hours.

**Mrs. Le Blancq.**



### Salmon Croquettes.

1 gill milk or stock.	Parsley and lemon for garnish
Egg and crumbs for coating. ing.	
Deep for frying.	1 oz. butter.
Few drops of lemon juice,	1 oz. flour.
Pepper and salt.	6 ozs. cooked salmon.

**METHOD.**—Melt the butter in a small saucepan, stir in the flour then the milk or stock, stir briskly until the mixture thickens and leaves the side of the pan. Add seasonings, lemon juice, and the flaked fish. Turn on to a plate, and when cold, divide into equal sized pieces, and form them into cork shaped rolls. Coat with egg and dry breadcrumbs, fry in deep fat, garnish with lemon and fried parsley.

Mrs. C. V. Amy, Roseville Terrace, Roseville Street, St. Helier.

—o—

### Fish Pie with Potatoes.

$\frac{1}{2}$ lb. cooked fish.	1 hard boiled egg.
$\frac{1}{2}$ oz. butter.	Lemon juice.
Pepper and salt.	1 gill white sauce.
$\frac{1}{2}$ lb. cooked potatoes.	A little milk

**METHOD.**—Break the fish into flakes, and put it into a greased pie dish. Sprinkle with seasoning, add the egg chopped and white sauce. Mash the potatoes with the butter, and a little milk. Pile this on to the top of the fish in the pie dish and bake in a moderate oven until nicely browned.

Mrs. J. B. Arthur, Les Tours, St. Clement's.

—o—

### Conger Pie.

$1\frac{1}{2}$ to 2 lbs. conger eel.	Short or flaky pastry.
$\frac{1}{2}$ tablespoon salt.	1 oz. flour.
1 tablespoon chopped parsley.	Little pepper.
$\frac{1}{2}$ gill milk.	
2 hard boiled eggs cut in quarters.	

**METHOD.**—Wash the slices of fish, cut them in squares about the size of an egg. Dry them in a cloth, and roll them in a mixture of flour, salt and pepper. Place them in a meat tin, cover them with greased paper, and bake them for about 20 minutes. Leave the fish get cold. Put the fish in a pie dish with the parsley, milk, and hard boiled eggs, and cover with the pastry. Make a hole in the centre, and decorate with leaves made from any pastry left over. Bake in a hot oven for about 20 minutes. Sufficient for 4 persons.

Mrs. Bown, Samares.

—o—

### A Little Fish Mould.

1 small haddock or whiting about 6 ozs.	1 egg.
$\frac{1}{2}$ slice of white or brown bread	1 gill milk or stock.
$\frac{1}{2}$ oz. butter.	Little chopped parsley.
	Salt and pepper.

**METHOD.**—Take all the skin and bones from the fish, chop or pound very well with a wooden spoon. Soak bread with milk, and strain off any superfluous milk. Put bread in a pan with the butter, add parsley, and stir over stove till well heated, add the bread to the fish, also beaten egg and seasoning. Put into one or two little buttered moulds or cups and steam slowly for about 20 minutes. Turn out the moulds and serve with a sauce.

Mrs. Bailhache, Samares.

—o—



### Baked Conger Cutlets.

Flour cutlets and arrange in a well buttered fireproof dish. Put a slice of tomato on each cutlet, sprinkle with finely chopped onion. Put a dab of butter on top, add pepper and salt and bake in a moderate oven for  $\frac{3}{4}$  of an hour. Five minutes before they are cooked, add a squeeze of lemon juice.

D. Shaw, 2, Rouge Bouillon.

—o—

### Fish Custard.

4 fillets of sole.

3 eggs.

$\frac{1}{2}$  pint milk.

Pepper and salt.

METHOD.—Butter a deep pyrex dish, sprinkle the fillets with pepper and salt and roll up. Place the fish in dish and add the beaten eggs and milk. Bake in moderate oven about 40 minutes.

"Rockvale," Millbrook.

—o—

### Hake Pasty.

$\frac{1}{2}$  lb. short crust paste.

1 dessertspoon minced parsley.

$\frac{1}{2}$  lb. cold boiled hake.

$\frac{1}{2}$  saltspoon curry powder.

1 dessertspoon butter.

Salt and pepper.

1 slice of onion.

METHOD.—Flake fish which should be free from skin and bone. Chop onion very fine, and fry in butter, when onion is pale brown, add fish flakes, stirring lightly for 3 minutes. Add curry powder, parsley, pepper and salt and mix thoroughly. Roll out paste fairly thin, and cut into circles. Put some of the fish mixture (not too hot) on the centre of each, fold over the paste as for turnovers, and see that the edges are well fastened together. Bake at once in a moderate oven 12—15 minutes.

—o—  
L. M. Mitchell.

### Minced Crab.

Time 10 minutes.

Breadcrumbs.

One crab.

1 glass of white wine.

Salt, pepper, nutmeg.

Cayenne.

1 wineglass vinegar.

2 ozs. butter.

1 anchovy.

2 yolks of eggs.

METHOD.—Pick the meat from a fresh crab, mince it very small and put it into a stewpan, with a seasoning of pepper and salt, cayenne and wineglass of whitewine, and one of vinegar. Set it over a clear fire to stew for about 10 minutes, melt 2 ozs. butter with an anchovy and the yolks of 2 well beaten eggs. Stir it into the crab, and thicken the whole with breadcrumbs. Place it in a dish and garnish with the claws and double parsley.

Mrs. F. Thackara, 59, Hayes Way, Park Langley, Beckenham, Kent.

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### Salmon Mould.

1 tin salmon.

$\frac{1}{2}$  oz. flour.

1 packet aspic jelly (Chivers).

$\frac{3}{4}$  gill milk.

1 hard boiled egg.

$\frac{3}{4}$  gill salad cream.

$\frac{3}{4}$  pint hot water.

1 tablespoon cream.

$\frac{1}{2}$  gill cold water.

3 sheets gelatine.

$\frac{1}{2}$  oz. butter.

Salt and pepper.

METHOD.—Dissolve jelly in hot water. Chop white of egg, and sprinkle it into a mould oiled with salad oil. Pour in a gill of jelly and let it set. Soak gelatine in cold water for 10 minutes. Place it on a low heat, and stir until gelatine dissolves. Melt butter, mix with flour and stir in the milk. Stir till sauce boils and add gelatine, salmon, aspic jelly, and yolk of egg. When nearly cold, stir in salad







**Conger Soup.**

- |                      |                              |
|----------------------|------------------------------|
| 2 lbs. conger eel.   | The petals of 8 marigolds.   |
| A cabbage.           | 1 leek.                      |
| 3 ozs. butter.       | 1 quart milk.                |
| 1 pint green peas.   | 1 tablespoon flour.          |
| Pepper.              | 2 teaspoons chopped parsley. |
| 1 dessertspoon salt. | Water.                       |

**METHOD.**—Cover fish with water and simmer for  $1\frac{1}{2}$  hours, add salt after 1 hour. Remove fish, add vegetables, prepared and cut up, to the liquor and cook about  $\frac{1}{2}$  hour or until they are tender. Then add parsley, butter marigold petals, and thicken by adding the flour mixed smooth with a little water and boil for 4 minutes, stirring. Lastly add the milk, more salt if needed, and a dust of pepper, and bring to the boil and serve hot. The fish may be kept hot and served or put aside for the next day.

**A Friend.**

— 0 —  
**Tapioca Cream Soup.**

- |                          |                                   |
|--------------------------|-----------------------------------|
| 1 quart white stock.     | $\frac{1}{2}$ oz. ground tapioca. |
| 2 yolks of eggs.         | $\frac{1}{2}$ gill cream.         |
| $\frac{1}{2}$ gill milk. | Salt.                             |

**METHOD.**—Bring stock to the boil, sprinkle in the tapioca and boil gently till clear. Cool slightly, mix the yolks, cream and milk together and strain into the soup, cook gently without boiling till the yolks thicken. Instead of tapioca, rice flour, cornflour, or arrow-root may be used.

**A. L. Luce, Mon Plaisir, Samarès.**

**Tomato Soup.**

- |                  |                         |
|------------------|-------------------------|
| 1 lb. tomatoes.  | 2 onions.               |
| 1 carrot.        | 1 quart water or stock. |
| Pepper and salt. |                         |

**METHOD.**—Cut up vegetables into stock and simmer until quite soft, stirring occasionally. Strain and add half the quantity of milk, thickening the soup to taste with cornflour. Add nice lump of butter and cook ten minutes, stirring all the time.

**Mrs. D. E. Partridge, La Rocque.**

— 0 —  
**Haricot Soup.**

- |                              |                                   |
|------------------------------|-----------------------------------|
| $\frac{1}{2}$ pint milk.     | 1 quart of white stock.           |
| $\frac{1}{2}$ teaspoon salt. | 5 white peppercorns.              |
| 1 blade of mace.             | $\frac{1}{2}$ pint haricot beans. |
| 1 onion.                     |                                   |

**METHOD.**—Soak the beans in cold water for 12 hours. Then put the stock on to boil, and add the beans, the onion sliced, mace and seasoning. Let it boil gently for four hours. Pass all the contents through a wire sieve, return to the stewpan, add the milk and stir well, when it is thoroughly hot it is ready to serve.

**Miss L. Pasturel, Pontac.**

— 0 —  
**Tomato Soup.**

Boil 1 lb. tomatoes with an onion, a little parsley and thyme, a little salt and pepper in a quart of water for  $\frac{1}{2}$  an hour or a little more, then strain, add to the liquid a lump of butter and  $\frac{1}{2}$  pint of milk into which a tablespoonful of cornflour has been dissolved. Reboil till it thickens.

**Mrs. Le Quesne, Ricardo Villas, Samares.**



**Lentil Soup.**

$\frac{3}{4}$  lb. split lentils.  
3 springs parsley.  
 $1\frac{1}{2}$  ozs. flour.  
3 pints water.  
1 teaspoons salt.

3 stalks of celery.  
1 onion.  
 $\frac{1}{2}$  pint milk.  
1 teaspoonful pepper corns.  
 $1\frac{1}{2}$  ozs. butter.

**METHOD.**—Wash lentils, put into a pan with water, let it boil and skim well, add celery, parsley, onion, peppercorns and salt, and simmer gently for  $1\frac{1}{2}$  hours. Put the butter into a pan, shake in the flour and stir till smooth, add the milk and allow it to boil. Rub lentils, etc. through a wire sieve, add to milk and butter.

**Mrs. G. P. Crill, "Eastwell," Samares.**

—O—

**Brown Artichoke Cream (Soup).**

2 medium sized onions.  
1 lb. artichokes.  
1 pint milk.  
Salt and pepper to taste.

2 ozs. butter.  
1 pint water.  
1 tablespoon flour.

**METHOD.**—Peel and mince the onions, melt the butter in a saucepan or casserole, add the onion and fry until brown. Scrub the artichokes and cut them into thin slices, and add to the onions, stir well over the fire for 5 or 10 minutes, add the flour, stir well in then add the water and bring to boil, add milk and simmer gently for  $1\frac{1}{2}$  hours. Add salt and pepper to taste, pass through a wire sieve, reheat, and serve with fried croutons of bread or toast.

**Mrs. S. Guiton, 79, Bath Street, St. Helier.**

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## Vegetables and Salads

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**Porcupine Salad.**

Take a number of tomatoes, cut slice off top and scoop out pulp. Stick shreds of celery or onion in sides of tomatoes for porcupine effect. Beat together  $\frac{1}{2}$  cream cheese, tablespoon of tomato pulp and a pinch of mustard. Moisten with french dressing, and fill in tomatoes cavity. Arrange on lettuce leaves and put a spoonful of mayonnaise on top of each.

**Miss A. Labey, "Home Farm," Grouville,**



### Potato Chips.

Wash peel and dry some old potatoes. Cut them into slices, a quarter of an inch thick, and cut each slice into strips of the same thickness. Lay them in a cloth, and heat some deep frying fat. It should be heated, till a distinct bluish, smoke rises from it. Put in half the potatoes, using frying basket if possible. If too many potatoes are put in at once, the fat will be cooled, and the potatoes will be soft and greasy. Fry the chips quickly for about 10 minutes till a golden brown. Turn them on to a tin, covered with soft paper, to absorb the grease and keep them hot. While frying the second batch, sprinkle with salt.

Miss Fiott, "Cyrano," Tower Road.

— 0 —

### Celery with White Sauce.

2 heads of celery.  
Salt.

$\frac{1}{2}$  pint white sauce.  
Toast.

METHOD.—Wash the celery and remove the outer stalks and the greater part of the root. Trim the green tops and cut each head lengthwise into four. Have ready a saucepan of slightly salted water boiling, put in the celery, and cook from 30—35 minutes, or until root may be easily pierced with a skewer. Drain well, place on the toast, pour over the sauce and serve.

A Friend.

— 0 —

### Fried Celery.

6 heads of celery.  
 $\frac{1}{2}$  pint of stock.  
Breadcrumbs.

2 or 3 slices of bacon and ham.  
2 eggs.  
Pepper and salt.

METHOD.—Thoroughly cleanse the celery, remove leaves and cut it into 4 inch lengths. Then put into a stewpan with ham, bacon, stock and seasoning, and simmer for  $\frac{1}{2}$  of an hour. Cool celery, take in out, dip it in egg and breadcrumbs and fry in butter. Serve with tomato sauce.

Mrs. W. L. Watson, "The Lido Cafe," Havre-des-Pas.

— 0 —

### Lentil Pie.

Boil some lentils till tender, without too much water. When cooked, season well and mix in a little butter or dripping or margarine. Place a small rim of pastry round a pie dish, then fill with alternate layers of lentils and thin layers of sage and onion well chopped. Put a pastry cover and bake till brown.

Maud M. Jeffree, "Dennistoun House," Bedhampton, Hants.

— 0 —

### Potato Wonders.

1 lb. potatoes.  
1 gill olive oil.  
Parsley.

1 pint stock.  
a little lemon juice.  
Salt and Pepper.

METHOD.—Peel and wash the potatoes and place in a saucepan. Cover with boiling stock and stew till tender. Drain gently, being careful not to break the potatoes. Place the oil in a frying pan and fry until a rich golden brown. Serve on a hot dish. Squeeze a little lemon juice over them, sprinkle with salt and pepper and garnish with parsley.

Mrs. Smith, 3, Avenue Gardens, Teddington.

— 0 —



**Shrimp and Cucumber Salad.**

- |                                      |                          |
|--------------------------------------|--------------------------|
| 2½ teaspoons gelatine.               | ¾ cup cucumber diced.    |
| 1 cup boiling water.                 | ½ cup cold water.        |
| 2 tablespoons lemon juice.           | 1 tablespoon sugar.      |
| 1 teaspoon salt.                     | ½ cup vinegar.           |
| ¾ cup of shrimps cut in small pieces | a few drops onion juice. |

**METHOD.**—Soak the gelatine in cold water for 5 minutes, then dissolve it in the boiling water. Add the sugar, vinegar, lemon juice, salt, then cool. When thickened slightly, arrange alternate layers of jelly and the shrimps and the cucumber mixture in individual moulds. Serve on shredded lettuce leaves. Garnish with mayonnaise dressing. Sufficient for 8 persons.

**Mrs. C. F. Le Maistre, "Fern Cottage," Samarès.**

—O—

**Stuffed Vegetable Marrow.**

Take a medium sized marrow, peel it, cut in half lengthways and remove all the seeds. Boil the marrow gently for 10 minutes, adding 1 tablespoon of salt, drain well.

**STUFFING.**—3 tablespoons of minced ham or other meat, 3 tablespoons fine breadcrumbs, 1 dessertspoon minced onion, 1 teaspoon minced parsley and a little pepper and salt and dried mixed herbs, 1 egg to bind.

Fill the two halves of the marrow with this, and then carefully place them together and tie securely with coarse string. Put in a greased pie dish with a little piece of butter on top and bake in a moderate oven till nicely browned. To serve, carefully remove the string, place on a hot dish and cover with brown or tomato sauce.

**Miss G. Ahier, "Rock View," Pontac.**

—O—

**Salad for Reducing.—Tomato Jelly.**

- |                                       |                         |
|---------------------------------------|-------------------------|
| ¼ cup cold water.                     | Salt, pepper.           |
| 1 tablespoon onion juice.             | 2 cups canned tomatoes. |
| 1 level tablespoon sparkling gelatine | Stalk of celery.        |
| 1 tablespoon mild vinegar or lemon.   | ½ bayleaf, if required. |

Sufficient for 6 servings.

**METHOD.**—Soak gelatine in cold water for 5 minutes. Mix remaining ingredients except the onion juice and vinegar and let it boil 10 minutes. Add soaked gelatine and stir until dissolved, then add the vinegar, and onion juice (extracted by grating onion). Strain and turn into wet moulds and chill. Remove from moulds to bed of crisp lettuce leaves, and garnish with mayonnaise or cooked dressing, or the jelly may be cut in any desired shapes and used as a garnish for salads on cold meat. For a delicious salad, when the jelly begins to congeal, add ½ cup crabmeat or any fish desired and ¼ cup chopped celery.

**G. Mayo.**

—O—

**Potato Croquettes.**

- |                             |                  |
|-----------------------------|------------------|
| 1 lb. cooked potatoes.      | Pinch of nutmeg. |
| 2 ozs. breadcrumbs.         | 1 oz. butter.    |
| 1 teaspoon chopped parsley. | Pepper and salt. |
| 1 egg.                      | Fried parsley.   |
| Milk, if necessary.         |                  |



**METHOD.**—Rub the potatoes through a sieve. Melt the butter in a pan, add the potatoes, make them hot, and season well. Add the chopped parsley, nutmeg and beaten yolk of egg. If too dry, add a little milk. Turn the mixture on to a plate to cool. Divide it into equal portions, flour the hands and make the mixture into balls, beat up the white of egg and brush the croquettes with it; then roll them in the breadcrumbs. Fry these croquettes in hot fat, drain well on soft paper. To dish:—Pile the croquettes neatly on a lace paper on a hot dish and garnish with fried parsley.

Mrs. R. Rambaut, Fern Lea, St. Clement's.



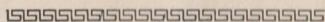
### Tomato and Green Pea Salad.

Ripe tomatoes.  
Thick mayonnaise dressing.  
Oil and vinegar.  
Salt and pepper.

Cooked green peas.  
Lettuce leaves.  
Whipped cream.

**METHOD.**—Cut a slice off some ripe tomatoes and scoop out the centres. Mix peas with equal quantities of dressing and cream. Season well with salt and pepper. Fill the tomato cases with this mixture and serve on young lettuce leaves that have been dressed with oil and vinegar.

V. Houillebecq, "Blairgowrie," Samarès.



## Household Hints



### Preventative.

To keep children from picking up sores and infection at school, use Izal daily for washing also for baths.

"Blue Bird."



### To clean Silver.

1 block Pynka (2d.)  
1 oz. lump ammonia.

$\frac{1}{2}$  pint methylated spirit.  
1 teacup boiling water.

**METHOD.**—Powder the pynka and pass through a sieve. Melt ammonia in boiling water keeping it covered while doing so. Then add spirits, and powdered Pynka.

A. A. Durell.



### To remove Tea Stains.

Glycerine is excellent for removing tea or coffee stains from linen. Pour it over the stained part, rub it well in, and wash in the usual way. The stains will quickly disappear.

E. L.



### To keep Parsley fresh.

The best way to keep parsley fresh is to put it in a bowl without water, cover with a plate, see that it is quite airtight. In this way it will keep fresh much longer than if put in water.

Miss Dorey, "La Garenne," Samarès.

