Choosing Meat and 24 Unusual Recipes: a Housewife Cookery Book

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Choosing MEAT and 24 unusual recipes

BY

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THE task of producing the kind of meat the housewife wants rests essentially on the farmer. He is the man who has to grow the meat and changes in public taste can only be satisfied by him. Since rationing ended it has become clear that what the housewife wants today is a smaller leaner joint than that which was popular before the war.

The butcher who occupies an important position between the producer and the consumer can help in this problem.

His job is two-fold:

1. To assist the housewife by providing her with cuts and joints of the type she wants and by advising her on her choice.
2. To assist the farmer. This he does by paying a higher price for suitable produce.

The housewife also has her part to play in dealing with this problem. The carcase, or the live animal the butcher buys, contains a large proportion of the ‘cheaper’ cuts compared with the ‘better’ ones. Unless the butcher is able to dispose of both kinds it is difficult for him to recover his outlay, and the better cuts may become more expensive in consequence. So the housewife can help the butcher, and incidentally herself, by buying more of the inexpensive cuts.

The purpose of this booklet is to define the chief cuts of meat, and their uses; and, in addition, to give some recipes for the different methods of preparation.
BEEF

The following list indicates the various cuts and joints available from the different animals. Those starred are the more economical.

RUMP STEAK. A traditional cut for fried or grilled steak. Expensive, but excellent in flavour and tender.

FILLET STEAK. A particularly tender piece of meat that lies under the sirloin. It is used for tournedos, fillet and minute steak. It is the most expensive cut.

SIRLOIN. Used for roasting, and serving either hot or cold. If cooked on the bone it has a better flavour, but the butcher will bone and roll it for you if you wish. Best with the undercut.

RIBS. Also an excellent roasting joint, similar in flavour and texture to the sirloin but without the undercut. It may be boned and rolled but, if a large joint, is best left on the bone.

TOPSIDE. One of the more expensive cuts. It is very lean and is sometimes sold as a roasting joint. It is really better braised or pot roasted as roasting is inclined to harden the meat.

TOP RUMP. Very similar to topside, but slightly fatter. It may be used for boiled beef either salted or unsalted.

* SILVERSIDE. Silverside is a lean cut with a large nugget of creamy fat at the side. It is best salted and boiled with vegetables and dumplings.

* CHUCK STEAK. A slightly cheaper and more economical cut. It is particularly good for stews, but needs long slow cooking.

* BUTTOCK STEAK. This is also known as stewing beef, or second steak. It is used for beefsteak and kidney puddings, pies and stews and calls for long slow cooking. Moderately priced.

SKIRT. This is a good and very lean cut. It lies just below the fillet and is of a good quality. It becomes succulent and tender with slow cooking. Use it primarily for pies and puddings. As there are only about six pounds of skirt on the whole animal, it is not always easy to come by.

* FLANK AND BRISKET. These are two of the cheaper cuts of meat, the flank being more fatty than the brisket. They both may be salted and turned into pressed beef.

* SHIN. This is an excellent inexpensive cut. Very lean and nutritious and used primarily in the making of beef tea and for strong clear meat soups. It is also good in brown stews when the gristle part will soften with long slow cooking.

OX KIDNEY. Is usually bought for mixing with stewing steak for pies or puddings. It is a little strong as a stew on its own.

* OX TAIL. Makes an excellent nourishing stew and is a good buy for those who care for meat stews.

OX TONGUES may be fresh or salted but perhaps are at their best when salted, pressed and eaten cold. The average weight is from about five to seven pounds and they make a good buy for a large family.
DOLMAS

½ lb. minced beef; 1 small onion; 1 cabbage; 2 tablespoonsful cooked barley or rice; about 5 tablespoonsful cold water; stock; bay leaf; tomato sauce.

Chop the onion very finely, put into a bowl with the meat and seasoning. Work well together, adding the water by degrees until the mixture is well beaten and pliable. Add the barley and plenty of seasoning.

Trim a cabbage, put it whole into boiling water for two or three minutes, drain well, then carefully detach the leaves, removing any hard stalk. Put a small tablespoonful of the mixture on each leaf, roll up like a parcel to form a sausage. Roll them very lightly in flour, and arrange in criss-cross layers in a thick stewpan, or casserole. Barely cover with stock, bring carefully to the boil, season, add a bay leaf, cover and simmer 20-30 minutes.

Meantime prepare a good rather thin tomato sauce. Lift the dolmas into a fireproof dish, draining well from the liquor, spoon over the tomato sauce and set in a moderate oven for 25-35 minutes. Serve with a good dusting of freshly-chopped parsley over the dish.

NOTE. The preliminary Blanching of the cabbage is to make the leaves pliable. After detaching 5-6 leaves it may be necessary to replace the cabbage in the boiling water for a few minutes.

BEEF OLIVES

1-1½ lb. top rump in a thick piece; 1 oz. onion; 1 oz. butter; 2 ozs. fresh white crumbs; 1 tablespoonful chopped parsley; 1 teaspoonful thyme, chopped; salt; pepper; a little milk.

FOR BRAISING. ½ oz. dripping; 2

Beef Roll. An appetizing summer luncheon dish served with salad. Excellent, too, for picnics

onions; 2 carrots; 1 small turnip; 1 stick celery; ¾ pint good bone stock; bouquet garni; arrowroot.

FOR DISHING. Potato purée and a garnish of fried onion rings, and fried or grilled tomatoes.

Cut the beef into very thin slices (about 2½ by 5 inches) and pass the trimmings twice through the mincer. Chop the onion very finely and put in the vegetables, cut into large dice to the pan, and cook until golden brown; pour over enough stock to barely cover and place beef ‘olives’ on the top, add the bouquet garni. Cover with a paper and lid, bring to the
boil and then put in a very moderate oven Reg. 3-4, 340 degrees-350 degrees F. for 1-1½ hours.

Meantime prepare the potato purée and onion rings.

Take up the 'olives', remove thread and arrange on the potato purée, laid down the centre of a serving dish.

Strain the gravy, reduce and thicken with a very little arrowroot. Adjust seasoning, spoon over dish. Garnish with the onion rings and tomatoes.

**BEEF CARBONNADE**

A Flemish dish. A carbonnade can be made with flank (the leaner cut), chuck or stewing steak. A little fat in the meat is an advantage.

1½ lb. beef, flank, steak, etc.; dripping; 2-3 onions; 1 dessertspoonful flour; 1 clove garlic; ½ pint of hot water; ½ pint brown ale; a bouquet of herbs; a grate of nutmeg; pepper, mustard; 1-2 slices of bread or a French roll.

Cut meat in large squares. Heat the dripping in a shallow saucepan or deep frying pan. Put in the meat in a single layer. Cook over strong heat, about 3½ minutes until brown, then turn each piece to brown on the other side. Do not fry longer than to brown well.

Remove meat on to a plate. Lower heat, put in the onions sliced or quartered and allow to brown well adding a good pinch of sugar. Then dust in the flour, add the garlic, creamed, the water, ale, bouquet, nutmeg, salt and pepper. Bring up to the boil, draw aside. Place the beef in a casserole, pour over the liquid, cover tightly and cook gently in the oven 1½-2 hours. Half an hour before the meat is done, remove the lid and bouquet.

Place the pieces of bread cut into four (or the sliced French roll) on the top, first spreading the pieces with made mustard (French or English). Press them down gently to get them well soaked with any fat, and the gravy.

Replace in oven, leave off the lid and turn up the heat. Allow top to brown well before serving in casserole.

**NOTE.** If flank or fat cut of meat is used, it may be necessary to pour off a little fat before adding the flour.

**BEEF ROLL**

1½ lb. lean minced beef; ½ lb. minced bacon; 1 dessertspoonful finely chopped onion; 1 heaped teaspoonful finely chopped herbs (parsley and thyme); 6 ozs. fresh white crumbs; 2 beaten eggs; salt; pepper.

Mix the ingredients in the order given, working them well together. Add a spoonful or two of stock or water, if the mixture is not sufficiently moist.

Shape on a wet board into a roll, wrap in a piece of greaseproof paper and then in a cloth. Tie securely, then put into a pan of boiling water with a few
vegetables to flavour. Simmer gently 1½ to 2 hours. Then take up, cool slightly, tighten the cloth, put a weight on the top and leave until next day.

Then remove and brush with melted meat glaze, giving 2 or 3 coats. Garnish with tomatoes and watercress.

In order to preserve a roll shape the weight may be dispensed with and the cloth tightened as much as possible.

** VEAL **

**FILLET.** This is the best and most expensive cut and comes from the top of the leg. It is used almost exclusively for escallopes. It may also be roasted.

**NECK AND LOIN.** These joints may be divided into cutlets or chops or the whole piece boned out and rolled.

**SHOULDER.** Usually divided in two. The best piece, the oyster, lying towards the blade bone is suitable for roasting or braising. The remaining piece is used for stewing or for pies.

**KNUCKLE.** This is a comparatively expensive joint and can be used for either a brown or white stew, though containing a good deal of bone.

**BREAST.** The least expensive joint and makes good Blanquette (white stew). May also be boned, stuffed and braised, or stuffed and rolled.

**KIDNEYS.** Veal kidneys are excellent cut in slices and fried or used as stew.

**LIVER.** Calves' liver is particularly good though expensive. It may be cut in slices and fried, or braised whole and sliced before serving.

**CALVES’ HEAD.** A good buy and may be served either cold or hot. It should be well washed, soaked and then cooked gently until the bones can easily be drawn out. Press and leave till cold. It may then be roasted and served with a devilled sauce or left cold, cut in slices and accompanied by an oil and vinegar dressing.

**CALVES’ TONGUES.** Make a nice dish when braised or may be salted, cooked, pressed and eaten cold.

**SWEETBREADS.** A delicacy and expensive. Braise them or serve in a cream sauce.

**PIE VEAL** is also sold by the butcher. This is suitable for stews, both brown and white and, as the name denotes, for pies. ‘Pie’ veal is usually pieces and trimmings from the shoulder and leg already cut up into squares.

** VEAL AND EGG JELLY **

A standby for a Sunday night supper.

- 1 lb. ‘pie’ or lean veal
- ½ pint stock
- 1 lb. streaky bacon
- 1 dessertspoonful gelatine
- 2 hard-boiled eggs
- chopped parsley
- salt and pepper
- aspic (if
Veal and Egg Jelly. Perfect for the ‘cook-hostess’, can be made beforehand.

wished); watercress or curled celery and tomatoes for garnish.

Decorate a charlotte mould or cake tin with the sliced hard-boiled eggs and the parsley. Dice the veal. Blanch bacon and cut into strips. Mix together with plenty of seasoning and moisten with ½ pint of the stock. Pour carefully into the mould and cover with a greased paper. Bake for 1½ hours at Regulo 3.

Dissolve gelatine in remaining stock and pour into the mould. Leave until next day. Turn out and surround with chopped aspic or watercress.

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VEAL FRICADELLES

1 lb. lean veal weighed when minced; ½ lb. fat, minced; 2 oz. onion, finely chopped; 2-3 sprigs parsley, 2 sprigs lemon thyme, the leaves of each stripped from the stems and chopped; 5 ozs. white bread with crust removed, soaked in milk for ½ hour; approx. ½ pint water; butter or oil; tomato sauce; 2-3 spoonsful of sour cream or yoghurt; salt, pepper, paprika.

Mince the veal twice, add the fat, onion and herbs. Squeeze the bread dry and add to mixture. Pass all again through the mincer. Work with the hand with the same movement as for making bread, adding the cold water by degrees. It is important that the water be gradually absorbed—if added too quickly the mixture may become sloppy. What is required is that it shall change its consistency gradually, becoming firm yet light.

Season highly with salt and pepper and paprika. Roll into small balls about the size of a marble, roll lightly in flour and fry quickly in the butter until brown. Lay in a deep fireproof dish, pour over the tomato sauce which should just cover. Cook in the oven 15-20 minutes.

Add 2-3 spoonsful of sour cream, shaking the pan gently to mix in the cream without breaking the fricadelles. Pile up in serving dish. Garnish with black olives and quarters of lemon.

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BLANQUETTE OF VEAL

A creamy white stew.

1½ lb. veal from the shoulder, knuckle or breast; 2 medium-sized carrots; 2 medium-sized onions, or 6-8 ‘pickling’ or baby onions; ½ teaspoonful salt; a bouquet garni; a squeeze of lemon juice.

FOR THE SAUCE. 1½ ozs. margarine or butter; 1½ ozs. flour.

FOR FINISHING. 1 or 2 egg yolks; ½ gill creamy milk or cream.

Cut the veal in large square pieces, blanch them, drain then rinse in fresh cold water. Return to the pan with water just to cover, the onions and carrots cut in quarters (if small onions leave whole), the lemon juice, bouquet and salt. Cover and simmer until (Continued on page 10)
This booklet

The Fatstock Market

largest meat wholesale

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in the preparation of these illustrations
tender. Strain off all the liquid, keeping the meat and vegetables covered in the pan, and measure 1 1/4 pints of the stock.

Melt the butter in a saucepan, add the flour off the fire, pour on the stock and when thoroughly blended stir over a moderate fire until boiling. Allow to boil fairly rapidly until fairly thick and syrupy, draw aside. Adjust the seasoning and add the milk and egg. Then reheat, pour over the meat and vegetables in the pan, and leave on the side of the stove for 10 minutes or so before serving so that the flavour of the sauce will penetrate into the meat.

Dish in a heated china casserole or fireproof dish and serve with creamed potatoes or boiled rice.

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**PORK**

Pork has a reputation for being fat, but now leaner and smaller pork bred by farmers is appearing in the shops.

**LOIN.** Perhaps the best and most expensive joint. Inclined to be fat. Roast whole after it has been chined and scored, or divide into chops for grilling and frying. A leaner cut to buy is the chump end, bearing in mind there is much less of this in proportion to the rest of the loin.

**LEG.** A big joint. Is usually divided into two or more pieces. Serve it roast, or salted and boiled with the traditional pease pudding. Pork should be well scored before roasting to give the crackling.

**SPARE RIB.** Good small joint. Slightly leaner than the loin with a fair amount of crackling. Score the skin towards the scrag end and roast, or have it cut into chops and grill or fry them for a barbecue.

**BLADE BONE.** Pot-roast or braise.

Choucroute. *A delicious mixture of boiled salt pork, frankfurter sausages and sour cabbage*

May be boned out, and stuffed. In place of apple sauce, to accompany serve a good mint sauce, thick with mint and flavoured with grated orange rind and juice.

**HAND.** Salted, it is boiled gently until tender, and eaten hot or cold.

**BELLY.** Salted and divided into two or more pieces, it is excellent boiled, pressed and eaten cold. A piece cut from the shoulder end is the leanest. Boil or braise and serve with baked beans or braised cabbage. Small pieces are added to pies and stews for flavour.

**LIVER AND KIDNEYS** of pork may be used in the same way as that of lamb, though stronger in flavour.

**PIG’S HEAD.** Use either fresh or salted for brawn.

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**CHOUCROUTE**

This dish is German in origin, and is boiled pork knuckle or belly served with sour cabbage and sausages. Sauerkraut is sold fresh in delicatessen shops or in tins. Fresh cabbage shredded makes a good substitute.
Braised Pork with Red Cabbage. Cooked red cabbage is a perfect foil to braised pork.

1½ lb. salted belly pork; 1½ lb. sauerkraut; 1 onion stuck with a clove; 1 carrot; good stock and/or white wine; 2 ozs. butter; ½ oz. flour.

GARNISH. Saveloy and Frankfurter sausages; plainly boiled potatoes.

Simmer the pork gently for about 1 hour and allow to cool in the liquid. Well butter the bottom of a stewpan, arrange the kraut in this with the onion and carrot. Put the pork in the centre, moisten with the stock and a little wine, cover with a thick piece of buttered paper. Closely cover pan, cook in a moderate oven for about 1½ hours at Reg. 4, 340-370 degrees F. At the end of cooking time the liquid should have evaporated. Take out pork, bind the kraut with a little kneaded butter, reboil and add remaining butter.

BRAISED PORK WITH RED CABBAGE

2 lb. spare rib pork, whole or divided into pieces; 1 tablespoonful oil; 1 dessertspoonful butter; 1 onion;

1 clove garlic; ½ oz. flour; ½ pint stock; 1 teaspoonful tomato purée; bouquet garni; salt and pepper.

Heat oil and butter in a frying pan. Brown the chops on both sides. Remove, put in onion and crushed garlic and colour slowly; draw aside and add the flour, stock, purée and bouquet. Bring to the boil. Replace the chops, cover and cook in the oven 50-60 minutes, or until tender.

CABBAGE. 1 small red cabbage; 1 onion; 1 apple; ½ oz. butter; 1 tablespoonful vinegar; ¼ gill stock; salt and pepper; pickling onions or chestnuts.

Shred the cabbage finely, blanch 3-4 minutes and drain. Slice the onion and apple, put in the pan with the butter and cook 3-4 minutes. Add cabbage, vinegar, stock and seasoning. Cover with buttered paper and lid, and simmer slowly until tender (about 1 hour). Arrange down the centre of a dish. Set the meat on top, or at the side. Reduce the gravy, skim and strain. Spoon over the dish and garnish with the small onions glazed or braised chestnuts.

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LAMB AND MUTTON

LEG. In lamb this is usually bought whole, the average weight being from 3½-5 lbs. May be divided into two pieces, shank end and fillet end.

LOIN. A rather expensive joint usually divided into chops.

SHOULDER. One of the best joints as the meat is very tender and sweet. Roast it whole or have it boned out, stuffed and roasted.

NECK. This is divided into three, best end, middle and scrag. The best end is
one of the most expensive cuts on the animal and the scrag the cheapest.

(a) **Best End** consists of 5-6 bones. Ask the butcher to chine it for you. This means he will saw through the end bone, or half back bone, which enables the neck to be easily divided into neat cutlets, or roasted whole as a small joint. The chine bone is, of course, detached completely before dividing into cutlets, and is used for stock or soups.

(b) **Middle neck.** Use for a haricot or stew, either brown or white.

(c) **Scrag.** Use for stews or broth. Scrag is always better for being well soaked in salted water before cooking.

**Breast.** A good inexpensive joint, use it for a brown or white stew, or boned out and stuffed. It may also be previously stewed, boned, pressed and fried.

**Liver.** Very good sliced and fried, or braised whole.

**Kidneys.** Especially good. Skin and split for grilling or divide in two for a sauté or stew.

**Brains.** Very good and nutritious especially for children. Soak well before cooking. May be fried or poached and served with butter acidulated with lemon juice.

**Sweetbreads.** Smaller and cheaper than calves' breads. They make a good buy for a filling for bouchees or a flan case.

**Breast of Lamb with Onion Puree**

1-2 breasts of lamb or mutton; ½ oz. dripping; 1 large breakfast cup of sliced root vegetables for braising; 1 teaspoonful tomato purée; 1-1½ pints stock; bouquet garni; 4-6 peppercorns; 6 onions thinly sliced; 1 oz. butter;

2 rounds stale bread with crusts removed; a little flour; seasoning; 1-2 tablespoonsful grated cheese.

Brown the breasts all over in the dripping, remove from the stewpan and throw in the vegetables, allowing them to sweat gently five to six minutes. Put back the mutton on top of the vegetables, add the purée and enough stock barely to cover; add bouquet and peppercorns. Bring to boil, cover and braise in the oven till the meat is tender and the bones can be pulled out.

Remove bones, and press the meat between two plates with a weight on top and set aside. Strain the gravy well and when cool skim carefully of all fat.

Now prepare the covering, soften the onions in two-thirds of the butter in a frying pan, and allow to colour to a delicate brown. Crumble the bread in pieces, sprinkle with flour and seasoning and rub lightly together in a cloth till fairly fine. Add the cheese. Arrange the meat on a large fireproof dish, cover with the onion, and press on to this a
Shish Kebab. A quickly prepared and cooked dish, perfect for entertaining at home

covering of breadcrumbs and cheese.

Sprinkle with the remaining butter just melted, pour round the dish enough of the strained and skimmed mutton gravy to moisten the dish well. Put into a fairly hot oven until well browned, basting occasionally. Serve with a purée of potatoes and a sauceboat of the gravy which may, if wished, be slightly thickened, or a good tomato sauce.

**LAMB CUTLETS IN MINT JELLY**

1½ lb. best end neck lamb; 1 bunch mint; flavouring vegetables; 1 pint good stock; ¼ to ½ oz. gelatine; 2 whites of egg; 1 tablespoonful tarragon vinegar; vegetables to garnish.

Trim the meat. Simmer with the flavouring vegetables and water, to barely cover, until tender, about 50 minutes. Leave till quite cool.

Then divide into neat cutlets and trim. Put the pint of stock into a saucepan with the gelatine and half the mint, well bruised. Whip whites to a froth and mix into the pan with the vinegar. Whisk over the fire until boiling. Then draw aside for 10 minutes. Strain through a wet cloth.

Pound or chop finely the remaining mint. When the jelly is on the point of setting, pour half into a shallow dish and when set arrange the cutlets on this. Add the chopped mint to the rest of the jelly, and when this is on the point of setting pour over the cutlets.

A very satisfactory substitute is to use bought aspic.

**SHISH KEBAB**

A Middle Eastern dish which may be accompanied by plainly boiled rice or a rice pilaff.

1 lb. lamb or mutton (a small half shoulder is good for this, with the bone removed. This can be used for soup or stock.); 1-2 onions; fresh bay leaves; a little oil.

Cut the meat into 1-1½ inch squares, push the pieces on to skewers, with a piece of onion and a bay leaf between each piece. Allow one good sized skewer per person. Brush over with oil, then grill, allowing about five minutes on each side, brushing occasionally with oil.

Serve very hot with well dried boiled rice, mixed with freshly cooked peas to accompany. Dust the dish liberally with freshly chopped herbs or parsley before serving. The meat is usually served on the skewers and is then pushed off on to the plate by the eater.

**HARICOT OF MUTTON**

One of the best of stews.

1½-2 lb. mutton, shoulder, breast, or middle neck; 1 oz. good dripping or bacon fat; ¼ oz. flour; 1-2 pints water; 1 large clove of garlic; a bouquet garni; salt and pepper; 2 medium-sized
onions; 4 medium-sized carrots; 1 small cabbage, Savoy for choice; 1 level teaspoonful sugar; ½ pint haricot beans which have been soaked overnight and three parts cooked; 1 tablespoonful tomato purée or ½ lb. tomatoes, peeled, pipped and chopped.

Cut the meat into even-sized pieces. Heat half the dripping in a saucepan, brown the pieces all over in this, draw aside, dust over with flour, continue cooking a few moments to brown the flour evenly. Add water, garlic, bouquet and seasoning. Bring to boil, stirring all the time, and simmer 30-40 minutes. Remove meat, strain the gravy and skim.

Slice onions thinly, cut carrots in rounds and the cabbage in quarters. Rinse out the pan, heat in it the remaining dripping, add onions, carrots and sugar and allow to colour.

Replace the meat and put the cabbage round the sides of the pan. Put the partially cooked haricots and tomatoes or tomato purée with the gravy into the pan. (If purée is used it should be well incorporated with the gravy.) If needed a little more water may be added. Cover tightly first with thick grease-proof or greased kitchen paper, then with lid, and cook on a low fire or in the oven for another 2 hours. The last part of the cooking may be done in an earthenware casserole.

BARBECUED MUTTON

Apply this method to middle neck or a half shoulder or leg of mutton.

Rub the surface of the meat with a mixture of: 1 teaspoonful salt; 1 teaspoonful dry mustard; 1 teaspoonful sugar; 1 teaspoonful pepper; 1 teaspoonful ground ginger.

Work these well in, split a clove of garlic and stick into the leaner meat. Dredge with flour and roast. When the surface is brown, about 15-30 minutes, baste continually with the following sauce; first pouring off all fat. Lower heat and continue until meat is done.

SAUCE. 2 tablespoonsful tomato ketchup; 1 tablespoonful mushroom ketchup; 2 tablespoonsful Worcester sauce; 1 tablespoonful A.1 Sauce; 1 teaspoonful sugar; dash of vinegar; a pinch cayenne; a nut of butter.

Make gravy in the usual way without pouring off any of the sauce.

KIDNEYS TURBIGO

4 sheep's kidneys; 2 oz. butter; ½ lb. chipolata sausages; 2 doz. button onions; 4 oz. mushrooms; 1 teaspoonful tomato purée; 1 dessertspoonful flour; 1 tablespoonful sherry; ½ gills stock; 2 bay leaves; salt and pepper; 2 slices stale bread; chopped parsley.

Skin the kidneys, cut in half and remove the core. Melt the butter in a sauté pan. Brown the kidneys and sausages in the hot butter, remove and add the well blanched button onions and the mushrooms cut into four to the pan. Season and cook 5-6 minutes, stirring occasionally. Then add the tomato purée and flour and leave to brown a little. Add the sherry and the stock. Return to the fire and stir until it boils. Replace the sausages and the kidneys with bay leaves. Season. Cover with paper and lid. Simmer 20-25 minutes.

CROUTONS. Cut the bread into rectangular pieces and fry in a little hot oil until golden brown.

Serve the kidneys surrounded with croutons. Sprinkle top with parsley. The above may be done with veal kidneys. In which case take 2-3 according to size, skin and cut in thick slices.
INGREDIENTS

In these recipes certain ingredients are mentioned and may require a little explanation as to what they are and also the best way to use them.

BOUQUET GARNI
This is a small bundle of certain kinds of herbs—parsley, thyme and bayleaf. These are tied together with a piece of fine string or thread, leaving an end that can hang outside the lid or be tied to the handle of the saucepan or casserole. The bouquet is then easily pulled out before serving. If the sauce or gravy is to be strained there is no need to tie the herbs together.

Use parsley stalks rather than the whole plant as the leaves are liable to melt away with long cooking. Moreover the stalks have a great deal of flavour and the leaves can then be used for garnishing.

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GARLIC
A clove of garlic is a small section of a garlic bulb. The clove is broken off from the bulb, is peeled and chopped. A half teaspoonful of salt is sprinkled over and the garlic crushed with the point of a knife, using a spreading movement. The resulting cream is then added to the stew or sauce where it is readily absorbed.

It is advisable to use a small piece of board kept specially for garlic, or preferably a little mortar and pestle. These latter can be bought quite inexpensively from manufacturing chemists.

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MEAT GLAZE
Meat glaze can be bought ready made, but the homemade variety is nicer. It is very useful to have a small quantity of this stored away in your larder or refrigerator for adding to gravies and stews, etc. It is also used for brushing over pressed beef or galantine. As it is concentrated only a very small quantity is needed to add to a gravy.

To make:— Take good veal or beef bones, brown them lightly with very little fat, then add water to three parts cover them, and bring to the boil—skimming well—and add a plateful of vegetables. Simmer 2 or 3 hours with the lid on the pan, then drain off and leave until next day. Remove all fat, put the liquid into a little pan and boil with the lid off until brown and syrupy. If the stock is good, one should get about three-quarters of a gill to one gill of glaze from four quarts of strong stock after draining.

A proportion of veal bone added to beef bones gives a better glaze as they are more gelatinous.

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BLANCHING
Where meat is concerned this means to put the meat into cold water and bring up to the boil. It is then strained off through a colander and a small jug of fresh cold water poured over. It is then ready for further cooking. This process both whitens and cleans the meat and is applied to pieces such as scrag, breast, etc., sweetbreads and brains.

In general these recipes are enough for 4-6 people. When buying meat particularly for a stew, one should allow ¼ lb. per person, and ⅞ lb. over