

of weak digestion; and when an extra dish is required at a short notice, from the expedition with which they may be dressed, they are a convenient resource.

10 to 12 minutes.

#### SAVOURY MINCED COLLOPS.

Make a little brown thickening (see page 92) with about an ounce and a half of butter, and a dessertspoonful of flour; when it begins to be coloured, shake lightly into it a large teaspoonful of finely-shred parsley or mixed savoury herbs, two-thirds as much of salt, and half the quantity of pepper. Keep these stirred over a gentle fire until the thickening is of a deep yellow brown; then add a pound of rump-steak, finely minced, and keep it well separated with a fork until it is quite hot; next pour to it gradually half a cupful of boiling water, and stew the collops very gently for ten minutes. Before they are served, stir to them a little catsup, Chili vinegar, or lemon-juice: a small quantity of minced onion, eschalot, or a *particle* of garlic, may be added at first to the thickening when the flavour is not objected to.

#### SCOTCH MINCED COLLOPS.

"Chop the beef small, season it with salt and pepper, put it, in its raw state, into small jars, and pour on the top some clarified butter. When wanted for use, put the clarified butter into a frying-pan, and slice some onions into the pan and fry them. Add a little water to them, and then put in the minced meat. Stew it well, and in a few minutes it will be fit to serve."

#### BEEF TONGUES.

These may be cured by any of the receipts which we have already given for pickling beef, or for those which will be found further on for hams and bacon. Some persons prefer them cured with salt and saltpetre only, and dried naturally in a cool and airy room. For such of our readers as like them highly and richly flavoured we give our own method of having them prepared, which is this:—"Rub over the tongue a handful of fine salt, and let it drain until the following day; then, should it weigh from seven to eight pounds, mix thoroughly an ounce of saltpetre, two ounces of the coarsest sugar, and half an ounce of black pepper; when the tongue has been well rubbed with these, add three ounces of bruised juniper-berries; and when it has laid two days, eight ounces of bay salt, dried and pounded; at the end of three days more, pour on it half a pound of treacle, and let it remain in the pickle a fortnight after this; then hang it to drain, fold it in brown paper, and send it to be smoked over a wood fire for two or three weeks. Should the peculiar flavour of the juniper-berries prevail too much, or be disapproved, they may be in part, or altogether, omitted; and six ounces of sugar may be rubbed into the tongue in the first instance when it is liked better than treacle.

Tongue, 7 to 8 lbs.; saltpetre, 1 oz.; black pepper,  $\frac{1}{2}$  oz.; sugar, 2 ozs.; juniper-berries, 3 ozs.: 2 days. Bay salt, 8 ozs.: 3 days. Treacle,  $\frac{1}{2}$  lb.: 14 days.

*Obs.*—Before the tongue is salted, the gullet, which has an unsightly appearance, should be trimmed away: it is indeed usual to take the root off entirely, but some families prefer it left on for the sake of the fat.

#### BEEF TONGUES; (a Suffolk receipt.)

For each very large tongue, mix with half a pound of salt two ounces of saltpetre and three-quarters of a pound of the coarsest sugar; rub the tongues daily, and turn them in the pickle for five weeks, when they will be fit to be dressed, or to be smoked.

1 large tongue; salt,  $\frac{1}{2}$  lb.; sugar,  $\frac{3}{4}$  lb.; saltpetre, 2 ozs.: 5 weeks

#### TO DRESS BEEF TONGUES.

When taken fresh from the pickle they require no soaking unless they should have remained in it much beyond the usual time, or have been cured with a more than common proportion of salt; but when they have been smoked and hung for some time, they should be laid for two or three hours in cold, and as much longer in tepid water, before they are dressed: if extremely dry, ten or twelve hours must be allowed to soften them, and they should always be brought very slowly to boil. Two or three carrots and a large bunch of savoury herbs, added after the scum is cleared off, will improve them. They should be simmered until they are extremely tender, when the skin will peel from them easily. A highly dried tongue will usually require from three and a half to four hours' boiling; an unsmoked one, about an hour less; and for one which has not been salted at all, a shorter time will suffice.

#### TO ROAST A BEEF HEART.

Wash and soak the heart very thoroughly, cut away the lobes, fill the cavities with a veal forcemeat (No. 1, page 126), secure it well with a needle and twine, or very coarse thread, and roast it at a good fire for an hour and a half, keeping it basted plentifully with butter. Pour melted butter over it, after it is dished, and send it to table as hot as possible. Many persons boil the heart for three quarters of an hour before it is put to the fire, and this is said to render it more delicate eating; the time of roasting must of course be proportionately diminished. Good brown gravy may be substituted for the melted butter, and currant jelly also may be served with it.

1 $\frac{1}{2}$  hour, or more.

#### BEEF KIDNEY.

Trim, and cut the kidney into slices; season them with salt and pepper, and dredge them well with flour; fry them on both sides, and when they are done through, lift them out, empty the pan, and make a gravy for them with a small slice of butter, a dessertspoonful of flour, pepper and salt, and a cup of boiling water; shake these round and give them a minute's simmering: add a little mushroom catsup, lemon-juice, eschalot vinegar, or any store sauce that will give a good flavour. Minced herbs are to many tastes an improvement to this dish, to which a small quantity of onion shred fine can be added when it is liked.

6 to 9 minutes.

#### AN EXCELLENT HASH OF COLD BEEF.

Put a slice of butter into a thick saucepan, and when it boils throw in a dessertspoonful of minced herbs, and an onion (or two or three eschalots) shred small: shake them over the fire until lightly browned, then stir in a tablespoonful of flour, a little cayenne, some mace or nutmeg, and half a teaspoonful of salt. When the whole is well coloured,

pour to it three quarters of a pint or more of broth or gravy, according to the quantity of meat to be served in it. Let this boil gently for fifteen minutes; then strain it; add half a wineglassful of mushroom or of compound catsup; lay in the meat, and keep it by the side of the fire until it is heated through and is on the point of simmering, but be sure not to let it boil. Put some fried or toasted sippets into a very hot dish, and serve the hash directly.

#### A COMMON HASH OF COLD BEEF OR MUTTON.

Take the meat from the bones, slice it small, trim off the brown edges, and stew down the trimmings with the bones well broken, an onion, a bunch of thyme and parsley, a carrot cut into thick slices, a few peppercorns, four cloves, some salt, and a pint and a half of water. When this is reduced to little more than three-quarters of a pint, strain it, clear it from the fat, thicken it with a large dessertspoonful of rice flour, or rather less of arrow-root; add salt and pepper if needed, boil the whole for a few minutes, then lay in the meat and heat it well. Boiled potatoes are sometimes sliced hot into a very common hash.

*Obs.*—The cook should be reminded that if the meat in a hash or mince be allowed to boil, it will immediately become hard, and can then only be rendered eatable by very *long stewing*, which is by no means desirable for meat which is already sufficiently done.

#### BRESLAW OF BEEF; (*good*.)

Trim the brown edges from half a pound of underdressed roast beef, shred it small, and mix it with four ounces of fine bread-crumbs, a teaspoonful of minced parsley, and two-thirds as much of thyme, two ounces of butter broken small, half a cupful of gravy or cream, a high seasoning of pepper and cayenne, and mace, or nutmeg, a small teaspoonful of salt, and three large eggs, well beaten. Melt a little butter in a pie dish, pour in the beef, and bake it half an hour; turn it out, and send it to table with brown gravy in a tureen. When cream or gravy is not at hand, an additional egg or two, and rather more butter, must be used. We think that grated lemon-rind improves the breslaw. A portion of fat from the joint can be added where it is liked. The mixture is sometimes baked in buttered cups.

Beef,  $\frac{1}{2}$  lb.; bread-crumbs, 4 ozs.; butter, 2 ozs.; gravy or cream,  $\frac{1}{2}$  cupful; parsley, 1 teaspoonful; thyme, two-thirds of teaspoonful; eggs, 3, or 4, if small; salt, 1 teaspoonful; pepper and nutmeg,  $\frac{1}{2}$  teaspoonful each; bake  $\frac{1}{2}$  hour.

#### NORMAN HASH.

Peel and fry two dozens of button onions in butter until they are lightly browned, then stir to them a tablespoonful of flour, and when the whole is of a deep amber shade, pour in a glass and a half of red wine, and a large cup of boiling broth or water; add a seasoning of salt and common pepper, or cayenne, and a little lemon-pickle, catsup, or lemon-juice, and boil the whole until the onions are quite tender; cut and trim into small handsome slices the remains of either a roast or boiled joint of beef, and arrange them in a clean saucepan; pour the gravy and onions on them, and let them stand for awhile to imbibe the flavour of the sauce; then place the hash near the fire, and when it is thoroughly hot serve it immediately, without allowing it to boil.

#### FRENCH RECEIPT FOR HASHED BOUILLI.

Shake over a slow fire a bit of butter the size of an egg, and a table-spoonful of flour; when they have simmered for a minute, stir to them a little finely-chopped onion, and a dessertspoonful of minced parsley; so soon as the whole is equally browned, add sufficient pepper, salt, and nutmeg to season the hash properly, and from half to three-quarters of a pint of boiling water or of bouillon. Put in the beef cut into small but thick slices; let it stand by the fire and heat gradually; and when near the point of boiling thicken the sauce with the yolks of three eggs, mixed with a tablespoonful of lemon-juice. For change, omit the eggs, and substitute a tablespoonful of catsup, and another of pickled gherkins [small cucumbers], minced or sliced.

#### BAKED MINCED BEEF.

Mince tolerably fine, with a moderate proportion of its own fat, as much of the inside of a cold roast joint as will suffice for a dish: that which is least done is best for the purpose. Season it rather highly with cayenne and mace, or nutmeg, and moderately with salt; add, when they are liked, one or two eschalots, minced small, with a few chopped mushrooms, either fresh or pickled, or two table-spoonful of mushroom catsup. Moisten the whole, mixing it well, with a cupful of *good* gravy, and put it into a deep dish. Place on the top an inch-thick layer of bread-crumbs; moisten these plentifully with clarified butter, passed through a small strainer over them, and send the mince to a slow oven for twenty minutes, or brown it in a Dutch oven.

#### TO BOIL MARROW BONES.

Let the large ends of the bones be sawed by the butcher, so that when they are dished they may stand upright; and if it can be done conveniently, let them be placed in the same manner in the vessel in which they are boiled. Put a bit of paste, made with flour and water, over the ends where the marrow is visible, and tie a cloth tightly over them; take the paste off before the bones are sent to table, and serve them, placed upright in a napkin, with slices of dry toasted bread, apart. When not wanted for immediate use, they may be partially boiled, and set into a cool place, where they will remain good for many days.

Large marrow bones, 2 hours; moderate sized,  $1\frac{1}{2}$  hour. To keep: boil them  $1\frac{1}{2}$  hour, and from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour more when wanted for table.

#### BAKED MARROW BONES.

When the bones have been sawed to the length of a deep pie dish, wash and wipe them dry, lay them into it, and cover them entirely with a good batter. Send them to a moderate oven for an hour or more, and serve them in the batter.

#### CLARIFIED MARROW FOR KEEPING.

Take the marrow from the bones while it is as fresh as possible; cut it small, put it into a very clean jar, and melt it with a gentle heat, either in a pan of water placed over the fire, or at the mouth of a cool oven; strain it through a muslin, let it settle for a minute or two, and pour it, clear of sediment, into small jars. Tie skins, or double folds of thick paper, over them as soon as the marrow is cold, and store it in a cool place. It will remain good for months.