

Ox-tail a la Mode.

Ingredients.—One ox-tail (or part), 1 carrot, 1 onion, 1 turnip, pepper, salt, cloves, mace, parsley and herbs, 1 tablespoonful flour, 1 tablespoonful dripping.

Method.—Divide the oxtail into convenient pieces, trim neatly, place them in a large saucepan with sufficient cold water to cover them, bring slowly to the boil; when the water has boiled up remove saucepan from the fire and lift out pieces of ox-tail, roll them in flour, melt dripping in saucepan, fry ox-tail until brown, add the vegetables and flavourings, pour in the stock, and simmer for four hours; remove scum as it rises. When required, lift the pieces of ox-tail on to hot meat dish, take sufficient of the stock for gravy, thicken with arrowroot or cornflour blended with water, flavour with Pansy Gravy Salt, and pour over the meat. The gravy should be of rich flavour and clear dark brown, if not dark enough add little burnt sugar or other colouring. Set the stock aside. When cold, remove fat, and use as required.

Tripe and Carrots

Ingredients.—One pound tripe, 1 onion, 2 carrots, $\frac{1}{2}$ -pint milk, 1 teaspoonful salt, 1 teaspoonful butter, 1 tablespoonful flour, 1 tablespoonful chopped parsley.

Method.—Wash tripe, cut into pieces about one inch square, put into saucepan, cover with cold water, bring slowly to the boil, drain, cover again with cold water, add salt, onion and carrots cut into dice, simmer for two hours. When required, blend flour with a little of the milk, add remainder of milk to tripe, bring to the boil, add flour butter and parsley. Serve with mashed potatoes.

BEST FOR SALADS, ETC.