

To Make Common

Vegetables more Inviting

always serve them with a good Corn Flour sauce. Try such a sauce with the commonest vegetables—turnips, carrots, onions, leeks, parsnips, beetroot, etc.—and you will be surprised how much they are improved by it.

With the addition of a good sauce the monotony of the so-called plain vegetables is relieved. In this way even the despised cabbage may be made appetising.

Again, almost every kind of vegetable can be varied by being covered with a well-made white sauce, sprinkled with grated Parmesan cheese, and coloured a delicate brown before the fire or in the oven; whilst others when once cooked may be finished in a good brown gravy or brown sauce.

In the following pages are some simple recipes for savoury vegetable sauces. They are composed of simple ingredients at hand in most houses or easily procured. You can prepare most of these sauces in a very short time, and at little trouble and expense. The directions are clear and full, so that even novices will easily follow them.

The quantities of seasonings (salt, pepper, nutmeg, etc.) stated will suit the average palate, but these may be increased or diminished to taste.

No sauce can be made without some kind of thickening ingredient, and the **RECOGNISED BEST** for this purpose is **BROWN & POLSON'S "PATENT" CORN FLOUR**. It has great thickening power, and it imparts an excellent flavour without destroying the natural flavour of the vegetable, which is often impaired by the use of ordinary flour.

VEGETABLES MOST IMPROVED WHEN SERVED WITH ONE OF THE FOLLOWING SAUCES:

All root vegetables, such as potatoes, artichokes, turnips, parsnips, carrots, beetroot, etc., are infinitely superior if served with a good sauce.

Next to these come sprouts, celery, leeks, onions, marrow, cauliflowers, tomatoes, cucumber, asparagus, spinach, haricot beans, mushrooms, scarlet beans, French beans, and seakale, all of which are made more palatable, more tasty, and certainly more relishable, if a suitable sauce is served with them, or is incorporated in some way.

White Sauce.

Time 10 mins. Cost 4d. with Cream.

½ oz. Brown & Polson's "Patent" Corn Flour.
1 oz. Butter.
½ pint Milk.
½ tea-spoonful Salt.
¼ small tea-spoonful White Pepper.
½ small tea-spoonful Nutmeg.

Melt the butter in a saucepan. Stir in the Corn Flour till smooth. Add the milk and stir the mixture over the fire till it boils. Cook for five minutes. Add seasoning as noted.

To make a richer sauce add two table-spoonfuls of thick cream and re-heat without letting the sauce boil again.

Pour the sauce over the vegetables and serve hot.

Parsley Sauce.

Time 10 mins. Cost 3d.

Prepare a white sauce (see recipe above) and add a tea-spoonful of finely chopped parsley before boiling.

Celery Sauce.

Time 15 to 20 mins. Cost 4d.

Boil a small head of celery in salted water until soft. Take it out of the water, chop finely, re-heat, and rub through a sieve; add this to a white sauce (see recipe above). If sauce is too thick, add a little milk or cream to make a proper consistency, heat up again, and serve. If celery is not in season, take ½ tea-spoonful celery seed tied in muslin, let this boil with the sauce, and remove before adding the seasonings.

NOTE.—A combination of Parsley and Celery Sauce makes a pleasantly flavoured sauce.