

Brown Sauce.

FOR CELERY, CARROTS, TURNIPS, SPRING CABBAGE,
NEW POTATOES, SPROUTS, PARSNIPS, ETC.

Time 30 mins. Cost 4d.

- ¾ oz. Brown & Polson's "Patent" Corn Flour.
- ½ pint Water.
- 1 tea-spoonful Bovril.
- 1 small Onion.
- ½ Carrot.
- ¼ Turnip.
- A small piece of Celery.
- 1 tea-spoonful Caramel, to colour, but not necessary.
- ¼ tea-spoonful Salt.
- ¼ small tea-spoonful Pepper.

Put all the ingredients, except the Corn Flour, pepper and salt, into a small saucepan with the water; boil up briskly, remove the scum, and allow to simmer for about fifteen minutes. Strain through a cloth or fine strainer. Blend the Corn Flour to a smooth paste with a little water, and add to the stock. Stir and bring the whole to the boil again. Cook for five minutes. Add seasoning as noted, and pour over the cooked vegetables.

One table-spoonful of fresh butter may be added with the Corn Flour if the sauce is required to be richer.

Espagnole Sauce.

A MOST USEFUL STOCK SAUCE FOR ALL KINDS OF SECOND
COURSE DISHES, VEGETABLE SAVOURIES, ENTRÉES,
ETC.

Time 40 mins. Cost 6d. to 8d.

- 1 oz. Brown & Polson's "Patent" Corn Flour.
- 1½ oz. Butter.
- 1 small Onion (Chopped).
- ½ Carrot.
- 1 pint of Brown Stock.
- 2 large Tomatoes.
- 1 small bunch of Herbs.
- 1 glass Sherry.
- 1 oz. of Meat Glaze.

Melt the butter till hot, and fry the sliced onion and carrot brown in it. Add the Corn Flour whilst stirring, and fry to a chestnut brown colour. Add the stock and stir until it boils, then put in the tomatoes, sliced, the bunch of herbs, and the sherry. Simmer for half an hour. Add the meat glaze. Boil gently for a few minutes longer, stirring all the while. Season with pepper and salt to taste. Strain and use as required.

Gratin Sauce.

Time 10 mins. Cost 4d. to 5d.

- ½ oz. Brown & Polson's "Patent" Corn Flour.
- 1 oz. Butter.
- ½ pint Milk.
- ½ tea-spoonful Salt.
- ¼ small tea-spoonful Pepper and a few grains Cayenne Pepper.
- 2 table-spoonfuls grated Parmesan Cheese, or failing that, ordinary Cheese.

Melt the butter in a saucepan. Add the Corn Flour and stir till smooth, but do not let it get brown. Add the milk and stir the mixture till it boils. Cook gently for five minutes. Add seasoning as noted, then the grated cheese, stirring well all the while.

To make a richer sauce, incorporate one yolk of egg. Add this after the sauce is well boiled. Do not allow the sauce to boil again else it will curdle. Use as described in recipe "Cauliflower au Gratin."

Butter Sauce.

ASPARAGUS, SPINACH, SCARLET RUNNERS, HARICOT BEANS, AND FRENCH BEANS, ARE USUALLY SERVED WITH A BUTTER SAUCE AS BELOW. CABBAGE, SEAKALE AND VEGETABLE MARROW ARE ALSO DELICIOUS IF SERVED WITH THIS SAUCE.

Time 10 mins. Cost 4d. with Egg.

- 1 oz. Brown & Polson's "Patent" Corn Flour.
- 1½ oz. Cooking Butter.
- ½ pint Water.
- ½ tea-spoonful Salt.
- ¼ small tea-spoonful Pepper.
- ¼ oz. Fresh Butter.

Melt the cooking butter in a saucepan. Add the Corn Flour and stir over the fire till smooth. Add the water, stir over the fire till it thickens, and cook for five minutes. Add seasoning as noted. Incorporate the fresh butter at the last. Serve hot in a separate sauce-boat.

To make this sauce richer, add, a few minutes before serving it, a table-spoonful of cream and the beaten yolk of an egg. The sauce must not be allowed to boil again after either of these have been added.

Béchamel Sauce.

Time 1 hr. Cost 8d. with Cream.

- 1 oz. Brown & Polson's "Patent" Corn Flour.
- 2 oz. lean Ham.
- 2 sprigs Parsley.
- 4 oz. Veal.
- 1 pint Milk.
- 3 Mushrooms.
- Salt and Pepper.

Chop up the ham and veal into small pieces. Put into a saucepan with the mushrooms, parsley and milk. Boil gently for three-quarters of an hour. Strain through a fine sieve. Blend the Corn Flour with a little cold water and add to the liquid. Boil for three minutes, season to taste and serve hot.

To make a Cream Béchamel Sauce, use ½ pint good cream in place of ½ pint of milk.