

MAITRE D'HOTEL SAUCE.

Ingredients —

2 ozs. butter.
Salt and pepper.

2 teaspoonfuls chopped
parsley.
Lemon juice.

Method.—Melt the butter, stir in the parsley, seasoning and a few drops of lemon juice. Serve over fish cutlets, etc., or in a tureen.

VELOUTÉE SAUCE.

Ingredients —

1 oz. flour.
1 oz. butter.
Pepper and salt.
A little lemon juice.

$\frac{3}{4}$ pint good white stock, well
flavoured with onion, carrot
and herbs.
Cream.

Method.—Melt the butter, stir in the flour. Cook for a few minutes without browning. Add the stock, salt and pepper, and stir whilst bringing to the boil. Boil for 10 minutes; add a few drops of lemon juice and cream as desired to give a coating consistency.

MAYONNAISE.

Ingredients —

1 yolk of egg.
Salt.
White vinegar (about 3
tablespoonfuls).

1 gill oil.
Mustard.
Cayenne.
Lemon juice.

Method.—Place the yolk of egg in a basin, add a little salt and mix well, gradually adding a few drops of the vinegar, then the salad oil drop by drop. When the sauce becomes too thick, add a few drops more vinegar, then continue to add the remainder of the oil. Add a little mustard, cayenne and lemon juice to correct the flavour.

STUFFINGS, ETC., FOR USE WITH FISH.

1.—RICE STUFFING.

Ingredients —

3 ozs. rice.
Strip of lemon rind.
Salt and pepper.

1 teaspoonful curry powder.
1 tomato.

Method.—Cover the rice with $\frac{3}{4}$ pint cold water, add the lemon rind and simmer until the rice is cooked and has absorbed all the water. Remove the lemon rind. Cool, add the salt, pepper, curry powder and the tomato peeled and chopped.