

Curry and Rice.

Ingredients.—Half-pound cold meat, 1 onion, 1 apple, 1 tablespoonful dripping, 1 tablespoonful flour, 1 teaspoonful "Royal Bengal" curry powder, 1 teaspoonful sugar, $\frac{1}{2}$ -teaspoonful salt, 2 oz. rice, 1 teaspoonful salt, dessert-spoonful lemon juice.

Method.—Melt dripping in saucepan, add onion and apple cut into small dice; when cooked add flour, curry powder, salt and sugar previously mixed, cook thoroughly, add $\frac{1}{2}$ -pint stock or water, stir until it boils, have meat cut into small dice, add to the curry and stand on side of stove for thirty minutes. Do not boil after adding meat. Wash rice and throw into one quart boiling water to which has been added one teaspoonful salt and lemon juice, boil twenty minutes, turn into colander, pour over it half-pint cold water, drain, return to saucepan, heat thoroughly, and serve with curry.

Braised Steak and Macaroni

Ingredients.—One pound rump steak, 2oz. fat bacon, 1 onion, 1 carrot, 1 turnip, bouquet-garni, 2oz. macaroni, pepper, salt to taste.

Method.—Line bottom and sides of stone jar with bacon, cut steak into pieces convenient size for serving, roll in flour to which has been added pepper and salt, add onion, carrot and turnip, cut into small dice, also bouquet-garni, pour over sufficient water or stock to just cover the contents of jar, cook in slow oven four hours.

When required, have ready 2oz. nicely boiled macaroni, place steak on hot dish, arrange bacon and vegetable around it, then the macaroni, pour over the gravy from jar and serve.

The Family Favourite — Delicious and Full Flavoured