



12003

CHICKEN OR HAM TIMBALS

2 tbsp. butter

$\frac{1}{4}$ cup stale bread crumbs

$\frac{2}{3}$ cup milk

1 cup chopped cooked chicken

or 1 cup cooked chopped ham

$\frac{1}{2}$ tsp. parsley

2 eggs

1 tbsp. French's Prepared Mustard

Salt and pepper

Melt butter, add bread crumbs, and milk, and cook 5 minutes, stirring constantly. Add chicken, parsley, egg slightly beaten. Add mustard and salt and pepper to taste. Turn into buttered individual moulds, filling $\frac{2}{3}$ full. Set in pan of hot water and bake 20 minutes. Serves with Bechanuel sauce.

Bechanuel Sauce

1 $\frac{1}{2}$ cup white stock

1 slice onion

1 slice carrot

bit of French's Bay Leaf

sprig of parsley

1 tbsp. French's Prepared Mustard

6 peppercorns

$\frac{1}{4}$ cup butter

$\frac{1}{4}$ cup flour

1 cup milk

$\frac{1}{2}$ tsp. salt

$\frac{1}{8}$ tsp. French's Pepper

Cook stock 20 minutes with mustard and other seasonings then strain. There should be one cup. Melt butter and flour, blend and add gradually stock and milk. Season. Equal parts of stock and milk may be used.