

Ground Steak Croquettes.

GROUND steak, one pint; salt, one teaspoonful; pepper, one-fourth teaspoonful; red pepper to suit; grated nutmeg, one-half salt-spoonful; chopped parsley, one tablespoonful; onion juice, one-half teaspoonful. Mix thoroughly, wetting with cream sauce, cold. Form into croquettes, dip in egg, roll in bread crumbs and fry in *hot* fat. Serve with cream sauce.

Cream Sauce: Rub together one tablespoonful of butter and two of flour. Add pint of hot milk or soup stock; season. Cook to smooth gravy.