

Meat and Fish Sauces

By HENRIETTA JESSUP

SAUCE of any kind is an accompaniment, and its success depends upon how well it blends in flavor and texture with the accompanying dish. It must add flavor to a food lacking it or soften a flavor too harsh or sharp.

A sauce properly chosen is a source of great economy, as it can make left-over or inexpensive food into dishes "fit for kings."

To prove this, try serving plain boiled brisket of beef or fresh lamb's tongue with

Horse-Radish Sauce

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| 1 Tablespoonful of Butter | $\frac{2}{3}$ Cupful of Milk |
| 1 Tablespoonful of Flour | $\frac{1}{8}$ Cupful of Scalded Cream |
| $\frac{1}{2}$ Teaspoonful of Salt | $\frac{1}{3}$ Cupful of Prepared Horse-Radish |

MELT the butter, add the flour and salt and cook until frothy. Gradually pour in the milk, stirring until thick, and cook over hot water ten minutes. Add the cream and horse-radish and serve.

When left-over roast lamb is at hand, cut it into even-size pieces and reheat it in

Curry Sauce

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| 3 Tablespoonfuls of Butter | 1 Teaspoonful of Lemon Juice |
| $\frac{1}{2}$ Tablespoonful of Minced Onion | 2 Cupfuls of Stock or Boiling Water |
| 2 Tablespoonfuls of Flour | $\frac{1}{4}$ Cupful of Scalded Cream |
| 2 Teaspoonfuls of Curry Powder | $\frac{1}{4}$ Teaspoonful of Salt |

SIMMER the onion in butter. When slight brown, stir in flour and curry powder mixed together and cook until frothy. Add the stock or water gradually, then the lemon juice, stir until thickened, drop in the pieces of lamb and cook slowly until the meat is thoroughly heated, about fifteen minutes.

There is no more appetizing and nourishing boiled dinner than that built around boiled mutton served with

Caper Sauce

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| 2 Tablespoonfuls of Butter | $\frac{1}{2}$ Cupful of Water |
| 2 Tablespoonfuls of Flour | 3 Tablespoonfuls of Capers |
| 1 Cupful of Mutton Broth | 1 Tablespoonful of Chopped Parsley |
| $\frac{1}{2}$ Cupful of Cream | 1 Egg Yolk |

MELT the butter, add the flour and cook until frothy. Pour in the broth and water gradually, stir until thickened, cook a few minutes, then add capers, parsley and cream with the beaten egg. Heat and serve.

Fish sauces must supply fat or flavor, depending upon which is lacking. Some fish carry all their fat in the liver, so fat must be added to make the flesh palatable; for instance, boiled cod is served with

Cream Fish Sauce

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| 2 Tablespoonfuls of Butter | 2 Cupfuls of Milk |
| 4 Tablespoonfuls of Flour | 2 Finely Chopped Gherkins |
| $\frac{1}{2}$ Teaspoonful of Salt | 2 Tablespoonfuls of Minced Parsley |
| 1 Hard-Cooked Egg Sliced | |

MELT the butter, add the flour and seasoning and cook until frothy. Stir the milk in gradually and cook ten minutes over hot water and add the gherkins, parsley and egg just before serving.

The three-pound haddock shown in the illustration above cost only fifty cents, and its reputation was made by serving it with

Piquant Fish Sauce

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| 1 Tablespoonful of Minced Onion | 1 Cupful of Strained Tomatoes |
| $\frac{1}{3}$ Cupful of Butter | 1 Teaspoonful of Minced Parsley |
| $\frac{1}{2}$ Teaspoonful of Salt | $\frac{1}{4}$ Teaspoonful of Mace |
| 2 Tablespoonfuls of Flour | $\frac{1}{16}$ Teaspoonful of Paprika |
| 1 Cupful of White Stock or Water | $\frac{1}{2}$ Cupful of Hot Cream |

BBROWN onion in butter, add the salt and flour, stirring constantly. When frothy stir in the stock, tomatoes, parsley, mace and paprika and simmer to half the quantity; strain, add cream and serve.

Boiled fillet of flounder may well be substituted for fillet of sole, if served with

Parsley and Watercress Sauce

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| $\frac{1}{3}$ Cupful of Minced Parsley | 2 Tablespoonfuls of Minced Watercress |
| $\frac{1}{2}$ Cupful of Butter | |

RUB the parsley and watercress into the butter and on the fish before serving.

An oily fish like mackerel is unexcelled if served with

Savory Fish Sauce

(Alexander Dumas')

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| 1 Small White Onion Grated | 1 Teaspoonful of Worcestershire Sauce |
| 1 Tablespoonful of Minced Parsley | 2 Teaspoonfuls of Chopped Chives |
| $\frac{1}{3}$ Teaspoonful of Dry Mustard | 4 or 5 Drops of Tabasco Sauce |
| 1 Tablespoonful of Olive Oil | 1 Teaspoonful of Salt |
| | $\frac{1}{2}$ Cupful of Mild Vinegar |

Mix the ingredients well and serve.