

THE CHEF SUGGESTS—

BY JOSEPH BOGGIA.

Chef, The Plaza, New York.

So busy is the chef with his task of planning and cooking good things for the palates of grown men and women that there is scant time left for concentration upon menus for little children.

But now the school year begins, and there will be lunch boxes to carry to and fro. I am moved therefore to suggest something nice in the way of sandwiches . . . selections which will be suitable and healthful for children of all ages.

Everyone knows, more or less, how to prepare sandwiches. Those made with new bread are considered superior, but when neatness and appearance are of first importance, it is best to use loaves that are a day old.

Cut the slices from an eighth to a quarter of an inch in thickness; trim the crusts and spread lightly with sandwich butter, then introduce a simple filling that will carry well in the lunch box.

I would first say a few words about sandwich butters which are considered a great improvement for buttering the bread used for sandwiches. They are also more convenient for spreading, and will keep well for two or three weeks if placed on the ice, or in a very cool place.

Sandwich Butter: Weigh a half pound of butter and work it in a basin with a clean and dry wooden spoon until soft; then add by degrees a gill of whipped cream, sufficient salt and mustard to taste, and place it in a cool place until required.

Another savory sandwich butter is made by creaming or kneading fresh butter and mixing with it either one of the following ingredients in the proportion of one teaspoonful to every four ounces of butter; grated horseradish; chopped parsley; green herb puree. These butters are only slightly flavored but the variation gives a zest which keeps the sandwiches interesting.

I suggest as sandwiches that are especially suitable for children the following selections with directions for their making:

Cheese Cream Sandwiches: Take three tablespoons of grated mild cheese, two large tablespoons of dou-

ble cream, a little crisp celery or a few nuts, finely chopped, slices of bread and butter. Blend the cheese cream and celery or nuts and spread the buttered sides of the bread with this mixture.

Egg Sandwiches: Boil three fresh eggs for 10 minutes; when cold, remove shells and mash the yolks and whites together with an ounce of fresh butter. When quite smooth add salt, and spread the mixture on thin cut bread which has been buttered. Trim and cut into neat pieces; wrap in waxed paper.

Rachel Sandwiches: Chop very finely some white celery and mix with an equal quantity of finely chopped cold chicken. Season to taste and mix with a little cream or mayonnaise. Spread between buttered slices of bread.

Here is one delicious sandwich called the Astor, made by slitting in halves with a sharp knife a number of very small, thin muffins. Butter each half on the cut side and spread over a thin layer of Roquefort cheese. Chop rather coarsely some stoned fresh olives and sprinkle over the cheese. Then sandwich the muffins together. Bear in mind, the muffins should be freshly made.

According to superstition it is the season for oysters—this being the second month of the "R's"—so why not an oyster sandwich? There is one recipe which is known as the New York sandwich, both here and abroad. I shall give you proportions for 24 small sandwiches.

New York Sandwiches—Put three yolks of eggs into a basin, stir with a wooden spoon; add a little salt, a dessert spoon of tarragon vinegar, a teaspoon of anchovy essence, and about six tablespoo

en. Add the oil in small quantities and stir until it becomes quite thick.

Trim and chop up finely about two dozen oysters; season with salt, pepper, cayenne and lemon juice, then stir this gradually into the above sauce.

Cut some round French rolls, a day old, into thin slices; butter them; spread the mixture on one slice, cover with another, press them and dish up.

Aberdeen sandwiches are very simple, but tasty. Prepare a mixture of cold baked ham, chicken and tongue chopped very finely and seasoned with curry sauce. Then spread between split and buttered slices of toasted bread. Serve either hot or cold.

Walnut and cheese sandwiches are excellent for tea service. Peel some fresh walnut kernels and chop them with about one-fourth the quantity