

How does a beefsteak roll? / Bovril Limited.

Contributors

Bovril Limited.

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Recipe Reel No. 2 A series of ten Collect them all



How does a BEEFSTEAK ROLL ?

1 A WORD WITH THE BUTCHER FIRST

Rump steak is good for this dish—but flank steak, less expensive, will turn out nice and tender. Order about 1½ lbs. cut rather thin.

2 Then get the ingredients together.

<p>RUMP OR FLANK STEAK. 2 SLICED TOMATOES. ½ CUP OF MINCED ONION. ½ CUPS OF BREADCRUMBS.</p>	<p>2 TABLE-SPoons EACH OF BUTTER & DRIPPING 2 TEASPOONS OF BOVRIL. SALT & PEPPER TO TASTE.</p>
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3 Fry the onions and tomatoes, and add breadcrumbs. Stir in the BOVRIL dissolved in water enough to bind the mixture.

4 Never wash steak—wipe it off with a damp cloth.

5 Spread the stuffing evenly over the meat. Roll it up, Swiss-roll fashion and tie with string.

Recipe Reel No 2 (continued)



6 Heat the dripping in a frying pan and brown the roll all over.



7 Then place it carefully on a rack in a roasting pan, cover closely and cook for 1½ hours

FROM THE FRYING-PAN INTO THE OVEN!

8 **SERVE WITH APPETISING ETCETERAS**
Roast your potatoes in the pan with the roll—and make a good gravy to go with it. Grilled tomatoes are nice too.



Everyone likes steak and everyone likes good stuffing. This combination of the two will make a great hit. Pay particular attention to Picture No. 3—there's the secret of the tastiness. It's Bovril. Bovril not only adds flavour but it stimulates nutrition and helps you to get full benefit from all you eat!