

Put a pocket in your steak / Bovril.

Contributors

Bovril Limited.

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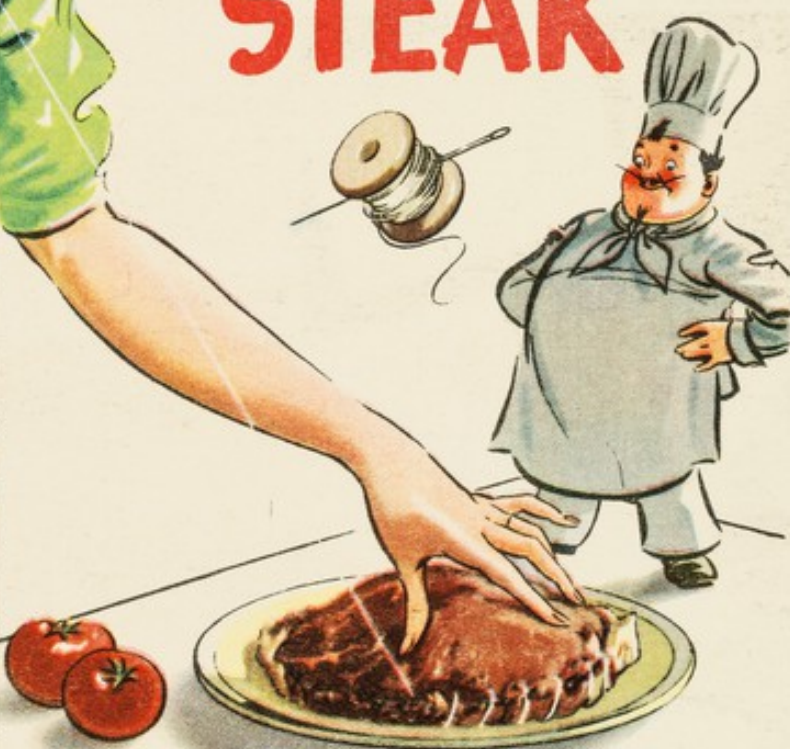


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Recipe Reel No 9

A series of ten - Collect them all


Put a Pocket in your STEAK



Recipe Reel No 9 (continued)

4 Put $\frac{1}{2}$ cup breadcrumbs in a bowl and add the cooked mushrooms and onion. Season with salt and pepper and bind with 1 dessertspoon of BOVRIL mixed with about 2 tablespoons of water.

MIXING THE STUFFING



5 **USE A SHARP KNIFE**
Trim the steak neatly and cut from one end down the middle to within half an inch of the other end.



6 **STUFF!**
To stuff means to fill to bursting—so be generous with your mixture. Spread it inside the pocket you have cut and never mind if it bulges a bit.



7 **SEW IT UP**
Now take a darning needle and coarse cotton and tack round the three cut sides of the steak.



8 **A HOT OVEN**
Best to cook this steak in the oven—very hot ('Regulo' 8) at first to seal in the juices. Lower the heat after ten minutes and cook for about 30 minutes ('Regulo' 6).



Serve on a hot platter surrounded with pan-browned potatoes, grilled tomatoes and mushrooms.




The knack of making really good stuffing, well flavoured, not too dry, is to mix it with a little Bovril. Bovril's own special tastiness blends to perfection with meat, fish or fowl and helps you not only to get extra enjoyment from all you eat but extra nourishment too.

BOVRIL, the Power of Beef

Bovril
Old St.,
London,