

**Hooray for hamburger harlequin! / Bovril.**

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STEP-BY-STEP RECIPE N°1

# Hooray for Hamburger Harlequin!



Hamburger steak is just the trans-Atlantic name for minced beef, cooked in cakes. Try it this way, blended with Bovril and served with a vegetable sauce.

1 LB. MINCED BEEF  
1 CUP BREADCRUMBS  
1 LARGE ONION  
1 DESERTSPOON BOVRIL  
 $\frac{1}{2}$  CUP COOKED CARROTS  
 $\frac{1}{2}$  CUP COOKED PEAS  
2 TOMATOES  
3 LEVEL TABLESPOONS  
BUTTER OR MARGARINE  
2 LEVEL TABLESPOONS  
FLOUR  
SALT AND PEPPER  
TO TASTE

PICTORIAL DIRECTIONS OVERLEAF



## STEP-BY-STEP RECIPE N°1 (Continued)



1. Mix the minced beef and bread-crumbs in a bowl with the finely chopped onion. Dissolve 1 teaspoon Bovril in a little water and stir this in to bind.

2. Form the meat mixture into round flattish cakes — this quantity should make six. Some folk like to roll the cakes lightly in a seasoned flour.



3. Melt a little butter, margarine or bacon fat in a pan and fry or grill the cakes slowly for about 20 minutes. Turn, so that they brown on both sides.

4. Meantime, melt 3 tablespoons butter or margarine in saucepan and add 2 tablespoons flour. Stir over slow heat till smooth, add the rest of the Bovril and 1½ cups boiling water, stirring steadily. Season.



5. When the sauce has thickened, drop in the quartered tomatoes. Let them simmer a little, then add the cooked peas and carrots. Stir lightly, so as not to break up the vegetables. Heat well.

6. Arrange the meat cakes on a platter, surround with the sauce and little piles of the vegetables. Serve with mashed potatoes; or put potatoes in the centre, in which case serve the bulk of the sauce from a gravy boat.



Turn plain cooking into beautiful cooking simply by adding a dash of Bovril. That's the secret of tastiness. Stews, hash, meat pies, soups, sauces—they are all better for a little Bovril. Better for you too, because Bovril assists nutrition and so makes everything you eat do you more good.

Bovril, Old St., London.

**BOVRIL**  
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