

COW-HEEL

1 or more cow's feet, hoof removed

Beaten egg

Bread crumbs

Fat for frying

In the hands of a skilful cook, cow-heel will furnish several good meals; when boiled tender, cut it into handsome pieces, egg and bread-crumbs them, and fry them a light brown; lay them round a dish, and put in the middle of it sliced onions fried, or the accompaniments ordered for tripe.

The liquor they were boiled in will make soups.

The Cook's Oracle by William Kitchiner, MD, New York, 1829