

Mock Chicken Cutlets

In early 1918, the Canadian Food Board became responsible for monitoring Canada's food production and management during the war effort. Similar to Great Britain's efforts, new government programs, publications and propaganda posters encouraged voluntary rationing, such as "meatless Fridays", and ingredient substitution. To encourage meatless meals new recipes and sample menus were created featuring alternative protein sources like fish, beans and nuts.

Recipe:

Grate, by passing through fine meat chopper 1/4 lb. walnuts and add them to 2 cups of bread crumbs, 1/2 oz. butter, 1 teaspoon onion juice, a little mace and a seasoning of salt and pepper. A little celery salt may also be added. Melt butter, mix in 1 teaspoon flour and add by degrees a gill of milk.* When it thickens add other ingredients and mix well. Take from heat and stir in a beaten egg and 1 teaspoon lemon juice. Turn out and when cold shape into cutlets. Brush with beaten egg, crumbs and fry in very hot fat. Serve with bread or tomato sauce.

*A gill is a unit of measurement for volume equal to a quarter of a pint. It is no longer in common use.