

## Beef Cecils

1 c cold ground meat  
 $\frac{1}{2}$  t salt  
3 ss pepper  
few drops onion juice

2 T soft bread crumbs  
1 T melted butter  
1 egg yolk  
Worcestershire sauce

Mix all ingredients. Add stock or milk if needed. Shape. Roll in flour. Brown. Serve with tomato sauce. Serves 4.