

Medley of Meat Recipes



Compliments of
National Live Stock and Meat Board
and
Michigan State College

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All about Pork
Lamb R. & menus
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Meat Carving Made Easy *
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Medley of **MEAT RECIPES**

Beef, Veal, Pork, Lamb

I sing a song of balanced meals
With tantalizing taste appeals,
Of better menus planned just right
To tempt the family's appetite.

I sing of methods good cooks use
In cooking steaks, and chops and stews
And other dishes made from meat,
Which go to make the meal complete.

You'll find my songs if you but look
Within the covers of this book,
Gay tunes and lilting symphonies
Disguised in tasty recipes.

NATIONAL LIVE STOCK AND MEAT BOARD

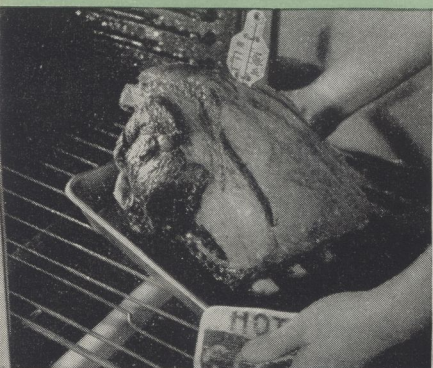
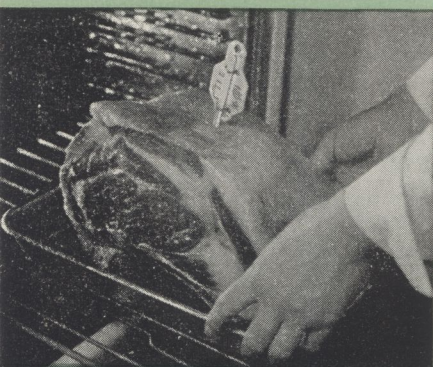
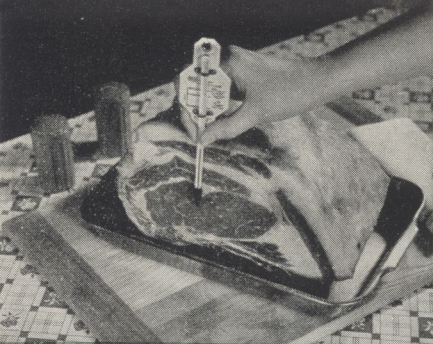
Department of Home Economics

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STEPS in Roasting



1 Season meat with salt and pepper.

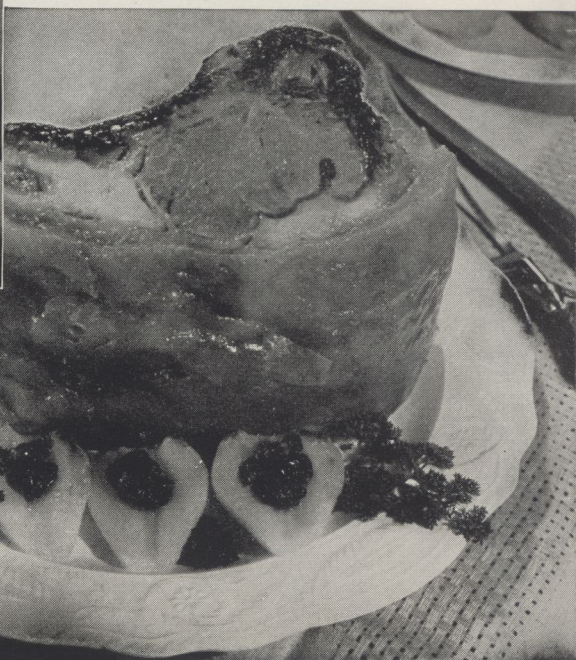
2 Place fat side up on rack in open roasting pan.

3 Insert meat thermometer.

4 Roast in slow oven — 350° F., for fresh pork; 300° F., for smoked pork, beef, lamb, and veal.

5 Add no water. Do not cover. Do not baste.

6 Remove from oven when meat thermometer registers desired degree of doneness.





Roasting

MODERN SYMPHONIES FOR MEALTIME

Standing Ribs of Beef

Select a two or three-rib roast. A standing rib roast can be carved more easily if the backbone is separated from the ribs by sawing across the ribs close to and parallel to the backbone. The backbone may be removed completely after roasting. The roast will hold its shape better if the backbone is held in place by skewers during roasting.

Season the rib roast with salt and pepper and place fat side up in an open roasting pan. No rack is necessary as the bones keep the meat out of the juices. Do not cover; do not add water. Insert a meat thermometer so that the bulb reaches the center of the largest muscle. Be careful that bulb does not rest on fat or bone. Put in a slow oven (300° F.) and roast until desired degree of doneness is reached. The thermometer will register 140° F., for a rare, 160° F., for a medium, and 170° F., for a well-done roast. Allow eighteen to twenty minutes per pound for cooking a rare roast, twenty-two to twenty-five minutes per pound for a medium, and twenty-seven to thirty minutes per pound for a well-done roast.

Rolled Rib Roast with Yorkshire Pudding

Season roast with salt and pepper and place fat side up on a rack in an open pan. Insert meat thermometer so that bulb reaches center. Do not cover and do not add water. Roast in a slow oven (300° F.) to the desired degree of doneness. Allow ten minutes per pound more than for standing rib roast. Serve with Yorkshire Pudding.

Yorkshire Pudding

1 cup flour
1 teaspoon salt

1 cup milk
2 eggs

3 tablespoons beef drippings

Sift flour, measure and mix with salt. Add milk gradually, stirring to form smooth paste. Add eggs which have been beaten until light. Place drippings in 6 x 9 inch pan and pour in batter. Bake in a moderately hot oven (400° F.) for thirty to forty minutes. Cut in squares and serve around roast.

Roast Beef Savory

Select a standing rib roast of two or three ribs. With the tip of a small, sharp knife, pierce the fat surface over the top to the depth of about one-fourth inch. Insert slivers of garlic in each and season with salt and pepper. Place in an open roasting pan, insert the meat thermometer and roast to the desired degree of doneness as directed above.

Roast Tenderloin of Beef

4-5 pounds beef tenderloin
Salt
Pepper
2 tablespoons butter

$\frac{1}{2}$ teaspoon onion juice
1 small slice garlic
12 large oysters
1 cup consommé

Season tenderloin with salt and pepper. Melt butter in roasting pan with onion juice and garlic. Brown tenderloin on both sides, then slip a rack under the meat and roast in a moderate oven (350° F.) for about forty-five minutes.

In the meantime, plump the oysters by letting them lie in boiling salted water for three minutes. Remove them and place in very cold water until ready to use.

Transfer the tenderloin to a hot platter. Stir one tablespoon of flour into the drippings and add the consommé. Stir until smooth, then strain. Place the oysters in the sauce to heat, then arrange oysters on top of the tenderloin.

A Traditional Dinner

Cream of Tomato Soup

Croutons

Roast Beef

Yorkshire Pudding (p. 3)

Rissolle Potatoes

Asparagus Tips

Hot Rolls

Waldorf Salad

Cheese Sticks

Prune Whip

Coffee

Stuffed Round of Veal

7-pound veal round roast
Salt and pepper

Meat Stuffing
8 slices bacon

Have roast boned at market. Wipe with damp cloth; season and fill with Meat Stuffing. Skewer opening. Place roast on a rack in an uncovered pan. Lay bacon slices over top of roast. Insert the meat thermometer so that the bulb is in the thickest muscle and not in the stuffing. Do not cover roast and do not add water. Place in a slow oven (300° F.) and roast until the thermometer registers 170° F. Allow forty to forty-five minutes to the pound.

Meat Stuffing

$\frac{1}{4}$ pound ground beef and pork
 $\frac{3}{4}$ cup fine dry bread crumbs
 $\frac{1}{4}$ cup water
 $\frac{1}{3}$ cup grated onion

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon butter
1 egg
2 tablespoons butter

Combine all ingredients well. Use for stuffing the veal roast.

Boned Shoulder of Veal

Have a shoulder of veal boned and rolled. Sprinkle the roast with salt and pepper and place on a rack in an open roasting pan. Insert a meat thermometer so that the center of the bulb reaches the center of the roast. Put the roast in a slow oven (300° F.) and roast until done. The meat thermometer will register 170 °, when it is done. Allow about forty minutes per pound.

Veal Leg Roast

The whole veal leg usually weighs more than the average family can use as a roast, but roasts of the desired size may be cut from it.

Select a roast of suitable size; season with salt and pepper. Place in an open roasting pan on a rack. Insert meat thermometer. Roast in a slow oven until meat thermometer reaches 170° F., or allow about thirty to thirty-five minutes per pound for roasting.

Budget Dinner Menu

Roast Shoulder of Veal (p. 5)	Brown Gravy
Mashed Potatoes	Stewed Tomatoes
Cole Slaw	
Rye Bread	Currant Jelly
Pineapple Tapioca	Coffee

Sour cream used as the liquid for making the gravy is an excellent flavor note with veal.

Roast Leg of Lamb

Select a French or American style leg of lamb. Do not have the fell removed. Rub well with salt and pepper and place on a rack in an open roasting pan with the skin side down and the cut surface up. Insert meat thermometer so that the bulb reaches center of the thick round of the leg, being sure the thermometer does not rest on bone. Place the roast in a slow oven (300° F.). Do not cover and do not add water. Remove from oven when thermometer registers 180° F. It will take about thirty to thirty-five minutes per pound.

Rolled Lamb Shoulder—Apricot Glaze

Have shoulder of lamb boned and rolled at market. Place on rack in open roasting pan. Season with salt and pepper. Insert meat thermometer to center of roast. Place in slow oven (300° F.). After roast has been in for about forty-

five minutes, baste with $\frac{1}{2}$ cup hot apricot pureé. In last half hour place apricot halves, hollow side up, around roast. Roast to interior temperature of 180° F., allowing forty to forty-five minutes per pound.

Rack of Lamb for Two

Purchase eight ribs from one side of a lamb rack. Have chine bone loosened and ribs cut short. Wipe with a damp cloth. Season with salt and pepper. Place skin side up in an open pan. Make a small incision through the fell and insert a meat thermometer so that bulb reaches center of thickest part. Do not add water. Do not cover. Roast in a slow oven (300° F.) until the desired degree of doneness is reached. If thermometer is used it should register 175° F., for medium-done lamb and 180° F., for well-done lamb. Allow approximately thirty to thirty-five minutes to the pound.

Easter or Any Sunday Dinner

Fruit Cup	Relishes	Toasted Wafers
Roast Lamb (p. 5)		Mint Sherbet
Parsley Butter	Potatoes	Cloverleaf Rolls
Glazed Carrots		Green Peas
Tossed Vegetable Salad	in Lettuce Cups	
Chocolate Sundae		Coffee

Cushion Shoulder of Lamb

Have square-cut lamb shoulder boned and sewed on two sides at the market. This leaves one side open for inserting stuffing. Season the shoulder, outside and inside, with salt and pepper. Fill with Pineapple Stuffing. Sew or skewer edges together. Place roast, fat side up, on a rack in an open roasting pan. Put in a slow oven (300° F.) and roast until done. Allow about forty minutes per pound for roasting a boned shoulder.

Pineapple Stuffing

3 tablespoons minced onion	Salt and pepper
2 tablespoons melted butter	1 tablespoon minced parsley
2 cups soft bread crumbs	1 No. 2 can crushed pineapple

Cook onion in melted butter until tender. Add bread crumbs and brown lightly. Add seasonings and drained pineapple. Mix well.

Roast Leg of Pork

Wipe fresh ham or leg of pork with a damp cloth. Place on a rack in an uncovered pan with fat side up. Make a small incision through skin and insert a meat thermometer so that bulb is in center of thickest muscle. Roast in a moderate oven (350° F.) until the thermometer registers 185° F., allowing twenty-five to thirty minutes to the pound. Do not add water and do not cover.

When ham is done, remove it from oven and carefully take off rind, if it was not removed when purchased. To remove rind easily, break through it on the fleshy side at the hock, then turn ham over, and lift rind off in one piece. With a sharp knife score fat covering in squares. Stick long-stemmed cloves into the intersections and glaze with Cinnamon Candy Syrup. Make syrup by cooking together 1 cup sugar, 1 cup water and $\frac{1}{4}$ cup red cinnamon candies. Cook until candy melts and syrup thickens. Spread over the roast and return to the oven to brown.

Dinner for the Crowd

Radishes	Stuffed Celery	Pickles
Roast Leg of Pork (p. 7)	Candied Sweet Potatoes	
Glazed Onions	Spinach	
Baking Powder Biscuits	Honey	
Molded Fruit Salad		
Chocolate Cream Puffs	Coffee	

Roast Loin of Pork

Have backbone loosened from ribs so that carving will be easy. Season with salt and pepper and place with the fat side up, bones down, in an open roasting pan. Make an incision and insert a meat thermometer so that the center of the bulb reaches the center of the fleshiest part of the meat. Put the roast in a moderate oven (350° F.) and cook without covering and without adding water. It will be done when the meat thermometer registers 185° F. Allow about thirty minutes per pound for roasting.

Make a gravy from part of the drippings and season with sage.

Spareribs with Apple Stuffing

2 sections spareribs
Apple Stuffing

$\frac{3}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

Spread inside of one section of spareribs with Apple Stuffing. Cover with the other section. Sew or skewer the two sections together. Sprinkle the out-

side with salt and pepper. Lay spareribs on a rack in an open roasting pan and roast in a moderate oven (350° F.) for one and one-half hours, or until the meat is tender. Remove the strings or skewers before serving.

Apple Stuffing

2 slices salt pork
1/2 cup chopped celery
1/2 cup chopped onion
3 tart apples
1/3 cup sugar

1 cup bread or cracker crumbs
1 cup shredded bran
1/4 cup chopped parsley
1/4 cup milk
Salt and pepper

Dice pork and fry until crisp. Remove cooked pieces. Cook celery and onion in pork fat three minutes. Core and slice apples. Add apples to celery mixture, sprinkle with sugar and cover. Cook slowly until tender. Add crumbs, shredded bran, diced pork, parsley, milk, and seasonings. Mix well.

For the Evening Buffet

Olives	Radishes	Pickles	Celery
Baked Ham (p. 8)		Potato Chips	
Tomatoes Filled with	Diced Cucumbers		
Buttered Hot Rolls		Strawberry Preserves	
Chocolate Cake	Coffee		
Nuts	Candies		

Baked Ham

Place whole or half ham fat side up on a rack in an open roasting pan. Make an incision and insert meat thermometer so that the center of the bulb reaches the center of the largest muscle. Be sure that the bulb does not rest on either fat or bone. Do not cover and do not add water. Place in a slow oven (300° F.) and bake until done. Smoked ham is done when the meat thermometer registers 170° F. Allow about twenty-five minutes per pound for baking a whole ham and about thirty minutes per pound for a half ham. Many of the hams now on the market are done at an internal temperature lower than 170° F., and require about one-fourth less cooking time than given above. Cooking directions are enclosed with these hams and should be followed.

About forty-five minutes before ham is done, remove from the oven and take off the rind (if any). With a round cookie cutter, score the fat surface in overlapping circles. Outline the circles with finely cut strips of maraschino cherries. Return to the oven to brown and finish baking.

Meat Loaves Are Roasts

Kidney Loaf

1 pound beef kidney
1 cup milk
8 slices bread
¼ cup bacon drippings
2 eggs

1 No. 1 can pimientos
1½ teaspoons salt
¼ teaspoon pepper
3 tablespoons grated onion
½ teaspoon powdered sage

3 slices bacon

Wash the kidney in cold water. Drain well and grind, including the internal fat. Pour milk over bread and soak. Combine all ingredients except bacon and mix thoroughly. Line bottom of loaf pan with slices of uncooked bacon. Add mixture and pack firmly. Bake in a moderate oven (350° F.) for one and one-half to two hours.

A Favorite Family Dinner

Cream of Corn Soup	Wafers
Baked Lamb Loaf (p. 9)	
Parsley Potatoes	Green Beans
Head Lettuce	French Dressing
Orange Cake	Coffee

Ham and Sweet Potato Roll

¾ pound ground ham
½ pound ground pork
½ cup cracker crumbs

1 egg
¾ cup milk
Pepper

2 cups mashed sweet potatoes

Combine all ingredients except potatoes. Spread on waxed paper to one-half inch thickness, making a rectangle about 6x10 inches. Spread with seasoned potatoes and roll like a jelly roll. Place in dripping pan and bake one and one-half hours in a moderate oven (350° F.).

Baked Lamb Loaf

Combine 2 pounds ground lamb, 1 cup milk, 1 egg, 1 cup cracker crumbs, 2 tablespoons chopped parsley, 2 tablespoons minced onion, 1 minced green pepper, salt and pepper. Mix thoroughly and pack into a ring mold. Bake in a slow oven (300° F.) for one and one-half hours.

Calling For An Encore

Large roasts give better results in cooking. They are often more economical to buy. It saves time and fuel to cook a large piece and have enough left over for future meals. Homemakers know all this, but how to make the second appearance and perhaps the third as attractive as the first is often a problem. These encore recipes will help to solve it.

Beef Hash à la Francaise

<i>2 pounds roast beef</i>	<i>Salt and pepper</i>
<i>2 onions</i>	<i>½ cup bread crumbs</i>
<i>3 sprigs parsley</i>	<i>1 cup meat stock</i>
<i>¼ pound suet</i>	<i>Juice of ½ lemon</i>

Run left-over rare roast beef through the meat chopper twice with the onions, parsley, and suet. Season with salt and pepper and add the bread crumbs soaked in stock. Mix thoroughly, turn into a buttered baking dish, sprinkle with crumbs and sprinkle the lemon juice over it. Bake until brown.

Veal and Bacon Salad

<i>3 cups cold cooked veal, diced</i>	<i>¼ cup radish slices</i>
<i>½ cup crisp bacon, finely cut</i>	<i>½ cup mayonnaise</i>
<i>½ cup diced celery</i>	<i>6 small tomatoes</i>

Mix the veal and bacon with the celery and mayonnaise and chill. Place each peeled tomato in a lettuce cup. Cut down in several sections to open. Place a mound of the salad mixture on the tomato and top with mayonnaise.

Royal Lamb Salad

<i>2 cups diced cooked lamb</i>	<i>½ cup chopped pecans</i>
<i>1 cup diced celery</i>	<i>1 teaspoon salt</i>
<i>1 cup Bing cherries</i>	<i>1 cup mayonnaise</i>
<i>4 hard-cooked eggs</i>	<i>Salad greens</i>

Combine meat with celery, pitted cherries, diced eggs, pecans, and salt. Chill thoroughly. Just before serving, add mayonnaise and toss lightly. Pile on salad greens and garnish with additional slices of hard-cooked eggs and Bing cherries.

Turkish Beef Stew

Dice cold cooked beef. Brown in butter. Add 4 tablespoons of tomato catsup, 1 chopped onion and 1 green pepper which have been cooked until tender, but not brown, in butter. Season with salt and black pepper. Add

enough stock or gravy to moisten. Heat thoroughly and serve in a border of fluffy boiled rice.

Luncheon Ring

<i>2 cups cold roast lamb, diced</i>	<i>Salt and pepper</i>
<i>1 tablespoon grated onion</i>	<i>Milk or broth</i>
<i>1 small green pepper, minced</i>	<i>Bacon</i>
<i>1 pimiento, minced</i>	<i>Baking powder biscuit dough</i>

Roll 1 recipe (2 cups flour) biscuit dough to one-fourth inch thickness. Spread with meat, combined with seasonings and enough milk or broth to moisten. Roll like a jelly roll. Form in ring. Place on cookie sheet. Make diagonal slashes to center and place one-half slice bacon in each slash. Bake in a moderately hot oven (375° F.) for thirty minutes. Serve with mushroom sauce.

Jersey Pork Pie

Arrange slices of cold roast pork in the bottom of a casserole. Season with minced onion, powdered sage, pepper, and salt. Over this place a layer of hard-cooked eggs. Repeat until dish is nearly full. Pour over a cup of left-over gravy. Top with pastry and bake in a hot oven (400° F.) until pastry is done, about twenty minutes.

Ham and Potato Scallop

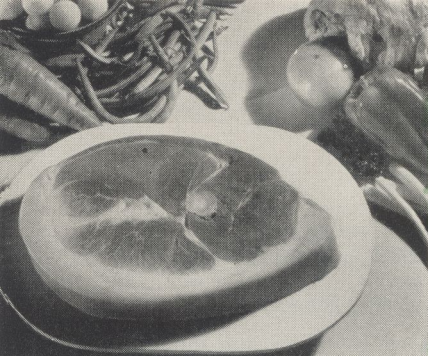
<i>2 cups diced cooked ham</i>	<i>¾ cup bread crumbs</i>
<i>2 cups diced cooked potatoes</i>	<i>2 cups thin white sauce</i>
<i>½ cup diced celery</i>	<i>Salt</i>
<i>3 tablespoons peanut butter</i>	<i>Pepper</i>

Arrange alternate layers of ham, celery, and potatoes in a greased baking dish. Melt the peanut butter in the white sauce, and pour over the layers. Sprinkle with crumbs, then bake in a moderate oven for thirty-five minutes.

Hot Tamale Medley

<i>2 cups ground cooked meat</i>	<i>Salt</i>
<i>1½ cups gravy or meat stock</i>	<i>½ small clove garlic</i>
<i>1 tablespoon chili powder</i>	<i>1 quart cooked mush</i>

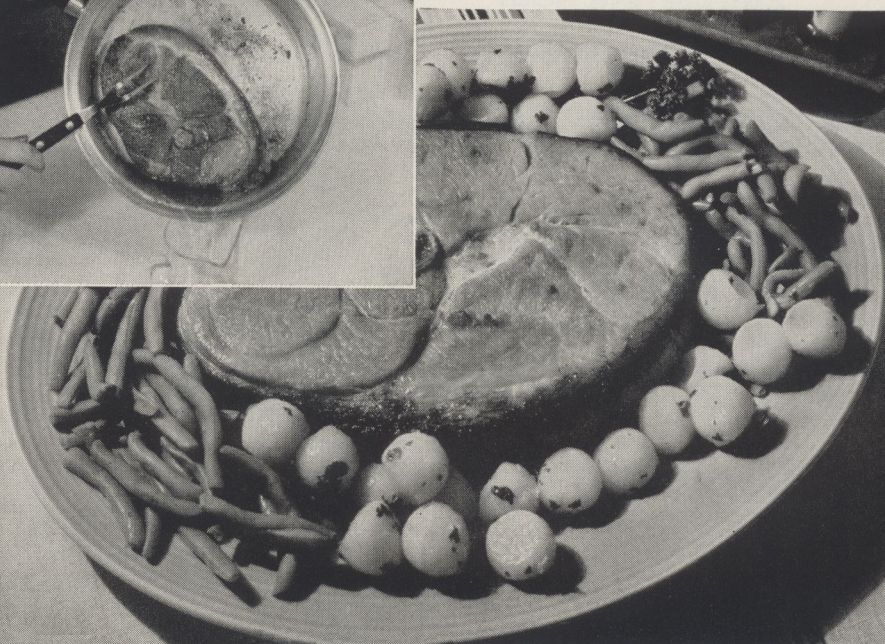
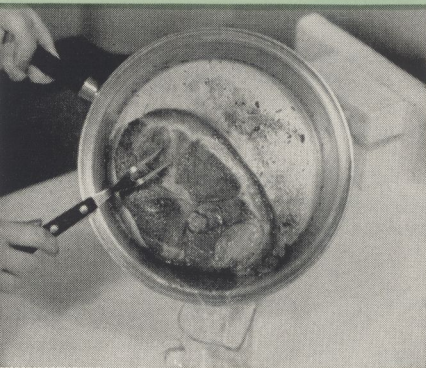
Left-over meat from roast beef, pork, lamb, or veal may be used. Mix the meat with the gravy, chili powder, salt, and garlic which has been finely chopped. Line the sides and bottom of a baking dish with very thick mush. Fill with the meat mixture and put mush over the top in broken pieces. Bake in a hot oven (425° F.) for twenty to thirty minutes. Serve from the baking dish.



STEPS in Panbroiling



- 1** Place meat in heavy frying-pan.
- 2** Do not cover. Do not add fat or water.
- 3** Brown meat on both sides.
- 4** Season with salt and pepper.
- 5** Reduce temperature and turn occasionally.
- 6** Pour off fat as it accumulates in pan.



Panbroiling

AN OVERTURE TO GOOD EATING

Panbroiled Club Steak

Select a club steak cut one and one-half inches thick. Place steak in heavy frying-pan. Brown steak on each side. Then reduce heat and cook to the desired degree of doneness. Turn off excess fat as it collects in the pan. Turn steak frequently so that it will be cooked uniformly. Sprinkle with salt and serve at once on a hot platter.

Marinated Rib Steaks

Rib steaks
1 cup salad oil
1/3 cup vinegar

2 cloves garlic
Salt
Pepper

Select rib steaks cut one inch thick, one for each person to be served. Make a marinade of the salad oil, vinegar, bruised cloves of garlic, salt and pepper. This should be done several hours before needed so that the flavors will be blended. Let the steaks lie in the marinade about thirty minutes. Place the steaks in a heavy frying-pan. Brown on both sides, reduce the heat and cook to the desired degree of doneness. Turn frequently and pour off any accumulated fat.

Special Hamburgers

3/4 pound ground beef chuck
1/4 pound ground pork
1 teaspoon salt
1/4 teaspoon pepper

Cream to moisten
1/2 cup finely minced onion
2 tablespoons Worcestershire
sauce

Mix ground meat with seasonings and cream. Press hamburger into very thin flat cakes. Put two cakes together with a filling made from the finely chopped raw onion mixed with the Worcestershire sauce. Press the edges of the cakes together firmly. Brown on both sides in a frying-pan, then reduce the heat and turn the meat as often as possible for even cooking.

Lamb Chops in Pineapple Border

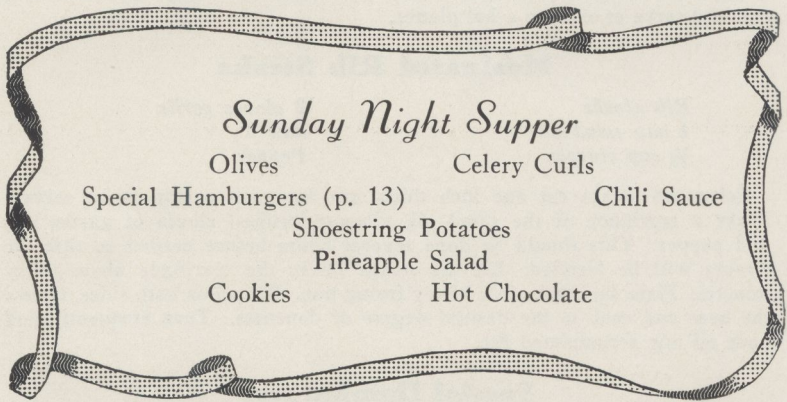
Select rib or loin lamb chops cut one inch thick. Place in heavy frying-pan. Brown on both sides. Season with salt and pepper. Reduce temperature and turn frequently so chops will cook evenly. Pour off accumulated fat from the pan. When chops are done, remove to hot platter. Turn into the frying-pan 1 cup of crushed pineapple which has been combined with 2 tablespoons minced pimiento. Serve in a border around the chops.

Lamb and Bacon Whirls

$\frac{1}{2}$ pound sliced bacon
 $\frac{1}{2}$ pounds ground lamb
shoulder
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

$\frac{1}{4}$ teaspoon marjoram
1 tablespoon Worcestershire
sauce
1 cup cornflakes
3 tablespoons water

Leave the bacon on the waxed paper as it comes from the market, or arrange slices to slightly overlap in a sheet eight to ten inches long. Mix lamb with all other ingredients. Spread and pat evenly over the bacon. Roll like pinwheel cookies so that the ends of the slices of bacon are rolled in with the lamb. Wrap tightly in waxed paper and chill thoroughly. Before slicing, place wooden picks through the roll at inch intervals to hold the bacon in place. Cut in one-inch slices. Place in a heavy frying-pan. Brown first on one side, then on the other. Reduce the heat and turn the meat as



often as necessary to insure even cooking. Pour off the fat as it accumulates in the pan. Panbroil about fifteen to twenty minutes.

Ham à la Stanley

1 center-cut ham slice
1 teaspoon prepared mustard
2 bananas

Brown sugar
1 tablespoon lemon juice

The ham slice should be from one-fourth to one-half inch thick. Rub the mustard into the ham, then brown it slowly on both sides in a heavy skillet. When browned sprinkle with brown sugar moistened with lemon juice. Around the ham place bananas which have been cut in halves lengthwise and again crosswise and dipped in brown sugar. Continue cooking until bananas are heated through; serve as a garnish with ham. A slice of ham one-half inch thick requires twenty minutes to panbroil.

Panbroiled Liver

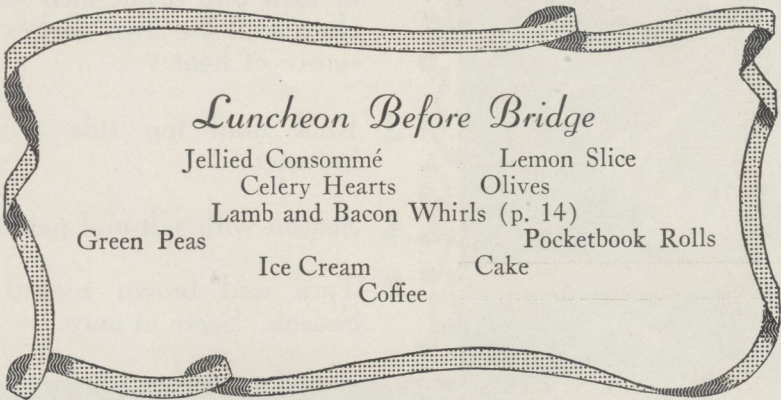
Have liver sliced about three-eighths of an inch thick. Peel off the outer membrane. If using lamb or pork liver, scald before cooking. Dip each piece into melted butter. Place in frying-pan and brown on both sides. By the time the second side is brown the liver will be done.

Crisp Salt Pork and Cream Gravy

1 pound salt pork
 $\frac{3}{4}$ cup cornmeal
2 tablespoons fat

2 tablespoons flour
2 cups milk
Salt and pepper

Have the salt pork cut into one-fourth inch slices. Cover with hot water for a few minutes, then drain. Dip each piece in cornmeal and brown slowly with fat in skillet. Drain off all but 2 tablespoons fat and stir in the flour. Cook two minutes, stirring well, then add the milk slowly. When the



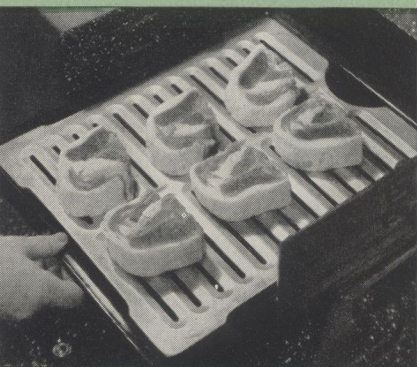
gravy is smooth, cook for at least five minutes, add salt and pepper if needed and pour over the meat. Serve with onion slices marinated in French dressing and potatoes cooked in their jackets.

Panbroiled Bacon

Place a single layer of bacon in a cool frying-pan. Place over low heat. Turn frequently. Drain excess fat as it accumulates so that the bottom of the pan is only well greased. Cook slowly until the bacon is a light golden brown and evenly crisped.

Panbroiled Ham Slice

Have ham slice cut from one-half to one-inch thick. Brown ham slice on each side, then reduce heat and cook slowly until done, about twenty to thirty minutes. Turn off excess fat as it accumulates. Turn frequently so that it will be cooked uniformly. Serve at once on a hot platter.



STEPS in Broiling



- 1 Turn regulator to broil.
- 2 Place meat so that top surface of steak or chop two inches thick will be three inches from source of heat and a one-inch steak or chop will be two inches from source of heat.
- 3 Broil until top side is nicely browned.
- 4 Season with salt and pepper.
- 5 Turn and brown second side. Season. Serve at once.

Broiling

PRELUDE TO PLEASING PLATTERS

Broiled Steak

Have porterhouse, sirloin, or club steak cut thick, at least one inch. Set regulator to broil. Place steak on rack. Insert broiler pan and rack so that the top surface of a one-inch steak will be two inches and of a two-inch steak three inches from the source of heat. If this distance must be less, reduce the temperature accordingly. When one side is nicely browned, season with salt and pepper, turn, and finish cooking on the second side. Season the second side and serve immediately. Steaks cut one inch thick require fifteen to twenty minutes for broiling. Two-inch steaks require thirty to thirty-five minutes.

For variation add $\frac{3}{4}$ cup milk or coffee to drippings in broiler pan. Stir so as to collect all the brown particles and heat. Pour over steak.

Ground Beef Grill

1 pound ground beef
1 teaspoon lemon juice
1 teaspoon salt
2 slices pineapple

8 small potatoes
4 bacon slices
4 mushrooms
Pepper

Mix meat with lemon juice, salt, and pepper. Shape lightly into four flat cakes. Cut pineapple slices in half. Boil potatoes until tender, drain, and brush with melted butter. Peel four large mushrooms and remove the stems. Place the meat on broiler rack and cook three minutes. Turn carefully, and surround with the potatoes, pineapple, and mushrooms. Reduce heat and broil five to eight minutes, or until slightly browned. Then add the bacon and continue broiling until it is crisp. Arrange on a hot platter and garnish with watercress.

Branburger Banana Grill

1 pound ground beef
1 egg
2 tablespoons grated onion
1 tablespoon chopped parsley
1½ teaspoons salt

¼ teaspoon pepper
½ cup milk
½ cup shredded bran
8 strips bacon
4 peeled firm bananas

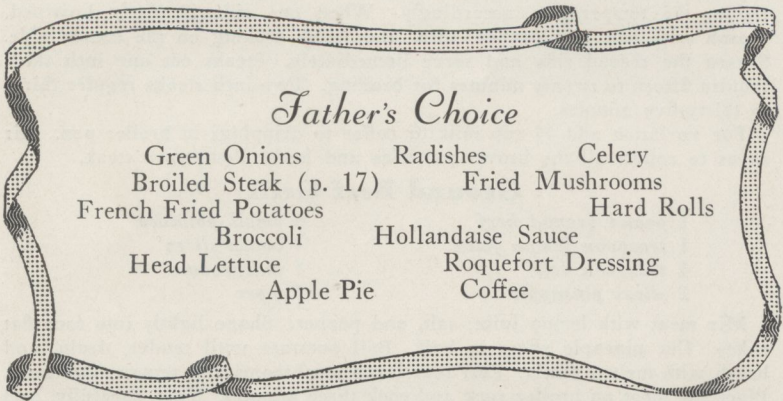
Melted butter

Mix beef, salt, egg, and seasonings. Add milk to bran and soak five minutes. Combine two mixtures and form into eight patties about an inch thick, wrapping each with strip of bacon. Arrange the meat on broiler rack, allowing about three inches between the surface of the meat and the source of the heat. Broil about five minutes or until brown, then turn. Brush bananas with butter, sprinkle with salt and place on rack. Continue broiling about five minutes or until bananas are tender.

Planked Steak

1 porterhouse, sirloin, or club steak, cut 1 to 2 inches thick	2 tablespoons grated cheese 4 slices bacon 4 medium onions 2 tablespoons butter Mashed potatoes
4 large mushroom caps 4 medium tomatoes	
Salt, pepper, paprika	

Turn regulator to broil. Place the steak in the center of broiler rack, leaving about three inches between the top of the steak and the heat. When the steak is well browned on one side, season, and turn to complete cooking on the other side. About ten minutes before the steak is done, transfer it to a large hot, oiled wooden plank or heat proof platter. It requires about twenty minutes to broil a one-inch steak and thirty-five minutes to broil a two-inch steak. Arrange around it the mushroom caps, which have been



cooked in butter, tomato halves sprinkled with grated cheese and topped with bacon squares, and parboiled onions, dotted with butter. Pipe a border of mashed potatoes around the plank, and return to the broiling oven until the bacon and tomatoes are cooked and potatoes and onions browned. Serve immediately, garnished with crisp parsley or cress.

Broiled Lamb Chops

Select rib, loin, or shoulder chops. Have regulator set for broiling. Place the chops so that there is a distance of about three inches between top of chops and source of heat if broiling two-inch chops, or two inches if chops are one inch thick. If the distance must be less, reduce the temperature accordingly so that the chops will broil at a moderate temperature. When chops are browned on one side, season, turn, and finish the cooking on the second side. Chops cut one inch thick require twelve to fifteen minutes.

Lamb en Brochette

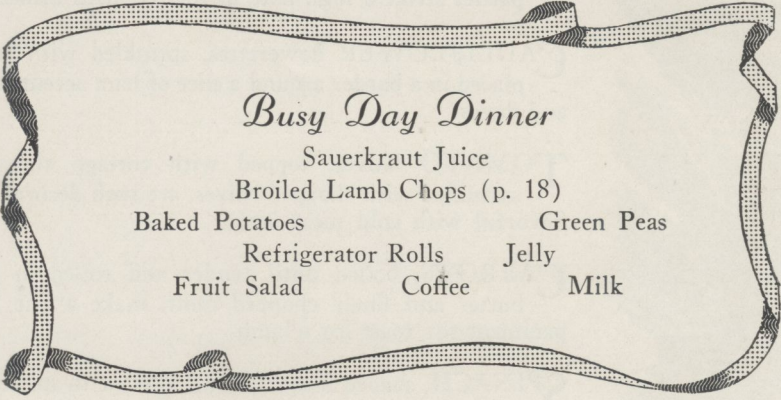
2 pounds lamb shoulder
1 teaspoon dry mustard
1 tablespoon vinegar
¼ teaspoon paprika

5 tablespoons olive or salad
oil
1 cut clove garlic
Salt, pepper

Have lamb shoulder cut into one-inch cubes. String on a wooden skewer. Make a marinade of the mustard, paprika, vinegar, oil, and garlic. Pour over skewered lamb and let stand for one hour. Broil in the same manner as chops. When done, remove to a hot platter and serve at once.

Broiled Bacon

Place slices of bacon on a cool broiler rack. Place rack about three inches from the source of heat. Broil at a moderate temperature. Turn frequently. Cook until the bacon is a light golden brown and evenly crisped.



Busy Day Dinner

Sauerkraut Juice		
Broiled Lamb Chops (p. 18)		
Baked Potatoes		Green Peas
Refrigerator Rolls	Jelly	
Fruit Salad	Coffee	Milk

Lamb Chops with Vegetables

6 shoulder lamb chops
2 tablespoons grated onion
1 tablespoon lard
2 cups cooked hominy

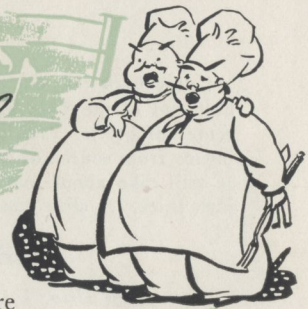
1 can tomato soup
Salt
Pepper
1 No. 2 can green beans

Have shoulder chops cut one inch thick. Wipe with a damp cloth. Brown onion in lard. Add hominy, tomato soup, and seasoning. Pour into bottom of broiler pan. Arrange drained beans around edge. Place chops on broiler rack over hominy and vegetables. Place in broiler allowing two inches between surface of meat and source of heat. When brown, season with salt and pepper. Turn and brown other side. Only one turning is necessary. Approximately eight to ten minutes to a side is required.

Lima beans, corn, cooked carrots, beets, or any pleasing combination of vegetables may be used. Cooked spaghetti, macaroni or rice may take the place of hominy.



Close Harmony in Garnishes



ASPARAGUS stalks in a ring of pimiento are easily prepared as a garnish for the cold meat platter or for broiled lamb chops.

BANANAS and pineapple slices broiled with ground beef patties strike a high note in thrifty main dishes.

CAULIFLOWER flowerettes, sprinkled with paprika, placed in a border around a slice of ham accent its color and flavor.

TOMATO halves, topped with cottage cheese and sprinkled with chopped chives, are both decorative and flavorful with cold meat loaf.

CARROTS, boiled until tender and rolled in melted butter and finely chopped mint, make a fine accompaniment for roast leg o'lamb.

SPINACH, shaped into cups and filled with spiced beets, gives a different tone to beef pot-roast.

THE brown and gold of Yorkshire pudding is the perfect complement to roast beef.

A TOMATO flower will dress up any meat salad plate. Cut the peeled tomato in petal-shaped sections, not quite to the bottom. Separate and place a slice of cucumber between the petals. Top with mayonnaise and serve in a lettuce cup.

RADISH roses with a few sprigs of crisp parsley are garnish enough for a broiled beef steak. To make the roses, cut straight down almost to the bottom on four sides; then cut a smaller petal on each of the large ones. Crisp in ice-water.

CUT leaf-shaped pieces from the top of the green pepper to be stuffed with ground meat and insert these "leaves" perkily in the top stuffing.

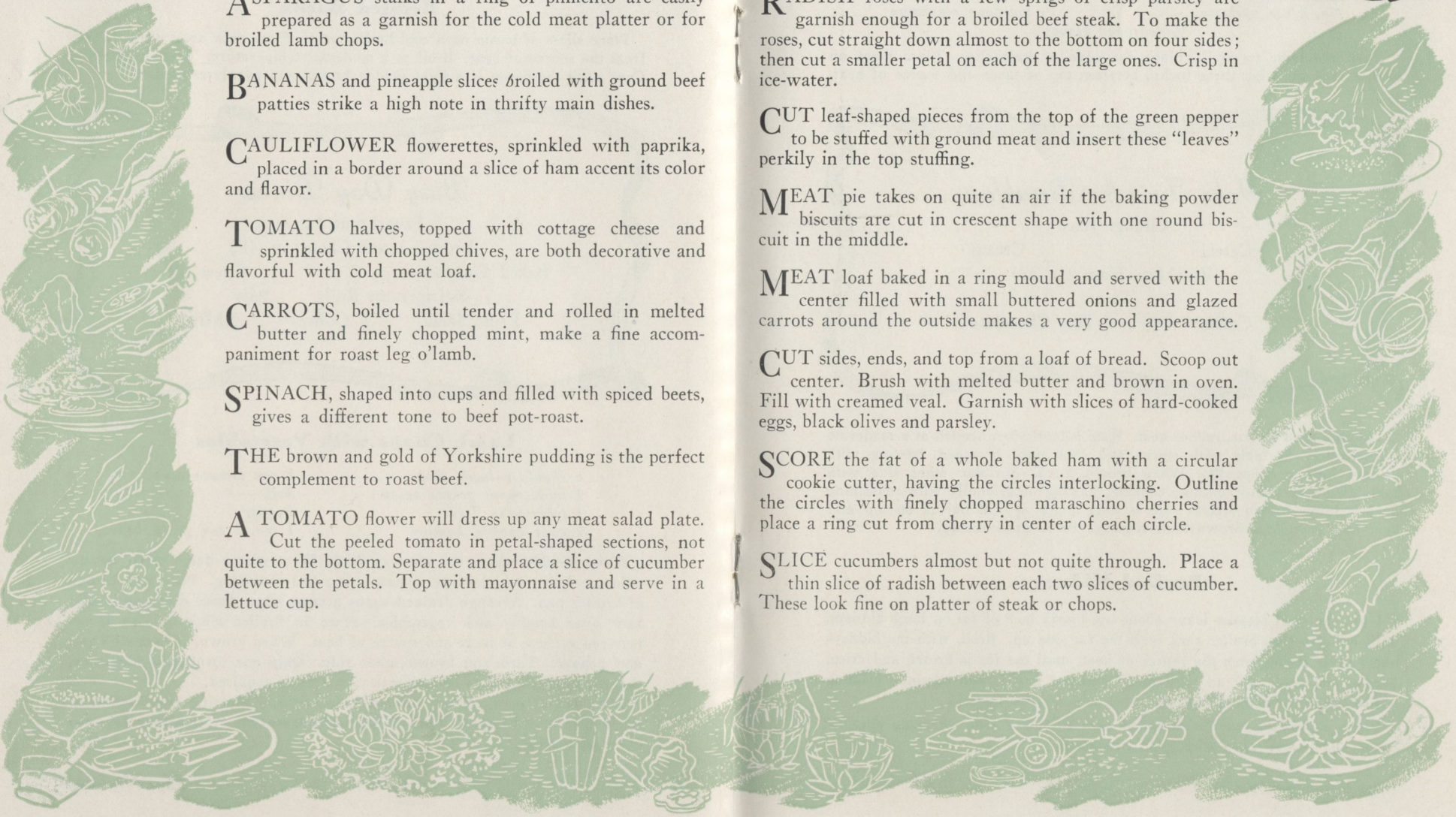
MEAT pie takes on quite an air if the baking powder biscuits are cut in crescent shape with one round biscuit in the middle.

MEAT loaf baked in a ring mould and served with the center filled with small buttered onions and glazed carrots around the outside makes a very good appearance.

CUT sides, ends, and top from a loaf of bread. Scoop out center. Brush with melted butter and brown in oven. Fill with creamed veal. Garnish with slices of hard-cooked eggs, black olives and parsley.

SCORE the fat of a whole baked ham with a circular cookie cutter, having the circles interlocking. Outline the circles with finely chopped maraschino cherries and place a ring cut from cherry in center of each circle.

SLICE cucumbers almost but not quite through. Place a thin slice of radish between each two slices of cucumber. These look fine on platter of steak or chops.



Breakfast Ham

Select ham cut one half inch thick. Butterfly ham slices cut from the butt end of the ham are a good choice. Slash the fat edge. Place ham in center of broiler rack and put in broiler so that top of ham is about three inches from source of heat. Brown on top side, turn and brown second side. It will take about five to seven minutes to a side to broil a slice one-half inch thick. A slice one inch thick will require twenty to thirty minutes.

Broiled Ham—Apricot Glaze

<i>Ham slice, 1 inch thick</i>	<i>½ teaspoon allspice</i>
<i>No. 2 can apricots</i>	<i>½ teaspoon cinnamon</i>
<i>½ teaspoon cloves</i>	

Turn regulator to broil. Slash fat edge of ham slice. Place meat on broiler rack allowing three inches between top of meat and source of heat.



If distance must be less, reduce heat. Ham is best when broiled at a moderate temperature. Sprinkle with spices and cook until browned, basting with apricot juice occasionally. When brown, turn. Sprinkle other side with remaining spices and continue cooking, basting occasionally with remaining apricot juice. When second side is done place apricot halves on top and heat long enough to brown fruit slightly. Serve immediately.

Broiled Kidneys

Have the meat retailer leave about one-fourth inch of fat on lamb kidneys. Split and place on broiler rack with the fat side up. Broil, with the kidneys about three inches from the source of heat, until the fat is brown and crisp. Season and turn. Spread with finely chopped garlic, and continue broiling until done, or omit the garlic and serve with broiled bacon.

Pieces of kidney may be threaded onto a skewer with alternate slices of bacon. Broil and serve with grilled tomatoes.

Famous Accompaniments

Parsley Butter Sauce

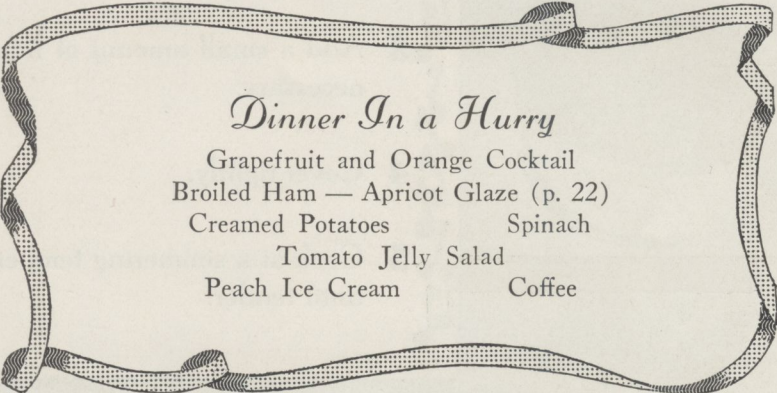
Cream $\frac{1}{2}$ cup butter; add $\frac{1}{2}$ teaspoon salt; a dash of pepper; $\frac{1}{2}$ teaspoon finely chopped parsley, and $\frac{3}{4}$ tablespoon lemon juice. Spread on broiled lamb chops.

Almond Butter

Melt $\frac{1}{2}$ cup butter; add $\frac{1}{4}$ cup ground almonds, and 1 teaspoon lemon juice. Delicious with broiled sweetbreads.

Lemon Butter Sauce

Brown $\frac{1}{2}$ cup butter. Add 3 tablespoons lemon juice and $\frac{1}{2}$ teaspoon Worcestershire sauce. Serve with broiled steak.



Dinner In a Hurry

Grapefruit and Orange Cocktail
Broiled Ham — Apricot Glaze (p. 22)
Creamed Potatoes Spinach
Tomato Jelly Salad
Peach Ice Cream Coffee

Roquefort Sauce

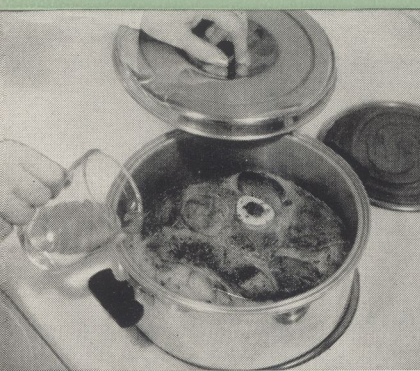
Blend 2 ounces Roquefort cheese with 2 tablespoons cream and a few drops of Worcestershire sauce. Spread on broiled steak or lamb chops just a few minutes before the meat is done.

Pineapple-Mint Sauce

Combine $\frac{3}{4}$ cup crushed pineapple, $\frac{1}{4}$ cup pineapple juice, 1 cup sugar, and $\frac{3}{4}$ cup water; simmer about ten minutes or until thickened. Cool, add green coloring and 6 drops oil of peppermint. Serve with either ham or lamb.

Cucumber Sauce

Whip 1 cup cream stiff. Fold in $\frac{1}{4}$ teaspoon salt, 1 tablespoon vinegar, and $\frac{1}{2}$ cup diced cucumber. Fine with broiled ham.



STEPS in Braising



- 1 Season meat with salt and pepper. Dredge with flour, if desired.
- 2 Brown meat on all sides in hot fat.
- 3 Add a small amount of liquid, if necessary.
- 4 Cover tightly.
- 5 Cook at a simmering temperature until tender.



Braising

IN KEY WITH HEARTY APPETITES

Beef Pot-Roast with Horseradish

Select a three or four-pound rump or chuck pot-roast. Season with salt and pepper. Brown well on all sides, adding 2 tablespoons of lard to kettle, if necessary. When nicely browned, spread over the meat the contents of a small bottle of horseradish which has been drained. Add 1 cup water cover closely and cook at a simmering temperature until meat is tender. Turn the pot-roast once or twice so that it will cook evenly. Thicken the liquid and add water for gravy, which is a delicious brown horseradish sauce. Serve with boiled noodles, topped with buttered crumbs.

Swiss Steak

<i>Round or arm steak, cut 2</i>	<i>2 tablespoons lard</i>
<i>inches thick</i>	<i>2 cups tomatoes</i>
<i>Flour</i>	<i>1 carrot, diced</i>
<i>Salt and pepper</i>	<i>1/2 cup corn</i>
<i>1 onion, thinly sliced</i>	<i>1 small green pepper, sliced</i>
<i>1/2 cup water</i>	

Mix flour, salt and pepper; pound into steak. Brown steak in lard. Add vegetables and water. Cover pan and cook in a slow oven (300° F.) for two and one-half or three hours. Add more water, if needed. Serve with vegetables poured over the steak.

Stuffed Flank Steak

<i>1 flank steak</i>	<i>2 tablespoons lard</i>
<i>2 cups Cornmeal Stuffing</i>	<i>6 potatoes</i>
<i>Salt</i>	<i>6 carrots</i>
<i>Pepper</i>	<i>6 stalks celery</i>

Spread steak with Cornmeal Stuffing and roll lengthwise. Tie to hold in place. Brown all around in hot lard. Season and place vegetables around the meat. Cover and cook in a slow oven (300° F.) for one and one-half hours.

Cornmeal Stuffing

<i>1 cup cornmeal</i>	<i>1 onion, minced</i>
<i>1 cup boiling water</i>	<i>1 teaspoon salt</i>
<i>1/2 tablespoon butter</i>	<i>1/2 teaspoon pepper</i>
<i>2 teaspoons baking powder</i>	<i>1/2 teaspoon thyme</i>

Pour boiling water over half the cornmeal. Add butter. Sift rest of cornmeal and baking powder and add seasonings. Mix well.

Barbecued Short Ribs of Beef

3 pounds beef short ribs	1 small bottle catsup
1 medium-sized onion	3 tablespoons Worcestershire sauce
2 tablespoons butter	
2 tablespoons vinegar	1 teaspoon prepared mustard
2 tablespoons brown sugar	$\frac{1}{2}$ cup water
4 tablespoons lemon juice	$\frac{1}{2}$ cup chopped celery
Salt and pepper	

Brown short ribs of beef. Brown onion in butter. Add remaining ingredients and simmer until slightly thickened, about thirty minutes. Pour sauce over the short ribs, cover, and cook in a slow oven until short ribs are tender, about two hours.

Instead of seasoning with barbecue sauce, add an onion stuck with several cloves. Carrots glazed in the kettle with the ribs are a good accompaniment.



Pork Chops

Have pork chops cut one inch thick. Dredge with flour and season with salt and pepper. Brown well on the fat edge, then brown both sides. Cover closely and cook slowly for about forty-five minutes, turning occasionally. For a different flavor, a clove of garlic may be placed in the pan while browning the chops, then removed. Or a piece of bayleaf may be used for flavor variety.

Pork needs long, slow, thorough cooking to bring out its full rich flavor; therefore, braising is the best method to use for cooking pork chops.

Butterfly Pork Chops

Butterfly pork chops are made from a boned loin of pork. Slices are cut double-thick, then cut again but not quite through, so that the slices may be opened and laid flat.

Dredge chops in seasoned flour. Brown on both sides and add $\frac{1}{2}$ cup

sour cream. Cover and cook slowly until chops are tender, about forty-five minutes. Use sour cream as liquid for gravy.

As a variation, place a mound of savory bread dressing on top of each chop. About ten minutes before the chops are done, remove the cover to brown and crisp the dressing.

Spanish Pork Shoulder Steaks

3 *shoulder steaks*
2 *tablespoons flour*
2 *tablespoons lard*
1 *small onion*

1 *cup tomatoes*
1 *tablespoon Worcestershire*
sauce
Salt and pepper

Dredge the shoulder steaks in flour and brown in hot lard. Slice onions over them, add tomatoes, and season with Worcestershire sauce, salt, and pepper. Cover and cook slowly until chops are done, about forty-five minutes according to thickness of steaks.



A He-Man Meal

Braised Pork Hocks (p. 27)

Brown Potatoes

Glazed Onions

Sliced Tomatoes

French Dressing

Lemon Pie

Coffee

Whole Meal Pork Casserole

6 *pork chops*
2 *Spanish onions*
3 *tomatoes*

$\frac{1}{2}$ *cup wild rice*
Green pepper
Salt and pepper

Have pork chops cut two inches thick. Brown chops well. Place the rice which has been washed and soaked several hours, around the chops. Add enough water to cover rice. Season with salt and pepper and cover. Cook in the oven for about one and one-half or two hours. About one-half hour before the chops are done, place a slice of onion on each chop, then a half a tomato topped with a green pepper ring.

Braised Pork Hocks

Have the skin removed from fresh pork hocks. Purchase one hock for each person to be served.

Brown, season with salt and pepper, and add a small amount of water.

Cover and cook slowly until the pork is well done, about two hours. An hour before the end of the cooking period, add medium-sized onions and potatoes. Serve vegetables around the meat.

Veal Cutlet en Casserole

Veal steak

Salt

Pepper

2 tablespoons lemon juice

1/4 cup tomato catsup

1/2 cup buttered crumbs

Have veal steak cut two inches thick. Rub with salt and pepper and place in shallow baking dish. Sprinkle with the lemon juice and spread with the tomato catsup. Cover with buttered crumbs. Add a little water, cover and cook in slow oven for one and one-half hours, removing cover the last fifteen minutes to brown. This is a variation of breaded veal cutlets which is very simple to do.

Good Pot Luck Dinner

Cream of Carrot Soup

Beef Pot- roast (p. 25)

Horseradish Gravy

Boiled Noodles with Buttered Crumbs

Stewed Tomatoes

Perfection Salad

Apricot Whip

Cookies

Coffee

Pork Stuffed Veal Breast

1 stuffed breast of veal

Salt and pepper

4 tablespoons lard or bacon

drippings

Have the meat retailer bone a breast of veal and two ends of a pork loin; then open a pocket from the end of the breast, fill with the two pieces of pork, and stitch and tie in several places to make a firm roll. Wipe with a damp cloth. Brown in hot fat. Add seasonings and a small amount of water. Cover, reduce heat and cook slowly, thirty-five to forty-five minutes per pound.

Veal Birds with Mushroom Sauce

2 pounds veal round

Celery Stuffing

3 tablespoons flour

3 tablespoons lard

Salt and pepper

1 small can mushroom soup

Have veal round cut into one-half inch slices. Cut into pieces for individual servings as nearly two by four inches in size as possible. Place a spoonful

of stuffing on each piece, roll and fasten edge with toothpicks. Dredge with flour and brown on all sides in hot lard. Season. Pour mushroom soup over veal birds, cover, and cook very slowly until done, about forty-five minutes.

Celery Stuffing

2 cups bread crumbs
½ cup diced celery
1 small onion, diced
2 tablespoons melted butter

Hot broth or water
Poultry seasoning
Salt
Pepper

Combine bread crumbs, celery, onion, and melted butter. Moisten with hot water or broth. Season to taste with poultry seasoning, salt, and pepper.

Instead of using a bread stuffing, the veal may be wrapped around a partially cooked whole carrot. Spread finely chopped onion over the meat, then place the carrot in the center, roll and fasten.

Hot Plate Luncheon

Olives Stuffed Celery
Veal Birds (p. 28) Mushroom Sauce
Green Peas
Salad Bowl
Hot Rolls Currant Jelly
Cake Coffee

Liver and Onions—New Style

1 pound liver
Flour
1 teaspoon salt

⅛ teaspoon pepper
4 tablespoons bacon drippings
1 can onion soup

Mix flour, salt, and pepper. Have liver cut into one-fourth inch pieces. Remove skin and dredge in seasoned flour. Brown in bacon drippings. Add the onion soup, cover and simmer for fifteen minutes, or until sauce thickens.

Sweetbreads with Lemon Butter

Soak sweetbreads in cold water. Remove membrane. Roll in flour and brown in fat. Season with salt and white pepper. Cover and reduce temperature. Cook slowly for about twenty minutes. Place on thin slices of broiled ham. Pour over the sweetbreads 4 tablespoons of melted butter, mixed with 2 tablespoons lemon juice. Garnish with parsley and half slices of orange.

Stuffed Lamb Breast

Lamb breast
2 tablespoons lard

Mint Stuffing
Salt and pepper


Have a pocket cut into the lamb breast from the large end. Sprinkle inside and out with salt and pepper. Fill with Mint Stuffing and fasten edges together with skewers. Brown the breast on all sides in hot lard, add $\frac{1}{2}$ cup hot water, cover tightly and cook slowly, about one and a half hours.

Mint Stuffing

3 tablespoons chopped celery
1½ tablespoons chopped onion
6 tablespoons butter

2 cups fine bread crumbs
½ cup mint leaves
Salt and pepper

Brown celery and onions in melted butter. Add bread crumbs, mint leaves, and the seasonings. Mix thoroughly.



Oven-Cooked Dinner

Chilled Grapefruit
Sausage Filled Lamb Roll (p. 31)
Baked Potatoes Stuffed Tomatoes
Baking Powder Biscuits
Jellied Gingerale Salad
Date Pudding Coffee

Stylish Neck Slices

3 pounds neck slices
3 tablespoons lard
1 cup water
3 large potatoes

6 medium carrots
8 large sticks celery
8 small onions
Salt and pepper

Brown neck slices in hot lard, add water and seasoning, cover and allow to simmer for one hour. Add onions, potatoes, and carrots, cut into length-wise strips. Continue to simmer. Add celery, cut in three-inch pieces, about fifteen minutes before serving.

Braised Lamb Shanks, Julienne

6 lamb shanks
2 tablespoons lard
1 cup carrots, cut fine

1 cup celery, cut fine
1 cup green beans, cut fine
Salt and pepper

Brown lamb shanks in hot lard. Season with salt and pepper. Cut vege-

tables in match-like pieces and place in bottom of baking dish. Add a small amount of water. Cover and cook in a slow oven (300° F.) for about one and one-half to two hours.

Sausage Filled Lamb Roll

Boned breast of lamb
¾ pound bulk pork sausage
2 tablespoons lard
Salt

Pepper
1 small onion
2 tablespoons Worcestershire sauce

1 cup tomatoes

Have lamb breast boned, spread with sausage, rolled, and tied or skewered into shape at the market. Brown on all sides in hot lard. Season with salt and pepper. Add sliced onion, tomatoes, and Worcestershire sauce. Cover



tightly and cook very slowly until done, about one and one-half hours. Add a small amount of water if more liquid is needed.

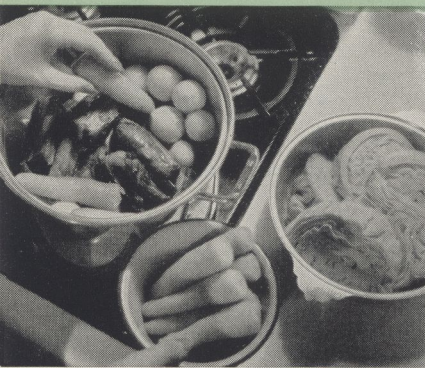
Braised Heart

Heart
2 cups cooked rice
1 small green pepper, minced
1 small onion, minced

Tomato soup
Salt
Pepper
Bacon slices

Select one pork or lamb heart for each person to be served. Veal hearts will serve two persons and a beef heart is large enough for the average family.

Brown onion in fat, add with minced pepper to cooked rice. Stuff hearts. Place in casserole. Pour tomato soup over all. Cover and cook until heart is tender. It will require about one and one-half to two hours for pork, lamb, or veal hearts and two and one-half to three hours for beef heart.



STEPS *in* Cooking *in* Water

- 1 Season with salt and pepper.
- 2 Brown meat on all sides, if desired, in own fat or hot lard.
- 3 Cover with water.
- 4 Cover kettle and cook below the boiling point until tender.
- 5 If vegetables are added, they are put in just long enough before serving to be tender but not overcooked.

Cooking in Water

NEW HIGH NOTES IN ECONOMY

Beef Brisket with Horseradish

Select a three or four-pound piece of fresh beef brisket. Wipe with a damp cloth and cover with hot water. Season with salt and pepper. Cook at a simmering temperature three to four hours or until tender, and serve with Horseradish Sauce.

Horseradish Sauce

<i>1 tablespoon butter</i>	<i>1 tablespoon lemon juice</i>
<i>1 tablespoon flour</i>	<i>Salt</i>
<i>1 cup milk</i>	<i>Pepper</i>
<i>½ cup horseradish</i>	<i>1 tablespoon pimiento</i>

Melt butter and add flour. Add milk slowly, stirring constantly until mixture boils. Drain horseradish, combine with lemon juice, seasonings, and pimiento. Add to cream sauce. Serve hot with brisket of beef.

Short Ribs with Vegetables

<i>5 pounds short ribs of beef</i>	<i>8 medium-sized potatoes</i>
<i>3 teaspoons salt</i>	<i>8 small onions</i>
<i>¾ teaspoon pepper</i>	<i>4 parsnips</i>
<i>2 tablespoons lard</i>	<i>4 carrots</i>

Wipe meat with a damp cloth, sprinkle with salt and pepper and brown in hot fat. Add water, cover, and allow to simmer an hour. Prepare vegetables. Add whole potatoes and onions with parsnips and carrots cut in half. Season vegetables, cover, and continue cooking until vegetables are tender. Serve meat on platter and garnish with vegetables

Spiced Beef

<i>3 pounds beef chuck</i>	<i>2 tablespoons salt</i>
<i>½ teaspoon cloves</i>	<i>1 teaspoon allspice</i>
<i>6 medium-sized onions</i>	<i>6 bay leaves</i>
<i>½ teaspoon peppercorns</i>	<i>12 gingersnaps</i>

Wipe the meat with a damp cloth. Place in a saucepan and cover with a mixture of half water and half vinegar. Add 2 tablespoons of salt, the sliced onions, the bay leaves and the spices. Let stand at least twenty-four hours. Place on the stove and simmer gently until the meat is tender. Take the meat out of the broth and let it brown. Strain the broth through a sieve, return to the fire and let it come to a boil. Then add the gingersnaps

which have been softened into a paste with cold water. This will thicken the broth so that it will have to be stirred for about three minutes. Put the meat back in the gravy and let it stand for about fifteen minutes.

Country "Boiled" Dinner

- | | |
|--|-------------------------------|
| $1\frac{1}{2}$ pounds country style
backbones | $\frac{1}{2}$ teaspoon pepper |
| Water | 2 bunches carrots |
| 1 tablespoon salt | 8 onions |
| | 8 potatoes |

Small head of cabbage

Wipe the meat with a damp cloth. Cover with water and allow to simmer until nearly tender, about one and one-half hours. Season. Prepare vegetables and add carrots and onions whole. Cook fifteen minutes and add whole potatoes. Cook twenty minutes and add quartered cabbage. Cook until cabbage is done.

Family Dinner

- | | |
|-------------------------|-------------------|
| Cream of Asparagus Soup | |
| Beef Brisket (p. 33) | Horseradish Sauce |
| Boiled Potatoes | Red Cabbage |
| Bran Muffins | |
| Waldorf Salad | |
| Orange Chiffon Pie | Coffee |

Savory Cottage Roll

- | | |
|---------------------------|------------------------------------|
| Cottage roll | 1 sliced onion |
| 6 whole cloves | 1 stick cinnamon |
| $\frac{1}{2}$ bay leaf | $\frac{1}{2}$ teaspoon celery seed |
| $\frac{1}{2}$ cup vinegar | |

Place smoked cottage roll in a deep kettle. Cover with water and add cloves, bay leaf, cinnamon, celery, seed, and onion. Cover tightly and let simmer until cottage roll is done. Allow forty to forty-five minutes per pound for cooking.

Pork and Parsnip Luncheon Dish

- | | |
|---------------------------|----------------------------------|
| 1 pound fresh pork, diced | $\frac{1}{8}$ teaspoon pepper |
| 1 medium onion, minced | 1 teaspoon salt |
| 3 cups boiling water | $1\frac{1}{2}$ tablespoons flour |
| 3 cups diced parsnips | 3 tablespoons minced parsley |

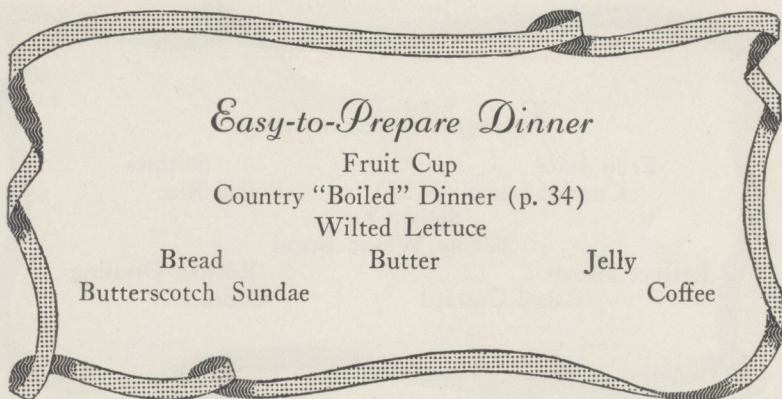
Brown the pork cubes in their own fat in a hot skillet. When well browned,

add the minced onion and simmer for three minutes. Add the water and cook gently until the meat is almost tender, then add the salt and parsnips and continue cooking for ten to fifteen minutes. Thicken the remaining liquid and serve on a hot platter, with the gravy separate. Sprinkle with parsley.

Curried Lamb

<i>2 pounds lean lamb shoulder</i>	<i>Water</i>
<i>4 tablespoons butter</i>	<i>1 to 2 tablespoons curry</i>
<i>1 clove garlic</i>	<i>powder</i>
<i>1 large onion</i>	<i>1 medium-sized apple</i>
<i>4 tablespoons flour</i>	<i>1/4 cup chopped celery</i>

Cover lamb with water and simmer until tender, about one hour. When cool, cut into small cubes, removing all fat. Melt butter and add the chopped garlic and onion and cook slowly until brown. Mix flour and a small amount



of water to a smooth thin paste and add. Cook until smooth, adding more water or lamb broth if necessary. Add curry powder to taste, and the chopped apple and celery. Cook for about ten minutes. Combine with diced cooked lamb. Cook slowly for about twenty minutes, until the flavors are well balanced. Serve with steamed or boiled rice.

Oven Stew

<i>2 slices salt pork</i>	<i>1 teaspoon salt</i>
<i>1 1/2 pounds diced beef chuck</i>	<i>1/8 teaspoon pepper</i>
<i>1 large onion</i>	<i>1/4 teaspoon paprika</i>
<i>2 tablespoons flour</i>	<i>6 small onions</i>
<i>1 1/2 cups water</i>	<i>6 medium carrots</i>
<i>1 can condensed tomato soup</i>	<i>6 medium potatoes</i>

Cube pork and brown with beef chuck in frying-pan. Remove to baking dish. Brown chopped onion in fat remaining in frying-pan. Add flour,

mix well, and add water, tomato soup, salt, pepper, and paprika. Cook three minutes, stirring constantly. Pour over meat. Add whole onions, carrots, and potatoes. Cover and bake in a moderately hot oven (375° F.) for one and one-half hours, or cook slowly on top of range for the same time.

Scotch Stew

4 pounds lamb neck and shank	3 teaspoons salt
2 tablespoons fat	Pepper
1 cup pearl barley	4 potatoes
3 onions	2 quarts water
2 tablespoons parsley	1 No. 2 can green beans
3 celery tops	6 carrots

Have the meat cut in two-inch cubes. Brown in hot fat. Add the barley, onions, parsley, celery tops, seasoning, and water. Simmer one and one-half

Enjoyable Economy

Fruit Juice	Saltines
Curried Lamb (p. 35)	Boiled Rice
Swiss Chard	
Whole Wheat Bread	
Lettuce Hearts	Russian Dressing
Baked Custard	Coffee

hours. Add other vegetables. Continue cooking until vegetables are done. Serve on large platter, the meat heaped in the center. Alternate groups of vegetables with piles of barley around edge.

Potted Veal with Dumplings

2 pounds veal shoulder	1/2 teaspoon Worcestershire
1 onion	sauce
1 quart water	2 cups diced potatoes
2 teaspoons salt	6 carrots
1/4 teaspoon pepper	4 tablespoons flour

1/4 cup cold water

Remove fat and cut meat into one-inch cubes. Simmer veal and sliced onion in water for one hour. Add salt, pepper, Worcestershire sauce, potatoes, and sliced carrots. Continue cooking for fifteen minutes. Thicken mixture with the flour and water which have been blended together. Prepare dumplings and drop by teaspoonfuls on top of the meat. Cover closely and steam twelve minutes.

Dumplings

$1\frac{1}{2}$ cups flour
3 teaspoons baking powder
 $\frac{3}{4}$ cup milk
 $\frac{3}{4}$ teaspoon salt
2 tablespoons lard

Sift flour, measure, and sift again with baking powder and salt. Cut in lard until a fine even crumb. Add milk and mix to a soft dough.

Colonial "Boiled" Tongue

1 calf or beef tongue
4 tablespoons butter
 $\frac{1}{2}$ teaspoon salt
Bay leaf
1 tablespoon whole cloves
 $\frac{3}{4}$ cup brown sugar
 $1\frac{1}{2}$ cups canned or cooked cherries
1 cup broth
 $\frac{1}{2}$ lemon, sliced

Wash tongue thoroughly and let simmer in water until tender, about two or two and one-half hours. Trim root end and remove all skin. Place in a

Thrifty Dinner Menu

Potted Veal (p. 36)	Dumplings
Cottage Fried Potatoes	Harvard Beets
Crusty Rolls	Peach Butter
Fruit Salad	
Coffee	Milk

covered pan. Add salt, cloves, butter, bay leaf, brown sugar, cherries, sliced lemon, and 1 cup broth in which tongue was cooked. Cover and simmer on top of stove until thoroughly heated and sauce is thickened.

Corned Beef Dinner

3 or 4 pound roll of corned beef
1 small head cabbage
4 turnips
4 parsnips
4 potatoes

Have corned beef made into a roll and tied. Cover with cold water and allow to come to the boiling point. Drain, cover with hot water and let cook slowly until done, about three hours. Long enough before serving so they will be done, add the vegetables. Cabbage should be cut in quarters and added no more than fifteen minutes before serving.

Serve Sausage For Variety

Sausage Jumbles

1½ pounds fresh pork sausage 3 tomatoes
2 large onions 12 slices bacon

Form the sausage into patties one inch thick. Brown and place thin slice of onion and a slice of tomato on each meat patty. Cross two strips of bacon and wrap around each prepared sausage patty. Fasten bacon slices with a toothpick. Bake uncovered at 350° F., for one hour.

Baked Sausage Patties

1 pound bulk pork sausage 1 egg
1 slice bread ½ cup grated apple
1 teaspoon salt

Combine the sausage and bread which has been broken into small pieces. Add the remaining ingredients. Make into six patties three-fourths inch thick. Place on a rack in an open dripping pan. Bake in a moderate oven (350° F.) for one hour.

Oven-Cooked Thuringer

1½ pounds fresh Thuringer 2 cups water
sausage 2 tablespoons flour
Salt and pepper

Arrange sausage links in flat baking dish. Add one cup of water and cook uncovered in a hot oven (425° F.) for thirty minutes. Remove links from pan. Stir flour into meat stock until smooth. Gradually add remaining water, stirring constantly. Place links in gravy. Reduce oven heat to moderate (350° F.) and continue cooking for thirty minutes. Season gravy to taste and serve hot.

Supper Medley

2 pounds link sausages 2 teaspoons salt
2 tablespoons water ¼ teaspoon pepper
1 No. 2 can tomatoes 1 No. 2 can peas
½ cup grated onion ½ package long spaghetti
¼ pound sharp cheese

Place sausages and water in cold frying-pan. Cover and brown slowly. When sausage links are browned remove from pan. Pour off all but 2 tablespoons of fat. Add tomatoes and onions and simmer until onions are tender. Put sausage links into tomato mixture to reheat. Make a ring of peas around the edge of an ovenware platter. Arrange sausages and tomato sauce in center. Cover peas with cooked spaghetti, sprinkle with grated cheese. Place under the broiler to broil slowly until cheese has melted and browned slightly.

Zesty Frankfurters

Place 12 frankfurters in heavy covered pan. Add $\frac{1}{2}$ cup chili sauce, $\frac{1}{2}$ cup water, and 2 teaspoons prepared mustard. Cover and simmer for fifteen minutes. These go well with hot potato salad.

Luncheon Salad

<i>1 pound bologna</i>	<i>$\frac{1}{4}$ cup diced pimiento</i>
<i>2$\frac{1}{2}$ cups cooked elbow macaroni</i>	<i>$\frac{1}{2}$ cup cooked green peas</i>
<i>1 cup grated raw carrots</i>	<i>Salt</i>
<i>$\frac{1}{4}$ cup finely grated onion</i>	<i>Pepper</i>
	<i>Mayonnaise</i>
<i>Salad Greens</i>	

Dice bologna. Combine all ingredients except mayonnaise and greens. Chill thoroughly. Just before serving, add mayonnaise and toss lightly. Serve on salad greens.

Link Sausage and Hominy Omelet

<i>1 pound sausage links</i>	<i>1 teaspoon salt</i>
<i>2 tablespoons water</i>	<i>$\frac{1}{8}$ teaspoon pepper</i>
<i>1 No. 2$\frac{1}{2}$ can hominy</i>	<i>3 eggs</i>
<i>6 tablespoons milk</i>	

Place sausage links in cold frying-pan. Add water, cover and cook until water has evaporated. Remove cover, increase heat and cook until links are browned. Remove from frying-pan. Pour off all but 4 tablespoons of the fat. Add well drained hominy and seasonings and heat thoroughly. Add the beaten eggs and milk. Cook only until the eggs are set. Turn onto a chop plate. Arrange links over the top.

Spanish Casserole







<i>1 dozen sausage links</i>	<i>4 medium-sized onions, finely chopped</i>
<i>6 slices bacon</i>	
<i>4 large carrots, finely diced</i>	<i>$\frac{1}{3}$ cup tomato catsup</i>
<i>2 green peppers, chopped</i>	<i>$\frac{1}{3}$ cup water</i>

Wrap two sausages in each slice bacon and secure with toothpicks. Fry until bacon is crisp, draining off the fat frequently. Place in casserole and cover with carrots, green pepper and onions, which have been well-mixed. Make a sauce of the catsup and water and pour over top. Cook, covered, in a moderate oven (350° F.) about an hour. Uncover and allow to brown during last fifteen minutes of baking.

VITAMINS



Common Foods as Sources of Vitamins

SELECTED SERVING (Edible Portion)	A	B			C† (Ascorbic Acid)	D	
		Thiamine	Riboflavin	Nicotinic Acid			
		INTERNAT'L UNITS	MICROGRAMS (1)	MICROGRAMS (2)	MILLIGRAMS	MILLIGRAMS (3)	INTERNAT'L UNITS
 LIVER	4oz	6885	389	3343	35.5	*	35
 HEART	4oz	*	659	1980	7.8		
 KIDNEYS	4oz	743	515	2603	19.8		
 SWEETBREADS	4oz	*	373	907	3.7		
 BRAINS	4oz	*	280	439	9.0		
 BEEF	4oz	67	227	294	8.4	*	
 LAMB	4oz	*	337	397			
 VEAL	4oz	*	310	414	16.2		
 PORK	4oz	*	1602	344	11.0		
 FOWL	4oz	*	164	166			
 OYSTERS	3½oz	150	225				5
 COD LIVER OIL	½TSP	4440				0	629
 EGGS	1½oz (1 EGG)	375	44	177	3.3	0	8
 MILK	7oz (1 GLASS)	248	82	382	1.0	2.5	4
 BUTTER	½oz	231	0			0	11
 BREAD (Whole Wheat)	1oz (1 SLICE)	*	120	36			
 CHEESE	¾oz	375	8	120			
 OATMEAL	½oz (½CUP DRY)	0	131			0	
 APPLES	¾oz	60	28	71		4.5	
 ORANGES	¾oz	50	76	113		41.3	
 BANANAS	¾oz	206	46	105		8.5	
 GRAPEFRUIT	¾oz	0	51	120		32.8	
 PRUNES	1oz (DRY)	563	54	234		1.2	
 SPINACH	¾oz	18750	82	393		50.0	
 POTATOES	¾oz	30	116	72		9.8	
 TOMATOES	¾oz	1125	52	48		22.5	
 PEAS	¾oz	750	420	300		17.5	
 CARROTS	¾oz	3188	66	153		3.3	
 CAULIFLOWER	¾oz	38	168	180		28.8	

* Not determined but present in small amounts. † A portion of the vitamin C is destroyed in cooking.

§ Evaporated milk diluted with an equal amount of water has the same value as pasteurized milk.

(1) Thiamine: 1 microgram = 1/3 International Unit

(2) Riboflavin: 1 microgram = 1/3 Sherman-Bourquin Unit

(3) Ascorbic Acid: 1 milligram = 20 International Units

Recent research has proved that meat and meat products are among the most important food sources of essential vitamins. The above chart gives the very latest authentic information on vitamins in common foods.

**Meat Builds for Health, So Experts Say
It Tops the Meal Three Times a Day
In Menu Planning It's a Winner
For Breakfast, Luncheon and for Dinner.**

