

Spotlight on foods



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INDEX

BEEF RECIPES

	Page
Beef Cabbage Rolls	5
Beef Heart Casserole	9
Beef Roll-Ups	5
Bell Pepper Pot-Roast	3
Broiled Delmonico (Rib Eye) Steaks	4
Harvest Meat Loaf	4
Hawaiian Beef Patties	3
Individual Yorkshire Pudding	7
Liver a la Stroganoff	9
Pickle Pot-Roast	6
Pot-Roast Diablo	6
Shanghai Casserole	4
Standing Ribs of Beef	6
Veal Francaise	7
Veal Stew-Pepper Biscuits	8

PORK RECIPES

Baked Ham-Cranberry Glaze	13
Cheese-Stuffed Pork Chops	12
Dinner Delight	10
Double-A Pork Chops	11
Gem Jam Ribs	14
Ham-Potato Bake	10
Popular Pork Steaks	11
Prestige Pork Roast	12
Spicy Pork Hocks	14
Sunburst Ham Slice	13

LAMB RECIPES

Lamb Dillies	16
Lamb In The Limelight	16
Lamb Steaks Teriyaki	15
Lime Glaze	16
Raisin-Rice Lamb Chops	15

SAUSAGE, CANNED and READY-TO-SERVE MEATS

Bacon-Cheese Filling	27
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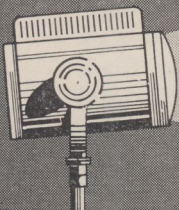
Chili Deluxe	25
Corned Beef Cones	26
Deviled Ham Filling	27
Double Crust Pork Pie	28
Frankfurter Frolics	25
Frankfurter Surprise	28
Lazy Day Casserole	26
Liverwurst Filling	27
Luncheon Meat Filling	27

BAKED GOODS

Apple-Plum Dumplings	36
Chocolate Confetti Pie	31
Chocolate Frosting	33
Cranberry Coffee Cake	33
Easy White Frosting	35
Encore Cookies	35
Herb Bread	31
Homemade Biscuit Mix	36
Homemade Pastry Mix	37
Honeybelle Dessert	30
Marble Cake	34
Orange Sauce	30
Peanut Butter Bars	34
Pineapple-Peach Pie	32
Rum Cream Torte	32
Rum Whipped Cream	33

SPECIAL FEATURES

Adjustments for High Altitude Baking	35
Freezing Meat Table	14
Handy References for Homemakers	38
Meat Charts	17, 18, 19
Meat Cookery Methods	20, 21
The Convenience of Canned Meats	29
Time Tables	22, 23, 24



Beef

Bell Pepper Pot-Roast

- 3 to 4-pound sirloin tip, rump, arm or blade pot-roast
- 3 tablespoons lard or drippings
- ½ cup hot water
- 1 beef bouillon cube
- 1 teaspoon salt
- ½ teaspoon oregano
- 2 medium size green peppers, cut into eight strips
- 1 tablespoon capers
- Flour

Brown meat in lard or drippings. Pour off drippings. Dissolve bouillon cube in hot water. Add bouillon, salt and oregano. Cover tightly and simmer 3 hours. Add green pepper and capers. Continue to simmer 15 minutes or until meat and peppers are tender. Remove meat and thicken liquid with flour for gravy.

Hawaiian Beef Patties

- 1½ pounds ground beef
- 1¼ cups soft bread crumbs
- ⅓ cup chopped onion
- 2 tablespoons finely chopped green pepper
- 1½ teaspoons salt
- ¼ teaspoon leaf or ground thyme
- ½ teaspoon dry mustard
- ¼ cup milk
- 3 tablespoons lard or drippings
- ⅓ cup brown sugar
- 2 tablespoons flour
- ⅓ cup vinegar
- ½ cup water
- 2 tablespoons soy sauce

Combine bread crumbs, onion, green pepper, salt, thyme, dry mustard and milk. Let stand 5 minutes. Add ground beef and mix. Shape into 6 patties, ¾-inch thick. Brown in lard or drippings. Pour off drippings. Combine brown sugar, flour, vinegar, water and soy sauce. Mix well. Pour over meat patties and simmer 15 to 20 minutes, turning patties once during cooking. 6 servings.

Shanghai Casserole

- 2 pounds ground beef
- 2 tablespoons lard or drippings
- 1 cup finely chopped onion
- 1 package (10½ ounces) frozen mixed vegetables
- ¼ cup water
- 1 can (10½ ounces) condensed mushroom soup
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon soy sauce
- 2 cups chopped celery
- 1 can (3 ounces) Chinese noodles

Brown ground beef in lard or drippings. Add chopped onion and cook until tender. Pour off drippings. Cook vegetables in water 5 minutes and drain. Combine vegetables, mushroom soup, salt, pepper, soy sauce and celery and stir into meat mixture. Place in a 2½-quart casserole. Cover and bake in a moderate oven (350° F.) 25 minutes. Remove cover, sprinkle with Chinese noodles and bake 5 minutes longer. 6 to 8 servings.

Broiled Delmonico (Rib Eye) Steaks

Beef Delmonico (Rib Eye) steaks, cut 1 to 2 inches thick
Salt
Pepper

Set regulator for broiling. Place steak on broiler rack. Insert broiler pan and rack so the top of 1-inch steak is 2 to 3 inches from the heat and 2-inch steak is 3 to 5 inches from

the heat. When one side is browned, season, turn and finish cooking on the second side. Season.

Steaks cut 1 inch thick require 12 to 15 minutes for rare steak. 18 to 20 minutes for medium. Steaks cut 2 inches thick require 30 to 35 minutes for rare and 30 to 45 minutes for medium.

Harvest Meat Loaf

- 2 pounds ground beef
- ¾ cup tomato juice
- ¾ cup dry bread crumbs
- 1 egg, beaten
- 2 teaspoons salt
- ¼ teaspoon pepper
- ¼ teaspoon sage
- 2 tablespoons dehydrated onion
- 1 can (13 ounces) sliced carrots
- 1 can (16 ounces) whole new potatoes
- 1 teaspoon parsley

Mix tomato juice and bread crumbs. Add ground beef, egg, salt, pepper, sage and onion. Mix well. Use a 13x9-inch roasting pan and shape into a loaf, 5x10x2-inches. Bake in a slow oven (300° F.) 1 hour. Add drained carrots and potatoes and sprinkle with parsley flakes. Return to oven and continue baking for 15 minutes or until vegetables are heated through. 8 servings.

Beef Roll-Ups

1½ to 2 pounds beef round steak, cut ½ inch thick
1 tablespoon parsley flakes
½ teaspoon basil
1 clove garlic, minced
¼ cup raisins
½ cup finely chopped peeled apple
½ teaspoon salt
¼ cup flour
½ teaspoon salt
⅛ teaspoon pepper
3 tablespoons lard or drippings
1 medium onion, sliced ¼ inch thick
1 can (10½ ounces) condensed tomato soup
⅓ cup water

Pound steak to ¼ inch thickness. Cut into 8 servings. Combine parsley flakes, basil, garlic, raisins, apple and ½ teaspoon salt. Place about a tablespoon of apple mixture on each piece of meat. Roll meat as a jelly roll and fasten with wooden picks. Combine flour, salt and pepper. Dredge meat with seasoned flour. Brown in lard or drippings. Pour off drippings. Add onion, tomato soup and water. Cover tightly and simmer 1½ hours or until meat is tender. 8 servings.

Beef Cabbage Rolls

1½ pounds ground beef
¼ pound pork sausage
1½ teaspoons salt
⅛ teaspoon pepper
1 cup cooked rice
1 can (8 ounces) tomato sauce
2 tablespoons dehydrated onion
1 tablespoon parsley flakes
1 large or 2 medium heads cabbage (14 large leaves)
1 can (11 ounces) condensed cheese soup
¼ cup milk

Brown ground beef and pork sausage. Pour off drippings. Add salt, pepper, rice, tomato sauce, onion and parsley flakes. Mix well. Cover and simmer 15 minutes. Separate 14 cabbage leaves, cover with boiling water and boil 2 minutes. Drain. Place ¼ to ⅓ cup of meat mixture in center of each leaf. Roll and fasten with a wooden pick. Place rolls in a 3-quart oblong utility dish or a 15½ x 10¾-inch baking pan. Cover and bake in a moderate oven (350° F.) 15 minutes. Remove cover. Combine cheese soup and milk and pour over cabbage rolls. Bake uncovered 15 minutes longer. 6 to 8 servings.

Pickle Pot-Roast

- 4 to 5-pound beef blade pot-roast
- 2 tablespoons lard or drippings
- 2 teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- 2 medium onions, sliced $\frac{1}{4}$ inch thick
- $\frac{1}{2}$ teaspoon celery seed
- $\frac{1}{4}$ teaspoon ground ginger
- $\frac{1}{4}$ cup sweet cucumber pickle juice
- $\frac{1}{2}$ cup sliced sweet cucumber pickles
- $\frac{1}{4}$ cup flour
- Water

Brown meat in lard or drippings. Pour off drippings. Season with salt and pepper. Add onions, celery seed, ginger and pickle juice. Cover tightly and simmer 3 hours. Add pickles and continue cooking 30 minutes or until meat is tender. Remove meat. Add enough water to cooking liquid to make 4 cups. Thicken liquid with flour for gravy. Serve with pot-roast.

Pot-Roast Diablo

- 3 to 4-pound beef arm or blade pot-roast
- $\frac{1}{4}$ cup flour
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon pepper
- 3 tablespoons lard or drippings
- $\frac{1}{4}$ cup finely chopped onion
- $\frac{1}{3}$ cup water
- 2 tablespoons prepared mustard
- $\frac{1}{4}$ cup chili sauce
- $\frac{2}{3}$ cup water
- 1 tablespoon Worcestershire sauce
- 1 tablespoon vinegar
- 1 teaspoon sugar
- Water

Combine flour, salt and pepper. Dredge meat with seasoned flour. Brown meat in lard or drippings. Pour off drippings. Add onion and $\frac{1}{3}$ cup water. Cover tightly and simmer $2\frac{1}{2}$ hours. Combine mustard, chili sauce, $\frac{2}{3}$ cup water, Worcestershire sauce, vinegar and sugar. Pour sauce over meat and continue simmering 30 to 40 minutes or until meat is tender. Remove meat from pan. Add enough water to make 2 cups liquid and use remaining flour for thickening gravy.

Standing Ribs of Beef

- 2 to 3-rib beef standing rib roast
- Salt
- Pepper

Have the market man remove the chine bone to make carving easier. Season. Place fat side up on rack in open roasting pan. Insert meat ther-

momometer so the bulb reaches the center of the thickest part, being sure that the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.-325° F.) to the desired degree of doneness. The meat thermometer will register 140° F. for rare; 160° F. for medium-done; 170° F. for well-done. Allow 18 to 20 minutes per pound for cooking a rare roast; 22 to 25 minutes for medium; and 27 to 30 minutes for well-done.

Individual Yorkshire Pudding

1 cup sifted enriched flour
¾ teaspoon salt
2 eggs
1 cup milk
1 teaspoon parsley flakes
¼ cup drippings from ribs
of beef or lard
of 12 (6 ounce) custard cups. Divide batter placing approximately 3 tablespoons in each cup. Bake in hot oven (400° F.) 30 minutes. Yield: 1 dozen.

Preheat oven to hot (400° F.). Sift together flour and salt. Beat eggs. Add milk and slowly add sifted dry ingredients, beating constantly. Add parsley flakes. Place 1 teaspoon of beef drippings or melted lard in each

Veal Francaise

4 veal round steaks or
cutlets, cut ¼ inch thick
¼ cup lard
¼ pound "boiled" ham slices
¼ pound Swiss cheese slices
½ cup flour
¾ teaspoon salt
¼ teaspoon pepper
1½ cups crushed cereal
crumbs
1 egg, beaten
2 tablespoons milk

Remove round bone and cut each steak into 3 serving pieces. Cut each slice of ham and cheese into 3 pieces. Place a piece of ham and a piece of cheese on half of each serving piece of veal and fold other half over. Mix together flour, salt and pepper. Combine egg and milk. Dredge steaks with seasoned flour. Dip dredged steaks in egg mixture, then in cereal crumbs. Brown folded pieces in lard.

Place in a 13x9-inch roasting pan. Cover and bake in a slow oven (300° F.) 45 minutes. Remove cover and bake 15 minutes or until tender. 6 to 8 servings.

Veal Stew-Pepper Biscuits

- 2 pounds boneless veal,
cut into 1-inch cubes
- 2 tablespoons lard or
drippings
- 2 bouillon cubes
- 2½ cups hot water
- 1 teaspoon salt
- ⅓ teaspoon pepper
- 4 whole carrots, cut into
2-inch pieces
- 1 package (10½ ounces)
frozen Italian green
beans
- 1 can (16 ounces) whole
onions, drained
- 3 tablespoons flour
- ¼ cup water
- 1 can (10½ ounces)
condensed celery soup
- 1 tablespoon sugar
- ⅛ teaspoon ground savory
- ⅛ teaspoon ground or
leaf thyme

stir lightly. Arrange biscuits, cut side down, on hot stew. Bake in a hot oven (400° F.) 15 to 20 minutes or until biscuits are browned. 8 servings.

Brown veal in lard. Pour off drippings. Dissolve bouillon cubes in 2½ cups hot water. Add bouillon, salt and pepper to veal. Cover tightly and simmer 1 hour. Add carrots and simmer 30 minutes. Make Pepper Biscuits. (See recipe below.) Add green beans and onions to meat mixture and simmer 15 minutes. Pour off cooking liquid and measure. Place meat and vegetables in a 2½-quart casserole. Add water to cooking liquid to make 1½ cups. Blend flour and ¼ cup water. Return cooking liquid to pan in which veal was cooked. Add flour mixture and cook, stirring constantly, until thickened. Add celery soup, sugar, savory and thyme. Mix well and heat to boiling. Pour hot gravy over meat and vegetables and

Pepper Biscuits

- 2 cups Homemade Biscuit
Mix (see recipe page 36)
- ½ cup milk
- 2 tablespoons melted
butter or margarine
- ½ teaspoon pepper

Add milk to Homemade Biscuit Mix and mix evenly with fork. Turn dough out on a lightly floured pastry cloth. Knead for 30 seconds. Roll into a rectangle approximately 10x12 inches. Brush with butter or margarine. Sprinkle pepper over dough. Roll as for a jelly roll and cut into twelve 1-inch slices.

Beef Heart Casserole

- 1 beef heart
or
- 2 veal hearts
- 3 tablespoons lard or
drippings
- ¼ cup chopped onion
- ¼ cup coarsely chopped
green pepper
- 1 clove garlic, minced
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ⅛ teaspoon celery seed
- ½ teaspoon dry mustard
- 1 can (8 ounces) tomato
sauce
- ⅓ cup water
- 1 cup elbow macaroni

Wash heart thoroughly and remove veins and hard parts and cut meat into 1-inch cubes. Brown meat, onion, green pepper and garlic in lard or drippings. Pour off drippings. Combine salt, pepper, celery salt, dry mustard, tomato sauce and water. Pour mixture over heart and simmer for 1½ hours. Prepare macaroni according to directions on package. Combine meat mixture and cooked macaroni. Cover and simmer on top of range for 30 minutes. 6 servings.

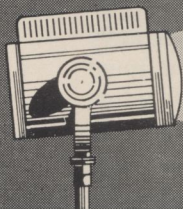
Liver a la Stroganoff

- 1½ pounds beef or pork
liver, sliced ½ inch thick
- ¼ cup flour
- 3 tablespoons lard or
drippings
- 2 small onions, sliced
¼ inch thick
- 1 can (4 ounces) mushroom
stems and pieces
- 1 tablespoon flour
- 2 teaspoons vinegar
- ¼ teaspoon dill seed
- 1 teaspoon salt
- ½ cup dairy sour cream

Dredge liver with flour. Brown lightly on each side in lard or drippings. Pour off drippings. Drain mushrooms and save liquid. Add onions and mushrooms. Cover and cook slowly 15 minutes. Remove liver, add 1 tablespoon flour, mushroom liquid, vinegar, dill seed and salt to pan in which liver was cooked. Simmer 5 minutes. Fold in sour cream, stirring constantly, until heated through. Serve sauce over liver. 6 servings.



Spotlight on



Pork

Ham-Potato Loaf

- 3 cups ham, cut into
½-inch cubes*
- 8 medium potatoes
- 1 teaspoon salt
- ¼ cup butter or margarine
- ¼ cup flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1½ cups milk
- 5 green onions, sliced
- 3 tablespoons chopped
pimiento
- ½ cup grated cheddar
cheese

Pare potatoes. Cover with water, add 1 teaspoon salt and cook until just tender. Slice potatoes after they are cooled. Melt butter or margarine. Add flour, salt and pepper. Gradually add milk, stirring constantly until thick. Combine ham, sliced potatoes, onions, pimiento and cream sauce. Pour into a 2½-quart casserole. Bake in a moderate oven (350° F.) 45 minutes. Top with cheese. Return to oven and bake 15 minutes longer. 6 to 8 servings.

*To serve as a meat accompaniment, omit ham.

Dinner Delight

- 2 to 3-pound smoked pork
shoulder butt
- 2 cans (16 ounces each)
sweet potatoes
- ¼ cup brown sugar
- 2 tablespoons butter or
margarine
- 14 to 16 marshmallows

Cut meat into ½-inch slices. Place slices, overlapping, in center of a 12x8-inch utility dish. Bake in a slow oven (325° F.) 1 hour. Drain sweet potatoes and arrange around meat. Sprinkle sweet potatoes with brown sugar and dot with butter or margarine. Bake 15 minutes. Place marshmallows on top of sweet potatoes and continue baking 15 minutes. 6 servings.

Double-A Pork Chops

- 6 pork loin chops, cut
¾ to 1 inch thick
- 1 can (1 pound 1 ounce)
apricot halves
- 3 tablespoons lard or
drippings
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ cup chopped celery
- ¼ cup finely chopped onion
- 1 cup chopped unpeeled
apple
- 1 teaspoon salt
- ½ teaspoon poultry
seasoning
- 6 cups toasted bread
crumbs

Drain apricots, save sirup. Brown chops in lard or drippings. Pour off drippings. Season chops with salt and pepper. Add ⅓ cup apricot sirup. Cover, simmer 15 minutes, turning chops once during the cooking period. Dice apricots. Combine celery, onion, apple, apricots, salt, poultry seasoning, bread crumbs and ¼ cup apricot sirup. Place ½ of the dressing in a 3-quart baking dish or a 15½x10¾-inch roasting pan. Arrange pork chops on top of dressing. Spoon remaining dressing between the chops. Pour juices in the frying-pan over the chops. Cover and bake in a moderate oven (350°F.) 45 minutes. Uncover and bake 15 minutes or until chops are done. 6 servings.

Popular Pork Steaks

- 4 pork blade steaks, cut
½ to ¾ inch thick
- 2 tablespoons lard or
drippings
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 4 slices onion, cut ¼ inch
thick
- ¼ to ⅓ cup water
- 4 green pepper rings, cut
¼ inch thick
- 4 slices tomato, cut ½ inch
thick
- 1 package (8 ounces)
medium noodles

Brown steaks in lard or drippings. Pour off drippings. Season with salt and pepper. Place a slice of onion on top of each steak and add water. Cover and simmer 30 minutes. Place a slice of green pepper on top of each steak. Cover and simmer 15 minutes. Place a slice of tomato on top of each steak. Cover and simmer 15 minutes more or until done. Cook noodles according to directions. Serve steaks over cooked noodles, pouring juice from steaks over the noodles.

Prestige Pork Roast

- 4 to 6-pound boneless pork loin roast, rolled and tied
- Salt
- Pepper

Season roast with salt and pepper. Place roast on rack in open roasting pan. Do not add water. Do not cover. Roast in a moderate oven (325° F.-

350° F.) 1½ hours, turn, insert meat thermometer so bulb reaches center of thickest part. Continue roasting 1½ to 2 hours or until thermometer registers 185° F. Let set 15 to 20 minutes before carving and serve on hot platter.

Rotisserie cooking. Season roast with salt and pepper. Insert spit lengthwise through exact center of roast using forks or prongs on spit to hold meat in place. Insert spit in oven and cook according to instructions with rotisserie. Place broiler pan, without rack, below meat to catch drippings. Roast at moderate temperature (325° F.-350° F.) allowing 25 to 35 minutes per pound or until done. When a meat thermometer is used it should be inserted, at a slight angle, so the tip is in the center of the roast but not resting in fat or on the rotisserie rod. Roast until thermometer registers 185° F. Let set 15 to 20 minutes before carving and serve on a hot platter.

Cheese-Stuffed Pork Chops

- 6 pork rib chops, cut 1 to 1½ inches thick, with pockets for stuffing
- 1 cup soft bread crumbs
- 1½ cups grated Mozzarella cheese
- ¼ teaspoon leaf oregano
- ¼ teaspoon basil
- ½ teaspoon soy sauce
- 1 tablespoon water
- 2 tablespoons lard or drippings
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ cup water

Combine bread crumbs, Mozzarella cheese, oregano, basil, soy sauce and 1 tablespoon water. Fill pockets in pork chops with stuffing. Brown in lard or drippings. Pour off drippings. Season with salt and pepper. Add ¼ cup water and cover tightly. Simmer for 1 hour or until done. 6 servings.

Baked Ham—Cranberry Glaze

- 12 to 14-pound fully-cooked ham
Cranberry Glaze

Place the fully-cooked ham, fat side up, on rack in an open roasting pan. Insert meat thermometer so that the bulb reaches the center of the thickest part and does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (325° F.) until the thermometer registers 130° F. Allow 12 to 15 minutes per pound. Make Cranberry Glaze. About 30 minutes before end of cooking time spread half of the Cranberry Glaze over the ham. After 15 minutes repeat by spreading remaining glaze over ham.

Cranberry Glaze

- ¼ teaspoon ground cloves
1 teaspoon dry mustard
½ teaspoon lemon rind
¾ cup orange marmalade
½ cup jellied cranberry sauce

Combine cloves, mustard, lemon rind, marmalade and cranberry sauce. Mix well. Cook mixture, stirring occasionally, about 5 minutes. Yield: 1¼ cups.

Sunburst Ham Slice

- 1 smoked ham slice, cut ¾ to 1 inch thick
6 crabapples, drained
6 pieces banana, cut 1 inch thick
12 chunks pineapple, drained
6 cooked prunes, drained and pitted
6 4 to 5 inch wooden skewers

Set regulator for broiling. Place meat on broiler rack. Insert broiler pan and rack so the top of the meat is 2 to 3 inches from the heat and broil 8 to 10 minutes on first side. Make fruit kabobs by threading a crabapple, banana, pineapple and prune on wooden skewer. When one side of the meat is browned, turn. Place fruit kabobs around meat and continue broiling 6 to 8 minutes or until meat is done. 4 to 6 servings.

Spicy Pork Hocks

- 6 to 8 pork hocks
- 3 tablespoons lard or drippings
- 1½ cups water
- 1 bay leaf
- 8 whole allspice
- 2 teaspoons salt
- ⅛ teaspoon red pepper
- 5 whole medium onions
- Flour

Brown cut sides of pork hocks in lard or drippings. Pour off drippings. Add water, bay leaf, allspice, salt and red pepper. Cover and simmer 1 hour. Add onions and continue to simmer 1½ hours or until done. Thicken liquid with flour for gravy and serve with pork hocks.

Gem Jam Ribs

- 4 pounds pork spareribs or backribs
- ½ teaspoon prepared mustard
- 1 tablespoon vinegar
- 1 tablespoon lemon juice
- 1 tablespoon molasses
- ¼ cup orange marmalade
- ½ cup catchup
- ⅓ cup finely chopped onion
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ⅛ teaspoon garlic salt
- 4 whole cloves

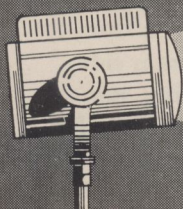
Place spareribs on rack in open roasting pan. Bake in a slow oven (325° F.) 1½ hours. Combine mustard, vinegar, lemon juice, molasses, orange marmalade, catchup, onion, Worcestershire sauce, salt, pepper, garlic salt and whole cloves. Bring to a boil and cook 5 minutes. Remove spareribs and rack from pan and pour off drippings. Return spareribs to pan. Pour half the sauce over spareribs and continue baking 30 minutes. Turn, pour remaining sauce over second side of spareribs and bake 30 minutes longer, or until glaze is set. 6 to 8 servings.

FREEZING MEAT

Meat	Maximum Storage Time*
Beef	6 to 12 Months
Lamb and Veal	6 to 9 Months
Fresh Pork	3 to 6 Months
Ground Beef and Lamb	3 to 4 Months
Ground Pork	1 to 3 Months

*This range in maximum storage time reflects differences in recommendations of various authorities using meat from different sources.

Spotlight on



Lamb

Raisin-Rice Lamb Chops

- 6 lamb arm or blade chops, cut $\frac{3}{4}$ inch thick
- 3 tablespoons lard or drippings
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{4}$ cup water
- $\frac{3}{4}$ cup uncooked rice
- $\frac{1}{3}$ cup raisins
- 6 lemon slices, cut $\frac{1}{4}$ inch thick
- $\frac{1}{4}$ cup chili sauce
- $\frac{1}{4}$ teaspoon leaf oregano
- $\frac{1}{8}$ teaspoon rubbed or ground sage

Brown lamb chops in lard or drippings. Pour off drippings. Season with salt and pepper. Add water. Cover tightly and simmer 30 minutes. Cook rice according to directions on package, adding raisins last 10 minutes of cooking time. Place a lemon slice on each lamb chop. Combine chili sauce, oregano and sage and pour over chops. Cover tightly and simmer 15 minutes longer or until done. Serve on Raisin-Rice. 6 servings.

Lamb Steaks Teriyaki

- 4 lamb leg steaks, arm or blade chops, cut $\frac{3}{4}$ inch thick
- $\frac{1}{4}$ cup brown sugar
- 1 tablespoon ground ginger
- 2 tablespoons lemon juice
- 1 clove garlic, minced
- $\frac{3}{4}$ cup soy sauce
- $\frac{1}{4}$ cup water

Combine brown sugar, ginger, lemon juice, garlic, soy sauce and water. Mix well, pour over steaks or chops and marinate at least 30 minutes. Set regulator for broiling. Place steaks or chops on broiler pan and rack. Insert broiler pan and rack so the meat is 3 to 5 inches from the heat. Broil 8 to 10 minutes and turn. Broil 6 to 8 minutes or until steaks are done. 4 servings.

Lamb in the Limelight

5 to 6-pound lamb leg

Salt

Pepper

Lime Glaze

Do not have the fell removed from the lamb leg. Season. Place skin side up on rack in open roasting pan.

Insert meat thermometer so the bulb reaches the center of the thickest part of the leg, being sure the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.-325° F.) 3 to 3½ hours or until done. The meat thermometer will register 175° F. for medium-done; 180° F. for well-done. Allow 30 to 35 minutes per pound for roasting. Make Lime Glaze. About 30 minutes before the end of the cooking time, and for 10 minute intervals thereafter, brush the Lime Glaze over the lamb.

Lime Glaze

¼ cup brown sugar

½ cup pineapple juice

⅛ teaspoon ground ginger

¼ teaspoon salt

½ teaspoon grated lime rind

Combine brown sugar, pineapple juice, ginger, salt and lime rind. Bring to a boil and cook 5 minutes. Remove from heat.

Lamb Dillies

1½ pounds ground lamb

6 slices bacon

2 tablespoons grated onion

2 teaspoons prepared mustard

1 teaspoon salt

¼ teaspoon pepper

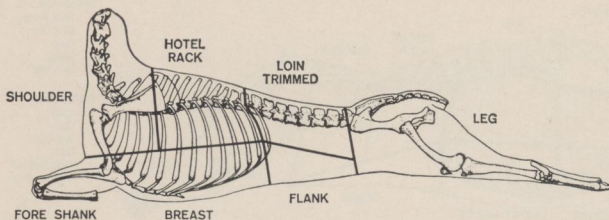
3 to 4 dill pickles

Dice bacon and cook until crisp. Drain and combine the bacon and lamb and add onion, mustard, salt and pepper. Mix well. Pat into rectangle about 7x12 inches. Place a row of whole dill pickles, end to end, on top of meat mixture. Roll meat as for jelly roll. Cut into twelve 1-inch

slices. Place slices on broiler pan and rack, cut side down. Broil top surface until browned, about 8 minutes, turn and broil until second side is browned, about 6 minutes. 6 servings.

LAMB CHART

WHOLESALE CUTS OF LAMB AND THEIR BONE STRUCTURE



APPROXIMATE YIELDS

FORESADDLE	PERCENT
Shoulders (4 ribs)	24.5
Hotel Rack (8 ribs)	11.5
Shanks	4.0
Breasts	10.0
	50.0
HINDSADDLE	
Legs	33.0
Loin, trimmed	11.0
Flanks	3.0
Kidneys and Suet	2.5
Cutting loss	48.5
Total	100.0

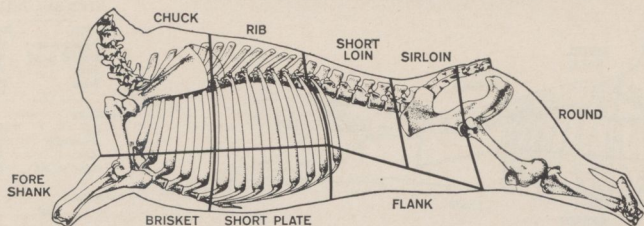
RETAIL CUTS OF LAMB AND WHERE THEY COME FROM



NATIONAL LIVE STOCK AND MEAT BOARD

BEEF CHART

WHOLESALE CUTS OF BEEF AND THEIR BONE STRUCTURE

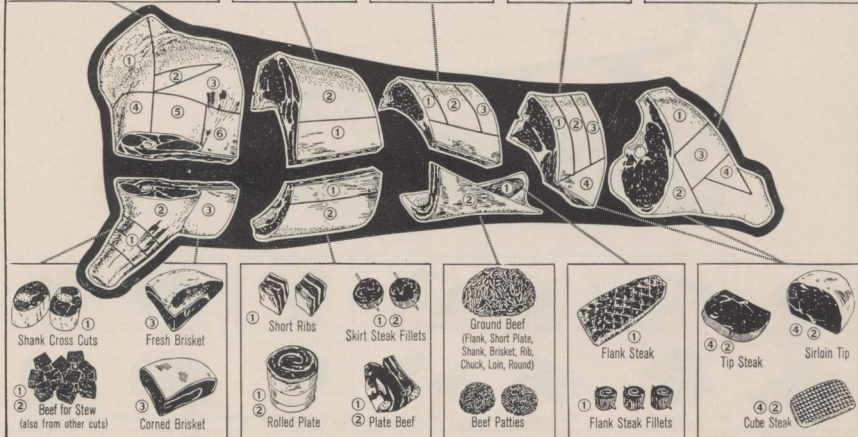


APPROXIMATE YIELDS*

FOREQUARTER	PERCENT
Chuck (5 ribs)	26
Rib (7 ribs)	9
Shank	4
Brisket	5
Short Plate	8
	52
HINDQUARTER	
Round	23
Sirloin	9
Short Loin	8
Flank	5
Kidney, Suet and Hanging Tender	3
	48
Total	100

*No allowance for cutting shrink

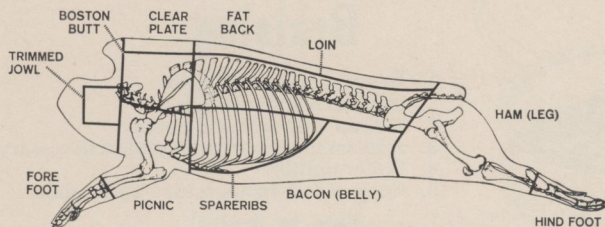
RETAIL CUTS OF BEEF AND WHERE THEY COME FROM



NATIONAL LIVE STOCK AND MEAT BOARD

PORK CHART

WHOLESALE CUTS OF PORK AND THEIR BONE STRUCTURE

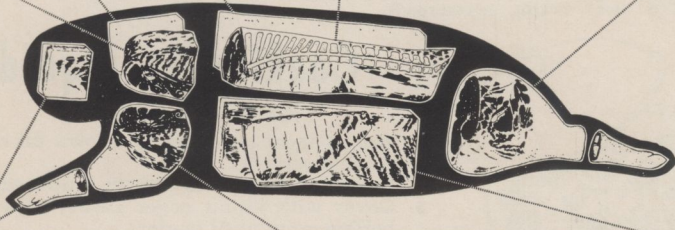
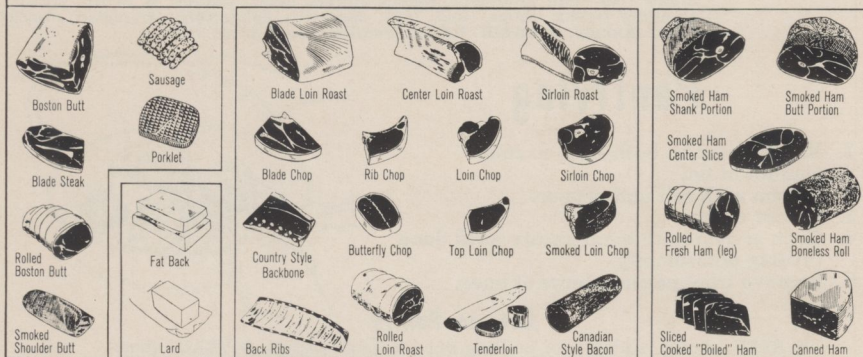


APPROXIMATE YIELDS*

NAME OF CUT	PERCENT
Fresh Hams, Skinned	18.5
Loin, Blade on	15.0
Boston Butts	6.5
Picnics, Regular	8.5
Bacon, Square Cut	17.5
Spareribs	3.0
Jowl, Trimmed	3.0
Feet, Tail, Neckbones	5.0
Fat Back, Clear Plate and all Fat Trimmings	18.0
Sausages Trimmings	4.5
Cutting Loss	99.5
Total	100.0

* Packer Dressed Hog, Head off, Leaf out

RETAIL CUTS OF PORK AND WHERE THEY COME FROM



NATIONAL LIVE STOCK AND MEAT BOARD

MEAT COOKERY METHODS

Braising

1. Brown meat on all sides in fat in heavy utensil.
2. Season with salt and pepper.
3. Add small amount of liquid, if necessary.
4. Cover tightly.
5. Cook at low temperature until tender.

Cuts to Braise

● BEEF: pot-roasts, shortribs, round steaks, heart, kidney. ● VEAL: breast, chops (rib, loin, shoulder), steaks, cutlets, heart, kidney. ● PORK (fresh): shoulder steaks, chops (loin, rib), spareribs, tenderloin (frenched), hocks, heart, kidney. ● LAMB: breast, shoulder, neck slices, shanks.

Panfrying

1. Brown meat on both sides in small amount of fat.
2. Season with salt and pepper.
3. Do not cover.
4. Cook at moderate temperature until done, turning occasionally.
5. Remove from pan and serve at once.

Cuts to Panfry

● BEEF: steaks (suitable for broiling but cut thin), patties. ● VEAL: chops, cutlets. ● PORK (fresh): thin chops, tenderloin. ● PORK (smoked): ham slice, Canadian-style bacon, bacon. ● LAMB: chops, patties. ● VARIETY MEATS: liver, brains, sweetbreads.

Cooking in Liquid

(Large Cuts and Stews)

1. Brown meat on all sides in own fat or lard, when desirable.
2. Season with salt and pepper, if desired.
3. Cover with liquid, cover kettle, cook below boiling point until tender.
4. Add vegetables just long enough before serving to be cooked.

Cuts to Cook in Liquid

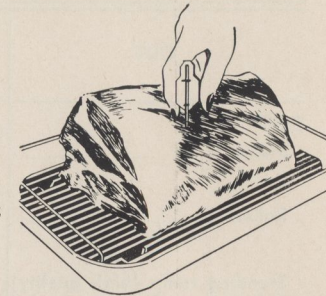
● BEEF: neck, shank, heel of round, plate, brisket, chuck, flank, heart, tongue, kidney, corned beef. ● VEAL: shoulder, flank, neck, shank, breast, tongue, heart, kidney. ● PORK (fresh): hocks. ● PORK (smoked): ham, picnic, butt. ● LAMB: neck, breast, shoulder, shank.

Roasting

1. Season with salt and pepper.
2. Place meat fat side up on rack in open roast-pan.
3. Insert meat thermometer.
4. Do not add water. Do not cover. Do not baste.
5. Roast in slow oven—300° F. to 350° F.
6. Roast to desired degree of doneness.

Cuts to Roast

● BEEF: ribs, rump (high quality), loaf. ● VEAL: leg, loin, rack, shoulder loaf. ● PORK (fresh): loin, shoulder, leg or ham, spareribs, loaf. ● PORK (smoked): ham, picnic, shoulder butt, loaf. ● LAMB: leg, shoulder, loaf.



Broiling

1. Set the oven regulator for broiling.
2. Place meat 2 to 5 inches from the heat.
3. Broil until top of the meat is brown.
4. Season the meat with salt and pepper.
5. Turn the meat and cook until it is done.
6. Season and serve at once.

Cuts to Broil

● BEEF: steaks (rib, club, tenderloin, T-bone, Porterhouse, sirloin) patties. ● VEAL: liver. ● PORK (smoked): ham slice, Canadian-style bacon, bacon. ● LAMB: chops (shoulder, rib, loin), patties, liver, kidney. ● VARIETY MEATS: brains, sweetbreads.

Panbroiling

1. Place meat in heavy frying-pan.
2. Do not add fat or water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour fat from the pan as it accumulates.
5. Brown the meat on both sides.
6. Season the meat and serve at once.

Cuts to Panbroil

● BEEF: steaks (rib, club, tenderloin, T-bone, Porterhouse, sirloin) patties. ● VEAL: liver. ● PORK (smoked): ham slice, Canadian-style bacon, bacon. ● LAMB: chops (shoulder, rib, loin), patties, liver, kidney. ● VARIETY MEATS: brains, sweetbreads.



Time-Table for Roasting

CUT	Approx. Weight	Oven Tempera- ture Constant	Interior Temperature When Removed From Oven	Approximate Time Per Pound
BEEF	<i>Pounds</i>	<i>Degrees F.</i>	<i>Degrees F.</i>	<i>Minutes</i>
Standing rib	6 to 8	300-325	140	23-25
			160	27-30
			170	32-35
Rolled rib	5 to 7	300-325	140	32
			160	38
			170	48
Standing rump (high quality)	5 to 7	300-325	150-170	25-30
Rolled rump (high quality)...	4 to 6	300-325	150-170	25-30
PORK—FRESH				
Loin—Center	3 to 5	325-350	185	35-40
Half	5 to 7		185	40-45
Ends	2 to 3		185	45-50
Picnic shoulder	5 to 8	325-350	185	30-35
Boned and rolled	3 to 5	325-350	185	40-45
Cushion-style	3 to 5	325-350	185	35-40
Boston butt	4 to 6	325-350	185	45-50
Fresh ham, whole	10 to 14	325-350	185	30-35
PORK—SMOKED				
Ham*—Whole	10 to 14	300-325	160	18-20
Half	5 to 7	300-325	160	22-25
Shank or butt portion.....	3 to 4	300-325	160	35-40
Ham, fully cooked.....	8-10	325	130	12-15
Ham, fully cooked.....	10-12	325	130	12-15
Ham, canned**				
Shoulder butt	2 to 4	300-325	170	35
Picnic shoulder	5 to 8	300-325	170	35
LAMB				
Leg	5 to 8	300-325	175-180	30-35
Shoulder (bone in)	4 to 6	300-325	175-180	30-35
Rolled	3 to 5	300-325	175-180	40-45
Cushion-style	3 to 5	300-325	175-180	30-35
VEAL				
Leg	5 to 8	300-325	170	25-35
Loin	4 to 6	300-325	170	30-35
Rib (rack)	3 to 5	300-325	170	30-35
Shoulder (bone in)	5 to 8	300-325	170	25-35
Rolled	4 to 6	300-325	170	40-45

* Hams now on market which require shorter cooking period due to method of processing.

** To heat canned hams, to serve hot, follow instructions on can.

Time-Table for Broiling*

CUT	Weight	Approximate Total Cooking Time	
		Rare	Medium
BEEF	<i>Pounds</i>	<i>Minutes</i>	<i>Minutes</i>
Chuck steak—1 inch	1½ to 2½	24	30
1½ inches	2 to 4	40	45
Rib steak—1 inch	1 to 1½	15	20
1½ inches	1½ to 2	25	30
2 inches	2 to 2½	35	45
Club steak—1 inch	1 to 1½	15	20
1½ inches	1½ to 2	25	30
2 inches	2 to 2½	35	45
Sirloin steak—1 inch	1½ to 3	20	25
1½ inches	2¼ to 4	30	35
2 inches	3 to 5	40	45
Porterhouse steak—1 inch	1¼ to 2	20	25
1½ inches	2 to 3	30	35
2 inches	2½ to 3½	40	45
Ground beef patties 1 inch thick by 3 inches	4 ounces	15	25
PORK—SMOKED			
Ham slice—tendered			
½ inch	¾ to 1	Ham always cooked well done	10-12
1 inch	1½ to 2		16-20
Canadian-style bacon			
¼ inch slices			6-8
½ inch slices			8-10
Bacon			4-5
LAMB			
Shoulder chops—1 inch	5 to 8 ounces	Lamb chops are not served rare	12
1½ inches	8 to 10 ounces		18
2 inches	10 to 16 ounces		22
Rib chops—1 inch	3 to 5 ounces		12
1½ inches	4 to 7 ounces		18
2 inches	6 to 10 ounces		22
Loin chops—1 inch	4 to 7 ounces		12
1½ inches	6 to 10 ounces		18
2 inches	8 to 14 ounces		22
Ground lamb patties 1 inch by 3 inches	4 ounces		18

* This time-table is based on broiling at a moderate temperature (350° F.). Rare steaks are broiled to an internal temperature of 140° F.; medium to 160° F.; well done to 170° F. Lamb chops are broiled from 170° F. to 175° F. Ham is cooked to 160° F. The time for broiling bacon is influenced by personal preference as to crispness.

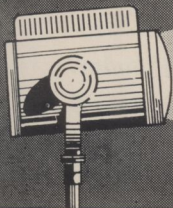
Time-Table for Braising

CUT	Average Weight or Thickness	Approximate Total Cooking Time
BEEF		
Pot-Roast	3 to 5 pounds	3-4 hours
Swiss steak	1½ to 2½ inches	2-3 hours
Fricassee	2 inch cubes	1½-2½ hours
Beef birds	½ inch (x 2 in. x 4 in.)	1½-2½ hours
Short ribs	Pieces (2 in. x 2 in. x 4 in.)	1½-2½ hours
Round steak	¾ inch	45-60 minutes
Stuffed steak	½ to ¾ inch	1½ hours
PORK		
Chops	¾ to 1½ inches	45-60 minutes
Spareribs	2 to 3 pounds	1½ hours
Tenderloin		
Whole	¾ to 1 pound	45-60 minutes
Fillet	½ inch	30 minutes
Shoulder steaks	¾ inch	45-60 minutes
LAMB		
Breast—stuffed	2 to 3 pounds	1½-2 hours
Breast—rolled	1½ to 2 pounds	1½-2 hours
Neck slices	¾ inch	1 hour
Shanks	¾ to 1 pound each	1-1½ hours
Shoulder chops	¾ to 1 inch	45-60 minutes
VEAL		
Breast—stuffed	3 to 4 pounds	1½-2½ hours
Breast—rolled	2 to 3 pounds	1½-2½ hours
Veal birds	½ inch (x 2 in. x 4 in.)	45-60 minutes
Chops	½ to ¾ inch	45-60 minutes
Steaks or cutlets	½ to ¾ inch	45-60 minutes
Shoulder chops	½ to ¾ inch	45-60 minutes
Shoulder cubes	1 to 2 inches	45-60 minutes

Time-Table for Cooking in Liquid

CUT	Average Weight	Approximate Time Per Pound	Approximate Total Cooking Time
	<i>Pounds</i>	<i>Minutes</i>	<i>Hours</i>
Smoked ham (old style and country cured)			
Large	12 to 16	20	
Small	10 to 12	25	
Half	5 to 8	30	
Smoked ham (tendered)			
Shank or butt half	5 to 8	20-25	
Smoked picnic shoulder	5 to 8	45	
Fresh or corned beef	4 to 6	40-50	
Beef for stew			2½-3½
Veal for stew			2-3
Lamb for stew			1½-2

Spotlight on



Sausage, Canned and Ready-to-Serve Meats

Chili Deluxe

- 2 cans (15 ounces each)
chili con carne
- ¼ cup finely chopped
green pepper
- 2 tablespoons flour
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 tablespoon baking
powder
- 1¼ cups corn meal
- 1 egg, beaten
- ⅔ cup milk
- 2 tablespoons lard, melted

Mix chili con carne and green pepper. Place in 8x8-inch cake pan. Place in oven to heat for 10 minutes. Sift together flour, sugar, salt and baking powder. Stir in corn meal. Add egg, milk and melted lard, stirring only until dry ingredients are moistened. Do not over beat. Cover meat mixture with batter and bake in a hot oven (425° F.) 15 to 20 minutes or until browned. 6 servings.

Frankfurter Frolics

- 10 frankfurters
- 10 slices bread
- 3 tablespoons butter or
margarine, melted
- 3 tablespoons finely
chopped onion
- 3 tablespoons mustard
- ¼ cup grated Parmesan
cheese

Brush butter or margarine on one side of bread. Combine onion, mustard and cheese and spread on other side of bread. Place a frankfurter, diagonally, across the mustard mixture on each slice of bread. Fasten two opposite corners of bread with wooden picks. Place in a 13x9-inch utility dish and bake in a hot oven (400° F.) 12 to 15 minutes or until browned. 5 servings.

Corned Beef Cones

- 2 cans (15½ ounces each)
corned beef hash
- 2 tablespoons finely
chopped onion
- ¼ cup finely chopped celery
- ⅓ cup chopped green
pepper
- 1 tablespoon lard or
drippings
- ¼ teaspoon basil
- 1 tablespoon chopped
pimiento
- 1 teaspoon Worcestershire
sauce
- 2 eggs, beaten
- 2 tablespoons milk
- ¼ cup flour
- ¾ cup commercial bread
crumbs
- 2 pounds lard for deep-fat
frying

Cook onion, celery and green pepper in 1 tablespoon lard until tender. Pour off drippings. Combine corned beef hash, onion, celery, green pepper, basil, pimiento and Worcestershire sauce. Shape into 8 to 10 cones. Combine beaten eggs and milk. Dredge cones with flour. Dip cones in egg mixture, then into bread crumbs. Heat lard to 350° F. Fry cones in lard until brown, about 3 minutes. Drain on absorbent paper. 6 servings.

Lazy Day Casserole

- 2 cans (12 ounces each)
luncheon meat
- 1 can (16 ounces) cut
green beans, drained
- 1 can (14 ounces) cut
asparagus spears,
drained
- 2 tablespoons lard
- ¼ cup flour
- 2 cups milk
- ¼ teaspoon salt
- ⅓ teaspoon celery seed
- 1 tablespoon prepared
mustard
- ½ cup fine soft bread
crumbs
- 1 tablespoon butter or
margarine, melted

Cut luncheon meat into ½-inch cubes. Arrange green beans and asparagus in bottom of a 2-quart casserole. Melt lard. Stir in flour. Add milk, salt, celery seed and mustard. Cook, stirring constantly, until thickened. Add luncheon meat to sauce and pour over vegetables. Combine bread crumbs and butter or margarine and sprinkle on top. Bake, uncovered, in a moderate oven (350° F.) 25 minutes. 6 servings.

Liverwurst Filling

- ½ pound liverwurst
- 1½ teaspoons lemon juice
- 2 teaspoons prepared mustard
- ¼ teaspoon salt
- ⅛ teaspoon onion powder
- 2 tablespoons finely chopped celery
- ⅛ teaspoon ground cloves
- ⅛ teaspoon cayenne pepper, if desired
- 2 tablespoons milk

Mash liverwurst with a fork. Add lemon juice, mustard, salt, onion powder, celery, cloves, cayenne pepper and milk. Mix well. Use as celery stuffing, sandwich filling or topping for crackers. Yield: 1½ cups.

Deviled Ham Filling

- 1 can (4½ ounces) deviled ham
- ½ cup cottage cheese
- ½ teaspoon dill seed
- ¼ teaspoon basil
- ⅛ teaspoon garlic salt

Combine deviled ham, cottage cheese, dill seed, basil and garlic salt. Mix well. Use as celery stuffing, sandwich filling or topping for crackers. Yield: 1 cup.

Luncheon Meat Filling

- 1 can (12 ounces) luncheon meat
- ½ cup chopped nuts
- ½ cup finely chopped celery
- 2 teaspoons Worcestershire sauce
- 6 tablespoons mayonnaise

Mash luncheon meat with a fork. Add nuts, celery, Worcestershire sauce and mayonnaise. Mix well. Use as celery stuffing, sandwich filling or topping for crackers. Yield: 2¼ cups.

Bacon-Cheese Filling

- 12 slices bacon
- 2 packages (3 ounces each) cream cheese
- 1 teaspoon prepared horseradish
- 1 tablespoon milk

Cook bacon until crisp. Crumble. Combine cream cheese, horseradish and milk. Add bacon. Mix well. Use as celery stuffing, sandwich filling or topping for crackers. Yield: 1 cup.

Double Crust Pork Pie

- 2 pounds pork sausage
- ½ cup water
- ½ cup chopped onion
- 2 medium potatoes
- 2 tablespoons chopped pimiento
- ½ cup condensed celery soup
- 2½ cups Homemade Biscuit Mix (see recipe page 36)
- ¼ cup grated cheddar cheese
- ¾ cup milk

for top crust, making several openings to allow for escape of steam. Roll out remaining dough to ⅛ inch in thickness and line a 10-inch pie pan, allowing ½ inch of crust to extend over edge. Fill with hot meat mixture. Place top pastry over filling. Fold lower crust over top crust. Crimp edges. Bake in a hot oven (400° F.) 15 to 20 minutes or until brown. 8 servings.

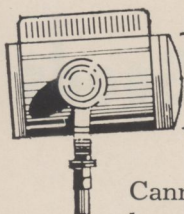
Combine pork sausage, water and onion. Cover and cook for 30 minutes. Pour off drippings. Pare potatoes and cut into ¼-inch cubes. Cool until tender and drain. To pork sausage mixture add pimiento and celery soup. Add cooked potatoes and mix lightly. Add grated cheese and milk to Biscuit Mix mixing evenly with a fork until dough just holds in a ball. Divide dough in half. Roll half of the dough to ⅛ inch in thickness and cut

Frankfurter Surprise

- 1 pound frankfurters
- 1 package (8 ounces) shell macaroni
- 1 cup cottage cheese
- 1 cup dairy sour cream
- 1 teaspoon dehydrated onion
- ¼ teaspoon garlic powder
- 2 teaspoons parsley flakes

Cook macaroni according to directions on package. Cut frankfurters into 1-inch pieces. Combine macaroni, cottage cheese, sour cream, onion, garlic powder and parsley flakes. Add frankfurters. Place in a 2-quart casserole. Bake uncovered in a moderate oven (350° F.) 30 minutes. 6 servings.





the Convenience of Canned Meats

Canned meats offer the homemaker a wide selection of benefits and conveniences. They provide variety in meal planning, quick preparation and tasty recipes. Canned meats are readily available, are easy to use and have compact storage. They assure the family high nutritive values and are easy to carve and serve. Canned meats lend themselves to the preparation of appetizers, sandwiches, salads or cold plates as well as casseroles, broiling, pan-frying and deep fat-frying.

Some of the kinds of canned meats now available

Beef Hash

Chili Con Carne

Chopped Beef

Deviled Ham

Franks and Weiners

Hamburgers

Hams

Luncheon Meat

Meat and Gravy

Meat Stew

Picnics

Potted or Deviled Meats

Roast Beef

Sausage

Sliced Dried Beef

Spaghetti Meat Products

Tamales

Tongue (not pickled)

Vienna Sausage

Vinegar Pickled Products

Baked Goods

Honeybelle Dessert

- 1 1/4 cups sifted enriched flour
- 3/4 teaspoon soda
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1/4 cup lard
- 1/4 cup sugar
- 1 egg
- 1/3 cup honey
- 2 tablespoons molasses
- 1/2 cup hot water
- 1/4 cup finely chopped pecans

Grease the bottom of an 8x8-inch cake pan. Sift together flour, soda, salt and cinnamon. Cream lard and sugar. Add egg and beat well. Combine honey and molasses and add alternately with sifted dry ingredients. Add hot water, mix lightly until smooth. Pour batter into cake pan, sprinkle with pecans and bake in a moderate oven (350° F.)* 30 to 35 minutes or until done. Serve with Orange Sauce.

*If glass square cake dish is used, reduce oven temperature to 325° F.

Orange Sauce

- 1/3 cup sugar
- 4 teaspoons cornstarch
- 1/8 teaspoon salt
- 3/4 cup water
- 1/4 cup orange juice
- 1 teaspoon lemon juice
- 2 teaspoons orange rind

Combine sugar, cornstarch, salt and water in saucepan. Mix until smooth. Cook over medium heat, stirring constantly, until clear and thickened. Add orange juice, lemon juice and orange rind and mix well. Pour over dessert and serve. Yield: 1 cup.

Chocolate Confetti Pie

- 1 baked 9-inch pie shell
(see recipe page 37)
- 1 envelope gelatin
- $\frac{1}{4}$ cup cold water
- 2 squares (1 ounce each)
baking chocolate
- 2 eggs
- $\frac{3}{4}$ cup brown sugar
- $1\frac{1}{2}$ cups hot milk
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{4}$ cup granulated sugar
- $\frac{1}{2}$ cup whipping cream
- $\frac{1}{3}$ cup crushed assorted
colored mint candies

custard mixture. Beat whipping cream until it stands in peaks. Fold whipped cream and crushed mint candies into pie filling. Pour into baked pie shell and chill 4 to 5 hours or until firm. 6 servings.

Herb Bread

- 5 to 6 cups of sifted
enriched flour
- 1 cake compressed yeast
or
- 1 envelope active dry
yeast
- $\frac{1}{4}$ cup lukewarm water
- $1\frac{1}{2}$ cups milk, scalded
- $\frac{1}{3}$ cup lard
- 2 tablespoons sugar
- 2 teaspoons salt
- 1 clove garlic, minced
- 1 tablespoon parsley
flakes
- $\frac{1}{2}$ teaspoon basil

2 greased 8x4-inch loaf pans. Let rise until double in bulk. Bake in a hot oven (400° F.)* 40 to 45 minutes.

*If glass loaf pan is used, reduce the oven temperature to 375° F.

Dissolve gelatin in cold water. Melt chocolate. Separate eggs. Beat egg yolks and brown sugar until thick, add hot milk slowly, stirring constantly. Cook over boiling water until custard thickens slightly and coats spoon. Add dissolved gelatin and stir until well mixed. Add salt, vanilla and melted chocolate. Blend well. Cool until slightly thick. Beat egg whites until frothy and add sugar gradually, beating until meringue stands in peaks. Fold meringue into

Softened yeast in lukewarm water. Heat milk and lard until lard is melted. Add sugar and salt. Cool. Add yeast, garlic, parsley flakes and basil. Stir in 3 cups flour and beat until smooth. Add 2 cups flour and mix well. Turn onto floured surface, knead until dough is smooth and satiny. Add remaining flour, if necessary, to make a soft dough. Place in a greased bowl and cover. Let rise until double in bulk. Divide into 2 portions and shape each into a loaf. Place in

Pineapple-Peach Pie

Pastry for double 9-inch pie (see recipe page 37)

- 1 can (1 pound 4 ounces) crushed pineapple
- 2 cans (16 ounces each) sliced peaches
- $\frac{1}{2}$ cup pineapple juice
- $\frac{1}{2}$ cup peach juice
- 2 tablespoons sugar
- 3 tablespoons cornstarch
- $\frac{1}{8}$ teaspoon salt
- 1 tablespoon butter or margarine
- $\frac{1}{8}$ teaspoon cardamom

ing several openings to allow for escape of steam. Roll out remaining pastry to about $\frac{1}{8}$ inch in thickness and line a 9-inch pie pan allowing $\frac{1}{2}$ inch of crust to extend over the edge. Fill with pineapple and peach mixture. Place top pastry over filling. Fold lower crust over top crust. Crimp edges. Bake in a hot oven (400° F.) 30 to 35 minutes or until brown. 6 servings.

Drain peaches and pineapple well and save juices. Combine sugar, cornstarch and salt. Add the $\frac{1}{2}$ cup each of pineapple and peach juice gradually and mix well. Bring mixture to a boil and cook slowly, stirring constantly, until thick and clear. Stir in butter or margarine and cardamom. Fold in fruit. Divide pastry in half. Roll half of pastry to about $\frac{1}{8}$ inch in thickness and cut for top crust, making

Rum Cream Torte

- $2\frac{1}{2}$ cups sifted cake flour
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup lard
- 1 cup brown sugar
- 3 eggs
- 1 teaspoon vanilla
- $\frac{3}{4}$ cup milk
- $\frac{1}{3}$ cup chopped pecans or walnuts
- Chocolate Frosting
- Rum Whipped Cream

Whipped Cream between layers and Chocolate Frosting on top layer. Spread remaining Rum Whipped Cream on sides of cake and sprinkle with nuts. Refrigerate.

Line the bottom of three 9-inch cake pans with double thickness of waxed paper. Sift together flour, baking powder and salt. Cream lard and brown sugar until light and fluffy. Add eggs, one at a time, beating thoroughly after each. Add vanilla. Add sifted dry ingredients alternately with milk. Bake in a moderate oven (350° F.) for 15 to 20 minutes. Cool. Make Chocolate Frosting and Rum Whipped Cream. Spread half of Rum

Chocolate Frosting

- 1 cup confectioners' sugar
- ½ square (½ ounce) semi-sweet chocolate
- 1 tablespoon butter or margarine, melted
- 1 to 2 tablespoons milk

Sift confectioners' sugar. Melt chocolate. Combine sugar, chocolate and butter or margarine. Add milk, one tablespoon at a time. Mix well.

Rum Whipped Cream

- ½ cup confectioners' sugar
- 1 pint whipping cream
- 1 teaspoon rum extract

Sift confectioners' sugar. Whip cream and fold in sugar and rum extract.

Cranberry Coffee Cake

- 2 cups Homemade Biscuit Mix (see recipe page 36)
- 3 tablespoons sugar
- ¼ teaspoon ground cardamom
- 1 package (10 ounces) frozen cranberry-orange relish
- ½ cup brown sugar
- 2 teaspoons cornstarch
- ¾ cup chopped nuts
- 1 egg, slightly beaten
- Milk

Combine Biscuit Mix, sugar and cardamom. Defrost cranberry-orange relish. Mix brown sugar and cornstarch, add nuts and combine with relish. Add enough milk to beaten egg to make ½ cup liquid and stir into Biscuit Mix. Knead dough for ½ minute. Roll on floured pastry cloth into a rectangle approximately 8x16 inches. Cut dough in half and fit half into bottom of an 8x8-inch cake

pan. Spread ½ of cranberry mixture over dough. Top with remaining dough. Place remaining cranberry mixture over dough, spreading from the outside edge to the center. Bake in a moderate oven (375° F.) * 25 to 30 minutes. Yield: 16 2-inch squares.

*If glass square cake dish is used, reduce oven temperature to 350° F.

Peanut Butter Bars

- 1½ cups sifted enriched flour
- ½ teaspoon soda
- ½ teaspoon salt
- ½ cup lard
- ½ cup brown sugar
- ½ cup sugar
- ½ cup peanut butter
- 2 eggs, beaten
- 2 tablespoons milk
- 1 package (6 ounces) chocolate pieces
- ½ cup chopped peanuts

Grease bottom of a 13x9-inch cake pan. Sift together flour, soda and salt. Cream together lard, brown sugar and sugar. Add peanut butter and mix well. Combine eggs and milk. Add egg mixture and sifted dry ingredients alternately. Pour into cake pan. Combine chopped peanuts and chocolate pieces. Sprinkle on top of batter. Bake in a moderate oven (375° F.) 25 to 30 minutes.

*If glass utility pan is used, reduce oven temperature to 350° F.

Marble Cake

- 3 cups sifted cake flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 3 egg whites
- ½ cup sugar
- ½ cup lard
- 1 cup sugar
- 1 egg yolk
- 1 teaspoon vanilla
- 1½ cups milk
- 1 square (1 ounce) baking chocolate, melted
- ¼ teaspoon red food coloring

Line the bottom of a 10-inch tube cake pan with double thickness of wax paper. Sift together cake flour, baking powder and salt. Beat egg whites until frothy, then gradually add ½ cup sugar. Beat until meringue stands in peaks. Cream lard with 1 cup sugar until light and fluffy. Add egg yolk and vanilla and beat well. Add sifted dry ingredients alternately with milk. Fold egg whites into batter. Pour ⅔ batter into cake pan. Add melted chocolate and food coloring to remaining batter. Spoon chocolate batter over plain batter. Cut through batter at intervals to marbleize the cake. Bake in a slow oven (325° F.) 50 to 60 minutes or until done. Cool. Frost with Easy White Frosting.

Easy White Frosting

- 1 cup light corn sirup
- 2 egg whites
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon vanilla

Bring corn sirup to a rolling boil. Beat egg whites. Gradually add one half of sirup to beaten egg whites, beating constantly. Bring sirup to boil again and add remainder to egg whites. Beat constantly until cooled. Add salt and vanilla.

Encore Cookies

- $3\frac{1}{2}$ cups sifted enriched flour
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon soda
- 1 cup lard
- 2 cups brown sugar
- 3 eggs
- 1 teaspoon vanilla
- 1 teaspoon lemon rind
- $\frac{1}{2}$ cup water
- 2 cups raisins or chopped dates

Grease cookie sheet. Sift together flour, cinnamon, salt and soda. Cream lard and brown sugar until light and fluffy. Add eggs, vanilla and lemon rind and beat thoroughly. Add sifted dry ingredients alternately with water. Add raisins or chopped dates. Chill. Drop by teaspoonsful on cookie sheet. Bake in a moderate oven (375° F.) 10 to 12 minutes or until lightly browned. Yield: 6 dozen.

Adjustments for High Altitude Baking

	3000 ft.	5000 ft.	7000 ft.
Reduce Baking Powder			
For each teaspoon, decrease	$\frac{1}{8}$ tsp.	$\frac{1}{8}$ - $\frac{1}{4}$ tsp.	$\frac{1}{4}$ - $\frac{1}{2}$ tsp.
Reduce Sugar		usually	
For each cup, decrease	no change	no change	1-2 tbsp.
Reduce Lard			
For each cup, decrease	1-2 tbsp.	2 tbsp.	2-3 tbsp.
Increase Liquid			
For each cup, add	1-2 tbsp.	2-3 tbsp.	3-4 tbsp.
Increase Baking Temperature	6 - 10° F.	10 - 15° F.	15 - 25° F.
Decrease Baking Time	5 to 10 minutes when recipes have been tested at sea level.		

NOTE: When two amounts are given, try the smaller adjustment first; then if cake still needs improvement, use the larger adjustment the next time you make the cake.

Apple-Plum Dumplings

- 2½ cups Homemade Pastry Mix (see recipe page 37)
- 4 to 6 tablespoons cold water
- 1 jar (1 pound 1 ounce) purple plums in sirup
- ½ cup sugar
- ½ teaspoon cinnamon
- 2 tablespoons lemon juice
- 2 tablespoons butter or margarine
- 6 medium cooking apples
- ⅓ cup sugar
- 1 teaspoon cinnamon
- ⅛ teaspoon salt
- 2 tablespoons butter or margarine

center of each square of pastry. Fill center of apples with plums. Combine ⅓ cup sugar, 1 teaspoon cinnamon and salt. Sprinkle over plums and apples and dot with butter or margarine. Fold corners of pastry to center up over each apple. Moisten corners, if necessary, and pinch together. Place dumplings in a 13x9-inch cake pan. Pour hot plum sauce over dumplings. Bake in a hot oven (400° F.) 40 to 45 minutes or until pastry is browned. 6 servings.

Add water to Mix, a small amount at a time, mixing quickly and evenly until dough just holds in a ball. Drain plums and save sirup. Add enough water to sirup to make 1½ cups. Mix ½ cup sugar and ½ teaspoon cinnamon. Add lemon juice, 2 tablespoons butter and sugar mixture to plum juice. Cook slowly, stirring occasionally, for 3 minutes. Roll pastry into a rectangle approximately 14x21 inches. Cut into six 7-inch squares. Remove pits from plums. Pare and core apples. Place an apple in the

Homemade Biscuit Mix

- 8 cups sifted enriched flour
- ¼ cup baking powder
- 4 teaspoons salt
- 1 cup lard for soft wheat flour or 1½ cups lard for hard wheat flour

Sift together flour, baking powder and salt. Cut in lard until the mixture has a fine even crumb. Cover closely and store in the refrigerator until ready to use. This mixture will keep at least a month in the refrigerator. Yield: 10 cups mix.

To make biscuits, add ½ cup milk to 2 cups Homemade Biscuit Mix. Turn onto a lightly floured surface and knead gently for ½ minute. Pat or roll ½ inch thick and cut with a medium-sized biscuit cutter, dipped in flour. Bake in a very hot oven (450° F.) 12 to 15 minutes. Yield: 10 to 12 biscuits.

Homemade Pastry Mix

7 cups sifted enriched
flour

4 teaspoons salt

1¾ cups lard for soft wheat
flour or 2 cups lard for
hard wheat flour

Sift together flour and salt. Cut lard into flour mixture with a fork or pastry blender until crumbs are about the size of small peas. Store Homemade Pastry Mix in covered container in refrigerator until ready to use. This mixture will keep at least a month in refrigerator. Yield: 8 single pie crusts.

To make single pie crust, use:

1 to 1¼ cups mix for
8-inch

1¼ to 1½ cups mix for
9-inch

1½ to 1¾ cups mix for
10-inch

2 to 4 tablespoons water

To make double pie crust, use:

2 to 2¼ cups mix for
8-inch

2¼ to 2½ cups mix for
9-inch

2½ to 2¾ cups mix for
10-inch

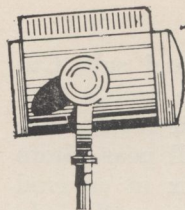
4 to 6 tablespoons water

Add water to mix, a small amount at a time, mixing quickly and evenly until dough just holds in a ball. Divide pastry if for double pie crust. Roll to about ⅛ inch thickness and line pie pan, allowing ½ inch crust to extend over edge.

For double crust pie, roll other half of pastry, making several gashes to allow for escape of steam. Place over filling and cut ½ inch smaller than lower crust. Fold lower crust over top crust. Crimp edges. Bake according to pie recipe.

For baking pie shell, crimp edge of pastry. Prick pastry with a fork before baking. Bake in very hot oven (450° F.) 8 to 10 minutes.

Recipes in this booklet, except those made with cake flour, were developed using all-purpose flour. This type of flour is milled so it may be used satisfactorily for all kinds of cooking and baking. Since flours may vary slightly in different areas, both in moisture content and texture, some homemakers may need to make minor adjustments in the amount of liquid used in the recipes calling for all-purpose flour. Add the recommended amount of liquid slowly since soft wheat does not require as much liquid.



Handy References for Homemakers

COMMON OVEN TEMPERATURES

<i>Temperature</i>	<i>Term</i>
250° F. and 275° F.	= Very Slow
300° F. and 325° F.	= Slow
350° F. and 375° F.	= Moderate
400° F. and 425° F.	= Hot
450° F. and 475° F.	= Very Hot
500° F. and 525° F.	= Extremely Hot

COMMON EQUIVALENTS

1 ounce chocolate	=	1 square
1 pound cake flour, sifted	=	4½ cups
1 pound all-purpose flour, sifted	=	4 cups
1 pound granulated sugar	=	2¼ cups
1 pound brown sugar	=	2¼ cups, packed
1 pound confectioners' sugar, sifted	=	3½ cups
1 cup rice	=	3 cups cooked
½ pound grated cheese	=	2 cups
¼ cup finely chopped fresh onion	=	1 tablespoon instant minced onion

COMMON MEASUREMENTS

3 teaspoons	=	1 tablespoon
4 tablespoons	=	¼ cup
16 tablespoons	=	1 cup
2 cups	=	1 pint
1 liquid cup	=	8 ounces
16 ounces	=	1 pound

COMMON SUBSTITUTIONS

1 tablespoon cornstarch	=	2 tablespoons flour
1 teaspoon baking powder	=	¼ teaspoon baking soda plus ½ cup sour milk

About the Meat Board . .

The National Live Stock and Meat Board is a non-profit service organization, supported by and representing the entire livestock and meat industry.

The Board's purpose is to . . .

- Initiate, sponsor and encourage scientific research on the place of red meat in the diet and its relation to health;
- conduct a continuous and far-reaching program of education and information about beef, veal, pork, lamb and associated meat products; and
- assist all segments of the livestock and meat industry in presenting a constantly-improved meat product to the American public.

National Live Stock and Meat Board

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