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MISS RUTH WHITE
Demonstrating
"The Art of Modern
ELECTRIC Cooking"

Last Session - Fri. Night Nov. 4 - 7:00 P.M.

Held in cooperation with the
National Live Stock and Meat Board
407 South Dearborn St. Chicago, Illinois

Third Session
How to Cook Meat

Meat cookery is as simple as A B C, if a few fundamental rules are mastered. Tender meat cuts are cooked by DRY heat; the less tender cuts are cooked by MOIST heat. There are only six general methods of cooking meat and these are given below. Meat recipes are all variations of one method or another.

**DRY HEAT FOR TENDER CUTS**

I. TO ROAST. Season meat with salt and pepper. Place on rack, fat side up. Insert roast-meat thermometer. Do not add water. Do not cover. Do not baste. Roast in a slow oven (300-350°F.) to desired degree of doneness.

II. TO BROIL. Preheat the broiling oven. Place meat on broiling rack with top surface 3 inches below source of heat. If distance must be less, reduce the temperature accordingly. Broil on one side until nicely browned (will be about half done), turn, finish broiling. Season with salt and pepper.

III. TO PANBROIL. Heat a heavy frying-pan sizzling hot. Place meat in hot pan. Do not add fat or water. Do not cover pan. Brown nicely on both sides. Reduce the temperature and cook until done, turning from time to time. Pour off fat as it accumulates in the pan.

**MOIST HEAT FOR LESS TENDER CUTS**

IV. TO BRAISE. Season meat with salt and pepper, dredge with flour, if desired. Brown on all sides in hot lard. Add a small quantity of liquid. Cover closely. Cook slowly until done.

V. TO STEW. Cut meat into 2-inch cubes. Season with salt and pepper. Brown, if desired, on all sides in hot lard. Cover with boiling water. Cover kettle tightly. Cook slowly until done. Do not boil. Add vegetables just long enough before serving so they will be done.

VI. TO COOK IN WATER. Cover meat with boiling water. Season with salt and pepper. Cook slowly. Allow to simmer—not boil. Add vegetables, if desired, just long enough before serving so they will be done.
1. Veal Shoulder Roast

6 pound veal shoulder
8 strips bacon
Salt and pepper

Have retailer bone and sew square cut veal shoulder, leaving one side open for stuffing. Wipe meat with damp cloth. Season inside and out, with salt and pepper. Fill the pocket with Peach Dressing. Sew or skewer the opening. Place strips of bacon over veal shoulder. Roast in an uncovered pan, without water, in a moderate oven (350° F.), allowing 30-35 minutes to the pound. Serves 8 to 10.

PEACH DRESSING
1 can sliced peaches
12 slices bread
2 eggs
1 teaspoon salt
1/4 teaspoon pepper
1 teaspoon coriander
2 tablespoons chopped fresh mint

Drain the peaches. Crumble the bread fine and combine all ingredients.

2. Sirloin Pork Roll

To prepare a rolled sirloin of pork, ask the meat retailer to bone two ham ends of the pork loin. The tenderloin and back bones may be used for two additional meals. Reverse the ends of the two remaining pieces of meat and place cut surfaces together so that there is a layer of fat around outside of roast. Tie in several places. Wipe with a damp cloth. Rub thoroughly with salt and pepper. Insert a roast meat thermometer into lean part of roast. Place on a rack in dripping pan. Do not add water and do not cover. Set in a moderate oven (350° F.). Roast until done, allowing about 30 minutes per pound. The roast will be done when the roast meat thermometer registers 185° F. A six-pound roast will serve 8 to 10.

3. Butterscotch Cake

1 1/4 cups flour
2 teaspoons baking powder
1 teaspoon salt
1/2 cup lard
1 1/2 cups brown sugar
1/4 cup water
1 teaspoon vanilla extract
2 eggs
1/4 cup milk
12 marshmallows

Sift the flour, measure and sift again with the baking powder and salt. Mix the lard, sugar and water and cook over low heat until the sugar is dissolved. Cool and add vanilla. Add eggs one at a time, beating well after each addition. Alternately add sifted dry ingredients with the milk. Beat until smooth, being careful not to overbeat. Pour into a 9-inch cake pan lined with paper. Place marshmallows at intervals on top of batter. Bake in a moderate oven (350° F.) for 50 minutes. Serves 12.
4. Blade Pot Roast

5 pounds blade pot roast.
3 tablespoons lard or bacon drippings
Salt and pepper
2 cups water

Wipe meat with a damp cloth. Brown in hot fat. Season to taste. Add small amount of water, cover tightly and simmer gently, adding water when necessary. Allow about 45 minutes to the pound, or until tender. Serve with steamed rice. Serves 8.

5. Cherry Dumplings

1 can red sour cherries
1 1/2 cups sugar
2 cups Homemade Biscuit Mixture
Milk

Place cherries and cherry juice with one-half cup of sugar in a covered saucepan. Bring to simmering point. Combine biscuit mixture, remaining sugar and enough milk to make a soft dough. Drop by tablespoons over the cherry sauce. Cover and allow to steam 25 minutes. Serve hot or cold with cream. Serves 6.

6. Lamb Turnovers

1 1/2 pounds ground lamb
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 tablespoon grated onion
3 cups Celery Dressing
6 peach halves

Combine meat and seasonings. Flatten out to about 3/8 inch in thickness in individual pie plates, leaving enough extending over the edge for crust effect. Fill centers with Celery Dressing and fold edges of meat over it. Invert a peach half over each pie and bake in moderate oven (375° F.) for 45 minutes. Serves 6.

7. Chewy Coconuto Macaroons

1 1/2 cups flour
1/2 teaspoon soda
1/4 teaspoon baking powder
1/2 teaspoon salt
1 cup lard
2 cups brown sugar
2 eggs
2 cups coconuto
3 cups oatmeal
1/2 cup chopped nuts


8. Red Flannel Hash

2 tablespoons butter
1/2 cup milk
2 cups chopped corned beef
1 cup diced cooked beets
2 cups diced cooked potatoes
Salt and pepper

Melt butter in skillet. Mix together remaining ingredients and place in skillet. Cover and allow to simmer for thirty minutes. Serves 4 to 6.
9. Stuffed Lamb Shanks

- 6 lamb shanks
- 2 tablespoons lard
- 2 cups water
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ pound barley
- Water

Wipe meat with a damp cloth. Brown in hot lard. Add water and seasonings. Cover and allow to simmer about 1½ hours or until tender. Remove meat from broth. When cool enough to handle, remove bones. Cook barley in lamb broth, adding water as necessary. Stuff boned shanks with cooked barley. Place in baking dish. Add gravy made by thickening remaining lamb broth. Heat thoroughly in moderate oven (350° F.) or on top of range. Serve hot. Serves 6.

10. Ham Stacks

- 8 slices pineapple
- 2 cups mashed sweet potatoes
- 2 tablespoons brown sugar
- 2 tablespoons melted butter
- 3 teaspoons salt
- ¼ teaspoon pepper
- 1 pound ground smoked ham
- 1 egg
- 16 slices bacon

Split each pineapple round in half to make two thin slices. Season sweet potatoes with brown sugar, butter, 2 teaspoons salt and pepper. Shape into flat patties to fit pineapple rounds. Mix ham with egg and remaining salt and form into ¼ inch patties the same size as the sweet potato patties. Form each stack by placing a ham patty on a half slice of pineapple. Add a sweet potato patty and top with another half slice of pineapple. Arrange two strips of bacon crosswise over each stack. Place in a shallow baking pan and bake in a moderate oven (350° F.) for one hour. Serves 8.

11. French Fried Rice Rolls

- 2 cups cold cooked rice
- 1 cup thick tart apple sauce
- 2 teaspoons lemon juice
- 2 teaspoons grated lemon rind
- 2 teaspoons melted butter
- ⅛ teaspoon salt
- 1 egg
- 4 tablespoons milk
- Fine cornflake or cracker crumbs

Mix first six ingredients well, chill and shape into croquettes. Beat egg and milk together. Roll croquettes in crumbs, then in egg mixture, and again in crumbs. Chill thoroughly. Fry in deep hot lard at 375° F. Serves 6.

12. 5-Minute Steak Sandwich

- 1 pound ground beef
- 2 tablespoons grated onion
- 1 teaspoon salt
- ¼ teaspoon pepper
- 6 slices bread or buns
- Butter
- Prepared mustard

Combine beef, onion, salt and pepper and mix thoroughly. Toast bread or buns on one side. Butter untoasted side of bread and spread with mustard. Cover each slice with ground beef mixture, making sure edges are well covered so that they will not burn before meat is done. Arrange on broiler rack allowing 3 inches between surface of meat and source of heat. Broil 5 minutes. Serves 6.

13. Dried Beef Chinese

- ¼ pound dried beef
- 4 tablespoons butter
- 6 tablespoons flour
- 3 cups milk
- 1 can chow mein noodles

Shred beef. Melt butter and add beef, stirring and cooking until browned and crisp. Add flour, mix well and add milk gradually, stirring constantly until thickened. Serve on hot crisp chow mein noodles. Serves 6.
### What shall we have to Eat Today?

#### First—CHOOSE YOUR MEAT

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#### HOW ABOUT VEGETABLES?

| Head Lettuce with    | Corn Sticks         | Creamed Celery   | Perfection (2)    | Cole Slaw        | Combination Salad | French Bread     |
| French Dressing      |                    |                  |                  |                 | French Bread     |                   |

#### Oh Yes! WE MUST HAVE BREAD and DAD VOTES FOR DESSERT

| Whole Wheat          | Parkerhouse Rolls   | Corn Sticks      | Biscuit in Sausage dish | Layered Fig Dainties | Cloverleaf Rolls | Hard Rolls |
| Wafer Ice Cream (4)  | Luscious Lemon      | Chewy Cocosnut   | Applesauce Ice Cream (1) | Layered Fig Dainties | Macaroon Apricot Mold (4) | Cherry Dumplings* |

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**Strawberry Chiffon Pie**

1¾ cups Homemade Pie Mix
1–3 tablespoons ice water

Add water to pie mix, small amount at a time, mixing quickly and evenly through the flour and lard until the dough just holds in a ball. Roll to about one-eighth inch in thickness and line pie pan. Prick well and bake in hot oven (425° F.) for 15 minutes. Chill. Pour Strawberry Filling into cooled pie shell and place in refrigerator to chill until firm. Serve with whipped cream if desired. Serves 6.

**STRAWBERRY FILLING**

1 package strawberry flavored gelatin
1 cup hot water
½ cup whipping cream
2 egg whites
4 tablespoons sugar
1 cup sweetened crushed strawberries

Dissolve gelatin in hot water and cool until nearly set. Whip until frothy. Beat cream until stiff. Beat egg whites until stiff, adding sugar, one tablespoon at a time, beating after each addition. Combine gelatin, cream and egg whites. Fold in strawberries.

**Orange-Peanut Cream**

1 cup orange sections
½ cup sugar
1 cup whipping cream
1 cup crushed peanut brittle

Remove membrane from orange sections. Cut sections into small pieces and add sugar. Stir until sugar is dissolved. Pour into freezing tray, freeze until consistency of mush. Whip cream and fold in peanut brittle and frosted orange mixture. Return to tray and continue freezing until firm. Serves 6 to 8.

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* Recipe in this booklet . . . . (2) Recipe in booklet for second session . . . . (4) Recipe in booklet for last session.
16. Supper Medley

2 pounds link sausage
2 tablespoons water
1 No. 2 can tomatoes
1/2 cup grated onion
2 teaspoons salt
1/4 teaspoon pepper
1 No. 2 can peas
1/2 package long spaghetti
1/4 pound sharp cheese

Place sausages and water in cold frying-pan. Cover and brown slowly. When sausages are browned remove from pan. Pour off all but 2 tablespoons of fat. Add tomatoes and onions and simmer until onions are tender. Put sausages into tomato mixture to reheat. Make a ring of peas around the edge of an ovenware platter. Arrange meat 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. Serves 8.

17. Pineapple Sandwich

12 slices bread
3 packages Philadelphia style cream cheese
Cream
1 can small sliced pineapple
Mayonnaise
4 Maraschino cherries

For each serving use three slices of bread. Cut into rounds with a biscuit cutter. Mix the cheese with enough cream so that it will spread smoothly. Spread first round of bread with cream cheese mixture. Place pineapple ring on bread. Cover with second round of bread which has been covered on both sides with cheese mixture. Add second slice of pineapple. Cover this with third round of bread, having the cream cheese side turned toward the pineapple. Cover all with a mixture of mayonnaise and cream so that it resembles an iced cake. Place a maraschino cherry on top of each sandwich, chill and serve in lettuce cups. Serves 4.

18. Banana Doughnuts

5 cups flour
4 teaspoons baking powder
1 teaspoon soda
2 teaspoons salt
1 teaspoon nutmeg
1/4 cup lard
1 cup sugar
1 1/2 teaspoons vanilla extract
3 eggs, well beaten
3/4 cup mashed ripe bananas
1/2 cup buttermilk or thick sour milk
1/2 cup flour for rolling

Sift the 5 cups flour with the baking powder, soda, salt and nutmeg. Cream the lard with the sugar until well-blended. Add the flavoring, then the eggs beating until fluffy. Add the bananas and buttermilk and blend. Then add the flour mixture, stirring until smooth. Turn a small amount at a time onto a board floured with some of the one-half cup flour, knead very lightly, roll out with a floured rolling pin to three-eighth inch thickness. Cut with a 2 1/2 inch doughnut cutter dipped in flour.

Heat lard to 370° F. Slip doughnuts into the fat using a spatula, and fry until the bottom is browned and the top begins to crack open (about 1 minute), then turn and brown the other side. Drain on absorbent paper. Dough may be chilled if desired for greater ease in handling.

Yield: 3 1/2 dozen.

19. Royal Fruit Ring

1 No. 2 can white grapes
1 No. 1 can crushed pineapple
1 cup grapefruit sections
1 cup orange sections
2 tablespoons gelatin
Drain grapes, pineapple, grapefruit and orange sections, reserving two cups of the mixed juices. Soak gelatin in 1/2 cup cold fruit juice and dissolve in remainder of juice which has been heated. Melt cheese in a double boiler and add half of the gelatin mixture. Cool and add 1/2 cup grapes. Pour into mold and chill in refrigerator until firm. Arrange grapefruit and orange sections on top of cheese mixture with green cherries to make a design. Combine remaining gelatin mixture with remaining fruit and pour over grapefruit and oranges. Return to refrigerator to chill for several hours. Turn onto chilled platter and garnish with crisp lettuce. Serves 12.

20. **Beef Tongue Piquant**

- 1 fresh beef tongue
- Water
- 2 teaspoons salt
- 1/4 cup flour
- 2 tablespoons lard or drippings
- 1 glass tart grape jelly
- 1 cup hot water

Cover tongue with water and add salt. Cover. Allow to simmer about one hour to the pound, or until tender. Cool in liquid. When cool enough to handle, peel off skin. Dust with seasoned flour and brown in hot drippings or lard. Combine grape jelly and hot water. Mix thoroughly and pour over tongue. Cover and allow to simmer about 40 minutes. Turn occasionally. Serves 8 to 10.

21. **Sausage High Hat**

- 2 pounds bulk pork sausage
- 2 cups Homemade Biscuit Mixture
- Milk

Pat sausage into a medium-sized frying-pan. Cover, and cook slowly 15 minutes. Pour off the excess moisture and fat, reserving it for future use. Add milk to the biscuit mixture and stir until smooth and the consistency of drop batter. Pour over top of sausage meat. Cover closely.
and steam for 25 minutes, replenishing the liquid from time to time. Slide onto a round platter and entirely cover with Peach Sauce. Serves 6 to 8.

**PEACH SAUCE**

1. **1 No. 2 can sliced peaches**
2. Juice and grated rind of 1 lemon
3. 2 tablespoons cornstarch
4. ½ cup cold water
5. 3 tablespoons butter

Heat peaches. Add lemon juice and rind. Combine cornstarch with water and add to hot peach mixture. Cook until slightly thickened, stirring constantly. Add butter and serve over biscuit mixture.

22. **Picnic Salad**

- 1 pound frankfurters
- 1 head lettuce
- 1 green pepper
- 2 pieces celery
- 2 tomatoes
- 2 cooked potatoes
- ⅔ pound Swiss cheese
- 6 green onions
- Salt and pepper

Skin frankfurters and slice very thin. Shred lettuce, pepper, and celery. Cut tomatoes into small sections. Dice cheese and potatoes and chop onions. Season all ingredients with salt and pepper and toss together with Worcestershire, chili sauce and French dressing to taste. Serves 6 to 8.

23. **Frosted Pineapple**

- 1 No. 2½ can sliced pineapple
- ½ pound marshmallows
- ½ cup hot water or fruit juice
- 2 cups confectioners’ sugar

Place unopened can of pineapple in freezing compartment and allow to freeze to mushy stage. Turn can occasionally to freeze evenly. Allow to freeze about 12 hours. Make a marshmallow sauce by combining remaining ingredients in top of double boiler. Beat with a rotary beater until smooth. Chill and serve on slices of frosted pineapple. Serves 8.
Lamb is a year around meat, always in season. Every cut of lamb is tender and easily prepared. The thin paper-like covering, known as the "fell," should not be removed from a leg of lamb for roasting. Boning a lamb shoulder makes carving easy. The cavity may be filled with a savory stuffing. Lamb is delicious if cooked just short of well-done. Lamb may be served hot or cold, but never luke-warm. The flavor of lamb combines well with all kinds of vegetables. Lamb chops are best for broiling when cut thick, at least one inch.
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