Tested recipes (using a basic ground beef mixture) to make a host of everyday favorites and to create main dishes with a foreign flair.
"GROUND BEEF—Passport to Far-Away Eating"...

The All-American favorite—ground beef—rates high on the meat preference list in other countries as well. Recipes for its use are legion, attesting to the popularity of this versatile and convenient meat item with meal-makers around the globe.

Certain cookery ideas for ground beef originating in kitchens of other lands have already been adopted—and the dishes have become familiar and welcome additions to our own menus. There are others to discover and enjoy. It was this thought which prompted the research and development of the ground beef recipes assembled here for your use—and resultant pleasurable eating.

Masterminding the collection is a basic ground beef recipe with which to prepare everyday favorites—and which also serves as your “passport to far-away eating.” With a skillet of meat balls made from the basic recipe, you will see how easy it is to create many appetizing and attractive main dishes with a foreign flair. These suggestions will undoubtedly spark others—and you will take off on a world of food discovery of your own.

The key to tender, juicy meat balls is the use of evaporated milk as the “binder.” This “double-value” whole milk blends and binds the ingredients for easy shaping, and keeps the meat mixture tender and moist throughout the cooking. Why this is so is easily explained in terms of the effect of processing procedures in preparing evaporated milk.

Evaporated milk is an homogenized concentrate (by evaporation) of fresh whole cow’s milk, fortified by the addition of vitamin D, and sterilized in the sealed can by the application of heat. The concentration and heat treatment of the protein give evaporated milk new qualities of cooking performance. Evaporated milk protein is a highly efficient emulsifier and therefore a good coating agent and an excellent binder. The meat juices combine with evaporated milk to form a smooth emulsion. Throughout the cooking period evaporated milk retards the loss of moisture, retaining the nutrients of both milk and meat.

Superior cooking performance of evaporated milk is ably demonstrated again in the sauce phase of those meat ball dishes which require a white sauce for completion. Because of the qualities of efficient emulsification and blendability, evaporated milk is ideally suited for making cream sauces of smooth consistency and creaminess. You will find for all food preparation that evaporated milk is smoothable, blendable—and always dependable.
Meat Balls (Basic Recipe):

1 pound ground beef
½ cup fine dry bread crumbs*
½ cup chopped onion
1 teaspoon salt
Dash of pepper
½ cup evaporated milk
2 tablespoons butter

Mix together the ground beef, crumbs, onion, salt, pepper and evaporated milk in a medium size mixing bowl. Shape into 12 meat balls (or 40 small balls for Swedish-style meat balls). Melt butter in a large skillet over medium heat. Add meat balls, turning occasionally to brown on all sides. Then use in one of the following ways:

NOTE: For 12 meat balls, use scant ¼ cup mixture for each ball. For Swedish meat balls, use 1 level measuring tablespoon of meat mixture for each ball (40 balls).

*In place of fine dry bread crumbs, one of the following may be used as an extender: ¼ cup uncooked corn meal, or ⅛ cup uncooked rolled oats, or 1 cup soft bread crumbs (approximately 1½ slices bread pulled into small crumbs), or ¼ cup finely crushed corn flake crumbs, or ¼ cup cracker crumbs.

To make Polpette—Meat Balls and Spaghetti (Italian):

(Pole-pet-teh)

1 recipe meat balls
¼ cup chopped green pepper
½ cup chopped onion
2 cans (No. 2) tomato juice
1 teaspoon salt
1 small bay leaf, crumbled
½ teaspoon crumbled oregano
1 pkg. (7 oz.) uncooked spaghetti broken into small pieces (2½ cups)
Parmesan cheese

After meat balls are browned, push to sides of skillet to form a ring. Place green pepper and onion in center and cook until tender. Pour tomato juice over meat balls and sprinkle with salt, bay leaf and oregano. Bring to a boil over high heat. Add spaghetti and stir to moisten. Cover skillet tightly, turn heat as low as possible and cook 40 minutes, or until spaghetti is tender. Sprinkle with Parmesan cheese. Makes 6 servings.
To make Boulettes de Boeuf—Meat Balls French-style:
(Boo-let-duh-buff)

1 recipe meat balls
1 1/4 cups sliced fresh mushrooms* (about 4 1/2 oz.)
1/4 cup small onion rings
2 beef bouillon cubes
1 1/2 cups boiling water
1/2 teaspoon dried crumbled tarragon
1/2 cup flour
1/2 teaspoon salt
Dash of pepper
1 cup evaporated milk
1/2 cup small parsley pieces

After meat balls are browned, push to side of skillet. Add mushrooms and onion rings and cook until mushrooms are browned, stirring occasionally. Meanwhile, dissolve bouillon cubes in the boiling water. Pour over browned meat balls and vegetables. Sprinkle tarragon over. Bring to boil over medium heat. Cover tightly, then turn heat to low and simmer 15 minutes. Remove from heat. Sprinkle in flour, a little at a time, stirring to blend. Then add the salt and pepper. Gradually stir in evaporated milk. Return to low heat and cook uncovered, stirring occasionally, until thickened, about 5 minutes. Stir in parsley and serve. Makes 6 servings.

*2 cans (4 oz. each) of mushrooms (either sliced or stems and pieces) may be used. Use canned mushroom liquid in place of part of the boiling water called for.
To make Albóndigas—Meat Balls Spanish-style:
(Al-bone-dee-goas)

1 recipe meat balls
⅛ cup chopped green pepper
⅛ cup chopped onion
3 1/2 cups medium tomato wedges* (about 4 medium tomatoes, peeled)
¼ cup sliced stuffed olives
¼ teaspoon pepper
¼ teaspoon garlic salt
¼ teaspoon crushed red peppers
⅛ cup water
1 can (6 oz.) tomato paste

After meat balls are browned, push to side of skillet. Add green pepper and onion and cook until tender. Add tomato wedges, olives, pepper, garlic salt and crushed red peppers. Mix together water and tomato paste. Pour over meat balls and vegetables. Stir lightly to mix. Bring to boil over medium heat. Cover skillet tightly, turn heat to low and simmer 30 minutes. Makes 6 servings. Serve with 3 cups hot cooked rice (¼ teaspoon powdered saffron may be added to cooking water for color).

*1 can (1 lb. 12 oz.) tomatoes may be used in place of fresh tomatoes. Drain tomatoes, saving liquid. Use ⅛ cup liquid only in place of water.

To make Kefte'des—Meat Balls Grecian-style:
(Kef-te-thes)

1 recipe meat balls
1 cup water
1 medium eggplant, pared and cut into ⅛ inch cubes (about 5 cups)
⅛ cup sliced celery
⅛ cup flour
1 teaspoon salt
1 cup evaporated milk
1 tablespoon chopped pimiento
⅝ cup coarse cracker crumbs

After meat balls are browned, add water, eggplant cubes and sliced celery; stir lightly to mix. Bring to a boil over medium heat, cover skillet tightly, turn heat to low and simmer 25 minutes. Remove from heat. Sprinkle in flour, a little at a time, stirring to blend. Add salt. Slowly stir in evaporated milk. Cook uncovered over low heat, stirring occasionally, until thickened, about 10 minutes. Stir in pimiento and cracker crumbs. Makes 6 servings. Serve with tomato pilaf: saute 1 ½ cups uncooked rice in ¼ cup butter until golden; add 3 cups tomato juice, cover tightly and simmer until tender, about 20 to 25 minutes. Add salt and pepper to taste.
To make Fleischklösse—Sauerbraten Meat Balls (German):

1 recipe meat balls
1 cup water
2 tablespoons vinegar
2 tablespoons catsup
1 tablespoon brown sugar
8 peppercorns
1 bay leaf, crumbled
½ teaspoon salt
½ cup raisins
6 gingersnaps, crushed (about 6 tablespoons of crumbs)

While meat balls are browning, mix water, vinegar, catsup, brown sugar, peppercorns, bay leaf, salt, raisins and gingersnap crumbs together in a small bowl. When meat balls are browned, add water mixture and stir gently to mix well. Bring to a boil over medium heat, cover skillet tightly and turn heat to low and simmer 15 minutes; stir, cover and cook 15 minutes longer. Makes 6 servings. Serve with mashed potatoes.
To make Meat Balls Stroganoff (Russian):

1 recipe meat balls
1 can (4 oz.) sliced mushrooms
1 can (8 oz.) tomato sauce
½ cup flour
¾ teaspoon pepper
¾ teaspoon garlic salt
1 cup evaporated milk
1 cup water
1 teaspoon Worcestershire sauce
2 tablespoons lemon juice

While meat balls are browning, drain mushrooms, saving liquid. After meat balls are browned, push to side of skillet. Add drained mushrooms and brown over medium heat, stirring occasionally. Add enough water to the mushroom liquid to make ½ cup, then pour over meat balls. Add tomato sauce. Bring to a boil over medium heat. Cover skillet tightly, turn heat to low and simmer 15 minutes. Remove from heat. Sprinkle in flour, a little at a time, stirring to blend. Sprinkle pepper and garlic salt over. Slowly stir in evaporated milk, then water and Worcestershire sauce. Cook uncovered over low heat, stirring occasionally, until thickened, 3 to 5 minutes. Stir in lemon juice and serve immediately. Makes 6 servings. Serve over 3 cups hot cooked rice, tossed with 2 tablespoons butter and mixed with 1 package (10 oz.) frozen peas, cooked and drained.
To make Meat Balls Cantonese-style (Chinese):

1 recipe meat balls
1 can (13½ oz.) pineapple tidbits
1½ tablespoons cornstarch
2 tablespoons water
½ cup vinegar
½ cup sugar
2 teaspoons soy sauce
1 tablespoon butter
½ cup sliced green onions
½ cup green pepper strips, ¼ inch wide
1 cup sliced celery
1 large tomato, cut in wedges
¼ cup blanched whole almonds, toasted and salted

While meat balls are browning, drain the pineapple, saving liquid. Set pineapple aside. Mix the cornstarch with the 2 tablespoons water to make a paste, then add to the pineapple liquid along with the vinegar, sugar and soy sauce. When meat balls are browned, pour pineapple juice mixture over. Bring to a boil over medium heat. Cover skillet tightly, turn heat to low and simmer 20 minutes. Add the 1 tablespoon butter and stir until melted. Add the drained pineapple, onion, green pepper, celery and tomato. Stir lightly to mix with the sauce. Cover and continue cooking over low heat 10 minutes longer. Before serving, sprinkle with toasted almonds. Makes 6 servings. Serve over 4 cups hot cooked rice.
To make Meat Balls Japanese-style:

1 recipe meat balls
1 can (1 lb. 3 oz.) bean sprouts
¼ cup cornstarch
¼ cup water
½ cup soy sauce
1⅛ cups thinly sliced onions
1 cup sliced fresh mushrooms
(about 3 oz.)*
1 cup shredded raw spinach*

While meat balls are browning, drain bean sprouts, saving liquid. Mix cornstarch and water in a small bowl to make a smooth paste. Stir in the liquid from bean sprouts (there should be 1½ cups; if not, add water to make that amount), then stir in the soy sauce, mixing well. Pour over browned meat balls. Bring to a boil over medium heat. Cover skillet tightly, turn heat to low and simmer until thickened and sauce is clear, about 20 minutes. Add sliced onions, mushrooms, spinach and bean sprouts. Cover and simmer 5 minutes longer. Makes 6 servings. Serve over 4 cups hot cooked rice.

*1 can (4 oz.) sliced mushrooms may be used in place of fresh. Drain and save liquid. Use all the mushroom liquid in place of water to mix cornstarch. 1 package (10 oz.) frozen chopped spinach may be used in place of fresh spinach. After meat balls are browned, push to one side of skillet; add unthawed spinach, pour cornstarch mixture over, and cook as directed, 20 to 25 minutes.
To make Köttbullar—Swedish Meat Balls:

(Kett-boo-lar)

1 recipe meat balls (basic meat mixture shaped into 40 small meat balls)
2 beef bouillon cubes
1 cup boiling water
½ cup flour
½ teaspoon allspice
1 cup evaporated milk
½ cup water
1 tablespoon lemon juice

While meat balls are browning, dissolve bouillon cubes in the boiling water. After meat balls are browned, pour bouillon over. Bring to a boil over medium heat. Cover skillet tightly, turn heat to low and simmer 15 minutes. Remove from heat. Sprinkle in flour, a little at a time, stirring to blend. Sprinkle allspice over. Slowly stir in evaporated milk and the ½ cup water. Cook uncovered over low heat, stirring occasionally, until sauce is thickened, about 10 minutes. Stir in lemon juice and serve immediately. Makes 6 servings. Serve over poppy-seed noodles: 1 pkg. (8 oz.) medium noodles, cooked and drained, then tossed with 2 tablespoons butter and 1 teaspoon poppy seed.
To make Meat Loaf:
After mixing the basic meat mixture, turn into a shallow baking dish and shape into a loaf. Bake in preheated moderate oven (350°F.) until done, about 1 hour. Makes 6 servings.

To make Hamburger Patties:
After mixing the basic meat mixture, divide and shape into 6 patties about 3 inches in diameter. Melt 2 tablespoons butter in a large skillet. Fry patties over medium heat 3 minutes; then turn carefully and cook 3 minutes longer. Makes 6 hamburgers.

To make Barbecued Beef Loaves:
After mixing the basic meat mixture, divide and shape into 6 individual loaves. Place in an 8 or 9-inch square baking dish. Prepare barbecue sauce as follows: Mix thoroughly ½ cup brown sugar, 1 teaspoon dry mustard, ¼ teaspoon ground cloves, ¼ teaspoon allspice and 1 tablespoon flour. Blend in ½ cup tomato catsup and 1 tablespoon lemon juice. Spoon barbecue sauce over loaves. Bake in preheated moderate oven (350°F.) 30 minutes. (If desired, garnish loaves with onion rings before spooning on sauce.) Makes 6 servings.

To make Cheeseburger-Potato Pie:
After mixing the basic meat mixture, pat in an even layer in a 9-inch pie pan or baking dish. Bake in preheated moderate oven (350°F.) 30 minutes. Meanwhile, prepare mashed potatoes as follows: Peel 5 large potatoes and cut into pieces. Cook covered in a small amount of water until potatoes are tender. Mash potatoes; then add ½ teaspoon salt and about ½ cup evaporated milk, beating until potatoes are light and fluffy. When meat has cooked 30 minutes, remove from oven and drain off fat. Place three slices of American cheese over meat. Spread mashed potatoes evenly over top. Break one other slice of cheese into small pieces and sprinkle over potatoes. Return to oven until cheese is melted, about 10 minutes. Makes 6 servings.
To make Stuffed Cabbage Rolls:
First, soften cabbage leaves as follows: Cut core out of cabbage (about 2½ lb. head); let cold water run into opening to loosen leaves. Remove 12 outside leaves, keeping them whole. Stand leaves in a large kettle. Pour boiling water over leaves, cover kettle and let stand 10 minutes to soften leaves for easy handling. Remove leaves and drain. After mixing the basic meat mixture, divide into 12 portions. Place a portion of meat mixture on the stem end of each cabbage leaf and roll, folding in sides to keep filling in place. Melt 1 tablespoon butter in a large skillet, tilting so butter completely coats bottom. Place cabbage rolls fold side down in skillet, cover and cook over low heat 30 minutes. Then turn rolls, spoon 1 can tomatoes (1 lb. 12 oz.) over rolls. Cover and continue cooking 5 minutes longer. (If desired, rolls may be removed to platter and kept hot and tomato mixture thickened with flour before being spooned over for serving.) Makes 6 servings.

To make Stuffed Green Peppers:
First, prepare peppers as follows: Cut 4 medium green peppers in halves crosswise; remove seeds and membrane; wash thoroughly. Place pepper halves in a saucepan with 1 cup water and 1 teaspoon salt. Bring to a boil, cover and boil 5 minutes. Drain. Meanwhile, prepare the basic meat mixture as follows: Melt 1 tablespoon butter in a small saucepan; add the ¾ cup chopped onion and cook over low heat until tender. Then add the cooked onion to the ground beef along with the crumbs, salt, pepper and evaporated milk, and mix thoroughly. Spoon meat mixture into the pepper halves. Place peppers in a baking pan; bake in preheated moderate oven (350°F.) 25 minutes. Spoon 2 teaspoons tomato catsup over meat in each pepper half. Return to oven and bake 15 minutes longer. Makes 6 to 8 servings.

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