THE
HEINZ BOOK
OF
MEAT COOKERY

RECIPES FOR
APPETIZING DISHES OF BEEF
LAMB • PORK AND SMOKED MEATS
VEAL • POULTRY • FISH

PREPARED BY HOME ECONOMICS DEPARTMENT — H. J. HEINZ COMPANY
FOREWORD

NO MEAT DISH NEED EVER BE FLAVORLESS...

There were placid late-summer and fall mornings in the old days when the very atmosphere of the towns and villages was filled with the delightfully aromatic fragrance of simmering tomatoes, cucumbers, spices, mellow vinegar, red and green peppers. Jellies, too, and preserves sent abroad their own fresh and appetizing odors. Every housewife was engaged in putting up pickles, sauces, condiments and the like to make bright and appetizing her table in the bleaker days of late fall, winter and early spring.

Yet delightful as these things were they exacted their price in long hours of laborious work—keeping the housewife to her kitchen, adding to her already heavy burden.

The interests of today's housewife are far more varied, and many of them lie outside the home. No longer is she bound by those old practices that held her so closely to her kitchen. Yet no one appreciates better than today's housewife the need for stimulating, tasty condiments to go with her staple foods. She has them on her table always. But she
gets them from her grocer now . . . the most delicious of pickles, sauces, condiments, jellies, preserves—made by Heinz from the finest vegetables, fruits and spices to be found anywhere—made so flavorful, so piquant, that she wonders if grandmother ever made anything half so appetizing.

Securing variety in meat cookery is, for many housewives, one of the most difficult tasks in meal preparation. The answer to this problem lies in various savory, deliciously seasoned meat dishes which may be prepared {often using inexpensive cuts of meat} with the aid of condiments and relishes. Tomato Ketchup, Chili Sauce, Worcestershire Sauce, Beefsteak Sauce, Pepper Sauce, Prepared Mustard and Mustard Sauce, Horseradish, flavorful Tomato Soup, Pickle Varieties and Olives are only a few of the 57 Varieties that should be found on every homemaker’s supply shelf. With them the housewife need never worry about sameness or lack of flavor in her meat dishes.

The savory dishes may be of the “one-dish” or “oven-dinner” variety, which may be prepared several hours before serving time and baked long and slowly so that at dinner time the whole dinner is ready with no last-minute flurry; or the savory dish may be one which is prepared and ready to serve in less than half an hour.

This book of practical meat dishes is intended to help busy women, everywhere, in that never-ending problem of serving interesting meals to hungry families. You will find the recipes easy to prepare and varied to fit into the many different types of meals that one must serve.
It must be remembered that much of the success or failure of a cooked meat lies in the method employed in cooking it. These three very important facts regarding meat cookery should be carefully noted by every homemaker who seeks to enhance the pleasures of the family table.

1. That keeping in the valuable juices of tender cuts of meat (such as choice rib roasts, sirloin and porterhouse steaks, or chops) is accomplished by applying intense heat as in broiling, panbroiling and roasting.

2. That softening the fibres of the less tender cuts of meat (such as round or rump steaks and roasts, flank or brisket) is the result of searing the outside of the piece of meat, then cooking slowly for a long period of time in the presence of moisture and flavorful condiments. Heinz Tomato Ketchup, Chili Sauce, Worcestershire Sauce, Prepared Mustard Sauce, Beefsteak Sauce and Horseradish, are invaluable aids in this type of meat preparation which includes boiling, stewing and braising.

3. That extracting all the juices for flavoring soups and stews is done by placing the meat in cold water and cooking slowly for a long time. Here again, each of the condiments plays its important part.

It is important to bear in mind that the recipe suggestions in this book are based upon the use of Heinz ingredients whenever the materials Heinz makes are called for. The quantities are all based upon the known strength of Heinz Varieties. Substitution of ingredients specified here would, in many cases, throw off the results completely.
## The Recipes in This Book Classified by the Use of Heinz Varieties

### Beef
- Sliced Beef Creole
- Casserole of Meat and Spaghetti
- Chill Con Carne
- Everyday Chop Suey
- Left-over Meat and Tomato Sauce
- Porcupine Beef Balls
- Spanish Steak

### Fish
- Sliced Beef Sandwich
- Cold Roast Beef Sandwich
- Pot Roast with Spaghetti
- Baked Oysters
- Baked Round Beef
- Beefsteak Pie
- Braised Beef
- Meat Loaf
- Fish Stufing
- Mock Duck
- Swiss Steak
- Baked Oysters
- Baked Whitefish or Haddock
- Savory Meat Loaf
- Savory Steak
- Oysters en Brochette
- Scalloped Fish
- Salmon or Tuna Fish with Cucumber Sauce

### Lamb
- Green Pepper Loaf
- Boiled Fish with Spanish Sauce
- Tuna Fish with Pickle Sauce
- Tuna Fish or Salmon Salad
- Baked Fish with Mustard Sauce
- Cold Roast Lamb Sandwich
- Lamb and Vegetables en Casserole
- Lamb en Casserole
- Little Pigs in Blankets
- Oyster Cocktail
- Broiled Lamb or Morton Chops

### Miscellaneous
- Ham Canapés
- Deviled Turkey
- Brown Fricassee of Veal
- Creole Pork
- Chicken Espagnole
- Veal Loaf
- Turkey Club Sandwiches and Bacon
- Jellied Veal Salad with Different Dressing
- Individual Cold Platter
- Luncheon Salad
- Quick Cole Slaw
- Summer Potato Salad
- Peanut Butter and Bacon Sandwich
- Chicken Salad
- Cold Platter of Meat and Eggs
- Potato Salad with Sliced Frankfurters
- Baked Ham
- Ham and Vegetables en Casserole
- Ham Mousse Salad
- Hot Ham Sandwiches
- Hot Oyster Cocktail
- Cocktail Sauce
- Chicken 4 lb King
- Creamed Turkey with Olives
- Cold Platter Dinner
- Chow Mein
- Turkey and Peas en Casserole
- Veal Birds
- Veal Creole
- Veal Pot Pie Dampkins
- Veal with Vegetables en Casserole
- Kidney Beans
- Spaghetti

## Heinz Varieties That Enter Into Their Use

### Pork
- Ham Canapés
- Deviled Turkey
- Brown Fricassee of Veal
- Creole Pork
- Chicken Espagnole
- Veal Loaf

### Poultry
- Turkey Club Sandwiches and Bacon
- Jellied Veal Salad with Different Dressing
- Individual Cold Platter
- Luncheon Salad
- Quick Cole Slaw
- Summer Potato Salad

### Veal
- Cold Platter of Meat and Eggs
- Turkey Club Sandwiches and Bacon
- Jellied Veal Salad with Different Dressing
- Individual Cold Platter
- Luncheon Salad
- Quick Cole Slaw
- Summer Potato Salad

### Miscellaneous
- One Meal Sandwich
- Cold Platter Dinner
- Chow Mein
- Turkey and Peas en Casserole
- Veal Birds
- Veal Creole
- Veal Pot Pie Dampkins
- Veal with Vegetables en Casserole
- Kidney Beans
- Spaghetti
- Barbecued Ham
- Ham Loaf with Potatoes or Pineapple
- Creamed Chicken and Ham with Olives
- Creamed Veal with Green Peppers
- Turkey Stuffing
BEEF

In connection with beef it is well to mention the fact that there are several different types which must be included among our recipes. Steaks and roasts, which comprise the choicest cuts of beef, are, with the addition of Heinz Prepared Mustard Sauce, Heinz Worcestershire Sauce or Heinz Beefsteak Sauce, sufficient unto themselves. Left-over beef and the cheaper cuts seem to adapt themselves particularly well to use with any one of the three Heinz tomato products—Heinz Chili Sauce, Heinz Tomato Ketchup and Heinz Cream of Tomato Soup. The spices used in these three products, in combination with the delicious juices of the beef produce savory meat dishes which can be rivalled by none. As a result of long, slow cooking in the presence of one of the flavorful tomato condiments, the excellent flavor penetrates the meat and leaves it tender and delicious. Cold roast beef and sliced dried beef, when garnished with Heinz Mayonnaise Salad Dressing, Heinz Stuffed Spanish Olives or Heinz Midget Gherkins, are two favorite sources of delightful combinations for use during the months of the year when hot meats are neither appealing to the appetites of those who must eat them, nor popular with the women who must prepare them.
BEEF

SLICED BEEF CREOLE

\[ \frac{1}{4} \text{ lb. sliced dried beef} \cdot 2 \text{ cupfuls milk} \cdot 3 \text{ tablespoonfuls butter} \]
\[ 4 \text{ tablespoonfuls flour} \cdot \frac{1}{4} \text{ cupful Heinz Chili Sauce}, \]
Toast or toasted muffins

Sauté beef in one tablespoonful butter. Melt two tablespoonfuls butter, stir in flour. Add milk gradually, stir constantly until thickened. Add dried beef and Chili Sauce. Serve on toast points or toasted muffins.

CASEROLE OF MEAT AND SPAGHETTI

1 lb. ground beef (round steak) • 1 medium size onion • 1 large green pepper • 1 medium can Heinz Cream of Tomato Soup
1 medium can Heinz Cooked Spaghetti • \( \frac{1}{4} \) lb. American cheese (grated)

Chop onion finely, fry in bacon fat until slightly brown. Add meat, cook until brown; add Cream of Tomato Soup and chopped pepper and simmer slowly for 30 minutes. Add Spaghetti, mix thoroughly and add grated cheese. Heat in a moderate oven (350 degrees F.) until cheese is melted.

CHILI CON CARNE

1 tablespoonful butter • 1 lb. ground beef • 1 onion • \( \frac{1}{4} \) teaspoonful chili powder • 1 medium can Heinz Oven Baked Red Kidney Beans • 1 small can Heinz Cream of Tomato Soup
1 teaspoonful salt

Brown beef in skillet with butter and chopped onion. Add Kidney Beans and stir for several minutes. Pour over this the Tomato Soup. Add salt and chili powder. Simmer for 15 to 25 minutes. The chili powder may be omitted if desired and a dash of pepper substituted. Serve with boiled or baked potatoes or with boiled rice.
BEEF

EVERYDAY CHOP SUEY

1 lb. ground beef • 2 onions • 2 green peppers • 1 cupful water • 3 tablespoonfuls butter • 1 teaspoonful salt
¼ teaspoonful pepper • 1 medium can Heinz Cooked Spaghetti

In a skillet with the butter, fry the chopped onions and green pepper until slightly brown. Add the chopped meat and fry until the meat browns. Add water, season with salt and pepper, and simmer for 10 minutes. Add the Spaghetti, allow to boil and serve.

HAMBURG CASSEROLE

1 lb. hamburger steak • 4 medium size potatoes • salt and pepper to taste • 2 onions • 1 cupful Heinz Cream of Tomato Soup

Brown hamburger steak in skillet. Cut potatoes in half-inch cubes and spread in a baking dish. Cover with one-half the steak. Add half the Tomato Soup. Add a sliced onion. Season with salt and pepper. Repeat, using the remaining ingredients and bake for 1 ½ hours in a moderate oven (350 degrees F.) More Tomato Soup may be added during the baking if needed.

LEFT OVER MEAT AND TOMATO SAUCE

2 tablespoonfuls fat • 6 medium size onions {thinly sliced}
2 cupfuls Heinz Cream of Tomato Soup • ½ teaspoonful celery salt
⅛ teaspoonful pepper • 2 cupfuls cold cooked beef or veal cut in small pieces, or an equal amount of cold sliced meat
1 teaspoonful salt

Melt the butter in a frying pan, add the onion and cook over a low flame until slightly brown, stirring frequently. Add the tomatoes and seasoning and cook slowly until thick and rich—about one-half hour. Add the cold cooked meat. Heat thoroughly and serve.
BEEF

PORCUPINE BEEF BALLS

1 lb. ground round steak • ½ cupful uncooked rice • 1 medium can Heinz Cream of Tomato Soup

Mix rice and meat, form into balls. Place in casserole and cover with Tomato Soup. Bake in a moderate oven (350 degrees F.) about 1 1/2 hours.

SPANISH STEAK

2 1/2 lbs. thick steak {round or shoulder} • 1 green pepper
1 bottle Heinz Stuffed Olives • 1 medium can Heinz Cream of Tomato Soup • Sliced onions

Brown in a skillet a thick steak. Place in a baking dish, cover with sliced onions and chopped green pepper. Pour over it a bottle of Olives with the spicy liquid in which the olives are packed. Then add the Tomato Soup. Bake in a moderate oven (350 degrees F.) for 2 hours.

SLICED BEEF SANDWICH

One 5 ounce glass sliced beef • 12 slices buttered white bread
4 tomatoes • 6 tablespoonfuls Heinz Mayonnaise Salad Dressing
6 leaves lettuce

Place a generous layer of sliced beef between slices of bread. Top with sliced tomatoes, lettuce and Mayonnaise.

COLD ROAST BEEF SANDWICH

6 slices cold roast beef • 12 slices buttered white bread • 6 leaves lettuce • Heinz Mayonnaise Salad Dressing • Heinz Prepared Mustard or Heinz Chili Sauce and Heinz Midget Gherkins to garnish

Place slices of beef between thin slices of bread. Top with leaves of lettuce and garnish as desired.
BEEF

POT ROAST WITH SPAGHETTI

4 lbs. pot roast (from rump, round or top sirloin) • 1 large can Heinz Cooked Spaghetti • Heinz Prepared Mustard Heinz Sweet Mustard Pickle

Prepare a pot roast in your usual manner. When it is about done, add Spaghetti, which you have already heated. Let the whole simmer for a few minutes, adding water to replace the gravy absorbed by the Spaghetti. In serving, place the meat in the center of the plate and heap the Spaghetti around it. Prepared Mustard or Sweet Mustard Pickle is a very tasty and fitting accompaniment.

STEAK SANDWICHES

1½ lbs. sirloin steak • 12 slices of bread 1/2-inch thick • butter
6 slices Heinz Fresh Cucumber Pickle • few drops Heinz Beefsteak Sauce • 6 slices tomato • 6 slices onion

Toast bread lightly. Spread thickly with butter and place in oven to keep warm. Cut steak into strips and broil, seasoning well with salt, pepper and Beefsteak Sauce. Serve the steak hot between slices of toast. Serve a slice of onion, a slice of Fresh Cucumber Pickle and a slice of tomato with each sandwich. If desired, spread a thin layer of Prepared Mustard on the steak.

SLICED BEEF IN CREAM

1 cupful shredded sliced beef • 2 tablespoonfuls butter • 2 tablespoonfuls flour • 1 teaspoonful Heinz Worcestershire Sauce 1½ cupfuls milk

Fry beef in butter, stirring until the beef begins to brown. Blend well with flour. Add Worcestershire Sauce and milk. Stir for several minutes until well thickened and serve on buttered toast.
BEEF

BAKED ROUND OF BEEF

2 1/2 lbs. round steak, 1-inch thick • 1 thinly sliced Spanish onion
1 green pepper • parsley • 1/2 teaspoonful Heinz Evaporated
Horseradish • 1 lemon • 1 medium size bottle Heinz Tomato
Ketchup • Salt and pepper

Place steak in a roasting pan and top with a layer of onion. Add a layer of
green pepper, cut in rings. In the center of each pepper ring place 1/2
teaspoonful of Evaporated Horseradish. (To prepare Horseradish for use
soak 2 tablespoonfuls Evaporated Horseradish in 4 tablespoonfuls cold
water for 10 minutes.) Then place 1/2 teaspoonful of the Horseradish in
each ring of green pepper. Top each ring with very thin slice of lemon.
Sprinkle with salt and pepper. Over all pour a bottle of Tomato Ketchup.
Bake uncovered in a moderate oven (350 degrees F.) for 2 hours. Serve
on a hot platter, garnished with parsley. This is a delicious dish for
Sunday Dinner.

BEEFSTEAK PIE

2 cupfuls cold steak or roast beef, cubed • 1 onion • boiling water
1/4 cupful Heinz Tomato Ketchup • Baking powder biscuit dough
or pie crust • 1 teaspoonful Heinz Worcestershire Sauce • Flour
salt and pepper • potatoes

Cut remnants of cold steak or roast beef in one-inch cubes. Cover with
boiling water, add onion, Tomato Ketchup, Worcestershire Sauce, and
cook slowly for 30 minutes. Remove onion, thicken gravy with flour
diluted with cold water and season with salt and pepper. Add potatoes
cut in 1/4-inch slices, which have been parboiled for eight minutes in
boiling salted water. Put in a buttered baking dish, cook and cover with
baking powder biscuit dough or pie crust. Bake in a hot oven (400 degrees
F.) for 20 minutes.
BRAISED BEEF

2 lbs. beef, round or shoulder  •  salt and pepper  •  flour
2 1/2 cupfuls boiling water  •  fat  •  potatoes  •  1 cupful diced carrot  •  1 cupful diced turnip  •  1 cupful diced onion
   1 cupful diced celery  •  1/2 cupful Heinz Tomato Ketchup

Sprinkle beef with salt and pepper. Dredge well with flour and brown quickly in fat which has been tried out from the meat. When turning the meat, avoid piercing it with fork, as this allows the inner juices to escape. Place in a casserole or deep pan and add diced carrot, turnip, onion and celery. To boiling water add Tomato Ketchup and pour 1/2 of this liquid around the meat and vegetables. Cover closely and bake about 2 hours in a slow oven (325 degrees F.), basting every half hour with the remaining liquid. Turn the meat over once during the cooking. During the last hour of cooking, whole potatoes should be placed around the meat and baked until tender.

MEAT LOAF

2 lbs. ground beef  •  1/2 lb. bologna  •  1 tablespoonful grated onion
1 cupful moist cracker crumbs  •  1 egg  •  1 teaspoonful salt
   1/2 cupful Heinz Tomato Ketchup  •  pepper

Chop bologna finely and add to the meat. Add other ingredients, adding Tomato Ketchup last. Form into a loaf and bake in a moderate oven (350 degrees F.) basting frequently.
BEEF

MOCK DUCK

2 lbs. thinly cut round steak • 1 tablespoonful butter • 1 onion, finely chopped • 1 1/2 cupfuls soft bread crumbs • 1/2 teaspoonful salt • pepper • flour • 1 tablespoonful Heinz Pure Vinegar
1 cupful hot water • 2 tablespoonfuls Heinz Tomato Ketchup 1/2 teaspoonful Heinz Worcestershire Sauce • 1/4 teaspoonful Heinz Beefsteak Sauce

With a sharp knife score one side of the steak. Melt butter in a skillet, add onion, and brown. Mix onion with bread crumbs, salt and pepper, and spread this mixture over the meat. Form into a roll, tie with a cord, sprinkle with flour and brown in a skillet. When brown, add Vinegar, hot water, Ketchup, Worcestershire Sauce and Beefsteak Sauce. Cover tightly and simmer for 1 1/2 hours. When meat is tender make gravy by adding 1 tablespoonful flour mixed with 3 tablespoonfuls cold water. Season, pour over the meat and serve.

SAVORY MEAT LOAF

2 lbs. beef • 2 cupfuls bread crumbs • 1/3 cupful Heinz Tomato Ketchup • 2 eggs • 1 small chopped onion or onion juice 1/2 cupful hot water • 1 lb. fresh pork • 1/2 cupful milk 1 teaspoonful salt • pepper • 1 teaspoonful Heinz Worcestershire Sauce • 6 slices salt pork

Grind meat, add salt, pepper, eggs slightly beaten, and onion if desired. Then add bread crumbs moistened with milk. Add Tomato Ketchup. Shape into a loaf, place in a roasting pan and lay salt pork across top. Roast in a hot oven (400 degrees F.) for 1 1/2 hours, basting frequently with 1/2 cupful hot water. Make a sauce to serve over the meat, using the liquid in the roasting pan.
BEEF

SAVORY STEAK

2 1/2 lbs. round steak, 1-inch thick  •  several slices bacon or salt pork
1 1/2 cupfuls hot water  •  2 tablespoonfuls Heinz Tomato Ketchup
flour  •  salt and pepper  •  1/2 teaspoonful Heinz Prepared Mustard  •  1 small onion

Into steak pound as much flour as possible. In a skillet fry bacon or pork until crisp. Remove the bacon and brown the steak in the skillet. Season with salt and pepper. To hot water add Mustard and Tomato Ketchup. Pour over the meat, add onion, cover tightly and simmer until tender—about 1 1/2 hours, when it will be tender and savory. Over each serving of steak pour a small amount of the sauce from the pan.

SWISS STEAK

2 1/2 lbs. round steak, 1-inch thick  •  2 tablespoonfuls fat  •  1/2 onion
1/2 cupful flour  •  salt and pepper  •  1/2 green pepper chopped fine
2 cupfuls boiling water, or 1/2 cupfuls of water and 1/2 cupful Heinz Tomato Ketchup

Add the salt and pepper to the flour and pound into meat. Brown in a skillet with the fat; then add the onion, green pepper, boiling water and Ketchup. Cover closely and simmer slowly until done. This may be cooked in a casserole in the oven or in a skillet on top of the stove.

BOILED BEEF WITH HORSERADISH SAUCE

3 to 4 lbs. beef from the chuck, brisket or shoulder  •  1 onion
salt and pepper  •  1 or 2 stalks celery  •  Hot Horseradish Sauce

Place meat in a kettle with enough cold water to cover it. Bring to boiling point and add onion, salt, pepper, and celery. Reduce fire and simmer the meat until tender (about 3 hours). Serve with Hot Horseradish Sauce.
BEEF

HOT HORSERADISH SAUCE

2 tablespoonfuls butter • 3 tablespoonfuls flour • 2 cupfuls beef broth • ¾ teaspoonful salt • dash of pepper • 3 tablespoonful Heinz Evaporated Horseradish soaked in ¼ cupful cold water for 10 minutes • ¼ teaspoonful Heinz Worcestershire Sauce

Melt butter, add flour and stir until well blended. Add broth, salt and pepper. Add Horseradish and serve over slices of boiled beef after having added the Worcestershire Sauce.

MEAT LOAF

2 lbs. ground beef • 1 lb. ground pork • ½ lb. ground veal
1 cupful Heinz Rice Flakes • 1 cupful hot water • salt and pepper
1 teaspoonful Heinz Worcestershire Sauce • 1 egg • 1 onion
1 chopped green pepper • 1 tablespoonful butter

To the ground meat add Worcestershire Sauce, chopped onion, green pepper, salt and pepper. Mix egg with Rice Flakes and add to this mixture. Form into a loaf and bake in a well greased pan in a moderate oven (350 degrees F.). Baste when needed with one cupful hot water to which has been added one tablespoonful butter.

ROAST BEEF

4 lbs. beef, rib roast • salt and pepper • French Dressing {Heinz Salad Book P. 12} • 2 tablespoonfuls flour • 1 tablespoonful Heinz Worcestershire Sauce • 1 ½ cupfuls water

Wipe the meat, lay it on a rack in a roasting pan, place one tablespoonful water in the pan, dust with salt and pepper and baste often during cooking. Beef should be roasted in a hot oven (400 degrees F.) until well seared over, then reduce heat and cook, allowing 30 minutes for the first pound and 12 to 15 minutes for each additional pound. If sprinkled with French Dressing the day before cooking, the meat will be tender and juicy. When done, place the meat on a platter, pour all but two tablespoonfuls fat from the pan, add flour and stir until well browned. Add water, stir until smooth, add salt, pepper and Worcestershire Sauce and serve. Serve additional Worcestershire Sauce if desired.
With the newly perfected methods of freezing and shipping fresh fish, there is no longer need for inland tables to suffer a lack where these sea-coast delicacies are concerned. Increasing care in freezing, packing and shipping sea foods has opened up new channels for the inland cook’s talents. She need not limit herself to a continual round of beef, lamb, pork and veal, but she may now branch out into that fascinating testing-ground of cooking ability—fish cookery! Those housewives who are descended from sea-faring men have always realized the necessity for coaxing out the bland and delicate flavors of fish by the addition of proper condiments. With the addition of any of the Heinz condiments the subtle flavors of fish are so enhanced that those people whose “fish appetites” are only lukewarm, will find themselves enthusiastic in their approval of fish dishes. The problems which arise in serving cold fish salads or cocktails are easily solved when the housewife’s emergency shelf includes Heinz Midget Gherkins, Heinz Stuffed Spanish Olives, Heinz Pure Vinegars and Heinz Worcestershire Sauce. Fine ways of serving hot fish are more numerous now than they have ever been, because homemakers are realizing the fact that their families will continue to request and like fish just so long as it is made irresistible with Heinz Cream of Tomato Soup, Heinz Prepared Mustard Sauce and Heinz Tomato Ketchup.
**FISH**

**GREEN PEPPER LEAF SALAD**

3 or 4 green peppers • 1 head lettuce • 1 small can Tuna Fish or Salmon • 6 teaspoonfuls Heinz Mayonnaise Salad Dressing

2 tablespoonfuls Heinz India Relish or other chopped pickle • \( \frac{1}{4} \) cupful Heinz Chili Sauce • \( \frac{1}{4} \) cupful Heinz Salad Cream Dressing

Wash the peppers and cut into round slices about \( \frac{1}{4} \) inch thick. Place three of the slices on a bed of lettuce to represent green leaves, and fill the center of the pepper with a salad made by adding to the tuna fish or salmon, India Relish or other chopped pickle, and Chili Sauce mixed with Salad Cream. (The Chili Sauce and Salad Cream combined, make an excellent fish salad dressing, slightly tart and deliciously seasoned.) In the center of the leaf formed by the three pepper rings, drop a small spoonful of Mayonnaise Salad Dressing. Serve this salad for luncheon or supper.

**BOILED FISH WITH SPANISH SAUCE**

1½ lbs. fillet of haddock • 3 cupfuls boiling water • 1 teaspoonful salt • 2 tablespoonfuls Heinz Pure Vinegar

Add salt and Vinegar to water. Cut fillets into 6 servings and drop them into the liquid. Simmer slowly for six minutes. Remove to hot platter and serve with the following sauce:

1 cupful Heinz Cream of Tomato Soup • \( \frac{1}{2} \) teaspoonful salt

2 tablespoonfuls butter • 2 tablespoonfuls flour • 1 onion, sliced thin • 1½ cupfuls water • \( \frac{1}{2} \) green pepper, chopped fine

2 tablespoonfuls Heinz Pure Vinegar

Cook onion and green pepper 10 minutes in butter. Add flour, stirring well. Add water and Vinegar to Tomato Soup. Add this to cooked onion and pepper; stir well and cook slowly for 10 minutes. Serve at once.
BAKED FISH WITH TARTAR SAUCE

1 medium size fish • 6 strips bacon • 1 tablespoonful butter
flour • salt and pepper

Wash and dry fish carefully. Sprinkle with salt and pepper. Dredge lightly with flour, place bacon over the top, and surround with about ½ cupful water. Baste frequently, using the butter and 1 cupful water. Bake in a moderate oven (350 degrees F.) for about 1 hour. The fish may be cut into individual servings or baked in one large piece. Serve with Tartar Sauce made by mixing ¾ cupful Heinz Sandwich Relish with ⅓ cupful Heinz Mayonnaise Salad Dressing.

TUNA FISH PLATTER

2 cupfuls flaked tuna fish or salmon • 2 cupfuls chopped celery
½ cupful sliced Heinz Sweet Gherkins • lettuce • Heinz Mayonnaise Salad Dressing • 2 hard cooked eggs • salt and pepper • ½ teaspoonful sugar • paprika


TUNA FISH WITH PICKLE SAUCE

1 cupful canned or cooked tuna fish • 2 tablespoonfuls butter
2 tablespoonfuls flour • ½ teaspoonful salt • dash of Heinz Worcestershire Sauce • 1½ cupfuls milk • 3 tablespoonfuls
Heinz Preserved Sweet Gherkins • paprika • 1 tablespoonful minced parsley • buttered toast

Open fish and steam over hot water until heated. Melt butter in saucepan, add flour and salt, then gradually add milk. Cook until thick and add the chopped Gherkins. Place the fish on platter, pour sauce over it, and sprinkle with paprika and parsley or serve on slices of buttered toast.
FISH

TUNA FISH OR SALMON SALAD

2 cupfuls flaked tuna fish or salmon • 2 cupfuls chopped celery
\( \frac{1}{4} \) cupful sliced Heinz Sweet Gherkins • lettuce • Heinz Mayonnaise Salad Dressing • 2 hard cooked eggs • salt and pepper • \( \frac{1}{2} \) teaspoonful sugar • paprika


BAKED FISH WITH MUSTARD SAUCE

\( 1 \frac{1}{2} \) lbs. fillet of haddock • 2 tablespoonfuls melted butter • 1 tablespoonful flour • 1 cupful boiling water • 1 tablespoonful lemon juice • 1 tablespoonful Heinz Prepared Mustard • \( \frac{1}{2} \) cupful dried bread crumbs • salt and pepper

Cut fillets in six servings, season lightly with salt and pepper. Lay in shallow, well greased baking pan. Make sauce of 1 tablespoonful butter, flour, water, lemon juice and Mustard, stirring constantly until thickened (about 3 minutes). Pour over the fish. Add remaining tablespoonful of butter to bread crumbs and sprinkle over fish. Bake in a hot oven (400 degrees F.) for about 20 minutes.

CRAB MEAT COCKTAIL

\( \frac{1}{2} \) head lettuce • cracked ice • 2 small cans chilled crab meat • 12 Heinz Stuffed Spanish Olives

In small nests of lettuce or in cocktail glasses, set in bowls of cracked ice, place mounds of chilled crab meat. Make cocktail sauce according to the following recipe, pour it over the crab meat, garnish with whole Stuffed Olives and serve at once.
FISH

COCKTAIL SAUCE I

\[ \frac{1}{2} \text{ cupful Heinz Chili Sauce} \quad \cdot \quad \frac{1}{2} \text{ cupful Heinz Mayonnaise Salad Dressing} \quad \cdot \quad \frac{1}{2} \text{ teaspoonful Heinz Pepper Sauce} \quad \cdot \quad \frac{1}{2} \text{ teaspoonful Heinz Beefsteak Sauce} \quad \cdot \quad \frac{1}{2} \text{ teaspoonful salt} \quad \cdot \quad 1 \text{ teaspoonful lemon juice} \]

Mix ingredients. Chill thoroughly and serve on any fish cocktail.

HALIBUT Á LA KING

2 lbs. boiled halibut • 6 slices toast • 5 tablespoonfuls butter
1 cupful fresh mushrooms broken in pieces or canned button mushrooms, sliced lengthwise • \( \frac{1}{2} \) teaspoonful paprika • \( \frac{1}{4} \) cupful Heinz Stuffed Spanish Olives • 4 tablespoonfuls flour • 3\( \frac{1}{4} \) teaspoonful salt • 2 cupfuls rich milk • 2 egg yolks • \( \frac{1}{4} \) teaspoonful onion juice • 1 teaspoonful Heinz Pure Vinegar

\( \frac{1}{2} \) teaspoonful Heinz Worcestershire Sauce

Arrange mounds of finely flaked boiled halibut upon toast and mask with the following sauce: Melt 2 tablespoonfuls butter, in it sauté mushrooms. Add flour and salt. Stir until frothy, add milk and stir until the sauce boils. Set over hot water. Cream 2 tablespoonfuls butter, beat yolks of eggs, onion juice, Vinegar, paprika and Worcestershire Sauce and stir into the hot mixture. Continue stirring until the egg is set, then add Olives, chopped. Pour sauce over fish and serve.

OLIVE AND FISH COCKTAIL IN GREEN PEPPER CASES

1 small can tuna fish • 6 red radishes • French or Russian Dressing {Mayonnaise Salad Dressing and Chili Sauce} • \( \frac{1}{2} \) cupful Heinz Stuffed Spanish Olives • 3 small green peppers

Flake tuna fish. Cut Olives and radishes into eighths lengthwise. Mix all ingredients together, chill, moisten with French or Russian Dressing and serve as a cocktail in halves of small green peppers from which the seeds have been removed.
FISH

BAKED OYSTERS, MEXICAN STYLE

1 qt. large oysters • ½ cupful Heinz Tomato Ketchup • 1 teaspoonful Heinz Worcestershire Sauce • Heinz Sweet Dill Pickle
½ teaspoonful salt • dash of pepper • ½ cupful grated American cheese • 1 tablespoonful butter

To the Ketchup add Worcestershire Sauce, salt and pepper. Place the oysters in a buttered casserole or baking dish, cover with the Ketchup mixture, sprinkle with cheese, and dot over with butter. Bake in a moderate oven (350 degrees F.) until cheese is melted and oysters curled and serve very hot with generous slices of Sweet Dill Pickle.

BAKED WHITE FISH OR HADDOCK

1 medium size fish • salt and pepper • flour • 6 strips bacon • 1 tablespoonful butter • 1 small can Heinz Cream of Tomato Soup • 1 cupful water

Wash fish carefully, dry, sprinkle with salt and pepper, stuff, sew up with twine and put in a pan, dredge lightly with flour and place several strips of bacon over the top. Add enough water to keep from scorching (about ½ cupful). Baste frequently with water and butter. Bake in a moderate oven (350 degrees F.) for about 1 hour. Serve with Tomato Sauce made by adding a small amount of flour to Cream of Tomato Soup.

FISH STUFFING

2 cupfuls dry bread crumbs • ¼ cupful melted butter • ¼ teaspoonful salt • 1 teaspoonful chopped parsley • pepper to taste few drops onion juice • 1 tablespoonful Heinz Gherkins, chopped

Mix ingredients in order given. This makes a dry crumbly stuffing.
CREAMED TUNA FISH ON TOAST:

2 tablespoonsfuls butter • 2 tablespoonsfuls flour • 1 cupful milk
• 1 cupful flaked tuna fish • buttered toast • ½ teaspoonful salt
• ½ teaspoonful Heinz Worcestershire Sauce • 2 tablespoonsfuls
Heinz Tomato Ketchup • dash of pepper

Melt butter in saucepan, add flour and stir until well blended. Add milk
and stir constantly until thickened. Season with salt, Worcestershire
Sauce, Tomato Ketchup and pepper. Add fish and serve on buttered toast.

HALIBUT CREOLE

2 lbs. halibut • ½ cupful Heinz Tomato Ketchup • 1 teaspoonful
onion juice • 2 cupfuls water • Heinz Sweet Dill Pickle
2 tablespoonsfuls butter • 2 tablespoonsfuls flour • salt and
pepper • parsley

Place Ketchup, water and onion juice in a pan and heat until boiling. Mix
butter and flour together and stir into the sauce. When it boils, season
with salt and pepper and cook for several minutes. Pour boiling water into
a deep pan to a depth of ½ inch. Lay fish in it for one minute—skin side
down. Remove from water and take off skin. Place in a well buttered pan,
season with salt and pepper. Top with slices of Pickle and pour half the
Ketchup sauce over the fish. Bake 30 to 45 minutes, basting with remaining
Ketchup sauce. Serve the fish surrounded with sauce from the pan. Garnish
with parsley.

HALIBUT STEAK WITH TOMATO SAUCE

2 lbs. halibut steak • 1 tablespoonful Heinz Prepared Mustard
butter • 1 egg • Stale bread crumbs • tomato sauce

Spread Mustard over the steak. Allow to stand for 10 minutes. Dip in
beaten egg and than in stale bread crumbs. Fry in butter to a golden brown
and serve with Tomato Sauce. (See recipe in Miscellaneous Chapter).
OYSTERS EN BROCHETTE

3 dozen oysters • bacon • Heinz Tomato Ketchup • salt and pepper • Heinz Stuffed Spanish Olives

Drain the liquor from the oysters. Place an oyster on a skewer (of wood or silver) then a piece of bacon, then another oyster, and so on until the skewer is filled. Broil them before a clear flame until the edges of the oysters begin to ruffle. Place on a hot dish and sprinkle with salt and pepper. Garnish with Olives and serve with Ketchup.

SCALLOPED FISH

1 can tuna fish • 2 tablespoonfuls flour • 1 cupful milk • 2 tablespoonfuls Heinz Tomato Ketchup • 2 tablespoonfuls butter
½ teaspoonful salt • ½ teaspoonful Heinz Worcestershire Sauce
½ cupful buttered crumbs

Place fish in a buttered baking dish. Melt butter in a saucepan, add flour and stir until well blended. Add salt, Worcestershire Sauce and milk. Cook until thick. Add Ketchup and pour sauce over the fish. Cover with buttered crumbs and brown in oven. Hard cooked eggs may be used in place of the fish.

SALMON OR TUNA FISH WITH CUCUMBER SAUCE

2 large cucumbers • ½ teaspoonful salt • 6 servings fish
2 tablespoonfuls Heinz Pure Cider Vinegar • pepper

Chop cucumbers, and drain off liquid. Add salt, a little pepper and Vinegar. Mix well. Chill and serve with cold fish.
FISH COOKERY

FISH

LITTLE PIGS IN BLANKETS

12 large oysters • 12 very thin short slices of bacon • Heinz Worcestershire Sauce • salt and pepper • parsley • buttered toast

Season the oysters with salt, pepper and Worcestershire Sauce. Wrap each oyster in a strip of bacon and fasten with a toothpick. Heat a saucepan and put in it the little pigs: cook just long enough to crisp the bacon (about 5 minutes). Cut slices of buttered toast into quarters and place one pig in its blanket on each small slice of toast. Serve immediately garnished with parsley.

OYSTER COCKTAIL

6 oysters per person • cracked ice

Serve oysters on half shells if desired. These should be arranged on cracked ice in a deep plate (a soup plate may be used) or mix oysters with cocktail sauce and serve in stemmed glasses.

COCKTAIL SAUCE II

1 cupful Heinz Tomato Ketchup • 3 tablespoonfuls Heinz Chili Sauce • 2 tablespoonfuls Heinz Pure Vinegar • few drops Heinz Pepper Sauce • 1 tablespoonful Heinz Evaporated Horseradish (soaked for 10 minutes in 2 tablespoonfuls of cold water) ½ to 1 teaspoonful salt • dash of pepper

Mix together. This makes about one and two-thirds cupfuls sauce.
IN planning recipes for the use of lamb, it is most difficult to find ways of preparing it which will assist housewives in enhancing the characteristic flavor of this little-used meat. Through the addition of Heinz tart and spicy condiments, not only during the cooking processes, but also as an accompaniment during service, several recipes for delicious lamb dishes have been perfected in the Experimental Kitchen of the H. J. Heinz Company.

Heinz Tomato Ketchup and Chili Sauce, Heinz Cream of Tomato Soup, Heinz Prepared Mustard, Heinz Worcestershire Sauce and Heinz Pure Vinegars are all sources of appetizing lamb dishes, which should suit the most fastidious persons. In sections of the country where lamb is considered a mainstay of stockmen, it can be bought only with difficulty because housewives have never learned to cook it in ways which are appealing to the appetite, and there is, therefore, little or no demand for this meat which can be so desirable if it is properly cooked and seasoned. As in any case where the flavor of a food is a bit unusual, it is essential in the cookery of lamb to exercise extreme care in seasoning and this care is made more certain through the introduction of Heinz condiments.
LAMB

LAMB ROAST SUPREME

4½ or 5 lbs. lamb shoulder roast • 2 teaspoonfuls salt • ½ teaspoonful pepper • ½ cupful chopped celery • celery curls
3 tablespoonfuls flour • 3 large green peppers • 2 cupfuls cooked rice • 4 tablespoonfuls Heinz Chili Sauce • paprika

Wipe roast with damp cloth, rub surface with combined salt, pepper and flour. Sear roast in hot oven (400 degrees F.) then reduce to moderate oven (350 degrees F.) and bake for 2 hours. Cut peppers in two, lengthwise, remove seeds and fiber and fill with combined rice, celery and Chili Sauce. Place around roast and bake until peppers are tender, about 40 minutes. Baste frequently. Serve garnished with celery curls sprinkled with paprika.

COLD ROAST LAMB SANDWICH

6 slices cold roast lamb • 12 slices buttered white bread • 6 leaves lettuce • 6 teaspoonfuls Heinz Prepared Mustard

Place slices of lamb between thin slices of bread. Top with leaves of lettuce and Mustard.

LAMB EN CASSEROLE

2 cupfuls cold cooked lamb • 1 large can Heinz Spaghetti
½ cupful water • ½ cupful Heinz Tomato Ketchup

Put cold lamb through meat chopper. Put a layer of minced lamb into a casserole; then a layer of Spaghetti and repeat layers until all ingredients have been used. Add Ketchup and water and cook in a moderate oven (350 degrees F.) for 30 minutes.
LAMB

BARBECUED LAMB

12 thin slices cold roast lamb • 2 tablespoonfuls butter • 1 tablespoonful Heinz Pure Cider Vinegar • ¼ cupful Heinz Currant Jelly • ¼ teaspoonful Heinz Prepared Mustard • salt

Reheat lamb in sauce made by melting butter and adding Vinegar, Currant Jelly, Mustard and salt to taste.

BROILED LAMB OR MUTTON CHOPS

6 chops • ½ cupful butter • Heinz Beefsteak Sauce • Heinz Worcestershire Sauce • salt and pepper

Wipe chops, remove superfluous fat and place in a broiler greased with some of the fat. Place under the flame, turning every 10 seconds for the first minute. After the first minute, turn occasionally until well cooked on both sides. Remove to a hot platter, spread with butter, and sprinkle with Worcestershire Sauce, salt and pepper. Serve with Beefsteak Sauce or Worcestershire Sauce.
PORK

One finds in pork a most extensive field for the use of Heinz condiments. Ham, bacon, sausages, frankfurters, pork roasts and chops offer many opportunities for the housewife to prove her culinary ability. Through the introduction of Heinz Cream of Tomato Soup, Heinz Tomato Ketchup, or Heinz Prepared Mustard Sauce, she can easily convert even the most lowly frankfurter into a tasteful bit which refuses to be scorned or ignored. When serving cold meats such as cold roast pork, cold ham or bologna, Heinz Mayonnaise Salad Dressing, Heinz Midget Gherkins and Heinz Stuffed Spanish Olives play a most important part in the menu plans of the housewife, for, by using them, she is enabled to "dress up" even the simplest cuts of pork.

In cold weather, through the addition of any of the highly spiced Heinz condiments, left-over meats and cheaper cuts may be brought to the table piping hot and giving forth delightfully fragrant and appetizing aromas. Who could resist a steaming casserole of country sausages and Heinz Spaghetti with Tomato Sauce, or Ham and Vegetables with Heinz Prepared Mustard Sauce?

The fatty extracts of pork need no longer seem objectionable because any of the Heinz condiments will bring about a blending of juices which is unparalleled by any other type of meat.
HAM CANAPES
4 slices cold boiled or baked ham, ground • ¼ cupful Heinz Chili Sauce • 4 teaspoonfuls grated cheese • 1 dozen Heinz Stuffed Spanish Olives

Mix ham and Chili Sauce. Cut small rounds of thin bread. Toast on one side and on the untoasted side spread a generous layer of ham and Chili Sauce mixture. Sprinkle grated cheese on top and toast in a very hot oven until cheese is melted. Garnish with slices of Olive.

CREOLE PORK
1 small can Heinz Cream of Tomato Soup • 1 small can Heinz Cooked Spaghetti • 1 lb. ground raw pork • 1 tablespoonful butter • 2 onions • ½ teaspoonful salt • ¼ lb. grated cheese • ½ cupful grated crumbs

Chop onions fine and cook with pork in pan until brown, in additional fat. Drain off excess fat. Add Spaghetti, Tomato Soup and cheese. Turn into baking dish and cover with crumbs and butter. Bake 30 minutes in a moderate oven (350 degrees F.)

PORK CHOPS EN CASSEROLE
3 cupfuls thinly sliced potatoes • 6 pork chops • ⅓ cupful finely chopped onion • 1 teaspoonful salt • ¼ teaspoonful pepper
1 medium can of Heinz Cream of Tomato Soup

In a buttered baking dish, place alternate layers of sliced potatoes and chopped onions. After rubbing the chops with salt on both sides, lay them on top of the potatoes and onions and pour soup over them. Bake in hot oven (400 degrees F.) for 45 minutes or until potatoes are soft. This recipe will serve four.
PORK

POTATOES STUFFED WITH SAUSAGE

6 large potatoes • ½ lb. link sausages • ¼ cupful water
1 small can Heinz Cream of Tomato Soup

Wash and pare potatoes. With a knife or apple corer, cut a hole through each potato which will be large enough so that a sausage may be inserted into it. Drop sausages into boiling water and cook for 3 minutes. Insert sausages into potatoes, place them in a casserole, cover with soup and water, and cook until potatoes are done, basting frequently with sauce.

HAM SALAD

2 cupfuls cooked ham, diced • ¾ cupful cooked peas • 3 tablespoonfuls Heinz India Relish

Mix ham, peas and relish together and marinate (mix well) in French Dressing. Chill thoroughly. Arrange on crisp lettuce leaves and garnish with slices of hard cooked eggs. Serve with Russian Dressing.

PEANUT BUTTER AND BACON SANDWICH

12 slices bread • ¾ cupful Heinz Peanut Butter • 6 slices uncooked bacon • Heinz Sweet Midget Gherkins or Spanish Queen Olives

Spread slices of bread with Peanut Butter. Cover them with thin slices of bacon or chopped bacon. Broil slowly until bacon is crisp and delicately brown, or bake in a moderately hot oven (350 degrees F.) until the bacon is cooked. Serve with Spanish Queen Olives, or Sweet Midget Gherkins.

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PORK

HOT DEVILED HAM SANDWICHES

12 slices hot toast • 6 slices or ¾ cupful deviled ham or cold cooked ham • 2 tablespoonfuls butter • 2 tablespoonfuls flour
1 cupful milk • 2 tablespoonfuls Heinz Sweet Gherkins

On slices of hot toast spread a layer of ham, ground finely; and prepare the following sauce:—Melt butter in a saucepan, add flour and stir until well blended. Add milk and stir until thickened. Add Gherkins, chopped. This makes a delicious cream sauce to be poured over the slices of hot toast spread with the ham. Cover with another layer of the toast and more of the sauce. This dish makes a splendid school lunch for the children. Garnish at one side with a pickle fan which is made by cutting very thin parallel sections almost the length of Sweet Gherkins, then carefully spreading out the sections like a fan. Pickle fans are always a nice garnish for a meat or fish salad or sandwich.

POTATO SALAD WITH SLICED FRANKFURTERS

5 medium size cold cooked potatoes, diced • 1 large cucumber, diced • 1 tomato, diced • ¼ cupful Heinz Sweet Dill Pickle
1 teaspoonful Heinz Prepared Mustard • 1 tablespoonful finely chopped onion • 1 teaspoonful salt • 3 frankfurters • Heinz Mayonnaise Salad Dressing

Combine potatoes, cucumber and tomato. Add frankfurters which have been cooked in boiling water, cooled, peeled and sliced and Sweet Dill Pickle, chopped. Moisten the salad using Mayonnaise Salad Dressing to which has been added Prepared Mustard. This is very different from ordinary potato salad, and it is substantial—the main dish of the meal.

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PORK

BAKED HAM

2½ lb. sliced ham, 1 inch thick • 1 tablespoonful Heinz Prepared Mustard • 2 tablespoonfuls brown sugar • whole cloves

Milk • 1 teaspoonful Heinz Pure Vinegar

Soak a ham for one hour in cold water to which Vinegar has been added. Drain, place in a baking dish and spread with Mustard and brown sugar. Stick with whole cloves. Pour milk around the meat to almost cover. Bake in a moderate oven (350 degrees F.) until tender—about 1 hour.

HAM AND VEGETABLES EN CASSEROLE

1 slice ham (about 2 lbs.) • ½ teaspoonful Heinz Worcestershire Sauce • 1 teaspoonful Heinz Prepared Mustard • 2 tablespoonfuls brown sugar • salt and pepper • 2 cupfuls milk
4 medium potatoes • 3 medium onions • 3 medium carrots
1 turnip • flour

Rub surface of ham with the Worcestershire Sauce, sugar, and Mustard. Place in a round casserole and cover with one layer each of thinly sliced onion, carrots, turnips and potatoes. Sprinkle each layer with a little flour, salt and pepper. Add milk, cover and bake in a slow oven (300 degrees F.) for 1 ½ hours. During the last 15 minutes remove cover.

HAM MOUSSE SALAD

1 tablespoonful gelatin • 2 cupfuls minced cold ham • ¼ cupful minced celery • 2 tablespoonfuls minced parsley • green pepper • pimiento • 2 tablespoonfuls cold water • ½ cupful cream • ⅛ teaspoonful paprika • lettuce • Heinz Mayonnaise Salad Dressing

Soak gelatin in cold water five minutes and dissolve over boiling water. Add ham, celery, paprika and parsley and mix thoroughly. Fold in the stiffly beaten cream. Put into individual molds, or one large mold, which have been dipped in cold water. Chill thoroughly. Turn out on a bed of crisp lettuce or watercress. Garnish with green pepper and pimiento. Serve with Mayonnaise Salad Dressing.
PORK

HOT HAM SANDWICHES

12 slices brown bread  •  6 slices or ¾ cupful sliced or minced ham
1 egg  •  3 tablespoonfuls melted butter  •  ½ cupful milk
Heinz Prepared Mustard  •  6 slices American or Swiss Cheese
¼ teaspoonful salt  •  pepper  •  Heinz Fresh Cucumber Pickle

Spread thin slices of brown bread with a thin slice of ham, or minced ham, then with a layer of Mustard. Cover Mustard with a thin slice of cheese. Cover with another slice of bread. Beat egg and add to it salt, a dash of pepper and milk. Dip the sandwiches quickly into this mixture and fry in butter until delicately browned. Garnish with slices of Fresh Cucumber Pickle and serve at once.

CREAMED HAM AND OLIVES

1½ cupfuls diced cold cooked ham  •  2 tablespoonfuls Heinz Stuffed Spanish Olives, chopped  •  2 tablespoonfuls butter  •  pepper
1 loaf bread  •  3 tablespoonfuls flour  •  1½ cupfuls milk
½ teaspoonful Heinz Worcestershire Sauce  •  parsley  •  Heinz Fresh Cucumber Pickle

Melt the butter in a saucepan, add flour and stir together until well blended. Add milk and seasonings and cook until thick. Add ham and Olives to the sauce and heat thoroughly. Cut the bread in 6 slices, about 2 inches thick. Trim the crusts, cut in squares and hollow out the centers, leaving cases in which to serve the creamed meat and Olives. Brush the cases lightly with butter and toast. Fill with the creamed ham. Garnish with parsley and slices of Fresh Cucumber Pickle and serve. Cold pork or veal may be prepared in the same way.
PORK

BACON AND OLIVE ROLLS FOR THE PICNIC DINNER

½ lb. thinly sliced bacon • 1 dozen hot rolls • 4 dozen Heinz Stuffed Spanish Olives

Roll a thin strip of bacon around 2 Stuffed Olives. Place on the end of a sharp stick and broil over the campfire. Serve in hot rolls.

HAM ROLLS

6 thin slices ham • 1 package Philadelphia Cream Cheese • 6 Heinz Stuffed Spanish Olives, chopped • lettuce • 2 tablespoonfuls Heinz Mayonnaise Salad Dressing • 1 teaspoonful Heinz Evaporated Horseradish mixed with an equal amount of water

Mix the cheese with Olives, Salad Dressing and Horseradish. Spread the mixture on the slices of ham and form a roll. Serve the ham rolls on lettuce. Serve with Mayonnaise Salad Dressing and garnish with slices of Stuffed Olives.

CHOW MEIN

1 lb. fresh pork or white meat of chicken, veal, lobster, or crab • 4 tablespoonfuls fat • ½ cupful water • 1 teaspoonful salt • ¼ teaspoonful pepper • boiled rice • ½ cupful Heinz Tomato Ketchup • 1 teaspoonful cornstarch • 1 onion • ¼ lb. dried mushrooms or ½ lb. fresh mushrooms soaked 2 hours in cold water, drained and cut in thin slices

Cut pork in 1 inch strips and cook in frying pan 5 minutes with 2 tablespoonfuls fat. Add water, Ketchup and cornstarch. Simmer 3 minutes or until meat is tender. In another frying pan put 2 tablespoonfuls fat, add onion cut lengthwise in very fine strips 2 inches long, and dried or fresh mushrooms. Cook 3 minutes, stirring constantly. Combine mixtures, add salt and pepper. Serve with boiled rice.
**PORK**

**HAM BAKED WITH SPICY SAUCE**

2½ lb. sliced ham, 1 inch thick • ¼ cupful Heinz Tomato Ketchup or Chili Sauce • 1 teaspoonful sugar • ½ cupful cold water • 1 tablespoonful Heinz Puré Vinegar • 2 teaspoonfuls flour • ½ teaspoonful Heinz Prepared Mustard

Brown ham in skillet, then place in a casserole and cover with the following sauce:—Mix Ketchup or Chili Sauce, cold water, and Vinegar, flour, sugar and Mustard. Bake in a moderate oven (350 degrees F.) or simmer until tender (about ½ hour).

**PORK CHOPS AND HEINZ BAKED BEANS EN CASSEROLE**

6 pork chops • 1 can Heinz Baked Beans {Vegetarian Style} • 1 teaspoonful sugar • ¾ cupful Heinz Tomato Ketchup

Fry pork chops until nicely brown. Pour over Baked Beans, add sugar and Ketchup, mix lightly. Bake in moderate oven (350 degrees F.) for about 20 minutes.

**STUFFED BAKED PORK CHOPS**

6 double pork chops • 4 tablespoons butter • 1 small onion, minced • ½ teaspoonful Heinz Worcestershire Sauce • 1½ cupfuls water • 2 cupfuls bread crumbs • ¼ teaspoonful salt • a dash of pepper • 3 tablespoonfuls Heinz Tomato Ketchup

Wipe meat with damp cloth. Cut pocket in each chop. Make a dressing of bread crumbs and seasoning. Place dressing in the pocket of the chops. Place in roasting pan, cover with sauce made of water and Ketchup. Bake in hot oven (400 degrees F.) about 45 minutes, basting frequently.
PORK

SAVORY SAUSAGES

1 lb. small sausages • ½ cupful Heinz Tomato Ketchup

Creamed potatoes • parsley • ¼ cupful diced celery • ¼ teaspoonful salt • pepper

Prick the sausages and cook gently until done; remove to a serving dish and pour off all the fat from the pan except 2 tablespoonfuls. Cook the celery in this; add the Ketchup, salt and pepper and pour this sauce over the sausages. Surround the creamed potatoes and sprinkle parsley over the top.

SAUSAGES WITH BAKED APPLES

6 large red apples • 1 lb. sausage or ground ham • whole cloves

With a sharp knife scoop out the centers from the stem end of apples, being careful to remove all seeds. Be sure you do not cut through to the other side of the apple. Peel the cored end of the apple one-fourth of the distance down. Stuff the apples very firmly with sausage, or ground ham. Stick whole cloves, three or four, in the peeled portion of the apple. Place the stuffed apples in an uncovered baking dish and add just enough water to prevent sticking. Bake in a moderate oven (350 degrees F.) until the apples are tender. Remove to plates and serve very hot.

SAUSAGES WITH KIDNEY BEANS

1 lb. sausages • 1 can Heinz Oven Baked Red Kidney Beans, Heinz Tomato Ketchup • parsley

Brown sausage in a skillet. Pour over it, Kidney Beans and simmer or bake in a slow oven (300 degrees F.) for ½ hour. Place the beans in the center of a hot platter, surround with the sausages, garnish with parsley and serve very hot, with Ketchup.
PORK

SAUSAGES WITH SPAGHETTI

1 lb. sausages • parsley • 1 large can Heinz Cooked Spaghetti

Brown sausages in a skillet. Drain off the excess fat and over the sausages pour a can of Spaghetti. Stir until the Spaghetti is thoroughly heated. Place in the center of a platter, surround with the brown sausages, garnish with parsley and serve very hot.

BARBECUED HAM

1 slice ham—2½ lbs. • ½ large onion • ½ clove of garlic
¼ cupful Heinz Tomato Ketchup • ¼ cupful Heinz Worcestershire Sauce • 1 small can Heinz Cream of Tomato Soup • ¼ cupful Heinz Pure Cider Vinegar • ½ tablespoonful butter
½ tablespoonful sugar • ½ teaspoonful pepper

Chop onions and garlic very finely. Add remaining ingredients, pour over ham and bake in a moderate oven (350 degrees F.) until tender.

HAM LOAF WITH POTATOES OR PINEAPPLE

1 lb. cured ham, raw, and ½ lb. fresh pork ground together twice
2 cupfuls Heinz Rice Flakes • 1 teaspoonful Heinz Worcestershire Sauce • 6 white or sweet potatoes • 1 egg • ¼ cupful milk pepper • flour • pineapple {if desired}

Mix all ingredients together thoroughly, pat into a loaf, and cook in roaster with a little water around it for about 1 hour. After first half hour place white or sweet potatoes around the loaf, if desired, or place slices of pineapple over top of the loaf and allow to brown delicately.

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POULTRY

It has not been such a long time since American housewives cooked fowl of all kinds by means of a slowly turning spit, over an open fire. By constantly basting with the hot and fragrant drippings of the fowl, a beautiful golden-brown skin encrusted tender and juicy meat, and a product of rare quality was assured. The one great objection to this method of cookery lay in the fact that poultry and game cooked in this manner required the housewife to remain in constant attendance and practically desert her other household activities. During our present day life of great activity, homemakers have not the same amount of time to devote to any one task and they are always seeking recipes which permit them to prepare the foods, and then let the cooking processes take care of themselves. When a chicken or turkey is roasted today, it is placed in a roasting pan, in the presence of moisture, butter, seasonings and Heinz Cream of Tomato Soup, and allowed to cook until tender. The addition of this one condiment makes a flavorful gravy which cannot be surpassed.

In using left-over poultry, Heinz Chili Sauce, Heinz Tomato Ketchup, Heinz Stuffed Spanish Olives, and Heinz Worcestershire Sauce, are invaluable aids which should always occupy space on the homemaker’s emergency shelf.
POULTRY

DEVILED TURKEY

Cold turkey—legs, wings, second joints, etc. • salt and pepper • flour • parsley • 1 cupful turkey broth • 2 tablespoonfuls butter • 2 tablespoonfuls Heinz Chili Sauce • 1 teaspoonful Heinz Worcestershire Sauce. • 1 teaspoonful Heinz Prepared Mustard

Sprinkle cold turkey with salt, pepper and flour. In a skillet place butter, Chili Sauce, Worcestershire Sauce and Mustard. Fry the turkey and when it is delicately browned, add hot turkey broth and simmer for five minutes. Sprinkle with chopped parsley and serve.

CHICKEN ESPAGNOLE

5 lb. chicken • 1 large onion • 7-ounce bottle of Heinz Stuffed Spanish Olives • 1 green pepper, chopped • ⅛ cupful butter, or fat from chicken • 1 medium can Heinz Cream of Tomato Soup • 1 can peas {2 cupfuls} • 1 can mushrooms • 2 teaspoonfuls salt • flour to thicken

Prepare chicken as for fricassee. Sprinkle with salt, pepper and flour. Brown lightly in fat. Remove from fire, add onions, Tomato Soup, Olives and green pepper. Simmer for 10 minutes, add chicken and liquid from mushrooms and peas, with enough cold water to cover. Measure liquid, cover, and cook for 1½ hours, or until chicken is tender. Add peas, mushrooms, and for every cupful of liquid, add 1 tablespoonful of flour mixed to a smooth paste, with cold water. Stir until it boils. Serve with toast or hot baking powder biscuit.
POULTRY

TURKEY CLUB SANDWICHES WITH BACON

12 slices buttered bread • 6 slices cold turkey • 6 slices broiled bacon • 6 leaves lettuce • 6 tablespoonfuls Heinz Mayonnaise Salad Dressing • Heinz Tomato Ketchup or Chili Sauce

Toast bread quickly so that it will not be hard, and butter generously. Spread with slices of cold turkey, then with crisp slices of broiled bacon. Add a leaf of lettuce and spread with Mayonnaise Salad Dressing. Cover with another slice of toast and serve accompanied by Ketchup or Chili Sauce.

CHICKEN SALAD

3 cupfuls cold chicken, cubed • 1 teaspoonful salt • Heinz Mayonnaise Salad Dressing • 2 hard cooked eggs • 1½ cupfuls celery, cut in pieces • Heinz Midget Gherkins

Combine chicken and celery and add salt. Cut up eggs, reserving three or four perfect slices for garnishing. Add eggs to the chicken and celery and mix well with Mayonnaise Salad Dressing. Mound in salad bowl on bed of crisp lettuce. Cover top with Mayonnaise Salad Dressing and garnish with capers, slices of egg and Gherkins.
POULTRY

CHICKEN Á LA KING

3 tablespoonfuls butter • 1 green pepper, shredded • ½ lb. fresh mushrooms, sliced thin • 2 cupfuls cold cooked chicken, diced ½ teaspoonful onion juice • ½ cupful cream or top milk 6 tablespoonfuls flour • 2 cupfuls milk • ½ cupful chicken broth • salt and pepper • 8 Heinz Stuffed Spanish Olives sliced 1 egg yolk

In a pan with butter, cook for 5 minutes pepper and mushrooms. Add flour and blend well. Add milk and chicken broth and cook until thick. Add chicken. Season to taste with salt, pepper and onion juice. Add Olives and cream or top milk. Cook for several minutes and stir in egg yolk, well beaten. This recipe serves ten persons. Canned chicken may be used satisfactorily in this recipe.

CREAMED TURKEY WITH OLIVES

4 tablespoonfuls butter • 4 tablespoonfuls flour • 2 cupfuls milk or cream • ¼ cupful Heinz Stuffed Olives, sliced • buttered toast or crisp crackers • salt and pepper to taste • 2 cupfuls cold cooked turkey or chicken • 1 teaspoonful chopped parsley • 1 beaten egg yolk

Melt butter in a saucepan and blend well with flour. Add milk or cream, salt and pepper, and cook until thick, stirring constantly. Add turkey or chicken, parsley and Olives. A beaten egg yolk stirred in adds to the richness of the dish. Serve on buttered toast or on crisp crackers.

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POULTRY

TURKEY AND PEAS EN CASSEROLE

2 tablespoonfuls butter • 2 tablespoonfuls flour • 1 cupful turkey broth • 1 cupful cold cooked peas • ¼ cupful Heinz Tomato Ketchup • salt and pepper • 2 cupfuls cold turkey bread crumbs

Melt butter in pan, add flour and mix well. Add turkey broth, Ketchup and cook until boiling, stirring constantly. Season with salt and pepper. Place cold turkey and peas in alternate layers in a baking dish or pan and pour the hot sauce over them. Sprinkle with bread crumbs and dot over with butter. Bake in a moderate oven (350 degrees F.) until brown and serve.

CREAMED CHICKEN AND HAM WITH SLICED OLIVES

4 tablespoonfuls butter • 4 tablespoonfuls flour • 2 cupfuls rich milk • 2 cooked egg yolks {mashed} • buttered toast paprika • few drops Heinz Worcestershire Sauce • 1 cupful cold cooked chicken • 1 cupful cold cooked ham • ½ cupful Heinz Stuffed Olives, sliced

Cook the butter, flour, milk and eggs until thickened and season using paprika and Worcestershire Sauce. Add the chicken and ham cut into strips and the Olives. Serve on slices of buttered toast.
VEAL

In spite of the fact that it is reputed to be one of the most bland meats, veal need no longer be shunned as a tasteless basis upon which to build a meal. It, like the cheaper cuts of beef, profits greatly through long cooking processes in the presence of moisture and highly seasoned condiments, and should never be excluded from the housewife’s list of desirable recipes for savory meat dishes. When veal is on the menu it is necessary that it be subjected to these long, slow processes of cooking, and it requires extra seasoning in order to assure its flavor and tenderness.

If, on her emergency shelf, each homemaker would arrange to keep the three Heinz tomato products—Heinz Chili Sauce, Heinz Cream of Tomato Soup and Heinz Tomato Ketchup—she would have ample material for making the many delicious veal dishes which are described in this book.

In cases where a molded meat salad is to be the main dish of a summer luncheon or supper, nothing will prove more satisfactory than a Jellied Veal Salad, garnished with Heinz Mayonnaise Salad Dressing and Heinz Stuffed Spanish Olives.
VEAL

BROWN FRICASSEE OF VEAL

$1\frac{1}{2}$ lbs. veal steak • flour • hot fat • $\frac{1}{2}$ cupful cold water
pepper • 2 tablespoonfuls flour • $\frac{1}{2}$ teaspoonful salt • $\frac{1}{2}$ cupful Heinz Chili Sauce

Cut veal in pieces for serving, roll in flour and brown on both sides in hot fat—fried out from salt pork. Add enough water to almost cover and slowly simmer for $\frac{1}{2}$ hour. Make an uncooked sauce by combining flour, salt and pepper with Chili Sauce and water. Pour the sauce over the meat, stir until boiling and let simmer 30 minutes.

VEAL LOAF

2 lbs. cooked veal • 2 small onions • 1 cupful dried bread crumbs • 2 tablespoonfuls green pepper • 1 egg • 2 teaspoonfuls salt • 2 tablespoonfuls Heinz Worcestershire Sauce • 2 tablespoonfuls Heinz Evaporated Horseradish • 2 cupfuls Heinz Cream of Tomato Soup • 2 tablespoonfuls melted butter

VEAL

JELLIED VEAL SALAD

2 tablespoonfuls gelatine • ¼ cupful cold water • 2 cupfuls cold veal, cubed • ½ teaspoonful salt • ½ cupful celery, cut in small pieces • ¼ cupful chopped green pepper • ¼ cupful chopped pimiento • Heinz Mayonnaise Salad Dressing

Soak gelatine in cold water five minutes and dissolve over boiling water. Add veal, celery, green pepper, pimiento and salt. Mix Mayonnaise Salad Dressing thoroughly through these ingredients. Put into a ring mold which has been dipped in cold water. Chill thoroughly. Turn out on a bed of crisp lettuce. In the center make a cup of small heart leaves of lettuce and fill with Different Dressing (Recipe given below). Decorate mold with strips of pimiento.

DIFFERENT DRESSING

½ teaspoonful Heinz Prepared Mustard • ½ teaspoonful salt
⅛ teaspoonful pepper • ⅛ teaspoonful paprika • 1 egg yolk
2 tablespoonfuls Heinz Pure Vinegar • 1 cupful Heinz Pure Olive Oil • 1 chopped hard cooked egg • 1 tablespoonful chopped pimiento • 2 tablespoonfuls Heinz India Relish

Mix the Mustard, salt, pepper and paprika. Add egg yolk and mix well. Add 1 tablespoonful Vinegar, and the Oil gradually, beating constantly with an egg beater or silver fork. As mixture thickens, add remainder of Vinegar, hard cooked egg, chopped pimiento and India Relish.
VEAL

VEAL BIRDS

1½ lbs. veal cutlet • chopped bacon or salt pork • cracker or stale bread crumbs • salt and pepper • 2 tablespoonfuls Heinz Tomato Ketchup • onion juice • Heinz Worcestershire Sauce • 1 beaten egg • flour • toast

Have veal cutlet sliced very thin. Then cut into pieces about 4 inches long and 2 inches wide, each piece to make a bird. Chop the trimmings off the meat and add an equal quantity of chopped bacon, and an equal quantity of cracker or stale bread crumbs. Season highly with salt, pepper, onion juice and Worcestershire Sauce. Moisten with egg, spread each piece of meat with this mixture. Roll and tie with a piece of cord or fasten with small wooden skewers. Sprinkle with salt and pepper, roll in flour and fry in a skillet with hot butter until a golden brown. Add cream or a thin white sauce to half cover the meat. Stir in Ketchup and simmer or bake slowly for about 20 minutes, or until the meat is tender. Remove the cords or skewers and serve each bird on a small round piece of toast, pouring the sauce in the pan over the top. Veal birds are so tender and delicious they may be cut easily with one's fork.

VEAL CREOLE

2 tablespoonfuls butter • 1 chopped green pepper • veal cutlet 
½ cupful Heinz Tomato Ketchup • 1 cupful warm water
1 small onion chopped • flour • salt and pepper

Melt butter in skillet and fry in it green pepper and onion. Remove the onion and pepper, dip in flour a slice of veal cutlet which has been sprinkled with salt and pepper, and fry in the skillet. When brown, pour over it Ketchup mixed with water. Bake uncovered for 30 minutes in a moderate oven (350 degrees F.). Thicken the sauce if necessary with blended flour and butter.
VEAL

VEAL POT PIE

2 lbs. shoulder of veal • salt and pepper • 2 cupfuls diced potatoes • 3 tablespoonfuls flour • 1 onion • ½ teaspoonful Heinz Worcestershire Sauce • ¼ cupful Heinz Tomato Ketchup • dumplings

In a kettle containing 1½ quarts boiling water, place veal and onion, and simmer for 1 hour or more. Add salt and pepper to season and Worcestershire Sauce. Add potatoes and cook until they are nearly done. Add Ketchup. Thicken using flour softened in ½ cupful cold water. Place dumplings on top of the meat, cover closely and steam for 12 minutes. Be sure that the dumplings rest on the meat, and cannot sink into the liquid, as this is what causes dumplings to be heavy. If one wishes to have a sauce to serve, part of the liquid may be removed before putting the dumplings into the kettle.

DUMPLINGS

2 cupfuls flour • 4 teaspoonfuls baking powder • ¾ cupful milk
(approximately) • ½ teaspoon salt • 2 teaspoonfuls butter

Mix and sift dry ingredients, work in butter and add milk gradually. Drop by teaspoonfuls on top of the stew, cover closely and steam for 12 minutes.

VEAL WITH VEGETABLES EN CASSEROLE

1½ lbs. shoulder veal, ground • 2 tablespoonfuls melted butter
½ cupful bread crumbs • 1 egg • 6 small potatoes, quartered
1 green pepper, chopped • 1 teaspoonful sugar • ½ teaspoonful chopped parsley • ½ teaspoonful Heinz Worcestershire Sauce
1 teaspoonful salt • 2 tablespoonfuls flour • 6 small onions, sliced • pepper • 3 tablespoonfuls Heinz Tomato Ketchup
1 cupful hot water

Mix together the chopped veal, melted butter, bread crumbs, Worcestershire Sauce, parsley, salt and well beaten egg. Form into balls, roll in flour and brown in a skillet with fat. Add the remaining ingredients and water, mixed with Ketchup. Cover closely and bake in a moderate oven (350 degrees F.) for 1½ hours.
CREAMED VEAL WITH GREEN PEPPERS

2 cupfuls veal, cooked and diced • 1 green pepper • 1 cupful milk • salt • pepper • 2 tablespoonfuls butter • 2 tablespoonfuls flour • Heinz Worcestershire Sauce • toast or biscuit

Slice a green pepper and cook it in butter for 5 minutes. Do not allow butter to brown. Remove the pepper and add flour to the fat. Stir until smooth and add milk and continue stirring until the sauce is thickened. Season to taste with Worcestershire Sauce, salt and pepper. Add the veal and peppers. Serve on toast or biscuit.
MISCELLANEOUS

INDIVIDUAL COLD PLATTER

Sprigs of parsley or watercress • cold meat {meat loaf, ham, roast beef, bologna, or other meat} • Heinz Mayonnaise Salad Dressing

Heinz Midget Gherkins • lettuce • tomato • celery • nuts

bread and butter sandwiches

Using parsley or watercress, divide a salad plate or small dinner plate into four sections. In one section place a slice of cold meat; in the second section a salad on a lettuce leaf (tomato stuffed with celery, nuts and Mayonnaise or tomato stuffed with cole slaw, or luncheon salad—recipe given below). In third section place a mound of pickles in a lettuce leaf, in the fourth section place small bread and butter sandwiches.

LUNCHEON SALAD

1 small can Heinz Cream of Tomato Soup • 1 cake cream cheese

½ cupful Heinz Mayonnaise Salad Dressing • 1 green pepper chopped • lettuce • 1 tablespoonful gelatine soaked in • ¼ cupful cold water • ½ cupful celery • ¼ cupful Heinz Stuffed Spanish Olives, chopped

Heat Tomato Soup to the boiling point. Add gelatine and cheese. When the salad begins to thicken, add Mayonnaise Salad Dressing, celery, green pepper, and Olives. Mold in individual molds, chill and serve in lettuce, garnishing with a sliced Olive.
QUICK COLE SLAW

4 cupfuls shredded cabbage • 1 tablespoonful sugar • 1 teaspoonful salt • pepper • 1 green pepper, chopped • ½ cupful Heinz Mayonnaise Salad Dressing • 2 tablespoonfuls Heinz Cider Vinegar or Tarragon Vinegar

Add sugar and salt to the cabbage and green pepper; thin Mayonnaise with Vinegar, and add this to cabbage and green pepper mixture. Mix thoroughly. Serve in nests of crisp lettuce.

SUMMER POTATO SALAD

1 large cucumber, diced • 6 potatoes, diced • 1 teaspoonful salt • 3 tomatoes, diced • 2 teaspoonfuls onion, diced • ½ cupful Heinz Salad Cream to which has been added 1 tablespoonful Heinz Pure Cider Vinegar

Mix all ingredients lightly, so as not to mash potatoes. (If Heinz Mayonnaise Salad Dressing is used in place of Salad Cream, mix ingredients with 2 tablespoonfuls of French Dressing and 1 teaspoonful Heinz Mustard Sauce before adding Mayonnaise.)

COLD PLATTER OF MEAT AND EGGS

Cold boiled tongue • cold baked ham • sliced cold chicken • Heinz Pickles • lettuce • sliced Swiss cheese • halves of stuffed or deviled eggs • Heinz Stuffed Spanish Olives • watercress

Arrange the cold sliced meat and cheese in the center of a large platter or chop plate. Put small heart leaves of lettuce around the edge of the plate and place the stuffed or deviled eggs on the lettuce leaves. Garnish with Olives, Pickles and watercress. Such a platter may be arranged several hours before it is required. It should be covered with waxed paper or a damp cloth and placed in the refrigerator until serving time.
MISCELLANEOUS

ONE MEAL SANDWICH

18 thin slices of toasted bread  •  6 thin slices of tongue, corned beef, boiled ham or roast beef  •  6 tablespoonfuls Heinz Mayonnaise Salad Dressing  •  Heinz Prepared Mustard Sauce  •  3 tomatoes

1 cucumber  •  cole slaw {1 recipe of Quick Cole Slaw}

On the first slice of toast, place a thin slice of cold meat. Spread with Mustard. Place on another layer of toast, arrange slices of tomato and cucumber, spread with Mayonnaise Salad Dressing. Cover with third piece of toast, garnish the top of the sandwich with a mound of cole slaw.

COLD PLATTER DINNER

Lettuce  •  Heinz Midget Gherkins  •  Heinz Stuffed Spanish Olives  •  Sliced tomatoes  •  American or Swiss cheese  •  cold meat, tongue, meat loaf, cold ham or bologna  •  parsley

In center of an oval platter on small lettuce leaves, place a mound of Gherkins and a mound of Stuffed Olives. At each end of these mounds, place overlapping slices of American or Swiss Cheese. To either side of the mounds, arrange overlapping slices of cold meat. At one end of the platter place a large mound of lettuce— at the other end, a mound of sliced tomatoes—garnish with parsley. From this platter each person may make himself a salad or substantial sandwich.
MISCELLANEOUS

TOMATO SAUCE

2 tablespoonfuls butter • 2 tablespoonfuls flour • \( \frac{1}{2} \) teaspoonful salt • \( \frac{1}{4} \) cupful Heinz Tomato Ketchup • dash of pepper onion juice • 1 cupful milk

Melt butter in a saucepan, add flour and stir until well blended. Add salt, pepper, onion juice and milk. Stir until thick, and add Ketchup.

TURKEY STUFFING

1 loaf slightly stale bread {crumbed} • salt • pepper • \( \frac{1}{2} \) cupful melted butter • 1 teaspoonful cinnamon • 1 tablespoonful Heinz Worcestershire Sauce • 1 tablespoonful onion juice

Mix thoroughly and press firmly into the turkey. This makes a rich crumbly stuffing, and is deliciously seasoned.

HEINZ TOMATO JUICE COCKTAIL

Serve thoroughly chilled as it comes from the bottle, as you would fruit juice for breakfast, and as an appetizer in the luncheon or dinner menu. If extra seasoning is desired, add salt, pepper, a small amount of scraped onion, and a few drops of Heinz Worcestershire Sauce.
A FAMILY NAME

A 60-Year Tradition

Established in 1869 by Henry J. Heinz, operating continuously under the name HEINZ and now headed by Howard Heinz, a son of the founder, the H. J. Heinz Company is unusually jealous of its reputation. The company, in short, is "personal"—not merely "a corporation," although, at the same time, it is one of the largest producers of food in the world and does business throughout the world. Every member of the board of directors is actively engaged in the business at one of the HEINZ plants, or branches here or abroad.

Quality is paramount. The House of HEINZ has never made a product to meet either competition or a price. Every HEINZ article is an original conception to set a HEINZ standard in its field.

HEINZ Tomato Ketchup, for instance, costs a little more to buy because it costs more to make than any other brand, yet it is the largest selling ketchup in the world.

HEINZ Foods are PURE. Where sweetening in any one of the entire 57 Varieties is required, only pure granulated sugar is employed—no substitutes.

Absolutely no artificial preservatives in fact, are used in any HEINZ Product.

The House of HEINZ is as proud of its great kitchens as you are of yours. Every year it is our pleasure to escort more than 60,000 visitors through our plant at Pittsburgh so that these visitors may see these kitchens and HEINZ methods in operation.
HEINZ
57 VARIETIES

How Many Do You Know?

1 Heinz Oven-Baked Beans with Pork and Tomato Sauce
2 Heinz Oven-Baked Beans without Tomato Sauce, with Pork—Boston Style
3 Heinz Oven-Baked Beans in Tomato Sauce without Meat—Vegetarian
4 Heinz Oven-Baked Red Kidney Beans
5 Heinz Cream of Tomato Soup
6 Heinz Cream of Green Pea Soup
7 Heinz Cream of Celery Soup
8 Heinz Mince Meat
9 Heinz Plum Pudding
10 Heinz Fig Pudding
11 Heinz Peanut Butter
12 Heinz Cooked Spaghetti
13 Heinz Cooked Sour Kraut with Pork
14 Heinz Cherry Preserves
15 Heinz Red Raspberry Preserves
16 Heinz Peach Preserves
17 Heinz Strawberry Preserves
18 Heinz Pineapple Preserves
19 Heinz Crab-apple Jelly
20 Heinz Currant Jelly
21 Heinz Grape Jelly
22 Heinz Quince Jelly
23 Heinz Apple Butter
24 Heinz Preserved Sweet Gherkins
25 Heinz Preserved Sweet Mixed Pickles
26 Heinz Sour Spiced Gherkins
27 Heinz Sour Mixed Pickles
28 Heinz Chow Chow Pickle
29 Heinz Sweet Mustard Pickle
30 Heinz Dill Pickles
31 Heinz Fresh Cucumber Pickle
32 Heinz Fresh Cucumber Relish
33 Heinz India Relish
34 Heinz Sandwich Relish
35 Heinz Sour Pickled Onions
36 Heinz Preserved Sweet Onions
37 Heinz Spanish Queen Olives
38 Heinz Stuffed Spanish Olives
39 Heinz Ripe Olives
40 Heinz Pure Spanish Olive Oil
41 Heinz Tomato Ketchup
42 Heinz Chili Sauce
43 Heinz Beefsteak Sauce
44 Heinz Pepper Sauce; Red and Green
45 Heinz Worcestershire Sauce
46 Heinz Prepared Mustard
47 Heinz Prepared Mustard Sauce
48 Heinz Evaporated Horseradish
49 Heinz Salad Cream
50 Heinz Mayonnaise Salad Dressing
51 Heinz Pure Malt Vinegar
52 Heinz Pure Cider Vinegar
53 Heinz Distilled White Vinegar
54 Heinz Tarragon Vinegar
55 Heinz Rice Flakes
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Two Other Heinz Recipe Books

Free upon Request

HEINZ Book of Salads contains—along with its 100 salad recipes and suggestions—very excellent recipes for salad dressings and ways of varying them—and also recipes for sandwiches and other accompaniments to serve with salads.

The Heinz Book of Camp Cookery contains quantity recipes for the summer camp—for Boy Scout, "Y" and "4H" groups—for tea rooms and restaurants that seek distinctive dishes.