Our Favorite Meat Recipes
Dedicated To
The American Housewife

Compliments
of
Home Dairy Co.

319-321 S. Washington Ave.
Dial 20669 - 20660
Always remove meat from its wrappings as soon as it is delivered.

Store in the coldest part of the refrigerator. Fresh meat should be placed in an open dish; or it may be covered loosely with parchment or oiled paper.

Cooked meat should be kept in a covered container when stored in the refrigerator. This prevents excessive loss of moisture.

Steaks for broiling should be cut at least one inch thick, otherwise the interior is cooked too much before the outside is browned sufficiently.

A minute steak is a small steak cut one-fourth inch thick and panbroiled one minute in a very hot, heavy skillet. One steak serves one person.

All steaks should be served immediately. Keep the family waiting for the steak, if need be, but never keep a steak waiting for the family.

A leg of lamb will keep its shape better and cook more quickly if the "fell," that papery substance over the outside, is not removed.

Try lamb, roasted or broiled to just this side of "well done." It is delicious.

A whole or half ham may be baked entirely in the oven or it may be partially cooked in water and then finished in the oven.

The flavor of pork is in the fat, therefore pork should always be cooked at a low temperature as a high heat melts the fat and the lean is likely to be dry.

Veal should not be seared in roasting as this dries out the surface.

A constant, slow temperature in roasting all meats gives the best results and is the easiest of all methods.

In general, the tender cuts of meat are cooked by dry heat; namely, broiling, panbroiling, and roasting. The less-tender cuts are cooked in water, by braising, or by stewing.

Leaving the bone in a piece of meat or removing it, has no effect on the flavor of the meat.

Meat should be cut across the grain in carving. This shortens the meat fibers and makes the meat more tender.

There is a cut of meat to suit every occasion and to fit every pocketbook.

Your retailer has a fund of information on meat. You will always find him ready and glad to answer questions.
Our Favorite

MEAT RECIPES

Dedicated to
The American Housewife

by the

NATIONAL LIVE STOCK AND MEAT BOARD
407 South Dearborn Street
Chicago, Illinois

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Broiled Steak

Have porterhouse, club, or sirloin steak cut 1 to 2 inches thick. Thoroughly preheat the broiling oven with the oven regulator set “high.” Place steak on center of broiling rack so that the top of steak will be about 3 inches from tip of flame or heating element. Leave oven door partly open. When steak is nicely browned on one side, season with salt and pepper and turn. When second side is browned, the steak will be done. Season second side and serve immediately. A steak 1 1/2 inches thick requires twenty to twenty-five minutes for broiling; a steak 2 inches thick requires thirty to thirty-five minutes.

Planked Steak

Broil steak as described above. Place it on a wooden plank and arrange around it spinach nests shaped from cooked and seasoned spinach and filled with buttered diced carrots. Using a pastry tube, pipe around the edge of plank a border of mashed potatoes to which 2 egg yolks have been added. Place in a hot oven or under the broiler flame long enough to brown the potatoes and thoroughly heat the vegetables:
Broiled Ground Beef

Have beef finely ground. Mix with very fine cracker crumbs and moisten with egg. Add seasoning and knead well. Shape into a thick steak on a fireproof platter. Broil as described above, turning when the top side becomes nicely browned. When nearly done, lay strips of bacon over the steak and return to the broiling oven long enough to finish cooking the steak and broil the bacon.

Tomato halves sprinkled with grated cheese or buttered bread crumbs may be placed around the steak when it is turned. These will be heated through and slightly browned by the time the steak is done.

Broiled Fillet of Beef
With Asparagus Bundles

Have beef tenderloin cut into fillets 1 to 2 inches thick. Broil in exactly the same way as a thick steak. Serve on a large platter with asparagus tips dipped in melted butter and inserted in green pepper rings.

Savory Swiss Steak

Have round steak cut 1 1/2 to 2 inches thick. Dredge with flour and brown in bacon drippings. When browned on both sides, slice celery and onion over it. Add salt and pepper, catsup and Worcestershire sauce. Cover tightly and cook in a moderate oven (350° F.) until done, for one to one and a half hours. Remove the steak to a hot platter and make a gravy from drippings in pan. Serve with special baked potatoes which have had the centers removed and mashed, then returned to the shells and browned.
Round Steak
Rolls

2 pounds round steak
1 cup chopped cabbage
1 cup chopped celery
1/4 cup chopped spinach
1 small onion
1 can tomato sauce
1 egg
Salt and pepper
Lard for browning
2 cups tomato puree

Have round steak cut 1/2 inch thick. Cut into individual servings. Chop cabbage, celery, spinach and onion together. Add the slightly beaten egg, and seasonings. Put a tablespoon of this mixture on each piece, then roll and tie or skewer into shape. Brown these in hot lard. Pour over them tomato puree and bake in a moderate oven (350° F.) for one hour.

Deviled Chuck Steak

2 pounds chuck steak
2 tablespoons flour
2 tablespoons lard
1 large onion
1 teaspoon mustard
3 tablespoons vinegar
1/8 teaspoon paprika
1 teaspoon salt
1/8 teaspoon pepper
1 cup hot water

Cut chuck steak into pieces for individual servings. Dredge with flour and brown on both sides in hot lard. Season with salt and pepper. Slice onion over the top, dot with mustard, and add hot water to which vinegar has been added. Cover closely, and cook in a moderate oven (350° F.) for one hour. To serve, remove steak and thicken the remaining liquid for gravy.

Standing Rib Roast of Beef

Choose a 2 or 3 standing rib roast of beef. Season it with salt and pepper and place it, fat side up, in an open roasting pan. No rack is needed since the ribs when placed in this position form the rack. Make a small incision through the fat covering and insert a roast-meat thermometer so that the bulb reaches the center of the fleshiest part. Do not cover the roast and do not add water. Place the meat in a slow oven (300° F.) and roast until the desired degree of doneness is reached. The roast-meat thermometer will register 140° F. for a rare roast; 160° F. for a medium-done roast; and 170° F. for a well-done roast. Allow eighteen to twenty minutes per pound for cooking a rare roast, twenty-two to twenty-five minutes per pound for a medium, and twenty-seven to thirty minutes per pound for a well-done roast.
**Beef Pot-Roast with Noodles**

Dredge pot-roast with flour and brown in hot lard. Season with salt and pepper. Add 1 cup hot water or meat stock. Cover closely and let simmer until the meat is tender, about three hours. Serve on a platter of noodles which have been cooked until tender in boiling salted water and seasoned liberally with butter. Garnish with tomato slices.

**Cranberry Pot-Roast**

Have the chuck pot-roast boned and rolled at the market. Dredge it with flour and brown in hot lard. Season and pour over it unsweetened cranberry sauce, together with 1 cup hot water. Cover closely and cook slowly, adding water from time to time as necessary. Cook for about three hours. When done, remove the pot-roast to a hot platter and thicken the remaining liquid for gravy. This makes an exceptionally good gravy.

**New England Boiled Dinner**

Wash meat in cold water. If very salty, soak half an hour in cold water or let come to a boil and drain. Place meat in kettle, with boiling water to cover. Allow to simmer 3 to 5 hours or until tender. One hour before serving add all the vegetables. Serve on a large platter with the meat in the center and the vegetables around it.
**Broiled Stuffed Frankfurters**

1 pound frankfurters  
½ pound American cheese  
⅛ pound bacon  

Prepared mustard

Split the frankfurters lengthwise and spread the cut surface with mustard. Place a strip of cheese in the slit and wrap the frankfurter with a slice of uncooked bacon. Fasten with a toothpick. Place on rack in preheated broiling oven so that the frankfurters are about 3 inches from the flame or heating element. Turn frequently. Broil until the bacon is crisp and the cheese melted. Serve with hot German potato salad.

**Frankfurter Beef Loaf**

2 pounds ground beef  
4 medium-sized frankfurters  
1 cup bread crumbs  
1 tablespoon chopped parsley  
1 small onion, grated  
1 egg beaten  
1 teaspoon salt  
⅛ teaspoon pepper  
4 slices bacon

Combine ground beef and bread crumbs. Season with grated onion, chopped parsley and salt and pepper. Moisten with beaten egg and shape into a loaf, with the frankfurters lengthwise in it. Put bacon strips over the top and bake in a moderate oven (350° F.) for one hour.

**Italian Beef Hash**

2 cups cold roast beef  
⅛ cup macaroni  
⅛ cup grated cheese  
2 tablespoons flour  
2 tablespoons butter  
1 cup meat stock or water  
1 teaspoon Worcestershire sauce  
Salt and pepper

Cut cold roast beef into dice. Cook macaroni in boiling salted water until tender. Place macaroni in a baking dish, pushing it to the sides. Fill the center with diced beef. Sprinkle with grated cheese. Brown the flour by stirring over a hot fire in a dry skillet. Add to melted butter. Add meat stock, salt and pepper and Worcestershire sauce. Pour over meat and macaroni in casserole dish and bake for thirty minutes in a moderate oven (350° F.).
Meat Balls de Luxe

2 pounds ground beef 1 tablespoon flour
1 cup apple sauce 2 tablespoons lard
1 cup bread crumbs 2 cups tomato juice
2 eggs
Salt and pepper
1 stalk celery

Combine ground beef, apple sauce and bread crumbs. Season with salt and pepper and moisten with beaten egg. Make into small balls. Roll in flour and brown in hot lard. When nicely browned, slice vegetables over them, and add tomato juice. Cook in a moderate oven (350° F.) until the balls are done, about forty minutes. Remove the balls to a hot platter and thicken the liquid for gravy.

Virginia Beef Stew

2 pounds beef, chuck, salt and pepper
shank or neck
2 tablespoons flour
2 tablespoons lard
Dumpling mixture

Have the meat cut into 1-inch cubes. Dredge with flour and brown well in hot lard. Season, add enough water to cover and let simmer slowly for about two hours, then add the whole onions, quartered potatoes and sliced carrots. Fifteen minutes before serving time, drop dumplings by the spoonful on top of the vegetables. Do not allow them to rest in liquid. Cover closely and let cook without removing the lid for fifteen minutes. Serve immediately.

Braised Short Ribs of Beef with Vegetables

3 pounds short ribs of beef 6 medium-sized onions
6 medium-sized potatoes 8 carrots
Salt
Pepper

Place the short ribs, fat side up, in a baking dish. Brown them, uncovered, in a hot oven. Season them with salt and pepper, add 1 cup water and cover. Reduce the temperature, and braise slowly for two hours. During the last hour of cooking, add the vegetables, and enough water that they will steam. Serve on a large platter with the meat in the center and the vegetables arranged around it.
Veal Birds with Raisin Stuffing

Have veal round cut about 1/2 inch thick, and also into pieces as nearly 3 to 4 inches square as possible. Combine raisins, bread crumbs, grated onion, sage, salt and pepper, and moisten with meat stock. Place a spoonful of this dressing on each piece of veal. Roll and fasten into shape with toothpicks. Season with salt and pepper and brown in hot lard. When nicely browned, add 1/2 cup water, cover and let cook very slowly on top of stove or in a slow oven (300° F.) for about forty-five minutes. Serve on a large platter. If desired, raisins stuck on toothpicks can be used to make the "birds" more realistic.

Ambrosia

Veal Chops

Have veal chops or cutlets cut thick. Rub frying-pan with a cut clove of garlic before melting lard in it. Season flour with thyme and cayenne pepper. Dredge chops with seasoned flour and brown in hot lard. Place a slice of lemon on each chop. Add bay-leaf, 1 teaspoon Worcestershire sauce and 1/2 to 1 cup water. Cover and let simmer slowly for one hour.
Roast Leg of Veal. Place the leg of veal, outside up, on a rack in an open roasting pan. Season with salt and pepper. Make an incision and insert the roast-meat thermometer so that the bulb reaches the center of the fleshiest part. Place the roast, without covering and without adding water, in a slow oven (300° F.) and roast until done. When the roast-meat thermometer registers 170° F., the veal will be done. Allow about thirty minutes per pound for roasting.

Stuffed Breast of Veal

Have a pocket cut from the end in a breast of veal. Sprinkle it with salt and pepper. Make a dressing of the cooked rice, diced celery, and seasonings. Fill the pocket with this and sew or skewer edges together. Place on a rack in an open roasting pan. Place in a slow oven (300° F.) and roast until done, about two hours.

Sour Cream Veal Fricassee

Have veal cut into 1-inch cubes as for stew. Slice the onions and brown them in hot lard. Dredge veal with flour and brown in fat, also. Cover and let cook slowly for about one hour. When almost done, add the sour cream and let cook until thickened. Serve with potatoes cooked in the jackets.

Veal Pot-Pie

Have the veal shoulder diced in about 1-inch cubes. Brown these in hot lard, then transfer to a baking dish. Add the potatoes, carrots, and peas. Slice the onions on top. Season with salt and pepper. Make a gravy by combining flour with fat left in pan after browning meat. Add 1 cup water and pour over the veal and vegetables. Cover, place in a moderate oven (300° F.) and cook until the meat and vegetables are tender. Then remove from oven, place biscuit rounds on top, increase the temperature of oven to "hot" and bake until the biscuits are done.
Baked Whole or Half Ham

Place the ham, fat side up, on a rack in an open roasting pan. Make an incision and insert a roast-meat thermometer so that the bulb reaches the center of the fleshiest part. Be sure that the bulb does not rest on either fat or bone. Place the ham in a slow oven (300-350° F.) and bake without adding water and without covering. When the roast-meat thermometer registers 160° F., the ham is done. Allow approximately twenty-five minutes per pound for roasting a whole ham, and thirty minutes per pound for a half ham.

Forty-five minutes before the ham is done, remove it from the oven and take off the rind, all except a collar around the shank bone. Cut diagonals across the fat to form diamonds. Stick whole cloves in center of diamonds. Moisten with brown sugar with some of the fat drippings and rub on the ham. Return to the oven to finish baking. During the last ten minutes, increase the heat to brown the ham. Decorate with Queen Anne cherries stuck on with toothpicks.
Ham Baked in Honey  
Bake the ham in a slow oven (300-350°F.) as described on p. 12. Forty-five minutes before the ham is done, remove the skin. Cut diagonals across the fat to form diamonds. Stick with whole cloves. Drain most of the drippings from the ham. Pour over it strained honey. Return to the oven to finish baking. Baste frequently with the honey. To serve, decorate with bits of maraschino cherries.

Stuffed Ham

1 slice ham
1 pound prunes
1/4 teaspoon cinnamon

3 medium-sized apples
1/2 cup brown sugar

Have ham slice cut fairly thick. Soak prunes in cold water and steam until soft. Dice the apples and prunes, add sugar and cinnamon and spread on ham slice. Roll, and fasten with skewers or tie with string. Place on a rack in an open roasting pan. Bake in a slow oven (300°F.) until done, about one hour.

Ham Puffs

1 cup finely chopped cooked ham
1/2 teaspoon curry powder

2 cups flour
2 cups hot water
4 eggs

Add flour all at once to the boiling water and stir briskly until the mixture leaves the sides of the pan. Beat in the unbeaten eggs, one at a time. Stir in the ham and seasoning. Drop by the spoonful into deep hot lard and fry until the puffs are a golden brown. Drain and serve with pineapple sauce; pineapple juice which has been thickened.

Royal Ham and Corn Scallop

1 cup diced cooked ham
1 tablespoon green pepper
1 cup cooked corn
2 tablespoons butter
2 tablespoons flour
1/4 teaspoon paprika

1 cup milk
1 tablespoon grated onion

Make a white sauce of the butter, flour, milk and paprika. Put corn, diced green pepper and onion juice in the bottom of a greased casserole, and on top put the diced ham. Pour white sauce over it and cook in a slow oven (300°F.) for thirty minutes.

Crown Roast of Pork
Crown Roast of Pork with Prune Dressing

Have the crown of pork prepared at market. Wrap the rib ends with salt pork to prevent charring. Season with salt and pepper and fill with prune dressing. For the dressing, cook the prunes until tender, then drain, and cut in small pieces, removing the pits. Add the bread crumbs, onion, celery and green pepper. Season with salt and pepper and moisten with meat stock. Place the dressing-filled crown on a rack in an open roasting pan. Do not add water and do not cover. Put in a slow oven (300-350°F.) and roast until done, about three hours. To serve, remove the salt pork from the rib ends and slip paper frills over them. Garnish the platter with glazed apple rings and whole prunes.

Rolled Shoulder of Pork with Onion Sauce

Have shoulder of pork boned and rolled at the market. Place it on a rack in an open roasting pan. Season with salt and pepper. Make an incision and insert the roast-meat thermometer so that the bulb reaches the center of the roll. Place in a slow oven (300-350°F.) and roast without covering and without adding water. When the roast-meat thermometer registers 185°F., the pork will be done. Allow about thirty minutes per pound for roasting. Serve on a platter garnished with endive and radish roses. Serve with onion sauce.
To make sauce, cook onions in salted water until tender. When soft, press through a sieve. Melt butter and combine with flour. Add the onion puree and cook slowly for ten minutes. Add vinegar and lemon juice and serve hot with shoulder roast.

**Roast Frenched Loin of Pork**

Have pork loin rib ends frenched at the market; that is, have meat removed from the rib ends. Place the loin in an open roasting pan so that the rib bones form a rack, and the unprotected rib bones are down. This will keep them from becoming charred. Season the loin with salt and pepper. Make an incision and insert a roast-meat thermometer so that the bulb reaches the center of the thickest part. Place the roast in a slow oven (300-350° F.) and roast until done, without covering and without adding water. When the roast-meat thermometer registers 185° F. the roast will be done. Allow about thirty minutes per pound for roasting. To serve, decorate rib ends with paper frills and garnish with piccalilli in green pepper cases.

**Frenched Pork Chops with Glazed Cinnamon Apples**

Have the pork chops frenched at the market. Rub a skillet with a cut clove of garlic. Season chops with salt and pepper and brown on both sides in hot skillet. Add 1 or 2 tablespoons water, cover closely, and let cook very slowly for forty-five minutes. To serve, slip paper frills over the ends of rib bones, and arrange on platter with glazed cinnamon apples. Make gravy from liquid in the pan.

To prepare apples, make a syrup of sugar, red cinnamon candies and water. Cook apples slowly in syrup until they are a bright red and tender but not soft. Arrange on platter with pork chops.
Pork Chops a la Cervaise

| 4 pork chops | ¼ cup water |
| 1 cup cranberries | 4 cooked sweet potatoes |
| ½ cup sugar | Salt and pepper |

Place cranberries, sugar and water in the bottom of a casserole. Over this slice cold boiled sweet potatoes, seasoned with salt and pepper. On top place the pork chops. Season with salt and pepper. Cover and place in a moderate oven (350° F.). Cook for about one hour. Remove cover during last fifteen minutes so that chops will brown.

Pork Shoulder Steak with Barbecue Sauce

| 1 thick pork shoulder steak | 1 green pepper |
| Salt and pepper | 1 cup tomatoes |
| 1 large onion |

Have pork shoulder steak cut thick. Season with salt and pepper and brown on both sides in a hot skillet. Cook the green pepper, tomatoes, and onion together until they form a slightly thickened sauce. Pour this over the steak, cover, and cook in a moderate oven for forty-five minutes.

Individual Stuffed Pork Tenderloins

| 8 slices pork tenderloin | 2 eggs, well beaten |
| 4 slices bacon | 2 tablespoons chopped walnuts |
| 2 cups bread crumbs | 1 teaspoon minced celery |
| 1 tablespoon butter, melted | ½ teaspoon sage |
| Salt and pepper |

Have slices of pork tenderloin flattened at the market. Make a dressing of bread crumbs, celery, walnuts, melted butter and beaten eggs. Season with sage and salt and pepper. Place dressing between two slices of pork tenderloin. Season, and place in a baking pan. Place a bacon slice on top of each stuffed tenderloin. Put in a slow oven (300° F.) and bake until done, about forty minutes.

Stuffed Spareribs, Savannah Style

| 4 pounds pork spareribs | Salt |
| 4 cups mashed sweet potatoes | 1 cup seedless raisins |
| ½ teaspoon ginger | 2 eggs, beaten |
| ½ teaspoon cinnamon | ¼ cup milk |
| Flour | Lard |

Stuffed Spareribs

Cook spareribs slowly in sufficient water to cover for one hour. Have mashed sweet potatoes of same consistency as Irish potatoes; if too thick, thin with milk. Add ginger, cinnamon, salt and raisins, and mix until well blended. Divide the spareribs into six equal portions, cutting between ribs.
Fill each piece with potato mixture, roll, and tie with a string. Make patties from remaining potato mixture. Add milk to eggs and dip meat rolls into this mixture, then roll in flour. Fry in lard until a golden brown. Dip potato patties in egg and fry. To serve, remove string, and top both rolls and patties with tart jelly.

**Broiled Ham and Bananas**

Have a slice of ham cut thick. Clip the fat around the edge several times to prevent curling. Have broiling oven thoroughly preheated. Place the ham slice on a rack so that the top of the ham is about 3 inches from the flame or heating element. Broil until one side is nicely browned, then turn and let brown on the other. Dip peeled bananas in melted butter and when the ham is turned, place them on broiler rack with the ham. Bananas which show the green tip are at the right stage for cooking. Turn bananas once during broiling and serve on platter with the ham.

**Southern Breakfast Sausage**

Prick link sausages several times with fork, then place in a cold frying-pan. Cook slowly. If desired, a tablespoon of water may be added, the skillet covered, and allowed to cook until sausages are done, then the lid removed and the sausages allowed to brown. Remove sausage, and heat hominy in the sausage fat. To serve, place hominy on a platter, and on top arrange the sausage links.

**Pork and Vegetable Pie**

Cut pork into thin strips. Place potatoes, carrots, onions and peas in a casserole dish. Season. Lay pork strips on top. Smooth flour in cold water and pour over meat and vegetables. Add enough hot water to almost cover. Place in a moderate oven (350° F.) and cook, covered, for forty-five minutes. Remove from the oven and put biscuit rounds on top. Return to the oven, increase the oven temperature and bake until the biscuits are done.
Crown Roast of Lamb with Celery Stuffing

Crown roast of lamb  
Salt pork  
3 slices bacon  
2 cups bread crumbs  
1 cup meat stock  
1 cup sliced celery  
1 tablespoon poultry seasoning  
Salt  
Pepper

Have crown of lamb made at the market. Combine bread crumbs, celery and seasonings. Moisten with meat stock and fill center of crown with this dressing. Lay bacon slices on top of dressing. Place the crown, right side up, on a rack in an open roasting pan. Wrap the rib ends with salt pork to prevent charring. Put in a slow oven (300° F.) and roast without covering and without adding water. Allow about three hours for roasting. To serve, remove salt pork from rib ends and in its place use paper fills, hollowed-out carrots, potato balls or olives. Garnish with slices of tomato and watercress.
Roast Leg of Lamb

Do not have the thin paper-like covering known as the “fell” removed from the leg of lamb. Sprinkle lamb with salt and pepper and place, skin side down and cut surface up, on a rack in an open roasting pan. Make an incision and insert a roast-meat thermometer so that the bulb reaches the center of the fleshiest part of the muscle. Do not allow bulb to rest on either fat or bone. Place in a slow oven (300° F.) and roast until done. When the thermometer registers 175° F., the lamb is medium rare, while at 180° F., it is well done. Allow thirty-five minutes per pound for roasting a leg of lamb.

Rolled Shoulder of Lamb with Pineapple-Mint Sauce

Have shoulder of lamb boned and rolled at the market. Place on a rack in an open roasting pan. Season with salt and pepper. Insert a roast-meat thermometer so that the bulb reaches the center of meat. Place in a slow oven (300° F.) and roast until the thermometer registers 175-180° F. Allow thirty to thirty-five minutes per pound for roasting. Serve with pineapple-mint sauce.

For sauce, combine pineapple juice, chopped mint leaves, vinegar, and ¼ teaspoon salt. Let this stand in a warm place for half an hour before serving.

Stuffed Shoulder of Lamb

Have a shoulder of lamb boned and sewed on three sides at the market. Season cooked rice with salt and pepper, finely chopped onions, parsley, and a few mint leaves if they are available. Fill the cavity with rice, and sew or skewer the edges of cavity together. Place, fat side up, on a rack in an open-roasting pan. Do not cover and do not add water. Season with salt and pepper and place in a slow oven (300° F.) and roast until done. It requires thirty to thirty-five minutes per pound for roasting.
Broiled Lamb Chops

Have loin, rib, or shoulder lamb chops cut 1 to 2 inches thick. Thoroughly preheat broiling oven. Place chops on a rack in broiling oven so that the top of chops is about 3 inches from flame or heating element. When chops are nicely browned on one side, season with salt and pepper and turn. When the second side is browned, the chops will be done. It requires from ten to fifteen minutes to broil chops ¾ inch thick, and from twenty-five to thirty minutes to broil chops 1½ to 2 inches thick.

Planked English Lamb Chops

Have English lamb chops cut 1 to 2 inches thick at the market. These are made from the double loin, boned and rolled. Broil these as usual. When almost done, place on individual wooden planks. Place cooked brussel sprouts on plank with chops and with a pastry tube pipe a border of Duchess potatoes around the edge. Duchess potatoes are mashed potatoes to which egg yolk has been added. Set these planks under the broiler flame long enough to brown the potatoes and finish broiling the chops.

Spicy Lamb Chops

6 lamb chops
3 tablespoons melted butter
½ teaspoon vinegar
1 teaspoon salt
½ teaspoon crushed mixed spices
1 pint pear juice
1 tablespoon horseradish
1 tablespoon butter

Combine 2 tablespoons butter, vinegar, salt and spices and rub into chops. Let stand for two hours, then broil. Serve while hot with a sauce made by combining pear juice, horseradish and 1 tablespoon butter.
Lamb Patty
Grill

Have lamb ground and made into thick patties, wrapped with bacon and fastened with toothpicks or wooden skewers. Sprinkle with a few drops onion juice. Place these in the center of a fireproof platter. Core the apples and cut crosswise. Sprinkle with cinnamon and part of brown sugar. Cook sweet potatoes in salted water until tender. Cut in two lengthwise and arrange the apples and sweet potatoes around the lamb patties. Dot the potatoes with butter and sprinkle with remaining sugar. Place in a moderate oven (350° F.) and bake until done, twenty-five to thirty minutes.

Lamb en Brochette,
Italian Style

Have lamb shoulder cut into 1-inch cubes. String on a wooden skewer. Make a marinade of the mustard, paprika, vinegar, oil, and garlic. Pour over skewered lamb and let stand for one hour. Broil in the same manner as chops. When done, remove to a hot platter and if there is any of the oil dressing left, pour it over the lamb.

Baked Lamb Shoulder
Chops with Tart Apples

Have shoulder chops boned and rolled at the market. They should be fastened with skewers. Dredge them in flour and brown in hot lard. Remove to a baking dish. Season well, and cover with sliced tart apples. Cover and cook until both chops and apples are tender.
Lamb Loaf

Combine ground lamb, bread crumbs, and seasonings. Moisten with slightly beaten egg and meat stock or milk. Pack into a ring mold. Bake in a moderate oven (350° F.) until done, about one and a half hours. Unmold and fill center with parsley buttered or creamed potato balls.

Braised Neck of Lamb en Casserole

Have neck slices cut 1 inch thick. Remove the bones carefully with a small knife. Roll each slice into a round cutlet shape and fasten with a skewer or toothpick. Season with salt and pepper. Dip in beaten egg, then in crumbs, and brown in hot lard. When nicely browned, add meat stock and let simmer slowly for about one hour. Remove to a serving dish, and make a gravy of the fat in the pan. Season it with a little chopped mint and a few drops of Tobasco sauce.

Luncheon Lamb in Noodle Ring

Season ground lamb with salt and pepper and brown with the diced onion in bacon drippings. Add tomato soup, peas, and mushrooms and let simmer for thirty minutes. Just before serving, thicken the liquid with flour smoothed in cold water. Serve inside a rice or noodle ring.
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