MEAT SELECTION AND COOKING

Compliments of National Live Stock and Meat Board
Meat: Selection and Cooking

So many cuts to choose from! So many different recipes for beef and veal and lamb and pork! No wonder you find it all a bit confusing, dear Lady. You buy meat every day and it certainly pays to know how to buy this important food wisely. And so to answer some of the questions which may perplex you, we present to you Meat: Selection and Cooking.

Meat Buying Aids

It is only the lucky few who never have to consider the budget; who never have to stretch the dollar. The many cuts of beef, veal, pork, and lamb which are available make it simple to fit meat into the food budget, for there is a meat cut to suit every purse and every purpose. It’s all in recognizing each cut and knowing how to prepare it into an attractive and appetizing main dish. To help you, who must consider the budget, to greater economy, and you who need not, to greater variety, there are given on the following pages actual photographs and descriptions of all the principal meat cuts. Study them! You will find them real aids in buying meat.

Foundation Meat Recipes

Any recipe is just a cookery method with frills. There are only six methods for preparing meat: Roasting, broiling, panbroiling, braising, stewing, and simmering. The meat recipes without number are just frills on one or another of these methods. To crowd as much information as possible into a small space, foundation recipes only are given, but each one is accompanied by a number of ways which will enable you to vary the foundation, and thus have many-recipes-in-one.
WHEN you a-marketing go to buy a piece of beef, you will find it decidedly to your advantage to know how great a selection of beef cuts are available to you. It is an advantage to you from the standpoint of economy because, without sacrifice of food value or flavor, there are many beef cuts which are regular budget balancers. From the standpoint of variety, it is nice to know that you can avoid monotony, that bug-a-boo of every homemaker, simply by serving a different cut of beef. The pictures and descriptions of the principal retail cuts of beef given below will acquaint you with their appearance and their uses. The numerals correspond to those on the chart, indicating the location of each retail cut. This information will aid you in solving your beef buying problems.

1. **ROUND STEAK** may be recognized by its oval shape and the small round bone. This cut is practically all lean meat and is one of the economical cuts. In some markets round steak is divided into “top” and “bottom” round. High quality “top” round may be broiled, but the usual method is braising. Round steak is cut thick for **Swiss Steak** and cut thin and then into smaller pieces for **Beef Birds**.

1. **HEEL OF ROUND** is a boneless three-cornered cut from the round. It makes an excellent pot-roast. It also may be cut up for stew or ground for loaf or beef patties. There is no waste in this all-lean cut. It is rich in flavoring substances, called “extractives,” but it does require long slow cooking to make it tender. Braising and stewing accomplish this; grinding also has a tendering effect.
RUMP POT-ROASTS are prepared in two ways at the market. In the *Standing Rump Pot-roast* (top), the knuckle bone has been removed, but it does contain some bones. In a *Rolled Rump Pot-roast* (bottom), all of the bones are removed and the meat is rolled and tied. The advantage of boning is ease in carving. Cuts from the rump may be roasted, if the cut has a good covering of fat, but the most popular method of serving is as a pot-roast.

In roasting the rump, care should be taken to maintain a low oven temperature so that the roast will be tender, juicy, and well flavored. The method in preparing the rump as a pot-roast is braising and a low temperature is in order here also. A pot-roast may be cooked in the oven as well as on top of the stove.

SIRLOIN STEAKS do not all look alike. In fact they are so different in appearance that each has its own name given to it because of the name of the bone or shape of the bone each contains. These are: Pin Bone, Double Bone, Round Bone, and Wedge Bone. The shopper for meat should become acquainted with the sirloin steak family because one of them may suit her needs better than one of the others. The Pin Bone (top) is the smallest, so it is suitable for the small family. The pin bone may be removed from this steak and the flank end ground to fill the cavity. For the large family the Wedge Bone (bottom) or the Round Bone is the best choice. Broiling or panbroiling is the method of cooking.
PORTERHOUSE STEAKS are easy to recognize. They have very little bone and one large muscle which lies on one side of the bone and the tenderloin muscle on the other. Porterhouse steaks are often called T-bone steaks, but porterhouse usually refers to the steaks in which the two muscles are about the same size. T-bone steaks lie between the porterhouse and club steaks. These steaks are broiled.

CLUB STEAKS have only the one large muscle and no tenderloin or just a small portion of tenderloin. The large muscle is the same one which is in the porterhouse steak, but the tenderloin muscle which becomes smaller and smaller in the porterhouse has disappeared almost entirely in the club steaks. Because of its size, a club steak makes an excellent individual serving; cut thick, it will serve two.

RIB ROASTS are sold in the retail market in two forms—Standing Rib and Rolled Rib. The Standing Rib Roast (top) is distinguished by the rib bones and the large muscle, called the “rib-eye.” It is well to have a standing rib cut short, that is, the rib ends are cut off and used as short ribs. This gives a chunky roast which is much more satisfactory since it will all be done at the same time. It will be easier to carve the standing rib roast if you ask the retailer to separate the chine bone by sawing across the ribs where it meets the backbone. The Rolled Rib Roast (bottom) has been boned and the thinner muscles of the short-rib section have been wrapped around the rib-eye and tied into a neat roll. So far as flavor is concerned there is no difference between standing and rolled rib roasts of beef.
6. **CHUCK POT-ROASTS** are cut from the chuck or shoulder of beef. The **Blade Pot-roast** (top) is cut from the rib side of the chuck. This pot-roast can be identified by the rib and the portion of the blade bone which it contains. The **Arm Pot-roast** (bottom) may be recognized easily because it contains the small round bone and the ends of the ribs; the latter distinguish an arm pot-roast or steak from the round pot-roast or steak.

7. **SHANKS**, both the fore and hind, are used mostly for soup. The fore shank is used for soup, but it also may be cut up for stew or ground for loaf. The first cut of the fore shank may be used for a pot-roast (shanks not pictured).

8. **BEEF BRISKET** is sold fresh and corned. It has layers of fat and lean and the ends of ribs and the breast bone; these are removed before corning. One end of a brisket is rounded which is a distinguishing characteristic. Brisket is usually cooked in water. The thick end of fresh brisket may be used as a pot-roast.

9. **PLATE** is a thin long piece. Sometimes it is divided into two parts lengthwise. The upper part is cut into **Short Ribs** (right). The lower part or whole plate may be boned and rolled. The plate is sold corned or fresh, as “boiling beef” (left). The plate may be used for stew. It should be remembered meat ought never be boiled.

10. **FLANK STEAK** is a wedge-shaped piece of meat without any bone and it may be recognized by the long fibers which run lengthwise. The steak is scored before cooking by braising. Flank is a very good choice for stuffed steak. The rest of the flank meat is used for stew or grinding, or rolled for pot-roast.
BEEF RIB ROAST

Place standing or rolled rib roast fat side up in an open roasting pan. Season with salt and pepper. Insert meat thermometer so that bulb reaches the center of the largest muscle, being careful that it does not rest on fat or bone. Roast in a slow oven (300-350° F.) until it has reached the desired degree of doneness. The thermometer will read 140° F., for rare, 160° F., for medium, 170° F., for well done. The time required will be: 18-22 minutes for rare; 22-25 for medium; 27-30 for well done.

Variations
1. Serve with Yorkshire Pudding baked in pan with roast.
2. Sprinkle meat with lemon juice, seasoned with thyme, at frequent intervals.
3. Decorate Christmas roast with raw cranberries held in diagonal rows with toothpicks.
4. Add a dash of mustard and 2 tablespoons of horseradish to pan gravy.
5. Insert slivers of garlic into meat in several places before roasting.
6. Place peach halves filled with nutmeats in pan with meat a few minutes before serving.

BEEF POT ROAST

Dredge beef pot-roast with flour and brown it well on all sides in hot lard. Season with salt and pepper. Add a small amount of hot water, about ½ cup. Cover closely and let cook slowly until done, about three hours. As the liquid cooks away, add more, a little at a time, as needed.

Variations
1. Add vegetables such as potatoes, carrots, green beans, or onions just long enough before serving to cook them.
2. Use tomato juice instead of water as the liquid.
3. After browning, pour half of a small bottle of horseradish over meat.
4. After browning, slice 2 onions over the meat. Add 2 bay-leaves and 5 whole cloves. Add ½ cup diluted vinegar as the liquid, and when it cooks away, add water as needed.
5. Before cooking, cut slits in the pot-roast and insert stuffed olives, pushing them into the meat so they stay in place.
6. For sauerbraten, let beef remain in a highly seasoned marinade for several hours.
BROILED STEAK

Have sirloin, club, or porterhouse steak cut at least 1 inch thick. Thoroughly preheat broiler oven. Place steak on broiler rack far enough from source of heat that by the time it is browned on one side, it will be about half done. With regulator turned high, there should be a distance of about 3 inches between top of steak and source of heat. If the distance must be less, reduce the temperature accordingly. When one side is browned, season with salt and pepper, turn, and allow to brown and finish cooking on the second side. Season this side and serve immediately.

Variations

1. For planked steak, after broiling on one side, place browned side down on wooden plank. Pile a border of mashed potatoes and tomato slices around steak. Finish broiling.
2. Make a spread by combining 2 ounces of Roquefort cheese with 2 tablespoons cream and a few drops of Worcestershire sauce. Spread on sizzling hot steak and serve.
3. Mix 1 tablespoon olive oil with 1 teaspoon salt and a dash of cayenne pepper. Rub the steak with this before broiling.
4. After broiling pour over steak mushroom caps browned in melted butter.
5. Mix finely chopped onion with three times its quantity of finely chopped parsley. Rub to a smooth paste with melted butter. Spread over the steak just before serving.
6. After broiling, lay thin slices of American cheese over the top. Return the steak to the oven long enough to melt cheese.

FLANK STEAK

Have flank steak scored at the market. Dredge it in flour and brown on both sides in hot lard. Season with salt and pepper. Add ¼ cup hot water and let cook slowly on top of the stove or in a moderate oven (300-350° F.) until done, about one hour.

Variations

1. As the liquid, use ¼ cup ketchup and ¼ cup hot water.
2. Make a paste of ½ teaspoon mustard, 1 teaspoon salt, 1 teaspoon sugar and 3 tablespoons cider vinegar. After the flank steak is browned, spread with this mixture.
3. Spread with a savory bread dressing. Roll and tie or sew edges together.
4. Spread flank steak with bulk sausage and roll like a jelly roll. Fasten edges with skewers. Braise, using tomato juice as the liquid, and seasoning with 1 medium-sized sliced onion.
5. Have flank steak made into fillets at the market. Brown, then place on vegetables in a casserole. Add ½ cup water and cook in oven.
6. Marinate steak in ½ cup dilute vinegar, 2 tablespoons olive oil, 1 onion sliced and 3 whole cloves for ½ hour before cooking. Use this liquid in cooking instead of water.
BRAISED ROUND STEAK

Have round steak cut ½ to ¾ inch thick. Dredge with flour and brown on both sides in hot lard. Season with salt and pepper. Add a very small amount of hot water, cover tightly, and let cook slowly until done, 30 to 40 minutes.

Variations

1. A Swiss Steak is round steak cut 1 to 1 ½ inches thick and braised. Pound flour into the steak, brown in hot lard, cover with 1 cup tomatoes, and cook in a slow oven (300-350° F.) until done, about 1 ½ hours. Sliced onion or carrot may be added after browning, if desired.

2. For Deviled Round Steak make a sauce of 4 tablespoons lemon juice, 1 teaspoon Worcestershire sauce, 1 tablespoon grated onion, 3 teaspoons melted butter or bacon drippings, 4 tablespoons chili sauce. Rub steak well with mustard and let stand in sauce for an hour before cooking.

3. For Spanish steak, season round steak with sliced stuffed olives and 1 cup tomatoes. Add these after browning.

4. Have steak cut thick. After browning, add 2 onions sliced, ½ cup water and ½ cup sour cream to which 2 tablespoons grated cheese have been added.

5. Country Style Round Steak has milk gravy poured over it.

6. After browning, season with ½ bay-leaf and 5 or 6 whole cloves and 2 tablespoons brown sugar. Use dilute vinegar as the liquid.

BEEF BIRDS

2 pounds round steak, cut ¼ to ½ inch thick
2 tablespoons flour
2 tablespoons lard
2 cups bread or cracker crumbs

1 small onion, finely chopped
½ cup celery, chopped
1 egg, slightly beaten
Salt and pepper
Meat stock to moisten

Have round steak cut into individual servings about 2½ by 4 inches in size. Combine bread or cracker crumbs with onion and celery, and season with salt and pepper. Moisten with slightly beaten egg and meat stock. Pile a spoonful of bread dressing on each piece of meat, roll, and fasten the edges with toothpicks. Dredge with flour, brown in hot lard, add a very small amount of hot water, cover tightly and cook slowly until done, about one hour.

Variations

1. Wrap a small partially cooked carrot in each beef bird.
2. Add 1 cup raisins to the dressing.
3. Brown ¼ pound pork sausage and add to the dressing.
4. Stuff birds with bulk pork sausage. Brown, and use tomatoes as the liquid.
5. Season bread dressing with Parmesan cheese.
6. Add chopped mushroom caps and stems to dressing.
BEEF STEW

Have beef shank, neck, or flank cut into small cubes. Dredge beef cubes with flour and brown well on all sides in hot lard. Season with salt and pepper, cover with hot water, then cover the kettle tightly, and allow the meat to cook slowly until done, 2 to 2½ hours. Forty-five minutes before serving, add onions, potatoes, and carrots, which are left whole. Place the meat in the center of platter and arrange the vegetables around it. Thicken the liquid for gravy.

Variations

1. Use a variety of vegetables. Potatoes, green beans, carrots, celery, turnips, rutabaga, cauliflower, cabbage, onions, lima or navy beans, and peas are all good in a stew.
2. Make dumplings, using tomato juice as liquid. Drop on top of stew. Cover and steam for 15 minutes without removing cover of kettle.
3. Omit vegetables and spice stew by adding ½ cup vinegar, 4 tablespoons sugar, ½ teaspoon cinnamon, 1 bay-leaf, and 3 sliced onions to the liquid after meat is browned.
4. Have meat cut in ½ to 1 inch cubes. Brown and place together with diced potatoes, sliced carrots, tiny onions, and peas in a greased casserole. Make a gravy from fat in pan and pour over meat and vegetables. Season and cook in a moderate oven (350° F.) until done, about two hours. During last fifteen minutes of cooking, place baking powder biscuits on top and increase temperature until biscuits are done.
5. Add a stalk of celery, 2 sprigs of parsley, a sprig of thyme, ½ bay-leaf, and 2 or 3 cloves to the stew after browning.
6. Roll meat in flour mixed with salt and paprika and brown.

BRAISED SHORT RIBS

Brown short ribs in a hot oven. Season with salt and pepper. Add ½ cup water and cover closely. Reduce the oven temperature to 300° F., and cook slowly until tender, about 1½ hours.

Variations

1. Add potatoes, carrots, or onions to pan about 45 minutes before short ribs are done.
2. Season the short ribs with mustard and use tomato juice as the liquid.
3. Place short ribs on top of moist bread dressing in casserole.
4. After browning, add sliced onion and a dash of Tabasco sauce for seasoning.
5. After browning, add 1 teaspoon celery salt, 3 whole cloves, 3 peppercorns, a small piece of bay-leaf and a bit of thyme as seasonings.
6. Shape short ribs into a crown and fill with bread dressing.
CORNED BEEF

Cover corned beef with cold water and allow to come to the boiling point. Drain, cover with water and let cook slowly, at a simmering temperature, until done. Allow 40 minutes to one hour per pound for cooking.

Variations

1. Cook vegetables with corned beef. Add vegetables such as potatoes, turnips, carrots, parsnips, and cabbage just long enough before serving to cook the vegetables. Leave other vegetables whole, but cut cabbage in wedge-shaped pieces.
2. During the last two hours of cooking, add a clove of garlic and a sliced onion.
3. Cook corned beef. Remove to open roasting pan. Stick with whole cloves. Pour maple syrup over it and bake in oven until browned.
4. Let cool in its own liquor and serve with horseradish sauce.
6. Make hash by combining 2 cups chopped cooked corned beef, 2 cups finely chopped cooked potatoes, 2 eggs, 1 chopped onion, and ½ cup milk. Pack into a greased ring mold and bake at 350° F. for forty-five minutes.

“BOILED” PLATE OR BRISKET

Cover beef plate or brisket with hot water and let cook slowly until tender. Do not let it boil. Keep the temperature below the boiling point—at a simmering temperature. A 4-pound piece of meat requires 2 to 2½ hours for cooking.

Variations

1. Cook vegetables such as potatoes, green beans, carrots, turnips, parsnips, etc. with meat. Add these just long enough before serving for them to be done.
2. Slice while hot and serve with a horseradish sauce made by using ½ cup horseradish and 1 tablespoon lemon juice to a medium cream sauce.
3. Brown meat in hot lard. Then cover with water and cook.
4. Add to water a kitchen bouquet (parsley, sage, marjoram, and thyme), 3 cloves inserted into an onion, and 2 carrots. This makes a delicious broth.
5. For last hour of cooking, add 1 quart sauerkraut, 1 cup vinegar and 3 tablespoons brown sugar. Cover and finish cooking. Stir in a grated raw potato 10 minutes before serving.
6. Soak 1 pound navy beans in water over night. Drain and place in kettle together with ½ teaspoon mustard, ½ cup brown sugar, ½ cup maple syrup, and salt and pepper. Place beef plate or brisket on top. Cover with water and cook slowly until tender, about 3 hours, preferably in the oven.
GROUND BEEF LOAF

2 pounds ground beef  1 1/2 teaspoons salt
1 cup bread or cracker crumbs  1/8 teaspoon pepper
2 tablespoons grated onion  1 cup milk or meat stock
2 eggs, slightly beaten

Neck, shank, and chuck are economical cuts for grinding. If beef is very lean, have a little suet ground with it. Combine all ingredients thoroughly and pack firmly into a greased loaf pan. Place in a moderate oven (350° F.) and bake until done, about 1 1/2 hours.

Variations

1. Bake in a greased ring mold, or make individual meat loaves by baking in muffin tins or custard cups.
2. Season with 1/2 cup ketchup or chili sauce. Reduce the amount of milk.
3. Season with 1/2 cup horseradish and 1 teaspoon mustard.
4. Use crushed shredded wheat biscuit, cornmeal, cooked cereal, crushed corn flakes, or cooked rice instead of bread crumbs.
5. Cover top with thin slices mild cheese before baking.
6. Line pan with bacon slices and place slices on loaf before baking.

BROILED GROUND BEEF

1 1/2 pounds ground beef  1 teaspoon salt
1/4 cup very fine bread crumbs  1/4 teaspoon pepper
2 tablespoons grated onion  4 tablespoons top milk or cream

Combine all ingredients. Shape into thick cakes. Wrap with bacon slices, fastened with toothpicks. Thoroughly preheat broiling oven with regulator turned to high. Place cakes on broiler rack so that there is a distance of about 3 inches between top of meat and source of heat. If distance must be less, reduce the temperature accordingly. When brown on one side, turn and allow to brown and finish cooking on the second side.

Variations

1. Shape ground meat mixture to resemble a thick porterhouse steak and broil.
2. Panbroil beef cakes. Place them in a heavy hot skillet, brown on both sides, then reduce the temperature and let cook more slowly until done. Pour off fat as it accumulates.
3. Add a beaten egg to ground beef mixture.
4. Season with 2 tablespoons chili sauce.
5. Pat ground beef into cake 1/2 inch thick and about 3 by 4 inches in size. Spread with bread dressing and roll.
6. Add 1/2 cup chopped olives for seasoning.
VEAL is delicately flavored and so when it is your choice do not serve it with the robust vegetables like onions, cabbage, or turnips because they will be too, too overwhelming. Rather combine veal with the piquant and spicy. Veal cuts are small editions of beef cuts—steaks in beef are chops in veal. You will see that this is so if you study the muscle structure and the bone formation in comparable cuts of beef and veal. Veal is pinkish in color and does not have very much fat. There are many ways in which you can use the veal cuts described below in the interests of variety and economy. The less-demanded veal cuts, such as neck, breast and shank, are rich in flavor and have many uses for fricassee, stew, or loaf.

1. **ROUND ROAST** of veal has a small round bone and a very large percentage of desirable lean meat, therefore, it is an economical cut and it is the best choice for the large family. The best way of cooking the veal round is by roasting, but always at a low temperature, otherwise the roast will be dry. A cut from the veal round also makes a very nice pot-roast.

1. **ROUND STEAK** of veal, which is also known as *Veal Cutlet*, corresponds to the same cut in beef. It is a slice cut from the leg of veal so it has the same round bone and the same shape as the face of the veal round roast. Because of lack of fat this steak is cooked by braising. Veal is not broiled or panbroiled, for just this reason. This cut is used for *Veal Birds*.
1. **VEAL RUMP** is an excellent roast or pot-roast. The lean is of the same high quality found in the veal round and it may be prepared in the same way. It is a wedge-shaped piece of meat containing the hip bone. Like the beef rump it may be boned and rolled, which makes carving much simpler. The rump is just the right size for a small family.

2. **VEAL SIRLOIN STEAK** corresponds to the same steak in beef. It has a large percentage of lean meat. Some of the muscles are cut with and some across the grain of the meat. Since veal contains very little fat, it cannot be cooked by broiling and panbroiling, but must be cooked by braising. The bones may be removed and the steak cut in individual pieces for stuffing as Veal Birds.

3. **LOIN AND KIDNEY CHOPS** are the same except that the Kidney Chop (left) contains a portion of the kidney and the Loin Chop (right) does not. These chops may be recognized by the T-shaped bone, the large muscle, the smaller tenderloin, and the narrow flank end. One loin chop makes an individual serving and there are about three to the pound. The method of cooking is braising.

4. **VEAL RIB CHOP** may be identified by the rib bone and the single muscle which lies over the rib bone. The chop may have the meat scraped from the bone to make a Frenched Veal Chop (right). There are about three or four chops to the pound and one chop makes a good individual serving. Rib chops are braised; breading veal chops prior to cooking is a favorite method of preparation.
5. **VEAL BLADE ROAST** is cut from the rib side of the veal shoulder. It contains the ribs and the blade bone. So far as bone and muscle structure are concerned a veal blade roast is like the beef blade roast but it is smaller and has the characteristic pinkish color of veal and less fat. This is an economical cut and it is an excellent choice for a small roast or pot-roast. Veal always should be roasted at a low temperature and without searing.

5. **BLADE STEAKS** are cut from the same section as the blade veal roast and are called blade steaks or veal shoulder chops. These have the same bone and muscle structure as the roast. Veal chops and steaks are cut from three-fourths to an inch or more thick, depending upon the recipe used in cooking them. Braising is the foundation method of cooking all veal steaks or chops.

5. **ARM VEAL ROAST** is excellent in quality, and it is economical. There is comparatively little waste. An arm veal roast has the round bone and rib-ends similar to an arm pot-roast of beef and can be identified by these distinguishing features. A three or four-pound arm roast will make six or eight good servings. Roasting and braising are the two methods used in cooking this cut.

5. **ARM VEAL STEAK** has the same advantages as the arm roast from which it is cut. It has high quality meat and relatively little bone, therefore it is an economical cut to buy. One steak will serve from one to three persons depending upon the size and thickness. The arm veal steak is identified by the small round bone and the ends of the ribs. It is cooked by braising, or it may be breadcr.
5. **ROLLED SHOULDER ROAST** is made by boning and rolling the veal shoulder. It makes an excellent roast. This is a good selection for the small family since a roast of any desired size may be cut from it. In flavor and tenderness, the shoulder of veal compares favorably with the leg. The rolled veal shoulder roast may be cooked as a true roast or as a pot-roast.

6. **VEAL SHANK** may be used for stew or it may be made into stock. The shank is especially rich in gelatin-forming substances and so it is an excellent cut to use for jellied or pressed veal. The meat may be cut from the shank and ground to make veal patties, loaf, or mock chicken legs which are made by shaping ground veal on wooden skewers.

7. **VEAL BREAST** may be prepared with a pocket made from one end as shown in the picture. This pocket is filled with dressing and then cooked as a roast or a pot-roast. Veal breast has been called the “Cinderella of the meat market” because it can be dressed up so attractively that it may appear before the most fastidious guest without apology. For easy and pleasant economy, do not overlook veal breast.

**CHICKEN LEGS** are made from pieces of veal about one inch square and one-half inch thick. Several of these pieces are threaded onto a skewer. In purchasing them provide one for each person to be served. This is a different way of preparing veal for cooking en casserole or braising either on top of the stove or in the oven. Shoulder steaks may be used in making this attractive veal cut.
ROAST VEAL

Season roast with salt and pepper and place 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. Veal should not be seared. Place in a slow oven (300° F.) and roast without covering and without adding water until done. When the roast-meat thermometer registers 170° F., the veal will be done. It requires 25 to 30 minutes per pound for roasting veal.

Variations

1. Lay bacon slices over roast for added fat during roasting.
2. Have veal roast larded at market or cut gashes into roast and insert slivers of pork fat.
3. Baste veal frequently with olive oil during roasting.
4. Sprinkle with lemon juice before roasting.
5. Before roasting, brush veal with melted butter seasoned with ginger.
6. During last fifteen minutes of roasting, place pear halves with centers filled with cream cheese around veal roast.

STUFFED VEAL BREAST

Veal breast 1 egg, slightly beaten
2 cups bread or cracker crumbs 1 cup meat broth or hot water
1 small onion, finely diced 4 tablespoons bacon drippings
½ cup finely diced celery Salt and pepper

Have pocket cut in veal breast. Make a dressing by combining crumbs and seasoning. Moisten with egg and broth. Pack stuffing in breast and sew edge of pocket. Brown, then add ½ cup water, cover and cook in a moderate oven (350° F.) for 1½ to 2 hours, or until tender.

Variations

1. Have breast boned. Spread bread dressing on top. Roll and tie or fasten with skewers.
2. Fill veal breast with cooked noodles, seasoned with melted butter and a little onion juice.
3. Add ½ cup seedless raisins to stuffing.
4. Season stuffing with ¼ cup grated mild cheese.
5. Dice 2 or 3 frankfurters and add to stuffing.
6. Fill breast with cooked and seasoned rice.
BRAISED VEAL CHOPS

Have veal loin, kidney, or rib chops cut ¾ to 1 inch thick. Dredge with flour and brown well on both sides in hot lard. Season with salt and pepper. Add ½ cup hot water, cover tightly and cook slowly on top of stove or in a moderate oven (350° F.) until done, about 45 minutes.

Variations

1. Use sour cream as the liquid instead of water after browning the veal chops.
2. Season fat used for browning with paprika and a little onion. Add 2 tablespoons vinegar to the hot water.
3. When done remove chops to a hot platter. Melt currant jelly in liquid in which they were cooked and pour over chops.
4. Brown chops. Place in greased casserole. Pile on each chop a spoonful of bread dressing to which ½ cup cranberry sauce has been added. Lay half slice of bacon on each. Add hot water, cover, and cook in oven.
5. Slit chops lengthwise and insert half of pineapple slice. Add ½ cup cooking sherry after browning.
6. When browned, transfer to a greased casserole. Cover with peas and diced celery. Make a gravy from fat in which chops were browned. Pour over chops and vegetables, cover the casserole and cook in moderate oven.

BREADED VEAL STEAKS

Have veal round, sirloin, blade or arm bone steak cut ¾ to 1 inch thick. Dip in beaten egg, then in fine dry bread or cracker crumbs. Chill in refrigerator for at least half an hour before cooking. Brown in hot lard. Season with salt and pepper. Cover tightly, and cook in a moderate oven (350° F.) until done, about 45 minutes.

Variations

1. Have steaks cut ¾ to ½ inch thick. Cut into individual servings. Pile a spoonful of bread dressing on each, roll, and fasten with toothpicks for Veal Birds.
2. Substitute crushed cornflakes for bread or cracker crumbs.
3. After browning, cover with tomato soup and cook slowly. Season with ½ cup grated cheese.
4. Marinate steaks in lemon juice and olive oil for at least an hour before cooking.
5. Instead of egg and milk, dip in buttermilk, then in crumbs.
6. Cream 3 tablespoons butter. Add 1 tablespoon parsley and 1 teaspoon shallot, both finely minced. Spread on veal steak, then dip in beaten egg and roll in crumbs.
VEAL EN BROCHETTE

Have veal steaks cut \( \frac{1}{2} \) inch thick. Cut into pieces one inch square and thread onto skewers. Roll in beaten egg to which 2 tablespoons milk have been added, then roll in fine dry bread crumbs. Let stand in cold place for at least 30 minutes so that crumbs will adhere to meat. Brown in hot lard. Add \( \frac{1}{2} \) cup hot water, cover, and cook slowly until done, about one hour.

**Variations**

1. After browning, add 1 cup milk, cover and bake in moderate oven (350° F.).
2. Marinate in a mixture of olive oil, tarragon and cider vinegar seasoned with paprika.
3. When done, remove veal. Season liquid with 1 tablespoon vinegar, 1 tablespoon capers, 1 tablespoon chopped pickle and a dash of cayenne. Serve as a sauce.
4. Place cooked noodles in greased casserole. Season with poppy seed. Brown veal and place on top. Add 1 cup tomatoes, cover, and cook in moderate oven (350° F.).
5. Mix bread crumbs with an equal amount of grated cheese. Serve with lemon wedges.
6. After browning, add cream of mushroom or tomato soup.

SAVORY VEAL FRICASSEE

- 2 pounds boneless veal, cubed
- 2 tablespoons flour
- 2 tablespoons lard
- 1 small onion
- 1 cup celery, cut in 1-inch pieces
- 1 cup peas
- Salt
- Pepper

Have veal from the shank, breast, or shoulder cut into small cubes. Dredge with flour and brown in hot lard. Season with salt and pepper. Add sliced onion, celery, and peas, and 1 cup hot water. Cover tightly and let cook slowly until done, about one hour. Thicken the liquid with flour smoothed in cold water.

**Variations**

1. Season generously with paprika.
2. Add \( \frac{1}{2} \) bay leaf and a sprig of thyme during cooking.
3. Add 1 can mushrooms 15 minutes before serving.
4. Omit peas. Fifteen minutes before serving, add \( \frac{1}{2} \) cup sour cream in which 1 teaspoon flour has been blended. Cook slowly until thickened.
5. Add more liquid, and cook noodles in veal broth. Serve veal and noodles together. Sprinkle with poppy-seed.
6. Place browned veal in a casserole. Add peas, potato and carrot balls. Season, cover with gravy and cook in a moderate oven. During last 15 minutes, place baking powder biscuits on top and increase temperature.
**VEAL LOAF**

2 pounds veal, put through grinder with

1 cup tomato soup or meat stock

1/4 pound fat pork, ground

1 egg

1/2 cup fine bread or cracker crumbs

Salt and pepper

Shank, breast, and shoulder are economical veal cuts to use for grinding. Have fat pork ground with veal. Combine with bread or cracker crumbs and season with salt and pepper. Moisten with slightly beaten egg and tomato soup. Pack into a greased loaf pan and bake in a moderate oven (350° F.) until done, about 1/2 hours.

Variations

1. Season with grated onion and diced celery.
2. Substitute meat stock, milk, or cream of mushroom soup for tomato soup. Season with sage.
3. Line loaf pan with bacon slices. Place bacon slices over top before baking.
4. Have cured ham instead of fat pork ground with veal. Add a dash of Tabasco sauce for seasoning.
5. Add 1/2 cup grated cheese. Substitute finely chopped cooked spaghetti or macaroni for bread crumbs. Season with Worcestershire sauce.
6. Season with paprika and grated onion. Moisten with 1/2 cup sour cream and 1/2 cup sweet milk.

**VEAL PATTIES**

Have veal from shank, breast, or shoulder ground. Season with salt and pepper. Shape into thick cakes. Wrap each with a long bacon slice and fasten with toothpicks. Cut the bacon edge on the top in parallel gashes perpendicular to edge, if desired. Brown patties on both sides in a little hot lard. Cover tightly and let cook very slowly for about 30 minutes longer.

Variations

1. Have ground veal shaped into drumsticks, with a wooden skewer through the center. To serve, place a paper frill over skewer end.
2. Roll "drumsticks" or patties in beaten egg, then fine dry bread crumbs, and brown. Cover and cook slowly.
3. Season ground veal with grated onion. Add a few bread or cracker crumbs and moisten with slightly beaten egg. Shape into patties.
5. Season ground veal with 2 tablespoons lemon juice and 1 teaspoon curry powder. Shape into patties.
6. Add 1/2 cup nut meats to ground veal. Brown, then finish cooking in a moderate oven.
PORK, in effect, is two kinds of meat—fresh and cured—which widens your choice considerably, when you are shopping for meat. And in addition, pork is used in the manufacture of many kinds of sausages which are an aid to easy meals. The main problem in buying pork is pretty much the same as in buying other meats—lack of familiarity with all the different cuts. There are a number of cuts besides center cut loin which make excellent roasts and it will be to your advantage to become acquainted with them. Shoulder steaks may take the place of rib chops. Study the pictures and the uses of the pork cuts and see how you can please your family and spare your pocketbook by adding the economy cuts to your culinary repertory. To be most delicious, all pork cuts should be cooked well done.

1. **HAMS** are to be had either fresh or cured. For the large family there could not be a better choice than a fresh ham roast because there is very little waste. It also pays to buy a whole or half cured ham. There are so many attractive ways to prepare left-over ham that it is good economy even for the small family. Whole or half hams are baked or cooked in water.

1. **CENTER HAM SLICE** is cut thin or thick according to the way it is to be prepared. The small round bone, the oval shape, and the white fat around the edge are the means of identifying center ham slices. The methods used in preparing sliced ham are broiling, panbroiling, and, if cut thick, braising. Slices cut from fresh ham are called pork steaks and these are cooked by braising.
1. **HAM BUTT SLICE** is a real economy cut. It is made by first cutting the butt end of the ham into two pieces. One piece contains the aitch bone and this may be cooked with vegetables. The other piece is cut into single or double slices which have very much the appearance of the center cut slices and they may be prepared in exactly the same way.

2. **LOIN PORK ROAST** contains the back bone and the upper portion of the ribs. The center section is the most popular roast because it is easily carved. Carving is facilitated if the back bone is separated from the ribs. The ham and shoulder ends of the loin have the same high quality meat as the center section, but are not so easily carved. The thrifty shopper will find them a good buy.

2. **PORK CHOPS** are cut from the loin. If rib chops are cut thin every other one will contain a rib; cut thick each has a rib. Loin chops may have a portion of the tenderloin. The chops cut from the shoulder and ham ends of the loin will have a portion of the blade bone and the hip bone respectively. Pork chops are braised and should always be cooked thoroughly.

2. **SHOULDER END ROAST** is cut from the end of the loin nearest the shoulder. It has a portion of the shoulder blade. The opposite end or ham end of the loin contains the hip bone. These two roasts have the same high quality meat as the center cut loin, but, because they are less easily carved, they are less in demand. The shopper should consider these economical roasts.
2. **TENDERLOIN** is a long, narrow, very tender piece of meat (top) which is taken out of the loin and is sold in one piece or in small pieces. The whole tenderloin is braised or it may be roasted at a very low temperature. A nice way to prepare a whole tenderloin is to split it nearly through lengthwise, then open out flat and spread with a dressing before cooking. Or two tenderloins flattened out may be put one on top of the other with the dressing in between and sewed around the edges.

When sold in small pieces, the tenderloin is cut cross-wise in slices about two inches thick (bottom). These are then flattened out or "Frenched." These small boneless fillets, or **Frenched Pork Tenderloins**, are cooked in much the same way as pork chops, that is, by braising. These fillets also may be spread with dressing.

3. **BOSTON STYLE BUTT** comes from the shoulder section of pork and it is sold fresh or cured. It makes an excellent roast and is especially good for slicing cold. It is an economical cut because it has a high percentage of lean and very little bone. It contains the shoulder blade, which may be removed to facilitate carving. Fresh, the Boston style butt is roasted; cured, it is cooked like ham.

3. **BLADE PORK STEAK** is a slice cut from the same section as the Boston Style Butt; therefore, it has all the good features of that cut, a large proportion of lean meat and very little bone. The bone may be removed and the slice stuffed for Pork Birds. The blade pork steak is cooked by braising and may be served in the same way as pork chops.
3. **SMOKED COTTAGE ROLL** is a very good cut for the small family as it weighs from 2 to 3 pounds. It is a boneless piece of meat, made by boning out the Boston style butt and curing in the same way that ham is cured. It may be sliced and broiled or panbroiled, but it is especially well adapted to cooking in water or to baking. Soaking before cooking is recommended.

4. **PICNIC SHOULDER**, both fresh and smoked, adds to the variety of available pork cuts. Fresh picnic is an excellent roast. It may be boned and made into a rolled roast or left flat to be filled with dressing, which is good economy for the large family because the meat is extended in this way. Cured picnic is cooked in the same way as ham; but it is advisable to soak it over night.

4. **ARM PORK STEAKS** are cut from the fresh picnic. These have the small round bone which identifies them. They contain considerable lean meat and while larger than loin chops, they may be prepared and served in the same way. All pork should be cooked well done; this is especially true of fresh pork, because it is by cooking thoroughly that the fine rich flavor is fully developed.

5. **SPARERIBS** are very easy to identify because they look like their name—rib bones with not very much meat on them—but that little is rich and delicious in flavor. There are many ways of preparing them so that their flavor will be extended to foods cooked with them. Stuffed and baked spareribs make an economical meat dish. Spareribs are also cooked in water with sauerkraut or cabbage.
ROAST PORK

Season roast with salt and pepper and place fat side up on a rack in an open roasting pan. Insert meat thermometer so that bulb reaches center of the thickest muscle. Place in a slow oven (300-350° F.) and roast until the thermometer registers 185° F. This will require 30 to 35 minutes per pound. Always cook fresh pork thoroughly to bring out its full flavor and richness.

**Variations**

1. Serve with apples cooked in cinnamon drop syrup.
2. Rub pork with a cut clove of garlic before roasting.
3. Baste with barbecue sauce at frequent intervals.
4. When almost done, remove fresh pork roast from oven, score the fat covering in diagonal lines. Stick cloves into center of diamonds, sprinkle with brown sugar and brown.
5. Baste pork with cider frequently during cooking. Add raisins to the drippings and thicken for a cider-raisin sauce.
6. Cut gashes into roast, and stuff with tiny pearl onions.

STUFFED PORK SHOULDER

Picnic pork shoulder
2 cups bread or cracker crumbs
1 small onion, grated
½ cup diced celery

Have square-cut picnic shoulder boned and sewed on three sides, leaving the fourth open for inserting stuffing. Combine crumbs and seasonings. Moisten with egg and liquid. Fill pocket with dressing and sew or skewer opening. Season with salt and pepper and roast, allowing 35 to 45 minutes per pound.

**Variations**

1. Add 1 cup chopped apples to stuffing. Omit poultry seasoning.
2. Add cooked and ground chestnuts to stuffing. Season with 1 teaspoon grated lemon rind.
3. Add ½ pound cooked dried apricots to dressing. Omit poultry seasoning.
4. Stuff with cooked noodles seasoned with poppy-seed.
5. Rub roast with brown sugar and mustard a half hour before it is done.
6. Stuff shoulder with sauerkraut to which a grated raw potato has been added.
PORK TENDERLOINS WITH DRESSING

2 pork tenderloins
2 cups bread crumbs
1/2 cup chopped celery

Choose two pork tenderloins of equal size. Have them split and flattened out. Combine bread crumbs and celery. Season with salt and pepper. Add eggs, bacon drippings, and enough hot water to make the dressing quite moist. Spread dressing over one tenderloin, lay the other on top and sew or skewer the edges together. Season outside with salt and pepper. Place on a rack in an open roasting pan and roast in a slow oven (300-350° F.) until done, about one hour.

Variations

1. Lay bacon slices over the top for added fat during baking.
2. Add 1/2 cup chopped mushrooms to stuffing.
3. Add 1/2 cup chopped English walnuts to stuffing.
4. Use cooked wild rice instead of bread crumbs for stuffing.
5. Have tenderloins frenched. Place dressing between two slices, wrap with bacon, and bake.

BAKED WHOLE OR HALF HAM

Place whole or half 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 thickest part. Place in a slow oven (300° F.) and bake without adding water and without covering. The ham is done when the roast-meat thermometer registers 160° F. Allow about twenty-five minutes per pound for baking a whole ham and about thirty minutes per pound for a half ham. If the ham was not already skinned when it came from the market, 45 minutes before the cooking is completed, remove the ham from the oven and take off the rind. Return to the oven to finish baking.

Variations

1. Score the fat over the outside in diagonal lines to form diamonds. Rub with 1 cup brown sugar which has been seasoned with 1/2 teaspoon dry mustard. Stick cloves in the centers of diamonds. Return to the oven to brown.
2. Pour strained honey, into which maraschino cherries have been chopped, over the ham. Bake for long enough to slightly brown and glaze the ham.
3. Baste ham during last half hour of cooking with maple syrup.
4. Spread ham with 1 cup tart jelly mixed with 1 cup chopped maraschino cherries, and return to oven to glaze and brown.
5. Baste ham with fruit juice or cider last half hour of baking.
6. Cover ham with thin slices of an unpeeled orange. Pour heavy brown sugar syrup over them and return to oven.
BROILED SMOKED HAM SLICE

Clip the fat around edge of ham slice to prevent curling upon heating. Preheat the broiling oven. Place ham slice on broiler rack far enough from source of heat that by the time one side is nicely browned, it will be about half done. For a slice 1 inch thick, it should be placed so that there is a distance of about 3 inches between meat and source of heat with heat turned on high. When one side is browned, turn and broil on the second side. Allow about 30 minutes for broiling a ham slice 1 inch thick, 20 minutes for a slice ½ inch thick, and 10 minutes for a thin slice.

Variations

1. Brown ham slice on both sides in a hot skillet, then cook slowly until done, turning frequently. Pour off fat as it accumulates. Serve with milk gravy.
2. Cut thin ham slices into individual servings. Pile a spoonful of savory bread dressing on top. Roll, fasten with toothpicks, and broil. Serve with raisin sauce.
3. When almost done, spread with prepared mustard and grated cheese. Return to oven for long enough to melt the cheese.
4. Sprinkle ham with brown sugar and return to oven to brown.
5. Spread ham slice with peanut butter just before serving.
6. Arrange pineapple rings sprinkled with brown sugar around ham on fireproof platter and broil.

COTTAGE ROLL COOKED IN WATER

Soak in water over night. Cover with hot water and cook at a simmering temperature until done. Do not boil. Allow about 40-45 minutes per pound. If it is to be served cold, let it cool in the water in which it was cooked.

Whole or half hams are cooked in the same way, but do not require soaking. Allow 20-25 minutes per pound for cooking whole hams and 30 minutes for half hams. If the ham has the skin on, this may be removed after cooking.

Variations

1. Add ½ cup sugar and ½ cup vinegar to water for cooking.
2. Remove from water half an hour before cooking is completed. Score in diagonal lines. Stick with whole cloves. Rub with brown sugar and place in oven to brown.
3. Add to water in which meat is cooked 1 onion, several sprigs of parsley, celery stalks and leaves, 5 black peppercorns, 4 cloves, and ½ bay-leaf.
4. Place meat in kettle with enough cider to cover.
5. Add 1 tablespoon mixed-pickle spice to water for cooking. When done, remove from water. Cover fat with a mixture of 1 cup fine dry bread crumbs and 1 cup brown sugar. Stick with cloves, and place in oven to brown.
6. Cover roll with hot water. Add 6 cloves, ½ bay-leaf, ½ teaspoon cinnamon, ½ teaspoon celery seed, 5 peppercorns, 2 cups fresh crushed currants, and a sprig of mint, if desired.
BRAISED PORK CHOPS

Have pork chops cut thick. Dredge with flour and brown on both sides in a hot heavy frying-pan containing a little fat. Season with salt and pepper. Add 2 tablespoons water, cover tightly and cook slowly either on top of stove or in a moderate oven (350° F.) until done, 30 to 40 minutes.

Variations
1. Rub skillet with a cut clove of garlic before browning chops.
2. After browning, add ½ cup chili sauce spiced with 1 teaspoon Worcestershire sauce.
3. Brown pork chops in skillet, then transfer to a casserole. Place them on top of scalloped potatoes, Spanish rice or baked beans in the casserole. Cover and cook in moderate oven (350° F.) until done, about 40 minutes.
4. Brown chops, then remove to a greased baking dish. On each place half of an apple, cored and the center filled with brown sugar. Add ½ cup water, cover and cook in moderate oven (350° F.) about 40 minutes.
5. Brown chops, transfer to a greased casserole. Place green pepper ring on top and fill with cooked rice. On top lay a slice of tomato. Rinse pan in which chops were browned with ½ cup hot water and pour over chops. Cover and cook in moderate oven for about 40 minutes.
6. Slice onions over chops. Use tomato juice as the liquid.

STUFFED PORK CHOPS

Double pork chops 1 tablespoon green pepper, minced
2 cups toasted bread crumbs ¼ teaspoon celery salt
1 small onion, grated Milk
1 egg, slightly beaten Salt and pepper

Have pocket cut in double pork chop from the side next to the bone. The membrane along this side contracts on heating and holds the edges of pocket together without the use of toothpicks or skewers. Combine bread crumbs, grated onion, green pepper, celery salt, and salt and pepper. Moisten with slightly beaten egg and milk. Pack into pocket in chops. Brown these on both sides in slightly greased skillet. Add ½ cup hot water and let cook slowly until done, about 45 minutes.

Variations
1. Stuff chops with sliced apple.
2. Substitute cooked cereal, rice, or cornmeal for toasted bread crumbs in stuffing.
3. Add mushroom caps and stems to dressing.
4. Make a stuffing of ½ cup uncooked rice, 1 small finely chopped onion and 1 green pepper, finely chopped. Fill chops with rice and cook for an hour.
5. Sprinkle chops with lemon juice before cooking.
6. Add ½ cup ground peanuts to stuffing.
BRAISED PORK STEAKS

Pork shoulder arm or blade pork steaks are economical and delicious. Have them cut one inch thick. Dredge with flour and brown on both sides in hot lard. Season with salt and pepper. Add ¼ cup water, cover tightly, and cook slowly until done, about 45 to 50 minutes.

Variations

1. Slice onions over pork steaks after browning. Use tomatoes seasoned with a bay-leaf as the liquid.
2. Pare and slice sweet potatoes into a greased casserole. Sprinkle with brown sugar and dot with butter. Place browned pork steaks on top. Rinse pan in which steaks were browned with ¼ cup hot water and pour over meat and sweet potatoes. Cook in a moderate oven (350° F.) until done, about one hour.
3. After browning, pour one cup unsweetened cranberry sauce over steaks.
4. Spread steaks with mustard before cooking.
5. Have fresh ham steaks cut ¼ to ½ inch thick and into individual servings. Place a spoonful of cooked and seasoned rice on each. Roll and fasten with toothpicks. Cook in a moderate oven (350° F.) until done, about one hour.
6. After browning, season with 1 tablespoon horseradish.

BRAISED SPARERIBS

Place spareribs in baking dish and allow to brown uncovered in a hot oven. Season with salt and pepper. Add ½ cup water, cover tightly, reduce the temperature of oven to about 300-350° F., and cook slowly until done, about 40 minutes.

Variations

1. Brown spareribs under broiler element or flame. Then finish cooking in a slow oven.
2. Brown spareribs. Place sauerkraut in a greased baking dish. Sprinkle with brown sugar. Put browned spareribs on top. Add ½ cup hot water, cover, and cook in a moderate oven (300-350° F.) for 40 minutes.
3. After browning pour barbecue sauce over spareribs and cook.
4. Use two matching sections of spareribs. Sew the edges together, all except one end. Make a dressing of bread crumbs and chopped apples, seasoned with chopped celery and onion. Insert apple dressing and sew or skewer the edges of spareribs together.
5. After browning, cover spareribs with vegetables. Cover and cook until vegetables and meat are done.
6. After browning, place cored apples around the spareribs. Fill center of apples with brown sugar and nut meats.
BAKED HAM LOAF

1 1/2 pounds ground cured ham
1 pound ground fresh pork
1 cup bread crumbs
2 eggs, slightly beaten
1 1/2 cups milk
1/2 teaspoon pepper

Economical cuts for grinding are butt or shank end of ham or shoulder. Have fresh pork and cured ham ground together. Combine with bread crumbs. Season. Add slightly beaten eggs and milk. Pack into a greased loaf pan and bake in a moderate oven (350° F.) until done, about 1 1/2 hours.

Variations

1. Arrange pineapple rings in bottom of loaf pan. Pack ham mixture on top and bake. Decorate with maraschino cherries and serve.
2. Season loaf with 1/2 cup tomato soup. Reduce milk to 1 cup.
3. Make a sauce of 1/4 cup vinegar, 1/4 cup water, and 1 cup brown sugar. Cook together until thickened. When done, unmold loaf, cover with syrup and return to the oven for a few minutes to glaze.
4. Season with 1 teaspoon prepared mustard and 1 teaspoon prepared horseradish.
5. Add 1/2 cup cooked and ground dried apricots to the ham mixture.
6. Add 1/2 cup celery to ham mixture.

BACON SLICES

Place a single layer of bacon in a cool frying-pan and put over low heat. Turn the bacon frequently, and drain off the excess fat so that the bottom of pan is only well greased. Cook slowly until bacon is a light golden brown and evenly crisped. Put on brown paper to drain. Keep in hot place.

Variations

2. Place a single layer of bacon slices on rack in open pan. Cook in a hot oven (400° F.) until done, turning frequently.
3. Combine 2 cups dry bread crumbs with 1/2 cup diced celery, and season with a few drops of onion juice. Moisten with a slightly beaten egg and 1/2 cup milk. Place a heaping teaspoon of this dressing on one end of each bacon slice. Roll, fasten the ends with toothpicks, and broil.
4. Spread slices of bread with cream cheese, roll and wrap with bacon slices around outside. Fasten ends with toothpicks and broil.
5. Wrap stuffed olives with bacon. Broil. Stick with toothpicks and serve as appetizer.
6. Place bacon on sliced bread. Place in hot oven until bacon is cooked and bread toasted. Serve with cheese sauce.
The Solution to Lamb

Lamb should not present much of a buying problem because you do not need to bother about whether you are picking the right cut for a certain method of cooking. Every lamb cut, with the possible exception of the shanks and the neck, is tender enough to roast or broil. So if you want a roast of lamb, you can take any lamb cut, provided it is the shape a roast should be. Or if you want broiled chops, loin or rib or shoulder will be perfectly satisfactory. Your lamb buying problem, then, is only a matter of learning the different cuts by sight and by name. If you will study the chart at the left and the pictures and descriptions below, you will find it much easier to recognize the various lamb cuts when you see them on display in the market.

1. **FRENCHED LEG OF LAMB** is made by removing the meat from the shank bone. After roasting the bone may be decorated with a frill and it makes a convenient handle for holding the roast when carving. The leg is the best lamb roast for the large family because it has relatively little waste. The "fell," the thin paper-like covering, should not be removed as the roast keeps its shape better and cooks more quickly.

1. **AMERICAN LEG** is made by pulling the meat back from the shank bone, removing the bone and fastening the shank meat back against the leg. It is much more compact than the Frenched Leg and fits nicely into the small roasting pan. For this reason, the small apartment dweller probably will prefer the American Leg of Lamb. The sirloin end is left on if a larger roast is desired.
2. **LOIN LAMB CHOP** has one large muscle and one small muscle, which is the tenderloin, and the T-shaped bone which is characteristic of this section, the same as in beef. These are the features by which the loin chop may be recognized. Lamb chops should be cut from three-fourths to an inch or more in thickness. Broiling and panbroiling are the methods used in cooking loin lamb chops.

2. **ENGLISH LAMB CHOP** is usually cut double thickness and across the undivided loin; so an English lamb chop is really equal to two thick loin chops. The bones are removed and the flank ends of the chop are wrapped around a half of a lamb’s kidney. Instead of enclosing the kidney it may be cooked separately and placed on top of the chop in serving. Purchase one for each person.

3. **RIB LAMB CHOP** contains part of the rib bone and the tender “eye” muscle. *Frenched Lamb Chops* are rib chops which have had the meat scraped from the rib bones. After broiling or panbroiling the rib ends may be decorated with a frill to make an attractive service. Two rib chops not less than three-fourths inch in thickness should be purchased for each person.

3. **CROWN ROAST OF LAMB** is made from the rib section; the ribs, not cut apart, are shaped into a crown and the ends of the ribs are “Frenched.” The center of the crown may be filled with dressing before roasting, or with cooked vegetables afterward. The rib ends are decorated in some way. The crown roast is suitable for the special occasion when the hostess wants something a little extra nice.
4. **ROLLED SHOULDERS** is made by boning and rolling the shoulder of lamb and is a splendid choice for the small family. It is just as tender, juicy, and well-flavored as the leg. It is roasted in the same way as any lamb roast, except that it takes longer for each pound because the roast is boneless, but it will not take as long a total cooking time because the rolled shoulder weighs less than the leg.

4. **CUSHION SHOULD ROAST** is another way to use lamb shoulder. It is boned but instead of rolling, it is left flat. By sewing around the edges, with one side left open, a pocket is made which may be filled with dressing. The open side is then sewed or skewered. This is not only a choice roast, but economical, for the size of the servings is increased by the dressing.

4. **SQUARE CUT LAMB SHOULDER** is the unboned shoulder of lamb and is used for a roast, but because of the awkward shaped bones it is difficult to carve. For this reason it is much better to have it prepared either as a rolled shoulder roast or as a cushion shoulder roast. The bones which are removed in fashioning either of these roasts may be used for making broth.

4. **SHOULDER LAMB CHOPS** are cut from the rib side and the arm side of the shoulder. **Arm Lamb Chops** (right) have a small round bone and ends of the ribs. **Blade Chops** (left) contain ribs and a portion of the blade bone. Shoulder chops may be broiled and the price advantage makes it worth while for the homemaker to become acquainted with them. A shoulder chop makes an individual serving.
4. **NECK SLICES OF LAMB** may not be frequently displayed in the meat market, but they are so easily made that there is no trouble in getting them. Four slices may be cut from the neck and will serve two. They contain vertebrae which may be removed before cooking or slipped out after cooking. They are well-flavored and are ideally suited to casserole dishes with vegetables or for a flavorful stew.

5. **LAMB SHANKS** make a tasty and economical dish, one which is very popular in restaurants, but not so well known to housewives. It will pay to become acquainted with lamb shanks. They have enough meat on them so that one makes a generous serving. The favorite way to prepare them is braising with vegetables. The meat may be cut from the bone and used for stew or for grinding.

5. **LAMB BREAST** may be made with a pocket cut in from the squared-off end and this pocket may be filled with ground shank meat or with any favorite bread dressing. The breast may be roasted or braised. Braising, however, is the most satisfactory method of preparation. A very nice way is to remove the breast bone and then cut down through the ribs, making lamb riblets and using in a stew.

5. **ROLLED BREAST** is made by removing all the bones including the shank bone and rolling shank and flank meat into a compact roll with the breast meat. A very attractive way of preparing the boned shank is to spread with sausage meat and then roll and tie into shape. This can be done at the market or in the kitchen. This cut is best cooked by braising.
ROAST LEG OF LAMB

Season lamb roast with salt and pepper. Place fat side up on rack in an open roasting pan. Do not add water and do not cover. Make an incision and insert a roast-meat thermometer so that the bulb reaches the center of the roast. Place in a slow oven (300-350° F.) and roast until done. When the roast-meat thermometer registers 175° F., the lamb will be medium done, at 182° F., the lamb will be well done. Allow 30 to 35 minutes per pound for roasting.

Variations
1. Rub 2 cups apricots and juice through a sieve. Add ¾ cup sugar and cook slowly until thickened. Use for basting.
2. Insert clove of garlic into joint of leg. Remove before serving.
3. Baste lamb with mixture of melted butter and lemon juice seasoned with thyme.
4. Spread lamb roast with currant jelly and glaze before serving.
5. Baste lamb with vinegar which has been seasoned with finely cut mint leaves.
6. Baste lamb with ½ cup tomato ketchup seasoned with 2 tablespoons Worcestershire sauce.

STUFFED LAMB SHOULDER

Cushion style lamb shoulder
2 cups bread crumbs
2 tablespoons grated onion
2 tablespoons chopped parsley

Have a cushion shoulder of lamb prepared at the market. Combine bread crumbs, grated onion, and parsley. Season with salt and pepper and add slightly beaten egg and enough meat stock or hot water to moisten dressing. Pack into cavity in shoulder and sew edges of opening. Place on rack in open pan and roast in slow oven (300-350° F.). Allow about 35 minutes per pound.

Variations
1. Cook ¼ pound bulk pork sausage until it separates into particles. Add to stuffing.
2. Substitute cooked rice or cereal for bread crumbs.
3. Add a few finely chopped mint leaves to dressing.
4. Add ½ cup finely chopped cooked prunes or dried apricots to dressing.
5. Have cavity filled with ground meat.
6. Add 1 cup corn pulp to stuffing. Season with chopped celery.
CROWN ROAST OF LAMB

Lamb crown
2 cups dry bread crumbs
½ cup chopped celery
½ cup button mushrooms and stock

Have crown prepared at market. Wrap rib ends with bacon or salt pork slices to prevent charring. Place crown right side up on rack in open roasting pan. Combine other ingredients for a stuffing. Fill crown with stuffing. Lay bacon slices on top. Roast until done, allowing 30 to 35 minutes per pound. To serve remove bacon or salt pork from rib ends and replace with paper frills. If no dressing is desired, place crown upside down and roast.

Variations

1. Fill crown with mashed potatoes, sprinkled with paprika.
2. Fill crown with cooked vegetables. Place on top a whole cauliflower head.
3. Decorate rib ends with paper frills, parsleyed potato balls, tiny onions, carrot balls, or stuffed olives.
5. Add thyme, marjoram, poultry seasoning, summer savory, or sage to stuffing, as desired.
6. Add ½ cup finely chopped cooked ham to stuffing.

BROILED LAMB CHOPS OR STEAKS

Have lamb loin, rib, or shoulder chops or steaks from the leg, cut ¾ to 1 inch thick. English chops are cut 1½ to 2 inches thick. Thoroughly preheat broiling oven. Place on rack so that the top of the chops or steaks are a distance of 3 inches from the source of heat. Turn oven regulator on high. If distance must be less, reduce the temperature accordingly. When one side is nicely browned, season with salt and pepper, and turn. When second side is browned, season, and serve immediately. Chops or steaks ¾ inch thick require 10 to 12 minutes.

Variations

1. Have 1-inch cubes cut from lamb shoulder or leg. Thread onto wooden skewer and broil. The cubes may be alternated with mushroom caps or tomato slices.
2. Marinate chops or steaks in 3 tablespoons olive oil, 6 tablespoons lemon juice, 1 finely minced onion and 1 teaspoon salt. Let stand for two hours before broiling.
3. Mix ¼ cup butter with ½ cup finely chopped mint leaves. Add 2 tablespoons lemon juice. Season with cayenne. Spread chops with this just before serving.
4. Spread chops with currant jelly while still sizzling hot.
5. Roll chops or steaks in melted butter, then in a mixture of 1 cup sifted bread crumbs, and 3 tablespoons grated Parmesan cheese. Broil.
6. Cut a pocket in rib lamb chops from the side next to bone. Insert a tablespoon of savory bread dressing in each and broil.
BRAISED LAMB BREAST

Brown lamb breast on both sides in hot lard. Season with salt and pepper. Add ½ cup hot water, place on rack, cover tightly, and let simmer on top of the stove or cook in a moderate oven (350° F.) until done, about 1½ hours.

Variations

2. Have a pocket cut next to the bone from the end. Insert a bread dressing and sew or skewer the edges together. Braise.
3. Use tomato juice as the liquid.
4. Add 1 teaspoon curry powder to fat in which lamb breast is browned.
5. Cut lamb breast into individual servings. Brown, place in casserole, add potato and carrot balls, cover with water, cover casserole and cook in oven.
6. Place cabbage in casserole. Add 4 tablespoons vinegar, sprinkle with sugar and caraway seeds. After browning, place lamb on top, cover, and cook in oven.

LAMB STEW

2 pounds lamb, cut in cubes
2 tablespoons flour
2 tablespoons lard
6 potatoes

1 small head cauliflower
6 carrots
Salt
Pepper

Lamb stew is a satisfying dish and an economical one, for the economy cuts, lamb shank, breast, neck or shoulder are used in making it. Have the lamb cut into 1 to 1½ inch cubes. Dredge with flour and brown well on all sides in hot lard. Season with salt and pepper, cover with hot water, cover the kettle tightly, and cook slowly until done, about one and a half to two hours. Forty-five minutes before serving, add potatoes and carrots left whole. Cook the whole head of cauliflower in hot water and to serve, place cauliflower in center of platter, with meat and vegetables arranged around it. Thicken the liquid for gravy and serve separately.

Variations

1. Cook dumplings on top of meat and vegetables.
2. Dice potatoes, turnips and carrots into half inch cubes. Cook with meat during last thirty minutes. Add 1 cup peas. Thicken liquid for gravy and serve over meat and vegetables.
5. Brown lamb and place together with diced vegetables into a greased casserole. Cover with gravy and cook in a moderate oven (350° F.) until done. Place on top baking powder biscuit rounds and increase temperature for the last 15 minutes.
LAMB TROTTERS

Season lamb shanks with salt and pepper. Brown well in hot lard. Add \( \frac{1}{2} \) cup hot water, cover tightly, and cook slowly until done, adding more water as necessary. These require about two hours for cooking. If desired, transfer them to a casserole and cook in a moderate oven (350° F.).

**Variations**

2. After browning, add dried apricots and prunes, add water, cover and cook.
3. After browning, cover with onion rings. Add 1 cup sour cream, and cook in oven.
4. Transfer browned shanks to a casserole. Make a gravy from fat in which they were browned. Season the gravy with 1 teaspoon prepared horseradish and 1 teaspoon Worcestershire sauce. Pour gravy over lamb shanks, cover and cook in moderate oven.
5. When done, remove shanks. Melt currant jelly in remaining liquid and season with lemon juice. Serve over shanks with steamed rice.

LAMB LOAF

- 2 pounds ground lamb
- 1 cup bread or cracker crumbs
- 2 tablespoons grated onion
- 2 tablespoons parsley
- 2 tablespoons finely minced green pepper
- \( \frac{1}{2} \) teaspoons salt
- \( \frac{1}{4} \) teaspoon pepper
- Poultry seasoning
- 1 egg, slightly beaten
- 1 cup milk or meat stock

Lamb neck, shank, breast or shoulder are economical cuts to use for grinding. Combine ground lamb, crumbs, onion, parsley, green pepper, salt, pepper and poultry seasoning. Mix well. Moisten with egg and milk or meat stock and pack into greased loaf pan or ring mold. Bake in a moderate oven (350° F.) until done, about 1\( \frac{1}{2} \) hours.

**Variations**

1. When ready to bake, pour \( \frac{1}{2} \) cup tomato ketchup over top of the lamb loaf.
2. Add \( \frac{1}{2} \) cup peas and \( \frac{1}{2} \) cup diced celery to loaf mixture.
4. Substitute cooked rice for bread crumbs.
5. Pack half of loaf mixture in pan. Lay hard-cooked whole eggs lengthwise, from end to end. Pack meat mixture around eggs and bake.
6. Season loaf mixture with 1 teaspoon curry powder.
SAUSAGE HAWAIIAN

Prick little link sausages several times with a sharp-tined fork. Place them in a frying-pan, over them pour a very little water, cover, and let simmer until sausages are done. Then remove the cover and let the sausages brown on all sides. Dredge pineapple rings with flour which has been seasoned. Brown them in the sausage fat. Arrange sausage links on a mound of cooked rice, and place the pineapple rings in a border around rice and sausage.

SAUSAGE STUFFED POTATOES

1 cup diced bologna, frankfurters, or summer sausage
3 large baking potatoes
1 tablespoon grated onion

Grease potatoes on outside and bake until done. Remove from oven, cut into half and scoop out centers. Dice this fine. Combine with grated onion and diced sausage. Season with salt and pepper and moisten with cream sauce. Sprinkle with cheese. Place bacon over the top and return to the oven to cook the bacon and slightly brown the top.

TOASTED SAUSAGE SANDWICHES

Place a slice of tomato on each piece of buttered bread. On top place a thin slice of American cheese. Cover with ready-to-serve sausage slices. Pork sausage links which have been partially cooked also may be used. Place under broiler or in a hot oven until the sausages are well browned, the cheese melted, and the bread toasted.

SAUSAGE IN TOMATO ASPIC

Cook tomatoes with onion, tarragon vinegar, and a pinch of salt, for fifteen minutes. Strain and pour over gelatine which has been soaked in cold water. Stir until dissolved; partially cool, then add peas, chopped celery, and diced sausage. Pour into mold and allow to chill until set. Serve on crisp lettuce leaves with mayonnaise.
HEARTY SAUSAGE PLATTER

1½ pounds pork sausage  
½ pound wild rice  
1½ pounds mushrooms  
2 cups peas

Place pork link or bulk sausage in a cool frying-pan, with the mushrooms and cook slowly until done. Cook wild rice in boiling salted water until tender. Season with sausage drippings, salt, and pepper and pile in the center of a hot platter. Arrange sausage and mushrooms on top, with a border of green peas.

BARBECUED FRANKFURTERS

1½ pounds frankfurters  
1 medium-sized onion  
3 tablespoons Worcestershire sauce  
2 tablespoons butter  
1 tablespoon prepared mustard  
2 tablespoons vinegar  
1 cup ketchup  
2 tablespoons water  
½ cup chopped celery  
½ cup brown sugar

Brown onion in butter, add the vinegar, brown sugar, lemon juice, ketchup, Worcestershire sauce, mustard, celery and water. Let this cook slowly for thirty minutes. Prick skins of frankfurters. Pour sauce over them, cover, and let them cook slowly until heated through and flavored with sauce, about 30 minutes.

SAUSAGE AND SAUERKRAUT ENSEMBLE

2 dozen link sausages  
1 can sauerkraut  
1 dozen slices bacon  
1 cup noodles

Wrap two sausages in each slice of bacon and fasten with toothpicks. Fry until the bacon is crisp, draining off the fat frequently. Cook noodles in boiling salted water until tender. Place in a greased casserole dish. Add the sauerkraut, and on top, arrange the browned pork sausages. Add 2 cups water, cover, and bake for 45 minutes in a moderate oven (350° F.).

SAUSAGE AND RICE EN BLANQUETTE

1 pound bulk pork sausage  
½ cup uncooked rice  
1 small head cabbage  
1 can tomato soup  
1 tablespoon grated onion  
Water

Combine sausage, uncooked rice and grated onion, and mix well. Cook cabbage in boiling salted water until tender enough that the leaves may be bent without breaking, about five minutes. Separate leaves. Pile a spoonful of the sausage mixture on each leaf, wrap and fasten with toothpicks. Place in a greased casserole dish. Over all pour 1 can tomato soup which has been diluted with an equal amount of water. Bake in a moderate oven (350° F.) for one hour.

FRANKFURTER ROLLS

Roll biscuit dough one-fourth inch thick. Cut in small squares. Brush small frankfurters with mustard and lay one on each square. Roll up and fasten securely by pinching dough together. Place on a greased pan or cookie sheet. Bake in a hot oven until done and nicely browned.

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MEAT cookery reduced to its simplest terms consists of just six methods. These methods might be called the “six basic meat recipes” because they contain every principle of meat cookery. Once the principles are mastered, meat cookery is no problem at all.

ROASTING. Wipe the meat with a damp cloth. Season with salt and pepper and place on a rack with the fat side of the meat up. This makes basting unnecessary, because as the fat melts, it runs over and into the meat. Do not add water and always use an open roaster. Place in a moderately slow oven (300°-350° F.) and cook until the roast is done.

BROILING. Preheat the broiler oven for 10 or 15 minutes with regulator set at broil. Place meat on the broiler rack so that the meat is about three inches from the source of the heat. If it is not possible to have this distance, reduce temperature or turn meat several times. When the meat is nicely browned on one side, salt, turn and finish broiling. Steak or chops will be done when the second side is brown. Salt the second side and serve at once.

PANBROILING. Heat a heavy frying-pan until sizzling hot. Do not add any fat. Brown steak or chops, first on one side, then on the other. When both sides are brown reduce the heat, turning frequently to insure even cooking. As fat collects in the pan turn it off so that the meat will broil, not fry. Do not cover the meat.

BRAISING. Brown meat in a small amount of hot fat. Add desired seasonings and a small amount of liquid. Cover closely and cook at a simmering temperature until the meat is tender. The liquid used may be meat juices, stock, vegetable juices, milk, cream or water. Add more liquid, if necessary, a little at a time.

STEWING. Have meat cut in small uniform pieces. Brown well on all sides in hot lard. (Browning may be omitted, if desired.) Season, cover with hot water and cook, covered, at a simmering temperature (below the boiling point) until the meat is tender. About an hour before serving, add desired vegetables.

COOKING IN WATER OR SIMMERING. Cover meat with water. Season with salt, pepper, and any other desired seasoning. Cover and simmer gently until the meat is tender. Meat should never be boiled because a high temperature for a long time tends to make it less tender and less juicy.