A little ingenuity in the kitchen, Mrs. Homemaker, will go a long way toward solving that troublesome wartime problem of stretching the limited meat supply so that that hungry family will be satisfied every day. To ease your task, home economists of the National Live Stock and Meat Board have assembled in this book a variety of ideas on how to make the meat go further—how to extend its appetizing flavor.

Meat should be included in the meal as often as possible, not only because of its appetite appeal but especially because of its outstanding value as a nutritious food. For in these critical times good nutrition—good health—on the home front is vital to the war effort.

Meat is rich in the essential food constituents—high quality protein for building and repairing body tissues; iron for rich red blood; phosphorus for teeth and bones; the B vitamins for growth and for health. So make the most of every bit of meat. To do this begin with careful buying.

**Pointers on Buying Meat**

1. **Become acquainted with kinds and cuts of meat you have never used.** The average homemaker knows only about twelve cuts, yet there are many cuts of beef, veal, lamb and pork, as well as many kinds of sausage and ready-to-serve meats and variety meats, including liver, heart, kidney, tongue, sweetbreads, brains and tripe. The different meats may be substituted one for another in a great number of recipes.

2. **Ask the market man for advice.** He has a selection of kinds and cuts of meat most of the time. He knows what is available and can give instructions on how to prepare the meat cuts purchased.

3. **When meat cuts are boned at the market, take the bones home.** Use them to make soups and sauces and to flavor vegetables.

4. **When purchasing large cuts, have a few chops or steaks removed for another meal.** A pork loin, leg of lamb or rib roast of beef may have a few chops or steaks removed for braising or broiling. This will give variety in the use of large cuts.

**Pointers on Storing Meat**

1. **Unwrap meat as soon as it comes from the market.** The paper in which it is wrapped may absorb juices from the meat.
2. Store fresh meat in the coldest part of the refrigerator, uncovered or very loosely covered with waxed paper. The temperature for fresh meat should be from 40 to 45 degrees Fahrenheit. Place ground meat in coldest spot, since it does not have the keeping qualities of meat that has not been ground.

3. Some variety meats, as brains and sweetbreads, may be pre-cooked before storing. Pre-cooking makes these meats keep longer.

4. Cooked meat should be cut from the bone in as large pieces as possible and stored, covered, in the refrigerator to prevent drying. A refrigerator pan with cover or waxed paper may be used.

**Pointers on Preparing Meat**

1. Learn the right way to cook each kind and cut of meat:
   (a) Dry heat methods, as roasting, broiling and panbroiling, are usually best for tender cuts.
   (b) Moist heat methods, as braising and cooking in water, are needed to make less-tender cuts tender.
   (c) Exceptions to these rules are: Pork chops, pork liver and veal chops, which are best braised, rather than broiled or panbroiled.

2. Use low temperatures for cooking all meats, regardless of the method. This is important in conserving meat, since there is less shrinkage and more meat to serve when it is cooked slowly. The meat is also more uniformly cooked, more tender and juicier, and it takes less fuel to cook it.

3. Before cooking T-bone or Porterhouse steaks, the “tail” parts may be cut off to be ground for meat balls or to go into a meat sauce for another meal. If there is any extra fat, it too may be cut off and saved for rendering.

4. Save and use every bit of meat. Bones, trimmings, drippings and even very small amounts of left-over meat or gravy should be treasured for the added flavor and food value they extend to other foods.

**Basic Meat Recipes**

**ROASTING**

**Cushion Shoulder with Stuffing**

(3 pounds meat—Serves 12)

*Square-cut lamb or pork shoulder*  
*Stuffing (see recipes pages 10-12)*  
*Salt and pepper*

Have a square-cut lamb or pork shoulder boned and sewed on two sides. This leaves one side open for inserting stuffing. Season the shoulder, outside and inside, with salt and pepper.

Make stuffing (recipes pages 10-12). Fill the pocket in the roast with the stuffing. Sew or skewer edges together. Place roast, fat side up, on a rack in an open pan. (A rack is not necessary for pork loin roasts, with bone in, standing beef rib roasts or lamb racks, because the bones of these cuts form a natural rack.) Roast lamb in a slow oven (300° F.) and pork in a moderate oven (350° F.) until done. Allow about forty minutes per pound for roasting.
Other Cuts for Roasting

Other cuts usually roasted are standing and rolled ribs of beef; leg, rack and shoulder of lamb (bone-in, boned for cushion style, or boned and rolled); leg, loin, rack and shoulder of veal; and fresh and smoked ham, loin, tenderloin and shoulder of pork.

Roasting temperature. Roast all beef, lamb, veal and smoked pork in a slow oven, (300°F.) and fresh pork in a moderate oven (350°F.).

Roasting time. For beef, allow 18-20 minutes per pound for rare, 22-25 minutes per pound for medium, and 27-30 minutes per pound for well done. For veal, allow 30-35 minutes per pound; for lamb, 30-35 minutes per pound; and for fresh pork, 30-35 minutes per pound. For boneless cuts, add 5-10 minutes per pound to the cooking time.

Meat loaves are roasts, and are cooked at the same oven temperature and for approximately the same length of time as boneless roasts of like meat.

BROILING AND PANBROILING

Broiled Lamb Chops

(1 pound meat—Serves 3 to 4)

Lamb chops (shoulder, rib or loin) Salt and pepper

Have chops cut ¾ to 1-inch thick. Set regulator for broiling. Place the chops so there is a distance of about two inches between top of meat and the heat. Brown on one side, season and turn. Brown on other side, season and serve at once. Allow 12-15 minutes for broiling.

Other Cuts for Broiling and Panbroiling

Other cuts usually broiled or panbroiled: Beef rib, club, sirloin, porterhouse steaks and patties; lamb steaks from leg and patties; smoked ham and bacon.

Broiling time. For beef steaks, ¾ to 1-inch thick, allow 15-20 minutes for rare, and 20-25 minutes for medium. For lamb steaks, ¾ to 1-inch thick, allow 15-20 minutes and lamb patties 18-20 minutes. For smoked ham slices, ½ to ¾-inch thick, allow 12-15 minutes to broil. Bacon requires 4-6 minutes, depending on crispness desired.

Panbroiling time. Allow approximately the same as for broiling.

BRAISING

Spicy Pot-Roast of Beef

(3 pounds meat—Serves 8 to 10)

3 pound pot-roast (neck, chuck, brisket, heel of round or rump) Salt and pepper

6 fresh or 2 cups canned tomatoes ½ teaspoon whole cloves 1 stick cinnamon

2 to 3 medium onions, sliced ¼ teaspoon marjoram ¼ teaspoon pepper

½ cup vinegar

Brown the pot-roast on all sides. Add tomatoes, onions and seasoning. Pour vinegar over all. Cover closely and simmer for three to four hours, or until tender.
When done, remove the meat to a hot platter. Strain the liquid which was around the meat and thicken it for gravy.

**Swiss Steak**
*(1½ pounds meat—Serves 6)*

- 1½ pounds chuck or round steak
- ¼ cup flour
- 2 teaspoons salt
- ½ teaspoon pepper
- Lard or drippings for browning
- 2½ cups canned tomatoes
- ½ teaspoon Worcestershire sauce

Have steak cut at least 1-inch thick. Dredge both sides of the steak with seasoned flour and pound well. Brown on both sides in lard or drippings. Add tomatoes and Worcestershire sauce. Cover and simmer for 2 to 2½ hours, or until tender.

**Pork or Veal Chops, Lemon Wheel**
*(1½ pounds meat—Serves 6)*

- 6 pork or veal chops, (shoulder, rib or loin)
- 1 tablespoon salt
- 3 tablespoons flour
- ½ teaspoon thyme
- ½ teaspoon red pepper
- 1 clove garlic
- Lard for browning
- 1 lemon, sliced
- ½ cup water
- 1 teaspoon Worcestershire sauce
- 4 whole cloves
- 1 bay leaf

Have chops cut ½ to ¾-inch thick. Salt each chop. Dredge chops in flour which has been mixed with thyme and red pepper. Rub frying-pan with cut clove of garlic. Add lard; brown chops on all sides. Place a slice of lemon on each chop, add water, Worcestershire sauce, cloves and bay leaf. Cover closely and simmer about one hour.

**COOKING IN WATER**

**“Boiled” Dinner**
*(2 pounds meat—Serves 8)*

- 2 pounds corned beef
- 4 turnips
- 4 parsnips
- 4 medium potatoes
- 1 small head cabbage, cut in quarters

Cover corned beef with water. Cover and simmer about 2 hours, or until meat starts to get tender. Add turnips, parsnips and potatoes. Continue cooking for another hour. Add the cabbage 12-15 minutes before the meat and vegetables are done.
America has long been a "meat and gravy" country. That's as it should be, since both food value and satisfaction come from eating meat and gravy as from few other foods. Until the war is over, the flavor of meat must be extended in every way possible, and every bit of the food value of the meat must be conserved.

Save drippings for vitamins and flavor. Scientists are finding that the drippings from meat not only contain meat flavor and fat for energy, but also important vitamins from the meat. Gravies and sauces, therefore, made from meat drippings are valuable for both food value and flavor.

A good gravy, the American version of a meat sauce, is an excellent meat extender and should be used more than ever during wartime. To be at its best, it should be made in the pan in which the meat is cooked, so it will contain all the browned meat particles. It may be used to extend meat flavor and food value to many bland but plentiful foods. Good "gravy mates" are: Baked potatoes, mashed white or sweet potatoes, corn bread, hot biscuits, corn meal or whole wheat waffles, mashed or baked squash, baked bread dressing, toasted muffins, shortcake, hominy, soybeans, macaroni or spaghetti, noodles, scrapple, and hash.

Use bones and trimmings, too. The "makings" for gravy are not only the drippings in the cooking pan but other products which are more often wasted, such as bones and trimmings. These may be simmered in water for several hours, then strained and stored in the refrigerator until time to make the gravy. This meat stock supplies the meat flavor, fat and liquid for the gravy.

Make two types of gravies. There are two types of gravies, the unthickened, natural pan gravy and the thickened or cream sauce gravy.

Natural pan gravy consists of the pan drippings from a roast, broiled steak, chops, or ham, to which half as much hot water is added. It is seasoned with salt, pepper and Worcestershire sauce, as desired, and served very hot in small amounts over the meat, just to moisten it.

A thickened gravy is the same as a cream sauce, except, of course, the fat must be pan drippings from the meat. There are brown gravies, where the flour is browned before it is added to the drippings or browned in the drippings; and cream gravies, thickened with unbrowned flour. A cream gravy is made of at least part milk or cream, while a brown gravy is made of water, vegetable liquids or soup stock.

Thickened gravies range from a thin to a medium cream sauce, the thinner usually being preferred. When unbrowned flour is used, one to two tablespoons are needed for each cup of liquid; for browned flour at least two tablespoons since browning decreases the thickening power of the flour.
Vary the liquid used. Usually pork gravy is a cream gravy; while beef, veal and lamb gravies are more often brown. The liquid and the color may be varied, however, according to personal taste, what is available, and the food value desired. A tomato gravy, where the liquid is all or part tomato juice or tomatoes, is a favorite with many, especially for meat loaf, pot-roast or stew. A sour cream gravy is excellent with roast veal, veal chops or cutlets.

Use different seasonings for interest. The flavor of gravies and other meat sauces may be varied and made very interesting by the wise use of seasonings. Many herbs and other condiments contribute subtle and intriguing flavors, and it is fun to experiment with them. In using new seasonings, however, remember that too little is always better than too much. Here are a few suggestions: Dill, mint, tarragon, thyme, chervil, marjoram, basil, horseradish, parsley, sage, curry, savory, chives, garlic, ginger, mustard, nutmeg, cloves, and allspice.

For a peppy gravy for pot-roast or braised short ribs, spread one-fourth cup of prepared horseradish over the meat after browning, and make gravy from the drippings; for a spicy gravy, rub the pot-roast with powdered ginger, or crumble a few gingersnaps into the gravy and flavor it with a little vinegar—spices too, if desired.

When there are few drippings from a veal roast, a brown gravy may be made from browned ham drippings to accompany the veal. Ham, bacon or salt pork drippings are excellent for many meat sauces and gravies.

Season roast pork gravy with a little sage, and try curry in lamb gravy; with a beef roast, a dash of mustard and one or two tablespoons of horseradish are excellent in pan gravy. With tongue, a chopped vegetable gravy is appetizing and high in food value; also, a fruit sauce is good.

Onion gravy is made by cooking the sliced or chopped onions in the drippings before stirring in the flour. Celery or mushroom gravy is made the same way.

Use gravies and sauces to extend meat. Contrary to popular belief, excellent gravies need not be difficult to make. Many delicious, smooth, creamy gravies and sauces may be concocted from the highly nutritious and flavorful drippings and rendered fat from meat. The following recipes not only extend the flavor of the meat dishes, but also increase their food value. With a little experimenting, combined with particular preferences, many other recipes may be developed.

**Natural Pan Gravy**

6 tablespoons drippings
3 tablespoons hot water

Worcestershire sauce, if desired
Salt, pepper

Pour boiling water into hot drippings. Season to taste.

**Brown Gravy**

3 to 4 tablespoons drippings
3 to 4 tablespoons flour

2 cups water, vegetable liquid or soup stock
Salt and pepper

Pour off all fat from roasting pan. Measure back 3 to 4 tablespoons. Add an equal measure of flour. Stir until flour is browned. Add water or stock, stirring
constantly. Bring to boil and boil 3 to 5 minutes. Season to taste with salt and pepper. This will extend food value and flavor of the meat.

**Variations**

(1) **Onion Gravy.** Use ½ to ¾ cup sliced onions. Cook onions in drippings until tender and slightly browned. Add flour and finish cooking as for brown gravy.

(2) **Celery Gravy.** Use ½ to ¾ cup diced celery. Cook celery in drippings until tender and slightly browned. Add flour and finish cooking as for brown gravy.

(3) **Mushroom Gravy.** Use ½ to ¾ cup canned or ½ pound fresh mushrooms. Cook mushrooms in drippings until slightly browned. Add flour and finish cooking as for brown gravy.

**Cream Gravy**

<table>
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<tr>
<th>3 to 4 tablespoons drippings</th>
<th>2 cups milk, (half water may be used)</th>
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<tbody>
<tr>
<td>3 to 4 tablespoons flour</td>
<td>Salt and pepper</td>
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Pour off all fat from roasting pan. Measure back 3 to 4 tablespoons. Add an equal measure of flour and blend. Add milk. Cook, stirring constantly, until thickened throughout. Boil briskly 3 to 5 minutes. Season to taste with salt and pepper.

**Variations**

(1) **Celery Gravy.** Use ½ to ¾ cup diced celery. Boil celery until tender in water to cover. Use the water in which celery was cooked in place of part of milk. Add cooked celery with milk and finish cooking as for cream gravy.

(2) **Mushroom Gravy.** Use 1 cup canned mushrooms or ½ pound fresh mushrooms. If canned mushrooms are used add liquid from them with enough milk to make 2 cups. Fresh mushrooms should be cooked in drippings for about 1 minute before flour is added. Finish cooking as for cream gravy.

(3) **Tomato Sauce.** Use tomato juice or cooked tomatoes as liquid in the place of milk. Finish cooking as for cream gravy.

**Cream or White Sauce (medium)**

<table>
<thead>
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<th>4 tablespoons strained drippings</th>
<th>2 cups milk or vegetable liquid</th>
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<tr>
<td>4 tablespoons flour</td>
<td>Salt and pepper</td>
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Melt drippings. Add flour and blend. Add milk gradually, stirring constantly. Bring to boil and boil briskly 3 to 5 minutes. Season to taste.
Variations

(1) **Egg Sauce.** Add chopped hard cooked egg to cooked cream sauce and heat through.

(2) **Horseradish Sauce.** Add 4 to 8 tablespoons horseradish to cooked cream sauce. Add 1 to 2 tablespoons each of chopped pimiento and lemon juice, if desired. Heat through.

(3) **Olive Sauce.** Add 6 tablespoons sliced stuffed olives to cooked cream sauce. One tablespoon chopped green pepper, 1 tablespoon Worcestershire sauce and 1 cup cooked or canned peas may be added, if desired.

### Creole or Spanish Sauce

\[
\frac{1}{4} \text{ cup onion, grated} \\
1 \text{ clove garlic, minced} \\
\frac{1}{2} \text{ tablespoon parsley, chopped} \\
\frac{1}{2} \text{ cup mushrooms, sliced} \\
\frac{1}{4} \text{ cup green pepper, minced} \\
1 \text{ tablespoon drippings} \\
1 \text{ tablespoon flour} \\
2 \text{ cups tomato juice} \\
1 \text{ teaspoon salt} \\
1 \text{ teaspoon sugar} \\
\frac{1}{2} \text{ cup stuffed olives, sliced} \\
\]

Cook the chopped vegetables in the drippings until slightly brown. Add the flour and stir until smooth. Gradually add the tomato juice and seasonings.

### Barbecue Sauce

\[
\frac{1}{2} \text{ cup drippings} \\
2 \text{ cups water} \\
3 \text{ tablespoons vinegar} \\
1 \text{ small onion, chopped} \\
\frac{1}{2} \text{ clove garlic, minced} \\
1 \text{ teaspoon Worcestershire sauce} \\
1 \text{ teaspoon tobasco sauce} \\
1 \text{ teaspoon mustard} \\
1 \text{ tablespoon sugar} \\
2 \text{ teaspoons salt} \\
1 \text{ tablespoon chili powder} \\
\]

Mix ingredients and bring quickly to boiling point. Simmer 30 minutes.

### Gingersnap Sauce

\[
4 \text{ gingersnaps} \\
\frac{1}{2} \text{ cup brown sugar} \\
4 \text{ tablespoons vinegar} \\
1 \text{ cup water} \\
\text{ Juice of 1 lemon} \\
\frac{1}{4} \text{ cup seedless raisins, if desired} \\
\]

Crush the gingersnaps. Add remaining ingredients. Cook mixture until smooth, about 10 to 15 minutes. Serve with tongue or ham.
Whether it’s stuffing inside, or dressing alongside, it’s a favorite meat extender.

Learn the essential ingredients. Bread in some form has long been the basis of many delicious recipes for stuffings and dressings: Whole wheat bread, enriched white bread, biscuits, corn bread, and now the new so-called “cooking bread,” which contains soybean flour, all may be used singly or in any combination desired. A combination of light bread and corn bread is excellent; also bread and crackers may be combined.

Light breads for dressing and stuffing may be used in various forms. When no liquid is to be added, stale but not dry bread is desirable. Bread a day or so old may be grated, or flaked apart with a fork, into soft bread crumbs; or it may be cut into small cubes.

Oven-dried, air-dried or toasted bread may also be used, broken into pieces, cubed, or ground into crumbs. Very hard bread may be moistened with hot water and the water partly squeezed out.

To give added food value and flavor, and to prevent sogginess, fat is an essential ingredient. Meat drippings or rendered fat is best, since that will extend the meat flavor. Approximately one tablespoon of fat is needed to each cup of bread when the mixture is used as a stuffing and cooked inside the meat. When baked as a dressing, it is well to baste it with extra drippings or rendered fat.

Seasonings, of course, are essential: Salt, pepper, chopped or grated onion, finely chopped parsley, and diced celery or chopped celery leaves are those most often used. Many other seasoning vegetables, herbs and spices may also be added. Just as in gravies and sauces, a variety of seasonings will give added interest to stuffings and dressings. Here are a few suggestions: Sage or poultry seasoning, savory, marjoram, and thyme. Fresh mint is particularly good, too, in lamb stuffing.

Add other ingredients for variety. There are two schools of thought on stuffings—dry versus moist. Some prefer a light fluffy stuffing made from bread that is not dry, and with no liquid. Others like to use dry bread and moisten it with hot water or milk. A dressing baked outside the meat will need more added moisture than a stuffing inside.

When liquid is used, egg may or may not be added. Egg increases the cost of the stuffing or dressing, but it also increases its nutritional value. So when the stuffing is used mainly to make the meat go further, it may be well to use eggs as one of the ingredients.

For variety, fruit may be added to any stuffing or dressing. An apple stuffing, or a combination of apples and prunes, is particularly good with pork;
raisins make an ideal addition to stuffing for veal or smoked ham; and dried apricots are delicious in a stuffed heart or shoulder of pork.

For variety, try different basic ingredients. In place of bread use cereals, such as rice or barley, prepared cereals, macaroni or spaghetti, mashed potatoes and other vegetables and fruits.

Decide on amount of stuffing needed. The proportion of stuffing or dressing to meat depends upon personal preference and the amount of extending that is necessary. Two or three cups of soft bread crumbs will stuff a 4 to 5-pound pork or lamb shoulder; but extra dressing may be baked in balls with the roast, or in another pan and basted with the drippings from the roast.

The recipes below show some of the unlimited possibilities of extending meat with the aid of stuffings and dressings. There is room, also, to experiment a little and find other equally good and delicious combinations.

Cook dressings and stuffings. Dressings require approximately 45 minutes to one hour to bake in a moderate (300° to 350°F.) oven. Stuffings should cook the same length of time as the meat cut.

**Bread Dressing or Stuffing**

<table>
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<th>Ingredient</th>
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<tr>
<td>4 to 6 cups soft bread crumbs</td>
<td>1 tablespoon poultry seasoning</td>
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<tr>
<td>1/4 cup onion, chopped</td>
<td>4 to 6 tablespoons drippings</td>
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<tr>
<td>1 tablespoon parsley, chopped</td>
<td>Water or soup stock to moisten slightly</td>
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<tr>
<td>1 tablespoon salt</td>
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<tr>
<td>1/8 teaspoon pepper</td>
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Combine all ingredients. Add water or soup stock. Mix lightly.

**Variations**

(1) **Celery Dressing or Stuffing.** Use 2 cups finely chopped celery and 1/4 instead of 1/2 cup chopped onion. Cook the celery and onion in the drippings until tender. Add other ingredients as for bread dressing or stuffing.

(2) **Mint Stuffing.** Use 1 cup finely chopped mint. Add other ingredients as for bread dressing or stuffing.

(3) **Mushroom Dressing or Stuffing.** Use 1 pound fresh or 1 pint canned mushrooms. Cook mushrooms and onion in drippings until tender. Add other ingredients as for bread dressing or stuffing.

**Sausage Dressing or Stuffing**

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<tr>
<td>1/2 pound bulk sausage</td>
<td>1 tablespoon salt</td>
</tr>
<tr>
<td>1/4 cup onion, grated</td>
<td>Water or soup stock to slightly moisten</td>
</tr>
<tr>
<td>1/4 cup parsley, chopped</td>
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</tr>
<tr>
<td>4 to 6 cups soft bread crumbs</td>
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Cook sausage with onion and parsley until crumbly but not hard. Add crumbs, seasonings and water or soup stock. Mix lightly.

This dressing or stuffing is especially good with beef and veal.

**Variations**

**Apple-Sausage Dressing or Stuffing.** Use 2 cups diced celery and 4 cups diced unpeeled apples. Cook sausage, onion and parsley, and combine with celery, apples, bread crumbs, salt and water or soup stock.
Orange Dressing or Stuffing

3 cups dry bread crumbs
1 cup diced apple
1/2 cup seedless raisins
2/3 cup orange juice
1/4 cup melted ham or bacon drippings
4 tablespoons sugar
Salt and pepper

Combine all ingredients. Mix lightly. This dressing or stuffing is especially good with pork, smoked pork and veal.

Corn Dressing or Stuffing

2 cups cooked or canned corn
20 crackers or
1 1/2 cups dry bread crumbs
2 teaspoons celery salt
1/4 cup green pepper, minced
Salt and pepper
Liquid from corn or soup stock to moisten slightly

Combine corn, crackers or bread crumbs, seasonings and liquid from corn or soup stock. Mix lightly. This stuffing is especially good with pork.

Rice Dressing or Stuffing

2 tablespoons onion, grated
2 tablespoons drippings
1 cup uncooked rice
3 cups water or soup stock
2 teaspoons salt
2 teaspoons poultry seasoning
2 eggs

Brown onion in drippings, add rice and stir until golden brown. Add stock and seasonings. Cover and cook slowly until rice is tender, about 40 minutes. Remove from heat and add beaten eggs. Mix lightly.

Chestnut Dressing or Stuffing

2 cups finely chopped celery stalks and leaves
1 cup onions, finely chopped
1/2 cup parsley, finely chopped
4 tablespoons poultry drippings
2 tablespoons poultry seasoning
2 teaspoons salt
1/2 teaspoon pepper

Cook celery, onions and parsley slowly in drippings. Combine with remaining ingredients. Add water or soup stock. Mix lightly.

Cornbread Dressing or Stuffing

2 cups corn meal
1/2 cup white flour
3 teaspoons baking powder
1 teaspoon salt
2 eggs
1 1/4 cups milk
2 tablespoons melted ham or bacon drippings
2 small onions
1 1/2 cups celery, chopped
2 tablespoons parsley
Salt
Pepper
4 eggs
Water

Sift together the corn meal, flour, baking powder and salt. Beat 2 eggs well, add milk to them. Sift in dry ingredients, beat until smooth. Add drippings.
Pour into well-greased tin and bake in hot oven (425°F.) about 25 minutes. Remove from oven and let cool.

Crumble corn bread into small pieces. Grate onions into it and add celery, parsley, salt and pepper. Stir with a fork, then moisten the mixture with 4 slightly beaten eggs and an equal amount of water. Mix lightly. Baste the dressing with drippings as it cooks. This is especially good with pork.

**Potato Dressing or Stuffing**

- 4 slices bacon
- 1 tablespoon onion, chopped
- 1 teaspoon parsley, chopped
- 1 teaspoon salt
- ½ teaspoon ginger
- ¼ teaspoon poultry seasoning
- ⅛ teaspoon pepper
- 1 quart bread crumbs
- 1 egg
- 2 cups mashed potatoes
- Water or soup stock to moisten slightly

Dice bacon; brown. Add onions and cook slowly until tender. Add seasonings. Combine bacon mixture with cubed bread; then add slightly beaten egg and mashed potatoes. Toss together until evenly combined. Add water or soup stock. Mix lightly.

**Apple Dressing or Stuffing**

- 2 slices salt pork
- ½ cup celery, chopped
- ½ cup onion, chopped
- 3 tart apples
- 1/3 cup sugar
- 1 cup dry bread or cracker crumbs
- 1 cup shredded bran
- ¼ cup chopped parsley
- Salt and pepper
- ¼ cup milk

Dice salt pork and cook until crisp. Remove cooked pieces. Cook celery and onion in drippings three minutes. Core and slice apples. Add apples to celery mixture, sprinkle with sugar and cover. Cook slowly until tender. Add crumbs, shredded bran, cooked pork, parsley, milk and seasonings and mix lightly.

**Wild Rice Dressing or Stuffing**

- ¼ pound wild rice
- ¼ cup meat drippings
- ½ cup celery, diced
- ½ cup onion, minced
- 1 teaspoon salt
- 1 egg
- ¼ cup milk
- 1 teaspoon poultry seasoning

Boil rice in a kettle of water about 20 minutes, until tender. Cook celery and onion in drippings. Add salt. Combine rice, egg, milk, poultry seasoning, and remaining ingredients. Mix lightly. This dressing or stuffing is especially good with pork and veal.
Much of the success in making meat go a long way lies in the wise use of leftovers, both planned leftovers and those that just happen. The war is teaching us many new things, and this is especially true in the kitchen. A new cookery is developing in the American home which conserves food, flavor and nutritive value, at the same time eliminating waste. An important part of this new cookery consists of making attractive and nourishing dishes from small amounts of left-over foods.

Check refrigerator carefully. It should be a part of the daily menu planning to check the contents of the refrigerator carefully and start the menus with the food stored there.

Besides the fun of using her imagination and ingenuity, the wartime homemaker finds the left-over meat dish another way of saving meat points, and at the same time serving an attractive and palatable meal.

**Pointers on meat leftovers.** The homemaker will simplify her task of using leftovers by following the suggestions below:

1. Save all meat trimmings, left-over cooked meats and gravy, no matter how small the amount. Store in the refrigerator.

2. For economy, plan to use large cuts occasionally, that will serve two or three meals.

3. A large cut of meat may be sliced cold for the second meal, or the slices reheated in gravy or barbecue sauce.

4. Cube left-over meats and combine with gravy or vegetables for chop suey, a curry or casserole dish; or cream and serve in toasted bread cases over baked potatoes, or over biscuit or corn bread, as a meat shortcake.

5. Make meat pie from left-over stew. This should be another planned leftover, which is equally attractive in this second appearance.

6. Grind left-over meats and add to fresh meat for balls, patties or loaves; or make into meat pancakes, meat potato cakes, meat muffins, meat biscuit rolls, fritters or croquettes; or use to stuff peppers.

7. Chop left-over meats and combine with potatoes for hash; served in gravy is the southern way, while baked fairly dry is the northern style.

8. Grind left-over meat and vegetables together and moisten with gravy, barbecue sauce or salad dressing for sandwich fillings for the lunch box, for lunch or supper at home, or for a picnic.
There are many other possibilities. The specific recipes below are suggestions, and will lead to others just as attractive. Left-over dishes, with care in seasoning and serving, may well become party fare.

**Baked Hash**  
*(1 pound cooked meat—Serves 6 to 8)*

- 2 cups chopped cooked meat
- 2 cups chopped cooked potatoes
- ¼ cup onion, grated
- Dash of Cayenne pepper
- Salt

Combine ingredients and mix well. Pack hash firmly into a greased baking pan. Bake in a moderately hot oven (400° F.) until heated through and a golden brown crust is formed. Cut in squares for serving.

**Creamy Hash**  
*(1 pound cooked meat—Serves 8)*

- 2 cups cubed left-over pot-roast
- 2 cups diced cooked potatoes
- 2 cups brown gravy
- ¼ cup onion, grated

Combine all ingredients and cook until heated through.

**Pasties**  
*(1 pound cooked meat—Serves 6-8)*

- 2 cups chopped cooked meat
- 1 cup chopped cooked vegetables
- 1 onion, chopped
- ½ cup gravy
- Pastry

Combine meat, cooked vegetables, onion and gravy. Roll pastry to medium thickness and cut in circles, about 4 inches in diameter. Spread half of circle of pastry with meat mixture. Cut semi-circular piece from other half (see illustration p. 20). Turn over the cut half and pinch edges. Bake in hot oven (400°F.) until well browned.

**Lamb Curry**  
*(¾ pound cooked meat—Serves 6)*

- 1½ cups cubed, cooked lamb
- Lard or drippings for browning
- ⅔ cup chopped onion
- ¼ cup chopped green pepper
- ½ cup chopped celery
- ½ clove garlic, finely chopped
- 1 teaspoon curry powder
- 1½ teaspoons salt
- 2 cups lamb broth (stock made from bones removed from lamb roast)
- 2 tablespoons flour
- 1 tablespoon Worcestershire sauce

Cut meat in ½-inch cubes. Brown onion, pepper and celery lightly in drippings, then add garlic, curry powder, salt, Worcestershire sauce, broth and meat. Cover and simmer for 30 minutes. Mix flour with ¼ cup cold water and stir into mixture to thicken. Serve curry in a ring of boiled rice or over rice. To
cook rice: Stir 1 cup well-washed rice and 2 teaspoons salt into 2 quarts rapidly boiling water and boil gently for 10 to 20 minutes. Drain and rinse quickly in hot water.

If desired, serve the following condiments with the curry: Chopped peanuts, grated fresh coconuts, chopped hard-cooked egg whites (the hard yolks may be sifted and stirred into the curry) and chutney. (A recipe for chutney follows.)

**Chutney**

- 8 medium apples
- 4 cups sugar
- 1 package raisins
- 1 bud garlic
- ½ teaspoon red pepper
- ¼ pound crystallized ginger
- 1 teaspoon salt
- 3 cups vinegar
- 2 teaspoons mustard

Boil apples to a pulp in vinegar, then add other ingredients (chopped fine), and boil about 20 minutes; it is then ready for use. If kept in refrigerator it will keep indefinitely. Serve with curry.

**Stuffed Peppers**

(1/2 pound cooked meat—Serves 6)

- ⅜ cup ground cooked pork
- ⅛ cup milk or meat stock
- 2 cups cooked rice
- ⅛ teaspoon paprika
- 1 tablespoon onion, grated
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- ⅔ medium-sized green peppers

Parboil the green peppers for 5 minutes; remove and plunge into cold water. Remove the caps and seeds. Combine remaining ingredients. Mix well and stuff the peppers with this. Place in a pan, pour about ⅜ cup of hot water around the peppers and bake at 400°F. for 45 minutes, or until the peppers are soft.

**Royal Meat Salad**

(1 pound cooked meat—Serves 8)

- 2 cups diced cooked lamb, pork, veal or ham
- 1 cup diced celery
- 1 cup Bing cherries
- 4 hard-cooked eggs
- ¼ cup chopped nuts
- 1 teaspoon salt
- 1 cup mayonnaise
- Salad greens

Combine meat with celery, pitted cherries, diced eggs, pecans and salt. Chill thoroughly. Just before serving, add mayonnaise and toss lightly. Pile on salad greens and garnish with additional slices of hard-cooked eggs and Bing cherries.

**Ham and Sweet Potato Puff**

(1/2 pound cooked meat—Serves 6)

- 1 cup chopped cooked ham
- 2 eggs
- 2 tablespoons drippings or margarine
- 1 cup mashed sweet potatoes
- 11/2 cups milk
- ¼ cup toasted bread crumbs
- ⅛ teaspoon pepper

Combine ham, one egg, margarine or drippings, sweet potatoes, pepper and one cup milk. Mix well. Freshly mashed potatoes are easier to mix, but left-over
ones may be used if beaten until lumps are removed. Place mixture in greased baking dish. Beat other egg, add remaining \( \frac{1}{2} \) cup milk and toasted bread crumbs. Spread over ham mixture. Sprinkle with brown sugar. Bake 30 minutes in moderate oven (350°F).

### Beef and Pumpkin Pudding

**(1 pound cooked meat—Serves 6)**

| 2 cups chopped left-over beef | 1 egg |
| 1 cup cooked pumpkin | \( \frac{1}{2} \) cup milk |
| 2 tablespoons sugar | \( \frac{1}{4} \) teaspoon cloves |
| \( \frac{1}{4} \) teaspoon salt | 2 tablespoons butter or fortified margarine |
| 4 crackers |

Combine meat, pumpkin, sugar and salt. Crush crackers and add to mixture. Add beaten egg, milk and cloves. Mix well. Pour into greased baking dish, dot with butter or margarine and bake in moderate oven (325°F.) for 45 minutes to one hour.

### Meat Biscuit Roll

**(\( \frac{1}{2} \) pound cooked meat—Serves 8)**

| 2 cups all-purpose flour | 1 cup left-over ground cooked meat |
| 4 teaspoons baking powder | \( \frac{1}{2} \) cup gravy |
| 1 teaspoon salt | 1 teaspoon grated horseradish |
| 5 tablespoons lard or drippings | |
| \( \frac{3}{4} \) cup milk | |

Sift flour, measure; sift with baking powder and salt. Cut in or mix drippings and flour; add milk and stir until dough is formed. Turn out onto floured board, knead lightly; pat or roll to \( \frac{1}{4} \)-inch thickness. Combine meat, gravy and horseradish. Mix well and spread over the dough; roll up lengthwise like jelly roll, pinching edges of dough together. Cut in slices \( \frac{1}{2} \) inches thick and place in a buttered baking dish 10x6x1\( \frac{1}{2} \) inches, or shape in circle and place on flat baking pan. Bake in a moderately hot oven (400°F.) for 30 to 40 minutes. Serve hot with creamed mushrooms, peas or other vegetables as a sauce or gravy.

### Mexican Tamale Pie

**(1 pound cooked meat—Serves 8)**

| 1 cup corn meal | 2\( \frac{1}{2} \) cups cooked or canned tomatoes |
| 4 cups water | 1 No. 2 can corn, drained |
| 1 teaspoon salt | 2 cups chopped cooked meat |
| 1 medium onion, chopped | 2 teaspoons salt |
| 1 green pepper, chopped | Dash cayenne |
| 3 tablespoons lard or drippings | 1 teaspoon chili powder, if desired |

Combine corn meal, water and salt in top of double boiler; cook 45 minutes, stirring occasionally. Cook onion and pepper in lard or drippings. Add tomatoes, corn, meat, salt, cayenne and chili powder and cook until thick. Line greased baking dish with half the corn meal mush, pour in meat mixture, cover with remaining mush and bake in moderate oven (375°F.) 30 minutes or until top is slightly browned.
Pork and Apple Salad
(1 pound cooked meat—Serves 8)

1 1/2 cups apples, diced
1 1/2 cups celery, diced
1 green pepper, shredded
1 cup peas
2 cups cooked diced pork
Salt
Pepper
Mayonnaise

Combine apples, celery, green pepper, peas and pork. Season. Mix with mayonnaise. Chill and serve.

Molded Meat Loaf
(1 1/4 pounds cooked meat—Serves 12)

2 1/2 cups diced cooked pork
or veal
3 tablespoons gelatin
3 tablespoons water
1 1/4 cups hot meat stock
1/2 cup diced celery
1/2 cup sliced olives
1 cup peas
3 diced hard-cooked eggs
1 cup mayonnaise

Cut meat in 1/2-inch cubes. Soak gelatin in water and dissolve in meat stock. Cool. Add remaining ingredients to diced meat. When gelatin mixture begins to congeal combine with meat mixture and pour into loaf pan (5x9 inches). Place in refrigerator and allow to stand until very firm.

Meat Croquettes
(1 pound cooked meat—Serves 8)

1 tablespoon drippings
4 tablespoons flour
1 cup milk
2 cups finely ground cooked meat
2 teaspoons lemon juice
1/2 teaspoon salt
1/6 teaspoon pepper
1 teaspoon parsley
1 egg
Lard or drippings for browning

Melt 1 tablespoon drippings, add flour and combine. Add milk. Cook until very thick, stirring constantly. Add meat and seasonings and chill thoroughly. Form into 8 small cylinders about 1 1/2 inches in diameter. Roll in crumbs, slightly beaten egg and in crumbs again. Brown on both sides in drippings.

Meat and Potato Croquettes
(1/4 pound cooked meat—Serves 6)

1/2 cup ground cooked meat
4 cups mashed potatoes
1/2 teaspoon salt
1/4 teaspoon pepper
1 teaspoon onion juice
2 tablespoons parsley, minced
Fine dry bread crumbs
2 eggs
4 tablespoons water
Lard or drippings for browning

Use left-over meat. Add seasonings to mashed potatoes. Flatten out 4 tablespoons of mixture and place about a teaspoon of the meat in the center. Roll potato around it, shaping rolls like cylinders. Cover meat completely. Beat eggs and combine with water. Roll each cylinder in crumbs, then in egg, then in crumbs. Brown on both sides in hot drippings.
That pound of ground meat, which used to serve only four persons, may be stretched decidedly. Careful planning, originality and ingenuity, plus the addition of some good fillers, sauces or gravies, will make any quantity of ground meat serve twice the number it once did.

Use a variety of fillers. The following ingredients may be used as fillers for any kind of ground meat: Whole wheat, enriched white or soybean bread; cracker crumbs or prepared cereal; rolled oats, oatmeal, rice or other cereals; ground peanuts or soybean grits; grated raw potatoes or carrots; grated raw apple; and mashed white or sweet potatoes.

Season well and add liquid to moisten. The meat and filler should be seasoned well, using approximately 1 teaspoon of salt, \( \frac{1}{4} \) teaspoon of pepper and \( \frac{1}{4} \) cup of grated onion to each pound of ground meat, with any other seasonings desired. Enough liquid, in the form of milk, water, canned or cooked tomatoes, catsup or soup stock to moisten the meat and filler will make it juicy and palatable.

Where a high proportion of filler is used, some egg may be needed as a binder. The egg will also give added food value and extend the meat.

Make into meat balls, patties and loaves. Ground meat extended with one or more fillers and attractively seasoned may be made into meat balls; patties of various shapes for broiling, panbroiling or cooking in the oven; or loaves and ring molds for cooking as roasts. A rich, well-seasoned creamy gravy will extend the good meat flavor still further, and at the same time contribute additional food value.

The recipes below suggest many styles of meat balls, patties and loaves.

**Meat Balls, Victory Style**

1 pound ground beef
\( 1\frac{1}{2} \) cups rolled oats
1 medium onion, grated
\( 1\frac{1}{2} \) teaspoons salt
\( \frac{1}{8} \) teaspoon pepper
2 cups tomatoes
Lard or drippings for browning

Combine all ingredients with 1 cup of the tomatoes and mix well. Shape into balls. Roll in flour and brown in drippings. Cover with remaining tomatoes. Simmer 45 minutes or until tomatoes are thick.
**Italian Meat Balls**  
*(1 pound meat—Serves 6)*

1 pound ground beef  
1 onion, grated  
1 teaspoon salt  
Dash black and cayenne pepper  
1 tablespoon parsley, chopped

1/2 cup bread crumbs  
1 egg, well beaten  
1/4 teaspoon thyme  
1/4 teaspoon basil  
Lard or drippings for browning

Combine all ingredients and mix well. Make into balls about 1 inch in diameter. Brown on all sides. Cover frying-pan and cook slowly for 20 minutes. Top with tomato sauce (see recipe page 7) and serve with spaghetti, and green beans or a tossed green salad.

**Apple Meat Balls**  
*(1 pound meat—Serves 6)*

3/4 pound ground beef  
1/4 pound ground pork  
1 apple  
1 small onion  
2 pieces celery  
5 crackers  
1 egg

1/4 teaspoon salt  
Flour  
Lard or drippings for browning  
2 tablespoons flour  
1 cup water or soup stock

Combine beef and pork. Core apple and grind with onion, celery and crackers. Add to meat. Add egg and salt and mix well. Form into small balls. Dredge with flour and brown in lard or drippings. Remove meat from pan. Add the flour to drippings. Add water gradually, stirring constantly until thick. Return meat balls to gravy. Cover and simmer fifteen minutes.

**Meat Puffs**  
*(1 pound meat—Serves 6)*

1/2 pound ground pork  
1/2 pound ground veal  
1 1/2 cups left-over mashed potatoes  
3 eggs  
3 tablespoons onion, grated

1 teaspoon salt  
1/4 teaspoon pepper  
2 cans condensed tomato soup  
2 cups water

Combine meat, potatoes, eggs and seasonings and mix well. Chill. Combine soup and water and bring to boil in shallow pan. Drop meat mixture into hot soup by heaping tablespoons. Cover and simmer 45 minutes.

**Broiled Beef or Lamb Patties**  
*(1 1/2 pounds meat—Serves 8)*

1 1/2 pounds ground beef or lamb  
1 1/2 cups soft bread crumbs  
1 1/2 teaspoons salt

1/4 teaspoon pepper  
4 tablespoons parsley, chopped  
1/2 cup milk

Combine all ingredients and mix well. Shape into 8 patties. Arrange on broiler rack with two inches between surface of patties and heat. When patties are nicely browned on one side, turn and brown on second side. Total cooking time will be about 20 to 25 minutes.
To conserve meat and fat cook all meat at low temperatures, whether roasting, broiling, pan-broiling, braising or cooking in water.

Use a constant oven temperature of 300°F. for roasting beef, veal, lamb and smoked pork, and 350°F. for fresh pork. Broil and panbroil slowly. In braising and cooking in water, simmer, never boil.

Cook meat only to the doneness at which it is best. Overcooking shrinks the meat and wastes it.

Cooking at low temperatures, and only until meat is done, saves meat, saves points, saves money!

The two roasts above weighed exactly the same before cooking and were cooked to the same degree of doneness.

The one on the left was cooked at low temperature, and the one on the right at high temperature. The low temperature roast lost 1 pound 7 ounces; its mate lost 3 pounds 4 ounces, a difference of 6 to 8 servings of roast beef.

The advantages of low temperatures over high for cooking meat are:

1. There is less shrinkage of the meat, or more meat to serve
2. It is more tender, juicier and of better flavor
3. Less watching of the meat is necessary during cooking
4. It is more attractive in appearance, that is, less shrunken and dry
5. It takes less fuel, even with the cooking time somewhat longer
6. It slices more attractively and economically
7. The drippings are more usable for seasoning, frying and shortening
8. There is less spattering and burning of fat on pans and oven, so less time is needed to clean them.
Pork and Rice Patties
(1 pound meat—Serves 6)

1 pound ground pork 1/2 teaspoon pepper
1/2 clove garlic 1/4 teaspoon nutmeg
2 tablespoons water 1 egg
1/2 cup parsley, chopped Lard or drippings for
1 cup cooked rice browning
1 teaspoon salt

Cut garlic fine and drop into water. Soak 1 hour. Strain. Combine garlic liquid with all ingredients except the drippings. Drop by tablespoonfuls into hot drippings. Brown on both sides. Cover and simmer 20 minutes. Uncover last few minutes to crisp.

Stuffed Hamburgers
(1 pound meat—Serves 6)

1 pound ground beef Stuffing
1 teaspoon salt Lard or drippings for
1/2 teaspoon pepper browning
1/2 cup dry bread crumbs 1 can condensed tomato
1/2 cup milk soup

Combine meat, seasonings, bread crumbs and milk. Mix well. Make into thin patties. Make 1/4 of the recipe for bread stuffing (see recipe page 10.) Place a teaspoon of stuffing between two patties and press edges together securely. Brown in lard or drippings. Add tomato soup, cover and simmer 45 minutes.

Beef Potato Patties
(1 pound ground meat—Serves 6 to 8)

1 pound ground beef 1 1/2 teaspoons salt
or lamb 1/4 teaspoon pepper
2 cups raw potato, grated Lard or drippings for
1/4 cup onion, grated browning

Combine all ingredients and mix well. Shape into 6 to 8 patties. Brown on both sides in lard or drippings.

Beef Corn Pudding
(1 1/2 pounds meat—Serves 10 to 12)

1 1/2 pounds ground beef 2 teaspoons salt
1 1/2 cups cooked or canned corn 1/8 teaspoon pepper
1 1/2 cups soft bread crumbs 1/4 cup catsup
1 egg 1 1/2 cups milk

Combine corn, meat and bread crumbs and mix well. Add the beaten egg and remaining ingredients. Place in a greased baking dish and bake, uncovered, in a moderate oven (350°F.) for one hour.
Ground Heart Patties—Maryland Style
(1½ pounds meat—Serves 8 to 10)

1 pound heart, ground (2 pork, 2 calf or 4 lamb hearts)
½ pound ground pork
2 cups soft bread crumbs
2 eggs, beaten
2 teaspoons salt
½ teaspoon pepper

Flour
Meat drippings
1 cup red cherries and juice
½ cup brown sugar
1 bay leaf
Whole cloves
Mustard, if desired

Wash hearts thoroughly and put through food grinder. Combine heart, pork, crumbs, eggs, seasonings and soup stock. Shape into 8 to 10 patties. Roll well in flour and brown in drippings. Add cherries, sugar and seasonings, and cover closely. Simmer on top of range or in a slow oven (300°F.) for 45 minutes to 1 hour, or until patties are tender.

Individual Veal Loaves
(2 pounds meat—Serves 8)

1 pound ground veal
1 pound ground pork
1 can chicken soup
1 cup quick cooking oatmeal
1 egg
2 teaspoons salt
½ teaspoon pepper
1 tablespoon onion juice
Paprika

Combine ingredients and mix well. Make into 8 individual patties and pack on edge in loaf pan, making a solid loaf. Sprinkle with paprika. Bake in a moderate oven (350°F.) for 1½ hours.

Meat and Rice Loaf
(1½ pounds meat—Serves 8)

1 pound ground beef
or lamb
½ pound ground pork
1 cup cooked rice or macaroni, chopped
3 tablespoons onion, chopped
1½ teaspoons salt
½ teaspoon pepper
1 cup evaporated milk
½ teaspoon poultry seasoning

Combine all ingredients and mix well. Pack into a greased loaf pan and bake in a moderate oven (325°F.) for one and one-half hours, or until well done.

Ham Loaf
(2 pounds meat—Serves 10)

1½ pounds ground ham shank
½ pound ground beef, lamb or veal
4 slices bread, flaked
2 eggs
2 cups milk
1 medium onion, grated
½ teaspoon salt
½ teaspoon pepper

Combine ingredients and pack into greased loaf pan. Bake in slow oven (300°F.) for one and one-half hours.
Every country has its stew, regardless of the name given to it, and we may vary any of these to suit our own needs. There’s Irish stew, the French ragouts, Hungarian goulash, East Indian curries, chop suey and chow mein, and many others, including the pot pies of England.

A stew, regardless of its special name, is made of small uniform pieces of meat, simmered in liquid, with or without vegetables. In the task of making every bit of meat go as far as possible, no meat dish has greater possibilities for extending meat flavor and for giving variety to meals than the stew.

Use any kind of meat for stew. Beef, veal and lamb will make excellent stews. Pork is rarely used for stews, yet chop suey is a stew, and pork is used for chop suey. Also, pork pot pie is a favorite with many people.

Select a less-tender and less-demanded cut. Shank, neck, brisket, plate, short ribs, chuck, flank or heel of round of beef; neck, breast, shoulder or flank of lamb or veal; and kidney and heart all make excellent stews; and chop suey may be made of kidney, heart or liver.

Cut the meat in uniform pieces. These may be any size or shape preferred. The meat may be boneless or the bones left in. An attractive way to cut breast of lamb or veal is to have the breast bone removed and then cut down between the ribs, making uniform pieces, called riblets.

Use a utensil with a lid. Stews should be made in a fairly heavy pan or kettle with close fitting lid to hold in the steam. It should be large enough to hold not only the meat and liquid, but also vegetables and any other additions to the meat and gravy.

If desired, brown the meat on all sides. There are brown stews and light stews. For a brown stew the meat is browned. To intensify the browning and development of flavor, the meat may be dredged with flour and then browned in meat drippings.

Season as desired. Infinite variety may be obtained in stews by the use of seasonings other than salt and pepper. Here are a few suggestions: Bay leaf, celery seed, celery tops, parsley, thyme, marjoram, cloves, peppercorns, savory, chili powder, and curry powder.

Cover meat with hot or cold water. Boiling water does not seal in juices, but the stew will start cooking more quickly if the water is hot. The meat should be covered with water so it will cook uniformly.
Cover kettle and simmer (not boil) until meat is tender. The meat will be more flavorful and attractive if it is not boiled. Lamb and veal will require 1 to 1 1/4 hours and beef 2 to 2 1/4 hours of cooking.

Add vegetables just long enough before meat is done to cook them. Any combination of vegetables with variety of flavor, color and texture may be used, each with a different result. Carrots, onions, potatoes and peas make an attractive stew and there are many good combinations using: Turnips, parsnips, celery, cabbage, cauliflower, brussel sprouts, green peppers, tomatoes, lima, navy and green beans.

Vegetables should be somewhat uniform in size, but may be left whole, cut in halves, quartered, diced or sliced. All combinations of vegetables do not require the same cooking time. Avoid overcooking vegetables.

Make the gravy. Drain off the liquid from the stew and make a gravy by thickening with two tablespoons of flour for each cup of liquid.

The gravy may be poured back over the meat and vegetables and all heated together, or kept separate according to the way the stew is to be served.

Add other meat extenders to stews, if desired. Dumplings, noodles, macaroni and spaghetti, or biscuits may be added to or served with stew. These help stretch the meat.

Serve stews attractively and in various ways. The attractiveness of a stew depends not only upon cooking the meat and vegetables properly, but also upon the way it is served. This, too, is another way of getting variety into the meal. Arrange meat and vegetables in the bowl or on the plate with some thought as to color and design. The appearance may be improved by cooking peas or green beans separately and using them to garnish the white vegetables. Chopped parsley may be used for the same purpose.

In some cases it may be desirable to arrange meat and vegetables in piles on a large serving platter, with the gravy served in a boat separately.

Again, one may prefer to serve all together in a casserole, with perhaps dumplings or biscuits on the top.

For a second meal, make meat pie from the stew. It may be a good plan to make enough stew for two meals. Meat pies may be prepared in one baking dish or pan, or in individual casseroles. Heat meat and vegetables in the gravy and cover with a top.

Use one of the following tops on the meat pie. In making biscuit or pastry top for meat pie, use drippings or kitchen-rendered fat for the shortening. Any of the following tops may be used:

(a) Biscuits or biscuit crust
(b) Shortcake crust
(c) Pie crust
(d) Mashed potatoes
(e) Mashed sweet potatoes
(f) Corn flakes or other prepared cereals
(g) Hot corn meal mush (tamale pie).

Bake long enough to heat through and brown top. As a leftover in the form of meat pie, a stew takes on an entirely different appearance, attractive enough for any company meal.
**Tasty Veal Stew**  
*(1½ pounds meat—Serves 8)*

- 1½ pounds veal (for stew)  
- Lard or drippings for browning  
- 2 teaspoons salt  
- ½ teaspoon pepper  
- 2½ cups water  
- 1 onion, sliced  
- ½ cup tomato juice

Brown meat in lard or drippings. Season, add water, sliced onion and tomato juice. Cover and simmer 1 hour or until meat is nearly done. Prepare vegetables. Cut potatoes in half and quarter the parsnips. Add all vegetables to stew. Sprinkle with remaining seasonings. Cover and simmer until vegetables are tender, about 45 minutes. Pile meat and vegetables on chop plate. Make a paste with flour and small amount of water. Thicken gravy. Serve gravy separately.

**Oriental Lamb Stew**  
*(1½ pounds meat—Serves 8)*

- 1½ pounds lamb (for stew)  
- 2 tablespoons onion, chopped  
- 1 No. 2½ can tomatoes  
- 1 tablespoon curry or chili powder  
- 8 ripe or green olives  
- ½ teaspoon lemon juice

Brown cubed lamb on all sides. Add onion. Add tomatoes and curry or chili powder. Cover and simmer until meat is tender, about one and one-half hours. Just before serving, add chopped olives, lemon juice and salt to taste. Pour into center of platter and surround with cereal squares.

For the cereal squares, chill cooked farina, mush or other cooked cereal until very firm. Unmold and cut into slices about one-half inch thick. Dip in flour and fry until golden brown.

**Short Rib Stew**  
*(2 pounds meat—Serves 6)*

- 2 pounds beef short ribs  
- Salt  
- Pepper  
- Water  
- 6 potatoes  
- 6 carrots  
- 12 pieces celery  
- Chopped parsley  
- Flour

Brown meat on all sides. Season with salt and pepper. Add water to cover. Cover and simmer for about one hour. Add potatoes and carrots and cook for 15 minutes longer. Then add long pieces of celery. Season vegetables. Cover and finish cooking until vegetables and meat are tender. Remove to a hot platter with the short ribs piled in the center surrounded by the vegetables. Sprinkle potatoes with chopped parsley. Thicken the gravy with flour and serve separately.

**Hungarian Goulash with Bread Dumplings**  
*(1 pound beef—Serves 6)*

- 1 pound beef (for stew)  
- 1 clove garlic, minced  
- 2 medium onions, chopped  
- 4-6 potatoes, diced  
- Lard or drippings for browning  
- 2 teaspoons paprika

Cook onions in drippings about 5 minutes. Add the meat, paprika, salt,
garlic and water. Cover and simmer one hour. Add diced potatoes. Cover and simmer until tender, about 30 minutes. Add bread dumplings (see recipe page 39). Cover and continue cooking for 12-15 minutes.

**Veal Ragout**
*(1 1/2 pounds meat—Serves 8)*

- 1 1/2 pounds veal (for stew)
- 1 small onion, finely minced
- 3 tablespoons flour
- Salt and pepper
- Lard or drippings for browning
- 1 1/2 cups water
- 1 teaspoon Worcestershire sauce

Dredge the pieces of veal in seasoned flour and brown well in lard or drippings. Add onion and water, cover and simmer for one hour. Add a paste made by mixing the remaining flour with a small amount of water. Add Worcestershire sauce and continue cooking for 30 minutes or until meat is tender.

**Hearty Stew in Noodle Ring**
*(2 pounds heart—Serves 10 to 12)*

- 2 pounds heart, cubed
- 1 medium onion, chopped
- 1 1/2 cups water
- 1 1/2 quarts water
- 2 (7-oz.) packages noodles
- Salt and pepper
- 1 1/4 cups water
- 2 tablespoons flour
- 2 carrots, diced
- 1 2 cups hot water

Brown heart cubes and onion in lard or drippings. Add carrots, salt and pepper to taste and water. Cover and simmer three hours. Thicken stock with flour, which has been smoothed in the 1/2 cup water. Cook noodles until tender in boiling, salted water (about 8-10 minutes); drain, rinse and drain again. Pack in greased ring mold; let stand two minutes, then unmold on a platter and fill center with heart stew.

**Beefsteak and Kidney Pie**
*(2 pounds meat—Serves 8)*

- 1 beef kidney
- 1 1/2 cups water or soup stock
- 1 pound chuck steak
- Salt
- Pepper
- Biscuit dough
- Lard or drippings for browning

Wash kidney, slice and cut into pieces. Place in saucepan and add 1 cup water. Cover and simmer about 30 minutes. Cut steak into strips and brown in lard or drippings. Add 1/2 cup water, cover and simmer about 45 minutes, or until tender. Combine steak and kidney. Season. Thicken gravy with flour mixed with water to form smooth paste. Line a baking dish with biscuit dough. Pour in cooked meat and gravy. Cover with additional biscuit dough. Bake in hot oven (425°F.) about 30 minutes or until browned.

**Pork Pot Pie**
*(1 pound meat—Serves 8)*

- 1 pound pork shoulder
- Salt and pepper
- Flour
- 4 cups diced rutabagas or turnips
- 2 cups hot water
- 1 tablespoon onion, chopped
- 1 1/2 cups milk
- Biscuit dough
- Biscuit dough

Trim fat from the pork and render in frying-pan. Season pork with salt and
pepper and roll in flour; brown on all sides in two tablespoons of the pork drippings. Add the hot water, cover and simmer about 1 1/2 hours, or until tender. Add the rutabagas or turnips, onion and 1 teaspoon of salt about 40 minutes before the end of the cooking time. Mix 3 tablespoons of flour and a little of the milk to a smooth paste. Add the remaining milk gradually, pour into the pork and vegetable mixture and cook, stirring constantly until thickened. Add salt and pepper if needed. Pour into a greased baking dish and place in a moderate oven (350°F.) for about 10 minutes while preparing biscuit dough (see recipe page 39).

Cut dough in 8 small rounds or diamonds, place on the hot pork mixture, brush with milk and bake in a hot oven (425°F.) for 15 minutes or until biscuits are golden brown.

Liver Chow Mein
(1 1/2 pounds liver—Serves 8)

1 1/2 pounds sliced liver
Lard or drippings for browning
1 cup celery, cut in 1-inch pieces
1/2 cup chopped green pepper

1 No. 2 1/2 can tomatoes
1 can Chinese vegetables
6 tablespoons cornstarch
3 tablespoons brown sauce
2 tablespoons soy sauce
Salt and pepper

Cut liver in one-inch cubes. Brown in lard or drippings. Add celery, green pepper and tomatoes, and allow to simmer about 30 minutes. Add drained Chinese vegetables. When heated through, thicken with cornstarch blended with brown sauce and soy sauce and enough water to make of pouring consistency. Season to taste. Serve on Chinese noodles.

Chili
(1 pound meat—Serves 6)

1 pound coarsely ground or chopped beef
Lard or drippings for browning
1/2 cup onion, chopped

1 tablespoon garlic, minced
2 tablespoons chili powder
1 tablespoon paprika
1 cup tomatoes
3 cups cooked red beans

Cook meat and onions in lard or drippings until meat is brown but not hard. Add garlic, chili powder, paprika and tomatoes. Cover and cook slowly for 1 hour. Add cooked beans and cook long enough for them to heat thoroughly. Serve on boiled rice, if desired.

Irish Stew with Dumplings
(2 pounds meat—Serves 10-12)

2 pounds lamb (for stew)
Water to cover
1/2 cup carrots, diced
1/2 cup turnips, diced
1 onion, sliced

4 cups potatoes, sliced
1/4 cup flour
Salt and pepper
Dumplings (See recipe page 39)

Cover lamb with water, cover and simmer for 1 hour. Add carrots, turnips and onion and continue cooking for 30 minutes. Add potatoes and cook for another 1/2 hour. Drop dumplings on top of meat, cover and cook for 12-15 minutes. Remove dumplings. Thicken with flour, mixed with 1/4 cup cold water. Serve stew around dumplings.
There are still other ways of extending meat to make more servings from it.

Use macaroni or spaghetti. Any of the cereal pastes, such as macaroni and spaghetti, are excellent meat extenders. When served with a well-flavored meat and vegetable sauce they make good one-dish meals. Rice, barley and navy, kidney and soy beans may also be used, the beans contributing extra protein.

Use noodles in the same way. Noodles may be used in the same way as spaghetti and macaroni; egg noodles will give extra food value.

Use dumplings, biscuits and corn bread. Dumplings, too, are good meat extenders, and light fluffy ones are delicious additions to stews or "boiled" dinners. To extend creamed meats shortcakes may be made, using biscuits or corn bread.

Use corn meal in many ways. Corn meal may also be used in various other ways as an economical and highly desirable meat extender. Corn meal "squares," polenta, tamale loaves and tamale pies are good examples.

Add Yorkshire and batter pudding to roasts. To make a roast of beef go further, a serving of Yorkshire Pudding may accompany each slice of roast. The American version of Yorkshire, called batter pudding, is another corn meal meat extender, and an excellent accompaniment to roast pork.

The recipes below make use of these various meat extenders.

### Quick Italian Spaghetti with Salami

(½ pound meat—Serves 6 to 8)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ pound Salami (cut half into 8 very thin slices and grind or chop other half)</td>
<td></td>
</tr>
<tr>
<td>Lard or drippings for browning</td>
<td></td>
</tr>
<tr>
<td>1 cup onions, chopped</td>
<td></td>
</tr>
<tr>
<td>1 cup fresh mushrooms, sliced</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon flour</td>
<td></td>
</tr>
<tr>
<td>1 ½ cups tomato juice</td>
<td></td>
</tr>
<tr>
<td>1 cup water</td>
<td></td>
</tr>
<tr>
<td>1 ½ teaspoons Worcestershire sauce</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>⅛ teaspoon pepper</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons parsley, minced</td>
<td></td>
</tr>
<tr>
<td>¼ green pepper, chopped</td>
<td></td>
</tr>
<tr>
<td>6-8 ounces uncooked spaghetti</td>
<td></td>
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</tbody>
</table>

Brown onions and mushrooms lightly in lard or drippings. Blend in flour, add chopped Salami. Add tomato juice, diluted with water and seasonings. Simmer 25 minutes. Add parsley and green pepper and simmer five minutes more. To serve, make a ring of cooked spaghetti on chop plate and pour sauce in center. Encircle with sliced Salami.
Spaghetti with Liver  
(1 pound liver—Serves 6 to 8)  

1 pound liver  
1 small onion, sliced  
Lard or drippings for browning  
2 cups tomatoes  
1 cup grated cheese  
6-8 ounces uncooked spaghetti  

Cut liver in one-inch cubes. Dredge with flour, salt and pepper. Brown liver and onion in lard or drippings. Add tomatoes and simmer 20 minutes. Cook spaghetti in boiling salted water until tender. Coil on a hot plate and pour the tomato sauce over it. Sprinkle with cheese and serve the remaining cheese in a small bowl so it may be added to suit the individual taste.

Veal Supreme  
(2 pounds meat—Serves 6)  

2 pounds veal shoulder, diced  
Lard or drippings for browning  
1 clove garlic  
1/2 cup water  
1/2 pound noodles  
Water  
1/4 pound almonds  
2 tablespoons drippings  

Brown veal and garlic in drippings. Remove garlic clove. Add water, cover and simmer until tender, about 45 minutes. Cook noodles in boiling salted water until tender. Drain. Blanch the almonds, slice lengthwise into thin strips. Brown in drippings and add to the noodles. Mix thoroughly and arrange in a ring on a large platter. Fill the center with the cooked veal mixture and pour liquid from the veal over the noodles.

One-Dish Sausage Meal  
(1 pound sausage—Serves 6)  

1 pound bulk pork sausage  
2 tablespoons onion, grated  
2 cups cooked macaroni  
2 cups water  
3 1/2 cups sauerkraut  

Shape sausage into 6 rolls and place in cold frying-pan. Add water, cover and simmer until water evaporates. Mix macaroni and onion. Place alternating layers of macaroni and sauerkraut in a baking dish. Arrange sausage like spokes of a wheel over the top. Add 2 tablespoons sausage drippings. Bake in a moderate oven (350° F.) for one hour.

Skillet Supper  
(1 pound meat—Serves 6)  

8 mock chicken legs  
Lard or drippings for browning  
1 1/2 teaspoons salt  
1/4 teaspoon pepper  
1 cup celery, diced  
1 cup green pepper, sliced  
1/2 pound noodles  
4 cups water  

Buy mock chicken legs made from ground or cubed meat. Brown in lard or drippings. Season. Add celery and green pepper. Place uncooked noodles on top of meat and pour two cups water over all. Cover tightly and allow to simmer about 30 minutes, add remaining water and continue cooking another half hour.
Yorkshire Pudding  
(Serves 6 to 8)  
1 cup flour  
1 teaspoon salt  
1 cup milk  
2 eggs  
3 tablespoons beef drippings  

Sift flour, measure and mix with salt. Add milk gradually, stirring to form smooth paste. Add eggs, beaten until light. Pour off drippings from roasting pan and measure back 3 tablespoons. Pour in batter. Bake in a moderately hot oven (400°F.) for 30-40 minutes. Cut in squares and serve around roast.

Batter Pudding  
(Serves 8)  
1/2 cup corn meal  
2 cups milk  
1 teaspoon salt  
4 eggs  
Drippings from roast pork, ham or bacon  

Stir corn meal slowly into hot milk in double boiler, to avoid lumps. Add salt. Cook 10 to 15 minutes, stirring frequently. Cool slightly and add well-beaten eggs. Add enough drippings to cover well, the bottom of baking pan. Bake in a moderate oven (350°F.) for 35-40 minutes, or until slightly browned, basting occasionally with additional drippings. Cut into squares and serve with roast pork or baked ham.

Meat and Macaroni Muffins  
(1 pound meat—Serves 6)  
1/2 pound smoked ham  
1/2 pound ground pork  
2 cups cooked macaroni  
1 egg  
2 cups medium cream sauce  

Combine all ingredients, cutting macaroni into small pieces. Mix well. Fill greased muffin pans. Bake in moderate oven (375°F.) for 45 minutes.

Scrapple  
(1 pound cooked meat—Serves 8)  
2 cups chopped cooked meat  
1 quart water  
1/2 teaspoon salt  
1 1/2 cups corn meal  
1/2 teaspoon sage  
Lard or drippings for browning  

Bring water to boil. Add salt. Add corn meal slowly, stirring constantly until cooked, about 15-20 minutes. Add meat and sage. Put into a greased loaf pan and chill until set. Slice and brown on both side until slightly crisp.

Luncheon Salad  
(1 pound meat—Serves 6)  
1 pound bologna  
2 1/2 cups cooked elbow macaroni  
1/4 cup raw carrots, grated  
1/4 cup onion, finely grated  
1/4 cup pimiento, diced  
1/2 cup cooked green peas  
Salt  
Pepper  
Mayonnaise  
Salad greens  

In these days of rationing, shortages and interest in good nutrition, the modern homemaker is getting out the soup kettle; for with its help she can convert little bits of food which otherwise might be wasted into palatable and nutritious broths, soups, sauces and gravies. These pointers on soup stock will help to conserve meat and other nourishing foods, and to extend meat flavor to many dishes.

**Give soup a meat flavor.** As one writer has recently expressed it, "Meat flavor is the soul of the stock pot." Start with either an uncooked soup bone (which the market man will saw into pieces); bones from a roast boned at the market; or left-over bones from roasts, chops or steaks. As left-over bones are collected, store them in the refrigerator.

Cut any meat from bones and brown well. The browning develops flavor and increases the color of the stock. If a light stock is preferred, the browning of the meat is omitted. Any meat trimmings on hand may be added, browned or not, as preferred.

Cover bones and meat with cold water. Add salt and pepper. The cold salted water helps dissolve flavoring material and soluble nutrients from the meat.

Add onions, celery and celery tops, carrots and any vegetables or vegetable liquids on hand. No piece of vegetable is too small to be used. Liquids from canned vegetables and any left from cooking fresh vegetables are full of minerals, vitamins and flavor, and should be saved and used. Celery leaves and stalks that are not attractive enough for the relish tray should be scrubbed and kept in the refrigerator ready to add to the stock pot as needed.

Simmer gently for three hours or longer. When the meat is tender, taste and adjust seasonings, if necessary. The stock may be served as a meat broth at this stage, if desired. (Fat usually is not removed from broth.)

Strain the stock. Save the meat and vegetables for croquettes, stuffed peppers or some other left-over dish; or serve meat chunks in the soup. Although flavor is lacking, there are still food nutrients in both the meat and the vegetables. Pour into a jar with a close-fitting lid. Cool.

Store in the coldest part of the refrigerator. This is to permit the fat in the soup stock to come to the top and harden in a layer. Also the stock should be stored in the refrigerator to insure its keeping.

Remove the layer of fat from the top of the soup stock. This should be saved, clarified if necessary, and used for frying, seasoning or for making sauces and gravies. (See page 36.)
Heat the soup stock to boiling at least every other day. Even when kept in the refrigerator the stock should not be forgotten. In the summer time, heating soup stock every day is a good rule.

Use soup stock as the basis for many nourishing soups. It may be used as a clear soup, such as bouillon or consomme at dinner, or be made into an excellent vegetable soup by adding left-over or fresh carrots, peas, diced celery, corn, green or lima beans, onions, turnips, tomatoes, or any other vegetables on hand.

Again, navy beans, soybeans or lentils may be cooked in the stock for a nourishing heavy soup to serve as a one-dish meal.

Season soup to taste as a final touch. Here are a few seasonings worth experimenting with: Worcestershire sauce, curry, thyme, garlic, nutmeg, cloves, sage, poultry seasoning, and tabasco sauce or cayenne.

When soup stock is not needed for soups, use it to make sauces and gravies. It adds minerals and vitamins to the meal and is an excellent way to give added meat flavor.

**Brown Soup Stock***

(2 quarts stock)

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 pounds soup bones</td>
<td></td>
</tr>
<tr>
<td>3 quarts cold water</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon salt</td>
<td></td>
</tr>
<tr>
<td>( \frac{1}{2} ) cup celery, chopped</td>
<td></td>
</tr>
<tr>
<td>( \frac{1}{2} ) cup carrots, diced</td>
<td></td>
</tr>
<tr>
<td>( \frac{1}{2} ) cup onion, chopped</td>
<td></td>
</tr>
<tr>
<td>2 sprigs parsley, chopped</td>
<td></td>
</tr>
<tr>
<td>5 whole cloves</td>
<td></td>
</tr>
<tr>
<td>1 bay leaf</td>
<td></td>
</tr>
<tr>
<td>Any other seasonings desired</td>
<td></td>
</tr>
</tbody>
</table>

Cut meat from bones and brown well. Cover bones and browned meat with water. Add remaining ingredients, cover and simmer for 3½ to 4 hours. (See page 32.) Strain, chill, remove fat and strain again. Use for soups and sauces.

*If a light stock is desired omit browning.

**Bouillon and Consomme**

Bouillon is a clear soup made from beef stock. Clarify the stock for bouillon as follows: To each quart of cold stock add the beaten white and crushed shell of 1 egg. Bring slowly to a boil, stirring constantly. Boil about 5 minutes. Add \( \frac{1}{2} \) cup cold water and let stand 10 minutes. Strain through cloth.

Consomme is a clear soup made from soup stock when a combination of meats is used; for example, beef, lamb, ham and veal.

**French Onion Soup**

(1 quart)

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 medium onions, sliced</td>
<td></td>
</tr>
<tr>
<td>Drippings for browning</td>
<td></td>
</tr>
<tr>
<td>1 quart meat stock</td>
<td></td>
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</tbody>
</table>

Fry onions slowly in drippings. Add meat stock and simmer for 30 minutes. Pour soup into casserole. Cover top with slices of toast. Sprinkle with cheese. Heat in broiler until cheese is melted.
Creole Gumbo
(1 quart)

1/4 cup green pepper, chopped
1 1/2 cups fresh or canned okra
1/4 cup onion, chopped
3 tablespoons bacon drippings for browning
1 quart meat stock
2 1/2 cups tomatoes
Salt and pepper
2 tablespoons parsley, chopped
1 cup diced cooked meat

Cook green pepper, okra and onion in drippings until lightly browned. Add meat stock and tomatoes and simmer about 15 minutes, or until vegetables are tender. Season to taste. Add chopped parsley and cooked meat to hot soup.

Philadelphia Pepper Pot
(2 quarts)

4 slices bacon, diced
1 onion, diced
1 green pepper, diced
2 quarts soup stock
1 pound honeycomb tripe
1 teaspoon salt
5/4 teaspoon pepper
3 potatoes, diced
2 tablespoons flour
2 tablespoons drippings
1/2 cup milk

Brown bacon. Add onion and green pepper. Cook slowly for 5 minutes. Add stock and tripe which has been washed and shredded. Season. Simmer at least one hour. Add potatoes and cook for 30 minutes. Mix the flour and drippings to a smooth paste and thicken soup. Add milk just before serving.

Victory Vegetable Soup
(2 quarts)

3 to 4 pounds soup bone or beef shank
2 quarts cold water
1 teaspoon salt
1 small onion, sliced
2 cups tomatoes
6 sprigs parsley
1/4 head cabbage, shredded
5 to 6 carrots, sliced
2 cups green beans
1 cup potato, diced
1/2 cup celery, chopped
3/4 cup rice or barley, if desired

Cut meat from bones and brown well. Cover meat and bones with water. Add salt and onion and simmer at least two hours. Add vegetables and rice or barley and simmer one hour longer.

Golden Soup
(1 quart)

1/2 cup dried yellow peas
1 quart meat stock
8 1-inch cubes dry bread
1 egg
2 tablespoons milk
Salt and pepper
1 tablespoon parsley, chopped

Soak dried peas for several hours. Simmer in meat stock until tender. Dip bread cubes in a mixture of beaten egg and milk and drop into soup. Cover and simmer for about 5 minutes. Season and serve sprinkled with chopped parsley.
Minestrioni
(2 quarts)

1/2 cup carrots, diced fine
4 tablespoons onion, finely minced
4 tablespoons celery, diced fine
1/2 cup turnips, diced
1/2 cup cabbage, chopped
2 teaspoons olive oil or bacon drippings for frying

1 1/2 quarts soup stock
1 cup tomatoes
Salt and pepper
1/2 cup potatoes, diced
1/2 cup peas
4 tablespoons parsley, minced
1/2 clove garlic, minced
1 ounce spaghetti, in 1-inch pieces

Fry, but do not brown, seasonings and vegetables (except garlic, parsley, peas, tomatoes and potatoes) in olive oil or drippings. Add soup stock, tomatoes and salt. Simmer 30 minutes. Add potatoes and peas. Fry parsley and garlic in small amount of drippings. When potatoes are done, add spaghetti which has been boiled not over 10 minutes.

Borscht
(1 quart)

1 cup beets, finely chopped
2 1/2 cups meat stock
3 tablespoons lemon juice or diluted vinegar

1/4 teaspoon salt
Pepper
4 eggs
Sour cream

Add beets to meat stock. Cover and cook 10 minutes. Add lemon juice and seasonings and heat just to boiling. Add the hot soup to the beaten eggs, a little at a time, stirring well to prevent the separation of the eggs. Add 1 tablespoon sour cream to each serving. Serve at once while very hot.

Old Fashioned Potato Soup
(1 quart)

8 slices bacon, diced
4 medium-sized potatoes, diced
1 large onion, diced
1/2 cup celery, chopped

1 1/4 cups water or soup stock
3 cups top milk
3 teaspoons salt
1/4 teaspoon pepper
2 tablespoons parsley

Brown bacon. Peel potatoes and onion and clean celery. Dice vegetables. Add water and cook until done. Rice vegetables and return to the water in which they were cooked. Add milk and seasonings and reheat. Just before serving float parsley and crisp bacon on soup.

Scotch Soup
(1 1/2 quarts)

1 1/2 pounds lamb neck with the bones
2 onions, sliced
2 tablespoons barley

2 potatoes
1 quart cold water
Salt and pepper to taste

Cut the lamb from the bones and place the bones in a stew kettle with the cold water. Cook slowly for several hours.

One hour before serving, remove the bones, add the sliced potatoes, onions, carrots, barley and seasonings. Thicken with a little flour, wet with cold water, if desired. Parsley or celery may be added, if desired.
Fats are essential in the diet, since they perform functions in the body which no other food performs: Weight for weight fats supply more than twice as much energy as any other kind of food; certain fats carry certain vitamins; other fats furnish other dietary essentials, and they give "staying power" to meals and thus make diets more satisfying.

Fats also have functions in cookery which other foods cannot perform: They are essential for shortening or making tender all kinds of quickbreads, light breads, cakes and pastry; they give richness and flavor to vegetables, and are an essential ingredient in gravies and many kinds of sauces and salad dressings; they are also essential to the preparation of fried foods.

In addition to their high nutritional value and importance in cookery, fats supply glycerin which is essential in making explosives.

Fats are rationed and must be paid for with points as well as money.

Save all kitchen fats. Save and use all kitchen fats and waste none by letting it scorch or turn rancid, or by serving it too generously.

All fats in excess of cooking needs, together with those which have been used until they are no longer desirable for food, should be sold to the meat retailer for making munitions.

Meat drippings. Save all drippings from meat and use for seasoning, frying and shortening. These include drippings from bacon, ham and other cured pork, roast pork, pork chops, roast beef, roast lamb, broiled meats, and sausage. Follow these pointers on drippings:

1. Drippings used for making gravy need not be strained.
2. For storing, strain drippings through cloth. All drippings may be kept in the same container, except sausage drippings, which should be kept separate for seasoning.
3. Cool at room temperature.
4. Cover closely and store in refrigerator.

Fats from soups and stews. Skim excess fat from the top of meat stock, soups, stews, and other meats cooked in water, and use for making sauces and gravies. If not used immediately, observe these pointers:

1. Cool at room temperature.
2. Cover closely and store in the refrigerator.

Fat trimmings. Trim excess fat from uncooked beef, lamb and fresh and cured pork for rendering. Keep fat in the refrigerator until ready to render, which should be done the day it is trimmed. Render cured pork rinds or save them to cook with vegetables for seasoning. Follow these pointers for preparing fat for rendering:
1. Clean uncooked fats by wiping with a damp cloth, if needed; avoid stale fats except for salvage.
2. Cut off any lean scraps and save for meat dishes.
3. Cut fat into pieces small enough to go into food grinder.
4. Grind all fat (except rinds) through coarse blade of food grinder, or chop fine; ground fat renders more quickly and more thoroughly than large pieces.

**Render fat trimmings.** A double boiler is an excellent and economical method for rendering small quantities of fat. Follow these pointers:
1. Place the ground fat in a double boiler.
2. Heat over boiling water until the fat is rendered. (Cracklings will be crisp and golden brown when rendering is completed.)
3. Strain through cloth leaving the cracklings. (Crush or grind cracklings and use in quickbreads, especially corn breads and muffins. They may also be used in meat loaves and patties.)
4. Cool the fat at room temperature.

**Store properly.** Strained drippings and rendered fats of different kinds may be stored in the same container, if desired, as follows:
1. Use container with close-fitting lid.
2. After fats are cool, cover closely.
3. Store in the refrigerator.

**Clarify, if necessary.** When straining through cloth does not clarify meat drippings, skimmings from stock, fats which have been used for frying, or any fat with flavors which should be removed, do so by:

A. **WASHING**
1. After straining, place the melted fat in a stew pan.
2. Sprinkle (don't pour) into it an equal quantity of lukewarm water. (The fat should be melted but not hot.)
3. Stir the fat and water thoroughly.
4. Pour the fat and water into a container for the fat to harden. (A can with straight sides is best.)
5. Let harden at room temperature, covered only with a cloth.
6. Make a tunnel through the fat and drain off the water. (The water will remove any soluble materials, such as sugar and salt, as well as some particles of floating materials, as cinnamon, nutmeg or pepper.)
7. Remove solid fat when cold by dipping the can into hot water to loosen it; scrape the bottom of the fat to remove any remaining particles of insoluble material adhering to it. (The fat scraped off should be placed in the fat salvage container.)

B. **COOKING POTATO IN FAT**
1. After straining the fat, place it in a stew pan.
2. Slice a potato into the melted fat.
3. Heat gradually until the potato slices are browned and the bubbling ceases.
4. Discard potato and pour fat into container to harden.

Clarifying fat by washing it or by cooking potato in it should be resorted to only when undesirable flavors cannot be removed by straining through cloth, since either the addition of potatoes or washing with water may lessen the frying life of the fat.

**Use in cooking.** Meat drippings and kitchen-rendered fats may be used to conserve lard, butter, margarine, and salad dressings. For all practical cooking
purposes, kitchen fat may be substituted measure for measure for fats called for in recipes. In using an unsalted fat, when a salted one is called for in the recipe, add salt.

In seasoning vegetables with fat, less fat is needed if it is not added until the vegetables are in the serving dishes; then none is wasted in the cooking pan. Use as follows:

For frying. Drippings or rendered fat may be used for either panfrying or deep-fat frying. The same precautions for the care of the fat should be observed as when frying in lard. It is well not to exceed 325° to 350°F. when deep-fat frying in kitchen-rendered fat.

Drippings from bacon, cured ham, salt pork, and sausage are especially good for frying eggs, apples, liver, potatoes and other vegetables.

For seasoning. Use unstrained drippings for gravies. (The browned particles in the bottom of the cooking pan add desirable flavor to the gravy.) Strained drippings or rendered fat may be used in place of butter for seasoning vegetables, in making cream sauces for meat dishes and in salad dressings.

For shortening. Strained drippings or rendered fat may be used for shortening quickbreads, light bread and rolls, gingerbread, cakes and cookies, puddings, and pie crust. (Apple pie is excellent made with bacon drippings, even without straining. Slightly less bacon fat may be used than lard.)

Homemade Mixes

Homemade Corn Bread Mix

4 cups flour
2 tablespoons baking powder
2 teaspoons salt
1/2 cup sugar, if desired
3 cups corn meal
1/2 cup lard, drippings or kitchen-rendered fat

Sift flour, measure and sift again with baking powder, salt, and sugar. Add corn meal. Cut in the fat until fine grained. Store in refrigerator. Omit sugar if unsweetened corn bread is preferred. This mixture will keep in the refrigerator at least a month.

Homemade Gingerbread Mix

4 cups flour
1 tablespoon soda
1 teaspoon baking powder
1 tablespoon ginger
1 teaspoon cinnamon
1 teaspoon salt
1 cup sugar
1 cup lard, drippings or kitchen-rendered fat

Sift flour once, measure and sift again with remaining dry ingredients. Cut fat into dry ingredients with a pastry blender until mixture is fine. Store gingerbread mix in refrigerator using from it whenever gingerbread is desired.

Homemade Biscuit Mix

8 cups flour
1/4 cup baking powder
1 tablespoon salt, if unsalted fat is used
1 cup (1/2 pound) lard, drippings or kitchen-rendered fat

Sift the flour and measure. Sift again with baking powder and salt. Cut the fat into the flour mixture until it has a fine even crumb. Place in a closed con-
tainer and keep in refrigerator, using as desired. This mixture will keep a month or longer in the refrigerator. It may be used as a basis for biscuits, dumplings, shortcake, waffles, muffins, quick coffee cake and many other quickbreads.

Homemade Pastry Mix

8 cups flour
4 teaspoons salt
2 cups (1 pound) lard, drippings or kitchen-rendered fat

Sift flour, measure and add salt. Cut fat into flour and salt with two knives or pastry blender until the crumbs are about the size of peas. Cover and place in refrigerator until ready to use.

Biscuits and Dumplings

Biscuits

2 cups Homemade Biscuit mix
½ cup milk, or enough to make soft dough

Make a well in the center of the biscuit mix and pour in the milk. Stir from the center with a fork until the dough clings in a ball. Toss on a floured board or cloth and knead lightly about ½ minute. Pat or roll to about ½-inch in thickness. Dip biscuit cutter in flour before cutting biscuits. Place on baking sheet and bake in a hot oven (450°F.) about 10-12 minutes.

Dumplings
(Serves 6)

2 cups flour
3 teaspoons baking powder
1 teaspoon salt
1 cup milk

Sift flour, measure and sift again with baking powder and salt. Add the milk and stir only until smooth. Drop by tablespoonfuls on top of stew. Cover tightly and steam 15 minutes.

Variation

Tomato Dumplings: Use tomato juice in place of milk.

Bread Dumplings
(Serves 6)

12 slices bread
Milk
1 medium onion
3 tablespoons parsley, chopped
2 tablespoons bacon drippings
2 eggs
Dry bread crumbs
Salt and pepper

Dice bread finely and soak in a little milk. Squeeze out excess milk. Brown onion and parsley in the fat, adding the bread. Add eggs. If mixture is too moist, add extra crumbs. Season with salt and pepper and shape into balls. Steam over goulash.
Special Apple Pie with Bran Crust
(Makes 1 pie)

2 cups flour  ½ cup lard, drippings or
1 ¼ teaspoons salt kitchen-rendered fat
¼ cup shredded bran  3 to 6 tablespoons ice water

Sift flour. Measure and add salt. Roll bran and combine with dry ingredients.
Cut fat into this mixture until crumbs are coarse and granular. Add water, a small
amount at a time, mixing quickly and evenly through the flour, lard and bran
until the dough just holds in a ball. Roll to about one-eighth inch in thickness
and line pie pan, allowing one-half inch of the crust to hang over the edge. Fill
with apple mixture. Roll out remaining pastry, making several gashes to allow
escape of steam and place over filling. Allow top crust to overlap lower crust one-
half inch. Moisten lower edge to seal perfectly and fold top crust under the
lower. Crimp edges. Bake in a hot over (425°F.), for 35 minutes or until apples
are done.

Filling

5 cups grated red apples, ¼ teaspoon nutmeg
peeling on 1 tablespoon butter or
1 cup sugar 1 tablespoon fortified margarine
1 teaspoon cinnamon

Combine all ingredients except the butter. Pour into unbaked pastry and
dot with butter.

Dixie Pecan Pie

1½ cups Homemade Pie Mix 1 to 3 tablespoons ice water

Add water to pie mix, small amount at a time, mixing quickly and evenly
through the flour and lard, until the dough just holds in a ball. Roll on slightly
floured board or cloth. Line pie pan and crimp edges. Pour in filling. Bake in
moderate oven (375°F.) for 45 to 50 minutes.

Pecan Filling

3 eggs 1 teaspoon vanilla extract
2 tablespoons sugar ¼ teaspoon salt
2 tablespoons flour ¾ cup pecan meats
2 cups corn syrup

Beat eggs until light. Mix sugar and flour, add to eggs and beat well. Add
syrup, vanilla, salt and pecans.
WARTIME MEAT RECIPE BOOK

PRODUCE AND CONSERVE

SHARE AND PLAY SQUARE

FOOD FIGHTS FOR FREEDOM