Economy Meat Recipes
You'll Like

from the
NATIONAL LIVE STOCK & MEAT BOARD
407 SOUTH DEARBORN STREET
CHICAGO 5, ILLINOIS
Spanish Pot-Roast
(BRAISE)

3 to 4-pound arm, blade or rump pot-roast
1/4 pound salt pork
1 small bottle stuffed olives, if desired
1 large onion, sliced

3 tablespoons lard or drippings
2 cups tomatoes
2 teaspoons salt
1/4 teaspoon pepper

Cut small pockets along the sides of the pot-roast with a sharp knife. Cut salt pork into small strips and fill pockets alternately with salt pork and stuffed olives. Brown onion in hot lard or drippings. Remove onion and brown the meat on both sides. Add onions, tomatoes and seasonings. Cover and simmer until tender, allowing 3 to 4 hours for cooking. Thicken liquid for gravy. 6 to 8 servings.

Short Ribs With Beans
(BAKE)

3 pounds beef short ribs
1 pound navy beans
Water
1 onion, sliced

2 tablespoons brown sugar
Salt and pepper, to season

Soak beans in water over night. Drain and put in covered kettle. Add brown sugar, sliced onion, salt and pepper. Cover with water, cover and simmer 2 hours. Brown short ribs. Place beans in open pan and put short ribs on top. Cook in a moderate oven (350° F.) until meat is tender and beans are done, about 1 hour. Add more water if necessary. 6 to 8 servings.

Party Beef Loaf
(BAKE)

2 1/4 pounds ground beef
6 crackers
2 tablespoons milk
1 tablespoon lemon juice
2 teaspoons salt

Dash of pepper
2 tablespoons chopped onion
4 hard-cooked eggs

Roll crackers. Mix with all other ingredients except eggs. Pack half of meat mixture in a loaf pan 5x9
inches. Arrange shelled hard-cooked eggs in a lengthwise row on meat. Pack remaining meat on eggs. Bake in a moderate oven (300° F.) for 1½ hours. The rings of egg will show when loaf is sliced. May be served either hot or cold. 6 to 8 servings.

**Beef Potato Patties**
(PAN FRY)

1 pound ground beef  
½ teaspoon pepper  
2 cups grated raw potato  
½ cup grated onion  
1½ teaspoons salt

Combine all ingredients except fat and mix well. Shape into 6 patties. Brown on both sides in hot lard or drippings, turning frequently, allowing 10 to 15 minutes for cooking. 6 servings.

**Beef Shank Pot-Roasts—Vegetable Gravy**
(BRAISE)

3 pounds cross-cut beef shanks  
½ cup flour  
3 teaspoons salt  
½ teaspoon pepper  
3 tablespoons lard or drippings  
1 onion, finely chopped  
1 cup water  
2 cups chopped carrots  
1 green pepper, chopped  
1 cup chopped celery

Dredge meat in seasoned flour and brown on all sides in hot lard or drippings. Add onion and water. Cover closely and simmer 3 to 4 hours or until tender. Add vegetables and cook about 10 minutes. Remove meat and make gravy from liquid in which meat and vegetables have cooked. 6 to 8 servings.

**Oven Stew**
(COOK IN LIQUID)

2 slices salt pork  
1½ pounds beef for stew  
1 large onion, chopped  
2 tablespoons flour  
1 cup condensed tomato soup  
1 teaspoon salt  
½ teaspoon pepper  
¼ teaspoon paprika  
6 small onions  
6 medium carrots  
6 medium potatoes

Cut pork into small pieces and brown with beef in frying-pan. Remove meat to baking dish. Brown chopped onion in fat in frying-pan and add flour. Mix well and add water, tomato soup, salt, pepper and paprika. Cook 3 minutes, stirring constantly. Pour over meat. Add whole onions, carrots and potatoes. Cover and cook in a slow oven (300° F.) or cook slowly on top of range for 1½ hours or until tender. 6 servings.
Veal Shoulder Roll
(ROAST)

3 to 4-pound veal shoulder roll
Salt
Pepper

Season the roast with salt and pepper. Place on rack in open roasting pan. Insert a meat thermometer so the bulb reaches the center of the roast. Do not add water. Do not cover. Roast in a slow oven (300° F.) for about 2 hours or until the meat thermometer registers 170° F. Allow about 40 minutes per pound for roasting. 6 to 8 servings.

Barbecued Veal Riblets
(BRAISE)

3 pounds veal riblets
½ cup lard or drippings
Salt to season
Pepper to season
1 medium onion, chopped
2 tablespoons vinegar
2 tablespoons brown sugar
¼ cup lemon juice
1 cup lard or drippings
3 tablespoons Worcester-shire sauce
1 cup water
1 teaspoon salt
½ teaspoon red pepper

Brown the veal riblets on all sides in hot lard or drippings. Season with salt and pepper. Add chopped onion and brown lightly. Mix remaining ingredients and pour over veal riblets. Cover and simmer on top of range or cook in a slow oven (300° F.) for 2½ hours or until tender. 6 to 8 servings.

Veal Salad

2 cups cooked veal, cut into ½-inch cubes
½ cup French dressing, if desired
1 cup sliced celery
½ cup chopped cucumber
2 tablespoons minced green pepper
Salt
Pepper
Salad dressing
Lettuce

Marinate veal in French dressing, if desired. Chill. Just before serving, toss together veal, celery, cucumber and green pepper. Season. Moisten with salad dressing and serve in lettuce cups. Sprinkle with paprika or garnish with pimiento. 4 servings.
### Hawaiian Pork

**BRAISE**

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<th>Ingredient</th>
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<tbody>
<tr>
<td>1 pound boneless lean pork, cut in 1-inch cubes</td>
<td>3 green peppers</td>
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<tr>
<td>1 egg</td>
<td>½ cup pineapple chunks</td>
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<tr>
<td>2 tablespoons flour</td>
<td>2½ tablespoons cornstarch</td>
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<tr>
<td>½ teaspoon salt</td>
<td>2½ tablespoons soy sauce</td>
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<tr>
<td>⅛ teaspoon pepper</td>
<td>¼ cup sugar</td>
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<tr>
<td>3 tablespoons lard or drippings</td>
<td>¼ cup vinegar</td>
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<tr>
<td></td>
<td>½ cup pineapple juice</td>
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<td></td>
<td>Chinese noodles or</td>
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<td>cooked rice</td>
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Beat together egg, flour, salt and pepper. Thoroughly coat cubes of pork in egg-flour batter. Brown on all sides in hot lard or drippings in frying-pan. Cover and cook slowly for about 30 minutes. Remove stems and seeds from green peppers. Cut into 1-inch squares. Boil 10 minutes. Drain. Add green peppers and pineapple to meat. Cover and simmer 10 minutes. Stir and cook together cornstarch, soy sauce, sugar, vinegar and pineapple juice until clear, about 2 minutes. Pour over meat mixture and simmer 5 minutes. Serve over Chinese noodles or cooked rice. 4 servings.

### Sausage-Spaghetti Casserole

**BRAISE**

<table>
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<th>Ingredient</th>
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<tr>
<td>1 pound sausage links</td>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>2 tablespoons water</td>
<td>⅛ teaspoon pepper</td>
</tr>
<tr>
<td>1 cup canned or cooked</td>
<td>1 No. 2 can peas</td>
</tr>
<tr>
<td>tomatoes</td>
<td>⅛ package long spaghetti</td>
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<tr>
<td>¼ cup grated onion</td>
<td>¼ pound sharp cheese</td>
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Place sausage links in water in cold frying-pan. Cover and brown slowly. When links are browned, remove from pan. Pour off all but 2 tablespoons fat. Add tomatoes and onion. Simmer until onion is tender. Season. Put sausage links into tomato mixture to reheat. Make ring of hot cooked peas around the edge of an ovenware platter. Arrange meat and tomato sauce in center. Cover peas with cooked spaghetti, sprinkle with grated cheese. Place under broiler or in oven just long enough for the cheese to be melted and browned slightly. 4 servings.
Ham, Potato and Onion Casserole

(BAKE)

1 pound cooked ham, diced
6 tablespoons ham drippings, butter or margarine
6 tablespoons flour
3 cups milk
2 teaspoons salt

1/4 teaspoon pepper
1/4 pound cheddar cheese, grated
4 cups cubed cooked potatoes
12 small cooked onions
1/2 cup buttered bread crumbs

Melt the drippings or fat. Blend in flour and add milk, stirring constantly. Cook mixture until thick, boiling about 3 minutes. Add seasonings and grated cheese and heat until cheese dissolves. Add cooked ham, potatoes and onions.

Pour the ham and vegetable mixture into a greased casserole. Cover the mixture with buttered bread crumbs and bake, uncovered, in a moderate oven (350° F.) for 30 to 40 minutes or until the crumbs are lightly browned. 8 to 10 servings.

Ham Hock Dinner

(COOK IN LIQUID)

2 pounds smoked ham hocks
Water to cover
4 medium potatoes, unpeeled
1 small head green cabbage, quartered
4 medium carrots
4 medium onions

Cover ham hocks with water. Cover and simmer for about 2 hours. When meat has cooked 1 1/2 hours, remove skins from hocks. Return hocks to cooking liquid and add carrots, onions and potatoes. Cook 20 minutes and add cabbage. Cook 15 minutes longer or until meat and vegetables are done. Arrange ham hocks and vegetables on platter. 4 servings.

Pork Sausage and Corn Casserole

(BAKE)

1 pound pork sausage
2 tablespoons flour
2 tablespoons sausage drippings
1 cup milk
1/4 teaspoon salt

1/4 cup chopped green pepper
1 cup cracker crumbs
2 cups whole kernel corn
1 tablespoon butter or margarine, melted

Shape sausage into 6 patties and brown in frying-pan. Remove sausage and stir flour into 2 tablespoons sausage drippings. Add milk and salt and cook until the mixture is thickened. Add green pepper. Arrange 1/2 cup cracker crumbs in a greased casserole. Add corn. Place sausage patties on corn and pour white sauce over all. Mix remaining cracker crumbs and melted butter or margarine and sprinkle on top of mixture. Bake 40 minutes in a moderate oven (350° F.). 4 to 6 servings.
Stuffed Spareribs
(ROAST)

2 sides spareribs  8 cooked prunes, pitted
2 teaspoons salt  2 large apples, quartered
4 slices pineapple  ¼ cup brown sugar

Place one side of spareribs on rack in open roasting pan. Sprinkle half the salt over meat. Arrange pineapple, prunes and apples over meat. Sprinkle sugar over fruit and place second side of spareribs on top. Sprinkle with remaining salt. Bake in moderate oven (350° F.) for 2 hours. 8 servings.

Ham Loaf
(BAKE)

3 cups ground cooked ham  3 tablespoons grated onion
2½ cups soft bread crumbs  1½ tablespoons chopped parsley
1½ cups milk  3 eggs, well beaten
¼ teaspoon pepper

Combine all ingredients. Pack into a well-greased loaf pan. Place in a pan of hot water and bake in a moderate oven (350° F.) for 1 hour. 6 to 8 servings.

Scrapple Up-to-Date
(COOK IN LIQUID)

1 pound pork shoulder  1 tablespoon finely chopped celery leaves
1 quart water  ½ teaspoon sage
1½ cups corn meal  1 egg, well beaten
1 teaspoon salt  Cracker crumbs
¼ cup chopped parsley

Bacon drippings

Simmer meat in water until tender. Remove meat, cool and grind. Measure remaining liquid and add enough water to make one quart. Bring broth to boil, add corn meal slowly, stirring constantly until thick. Add seasonings and meat. Pour mixture into loaf pan and chill until set. Slice, dip in egg, then in cracker crumbs. Brown in drippings. 12 to 14 servings.

Sausage Links in Batter Pudding
(BAKE)

1 pound sausage links  1 teaspoon salt
2 cups milk  ½ cup corn meal
4 eggs, well beaten

Heat milk in double boiler. Add salt and corn meal. Stir constantly and cook 10 to 15 minutes. Cool slightly and add eggs. Pour mixture into a well-greased baking dish, and place sausage links on top. Bake in a moderate oven (350° F.) for 40 to 45 minutes. 4 servings.
Pork and Apple Salad

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

Combine apples, celery, green pepper, peas and pork. Season. Mix with mayonnaise. Chill and serve. 6 to 8 servings.

you’ll like these

LAMB RECIPES

Potted Lamb Shanks

(COOK IN LIQUID)

4 lamb shanks  
3 tablespoons lard or drippings  
Salt to season  
Pepper to season  
1/2 teaspoon ground cloves  
1/8 teaspoon nutmeg  
3 cups water  
2 cups celery, cut in 2-inch pieces  
2 tablespoons butter or margarine  
1 1/2 cups cooked rice

Brown the shanks in hot lard or drippings. Add seasonings and water. Cover and simmer about 2 hours or until tender. Remove meat from bones and cut into small pieces. Cook celery in butter or margarine until it is lightly browned. Place rice in a greased baking dish, add celery and meat. Thicken the liquid in which meat was cooked and pour over the meat. Cover and bake in a slow oven (300° F.) for 1 hour. 4 to 6 servings.

Lamb and Lima Bean Stew

(COOK IN LIQUID)

2 pounds lamb, cut in 1 1/2-inch cubes  
2 tablespoons lard or drippings  
1 pound dried lima beans  
1 teaspoon salt  
1/2 teaspoon pepper  
Water  
1 teaspoon celery salt

Cover beans with water and soak overnight. Brown lamb on all sides in hot lard or drippings. Season with salt and pepper. Add lamb to beans and cover with water or stock. Add celery salt, cover and cook slowly 1 1/2 to 2 hours until lamb is tender and beans are done. 6 to 8 servings.
Frankfurter-Green Bean Casserole

(BAKE)

1 pound frankfurters, sliced ½ inch thick
5 tablespoons flour
3 tablespoons butter, margarine or drippings
2 cups milk (or liquid)

from canned beans
1 teaspoon salt
1 tablespoon Worcestershire sauce
¼ cup grated cheese
2 cups green beans

Brown the sliced frankfurters; remove to casserole. Stir flour into drippings, add milk and salt and cook until thickened. Add Worcestershire sauce, cheese and green beans. Combine with frankfurters in casserole. Bake in moderate oven (350° F.) for 40 minutes. 6 to 8 servings.

Deviled Eggs with Meat

¾ pound ready-to-serve meat, ground
6 hard-cooked eggs
½ teaspoon salt
½ teaspoon pepper
1 teaspoon prepared mustard
2 tablespoons vinegar
2 tablespoons salad dressing

Remove shell from hard-cooked eggs and cut in half lengthwise. Separate yolks from the whites. Mash yolks. Add the remaining ingredients to yolks. Mix well. Fill each egg white with mixture, using a fork or a pastry tube. 6 servings.

Frankfurter Salad Bowl

1½ cups sliced frankfurters
1 No. 2 can kidney beans
³⁄₄ cup sliced sour pickles
1 head lettuce
½ large onion, sliced

¾ cup French dressing

Drain kidney beans. Add the frankfurters, pickles, and ½ cup French dressing. Chill. Break lettuce leaves into pieces. Alternate layers of the bean mixture, lettuce and onion in a shallow salad bowl. Pour the remaining French dressing over all and serve. 8 servings.
MEAT COOKERY METHODS

ROASTING
1. Season with salt and pepper, if desired.
2. Place fat side up on rack in open roasting pan.
3. Insert meat thermometer.
5. Add no water. Do not cover. Do not baste.
6. Roast to desired degree of doneness.

BROILING
1. Set the oven regulator for broiling.
2. Place meat 2 to 3 inches from heat.
3. Broil until top of meat is brown.
4. Season with salt and pepper.
5. Turn the meat and brown the other side.
6. Season and serve at once.

PANBROILING
1. Place meat in heavy frying-pan. Cook slowly.
2. Do not add fat or water. Do not cover.
3. Turn occasionally to insure even cooking.
4. Pour fat from pan as it accumulates.
5. Brown meat on both sides.
6. Do not overcook. Season.

PANFRYING
1. Season meat and dredge with flour or corn meal if desired.
2. Brown quickly on each side in a small amount of fat.
3. Do not cover.
4. Cook at moderate temperature until done, turning occasionally.
5. Drain and serve at once.

BRAISING
1. Brown meat on all sides in hot fat in heavy utensil.
2. Season with salt and pepper.
3. Add small amount of liquid, if necessary.
4. Cover tightly.
5. Cook at simmering temperature until tender.

COOKING IN LIQUID
(Large Cuts and Stews)
1. Brown meat on all sides in lard, if desired.
2. Season with salt and pepper.
3. Cover meat with water and cover tightly.
4. Cook slowly, below boiling point, until tender.
5. If vegetables are added put in just long enough before serving to be cooked.