Your New.....

MEAT

COOK BOOK

Compliments

NATIONAL LIVE STOCK

AND

MEAT BOARD
Your New MEAT COOK BOOK

A fine selection of modern and practical recipes for beef, veal, pork, lamb, variety meats, left-over meats, sausages, pastries, etc.

Valuable Information About Meat

Meat Cuts and Their Cooking Methods

Attractive Menu Ideas

NATIONAL LIVE STOCK AND MEAT BOARD
Home Economics Department
Headquarters: 407 South Dearborn Street, Chicago 5, Illinois
1947-48
facts about MEAT worth knowing

The delicious flavor and aroma of meat combined with its “stick to the ribs” quality make it the food around which meals are planned. . . . The many kinds and cuts of meat available provide the homemaker with a wide variety of dishes for family meals. . . . All meat cuts, when properly prepared, are tender and flavorful. . . . Price does not determine the food value of meat. . . . The fat and lean of less-demanded cuts are just as rich in protein, minerals, vitamins and energy as the fat and lean of the more popular ones. . . .

CARE AND STORAGE

Fresh meat should be loosely covered and stored in the coldest part of the refrigerator. . . . Cooked meat when stored should be closely covered and placed in the refrigerator. . . . Smoked meat should be tightly wrapped and stored in the refrigerator. . . . Frozen meat should not be refrozen after defrosting. . . . Frozen meat may be defrosted at room temperature, in the refrigerator or during cooking. . . . Fresh meat should never be washed, but may be wiped with a damp cloth before cooking, if desired. . . .

COOKING

All meat should be cooked at low temperature. . . . All meat is tender if cooked by the right method. . . . Meat should never be boiled, just simmered. . . . Meat should never be seared as searing does not hold in juices but actually increases the cooking losses. . . . Overcooking meat increases the cooking losses and gives a less attractive, less palatable product. . . . Frozen meat does not need to be defrosted before cooking. . . . Steaks or chops are salted after browning. . . . Roasts may be salted before, during or after cooking. . . . Beef may be cooked rare, medium or well done. . . . Pork must always be cooked well done. . . . Lamb and veal should be cooked well done. . . .

CARVING AND SERVING

Meat should be carved across the grain. . . . Roasts carve more easily if allowed to “set” a few minutes after they come from the oven. . . . Lamb should be served hot or cold but never lukewarm. . . . To be at their best, all steaks and chops should be served piping hot, as they come from the range. . . .

NUTRITIVE VALUE

Meat supplies an abundance of high quality protein which promotes growth and maintains and repairs body tissue. . . . It is rich in minerals needed to keep the body in good working order. . . . It is one of the best sources of the B vitamins so essential for health. . . . All meat is easily digested. . . .
Spanish Pot-Roast

BRAISE

3 to 4-pound arm or blade pot-roast
3 tablespoons lard or drippings

1/4 pound salt pork
2 cups tomatoes

1 small bottle stuffed olives
2 teaspoons salt

1 large onion, sliced
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 onion, tomatoes and seasonings. Cover and simmer until tender, allowing 3 to 4 hours for cooking. Thicken liquid for gravy. 6 to 8 servings.
**Mother's Pot-Roasts**

**BRAISE**

3 to 4-pound arm or blade pot-roast, cut into 6 servings  
3 tablespoons lard or drippings  
Salt  
Pepper  
1/2 cup water  

6 medium potatoes, cut in half  
6 medium onions  
6 medium carrots, sliced  
1 cup tomato puree  
1 small head cabbage, cut into 6 wedges  

Brown the pot-roasts slowly in hot lard or drippings. Season. Add water. Cover and simmer about 3 hours or until tender. When meat has cooked 2 1/2 hours, add potatoes, onions, carrots and tomato puree. Cook 20 minutes and add cabbage. Cook 15 minutes longer or until meat and vegetables are done. 6 servings.

**Barbecued Beef Toastwiches**

**BRAISE**

1 pound ground beef  
1 medium onion, chopped  
3 tablespoons lard or drippings  
1 tablespoon flour  

1/4 cup hot water  
1 1/2 tablespoons prepared mustard  
3/4 cup chili sauce  
6 buns, split and toasted  

Brown ground beef and onion in hot lard or drippings in frying-pan. Stir in flour. Add hot water; cook 5 minutes, stirring constantly. Add mustard and chili sauce, and simmer 15 minutes. Serve on toasted buns. 6 servings.

**Deviled Steak**

**BRAISE**

Arm steak, cut 1 inch thick  
1/4 cup flour  
2 tablespoons lard or drippings  
1 large onion, sliced  
1 teaspoon dry mustard  

1/8 teaspoon paprika  
1 teaspoon salt  
1/8 teaspoon pepper  
3 tablespoons vinegar  
1 cup hot water  

Cut steak into individual servings. Dredge steak with flour and brown on both sides in hot lard or drippings in frying-pan. Put sliced onion over meat. Add seasonings, vinegar and water. Cover and cook in a slow oven (300°F.) for about 1 hour or until tender. Thicken the remaining liquid for gravy. 6 servings.
Beef and Corn Casserole

BAKE

1 pound ground beef
2 eggs
1/4 cup milk
1 cup soft bread crumbs
1 1/2 teaspoons salt
1 No. 2 can cream-style corn
2 teaspoons prepared mustard
1/4 cup finely chopped onion

Beat the eggs. Stir in the milk and crumbs. Add the remaining ingredients and mix thoroughly. Turn into a well-greased casserole and bake in a slow oven (300°F) for 1 hour. 4 to 6 servings.

Short Ribs With Vegetables

BRAISE

2 pounds beef short ribs
1/4 cup flour
3 tablespoons lard or drippings
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup water
1/4 cup diced onion
1 cup diced carrots
1 cup diced potatoes
6 stalks celery, cut in 1-inch pieces

Dredge short ribs with flour and brown in hot lard or drippings. Season. Add water; cover and simmer 1 hour, or until meat is nearly tender. Add vegetables and cook until tender. Place meat on hot platter. Remove excess fat from the liquid and vegetables. Make a flour paste and thicken liquid for gravy. 6 servings.

Shepherd's Pie

BRAISE

1 1/2 pounds beef for stew
1/4 cup flour
3 tablespoons lard or drippings
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 cup water
2 cups mashed potatoes

Dredge the meat with flour and brown on all sides in hot lard or drippings. Season. Place in casserole. Add water, cover and cook in a slow oven (300°F.) for 1 hour. Remove cover, continue cooking 30 minutes. Tube mashed potatoes around edge of casserole. Place in hot oven (425°F.) about 15 minutes or until potatoes are brown. 4 to 6 servings.
Beef Brisket—Onion Sauce  
**COOK IN LIQUID**

<table>
<thead>
<tr>
<th>4 pounds brisket</th>
<th>6 peppercorns</th>
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</thead>
<tbody>
<tr>
<td>Water to cover</td>
<td>6 whole cloves</td>
</tr>
<tr>
<td>1 carrot, diced</td>
<td>1 egg, slightly beaten</td>
</tr>
<tr>
<td>½ cup diced celery</td>
<td>½ cup dry bread crumbs</td>
</tr>
<tr>
<td>2 teaspoons salt</td>
<td>Onion Sauce</td>
</tr>
</tbody>
</table>

Cover meat with water. Add vegetables and seasonings. Simmer about 3 to 4 hours, or until tender. Remove from broth and place in shallow baking dish. Spread beaten egg over meat. Sprinkle with crumbs and brown in modern oven (350° F.). Serve with hot onion sauce. 10 to 12 servings.

**Onion Sauce**

<table>
<thead>
<tr>
<th>2 tablespoons sugar</th>
<th>1 cup meat broth</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon lard</td>
<td>1 teaspoon vinegar</td>
</tr>
<tr>
<td>2 medium onions, sliced</td>
<td>½ teaspoon salt</td>
</tr>
<tr>
<td>1 tablespoon flour</td>
<td></td>
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</tbody>
</table>


Beef Tongue In Tomato Sauce  
**COOK IN LIQUID**

<table>
<thead>
<tr>
<th>1 beef tongue</th>
<th>½ cup vinegar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water to cover</td>
<td>1 teaspoon butter or margarine</td>
</tr>
<tr>
<td>2 teaspoons salt</td>
<td>1 teaspoon sugar</td>
</tr>
<tr>
<td>1 cup tomatoes</td>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>1 tablespoon minced onion</td>
<td>½ teaspoon black pepper</td>
</tr>
<tr>
<td>1 teaspoon cinnamon</td>
<td></td>
</tr>
</tbody>
</table>

Cover tongue with water and add salt. Cover and simmer until tender, allowing about 1 hour per pound. Remove skin from tongue. Return to cooking liquid and cool for 1 hour. Remove from liquid and place in a casserole. Combine tomatoes, onion, vinegar, butter or margarine, sugar, salt, pepper and cinnamon. Pour over tongue. Cover and cook in a slow oven (300° F.) or simmer on top of range about 1 hour. 8 to 10 servings.

**LUNCHEON MENU**

- Individual Liver Loaves
- Bacon Curls (P. 10)
- Fried Potatoes
- Buttered Asparagus
- Head Lettuce Salad
- Cornbread
- Peach Custard
- Milk
- Butter
- Coffee
Cubed Steaks

PAN-FRY

4 cubed steaks  Salt
Flour, if desired  Pepper
Lard or drippings for frying

Dredge steaks with flour. Brown on both sides in hot lard or drippings. Season and fry at moderate temperature until done, turning occasionally. Allow 4 to 6 minutes for cooking. 4 servings.

Ranchburgers

BROIL

1 pound ground beef  ¼ cup milk
1 teaspoon salt 6 buns
½ teaspoon pepper Lettuce
¼ cup grated onion Tomatoes

Combine meat, seasonings, grated onion and milk thoroughly. Split buns and spread each half with meat mixture, spreading well to edge. Arrange buns on broiler rack. Insert broiler pan and rack so the meat is 2 to 3 inches from heat. Broil 10 minutes. Serve with lettuce and tomato slices. 6 servings.

Meal-In-One Soup

COOK IN LIQUID

½ pound beef for stew  ½ teaspoon pepper
1 pound beef bones  ½ cup rice
Water to cover 1 medium potato, diced
2 teaspoons salt 3 medium carrots, diced
2 medium onions, chopped ¼ cup minced parsley
1 bay leaf 1 No. 2 can or 2 cups tomatoes
1 cup chopped celery and leaves Water

Cover meat and bones with cold water. Add salt, onion, bay leaf, celery and pepper. Simmer for 2 to 3 hours. Add rice, potatoes and carrots and continue cooking for about 1 hour. Remove bones. Add the parsley, tomatoes and enough water to make 1 gallon of soup. Continue cooking for 15 to 20 minutes. Adjust seasoning, if necessary. 8 servings.

LUNCHEON MENU
Creamed Dried Beef
Curried Rice (P. 9)
Green Beans Relishes
French Bread Butter
Baked Apple Tea
Coffee
**Club Steak**  
**PANBROIL**

Club steak, cut 1/2 to 3/4 inch thick  
Salt  
Pepper  

Place steak in frying-pan. Brown on both sides. Season. Reduce heat, cook slowly until done, turning occasionally. Pour off fat as it collects in pan. Allow 4 to 6 minutes for rare, 8 to 10 minutes for medium-done steak. 1 to 2 servings.

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**Tasty Beef Patties**  
**PAN-FRY**

1 pound ground beef  
1 teaspoon salt  
1/2 cup milk  
1/4 teaspoon pepper  
2 slices bread, toasted  
1 small onion, grated  
Lard or drippings for frying  

Pour milk over toasted bread. Combine meat, toast, salt, pepper and onion. Mix well. Shape into 6 patties. Brown meat on both sides in hot lard or drippings. Cook at moderate temperature until done, turning occasionally. Allow 8 to 10 minutes for cooking. 4 to 6 servings.

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**Standing Ribs of Beef**  
**ROAST**

2 to 3-rib standing rib roast  
Salt  
Pepper  

Have the market man remove the chine bone to make carving easier. Season. Place fat side up on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part. Be careful that the thermometer does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300°F) to the desired degree of doneness. Allow 18 to 20 minutes per pound for cooking a rare roast, 22 to 25 minutes per pound for a medium, and 27 to 30 minutes per pound for a well-done roast.
Creamed Dried Beef—Curried Rice

**PAN-FRY**

1/2 pound dried beef  
1/4 cup butter or margarine  
6 tablespoons flour  
3 cups milk

**Curried Rice**

Shred beef. Melt butter or margarine and add beef, stirring and cooking until browned and crisp. Add flour, mix well and add milk gradually, stirring constantly until thickened. Boil 3 minutes. Serve in a ring of or over curried rice. 6 servings.

**Curried Rice**

1 1/2 cups rice  
1 tablespoon curry powder  
1 tablespoon salt  
3 quarts boiling water

Wash rice. Drain. Add curry powder and salt to boiling water. Add rice and boil rapidly 15 to 25 minutes. Turn into sieve and rinse with hot water.

To make a rice ring, add 1/4 cup melted butter to cooked rice and pack in a well-greased 8-inch ring mold. Let stand a few minutes. Unmold the ring onto a large platter and fill with cream dried beef. 6 servings.

**Porterhouse Steak**

**BROIL**

Porterhouse steak, cut 1 to 2 inches thick  
Salt  
Pepper

Set regulator to broil. Place steak on broiler rack. Insert broiler pan and rack so the top of 1-inch steak is 2 inches from the heat and 2-inch steak is 3 inches from the heat. When one side is browned, season, turn and finish cooking on the second side. Season. Steaks cut 1 inch thick require 18 to 20 minutes for rare steak and 20 to 25 minutes for medium-done steak. Steaks cut 2 inches thick require 30 to 35 minutes for rare steak and 35 to 45 minutes for medium-done steak. 1 to 2 servings from a 1-inch steak; 2 to 4 servings from a 2-inch steak.
Sirloin Steak
BROIL

Sirloin steak, cut 1 to 2 inches thick
Salt
Pepper

Set regulator to broil. Place steak on broiler rack. Insert broiler pan and rack so the top of 1-inch steak is 2 inches from the heat and 2-inch steak is 3 inches from the heat. When one side is browned, season, turn and finish cooking on the second side. Season. Steaks cut 1 inch thick require 18 to 20 minutes for rare steak and 20 to 25 minutes for medium-done steak. Steaks cut 2 inches thick require 30 to 35 minutes for rare steak and 40 to 45 minutes for medium-done steak. 3 to 6 servings from a 1-inch steak; 6 to 12 servings from a 2-inch steak.

Individual Liver Loaves—Bacon Curls
BAKE

1½ pounds sliced liver
1 tablespoon lard or drippings
10 slices bacon
1 medium onion
2 eggs
1 teaspoon salt
½ teaspoon pepper
½ teaspoon marjoram
1 cup cracker crumbs
1½ cups liquid
½ cup catchup

Cook liver in hot lard or drippings until lightly browned on each side, about 5 minutes. Grind liver with 2 slices bacon and onion. Add all other ingredients except catchup and remaining bacon. Tomato juice, milk or bouillon may be used for the liquid. Mix thoroughly. Grease 6 large or 8 medium molds or muffin cups. Add 1 tablespoon catchup to each mold and pack meat mixture over catchup. Bake in a slow oven (300°F.) 45 minutes to 1 hour. Serve with cooked bacon. 6 servings.
Veal Shoulder Roll

3 to 4-pound veal shoulder roll
Salt
Pepper
4 to 6 slices bacon, if desired

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. Place bacon slices on 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.
Veal Breast—Rice Stuffing
ROAST

3 to 5-pound veal breast
Salt
Pepper
4 slices bacon, if desired

Rice Stuffing

Have a pocket cut from the end of a veal breast. Fill pocket with rice stuffing and sew or skewer edges together. Place on rack in open roasting pan. Season. Place bacon slices over meat. Roast in a slow oven (300°F) until done, allowing about 2 hours. 6 to 10 servings.

Rice Stuffing

2 tablespoons grated onion
2 tablespoons lard or drippings
3/4 cup rice
2 cups stock or water

1 1/2 teaspoons salt
1 teaspoon poultry seasoning
1 egg, slightly beaten
1 small can mushroom pieces

Brown onion in hot lard or 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, add egg and mushrooms.

Veal Heel of Round—Dumplings
BRAISE

2 to 3-pound veal heel of round
3 tablespoons lard or drippings
1 cup water

2 cups sifted flour
1/2 teaspoon salt
4 teaspoons baking powder
2 teaspoons lard
3/4 cup milk

Brown meat slowly in hot lard or drippings. Season. Add water. Cover and cook over low heat or in a slow oven (300°F) for 1 1/2 to 2 hours, or until tender.

Sift flour, salt and baking powder together. Cut in lard, and add enough milk to make a soft dough. Drop by spoonfuls on top of meat about 15 minutes before it is done. Steam for 15 minutes without removing cover. Remove meat and dumplings to hot platter; thicken the remaining liquid for gravy. 6 to 8 servings.
Veal Hearts and Noodles

BRAISE

3 veal hearts
1/4 cup flour
3 tablespoons lard or drippings
8 small onions
1 8-ounce package noodles
2 to 3 cups hot cooked peas

Cut hearts in half. Remove hard parts and wash well. Dredge with flour and brown in hot lard or drippings. Add onions, water and seasonings. Cover and simmer 2 hours or until tender. Cook noodles in boiling salted water. Drain, season and place on chop plate. Arrange meat on noodles and pour liquid remaining in pan over all. Serve onions and peas over hearts and noodles. 6 servings.

Veal Chops

PAN-FRY

4 veal loin or rib chops, cut 3/4 inch thick
1/4 cup flour
Salt
Pepper
Lard or drippings for frying

Dredge chops with flour. Brown on both sides in hot lard or drippings. Cook at moderate temperature until done, turning occasionally. Season. Allow 30 to 40 minutes for cooking. 4 servings.

Brains Scrambled With Eggs

PAN-FRY

1 pound brains
1 quart water
1 teaspoon salt
1 tablespoon vinegar or lemon juice
6 eggs
1/2 cup milk
3/4 teaspoon salt
1/4 teaspoon pepper
3 tablespoons ham or bacon drippings

Wash brains. Add water, 1 teaspoon salt and vinegar or lemon juice. Simmer 20 minutes. Drain and remove outer membrane. Beat eggs; add milk, salt and pepper. Brown brains in drippings. Add egg mixture and cook slowly, stirring constantly. Serve immediately. 6 servings.

DINNER MENU

Grapefruit Halves
Roast Veal Shoulder Roll (P. 11)
Baked Stuffed Potatoes
Creamed Whole Onions
Spiced Beet Salad
Bran Muffins
Butter
Pineapple Sujdaj Butter
Coffee
Breaded Sweetbreads

**PAN-FRY**

- ½ pound sweetbreads
- 1 quart water
- 1 teaspoon salt
- 1 tablespoon vinegar or lemon juice
- 1 egg, beaten
- 2 tablespoons water
- ½ cup fine bread crumbs
- Salt
- Pepper
- Lard or drippings for frying

Wash sweetbreads. Add water, 1 teaspoon salt and vinegar or lemon juice. Simmer 20 minutes. Drain and remove outer membrane. Dip sweetbreads in egg diluted with 2 tablespoons water. Roll in bread crumbs. Brown in hot lard or drippings. Season with salt and pepper. 4 servings.

Veal Fricassee

**BRAISE**

- 2 pounds boneless veal shoul-der, cut in 1½-inch cubes
- 4 medium carrots, cut in half
- 3 tablespoons lard or drippings
- ½ teaspoon paprika
- 1 small can mushrooms
- 1 cup cooked peas
- ½ teaspoon pepper
- 3 tablespoons flour
- 1⅔ cups water
- ⅔ cup meat broth or milk
- ¼ cup chopped pimiento
- ⅛ teaspoon paprika
- 1 tablespoon salt

Brown meat in hot lard or drippings. Season. Add water, cover and cook slowly for 30 minutes. Add carrots; cover and cook 30 minutes. Add paprika, mushrooms and cooked peas. Cook 15 minutes or until meat and vegetables are done. Remove meat and vegetables to hot platter; thicken remaining liquid for gravy. 6 to 8 servings.

Veal Loaf

**ROAST**

- 2 pounds ground veal
- 1 pound ground pork
- 1 cup cooked rice
- 4 eggs, well beaten
- 3/4 cup meat broth or milk
- ¼ cup chopped pimiento
- ½ teaspoon paprika
- 1 tablespoon salt

Combine ingredients thoroughly. Pack into a greased loaf pan 5 x 9 inches. Bake in a moderate oven (350° F.) for 1 ½ hours. 10 to 12 servings.
**Half Ham Roast**

5 to 8-pound shank or butt
half of ham
1 cup brown sugar

1 tablespoon flour
1 teaspoon dry mustard
1/4 cup vinegar

Place the half ham fat side up on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part. Be careful that the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) until thermometer registers 150° F. Allow 20 to 25 minutes per pound. About 1 hour before ham is done, combine brown sugar, flour, mustard and vinegar and spread on ham. 10 to 16 servings.
Ham Hock Dinner

COOK IN LIQUID

2 pounds smoked ham hocks
Water to cover
4 medium carrots
4 medium onions

Cover ham hocks with water. Cover and simmer 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.

Hawaiian Pork

BRAISE

1 pound boneless lean pork, cut in 1-inch cubes
1 egg
2 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon pepper
3 tablespoons lard or drippings

3 green peppers
1/2 cup pineapple chunks
2 1/2 tablespoons cornstarch
2 1/2 tablespoons soy sauce
1/4 cup sugar
1/4 cup vinegar
1/2 cup pineapple juice

Chinese noodles or cooked rice

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.
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 Muffins

BAKE

1 pound ground smoked ham  2 cups cooked macaroni and cheese
½ pound ground lean pork  1 egg

Combine all ingredients thoroughly, cutting macaroni into small pieces. Grease 12 small or 8 medium muffin cups. Fill cups with meat mixture. Bake in a moderate oven (350° F.) for 45 minutes. 6 to 8 servings.

Pork Loin—Peach Fritters

ROAST

3 to 5-pound pork loin roast  Pepper
Salt  Peach Fritters
(See recipe p. 39)

Have backbone removed from pork loin. Season. Place fat side up on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part. Be careful that the thermometer does not rest in fat or on bone. Do not add water. Do not cover. Roast in a moderate oven (350° F.) until the meat thermometer registers 185° F. Allow about 30 minutes per pound for roasting. Serve peach fritters as an accompaniment. 6 to 10 servings.
YOUR CATALOGUE OF MEAT CUTS

CUTS TO ROAST

BEEF
Ribs
Rump
(high quality)
Loaf

VEAL
Leg
Loin
Rack
Shoulder
Loaf

PORK—fresh
Loin

CUTS TO BROIL

BEEF
Steaks
Rib
Club
Tenderloin
(filet mignon)
T-Bone
Porterhouse
Sirloin
Top Round
Patties

VEAL
Liver

PORK—smoked
Ham Slice

CUTS TO PAN-BROIL

BEEF
Steaks
Rib
Club
Tenderloin
(filet mignon)
T-Bone
Porterhouse
Sirloin
Top Round
Patties

VEAL
Liver

PORK—smoked
Ham Slice

HOW TO ROAST
1. Season with salt and pepper.
2. Place meat fat side up on rack in open roasting pan.
3. Insert meat thermometer.
4. Do not add water. Do not cover. Do not baste.
5. Roast in slow oven—300° F.-350° F.
6. Roast to desired degree of doneness.

HOW TO BROIL
1. Set 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, pepper.
5. Turn meat and cook until done.
6. Season and serve at once.

HOW TO PAN-BROIL
1. Place meat in heavy frying-pan.
2. Do not add fat or water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour fat from pan as it accumulates.
5. Brown meat on both sides.
Rule 1. Always Cook Meat at Low Temperature

**AND METHODS OF MEAT COOKERY**

**HOW TO PANFRY**
1. Brown meat on both sides in small amount of fat.
2. Season with salt and pepper.
3. Do not cover.
4. Cook at moderate temperature until done, turning occasionally.
5. Remove from pan and serve at once.

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

**HOW TO COOK IN LIQUID** *(Large Cuts and Stews)*
1. Brown meat on all sides in own fat or lard, when desirable.
2. Season with salt and pepper.
3. Cover with liquid, cover kettle, cook below boiling point until tender.
4. Add vegetables just long enough before serving to be cooked.

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**CUTS TO PANFRY**
- BEEF
  - Steaks suitable for broiling but cut thin
  - Patties
- VEAL
  - Chops and Cutlets
- PORK—smoked
  - Ham Slice
  - Canadian-Style Bacon
- LAMB
  - Chops
  - Patties
- LIVER
  - BRAINS
  - SWEETBREADS

**CUTS TO BRAISE**
- BEEF
  - Pot-Roasts
  - Swiss Steaks
  - Fricassee
  - Birds
  - Short Ribs
  - Round Steak
  - Stuffed Steak
  - Heart
  - Kidney
- VEAL
  - Breast
  - Birds
  - Shoulder Chops
  - Rib Chops
  - Loin Chops
  - Steaks or Cutlets
- PORK—fresh
  - Shoulder Steaks
  - Rib Chops
  - Loin Chops
  - Spareribs
  - Tenderloin, Frenched
  - Hocks
  - Heart
  - Kidney
- LAMB
  - Breast
  - Shoulder
  - Neck Slices
  - Shanks

**COOK IN LIQUID**
- BEEF
  - Neck
  - Shank
  - Heel of Round Plate
  - Brisket
  - Short Ribs
  - Chuck
  - Flank
  - Heart
  - Tongue
  - Kidney
  - Corned Beef
- VEAL
  - Shoulder
  - Flank
  - Neck
- PORK—smoked
  - Ham
  - Picnic Shoulder Butt
- LAMB
  - Neck
  - Breast
  - Shoulder
  - Flank
  - Shank
**Pork Chops—Bread Stuffing**

**BRAISE**

6 rib chops, cut 1 inch thick
Salt
Pepper

Make a pocket in each pork chop by cutting into the chop along the bone. Chops cut from this side hold the stuffing better. Make bread stuffing. Fill the pockets with stuffing. Brown chops on both sides in frying-pan. Season. Cover and cook slowly for about 45 minutes. 6 servings.

**Bread Stuffing**

2 cups toasted bread crumbs
1/4 cup finely chopped onion
1 tablespoon chopped green pepper

\( \frac{1}{4} \) teaspoon celery salt
1 egg, slightly beaten
\( \frac{1}{2} \) cup milk

Combine all ingredients. Mix lightly.

**Bacon Grill**

**BROIL**

12 slices bacon
4 cling peach halves
1 egg, slightly beaten
3 to 4 cups cold mashed potatoes

\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{8} \) teaspoon paprika
\( \frac{1}{4} \) cup flour
2 tablespoons melted fat or drippings

Place slices of bacon and peach halves on broiler rack. Whip egg into mashed potatoes; season with salt and paprika. Shape into 4 cakes, dip in flour, and place on rack with bacon and peach halves. Brush peaches and potato cakes with a little melted fat or drippings. Insert broiler pan and rack so the tops of potato cakes are about 2 inches from the heat. Broil until cakes are brown on one side. Turn all foods. Brush potato cakes and peaches again with fat; broil until bacon is done and cakes are brown. Allow about 6 minutes on each side. Arrange on hot platter. Garnish with parsley; serve immediately. 4 servings.
Pork Tenderloin
PAN-FRY

6 pieces Frenched pork tenderloin

½ cup flour

Salt
Pepper

Lard or drippings for frying

Dredge the tenderloin with flour. Brown on both sides in hot lard or drippings. Season. Cook at a moderate temperature until done, turning occasionally. Allow 35 minutes for cooking. 4 servings.

Ham Grill
BROIL

1 ham slice, cut 1 inch thick
4 cling peach halves
4 large cooked prunes

2 tablespoons melted butter or margarine

Set regulator to broil. Place ham slice on broiler rack. Insert broiler pan and rack so the top of the ham slice is 2 inches from the heat. When one side is browned, turn. Place peach halves, cut surface up, on broiler rack around ham. Brush peaches with butter or margarine. Place a prune in center of each peach. Continue broiling until ham is browned and fruit is heated through. Allow about 20 minutes. 4 servings.

Fruited Canadian-Style Bacon
PAN-BROIL

8 slices Canadian-style bacon, cut ½ inch thick

4 sliced pineapple

1 cup raisins

1 cup pineapple juice
1 cup water
6 tablespoons cornstarch
¼ teaspoon salt

Brown bacon slowly on both sides in frying-pan. Remove bacon. Brown slices of pineapple slightly in drippings. Simmer raisins and pineapple juice and water for 10 minutes. Thicken with a paste of cornstarch, salt and a small amount of water, stirring until the cornstarch is cooked. Return bacon to pan. Pour sauce over the bacon and pineapple and simmer slowly for 15 minutes. 4 servings.
Salt Pork—Cream Gravy

PAN-FRY

1 pound salt pork
½ cup corn meal

Cream Gravy

2 tablespoons lard or drippings

Slice salt pork ¼ inch thick. Dip slices of pork in corn meal and fry in hot lard or drippings until golden brown. Serve with cream gravy. 6 servings.

Cream Gravy

¼ cup flour
¼ cup salt pork drippings
2 cups milk

Add flour to hot drippings, stirring constantly. Add milk gradually, and continue cooking, stirring until thick. Boil 2 to 3 minutes.

Liver Fritters

DEEP-FAT FRY

1 pound sliced liver
1 tablespoon lard or drippings
½ cup milk
1 cup shredded bran
1 egg, well beaten
2 teaspoons baking powder
1 teaspoon salt
¾ teaspoon pepper
3 tablespoons flour
¾ cup chopped green pepper
¾ cup grated onion
Lard for deep-fat frying

Cook liver in hot lard or drippings until lightly browned on each side, about 5 minutes. Grind liver. Pour milk over shredded bran to soften, then add to liver. Add egg and dry ingredients, green pepper, and onion. Mix thoroughly and drop by spoonfuls into deep hot lard (360° F.). Cook until brown. Drain on absorbent paper. Yield: 3 dozen small fritters.
Creole Lamb Stew

2 pounds lamb neck, cut in 1-inch pieces
2 tablespoons lard or drippings
1 pound dried lima beans
2 teaspoons salt
½ teaspoon pepper
1 medium onion, chopped
Water to cover
1 cup canned or cooked tomatoes
6 stalks celery, cut in 1-inch pieces

Cover beans with water and soak over night. Brown the meat slowly in hot lard or drippings. Season. Add lamb to beans, add onion and water. Cover and cook slowly for 1 1/2 hours. Add tomatoes and celery and continue cooking for 30 minutes or until lamb is tender. Remove meat and vegetables to hot platter. Thicken the remaining liquid for gravy. 6 servings.
Leg of Lamb

ROAST

5 to 6-pound leg of lamb
Salt
Pepper

Do not have the fell removed. Season. Place skin side down on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part of the leg, being sure the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) until the meat thermometer registers 180° F. Allow 30 to 35 minutes per pound for roasting. 10 to 12 servings.

Lamb Loin Chops

BROIL

6 lamb loin chops, cut 1 to 2 inches thick
Salt
Pepper

Set regulator to broil. Place chops on broiler rack. Insert broiler pan and rack so the top of 1-inch chops is 2 inches from the heat and 2-inch chops is 3 inches from the heat. When one side is browned, season, turn and finish cooking on the second side. Season. Chops cut 1 inch thick require 10 to 12 minutes. Chops cut 2 inches thick require 20 to 22 minutes. 6 servings.

Lamb Shoulder Chops

BROIL

6 lamb shoulder chops, cut 1 to 2 inches thick
Salt
Pepper

Set regulator to broil. Place chops on broiler rack. Insert broiler pan and rack so the top of 1-inch chops is 2 inches from the heat and 2-inch chops is 3 inches from the heat. When one side is browned, season, turn and finish cooking on the second side. Season. Chops cut 1 inch thick require 10 to 12 minutes. Chops cut 2 inches thick require 20 to 22 minutes. 6 to 12 servings.
Lamb Choplets
BROIL

4 lamb choplets, cut 1 inch thick

Salt
Pepper

Set regulator to broil. Place choplets on broiler rack. Insert broiler pan and rack so the top of meat is 2 inches from the heat. When one side is browned, season, turn and finish cooking on the second side. Season. Choplets cut 1 inch thick require 16 to 18 minutes. 4 servings.

Barbecued Lamb Shanks
BRAISE

4 lamb shanks
$\frac{1}{4}$ cup flour
2 tablespoons lard or drippings
2 teaspoons salt
$\frac{1}{4}$ teaspoon pepper
1 cup water
$\frac{1}{2}$ cup vinegar
2 tablespoons Worcestershire sauce
4 tablespoons catchup
1 medium onion, chopped
2 tablespoons brown sugar
$\frac{1}{2}$ cup raisins
8 prunes

Dredge lamb shanks with flour and brown in hot lard or drippings in frying-pan. Season. Combine remaining ingredients and pour over meat. Cover and cook in a slow oven (300° F.) for 2 hours or until tender. Remove to platter and serve with the sauce over meat. 4 servings.

Lamb Rib Chops
BROIL

6 lamb rib chops, cut 1 to 2 inches thick

Salt
Pepper

Set regulator to broil. Place chops on broiler rack. Insert broiler pan and rack so the top of 1-inch chops is 2 inches from the heat and 2-inch chops is 3 inches from the heat. When one side is browned, season, turn and finish cooking on the second side. Season. Chops cut 1 inch thick require 10 to 12 minutes. Chops cut 2 inches thick require 20 to 22 minutes. 3 to 6 servings.
Lamb Cushion Shoulder—Orange Stuffing

ROAST

1 cushion-style lamb shoulder
Salt
Pepper
Orange Stuffing

Season the shoulder, outside and inside, with salt and pepper. Make the orange stuffing. Fill the pocket in the roast with the stuffing. Sew or skewer edges together. Place roast, fat side up, on rack in open roasting pan. Do not add water. Do not cover. Roast in a slow oven (300° F.) until done, allowing about 40 minutes per pound for roasting. 8 to 10 servings.

Orange Stuffing

3 cups dry bread crumbs
1 tablespoon grated orange rind
½ cup seedless raisins
2 tablespoons sugar
1 cup unstrained orange juice
¼ cup melted butter or margarine
¼ cup chopped mint, if desired

Combine bread crumbs, orange rind, raisins and sugar. Add remaining ingredients and mix lightly.

Barbecued Lamb Shoulder Chops

BRAISE

6 lamb shoulder chops, cut 1 inch thick
1 cup flour
½ cup lard or drippings
1 teaspoon salt
½ teaspoon pepper
2 tablespoons flour
2 tablespoons prepared mustard
¼ cup chopped onion
½ teaspoon cloves
2 tablespoons Worcestershire sauce
1 cup catchup
1 cup juice from spiced peaches or apples, bread-and-butter or sweet pickles

Dredge chops with flour. Brown in hot lard or drippings in frying-pan. Pour off excess fat. Season. Add 2 tablespoons flour to mustard and make paste. Add remaining ingredients. Blend well and pour over chops. Cover and simmer slowly for 1 hour. 6 servings.
Italian Veal Salad

2 cups cooked veal, cut in
1/2-inch pieces
1 cup finely cut water cress
1 small onion, sliced
3/8 cup diced celery

Sprigs of parsley
1/2 teaspoon salt
3 tablespoons vinegar
1 tablespoon salad or olive oil
Water cress

2 tomatoes cut in wedges

Chill ingredients. Toss the veal, water cress, onion, celery and parsley together in a large salad bowl. Combine salt, vinegar and salad or olive oil and pour over salad. Toss lightly until dressing is mixed with other ingredients. Garnish with water cress and tomatoes. 6 servings.
Square Meal Salad

- 2 cups minced left-over beef
- 3/4 cup chili sauce
- 1/3 cup vinegar
- 1/2 teaspoon tobasco sauce
- 1 cup diced cooked potatoes
- 1/2 cup sliced cooked beets
- 1/2 cup cooked string beans, cut lengthwise
- 1/2 cup sliced radishes
- 1 cup chopped water cress
- 2 tablespoons finely chopped onion
- Salt

Mix chili sauce, vinegar and tobasco sauce for salad dressing. Chill remaining ingredients. Combine beef, potatoes, beets, string beans, radishes, water cress, onion and salt. Add dressing and toss just before serving. 6 to 8 servings.

Oven Meat Croquettes

- 2 cups ground cooked meat
- 1 cup grated carrots
- 1 cup soft bread crumbs
- 1/4 cup grated onion
- 1 egg, well beaten
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup melted lard or drippings
- Dry bread crumbs

Combine all ingredients except dry bread crumbs and drippings. Mix well. Shape into 6 croquettes. Roll in melted lard or drippings and then in crumbs. Place on a cookie sheet and bake in a moderate oven (350° F.) for 40 minutes. 6 servings.

Corned Beef Mold

- 2 cups chopped cooked corned beef
- 1 1/2 tablespoons gelatine
- 1/3 cup cold water
- 2 bouillon cubes
- 2 cups boiling water
- 1/4 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1 cup diced celery
- 1/2 cup cooked peas
- 1/2 cup diced pickled beets
- 1/2 cup sliced radishes

Soften gelatin in cold water. Dissolve bouillon cubes in boiling water. Add gelatin and stir until dissolved. Add seasonings. Chill until slightly congealed. Add celery, peas, beets, radishes and corned beef. Pour into 8-inch ring mold and chill. 8 servings.
**Veal Salad Supreme**

- 2 cups diced cooked veal
- 1 cup French dressing
- 1 cup diced celery
- ½ cup diced pineapple
- 1/2 cup cooked peas
- 1 pimiento, finely diced
- 1/2 cup pecans
- 2 tablespoons mayonnaise

Lettuce

Marinate the veal in French dressing for 30 minutes. Drain off excess dressing. Chill. Mix veal lightly with remaining ingredients. Serve on lettuce leaves or in lettuce cups. 4 servings.

**Ham Sandwich Spread**

- ½ pound cooked ham
- ¼ cup chopped pimiento
- ½ cup chopped celery
- 6 tablespoons mayonnaise
- 1 green pepper

Put ham, pimiento and green pepper through food chopper. Add celery and mix with mayonnaise. Yield: 2 cups sandwich filling.

**Lamb Terrapin**

- 2 cups cold diced lamb
- 2 tablespoons butter or margarine
- 1 tablespoon flour
- 1 teaspoon dry mustard
- 1 cup stock or water
- ½ cup cream
- 1 tablespoon Worcestershire sauce
- 2 hard-cooked eggs

Melt butter or margarine and add flour and mustard. Add stock or water, cream and Worcestershire sauce. Bring to boiling point, stirring constantly, and cook for 5 minutes. Separate the cooked egg yolks and whites. Put yolks through a sieve and finely chop the whites. Add the diced lamb and sieved egg yolks to the cream sauce. Heat and add chopped egg whites to mixture. Serve hot on toast. 4 to 6 servings.

**DINNER MENU**

Lamb Cushion Shoulder
Orange Stuffing (P. 26)
Cauliflower
Buttered Green Beans
Mint Gelatin Salad
Assorted Breads Butter
Cocoanut Cream Pie
Tea Coffee
Meat Luncheon Special

6 slices left-over meat, cut

$\frac{3}{4}$ inch thick

1 tablespoon prepared mustard

Lard or drippings for frying

3 tablespoons flour

1 egg, slightly beaten

1 tablespoon vinegar

Cut slices into 2-inch squares. Combine mustard, flour, egg and vinegar. Dip meat in batter. Brown in hot lard or drippings. 6 servings.

Corned Beef Hash

2 cups chopped cooked corned beef

Salt

Pepper

2 cups diced cooked potato

$\frac{3}{4}$ cup stock or milk to moisten

3 tablespoons chopped onion

3 tablespoons lard or drippings

Combine corned beef, potatoes and enough chopped onion to suit taste. Season and moisten with stock or milk. Put small amount of fat in frying-pan and heat. Spread corned beef mixture evenly over pan. Cook slowly over low heat until well browned on underside. Fold over like an omelet and serve hot with chili sauce, if desired. 4 to 6 servings.

Veal Almond

2 cups cubed cooked veal

$\frac{1}{2}$ cup crushed pineapple

2 tablespoons butter or margarine

$\frac{1}{2}$ cup pineapple juice

$\frac{3}{4}$ tablespoons cornstarch

2 cups meat stock

$\frac{1}{2}$ cup slivered toasted almonds

$\frac{1}{2}$ cup sliced celery

$\frac{1}{2}$ teaspoons salt

Brown pineapple slowly in butter or margarine for 5 minutes. Mix pineapple juice and cornstarch. Combine meat stock and cornstarch mixture. Cook over low heat, stirring constantly until thickened. Boil 2 minutes. Add cubed veal, almonds, celery and salt. Let heat through. Serve with chow mein noodles, if desired. 6 to 8 servings.
Link and Hominy Omelet

1 pound sausage links
2 tablespoons water
1 No. 2½ can hominy, drained

1 teaspoon salt
1/8 teaspoon pepper
3 eggs
6 tablespoons milk

Place sausage links in frying-pan. Add water, cover and simmer 10 minutes. Remove cover and cook until links are browned. Remove from frying-pan. Pour off all but 1/4 cup sausage drippings. Add hominy and seasonings and heat thoroughly. Beat eggs, add milk, and beat until blended. Add to hominy. Cook slowly until the eggs are set. Turn onto a chop plate and arrange sausage links over the top.

6 servings.
Grilled Frankfurters, Cheese and Bacon

8 frankfurters  8 thin strips American cheese  8 slices bacon

Cut frankfurters in half lengthwise. Arrange on broiler rack. Place a strip of cheese and 1 slice bacon on each frankfurter. Insert broiler pan and rack so the bacon is 2 inches from the heat. Broil until bacon is lightly browned and cheese is melted. 4 servings.

Liverwurst and Celery Sandwich Filling

\( \frac{1}{4} \) pound liverwurst  2 tablespoons chopped green olives
3 tablespoons softened butter  or margarine  2 tablespoons mayonnaise
1 cup finely chopped celery


Pork Sausage and Corn Casserole

1 pound pork sausage  \( \frac{1}{4} \) cup chopped green pepper
2 tablespoons flour  1 cup cracker crumbs
2 tablespoons sausage drippings  2 cups whole kernel corn
1 cup milk  1 tablespoon butter or
\( \frac{1}{4} \) teaspoon salt  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 \( \frac{1}{2} \) 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.
Liverwurst Salad

- 1/4 pound liverwurst
- 3 tablespoons finely chopped onion
- 3/4 cup finely chopped green pepper
- 3/4 cup sliced carrots
- 1 cup diced celery
- 1 small head lettuce, chopped
- 1/4 cup salad oil
- 1/2 cup vinegar
- 1/2 cup chili sauce
- 1/2 teaspoon salt
- 1 tablespoon prepared horseradish
- 1 cup diced celery
- 1/8 teaspoon salt

Cut liverwurst in thin strips. Mix salad oil, vinegar, chili sauce, horseradish and salt. Chill remaining ingredients. Add the salad dressing to the liverwurst and vegetables and toss just before serving. 6 servings.

Frankfurter Salad Bowl

- 1 1/2 cups sliced frankfurters
- 3/4 cup French dressing
- 1 No. 2 can kidney beans
- 3/4 cup sliced sour pickles
- 1/2 large onion, sliced
- 1 head lettuce

Drain kidney beans. Add the frankfurters, pickles, and 1/2 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.

Sausage With Sweet Potato Blankets

Brown sausage links in frying-pan. Cook sweet potatoes in boiling salted water until tender. Drain, mash and season with butter or margarine, salt and pepper. Warm milk and add. Place sausage links in pairs in roasting pan. Cover each pair with a tablespoonful of mashed potatoes, sprinkle with buttered crumbs and bake in a moderate oven (350° F.) for about 15 minutes, or until done. 4 to 6 servings.
Rhubarb Pie

2 cups Homemade Pastry Mix
4 to 6 tablespoons cold water
1 pound rhubarb, cut in 1¼-inch pieces

1½ cups sugar
2 tablespoons flour
1 egg, slightly beaten
1 teaspoon vanilla

Add water, a little at a time, mixing quickly and evenly through flour with a fork until dough just holds in a ball. Divide the dough. Roll half of dough to about ⅛ inch in thickness. Line 8-inch pie pan, allowing ½ inch of crust to extend over the edge. Combine rhubarb and remaining ingredients. Place filling in unbaked pie shell. Roll out remaining pastry, making a design with gashes to allow for escape of steam. Place over filling. Fold lower crust over.
top crust around edge. Crimp edges. Bake in a hot oven (450° F.) for 10 minutes, reduce temperature and bake in a moderate oven (350° F.) for 30 minutes. 6 servings.

Homemade Pastry Mix

7 cups sifted flour
4 teaspoons salt

Add salt to flour. Cut lard into flour and salt with a fork or pastry blender until the crumbs are about the size of small peas. Cover closely and store in refrigerator until ready to use. This mixture will keep at least a month in the refrigerator. Yield: 8 single pie crusts.

For single pie crust, add 2 to 4 tablespoons cold water to 1 1/2 cups Homemade Pastry Mix, and for double pie crust 4 to 6 tablespoons cold water to 2 cups Homemade Pastry Mix.

Make crust as follows: Add water, a little at a time, mixing quickly and evenly through flour with a fork until dough just holds in a ball. Divide dough for 2-crust pie. Roll to about 1/8 inch in thickness. Bake according to directions in pie recipe.

Pecan Squares

1 recipe pastry
1/4 cup sugar
1 cup dark corn sirup
3 eggs

1 recipe pastry (see Pie Crust, P. 36)

Line baking pan 9x9x2 inches with pastry. Combine and cook sugar and corn sirup to soft-ball stage (228° F.). Beat the eggs well; add the hot sirup slowly, while continuing to beat. Add the melted butter or margarine, vanilla and pecans. Pour into the pastry-lined pan. Bake in hot oven (425° F.) for 30 minutes. Cut into squares. Top each square with a spoonful of whipped cream, garnished with a pecan. Yield: 25 squares.

Luncheon Menu

Oven Meat Croquettes (P. 28)
Buttered Broccoli
Escalloped Tomatoes
Cabbage-Carrot Salad
Assorted Breads
Butter
Fresh Fruit
Cookies
Tea
Milk
**Single Pie Crust**

1 cup sifted flour  
3/4 teaspoon salt  
4 to 5 tablespoons lard  
4 to 5 tablespoons cold water

Add salt to flour. Cut lard into flour until crumbs are about the size of small peas. Add cold water, a little at a time, mixing quickly and evenly through flour with a fork until dough just holds in a ball. Use as little water as possible. Roll to about 1/8 inch in thickness. Line pie pan. Bake according to directions in recipes.

**Banana Butterscotch Pie**

1 baked pie shell  
Banana Butterscotch Filling

For pie shell make single pie crust (see recipe above). Prick pastry and bake in a hot oven (450°F) 15 minutes or until lightly browned. When cool, fill with Banana Butterscotch filling.

**Banana Butterscotch Filling**

1 cup brown sugar  
2 tablespoons flour  
1 cup water  
3 egg yolks  
2 tablespoons butter or margarine  
1 teaspoon vanilla  
3 bananas  
3 egg whites  
1/4 teaspoon salt  
1/2 teaspoon vanilla  
6 tablespoons granulated sugar

Mix sugar and flour. Add water and cook until thick, stirring constantly. Cool mixture and add beaten egg yolks. Cook for 2 minutes. Add butter or margarine and vanilla. Cool. Slice bananas in pie shell and pour butterscotch filling over bananas.

Make meringue as follows: Beat egg whites until bubbly; add salt and vanilla. Continue beating until egg whites form a thick foam. Add sugar and beat until mixture stands in peaks. Spread meringue over filling, allowing no space between edge of meringue and pastry. Bake in a moderate oven (350°F) for 12 minutes. 6 servings.
Date Swirls

½ pound pitted dates, finely chopped
¼ cup sugar
⅛ cup water
¼ cup chopped walnuts
⅛ teaspoon salt

Cook together the dates, sugar and water for about 5 minutes. Remove from heat and add the nuts and salt. Cool mixture while mixing the cookie dough.

Make cookie dough as follows:

2 cups sifted flour
⅛ cup lard
½ teaspoon soda
⅛ cup brown sugar
⅛ teaspoon salt
⅛ cup granulated sugar
1 egg, well beaten

Sift together flour, soda and salt. Cream lard and sugar thoroughly; add egg. Add sifted dry ingredients. Chill the dough slightly. Roll dough into a rectangle ¼ inch thick. Spread the date mixture over the sheet of dough, roll up like a jelly roll, wrap in wax paper, and chill over night. Slice ¼ inch thick with a sharp knife, and bake in a moderate oven (375° F.) 8 to 10 minutes or until lightly browned. Yield: 5 dozen cookies.

Apple Dumplings

3 cups Homemade Biscuit Mix (See recipe p. 38)
⅝ cup milk
5 to 6 medium apples, peeled and sliced
1 teaspoon cinnamon
⅝ cup sugar
3 tablespoons butter

Add milk to Biscuit Mix to form a soft dough. Knead 30 seconds. Roll to ¼-inch thickness. Cut into 5-inch squares. Combine apples with cinnamon and sugar. Fill centers of biscuit squares with apple mixture. Dot with butter. Draw up the corners of the dough to completely cover the apples. Turn over on greased cookie sheet and prick the top surface of dumplings. Bake in a moderate oven (375° F.) for 35 to 40 minutes. Yield: 8 dumplings.

LUNCHEON MENU

Celery Soup
Corned Beef Mold (P. 28)
Potato Chips
Buttered Brussels Sprouts
Assorted Relishes
Banana Butterscotch Pie (P. 36)
Tea
Coffee
Homemade Biscuit Mix

8 cups sifted flour
\( \frac{1}{4} \) cup baking powder
4 teaspoons salt

Sift flour with the baking powder and salt. Cut in the lard until the mixture has a fine even crumb. Cover closely and store in the refrigerator until ready to use. This mixture will keep at least a month in the refrigerator. Yield: 5 batches biscuits with 2 cups of the mixture to the batch.

To make biscuits add \( \frac{1}{2} \) cup milk to 2 cups Homemade Biscuit Mix. Turn on a lightly floured surface and knead gently for 30 seconds. Pat or roll \( \frac{1}{2} \)-inch thick and cut with a medium-sized biscuit cutter, dipped in flour. Place on baking sheet and bake in a hot oven (450°F) 12 to 15 minutes. Yield: 10 to 12 biscuits.

Banana Cake

3 cups sifted cake flour
2 teaspoons soda
1 cup lard
2 cups sugar

Line bottoms of three 9-inch cake pans with wax paper. Sift together cake flour and soda. Cream lard thoroughly. Add sugar gradually and cream until light and fluffy. Add 2 tablespoons milk, then slightly beaten eggs. Add dry ingredients and remaining milk alternately, beating thoroughly after each addition. Fold mashed bananas into batter. Pour batter into cake pans. Bake in a moderately hot oven (350°F) for 25 to 30 minutes. Frost with Cream Cheese Frosting.

Cream Cheese Frosting

1 package cream cheese
3 cups powdered sugar
\( \frac{1}{4} \) cup sweet cream
\( \frac{1}{2} \) teaspoon vanilla

Cream the cheese. Add powdered sugar. Thin with cream and flavor with vanilla. Beat until of a consistency to spread.

BREAKFAST MENU

Applesauce
Link and Hominy
Omelet (P. 31)
Hot Biscuits Butter
Milk Coffee
Drop Biscuits

2 cups Homemade Biscuit Mix  \(\frac{3}{4}\) to \(\frac{3}{4}\) cup milk

(See recipe p. 38)

Add enough milk to Biscuit Mix to make a very soft dough. Drop from a spoon onto a greased baking sheet or into small muffin tins. Bake in a hot oven (450° F.) for 12 to 15 minutes. Yield: 1 dozen biscuits.

NOTE: To make Cinnamon Drop Biscuits, add 2 teaspoons cinnamon and 2 tablespoons sugar to the Biscuit Mix before adding milk.

Peach Fritters

1 cup sifted flour
\(\frac{1}{4}\) cup sugar
\(\frac{1}{2}\) teaspoon salt
2 teaspoons baking powder
1 egg, slightly beaten
\(\frac{1}{3}\) cup milk
2 tablespoons melted lard
3 peaches, cut in half

Lard for deep-fat frying


Peanut Butter Cookies

3 cups sifted flour
2 teaspoons soda
\(\frac{1}{2}\) teaspoon salt
1 cup lard

1 cup granulated sugar
1 cup brown sugar
2 eggs, well beaten
1 cup peanut butter
1 teaspoon vanilla

Sift flour, soda and salt together. Cream lard; add sugar gradually and cream until light and fluffy. Add eggs. Add peanut butter and vanilla and combine thoroughly. Add dry ingredients and blend well. When mixed, make small balls, \(\frac{3}{4}\) inch in diameter. Place on cookie sheet. Press balls flat with tines of a fork. Bake about 12 minutes in a moderately hot oven (400° F.). Yield: 4 dozen cookies.
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