with our compliments

meat recipes

with menus

National Live Stock
and Meat Board
Standing Ribs of Beef

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, being sure 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.) to the desired degree of doneness. Allow 18 to 20 minutes per pound for cooking a rare roast; 22 to 25 minutes for medium; and 27 to 30 minutes for well-done.

SUGGESTED MENU: Standing Ribs of Beef, browned potatoes, Harvard beets, mixed green salad, biscuits (p. 38), butter or margarine, apple pie, milk, coffee.

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Pork Loin Roast—Dressing Sticks

3 to 5-pound pork loin roast
Salt
Pepper
Dressing Sticks

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. 6 to 10 servings.

Dressings Sticks

4 cups soft bread crumbs
2 tablespoons finely cut parsley
3 tablespoons finely chopped onion
1 teaspoon salt
1 teaspoon celery seed
1/8 teaspoon pepper
1/2 teaspoon thyme
1/4 teaspoon paprika
1 egg slightly beaten
3 tablespoons hot water
3 tablespoons melted lard

Toss the dry ingredients together lightly. Stir in the beaten egg, hot water and melted lard. Press dressing into a shallow 5x7-inch pan and chill. Turn out on a greased cookie sheet and cut into sticks 1x3 inches. Bake in moderate oven (350° F.) 20 minutes.

SUGGESTED MENU: Pork Loin Roast—Dressing Sticks, gravy, browned potatoes, peas, tomato aspic salad, assorted breads, butter or margarine, apricot pie (p. 39), milk, coffee.

Tropical Ham Slice

1 1-inch smoked ham slice
1 teaspoon prepared mustard
1/2 cup brown sugar, firmly packed
1/2 cup drained, unsweetened, cooked dried apricots
1 No. 1 can crushed pineapple
1/4 cup liquid in which apricots were cooked
1/4 cup pineapple juice

Place ham slice in roasting pan. Spread top and sides with mustard and sprinkle with brown sugar. Force apricots through a coarse sieve. Add pineapple and liquid to apricots and mix thoroughly. Pour over ham slice and bake in a slow oven (300° F.) for 1 1/2 hours. 4 to 6 servings.

SUGGESTED MENU: Tropical Ham Slice, corn on the cob, asparagus spears, coleslaw, hot rolls, butter or margarine, apple dumplings, milk, coffee.
Lamb Shoulder—Rice Stuffing

1 cushion-style lamb shoulder  
Salt  
Pepper  
Rice Stuffing

Season the shoulder, outside and inside, with salt and pepper. Make the rice stuffing. Fill the pocket with 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 of roasting. 8 to 10 servings.

Rice Stuffing

2 tablespoons grated onion  
2 tablespoons drippings  
1 cup uncooked rice  
3 cups water or soup stock  
2 teaspoons salt  
2 teaspoons poultry seasoning  
1 small can mushrooms, if desired  
2 eggs, beaten

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; add mushrooms and beaten eggs. Mix lightly.

SUGGESTED MENU: Lamb Shoulder—Rice Stuffing, baked potatoes, lima beans, apple salad, rolls, butter or margarine, brownies, milk, coffee.

Double-Stuffed Meat Loaf

2 pounds ground beef  
1 1/2 teaspoons ground beef  
1/4 teaspoon pepper  
1 small onion, chopped  
1 tablespoon Worcestershire sauce  
1 cup dry bread crumbs  
2 beaten eggs  
1/2 cup tomato juice  
1 cup soft bread crumbs  
1/2 teaspoon salt  
1/2 teaspoon sage  
1 tablespoon grated onion  
1/4 cup melted fat or drippings  
1 cup tomato juice

Thoroughly combine meat, seasonings, onion, Worcestershire sauce, the dry bread crumbs, eggs and 1/2 cup tomato juice. Place half meat mixture in greased 4 1/2 by 8 1/2 inch loaf pan. Make bread dressing by combining soft bread crumbs, salt, sage, onion and fat; spread the dressing over meat. Top with remaining meat mixture. Pour tomato juice over loaf. Bake in slow oven (300° F.) for 1 1/2 hours. 6 to 8 servings.

SUGGESTED MENU: Double-Stuffed Meat Loaf, green beans, parsleyed potatoes, tossed salad, hard rolls, butter or margarine, Party Pineapple Cheese Pie (p. 35), coffee, milk.
Ground Beef-Olive Loaf

1 pound ground beef
12 stuffed olives, sliced
1 small onion, finely chopped
½ teaspoon salt
½ teaspoon pepper
1 cup catchup
½ cup cold water

Combine ground beef, olives, onion, salt and pepper. Shape into a round loaf and place in baking pan. Mix catchup and water. Pour catchup mixture over loaf. Bake in a slow oven (300° F.) for 45 minutes. 4 to 6 servings.

SUGGESTED MENU: Ground Beef-Olive Loaf, scalloped potatoes, green beans, coleslaw, hard rolls, butter or margarine, peach shortcake, milk, coffee.

Veal Shoulder Roll—Spiced Orange Slices

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

Spiced Orange Slices

3 large oranges
2 tablespoons sugar
2 teaspoons butter or margarine
36 whole cloves

Slice oranges ½-inch thick. Combine sugar and butter or margarine. Spread ½ teaspoon of mixture on each orange slice and stick with 3 whole cloves. Place on rack in a baking pan and bake in oven with roast for 25 to 30 minutes or until sugar is melted.

SUGGESTED MENU: Veal Shoulder Roll—Spiced Orange Slices, oven browned potatoes, spinach souffle, jellied cranberry salad, hot rolls, butter or margarine, apple strudel, milk, coffee.

Leg of Lamb—Currant Pears

5 to 6-pound leg of lamb
Salt and pepper
Currant Pears

Do not have the fell removed from the leg of lamb. 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.

**Currant Pears**

1 8-oz. glass currant jelly
1 No. 2½ can Bartlett pears
½ teaspoon almond extract, if desired

Melt jelly over low heat. Add almond extract. Add drained pears. Cook pears spooning melted jelly over them about 5 minutes or until heated through and covered with glaze. Serve pears with leg of lamb.

**Mincemeat Apples**

8 medium-sized baking apples
½ cup mincemeat
4 teaspoons butter
1 cup sugar
1 cup water

Wash and core apples. Peel skin about a third of the way down. Place in a deep baking dish. Fill the cavities with 1 tablespoon mincemeat and ½ teaspoon butter. Boil sugar and water together for 5 minutes; pour over apples in baking dish. Bake uncovered in oven 1 hour before ham is done, basting frequently with sirup. Serve apples with ham.

**SUGGESTED MENU:** Leg of Lamb—Currant Pears, mashed potatoes, asparagus, radish-spinach salad, hot rolls, butter or margarine, lime chiffon pie, milk, coffee.

**Baked Half Ham—Mincemeat Apples**

5 to 8-pound shank or butt half smoked ham
Mincemeat Apples

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 160° F. Allow 18 to 20 minutes per pound. 10 to 16 servings.

**SUGGESTED MENU:** Baked Half Ham—Mincemeat Apples, candied sweet potatoes, green beans, perfection salad, hot rolls, butter or margarine, lemon cream pie, milk, coffee.
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broiling

**Bacon-Corn-Tomato Grill**

- 12 slices bacon
- 4 medium tomatoes
- ½ cup grated cheese
- 1 No. 2 can whole kernel corn
- ¼ cup minced green pepper, if desired

Slice tomatoes in half. Add green pepper to corn and place in broiler pan. Arrange bacon and tomatoes on broiler rack. Sprinkle 1 tablespoon grated cheese on each tomato half. Insert broiler pan and rack into broiler oven so the cut surface of the tomatoes is about 2-inches from the heat. Broil until bacon is lightly browned. Turn bacon and continue broiling until bacon is done, tomatoes are cooked and cheese is slightly browned. Allow about 5 to 7 minutes total broiling time. Serve on hot platter with tomato slices surrounding corn and bacon arranged over corn. 4 servings.

**SUGGESTED MENU:** Bacon-Corn-Tomato Grill, green beans, cucumber-onion salad, rye bread, butter or margarine, lemon chiffon pie, milk, tea.

**TO BROIL MEAT:** Set the oven regulator for broiling. Place the meat on the broiler rack in pan and insert broiler into oven so the distance between top surface of meat and heat is 2 to 3 inches. The cut surface of steaks or chops 1½ to 2 inches thick should be at least 3 inches from heat; those 1 inch or less in thickness about 2 inches from heat. Broil until top side is brown. Season browned side with salt and pepper. Turn and brown other side. (See time-table p. 14.) Season and serve at once.
Beef Sirloin Steak—French Fried Onions

Beef sirloin steak, cut 1 to 2 inches thick
Salt
Pepper
French Fried Onions

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 and serve hot. 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.

French Fried Onions

6 medium-sized onions
1 cup milk
¼ cup water
Flour
Salt
Lard for deep-fat frying

Slice onions ¼-inch thick and separate rings. Combine milk and water and pour over onions. Let stand 20 to 30 minutes turning occasionally to let slices absorb liquid. Dip onion slices in seasoned flour. Fry in deep hot lard (365° F.) until golden brown. 8 servings.

SUGGESTED MENU: Beef Sirloin Steak—French Fried Onions, baked potatoes, Harvard beets, mixed green salad, biscuits, butter or margarine, blueberry pie, milk, coffee.

Hamburgers De Luxe

1 pound ground beef
½ teaspoon salt
⅛ teaspoon pepper
¼ pound blue cheese
1 tablespoon Worcestershire sauce
2 tablespoons mayonnaise
½ teaspoon dry mustard

Combine ground beef, salt and pepper and shape into 8 thin patties. Combine remaining ingredients for stuffing. Place ¼ of mixture between two patties and press edges together securely. Set regulator to broil. Place patties on broiler rack. Insert broiler pan and rack so the top of the patties is 2 inches from the heat. When one side is browned, turn and finish cooking on the second side. 4 servings.

SUGGESTED MENU: Hamburgers De Luxe, French fried potatoes, carrot and raisin salad, hamburger buns, Rocks (p. 37), cocoa, coffee.
**Lamb Patty-Pineapple Grill**

1 pound ground lamb  
4 slices bacon  
4 pineapple slices

Shape ground lamb into 4 patties 1-inch thick. Wrap patty with bacon, fastening bacon with picks. Arrange patties and pineapple slices on broiler rack. When patties are brown, lay brown side down on pineapple slices and finish cooking. 4 servings.

**SUGGESTED MENU:** Lamb Patty-Pineapple Grill, baked potatoes, buttered asparagus, tomato-cucumber salad, biscuits, butter or margarine, lemon cake, milk, coffee.

**Canadian-Style Bacon—Fruit En Brochette**

8 slices Canadian-style bacon, cut 1/2-inch thick  
4 spiced crabapples  
8 cooked prunes, pitted  
1 No. 2 can pineapple chunks  
2 teaspoons butter or margarine  
4 wooden or metal skewers

Thread fruit on skewers as follows: pineapple, prune, pineapple, crabapple, pineapple, prune, and pineapple. Place bacon and fruit on broiler rack. Brush fruit with fat. Place broiler pan in broiler so the top surface of the meat is 2 to 3 inches from the heat. When the bacon is lightly browned (5 to 6 minutes) turn meat and fruit. Continue broiling until meat is lightly browned and fruit heated through. Allow 8 to 10 minutes total broiling time. 4 servings.

**SUGGESTED MENU:** Canadian-Style Bacon—Fruit en Brochette, corn pudding, stuffed tomato salad, muffins, butter or margarine, refrigerator cake, milk, coffee.

**Lamb Loin Chops**

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.

**SUGGESTED MENU:** Lamb Loin Chops, potatoes au gratin, broccoli, minted peach salad, hot rolls, butter or margarine, double fudge cake, milk, coffee.
Smoked Ham Slice—Corn Fritters

1 smoked ham slice, cut to 1-inch thick

Corn Fritters

Cut fat around edges of ham in several places to prevent curling. Set regulator to broil. Place ham slice on broiler rack and insert broiler rack and pan so the top surface of the meat is 2 to 3 inches from the heat. When the ham is nicely browned (10 to 15 minutes), turn and continue broiling until other side is brown, about 8 to 10 minutes. Allow 18 to 22 minutes total broiling time. 4 to 6 servings.

Corn Fritters

1 1/4 cups sifted enriched flour
2 teaspoons baking powder
3/4 teaspoon salt
1 cup milk or milk and corn liquid combined
1 egg, beaten
1 cup whole kernel corn
1 tablespoon melted lard
Lard for deep-fat frying

Sift together flour, baking powder and salt. Combine milk, egg, and corn. Add to dry ingredients and mix well. Add melted lard. Drop by tablespoonfuls into deep hot lard (350° F.). Cook until done, about 3 minutes. Drain on absorbent paper and serve hot. 4 to 6 servings.

SUGGESTED MENU: Smoked Ham Slice—Corn Fritters, broccoli, tomato-cucumber salad, bran muffins, butter or margarine, date roll, milk, coffee.

Idea

Sweetbread Grill

1 pound sweetbreads
1 quart water
1 teaspoon salt
1 tablespoon vinegar or lemon juice
8 slices bacon
4 canned Melba peach halves
Butter or margarine
1/4 cup cranberry sauce

Wash sweetbreads. Add water, salt, vinegar or lemon juice. Simmer 20 minutes. Drain. Remove membrane. Brush sweetbreads and peaches with fat. Place sweetbreads, peaches (cut side up) and bacon on broiler rack. Insert broiler pan and rack so sweetbreads are about 2 inches from heat. Broil 2 minutes, turn bacon. Continue broiling 2 to 3 minutes or until bacon is done and sweetbreads and peaches are lightly browned. Arrange on platter filling peach halves with cranberry sauce. 4 servings.

SUGGESTED MENU: Sweetbread Grill, peas, spoonbread, frozen fruit salad, milk, coffee.
panbroiling

Beef Patties with Tangy Sauce

1 1/2 pounds ground beef
1/4 cup fine bread crumbs
2 tablespoons grated onion
1 teaspoon salt
1/4 teaspoon pepper
1/4 cup milk
1/4 cup catsup
1 tablespoon prepared mustard
1/2 teaspoon Worcestershire sauce

Combine beef, crumbs, onion, salt, pepper and milk. Shape into patties 3/4 to 1 inch thick. Add enough lard or bacon drippings to lightly grease frying-pan. Add patties and brown on both sides, pouring off drippings as they collect in the pan. Turn frequently, allowing 10 to 15 minutes for cooking. Remove patties. Combine 2 tablespoons drippings, catsup, mustard and Worcestershire sauce. Heat until blended. Serve over beef patties.

SUGGESTED MENU: Beef Patties with Tangy Sauce, baked potatoes, lima beans, cabbage salad, hamburger buns, pumpkin pie, milk, coffee.

TO PANBROIL MEAT: Place meat in a heavy frying-pan. Do not add fat. Do not add water. Do not cover. Fat or water is not added and the meat is not covered because when fat is added the meat is fried and adding water or a cover would be cooking by moist heat. Cook slowly, turning occasionally to insure even doneness. Pour off fat as it accumulates. Brown meat on both sides. Do not overcook. (See time-table p. 14.) Season and serve at once.
Smoked Ham Slice

*Smoked ham slice, cut 1/2 to 1 inch thick*

Place ham slice in frying-pan. Brown slice on each side. Reduce heat, cook slowly until done, turning occasionally. Pour off fat as it collects in the pan. Allow 18 to 20 minutes for cooking. 3 to 6 servings.

**SUGGESTED MENU:** Smoked Ham Slice, hot pineapple rings, corn on the cob, spinach, mixed vegetable salad, hot biscuits, butter or margarine, banana pie, milk, coffee.

Beef Club Steak

*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.

**SUGGESTED MENU:** Club Steak, mashed potatoes, gravy, asparagus, mixed vegetable salad, muffins, butter or margarine, chocolate pie, milk, coffee.

Ham and Asparagus Rolls with Cheese Sauce

*4 slices boiled ham, cut 1/8 to 1/4 inch thick*

*12 fresh or frozen asparagus spears*

**Cheese Sauce**

Melt butter or margarine in double boiler. Blend in flour, salt and pepper. Stir in milk and cook over boiling water until smooth and thickened. Add Worcestershire sauce and cheese. Stir until smooth.

**SUGGESTED MENU:** Ham and Asparagus Rolls with Cheese Sauce, scalloped potatoes, Waldorf salad, hard rolls, butter or margarine, strawberry tarts, coffee, milk.
Panbroiled Liver

1 pound veal liver, sliced 3/8 inch thick
Salt
Pepper

Dip slices into melted bacon drippings. Place in frying-pan and brown slowly on both sides. By the time both sides are browned the liver will be done. Season and serve hot. 4 servings.

**SUGGESTED MENU:** Panbroiled Liver, French Fried Onions (p. 8), scalloped potatoes, broccoli, tomato aspic salad, French bread, butter or margarine, ice cream, cookies, coffee.

Bacon-Noodle Scramble

1/2 pound sliced bacon
2 tablespoons bacon drippings
3 eggs
1 cup milk
1 6-ounce package noodles, cooked
1 teaspoon salt
1/4 teaspoon pepper
1/4 cup grated onion
1/4 cup chopped parsley

Place bacon in cold frying-pan and cook slowly pouring off fat as it collects. When bacon is cooked remove from frying-pan. Measure 2 tablespoons drippings into frying-pan. Beat eggs. Add milk, seasonings and cooked noodles. Cook mixture in bacon drippings until brown, stirring occasionally. Arrange in center of chop plate and surround with bacon. 4 servings.

**SUGGESTED MENU:** Bacon-Noodle Scramble, broccoli, tomato-cucumber salad, muffins, butter or margarine, Lemon-Coconut Surprise Cake (p. 38), milk, coffee.

Bacon With Potato Cakes

12 slices bacon
3 cups seasoned mashed potatoes
1 teaspoon grated onion, if desired

Place a single layer of bacon in a cool frying-pan. Cook over low heat, turning frequently. Drain excess fat as it accumulates so that the bottom of the pan is only well greased. Cook slowly until the bacon is a light golden brown and evenly crisped.

Combine mashed potatoes and onion and shape into 4 large or 8 small patties. Brown cakes in bacon drippings and serve hot on platter with bacon. 4 servings.

**SUGGESTED MENU:** Bacon with Potato Cakes, asparagus, molded vegetable salad, hot rolls, butter or margarine, peach pie, milk, coffee.
TIME-TABLE FOR BROILING *

Panbroiling requires approximately one-half the time required for broiling.

<table>
<thead>
<tr>
<th>Cut</th>
<th>Weight</th>
<th>Approx. Total Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Rare</td>
</tr>
<tr>
<td><strong>Beef</strong></td>
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</tr>
<tr>
<td>Rib steak—1 inch</td>
<td>1/2</td>
<td>15</td>
</tr>
<tr>
<td>1 1/2 inches</td>
<td>2</td>
<td>25</td>
</tr>
<tr>
<td>2 inches</td>
<td>2 1/4</td>
<td>35</td>
</tr>
<tr>
<td>Club steak—1 inch</td>
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<td>1 1/2 inches</td>
<td>1 1/4</td>
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<tr>
<td>2 inches</td>
<td>1 1/2</td>
<td>35</td>
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<tr>
<td>Porterhouse or T-bone steak</td>
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<tr>
<td>1 inch</td>
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<tr>
<td>2 inches</td>
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</tr>
<tr>
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<td>1 1/2 inches</td>
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<tr>
<td>2 inches</td>
<td>5 3/4</td>
<td>40</td>
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<tr>
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<tr>
<td>1 inch thick by 3 inches</td>
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<tr>
<td><strong>Lamb</strong></td>
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<td>1 1/2 inches</td>
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<td>10 ounces</td>
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<tr>
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<td>1 1/2 inches</td>
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<tr>
<td>2 inches</td>
<td>6 ounces</td>
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<tr>
<td>Ground lamb patties</td>
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<td>1 inch by 3 inches</td>
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<td><strong>Ham</strong></td>
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<tr>
<td>1 inch</td>
<td>11/2-2</td>
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<tr>
<td>Shoulder butt slice</td>
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<tr>
<td><strong>Canadian-style bacon</strong></td>
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<tr>
<td>1/4 inch slices</td>
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<tr>
<td>1/2 inch slices</td>
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<td>4-5</td>
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</table>

*This time-table is based on broiling at a moderate temperature (350° F.). Rare steaks are broiled to an internal temperature of 130° F., medium to 160° F. Lamb chops are broiled to 170° F. Ham is cooked well done. The time for broiling bacon is influenced by preference as to crispness.
Chilean Pot-Roast

3 to 4-pound beef arm or blade pot-roast
3 tablespoons lard or drippings
2 teaspoons salt
$\frac{3}{4}$ teaspoon pepper
1 teaspoon chili powder
$\frac{1}{2}$ cup juice from tomatoes
1 No. 2 can tomatoes, drained
1 No. 2 can kidney beans
4 tablespoons flour
1 cup water

Brown the pot-roast slowly in lard or drippings. Season. Add tomato juice. Cover closely and simmer 2$\frac{1}{2}$ hours or until almost tender, on top of range or in a slow oven (300° F.). Add additional liquid if necessary. Add tomatoes and kidney beans and simmer for 15 minutes. Remove meat and vegetables. Thicken liquid, allowing 2 tablespoons flour for each cup liquid. 6 to 8 servings.

TO BRAISE MEAT: Brown meat slowly on all sides in fat in a heavy utensil. Season with salt, pepper, other spices, herbs, and vegetables after browning, or if the meat is floured salt, pepper, and spices may be added to the flour. Add a small amount of liquid (water, stock, etc.) to less-tender cuts. Cover closely and cook at low temperature, on top of the range or in a slow oven (300° F.), until tender. (See time-table p. 22.) Make a sauce or gravy from liquid in the pan.
Veal-Liver Sausage Rolls

1 1/2 pounds veal round, cut 1/4 inch thick
1/2 pound liver sausage
1 egg
6 tablespoons milk
2 teaspoons chopped onion
3/4 cup dry bread crumbs
1/8 teaspoon pepper
1 teaspoon salt
1/4 cup flour
3 tablespoons lard
1 1/2 cups water
Flour for gravy

Remove bone from meat. Cut into 6 uniform pieces. Mash liver sausage. Add egg, milk, onion, and crumbs. Spread mixture on veal, roll and fasten with wooden pick. Mix seasonings and flour. Dredge rolls with flour. Brown in lard. Add water. Cover, bake in moderate oven (300° F.) 1 1/2 hours or until tender. Thicken liquid for gravy. 6 servings.

SUGGESTED MENU: Veal-Liver Sausage Rolls, creamed potatoes, green beans, perfection salad, hard rolls, butter or margarine, pineapple sherbet, milk, tea.

Breaded Cubed Beef Steaks

1 pound cubed beef steaks
3 tablespoons lard or drippings
1/2 teaspoon salt
1/8 teaspoon pepper
1/3 cup cracker meal
1 beaten egg

Combine salt, pepper, and cracker meal. Dip cubed steaks in egg and then in cracker mixture. Melt lard or drippings in frying-pan. Add cubed steaks, cover closely, and cook slowly for 20 minutes. Turn and continue cooking for another 20 minutes or until done. 4 servings.

SUGGESTED MENU: Breaded Cubed Beef Steaks, tomato sauce, au gratin potatoes, green lima beans, stuffed prune salad, muffins, butter or margarine, rhubarb pie, coffee, milk.

Pork Chop Favorites

4 pork rib or loin chops, cut 3/4 to 1 inch thick
1 cup cracker crumbs
1 medium onion, grated
1 hard cooked egg, chopped
1/2 teaspoon salt
1 1/2 cups milk

Brown the chops slowly in frying-pan. Place in casserole or baking dish. Combine cracker crumbs, onion, chopped egg, salt and 1/2 cup milk to make dressing. Place a mound of dressing on each chop. Add remaining milk. Cover and bake in a moderate oven.
(350° F.) for 45 minutes. Remove cover and bake 15 minutes longer. 4 servings.

**SUGGESTED MENU:** Pork Chop Favorites, green beans, Harvard beets, carrot-raisin salad, assorted breads, butter or margarine, lemon chiffon pie, milk, coffee.

**Sweet Sour Spareribs**

1 side spareribs  
2 tablespoons flour  
2 cups meat stock  
4 tablespoons vinegar  
2 tablespoons brown sugar  
1 bay leaf  
⅛ teaspoon thyme  
2 cloves  
Salt, to taste  
Pepper, to taste

Cut spareribs into serving pieces. Brown slowly in frying-pan. Remove spareribs and pour off all but 2 tablespoons drippings. Stir flour into drippings, add meat stock and cook, stirring constantly until thickened. Add spareribs and remaining ingredients. Cover and simmer 45 minutes. 4 to 6 servings.

**SUGGESTED MENU:** Sweet Sour Spareribs, buttered peas, cottage fried potatoes, carrot and raisin salad, corn sticks, butter or margarine, frozen lemon torte, coffee, milk.

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**Cranberry Pot-Roast**

3 to 4-pound beef heel of round or rump pot-roast  
¼ cup flour  
1 teaspoon salt  
⅛ teaspoon pepper  
2 cups cranberries  
1¼ cups water  
8 whole cloves  
2 sticks cinnamon  
3 tablespoons sugar  
⅓ to ½ cup water

Mix flour, salt, and pepper. Dredge meat in flour mixture. Brown well on all sides. Boil together 1 cup of water and cranberries until the skins pop. Pour over meat and add spices and remaining ¼ cup water. Cover and cook slowly 2½ to 3 hours on top of range or in a slow oven (300° F.). Turn meat 2 or 3 times. Strain liquid. Add sugar, 3 tablespoons flour and water and cook until thickened. Serve as a spicy gravy. 6 to 8 servings.

**SUGGESTED MENU:** Cranberry Pot-Roast, snowflake potatoes, spinach timbales, orange and grapefruit salad, parkerhouse rolls, butter or margarine, pumpkin pie, milk, coffee.
30 Points About Meat

1. Overcooking Meat
   Meat that is overcooked shrinks more, is less attractive, less palatable, more difficult to carve.

2. Cooking Temperature
   All meats should be cooked at low temperature.

3. Storing Fresh Meat
   Fresh meat should be stored, loosely wrapped, in the coldest part of the refrigerator.

4. Cooking and Tenderness
   All meat is tender when cooked by the right method.

5. Storing Cooked Meat
   Cooked meat should be stored, tightly wrapped, in the coldest part of the refrigerator.

6. Less Demanded Cuts
   The fat and the lean of the less demanded cuts have the same nutritive value as fat and lean of more select cuts.

7. Serving Lamb
   Lamb should be served hot or cold, never lukewarm.

8. Cooking Beef
   Beef may be cooked rare, medium, or well-done depending on personal preferences.

9. Cooking Veal
   Veal should be cooked well-done.

10. Storing Canned Hams
    Canned hams should be kept under refrigeration.

11. Simmering Meat
    Meat cooked in liquid should be simmered, never boiled. Boiling makes the meat stringy, dry, less flavorful and difficult to carve.

12. Cooking Tender Cuts
    Tender cuts of meat may be cooked by roasting, broiling, or panbroiling.

13. Cooking Less Tender Cuts
    Less tender cuts of meat may be cooked by braising or cooking in liquid.

14. Searing Meat
    Contrary to old ideas searing does not seal in the juices in fact it increases the cooking losses.

15. Roasting Rack
    When roasting meat a rack should be used to keep the meat out of the drippings and permit the circulation of air.
16. Roasting Meat
Cook roasts uncovered. If the roast is covered steam will form and the meat will be cooked as a pot-roast.

17. Defrosting Roasts
Roasts may be thawed in the refrigerator, at room temperature, or during cooking. If thawed during cooking longer cooking time is required.

18. Defrosting Steaks
Thin steaks and chops may be thawed before or during cooking. Thick steaks should be partially or completely thawed before cooking.

19. The Fell of Lamb
Do not remove the fell (thin papery covering) from lamb roasts. It does not affect the flavor and the roasts will hold their shape better and cook in less time.

20. Refreezing Meat
Frozen meat should not be refrozen after defrosting.

21. Freezing and Tenderness
Freezing does not materially affect the tenderness of meat.

22. Storing Cured Meat
Cured meat should be stored, wrapped, in the refrigerator.

23. Seasoning Roasts
Roasts may be seasoned before, during, or after cooking, since salt penetrates less than one-half inch.

24. Braising Meat
Braised meat should be cooked in a small amount of liquid in a closely covered utensil.

25. Cooking Pork
Pork should always be cooked well-done.

26. Carving Meat
Meat should be carved across the grain.

27. Seasoning Steaks
Broiled meat should be seasoned after it is cooked. Salting before cooking draws out some of the juice and increases the time required for browning.

28. Palatability of Meat
Meat cooked at low temperature is better tasting than meat cooked at high temperature.

29. Panbroiling Meat
When panbroiling meat, pour off the fat as it collects in the frying-pan.

30. Storing Bacon
Bacon should be closely wrapped and stored in the refrigerator.
**Fruited Pork Steaks**

4 pork shoulder steaks  
2 tablespoons lard  
1 onion, sliced  
1 1/2 cups prunes  
2 tablespoons lemon juice  
1/2 teaspoon dry mustard  
1 teaspoon Worcestershire sauce  
3 whole cloves  
1 teaspoon salt  
3/4 cup hot water  
Paprika


**SUGGESTED MENU:** Fruited Pork Steaks, baked acorn squash, broccoli, tomato aspic salad, hot muffins, butter or margarine, apple torte, milk, coffee.

**Creole Lamb Chops**

4 lamb shoulder chops, cut 1/2 to 3/4 inch thick  
1 tablespoon lard or drippings  
1/2 cup rice  
1 medium onion, cut in 4 slices  
1 No. 2 can tomatoes  
1 green pepper, cut in 4 rings  
1 teaspoon salt  
3/4 teaspoon pepper  
1 tablespoon flour

Brown chops on all sides in lard or drippings. Place in a casserole or covered baking dish. Drain tomatoes and save juice. On each chop arrange, in this order, the following: 2 tablespoons rice, 1 slice onion, 1/2 tomato and 1 green pepper ring. Season. Heat 1/2 cup tomato juice to boiling and pour around chops. Cover closely. Bake in a slow oven (300° F.) 1 1/2 hours. Thicken cooking liquid with flour. Serve over chops. 4 servings.

**SUGGESTED MENU:** Creole Lamb Chops, head lettuce salad—roquefort dressing, corn sticks, butter or margarine, orange refrigerator cake, milk, coffee.

**Chinese Pepper Steak with Rice**

1 pound beef chuck cut into thin strips  
2 tablespoons lard or drippings  
2 tablespoons minced onion  
1 clove garlic, minced  
2 large green peppers, cut into strips  
1/2 cup celery, sliced crosswise  
2 tablespoons chopped pimiento, if desired  
1/2 cup consomme or stock
Salt
Pepper
2 teaspoons cornstarch
2 tablespoons water
1 teaspoon soy sauce
3 cups boiled rice

Melt lard or drippings. Add beef and brown slowly over a low flame. Add the onion, garlic, green peppers, celery and pimiento. Add consomme or stock. Season with salt and pepper. Cover and simmer 20 minutes. Thicken with cornstarch blended with water and soy sauce. Simmer 5 minutes. Serve hot with freshly boiled rice. 4 servings.

SUGGESTED MENU: Chinese Pepper Steak with Rice, asparagus, tomato aspic salad, hard rolls, butter or margarine, almond cookies, tea.

Veal Kidney Chops with Mushroom Gravy

4 veal kidney chops, cut 3/4 to 1 inch thick
1 teaspoon salt
1/4 teaspoon pepper
1/4 cup flour
3 tablespoons lard or drippings
1 4-oz. can mushrooms
2 cups milk

Add salt and pepper to flour. Dredge chops in seasoned flour. Brown chops slowly in lard or drippings. Drain mushrooms and add liquid to chops. Cover and cook slowly 45 minutes. Add mushrooms and simmer 15 minutes longer or until chops are tender. Remove chops, stir remaining flour into drippings, add milk and cook until gravy is thickened. Serve mushroom gravy over chops. 4 servings.

SUGGESTED MENU: Veal Kidney Chops with Mushroom Gravy, mashed potatoes, asparagus, apple-celery-nut salad, Hot Biscuits (p. 38), butter or margarine, orange sherbet, tea, coffee.

Beef Pot-Roast

3 to 4-pound beef arm or blade pot-roast
Flour
2 teaspoons salt
1/4 teaspoon pepper
3 tablespoons lard or drippings
1 cup water.

Dredge pot-roast with seasoned flour and brown in lard or drippings. Add water, cover, and simmer 3 hours or until tender. Thicken drippings for gravy. 6 to 8 servings.

SUGGESTED MENU: Beef Pot-Roast, gravy, rice, Brussels sprouts, spiced beet salad, rolls, butter or margarine, apple pie, milk, coffee.
Swiss Style Liver

1½ pounds beef or pork liver
Flour
2 teaspoons salt
½ teaspoon pepper
2 tablespoons lard or drippings
2 onions, sliced
2½ cups cooked tomatoes

Buy liver in one piece. Dredge with flour mixed with salt and pepper. Brown in lard or drippings. Add onions and tomatoes, cover closely and cook in a moderate oven (350° F.) or simmer on top of range for 1½ hours. Add water if needed. Serve with vegetables poured around liver. 6 to 8 servings.

SUGGESTED MENU: Swiss Style Liver, fried potatoes, peas, coleslaw, corn sticks, butter or margarine, cherry tarts, milk, coffee.

TIME-TABLE FOR BRAISING

<table>
<thead>
<tr>
<th>Cut</th>
<th>Average Weight or Thickness</th>
<th>Approx. Total Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beef</strong></td>
<td></td>
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</tr>
<tr>
<td>Pot-roast</td>
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<tr>
<td>Swiss steak</td>
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<tr>
<td>Fricassee</td>
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<td>Beef birds</td>
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<tr>
<td>Short ribs</td>
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<tr>
<td><strong>Veal</strong></td>
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<tr>
<td>Breast</td>
<td></td>
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<tr>
<td>Stuffed</td>
<td>3-4 pounds</td>
<td>1½-2 hr.</td>
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<tr>
<td>Rolled</td>
<td>2-3 pounds</td>
<td>1½-2 hr.</td>
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<tr>
<td>Birds</td>
<td>1½ in. (x 2 in. x 4 in.)</td>
<td>45-60 min.</td>
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<tr>
<td>Chops</td>
<td>1½-3/4 inch</td>
<td>45-60 min.</td>
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<tr>
<td>Chops—breaded</td>
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<td>Steaks or cutlets</td>
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<td>Shoulder</td>
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<tr>
<td>Chops</td>
<td>1½-3/4 inch</td>
<td>45-60 min.</td>
</tr>
<tr>
<td>Cubes</td>
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<td>45-60 min.</td>
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<tr>
<td><strong>Pork</strong></td>
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<tr>
<td><strong>Lamb</strong></td>
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<tr>
<td>Breast</td>
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<td>Shoulder</td>
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<tr>
<td>Chops</td>
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<tr>
<td>Cubes</td>
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<td>45 min.</td>
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<tr>
<td>Neck slices</td>
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<tr>
<td>Shanks</td>
<td>1/2 pound each</td>
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cooking in liquid

Oven Veal Stew

2 pounds veal for stew
\( \frac{1}{4} \) cup enriched flour
3 tablespoons lard or drippings
2 teaspoons salt
\( \frac{1}{4} \) teaspoon pepper
3 medium-sized onions
1 pound or 1 No. 2 can green beans
3 stalks celery, cut in 4-inch pieces
1 green pepper, cut in rings
1 No. 2 can tomatoes

Roll veal in flour. Brown slowly in hot lard or drippings. Season and place in large casserole. Add whole onions and green beans, celery, green pepper rings and tomatoes. Cover and cook in a slow oven (300° F.) about 1 1/2 hours or until meat is tender and vegetables are done. Serve with boiled rice, if desired. 6 to 8 servings.

SUGGESTED MENU: Oven Veal Stew, boiled rice, carrot-raisin salad, assorted breads, butter or margarine, raspberry sherbet, milk, tea.

TO COOK IN LIQUID: Brown meat on all sides, if desired. Light stews, corned beef and cured pork are not browned. Cover the meat with water or stock. Season with salt, pepper, herbs, and spices, as desired. Cover kettle and simmer until tender. (See time-table p. 27.) Do not boil. Add vegetables to be cooked with the meat, whole or in pieces, just long enough before the end of cooking time for them to be done. Thicken cooking liquid from stews for gravy.
Lamb Stew — Rice Balls

2 pounds lamb for stew  
3 tablespoons lard or drippings  
2 teaspoons salt  
1/8 teaspoon pepper  
3 cups water  
6 medium carrots  
6 medium onions  
1 No. 2 can or 1 12-oz. package frozen cut green beans  
Flour for gravy

Brown lamb on all sides in lard or drippings. Season with salt and pepper. Add water, cover and cook slowly until meat is tender, about 2 hours. About 45 minutes before the meat is done add carrots and onions. Cover vegetables, cook 15 minutes, and add green beans. Continue cooking until meat is tender and vegetables are done. Thicken liquid for gravy. Serve hot with Rice Balls. 6 servings.

Rice Balls

2 cups drained cooked rice  
1/2 teaspoon salt  
3 eggs  
2 teaspoons butter or margarine  
1/2 cup cracker crumbs

Mix together rice, salt, 2 beaten eggs, and butter or margarine. Cook over hot (not boiling) water for 2 to 3 minutes or until thick, stirring constantly. Shape into balls about 1 1/2 inches in diameter. Dip balls in beaten egg, roll in crumbs and fry in deep fat (360° F.) for 2 to 3 minutes, or until lightly browned. Yield: 8 balls.

SUGGESTED MENU: Lamb Stew—Rice Balls, fresh spinach-radish salad, assorted breads, butter or margarine, baked apples, milk, coffee.

American Chop Suey

2 veal or pork hearts  
3 tablespoons lard or drippings  
1/2 cup coarsely cut onions  
1 1/2 cups diced celery  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/2 cup water  
1 1/2 cups shredded cabbage  
3 tablespoons cornstarch  
1 tablespoon molasses  
2 tablespoons water  
3 cups boiled rice

Wash the heart and trim off hard parts, if necessary. Cut heart into 1/2-inch cubes. Cook in lard or drippings without browning for 30 minutes. Add vegetables and seasonings, and 1/2 cup water. Cover and simmer until heart is tender and vegetables are done. Combine cornstarch, molasses and 2 table-
spoons water and stir until smooth. Add to hot mixture, stirring constantly until thick. Serve over boiled rice. 6 servings.

**SUGGESTED MENU:** American Chop Suey, boiled rice, sliced tomato-cucumber salad, hard rolls, butter or margarine, almond torte, milk, tea.

**Brain Oysters**

1 pound brains
1 quart water
1 teaspoon salt
1 tablespoon vinegar or lemon juice
1 egg, beaten
Cracker crumbs
Lard or drippings for frying

Wash brains. Add water, salt and vinegar or lemon juice. Simmer 20 minutes. Drain and remove outer membrane. Separate brains into pieces about the size of an oyster. Dip in egg then in cracker crumbs. Fry in lard or drippings until browned on both sides. 4 servings.

**SUGGESTED MENU:** Brain Oysters, shoestring potatoes, green beans, Waldorf salad, bacon muffins, butter or margarine, apple brown betty, milk, coffee.

**Split Pea Soup — Smoked Ham Hocks**

4 smoked ham hocks
2 cups dried split peas
Water
2 cups finely diced celery
2 small onions, finely chopped
2 tablespoons butter or margarine
1/4 cup flour
1 quart milk
Salt to season
Pepper to season

Wash and soak peas over night, if necessary. Add ham hocks and celery to peas and enough water to cover. Cover closely and simmer about 2 hours or until peas are tender and meat is done. Brown onion in butter or margarine. Stir in flour and gradually add milk, stirring constantly. Remove ham hocks. Remove bones and cut meat into small pieces. Combine peas, meat and milk mixture. Season to taste. The soup should be thick. Water, soup stock or milk may be added to thin, if desired. Serve hot. 8 servings.

**SUGGESTED MENU:** Split Pea Soup — Smoked Ham Hocks, assorted relishes, hard rolls or crackers, butter or margarine, apple whip, cookies, tea, coffee.
Hasty Chili

1 pound ground beef
2 tablespoons lard or drippings
2 small onions, chopped
1 No. 2 1/2 can tomatoes
1 No. 2 can kidney beans
1 teaspoon salt
2 teaspoons chili powder
1/8 teaspoon cayenne pepper

Brown the beef slowly in lard or drippings. Add onions, tomatoes, beans and seasonings. Cook slowly for 1 hour. Water may be added if desired and the seasonings can be adjusted to taste. 4 to 6 servings.

SUGGESTED MENU: Hasty Chili, potato chips, dill pickles, hard rolls, butter or margarine, baked apples, milk, coffee.

Short Ribs — New England Style

3 pounds beef short ribs
1 pound dried navy beans
1 No. 2 1/2 can tomatoes
2 tablespoons prepared mustard
1/2 cup molasses
3 tablespoons chopped onion
3 teaspoons salt
1/2 teaspoon pepper

Soak navy beans, if necessary. Add tomatoes and seasonings, cover and cook slowly for 1 1/2 hours. Brown short ribs on all sides. Add short ribs to beans. Cover closely and cook slowly on top of the range or in a slow oven (300° F.) for 2 hours. 6 servings.

SUGGESTED MENU: Short Ribs—New England Style, broccoli, grapefruit and avocado salad, hard rolls, butter or margarine, raisin pie, milk, coffee.

Pork Hocks with Sauerkraut

4 to 6 fresh pork hocks
1 tablespoon lard or drippings
2 medium onions, sliced
1/2 teaspoon salt
1/8 teaspoon pepper
1 cup boiling water
1 No. 2 1/2 can sauerkraut
1/2 teaspoon caraway seed

Brown pork hocks slowly in lard or drippings. Add sliced onion, salt, pepper and boiling water. Cover closely and cook slowly 1 1/2 to 2 hours or until meat is done. Add sauerkraut and cook until heated through. Remove to hot platter. Sprinkle caraway seed over sauerkraut before serving. 4 servings.

SUGGESTED MENU: Pork Hocks with Sauerkraut, boiled potatoes, vegetable salad, corn sticks, butter or margarine, apple cobbler, milk, coffee.
Chopped Liver Spread

1/2 pound liver
Water to cover
2 medium onions
6 hard-cooked eggs
1/2 teaspoon salt
1/8 teaspoon pepper
3 tablespoons melted butter
Parsley

Simmer liver in water until tender. Drain. Put liver and onions through food chopper. Combine chopped liver and onions with 5 chopped eggs. Season with salt and pepper. Add melted butter, mix well and pack into a loaf pan. Chill. Turn onto chilled platter and garnish with sliced hard-cooked egg and parsley. Serve as a luncheon meat or spread on toast or crackers. Yield: 2 cups.

SUGGESTED MENU: Chopped Liver Spread, green beans, tomato-onion-cucumber salad, toasted bread, butter or margarine, rhubarb pie, milk, coffee.

TIME-TABLE FOR COOKING IN LIQUID (Large Cuts and Stews)

<table>
<thead>
<tr>
<th>Cut</th>
<th>Average Weight</th>
<th>Approx. Time Per Pound</th>
<th>Approx. Total Cooking Time</th>
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<tbody>
<tr>
<td>Ham</td>
<td></td>
<td></td>
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<tr>
<td>Shank half</td>
<td>5-8 pounds</td>
<td>20-25 minutes</td>
<td>20-25 hours</td>
</tr>
<tr>
<td>Butt half</td>
<td>5-8 pounds</td>
<td>20-25</td>
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</tr>
<tr>
<td>Ham (Old Style and Country Cured)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Large</td>
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<td>20</td>
<td></td>
</tr>
<tr>
<td>Small</td>
<td>10-12</td>
<td>25</td>
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</tr>
<tr>
<td>Half</td>
<td>6-8</td>
<td>30</td>
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<tr>
<td>Smoked picnic shoulder</td>
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<tr>
<td>Corned beef</td>
<td>Pounds 4-6</td>
<td>Minutes 40-50</td>
<td>Hours</td>
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<tr>
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<tr>
<td>Lamb for stew</td>
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</tbody>
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saudages and ready-to-serve meats

**Sausage Patties — Fried Mush**

1 1/2 pounds bulk pork sausage

Fried Mush

Shape sausage into patties 1/2 to 3/4-inch thick. Place in cold frying-pan. Add 2 tablespoons water, cover and simmer until water evaporates. Remove cover, increase the heat and cook slowly until sausage is cooked through and browned, about 30 minutes. Remove to hot platter. 6 servings.

**Fried Mush**

3 teaspoons salt
6 cups boiling water
2 cups corn meal
Flour
Lard or drippings

Add salt to water. Add corn meal gradually so that the water does not stop boiling. Stir constantly and boil vigorously for about 20 minutes. Pour into loaf pan and chill. Cut into 1/2-inch slices. Coat with flour and brown in sausage drippings. 6 servings.

SUGGESTED MENU: Sausage Patties—Fried Mush, hot biscuits, butter or margarine, baked apples, milk, coffee.
### Frankfurter Crown—Bread Dressing

- 1 1/2 pounds frankfurters
- 1/2 pound bacon

**Bread Dressing**

- 1/4 pound ground pork
- 1/4 cup grated onion
- 2 frankfurters
- 1 teaspoon salt
- 1 teaspoon poultry seasoning
- 1/2 teaspoon pepper
- 4 cups soft bread crumbs
- 1 egg
- Water or meat stock

Thread frankfurters on string through middle, reserving 2 for dressing. Shape in crown and tie. Fill with dressing. Fasten 3 or 4 slices of bacon around crown with toothpicks. Bake in moderate oven (350° F.) for 20 minutes. 6 to 8 servings.

### Supper Medley

- 2 pounds sausage links
- 2 tablespoons water
- 1 No. 2 can tomatoes
- 1/2 cup grated onion
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1 12-oz. package long spaghetti
- 1/4 pound sharp cheese
- 2 tablespoons butter or margarine
- 1 No. 2 can or 1 12-oz. package frozen peas

Place sausage links and water in cold frying-pan. Cover and cook slowly 8 to 10 minutes. Remove cover and brown links. Remove sausage links from pan. Pour off all but 2 tablespoons drippings. Add tomatoes and onions to drippings and cook until onions are tender. Cook spaghetti in boiling salted water. Add sausage links to tomato mixture to reheat. Make a ring of spaghetti around edge of an ovenware platter. Arrange meat and tomato sauce in center. Sprinkle cooked spaghetti with grated cheese. Place under the broiler to broil slowly until cheese has melted and browned slightly. Heat canned or cook frozen peas, season with melted fat and serve as a border around the platter. 8 servings.

**SUGGESTED MENU:** Frankfurter Crown—Bread Dressing, scalloped tomatoes and onions, green bean salad, hard rolls, butter or margarine, lemon pudding, milk, coffee.

**IDEA**

**SUGGESTED MENU:** Supper Medley, mixed green salad, hard rolls, butter or margarine, jelly roll, milk, coffee.
Creamed Dried Beef and Peas

Melt fat in frying-pan and cook dried beef until crisp. Add flour and blend; stir in milk slowly. Cook until thick, stirring constantly. Add peas and heat thoroughly. Serve on biscuits or toasted bread. 6 to 8 servings.

Mexican Luncheon

Brown sausage, onions and green pepper. Pour off drippings. Add tomatoes, sour cream, macaroni and seasonings. Cover. Simmer 20 minutes. 6 to 8 servings.

SUGGESTED MENU: Mexican Luncheon, assorted relishes, French bread, butter or margarine, fresh fruit, milk, coffee.

Dried Beef Sandwich Filling

Cut dried beef into thin strips with scissors. Combine with remaining ingredients. Spread on bread. 4 sandwiches.

SUGGESTED MENU: Dried Beef Sandwich Filling on whole wheat bread, shoestring potatoes, fruit salad, assorted relishes, brownies, milk, coffee.

Corned Beef Hash in Tomatoes

Scoop out center of tomatoes. Combine tomato pulp with corned beef hash. Season if
necessary. Stuff tomatoes with mixture. Sprinkle with grated cheese. Bake in a moderate oven (350° F.) 30 minutes. 4 servings.

SUGGESTED MENU: Corned Beef Hash in Tomatoes, buttered Brussels sprouts, head lettuce salad, hard rolls, butter or margarine, Washington pie, milk, coffee.

**Liver Roll-Ups**

4 slices beef or pork liver, cut ¼ to ½ inch thick  
Salt, pepper, nutmeg, thyme  
4 sausage links  
4 slices bacon  
2 tablespoons lard or drippings  
½ cup boiling water  
3 tablespoons Worcestershire sauce  
1 small bay leaf  
1 whole clove  
1 small clove garlic, minced  
1 small onion, sliced  
Flour for gravy

Remove any membrane from sliced liver. Sprinkle liver with salt, pepper, nutmeg and thyme. Roll a sausage link in each slice, wrap with bacon slice and fasten with toothpicks. Brown the rolls on all sides in lard. Pour off drippings. Add water, Worcestershire sauce, bay leaf, clove, garlic and onion. Cover and cook slowly for 30 minutes. Thicken liquid with flour for gravy. 4 servings.

SUGGESTED MENU: Liver Roll-Ups, baked potatoes, au gratin spinach, perfection salad, hot rolls, butter or margarine, blueberry pie, milk, coffee.

**Frankfurters—Hot Potato Salad**

12 frankfurters  
6 medium potatoes  
1 teaspoon salt  
¼ teaspoon pepper  
1 teaspoon dry mustard  
½ teaspoon sugar  
½ teaspoon flour  
½ cup water  
½ cup vinegar  
1 egg, beaten  
¼ pound bacon, diced  
1 onion, grated

Cook potatoes and dice. Mix salt, pepper, mustard, sugar, and flour. Add liquids and egg. Cook bacon until lightly browned, add onion and cook until tender. Combine two mixtures with potatoes. Simmer frankfurters until heated through. Arrange frankfurters on platter around potato salad. 6 servings.

SUGGESTED MENU: Frankfurters—Hot Potato Salad, green beans, hard rolls, butter or margarine, eclairs, milk, coffee.
leftover meats

Corn Stuffed Peppers

2 cups chopped cooked meat
6 medium green peppers
1 cup whole kernel corn
1 cup cracker crumbs
2 tablespoons chopped onion
¼ teaspoon pepper
3 tablespoons chopped green pepper
½ cup corn liquid or milk
2 tablespoons melted bacon drippings, butter, or margarine

Scoop out peppers. Simmer peppers for 5 minutes in salted water. Drain corn and measure liquid. Combine remaining ingredients. Stuff pepper with meat mixture. Place peppers in greased baking dish; add ½ cup water. Bake in a moderate oven (350° F.) for 45 minutes, or until meat mixture is lightly browned. 6 servings.

Main Dish Salad

2 cups julienne cooked pork, beef, veal or lamb
1 No. 2 can red kidney beans
1 cup chopped celery
¼ cup chopped onion
2 hard-cooked eggs, chopped
2 tablespoons sliced sweet pickles
¼ cup mayonnaise

SUGGESTED MENU: Corn Stuffed Peppers, cauliflower au gratin, sliced tomato salad, rolls, butter or margarine, cherry pie, milk, coffee.
Chill ingredients. Drain kidney beans. Combine meat, beans, celery, onion, chopped eggs, sweet pickles, mayonnaise, chili sauce and salt. Toss lightly and chill in a covered bowl for \( \frac{1}{2} \) hour. Serve in lettuce cups. 4 to 6 servings.

**SUGGESTED MENU:** Main Dish Salad, potato chips, sliced tomatoes, hot rolls, butter or margarine, cherry pie, milk, coffee.

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**Egg Foo Yung — Gravy**

1 cup finely cut cooked meat
1 No. 2 can bean sprouts
\( \frac{1}{2} \) cup chopped onion
6 eggs
\( \frac{1}{2} \) cup lard

Gravy

Drain bean sprouts and mix with meat and onion. Beat eggs slightly and add to meat mixture. Drop by spoonfuls into hot lard in large frying-pan to make patties about 3 inches in diameter. Brown on both sides. Serve immediately on hot platter with gravy. 6 servings.

**SUGGESTED MENU:** Egg Foo Yung — Gravy, mixed green salad, hot biscuits, butter or margarine, peaches, chocolate cake, milk, coffee.

---

**Gravy**

2 cups soup or meat stock
2 tablespoons cornstarch
2 tablespoons soy sauce
Salt to season
Pepper to season

Thicken well flavored soup stock with cornstarch which has been mixed to a paste with the soy sauce. Cook 10 minutes. Season to taste.

**SUGGESTED MENU:** Egg Foo Yung — Gravy, mixed green salad, hot biscuits, butter or margarine, peaches, chocolate cake, milk, coffee.

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**Russian Salad**

2 cups cooked meat, julienne style
\( \frac{1}{2} \) cup cooked peas, drained
\( \frac{1}{2} \) cup coarsely grated carrots
\( \frac{1}{2} \) cup diced celery
\( \frac{1}{4} \) cup French dressing
Mayonnaise

Marinate vegetables 15 minutes in French dressing. Drain. Serve mixture in lettuce cups. Top with strips of meat. Serve with mayonnaise. 4 servings.

**SUGGESTED MENU:** Russian Salad, shoestring potatoes, fruit salad, hot rolls, butter or margarine, jelly roll, milk, coffee.
Panama Salad

\[
\frac{1}{2} \text{ cup diced cooked lamb} \\
3 \text{ ripe bananas} \\
\frac{1}{2} \text{ cup diced pineapple} \\
\frac{1}{2} \text{ cup diced celery} \\
1 \text{ teaspoon salt} \\
1 \text{ teaspoon prepared mustard} \\
\frac{1}{4} \text{ cup mayonnaise} \\
\text{Lettuce} \\
\text{Stuffed olives or nuts, if desired}
\]

Peel and dice bananas and mix lightly with pineapple, meat and celery. Combine salt, mustard and mayonnaise and toss with banana mixture. Serve on crisp lettuce leaves and garnish if desired with slices of stuffed olives or nut meats. 6 servings.

SUGGESTED MENU: Panama Salad, potato chips, asparagus, biscuits, butter or margarine, angel food cake a la mode, tea, coffee.

Monday Loaf

\[
3 \text{ cups chopped cooked meat} \\
2 \text{ cups diced cooked potatoes} \\
1 \text{ medium onion, grated} \\
1 \text{ green pepper, chopped fine} \\
1 \text{ cup gravy} \\
\text{Salt and pepper to taste}
\]

Combine meat, potatoes, onions, green pepper, and gravy. Add milk to moisten, if mixture is too dry. Season. Brown slowly in a greased frying-pan on top of range or place in a greased 5x8-inch loaf pan and bake in a moderate oven (350° F.) 45 minutes. 6 servings.

SUGGESTED MENU: Monday Loaf, cooked tomatoes and onions, corn, head lettuce salad, muffins, butter or margarine, cookies, milk, coffee.

Fruited Ham Salad

\[
2 \text{ cups diced, cooked smoked ham} \\
2 \text{ tablespoons orange juice} \\
\frac{1}{2} \text{ cup seedless raisins} \\
\frac{1}{2} \text{ cup diced celery} \\
\frac{1}{2} \text{ cup orange sections} \\
\frac{1}{2} \text{ cup diced, unpeeled apple} \\
\frac{1}{4} \text{ cup diced sweet green pepper} \\
\frac{1}{3} \text{ cup mayonnaise} \\
4 \text{ to 6 lettuce cups}
\]

Add orange juice to raisins and let stand 20 to 30 minutes. Combine diced cooked meat, raisins, celery, orange sections, apples, and green pepper. Chill. Add mayonnaise and mix lightly. Serve in crisp lettuce cups. 4 to 6 servings.

SUGGESTED MENU: Fruited Ham Salad, potato chips, hot rolls, butter or margarine, chocolate refrigerator cake, milk, coffee.
Party Pineapple Cheese Pie

Press cottage cheese through sieve twice. Separate eggs. Combine all ingredients but egg whites. Beat egg whites and fold in mixture. Pour into unbaked pie shell. Bake in moderately hot oven (350° F.) for 50 minutes or until nicely browned and the filling firm. Spread with Pineapple Glaze and return to the oven for 5 minutes or until glaze is set.

Pineapple Glaze

Drain pineapple thoroughly. Combine cornstarch and sugar. Add pineapple juice and cook slowly, stirring constantly, until thick and clear. Add well-drained pineapple. Cool and spread by spoonfuls over cheese filling.
Waffles

2 cups sifted flour
4 teaspoons baking powder
1/2 teaspoon salt
2 eggs, separated
1 1/4 cups milk
6 tablespoons melted lard
1 tablespoon sugar, if desired


Variations:
APPLE SPICE WAFFLES: Increase sugar to 1/4 cup; sift 1 teaspoon cinnamon; 1/2 teaspoon allspice, 1/2 teaspoon cloves and 1/2 teaspoon nutmeg with dry ingredients; fold 1 1/2 cups pared and diced apples into batter.
CRISPY-CRUNCHY WAFFLES: Substitute 1/4 cup crushed corn flakes for 1/2 cup flour.

Lazy Daisy Rolls—Quilted Coffee Cake

1 cake compressed yeast
2 1/2 cups lukewarm, scalded milk
1/2 cup lard
2 tablespoons sugar
2 teaspoons salt
5 cups flour
3/4 cup jam

Grease 12 muffin pans and one 9-inch square pan. Dissolve yeast in the lukewarm milk. Cream the lard and sugar, and add salt and yeast-milk mixture. Add half of the flour and mix; beat in remaining flour until smooth. Allow to double in bulk in a warm place (80° F.) for about 1 hour. Divide the dough to make 1 dozen rolls and the Quilted Coffee Cake (see recipe below). Place the dough for the rolls in the muffin pans trying to make 1 spoonful just fill the muffin pan 2/3 full, being careful not to release much gas from the dough. Let rise again until double in bulk, 20 to 30 minutes, at 80° F. Bake in a moderately hot oven (425° F.) for 30 minutes.

Single Pie Crust

1 cup sifted enriched flour
1 teaspoon salt
4 to 6 tablespoons lard
4 to 6 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 8-inch pie pan. Bake according to directions in recipes.
Brush with melted lard or butter when hot.

Place remaining dough in 9-inch square pan; let rise until double in bulk. Make hollows in dough, 1½-inches apart, with knife handle. Fill hollows with jam. Allow to rise 10 minutes. Bake in a moderately hot oven (400° F.) 35 to 40 minutes. Remove from oven, pour confectioners' sugar icing (made by combining ½ cup confectioners' sugar, 1 tablespoon water and ¼ teaspoon vanilla) over coffee cake.

Rocks

3/4 cup lard  
1 1/2 cups light brown sugar  
3 eggs  
2 3/4 cups sifted enriched flour  
1 teaspoon cinnamon  
1/2 teaspoon soda  
1/2 teaspoon salt  
3 cups raisins  
1 cup chopped walnuts

Cream the lard and sugar and add the well-beaten eggs. Reserve one cup of the flour to mix with the raisins and nuts. Sift together the remaining flour, cinnamon, soda, and salt. Combine ingredients and mix well. Place by spoonfuls on a cookie sheet and bake in a hot oven (400° F.), until lightly browned. Yield: 8 dozen medium cookies.

Fancy Spritz

2 cups sifted enriched flour  
1/2 teaspoon baking powder  
1/8 teaspoon salt  
3/4 cup lard  
1/3 cup sugar  
1 egg, unbeaten  
1/2 teaspoon almond extract  
1/2 teaspoon vanilla extract

Sift flour, baking powder and salt. Cream lard and sugar, and unbeaten egg; blend well. Add sifted dry ingredients mixing thoroughly. Add almond extract and vanilla. Force through cookie press on ungreased cookie sheet or shape into rolls, chill, and slice thin. Decorate with candied cherries, nuts or colored sugar, if desired. Bake in a hot oven (400° F.) for 10 minutes. Yield: 3 to 4 dozen.

Homemade Pastry Mix

7 cups sifted enriched flour  
4 teaspoons salt  
1 1/4 cups lard for soft wheat flour  
or  
2 cups lard for hard wheat flour

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, store in refrigerator until ready to
use. Mixture will keep at least a month in 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.

**Homemade Biscuit Mix**

8 cups sifted enriched flour  
1/4 cup baking powder  
4 teaspoons salt  
1 cup lard for soft wheat flour  
or  
1 1/2 cups lard for hard wheat flour

Sift flour with baking powder and salt. Cut in lard until 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 1/2 cup milk to 2 cups Homemade Biscuit Mix. Turn onto a lightly-floured surface and knead gently for 30 seconds. Pat or roll 1/2-inch thick and cut with a medium-sized biscuit cutter, dipped in flour. Bake in a hot oven (450° F.) for 12 to 15 minutes. Yield: 10 to 12 biscuits.

**Biscuits**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 cups sifted enriched flour</td>
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<tr>
<td>1 tablespoon baking powder</td>
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<tr>
<td>3/4 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>4 to 6 tablespoons lard</td>
<td></td>
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<tr>
<td>1/3 to 1/2 cup milk</td>
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Sift together flour, baking powder and salt. Cut in lard until mixture has fine even crumb. Add enough milk to make a soft dough. Turn onto a lightly-floured surface and knead gently for 1/2 minute. Pat or roll 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.) for 12 to 15 minutes. Yield: 10 to 12 biscuits.

**Lemon-Coconut Surprise Cake**

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<td>1 tablespoon baking powder</td>
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<td>1/2 teaspoon salt</td>
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<tr>
<td>1/2 cup lard</td>
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<tr>
<td>1 1/2 cups sugar</td>
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<tr>
<td>1 cup milk</td>
<td></td>
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<tr>
<td>1 teaspoon vanilla extract</td>
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<tr>
<td>1/2 teaspoon almond extract</td>
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<tr>
<td>4 egg whites</td>
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<tr>
<td>Lemon Filling</td>
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<tr>
<td>Coconut Frosting</td>
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</tbody>
</table>

Line two 9-inch layer cake pans with wax paper. Sift flour, baking powder and salt to-
gether. Cream the lard, 1 cup of sugar and 2 tablespoons of the milk until light and fluffy. Add vanilla and almond extract to the milk. Add the flour and liquid alternately, a small amount at a time, to the creamed mixture. Beat the egg whites until stiff but not dry, and then beat in the remaining 1/4 cup sugar until it barely disappears. Fold in the egg whites. Pour batter into pans and bake in a moderate oven (375° F.) for 25 to 30 minutes. Spread lemon filling between layers and top with coconut frosting.

**Lemon Filling**

- 3/4 cup sugar
- 4 tablespoons enriched flour
- 1/2 teaspoon salt
- 1/2 cup water
- 4 tablespoons lemon juice
- 1 egg, well beaten
- 2 tablespoons butter or margarine

Combine sugar, flour, and salt in top of double boiler, mixing thoroughly. Add water, 2 tablespoons lemon juice, and egg; blend. Place over boiling lemon water and cook until thick, stirring constantly. Continue cooking 6 minutes; stir occasionally. Remove from boiling water; add butter and remaining lemon juice. Cool.

**Coconut Frosting**

- 2 egg whites
- 1 1/2 cups sugar
- 1 1/2 teaspoons light corn syrup
- 1/3 cup cold water
- Dash of salt
- 1 teaspoon vanilla extract
- 1/3 cup shredded coconut

Place ingredients except vanilla and coconut in double boiler; mix thoroughly. Cook, beating constantly with rotary or electric beater until mixture forms peaks, about 7 minutes. Remove from heat; add vanilla; beat until of spreading consistency. Frost cake and sprinkle with coconut.

**Apricot Pie**

- 1 pound dried apricots (3 cups)
- 3 cups water
- 3/4 cup sugar
- 3/4 teaspoon salt
- 4 tablespoons enriched flour
- 1 tablespoon butter or margarine
- 1 double recipe Pie Crust (p. 36.)

Cook apricots in water until tender; drain. Combine sugar, salt, flour and one cup liquid from apricots; cook until thick and clear. Fold in apricots and butter. Cool. Pour into a 9-inch pastry lined pie pan. Cover with lattice top. Bake in a hot oven (400° F.) for 20 minutes.
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