A Cooking Guide for the Homemaker

Creative foods

COOK BOOK

containing:

RECIPES
CHARTS
TIME-TABLES
COOKING INSTRUCTIONS

MEATS, CAKES, COOKIES, PASTRIES and QUICKBREADS

NATIONAL LIVE STOCK AND MEAT BOARD
Homemaker's Service Dept.
407 So. Dearborn St., Chicago 5, Ill.
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(1) **BEEF POT-ROAST**

4 to 5-pound beef pot-roast  
3 tablespoons lard or drippings  
1/2 cup water

Brown meat on all sides in lard or drippings. Season. Add water. Cover and simmer in a slow oven (300°F.) or on top of range 3 hours or until tender. Allow about 45 minutes per pound. 8 to 10 servings.

(2) **STANDING RIBS OF BEEF**

Select a 2 or 3-rib roast and have chine bone loosened from the rib side. Season with salt and pepper. Insert meat thermometer so bulb reaches center of thickest part, and does not rest in fat or on bone. Place meat, fat side up on rack in open roasting pan. Do not add water. Do not cover. Roast in slow oven (300°F.) to desired doneness. Allow 18 to 20 minutes per pound for cooking a rare roast, 22 to 25 minutes per pound for medium, and 27 to 30 minutes per pound for a well-done roast. 6 to 8 servings.

(3) **BEEF-POTATO BURGERS**

11/2 pounds ground beef  
2 cups medium grated, unpeeled potatoes  
2 tablespoons grated onion

2 teaspoons salt  
1/2 teaspoon pepper  
Lard or drippings

Combine all ingredients except lard, mix well. Shape into 6 patties. Brown on each side in lard or drippings, turning frequently. Allow 10 to 15 minutes for cooking. 6 to 8 servings.
The purchase of this meat cut is recommended for the small family. It adds variety by providing: 1) steaks for broiling; 2) a boneless pot-roast; and 3) meat and bones for soup—recipes follow.

To make preparation easy ask your retailer to saw across the ribs about 2 inches from the chine bone.

**Directions for the homemaker:** Place the meat with ribs up and fat side down on cutting board. Separate the large eye muscle (attached to the backbone and part of the rib section) from the rest of the cut by lifting the sawed rib section and removing the long outside muscle along the natural dividing seam of fat. Remove blade bone cartilage, roll and skewer or tie the outside muscle for a pot-roast. Release the eye muscle by running knife along the ribs and attached backbone section. Cut into boneless steaks. Use remaining meat and bones for soup or trim the meat from ribs, backbone and cartilage and grind.

**(5) COUNTRY CLUB STEAKS**

Place steaks on rack in broiler pan. Broil 1-inch steaks 2 inches from heat; 2-inch steaks 3 inches from heat. Broil until brown, season, turn and continue broiling until brown allowing 7 to 10 minutes per side broiling time. Season and serve.

**(6) ROLLED POT-ROAST**

2 to 4-pound rolled pot-roast  
2 tablespoons lard or drippings  
1 small onion, sliced  
Salt  
Pepper  
1 cup hot water  
1/2 cup catchup  
6 whole cloves

Brown pot-roast on all sides in lard or drippings. Add sliced onion and brown slightly. Season. Combine water and catchup...
Lean meat is important in the reducing diet—it satisfies—prevents too rapid weight loss.

and add with cloves to pot-roast. Cover closely and simmer on top of range or in a slow oven (300°F.) for 2 to 3 hours or until tender.

**(7) SAVORY VEGETABLE SOUP**

- Beef bones and remaining meat from 6th & 7th ribs
- 1 tablespoon salt
- 1/4 teaspoon pepper
- 1/2 cup chopped onion
- 2 quarts water
- 1 cup diced raw potato
- 1/2 cup sliced celery
- 1 cup sliced carrots
- 1 cup shredded cabbage
- 1 cup whole kernel corn
- 2 cups cut green beans, if desired
- 1 No. 2 can (2 cups cooked) tomatoes

Dice meat pieces left after making country club steaks and rolled pot-roast. Brown diced meat on all sides. Add bones, seasonings, onion and water. Cover and simmer 2 hours. Add remaining vegetables, cover and simmer 1 hour longer. Remove meat from bones and add to soup. 8 to 10 servings.

**(8) BAVARIAN POT-ROAST**

- 3 to 4-pound beef arm or blade pot-roast
- 2 tablespoons flour
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 2 tablespoons lard or drippings
- 1 medium onion, quartered
- 1 bay leaf
- 1/2 teaspoon caraway seed
- 2 tablespoons vinegar
- 1/4 cup water

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

**(9) BROILED STEAK**

Have sirloin, porterhouse, T-bone, or club steak cut 1 to 2 inches thick. Place on broiler rack, insert broiler pan so that top of 1-inch steak will be 2 inches from heat and 2-inch steak will be 3 inches from heat. When one side is browned season with salt and pepper, turn and brown on second side. Season.
Meat in the diet furnishes the protein needed for body building and repair.

Steaks cut 1-inch thick require 8 to 10 minutes on each side for rare and 10 to 15 minutes for medium. Two inch steaks require 15 to 20 minutes on each side for rare and 20 to 25 minutes for medium.

(10) CHILI MEAT DELUXE

1½ pounds ground beef
1 cup chopped onion
1 No. 2 can tomatoes
½ cup chopped green pepper, if desired

1½ teaspoons salt
2 teaspoons chili powder
1 teaspoon paprika
4 cups cooked spaghetti or macaroni
¼ pound Cheddar cheese, grated

Cook ground beef slowly until crumbly but not hard. Add onion, tomatoes, green pepper and seasonings. Cover and simmer 45 minutes. Alternate layers of cooked spaghetti or macaroni and meat mixture in a greased casserole. Sprinkle grated cheese over mixture, bake in moderate oven (350°F.) for 20 to 30 minutes or until cheese is melted and lightly browned. 6 to 8 servings.

(11) DEVILED ROUND STEAK

1½ pounds beef round steak
Flour for dredging
3 tablespoons lard
3 tablespoons diced onion
3 tablespoons flour
1 teaspoon prepared mustard

1 cup canned tomatoes
1 cup water
1 tablespoon vinegar
1 tablespoon sugar
½ teaspoon salt
¼ teaspoon paprika

Cut steak into individual servings. Dredge with flour and brown on both sides in lard. Mix the 3 tablespoonfuls flour and mustard and combine with remaining ingredients. Cover and cook slowly on top of range or in a slow oven (300°F.) for 1½ hours or until tender. 4 to 6 servings.
A meal with meat assures greater amounts of food nutrients so essential to health.

(12) OLD FASHIONED MEAT LOAF

1 1/2 pounds ground beef
1/4 pound ground pork
2 cups soft bread crumbs
2 tablespoons grated onion
1 tablespoon salt
1 teaspoon sage
2 eggs
1 cup milk
1/4 teaspoon pepper
1 tablespoon Worcestershire sauce

Combine all ingredients and mix thoroughly. Pack into a 5x9-inch loaf pan. Bake in a moderate oven (350°F.) for 1 1/4 to 2 hours. 6 to 8 servings.

(13) MEAT AND MUSHROOMS ON NOODLES

2 pounds of boneless veal or lamb shoulder cut in 1-inch cubes
3 tablespoons lard or drippings
1 1/2 teaspoons salt
1/8 teaspoon pepper
1/2 cup water
1 teaspoon paprika
1 small can mushrooms
1 green pepper, sliced
Water for gravy
3 to 4 tablespoons flour

Brown meat in lard or drippings. Season. Add 1/2 cup water, cover and cook slowly for 1 hour. Add paprika, mushrooms and green pepper. Cook 15 minutes. Pour off liquid, add enough water to make 2 cups. Add flour. Add to meat and vegetables. Cook, stirring constantly until thickened. Serve on Chinese noodles. 6 to 8 servings.
Use the proper cookery method for each meat cut to assure top results in the meat dish.

**Veal-Rice Casserole**
- 1 pound boneless veal, cut in small cubes
- 1 medium onion, chopped
- 1 cup diced celery
- 2 tablespoons lard or drippings

**Cream of Mushroom Soup**
- 1 can cream of mushroom soup
- 2 bouillon cubes
- 2 1/2 cups hot water
- 1 cup rice
- 2 tablespoons soy sauce

Brown together veal, onion and celery in lard or drippings. Dissolve bouillon cubes in water. Combine all ingredients. Mix.
A roast meat thermometer is assurance that meat will be cooked to doneness desired.

well. Pour into a greased casserole, cover and bake in a slow oven (300°F.) for 1 hour or until rice is tender. 6 to 8 servings.

(16) PORK LOIN ROAST—BAKED BANANAS

Select a 3 to 5-pound pork loin roast. Have the backbone of the pork loin loosened by sawing at right angles to the ribs. Season with salt and pepper. Place fat side up on a rack in open roasting pan. Insert a meat thermometer so the bulb reaches the center of the thickest part, and 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 35 to 40 minutes per pound for roasting. 6 to 10 servings.

Remove roast and pour drippings from pan. Allow ½ banana for each serving. Peel bananas, cut crosswise into halves and immediately place in roasting pan in oven. Baste bananas with drippings and bake approximately 6 to 8 minutes or until bananas are tender—easily pierced with a fork. Serve bananas as a hot vegetable with the meat.

(17) SMOKED SHOULDER BUTT

Cover smoked shoulder butt with water. Cover and simmer slowly until done allowing 35 to 45 minutes per pound. When done remove meat and slice across the grain. 6 to 8 servings.
A menu with meat supplies B vitamins that are essential to health and well being.

(18) HAM SLICE—YANKEE STYLE

| 2 slices ham,  | 1 tablespoon prepared mustard  |
| cut ¾-inch thick | 1 tablespoon prepared horseradish  |
| ½ cup brown sugar | ½ cup corn meal |
| ¼ cup butter or margarine |

Place one ham slice in greased casserole. Mix sugar, mustard, horseradish, and spread over ham slice. Cover with second ham slice. Lightly brown corn meal in melted butter or margarine. Spread evenly over top of ham slice. Bake in slow oven (300°F.) for 45 minutes to 1 hour. 6 to 8 servings.

(19) HAWAIIAN CHOPS

| 6 pork rib or loin chops, cut 1-inch thick | ¼ teaspoon pepper |
| 2 tablespoons lard or drippings | 6 slices pineapple |
| 1 teaspoon salt | 6 dried prunes |
| ½ cup water |

Brown chops in lard or drippings. Season. Place pineapple slice on each chop with prune in center. Arrange whole carrots around chops. Add water, cover and cook slowly 1 hour. 6 servings.

(20) PORK STEAKS—GLAZED APPLE RINGS

| 4 pork shoulder steaks, cut ¾-inch thick | Salt and pepper |
| Flour | ¼ cup water |
| 3 tablespoons lard | 3 large apples |
| ½ cup grape jelly | ½ cup water |

A roast should never be covered in cooking—if covered, it becomes a pot-roast.

(21) **ROAST (BAKED) HAM**

Place ham, fat side up, on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part and 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 about 20 minutes per pound for roasting.

(22) **BARBECUED SPARERIBS**

1 side of spareribs

**Barbecue Sauce**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 medium onion, chopped</td>
<td>2 small bottle catchup</td>
</tr>
<tr>
<td>2 tablespoons butter or margarine</td>
<td>3 tablespoons Worcestershire sauce</td>
</tr>
<tr>
<td>1 1/2 teaspoons prepared mustard</td>
<td>1 cup water</td>
</tr>
<tr>
<td>2 tablespoons brown sugar</td>
<td>1/2 cup chopped celery</td>
</tr>
<tr>
<td>2 tablespoons vinegar</td>
<td>Salt to season</td>
</tr>
<tr>
<td>1/4 cup lemon juice</td>
<td>1/4 teaspoon red pepper</td>
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Make Barbecue Sauce as follows: brown onion in butter or margarine. Add remaining ingredients and simmer 1 hour. Place spareribs in roasting pan and roast in a moderate oven (350°F.) for 1 hour. Pour Barbecue Sauce over ribs and continue cooking for 1 hour. 4 to 6 servings.

(23) **HAM AND CORN FRITTERS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 cup ground cooked ham</td>
<td>2 1/2 cup enriched flour</td>
</tr>
<tr>
<td>1 cup cooked or canned whole kernel corn</td>
<td>1 1/2 teaspoons baking powder</td>
</tr>
<tr>
<td>1 tablespoon minced onion</td>
<td>1/4 cup milk or corn liquid</td>
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</table>

Mix ground ham, corn and onion. Sift dry ingredients together. Add to corn mixture. Add liquid and mix well. Drop by teaspoonfuls into deep lard at 365°F. Fry until golden brown. Drain. 4 servings.
SCALLOPED HAM—CABBAGE

Melt lard or drippings, stir in flour until smooth. Gradually add milk, stirring constantly. Cook until thick. Steam or cook cabbage in boiling water for 7 minutes. Add cheese and green pepper to white sauce. Add diced ham. Place layers of cabbage alternately with layers of ham mixture in a greased casserole. Melt butter or margarine and mix with crumbs. Sprinkle crumbs over top mixture in casserole. Bake in moderate oven (350°F.) for 30 minutes. 6 servings.

SMOKED SHOULDER BUTT—LIMA BEANS

Line bottom of 8x11½ inch casserole with slices of smoked shoulder butt. Cover with cooked Lima beans mixed with salt and 1 cup grated cheese. Arrange remaining slices smoked shoulder butt on top of casserole. Sprinkle with remaining grated cheese. Heat in slow oven (300°F.) for 20 minutes. 6 servings.

BACON-CHEESE SANDWICH FILLING

Fry bacon crisp, chop fine. Combine with other ingredients and mix thoroughly. Yield: ¾ cup.
(27) LAMB KABOBS

- 2 pounds lamb shoulder, cut in 1 1/2 inch cubes
- 1/2 cup salad oil
- 2 tablespoons vinegar
- 2 tablespoons lemon juice
- 1 teaspoon dry mustard
- 1/8 teaspoon thyme
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup chopped onion
- 4 tomatoes
- 2 medium green peppers
- 1 can small whole onions
- 16 skewers

Blend salad oil, vinegar, lemon juice, seasonings and chopped onion in bowl. Add lamb cubes, let stand several hours, or over night, in the refrigerator. Drain. Thread cubes of lamb on 8 skewers. Quarter tomatoes, cut green peppers in 1-inch squares. Thread tomato wedges, green pepper squares and whole onions on 8 remaining skewers. Brush with marinating mixture. Place lamb kabobs on rack in broiler pan. Broil 3 inches from heat for 12 minutes. Turn. Place vegetable kabobs on broiler pan. Broil additional 10 to 12 minutes or until meat is done. 6 servings.

(28) LAMB PATTIES WRAPPED IN BACON

- 1 1/2 pounds ground lamb
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 6 slices bacon

Mix lamb and seasonings. Shape into six patties. Wrap each patty with bacon slice and fasten with a wooden pick. Place on broiler rack, insert broiler so that top of patties is 2 to 3 inches from heat. When brown, turn and brown second side. Broil 8 to 10 minutes on each side. 6 servings.
Roast leg of lamb will be juicier and carve more easily if the fell is left on.

(29) ROAST LEG OF LAMB

Select a 5 to 6-pound leg of lamb. Do not have the fell removed. Season with salt and pepper. 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 slow oven (300°F.) until the meat thermometer registers 180°F. Allow 30 to 35 minutes per pound for roasting. 10 to 12 servings.

(30) BROILED LAMB CHOPS

6 lamb rib or loin chops, cut 1 inch thick
Salt
Pepper

Place chops on broiler rack. Insert broiler pan so top of chops is 2 inches from heat. When one side is brown, season, turn and finish cooking on second side. Season. Chops cut 1 inch thick require 5 to 7 minutes for each side. 3 to 6 servings.

(31) LAMB STEW

2 pounds lamb for stew
1/2 cup enriched flour
3 tablespoons lard or drippings
2 teaspoons salt
1/4 teaspoon pepper
Water to cover

8 medium carrots
8 medium onions
8 medium potatoes
1 No. 2 can or 1 package frozen peas

Dredge the meat with flour and brown on all sides in lard or drippings. Season. Cover with water, cover closely and cook slowly 2 hours or until tender. About 45 minutes before the end of the cooking time add all vegetables except peas. Cook peas separately and serve over stew. Thicken liquid for gravy, if desired. 6 to 8 servings.
(32) **LIVER AND BACON**

- **Ingredients:**
  - 8 slices bacon
  - 1 pound beef liver, cut 1/4 to 1/2-inch thick
  - 2 tablespoons flour
  - 3/4 teaspoon salt
  - 1/8 teaspoon pepper
  - 3 tablespoons drippings

Place a single layer of bacon in a cool frying-pan. Cook over low heat, turning frequently until lightly browned or crisp, as desired. Pour off excess fat as it accumulates. Remove bacon from pan and keep warm. Dredge sliced liver in flour, salt and pepper mixture. Brown liver in 3 tablespoons bacon drippings. Cook slowly 20 to 30 minutes or until tender. 4 servings.

(33) **STUFFED HEART**

- **Ingredients:**
  - 1 beef heart
  - 2 tablespoons butter or margarine
  - 1/4 cup hot water
  - 2 cups soft bread crumbs
  - 1 medium onion, chopped
  - 1 teaspoon salt
  - 1 teaspoon sage
  - 1/8 teaspoon pepper
  - Flour for dredging
  - 2 tablespoons lard or drippings
  - 2 cups water

Melt the butter or margarine with hot water, add crumbs, onion and seasonings. Mix thoroughly. Remove arteries, veins and extra fat from the heart. Fill with the stuffing and sew together. Sprinkle with salt and dredge lightly with flour. Brown heart in melted lard. Add water, cover, simmer slowly 3 to 5 hours or until tender. 6 to 8 servings.
Meat Cuts and How to Cook Them

**BEEF CHART**

**Retail Cuts**
- Ground Beef
  - Roast (Bake), Broil, Panbroil, Panfry, Braise
- Hind Shank
  - Cook in Liquid (Soup) or Braise
- Rolled Flank
  - Braise or Cook in Liquid
- Flank Steak
  - Braise
- Plate “Boiling” Beef Plate Ribs
  - Braise or Cook in Liquid
- Brisket
  - Braise, Cook in Liquid
- Shank Knuckle
  - Cook in Liquid (Soup), Braise
- English Cut
  - Braise

**Wholesale Cuts**
- Heel of Round
  - Braise or Cook in Liquid
- Rolled Flank
  - Braise or Cook in Liquid
- Flank Steak Fillets
- Rolled Short “Boiling” Beef Plate Ribs
  - Braise or Cook in Liquid
- Corned Beef
  - Braise, Cook in Liquid
- Cross Cut Fore Shank
  - Cook in Liquid (Soup), Braise

**Retail Cuts**
- Round Steak Top Round Bottom Round (Swiss Steak)
  - Braise
- Rolled Rump Standing Rump
  - Braise or Roast
- Sirloin Steak Pin Bone Sirloin Steak
  - Broil, Panbroil, Panfry
- Porterhouse Steak T-Bone Steak Club Steak
  - Broil, Panbroil, Panfry
- Standing Rib Roast Rolled Rib Roast Rib Steak
  - Roast
- Blade Steak Blade Pot-Roast
- Triangle Boneless Chuck Pot-Roast Shoulder Fillet
  - Braise
- Rolled Neck Boneless Neck
  - Braise or Cook in Liquid

*National Live Stock and Meat Board*
Meat Cuts and How to Cook Them

VEAL CHART

Retail Cuts

Standing Rump Roast
Rolled Rump Roast
Roast or Braise

Loin Chop
Braise or Panfry

Crown Roast
Rib Roast
Rib Chop (Frenched)
Roast — Braise or Panfry — Roast

Blade Roast
Arm Roast
Roast or Braise

Blade Steak
Arm Steak
Braise or Panfry

Rolled Shoulder Roast
City Chicken
Roast or Braise — Braise, Panfry

Wholesale Cuts

Leg (Round)

Retail Cuts

Heel of Round
Hind Shank
Braise or Cook in Liquid

Round Steak (Cutlet)
Leg (Round) Center-Cut Roast
Roast or Braise

Scallops
Rosettes
Braise or Panfry

Breast
Roast, Braise, Cook in Liquid

Mock Chicken Legs
Loaf
Roast (Bake)

Riblets
Stew Meat
Braise or Cook in Liquid

Fore Shank
Patties
Braise, Cook in Liquid — Braise or Panfry

NATIONAL LIVE STOCK AND MEAT BOARD
ROASTING

The Cuts...
- BEEF: ribs, rump (high quality), loaf.
- VEAL: leg, loin, rack, shoulder, loaf.
- PORK (fresh): loin, shoulder, leg or ham, spareribs, loaf.
- PORK (smoked): ham, picnic, shoulder butt, loaf.
- LAMB: leg, shoulder, loaf.

The Method...
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.

BROILING

The Cuts...
- BEEF: steaks (rib, club, tenderloin, T-bone, porterhouse, sirloin, top round), patties.
- VEAL: liver.
- PORK (smoked): ham slice, Canadian-style bacon, bacon.
- LAMB: chops (shoulder, rib, loin), patties, liver, kidney.
- VARIETY MEATS: brains, sweetbreads.

The Method...
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.

PANBROILING

The Cuts...
- BEEF: steaks (rib, club, tenderloin, T-bone, porterhouse, sirloin, top round), patties.
- VEAL: liver.
- PORK (smoked): ham slice, Canadian-style bacon, bacon.
- LAMB: chops (shoulder, rib, loin), patties, liver, kidney.
- VARIETY MEATS: brains, sweetbreads.

The Method...
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.

BRAISING

The Cuts...
- BEEF: pot-roasts, shortribs, round steaks, heart, kidney.
- VEAL: heart, chops (rib, loin, shoulder), steaks, cutlets, heart, kidney.
- PORK (fresh): shoulder steaks, chops (loin, rib), spareribs, tenderloin (frenched), hocks, heart, kidney.
- PORK (smoked): ham, picnic, shoulder butt, loaf.
- LAMB: breast, shoulder, neck slices, shanks.

The Method...
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.

COOKING IN LIQUID (large cuts and stews)

The Cuts...
- BEEF: neck, shank, heel of round, plate, brisket, chuck, flank, heart, tongue, kidney, corned beef.
- VEAL: shoulder, flank, neck, shank, breast, tongue, heart, kidney.
- PORK (fresh): hocks.
- PORK (smoked): ham, picnic, butt.
- LAMB: neck, breast, shoulder, shank.

The Method...
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.
Meat Cuts and How to Cook Them

**PORK CHART**

### Retail Cuts

1. Boneless Loin Roast
2. Tenderloin Frenched and Whole
3. Canadian Style Bacon
4. Rib Chop
5. Blade Loin Roast
6. Fat Back
7. Blade Steaks
8. Smoked Shoulder Butt
9. Jowl Bacon Square
10. Boston Butt
11. Rolled Boston Butt

### Wholesale Cuts

1. Ham (Butt Half)
2. Ham Slice
3. Fresh Ham Roast
4. Loin Roast
5. Blade Smoked Steaks Shoulder Butt
6. Cushion Rolled Fresh Picnic Shoulder Roast
7. Bison Butt Rolled Boston Butt Roast

### Retail Cuts

1. Ham (Shank Half)
2. Ham Butt Slice
3. Center Ham Slice
4. Fresh Ham Roast
5. Rolled Fresh Ham Roast
6. Bacon Salt Pork
7. Salt Pork
8. Fresh Picnic Shoulder
9. Smoked Picnic Shoulder
10. Rolled Fresh Picnic Shoulder
11. Fresh Shoulder Hock
12. Arm Steak

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Meat Cuts and How to Cook Them

**LAMB CHART**

**Retail Cuts**

**Wholesale Cuts**

**Retail Cuts**

Leg of Lamb
(Three cuts from one leg)

- Roast
- Broil, Panbroil, Panfry
- Braise

Rib Chops

- Roast
- Broil, Panbroil, Panfry

Crown Roast

- Roast

Square Cut Shoulder

Arm Chop

- Broil, Panbroil, Panfry

Blade Chop

- Broil, Panbroil, Panfry

Saratoga Chops

- Broil, Panbroil, Panfry

Rolled Shoulder

- Roast, Braise

Boneless Shoulder Chops

- Broil, Panbroil, Panfry, Braise

Cushion Shoulder

- Roast

- Broil, Panbroil, Panfry

- Braise

Neck Slices

- Braise, Cook in Liquid

**Wholesale Cuts**

**Retail Cuts**

American Leg

Boneless Sirloin Roast

Frenched Leg

Loin Chop

- Broil, Panbroil, Panfry

English Chop

- Roast

Rolled Loin Roast

Patties

- Broil, Panbroil, Panfry

Loaf

- Roast (Bake)

Riblets

- Braise or Cook in Liquid

Stew Meat

Rolled Breast

Breast

- Braise or Roast

Shanks

- Braise or Cook in Liquid

NATIONAL LIVE STOCK AND MEAT BOARD
(34) **EGGS IN SAUSAGE**

2 pounds bulk pork sausage  
6 hard-cooked eggs

Cover eggs completely with about \( \frac{1}{4} \)-inch sausage. Place on rack in an open, shallow pan. Bake in a moderate oven (350°F.) for 40 to 45 minutes or until sausage is well browned. Serve gravy made from drippings, if desired. 6 servings.

(35) **FARM HOUSE DINNER**

1½ pounds pork sausage links  
2 tablespoons water  
4 cups hot mashed potatoes  
6 cups soft bread crumbs  
1 teaspoon salt  
1 tablespoon minced parsley  
1 medium onion, minced  
3 tablespoons lard or drippings  
Water  
3 eggs, beaten

Make an egg dressing ring as follows: combine crumbs, seasoning and parsley. Brown onion in lard or drippings and add to crumbs. Add enough water to slightly moisten mixture. Add well beaten eggs and mix thoroughly. Fill well greased ring mold with mixture. Bake in a moderate oven (375°F.) for 25 to 30 minutes or until well browned.

While the ring is baking, place the sausage links and 2 tablespoons water in a cold frying-pan. Cover and cook slowly 8 to 10 minutes. Remove cover and brown links. Turn ring out of mold onto hot platter and fill with mashed potatoes. Arrange cooked sausage links over top of potatoes like spokes of a wheel. Serve cream gravy made with sausage drippings, if desired. 8 servings.
For taste appeal and good nutrition build the menu around meat.

**SPICY SAUSAGE LINKS**

1½ pounds pork sausage links  
2 tablespoons water  
1 No. 2 can kidney beans  
1 cup thinly sliced unpeeled apples  
¼ cup brown sugar  
1 large onion, sliced  

1 clove garlic, diced  
½ cup tomato juice  
1 teaspoon salt  
¼ teaspoon pepper  
½ teaspoon chili powder

Place pork sausage links in frying-pan, add 2 tablespoons water. Cover, simmer 15 minutes. Remove cover and brown links lightly. Drain. Cut links into thirds. Combine all ingredients and place in casserole. Cover and bake in a moderate oven (350°F.) for 30 to 45 minutes. 6 servings.

**PORK SAUSAGE WITH SQUASH**

1½ pounds pork sausage links  
2 tablespoons water  
3 tablespoons sausage drippings  
2 packages frozen squash  
2 teaspoons salt

Place pork sausage links in frying-pan, add 2 tablespoons water. Cover, simmer 15 minutes. Remove cover and brown. Drain. Heat frozen squash. Add salt and sausage drippings. Place squash in 8x8-inch casserole, top with sausage links. Bake in moderate oven (350°F.) for 10 minutes. 4 to 6 servings.

**AMERICAN PIZZA**

2 pounds bulk pork sausage  
¼ teaspoon thyme  
1 clove garlic  
1 cup Biscuit Mix  
(see page 29)  

1/4 cup milk  
1 cup (1/4 pound) grated American cheese  
1 1/2 cups drained canned tomatoes  

Brown sausage in frying-pan; drain off fat. Add thyme and garlic. Add milk to Biscuit Mix to make a soft dough. Roll out thin on floured board to fit 9-inch pie pan. Fit dough into pan and crimp edges. Pour meat and half of tomatoes into pan. Add cheese. Top with remaining tomatoes. Sprinkle with Parmesan cheese if desired. Bake in a hot oven (450°F.) for 15 to 20 minutes. 4 to 6 servings.
Meat furnishes valuable minerals needed for bone and blood building.

(39) CHERRY MEAT MUFFINS

1 12-ounce can luncheon meat, ground
1 cup soft bread crumbs
1 egg, well beaten
2 tablespoons brown sugar
1 teaspoon prepared mustard

Combine all ingredients in order given, mix thoroughly. Pack mixture into medium-size muffin pans, filling each \( \frac{2}{3} \) full. Bake in slow oven \( (300°F.) \) for 30 to 45 minutes. Serve with Cherry Sauce. 3 to 4 servings.

Cherry Sauce

1 tablespoon cornstarch
\( \frac{1}{4} \) cup sugar
1 cup cherry juice
1 cup pitted red cherries

Combine cornstarch, sugar and cherry juice. Cook over low heat, stirring constantly until thick and clear. Add cherries and serve hot over meat muffins.

(40) PINEAPPLE GLAZED CANNED HAM

8 to 12-pound canned ham
1 No. 1 can pineapple juice

Have retailer open canned ham and slice into \( \frac{1}{8} \) to \( \frac{1}{4} \)-inch slices and tie slices with string into original shape. Place ham on a rack in an open roasting pan and pour over pineapple juice. Bake in a slow oven \( (325°F.) \) 10 to 12 minutes per pound or until heated through. Baste frequently with pineapple juice. 30 to 40 servings.

(41) CORNED BEEF HASH PATTIES

1 16-ounce can corned beef hash
1 tablespoon lard or drippings

Chill can of hash. Open both ends and push contents out whole. Cut into six even slices. Brown slices slowly on both sides in lard or drippings. 6 servings.
For breakfast, lunch or dinner
meat is the logical center of the menu.

(42) CREAMED DRIED BEEF

4 ounces dried beef  1/4 cup enriched flour
2 tablespoons lard  2 cups milk
3 hard-cooked eggs, chopped

Brown dried beef lightly in lard. Add flour and mix well. Add cold milk, stirring constantly until thickened. Add chopped eggs. Cook until heated through. Serve on toast or English muffins. 6 servings.

(43) LUNCHEON MEAT EN BROCHETTE

12 ounces can luncheon meat  2 tablespoons melted butter or margarine
12 cooked prunes, pitted  6 maraschino cherries, if desired
12 pineapple cubes  6 skewers

Cut luncheon meat into 1-inch cubes. Thread cubes of luncheon meat, pineapple, luncheon meat and cooked prunes on a skewer, repeating until skewer is filled. Brush with melted butter or margarine. Place on broiler rack and insert rack and pan so top surface of meat is 2 to 3 inches from heat. Broil until meat is lightly browned on one side, turn, continue broiling until heated through. Serve with maraschino cherry at end of each skewer, if desired. 6 servings.

(44) TONGUE SALAD

16-ounce can tongue, diced  1/4 cup chopped Bermuda onion
1/2 cup mayonnaise  1 cup chopped celery
1 tablespoon prepared mustard  1/2 cup chopped green pepper
1 No. 2 can peas or 1 package frozen peas, cooked and chilled  1/4 cup grated sharp cheese

Mix mayonnaise and mustard. Dice tongue. Scald tomatoes 1 minute in boiling water and remove skin. Chill. Combine tongue, vegetables, cheese and mayonnaise mixture. Cut tomatoes almost through in 6 sections and spread open, flower shaped, on lettuce leaf. Fill with tongue salad. 6 to 8 servings.
In cuts and price range meat offers greater variety for the menu than any other food.

(45) HAWAIIAN SALAD

1 12-ounce can luncheon meat, cut in thin strips
1 tablespoon vinegar
½ teaspoon prepared horseradish
1 cup mayonnaise
2 cups shredded cabbage
2 cups coarsely diced celery
¼ cup minced green pepper
2 cups cubed fresh pineapple or 1 No. 2 can pineapple, drained and cubed

Blend vinegar and horseradish with mayonnaise. Toss with remaining ingredients. Serve in lettuce-lined salad bowl. 6 servings.

(46) VIENNA-STYLE SAUSAGES—CHOW EGGS

2 cans Vienna-style sausages
1 can bean sprouts
3 tablespoons butter or margarine
6 eggs
1 tablespoon soy sauce

Cut one can of sausages into thin slices. Drain the bean sprouts thoroughly. Add sliced sausages and bean sprouts to the eggs and mix well. Add soy sauce and turn into frying-pan with the hot butter or margarine in it. Cook slowly with an occasional stirring until thick. Heat remaining sausages. Turn omelet onto a hot platter and garnish with the whole sausages. 6 servings.

(47) SALAMI SANDWICH FILLING

½ pound salami, finely chopped
⅜ cup canned baked beans with tomato sauce, drained
2 teaspoons minced onion
2 tablespoons chili sauce
2 teaspoons prepared mustard
1 teaspoon prepared horseradish

Place salami, baked beans, onion, chili sauce, mustard and horseradish in mixing bowl. Mash well with fork. Yield: 2½ cups sandwich filling.
(48) **APPLE CUP CAKES**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup</td>
<td>lard</td>
</tr>
<tr>
<td>1 cup</td>
<td>sugar</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>salt</td>
</tr>
<tr>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>2 cups</td>
<td>enriched flour</td>
</tr>
<tr>
<td>1/4 teaspoon</td>
<td>soda</td>
</tr>
<tr>
<td>2 teaspoons</td>
<td>baking powder</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>cinnamon</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
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<tr>
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</tr>
<tr>
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<td>nutmeg</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>chopped nut meats</td>
</tr>
<tr>
<td>1 cup</td>
<td>chopped dates</td>
</tr>
<tr>
<td>1 cup</td>
<td>chopped apples</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>cold coffee</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>vanilla</td>
</tr>
</tbody>
</table>

Cream lard, sugar, and salt. Add egg and beat well. Sift together flour, soda, baking powder and spices. Mix with nuts, dates and apples. Add dry ingredients alternately with coffee and vanilla. Fill greased small muffin pans 2/3 full. Bake in moderate oven (350°F.) for 25 to 30 minutes. 24 small cakes.

(49) **CHOCOLATE PEPPERMINT TEA COOKIES**

<table>
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<tr>
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</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>enriched flour</td>
</tr>
<tr>
<td>2 teaspoons</td>
<td>baking powder</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>salt</td>
</tr>
<tr>
<td>3/4 cup</td>
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<tr>
<td>1 cup</td>
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</tr>
<tr>
<td>1 egg</td>
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</tr>
<tr>
<td>1/2 teaspoon</td>
<td>peppermint extract</td>
</tr>
<tr>
<td>2 squares</td>
<td>chocolate</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>milk</td>
</tr>
<tr>
<td></td>
<td>English walnut halves</td>
</tr>
</tbody>
</table>

Sift together flour, baking powder and salt. Cream lard and sugar until light and fluffy. Beat in egg, peppermint and chocolate which has been melted and cooled. Add dry ingredients alternately with milk. Drop mixture by teaspoonfuls on cookie sheet. Place walnut half on each. Bake in hot oven (400°F.) for 8 to 10 minutes. Yield: 3 to 4 dozen cookies.

Recipes in this booklet, except those made with cake flour, were developed using all-purpose flour. This type of flour is milled so it may be used satisfactorily for all kinds of cooking and baking. Since flours may vary slightly in different areas (both in moisture content and texture) some homemakers may need to make minor adjustments in the amount of liquid used in the recipes calling for all-purpose flour. Add the recommended amount of liquid slowly since soft wheat flour does not require as much liquid.
APPLE PIE

2 cups sifted enriched flour  2/3 cup lard
1 1/2 teaspoons salt  4 to 6 tablespoons cold water

Apple Filling

Add salt to flour. Cut lard into flour mixture until crumbs are about the size of small peas. Add cold water, a little at a time, mixing quickly and evenly with a fork until dough just holds in a ball. Divide pastry almost in half, using larger portion for lower crust. Roll to about one-eighth inch thickness. Line 9-inch pie pan, allowing 1/2 inch crust to extend over edge. Roll out remaining pastry, making several gashes to allow escape of steam. Fill pie shell with Apple Filling and place top crust over filling. Cut top crust 1/2-inch smaller than lower crust. Fold lower crust over the upper. Crimp edges. Bake in hot oven (425°F.) for 35 minutes. 6 servings.

Apple Filling

6 cups grated unpeeled red apples
1 cup sugar
1 teaspoon cinnamon
1/4 teaspoon nutmeg
2 tablespoons butter or margarine

Combine all ingredients except butter or margarine. Pour into unbaked pastry, dot with butter or margarine.

COCONUT CREAM PIE

1 9-inch baked pie shell (see recipe page 29)
1/2 cup sugar
7 tablespoons enriched flour
1/3 teaspoon salt
1/4 cup cold milk
1 1/2 cups scalded milk
3 egg yolks
1 teaspoon vanilla
1 cup shredded coconut
3 egg whites, beaten
Sweetened whipped cream, if desired

Blend sugar, flour and salt with cold milk. Add scalded milk gradually, stirring constantly. Cook slowly, stirring constantly until thickened. Add beaten egg yolks, then cook two minutes longer. Remove from heat, add vanilla and coconut. Cool, fold in beaten egg whites, then pour into baked pie shell. Serve with whipped cream, if desired.
(52) **SINGLE BAKED PIE SHELL**

- 1 cup sifted enriched flour
- 1/3 cup lard
- 1/2 teaspoon salt
- 2 to 4 tablespoons cold water

Add salt to flour. Cut lard into flour mixture until crumbs are about the size of small peas. Add cold water, a little at a time, mixing quickly and evenly with a fork until dough just holds in a ball. Roll to about 1/8 inch thickness. Line 9-inch pie pan. Crimp edges and prick with fork. Bake in hot oven (450°F.) for 12 to 15 minutes.

(53) **FRUIT SHORTCAKE**

- 3 cups Homemade Biscuit Mix
- 6 tablespoons sugar
- 3/4 cup milk
- 3 to 4 cups sweetened fruit

Blend Biscuit Mix with sugar. Add milk to make a soft dough. Turn onto floured surface. Knead until dough is smooth. Divide dough in half and shape into two 9-inch cake pans. Bake in a hot oven (400°F.) for 25 minutes or until brown. Serve with desired fruit sweetened according to taste. 6 to 8 servings.

(54) **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 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 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. Place on baking sheet and bake in a hot oven (450°F.) for 12 to 15 minutes. Yield: 10 to 12 biscuits.
(55) QUICK CHOCOLATE CAKE

2 cups sifted cake flour
1 teaspoon soda
3/4 teaspoon salt
1 1/4 cups sugar
4 squares chocolate

3/4 cup boiling water
1/2 cup sour milk or buttermilk
1/3 cup lard
2 eggs, unbeaten
2 teaspoons vanilla


Peanut Butter Frosting

3 tablespoons butter or margarine
1/3 cup peanut butter
4 cups sifted confectioners' sugar
1/3 to 1/2 cup milk

Cream butter and peanut butter together. Add sugar and milk; beat until smooth.

(56) CRUSTY COOKIE BARS

1 1/4 cups sifted enriched flour
1 teaspoon baking powder
1/2 teaspoon soda
1/2 teaspoon salt
1/4 cup lard
1/2 cup sugar

1/2 cup molasses
2 eggs, beaten
1 teaspoon vanilla
4 teaspoons grated orange rind
1/2 cup milk
1/4 cup Orange Sugar*

*Orange Sugar: Mix 1 teaspoon of the grated orange rind with an additional 1/4 cup sugar.

**PINEAPPLE FLUFF CAKE**

- 3 cups sifted cake flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon soda
- 1 No. 2 can crushed pineapple*
- 1/2 cup hot water
- 4 stiffly beaten egg whites
- 1/4 cup lard
- 2 cups sugar
- 4 egg yolks
- 1 teaspoon vanilla
- 1/2 cup drained crushed pineapple

Line three 9-inch cake pans with waxed paper. Sift together flour, baking powder, salt and soda. Drain crushed pineapple and measure 1 cup juice. Cream lard and 1 1/2 cups sugar with 1 egg yolk. Add remaining egg yolks and vanilla. Beat well. Add sifted dry ingredients alternately with 1 cup pineapple juice and 1/2 cup hot water. Beat egg whites until stiff, but not dry, and add remaining 1/2 cup sugar. Fold egg white mixture into cake batter. Pour into cake pans and bake in moderate oven (350°F.) for 25 to 30 minutes.

*Drain and save 1 cup juice to put in cake batter. Use remaining 1 cup drained crushed pineapple for frosting.

**Pineapple Fluff Frosting**

- 2 egg whites
- 1/4 teaspoon salt
- 1 cup white corn sirup
- 1 teaspoon vanilla
- 1 cup drained crushed pineapple

Combine egg whites, salt, sirup, vanilla, and beat until fluffy spreading consistency. Fold in pineapple. Frost three 9-inch layers.

**CHERRY NUT PIE**

- 1 9-inch baked pie shell
- 1 No. 2 can sour pitted cherries
- 1 cup sugar
- 1/4 cup cornstarch
- 1/8 teaspoon salt
- 1/2 cup raspberry juice
- 1/2 cup cherry juice
- 1/2 cup chopped nuts
- Whipped cream or ice cream

Drain cherries and save juice. Mix sugar, cornstarch and salt. Add mixture to raspberry and cherry juices. Cook slowly, stirring constantly until thickened. Remove from heat and add cherries and nuts. Pour into pie shell. Cool. Serve with whipped cream or ice cream.
**HOLIDAY BANANA TEA BREAD**

1 1/4 cups sifted enriched flour  
2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon salt  
1/3 cup lard  
2/3 cup sugar  
2 eggs, well-beaten  
1 cup mashed ripe bananas*  
(2 to 3 bananas)  
1/2 cup walnuts or pecans, broken  
1/4 cup (2 oz.) finely cut, candied pineapple  
1/4 cup (2 oz.) finely cut, candied cherries  
1/4 cup (2 oz.) thinly sliced citron  
1/4 cup (2 oz.) finely cut, candied orange peel  
1/4 cup raisins

*Use either fully ripe or all-yellow bananas.

Sift together flour, baking powder, soda and salt. Beat lard until creamy in mixing bowl. Add sugar gradually and continue beating until light and fluffy. Add eggs and beat well. Add flour mixture alternately with bananas, a small amount at a time, mixing after each addition only enough to moisten dry ingredients. Add nuts, pineapple, cherries, citron, orange peel and raisins, mixing only enough to distribute fruit evenly. Turn into well-greased bread pan (8 1/2 x 4 1/2 x 2 1/2 inches) and bake in a moderate oven (350°F.) for about 1 hour 10 minutes or until bread is done. Makes 1 loaf.

**BANANA APPLE BETTY**

2 tart apples  
3 firm bananas*  
3/4 cup sugar  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/4 teaspoon salt  
2 cups soft bread crumbs, tightly packed  
3 tablespoons butter or margarine, melted  
1 1/2 teaspoons lemon juice  
1 1/2 teaspoons lemon rind

*Use all-yellow bananas.

Pare, core and slice apples. Peel bananas and cut crosswise into slices about 1/2 inch thick. Mix lightly, fruit, sugar, cinnamon, nutmeg and salt. Mix bread crumbs with half the butter or margarine. Place crumbs and fruit in a greased baking pan, (8x8x2 inches) using crumbs for top and bottom layers. Combine lemon juice, lemon rind and remaining butter or margarine and pour over mixture. Bake in a moderate oven (375°F.) about 45 minutes, or until apples are tender and top is browned. Serve hot with cream, fruit sauce or whipped cream, if desired. 4 to 6 servings.
### Time-table for Roasting

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<th>Interior Temperature When Removed From Oven</th>
<th>Approximate Time Per Pound</th>
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</tr>
<tr>
<td>Standing ribs</td>
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<td>140, 160, 170</td>
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<td>300</td>
<td>150-170</td>
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<td>175-180</td>
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<td>Cushion</td>
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<td>300</td>
<td>175-180</td>
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*Hams now on market which require shorter cooking period due to method of processing.*
### Time-table for Broiling

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<tr>
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<tr>
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<tr>
<td>Rib steak—1 inch</td>
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<td>15</td>
</tr>
<tr>
<td>1/2 inches</td>
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<td>25</td>
</tr>
<tr>
<td>2 inches</td>
<td>2/4</td>
<td>35</td>
</tr>
<tr>
<td>Club steak—1 inch</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td>1/2 inches</td>
<td>1/4</td>
<td>25</td>
</tr>
<tr>
<td>2 inches</td>
<td>1/2</td>
<td>35</td>
</tr>
<tr>
<td>Sirloin steak—1 inch</td>
<td>3</td>
<td>20</td>
</tr>
<tr>
<td>1/2 inches</td>
<td>4/4</td>
<td>30</td>
</tr>
<tr>
<td>2 inches</td>
<td>5/4</td>
<td>40</td>
</tr>
<tr>
<td>Porterhouse steak—1 inch</td>
<td>2</td>
<td>20</td>
</tr>
<tr>
<td>1/2 inches</td>
<td>2/2</td>
<td>30</td>
</tr>
<tr>
<td>2 inches</td>
<td>3</td>
<td>40</td>
</tr>
<tr>
<td>Ground beef patties</td>
<td>4 ounces</td>
<td>15</td>
</tr>
<tr>
<td>1 inch thick by 3 inches</td>
<td>4 ounces</td>
<td></td>
</tr>
<tr>
<td><strong>LAMB</strong></td>
<td></td>
<td>Lamb chops are not served</td>
</tr>
<tr>
<td>Shoulder chops—1 inch</td>
<td>3 ounces</td>
<td>12</td>
</tr>
<tr>
<td>1/2 inches</td>
<td>6 ounces</td>
<td>18</td>
</tr>
<tr>
<td>2 inches</td>
<td>10 ounces</td>
<td></td>
</tr>
<tr>
<td>Rib chops—1 inch</td>
<td>2 ounces</td>
<td>12</td>
</tr>
<tr>
<td>1/2 inches</td>
<td>4 ounces</td>
<td>18</td>
</tr>
<tr>
<td>2 inches</td>
<td>5 ounces</td>
<td></td>
</tr>
<tr>
<td>Loin chops—1 inch</td>
<td>3 ounces</td>
<td>12</td>
</tr>
<tr>
<td>1/2 inches</td>
<td>5 ounces</td>
<td>18</td>
</tr>
<tr>
<td>2 inches</td>
<td>6 ounces</td>
<td></td>
</tr>
<tr>
<td>Ground lamb patties</td>
<td>4 ounces</td>
<td></td>
</tr>
<tr>
<td>1 inch by 3 inches</td>
<td>4 ounces</td>
<td></td>
</tr>
<tr>
<td><strong>PORK</strong></td>
<td></td>
<td>Ham always cooked well done</td>
</tr>
<tr>
<td>Ham slice</td>
<td>3/4-1</td>
<td>20 (well done)</td>
</tr>
<tr>
<td>1/2 inch</td>
<td>1/2-2</td>
<td>25-30</td>
</tr>
<tr>
<td>Ham slice—tendered</td>
<td>3/4-1</td>
<td>10-12</td>
</tr>
<tr>
<td>1/2 inch</td>
<td>1/2-2</td>
<td>16-20</td>
</tr>
<tr>
<td>Bacon</td>
<td></td>
<td>4-5</td>
</tr>
</tbody>
</table>

*This time-table is based on broiling at a moderate temperature (350°F.). Rare steaks are broiled to an internal temperature of 140°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 personal preference as to crispness.*
### Time-table for Braising

<table>
<thead>
<tr>
<th>CUT</th>
<th>Average Weight or Thickness</th>
<th>Approximate Total Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEEF</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pot-roast</td>
<td>3-5 pounds</td>
<td>3-4 hours</td>
</tr>
<tr>
<td>Swiss steak</td>
<td>1 1/2-2 1/2 inches</td>
<td>2-3 hours</td>
</tr>
<tr>
<td>Fricassee</td>
<td>2 inch cubes</td>
<td>1 1/2-2 1/2 hours</td>
</tr>
<tr>
<td>Beef birds</td>
<td>1/2 inch (x 2 in. x 4 in.)</td>
<td>1 1/2-2 1/2 hours</td>
</tr>
<tr>
<td>Short ribs</td>
<td>Pieces (2 in. x 2 in. x 4 in.)</td>
<td>1 1/2-2 1/2 hours</td>
</tr>
<tr>
<td>Round steak</td>
<td>3/4 inch</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Stuffed steak</td>
<td>1/2-3/4 inch</td>
<td>1 1/2 hours</td>
</tr>
<tr>
<td><strong>PORK</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chops</td>
<td>3/4-1 1/2 inches</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Spareribs</td>
<td>2-3 pounds</td>
<td>1 1/2 hours</td>
</tr>
<tr>
<td>Tenderloin</td>
<td>3/4-1 pound</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Whole</td>
<td>1/2 inch</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Fillets</td>
<td>3/4 inch</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Shoulder steak</td>
<td>1/2 pound each</td>
<td></td>
</tr>
<tr>
<td><strong>LAMB</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast—stuffed</td>
<td>2-3 pounds</td>
<td>1 1/2-2 1/2 hours</td>
</tr>
<tr>
<td>Breast—rolled</td>
<td>1 1/2-2 pounds</td>
<td>1 1/2-2 1/2 hours</td>
</tr>
<tr>
<td>Neck slices</td>
<td>3/4 inch</td>
<td>1 hour</td>
</tr>
<tr>
<td>Shanks</td>
<td>1/2 pound each</td>
<td>1-1 1/2 hours</td>
</tr>
<tr>
<td><strong>VEAL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast—stuffed</td>
<td>3-4 pounds</td>
<td>1 1/2-2 1/2 hours</td>
</tr>
<tr>
<td>Breast—rolled</td>
<td>2-3 pounds</td>
<td>1 1/2-2 1/2 hours</td>
</tr>
<tr>
<td>Birds</td>
<td>1/2 inch (x 2 in. x 4 in.)</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Chops</td>
<td>1/2-3/4 inch</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Chops—breaded</td>
<td>1/2-3/4 inch</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Steaks or cutlets</td>
<td>1/2-3/4 inch</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Shoulder chops</td>
<td>1/2-3/4 inch</td>
<td>45-60 minutes</td>
</tr>
</tbody>
</table>

### Time-table for Cooking in Liquid

<table>
<thead>
<tr>
<th>CUT</th>
<th>Average Weight</th>
<th>Approximate Time Per Pound</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HAM</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large</td>
<td>12-14</td>
<td>20</td>
</tr>
<tr>
<td>Small</td>
<td>10-12</td>
<td>25</td>
</tr>
<tr>
<td>Half</td>
<td>6-8</td>
<td>30</td>
</tr>
<tr>
<td>*<em>HAM</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large</td>
<td>12-14</td>
<td>15</td>
</tr>
<tr>
<td>Small</td>
<td>10-12</td>
<td>20</td>
</tr>
<tr>
<td>Half</td>
<td>6-8</td>
<td>25</td>
</tr>
<tr>
<td>Picnic shoulder</td>
<td>4-8</td>
<td>45</td>
</tr>
<tr>
<td>Corned beef</td>
<td>4-6</td>
<td>40-50</td>
</tr>
<tr>
<td>Fresh beef</td>
<td>4-6</td>
<td>40-50</td>
</tr>
</tbody>
</table>

*Hams now on market which require shorter cooking period due to method of processing and are cooked in liquid only for variety.*
COMPLIMENTS

of

Post - Telegram
Cooking School

September 23, 24, 25 & 26
1952

THE BRIDGEPORT POST

THE BRIDGEPORT TELEGRAM

THE BRIDGEPORT SUNDAY POST

FAIRFIELD COUNTY'S HOME NEWSPAPERS