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Meat Cookery Pointers

Roasts may be seasoned before, during or after cooking, since salt penetrates only to about 1/2 inch.

Boned and rolled roasts require approximately 10 minutes per pound more cooking time than roasts with the bone left in.

Pot-roasts, Swiss steaks, "birds," chops and other cuts cooked by braising should be browned slowly in order to retain the attractive brown color during cooking.

Steaks, chops and patties broiled at moderate temperatures require only one turning during cooking.

Meat cuts cooked in liquid increase in weight and are juicier if they are allowed to cool in the cooking liquid and under refrigeration.

Low temperature cookery yields 10 to 30 per cent more meat to serve.

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

Searing does not seal in meat juices but actually increases cooking losses.

Turning meat occasionally during panbroiling insures even cooking throughout the cut.

TO ROAST

1. Season with salt and pepper.
2. Place meat fat side up on rack in open roasting pan.
3. Insert meat thermometer.
4. Do not add water. Do not cover. Do not baste.
5. Roast in a slow oven (300° F. for beef, veal, lamb, and smoked pork; 350° F. for fresh pork).
6. Roast to desired degree of doneness.

TO BROIL

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

TO PANBROIL

1. Place meat in heavy frying-pan.
2. Do not add fat. Do not add water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour fat from pan as it accumulates.
5. Brown meat on both sides.
**TO BRAISE**

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

**TO COOK IN LIQUID**

Stews—Large Cuts

1. Brown meat on all sides in own fat or lard, when desirable.
2. Season with salt and pepper.
3. Cover with liquid, cover kettle, cook below boiling point until tender.
4. Add vegetables just long enough before serving to be cooked.

**TO PANFRY**

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

**Meat Cookery Pointers**

- Pot-roasts, other braised dishes and stews may be conveniently cooked in a moderate oven (300° F. to 350° F.).
- Meat cubes are browned for a brown stew; browning is omitted if a light stew is preferred.
- A roast meat thermometer is inserted so the bulb reaches the center of the largest muscle but does not rest in fat or on bone.
- Cooked meat should be stored closely covered in the coldest part of the refrigerator.
- All meat is tender if cooked by the correct cookery method.
- Steaks and chops for broiling should be cut at least an inch thick.
- Panbroiling is a convenient method for cooking thin beef or lamb steaks, chops or patties and smoked ham slices, bacon and Canadian-style bacon.
- Roasts are more easily carved if the meat is allowed to "set" 20 to 30 minutes before carving.
- For ease in carving, have the back bone loosened on beef rib and pork loin roasts before cooking.
- A roast meat thermometer registers the internal temperature or degree of doneness of a roast.
Beef Cuts and Cooking Methods

ROAST: Standing ribs; rolled ribs; rump (high quality) and loaf.

BROIL: Rib, club, tenderloin (filet mignon), T-bone, porterhouse, sirloin and top round steaks and patties.

PANBROIL: The same cuts as prepared by broiling. Cuts cooked by this method are cut thinner than those cooked by broiling.

PANFRY: Thin rib, club, tenderloin (filet mignon), T-bone, porterhouse and sirloin steaks; patties and brains.

BRAISE: Pot-roasts—arm, blade, rump (bone in and boneless); arm, blade, round and flank steaks; short ribs; plate; brisket; cross cut shanks; heart; kidney; brains and liver.

COOK IN LIQUID (Large cuts and stews): neck; shank; heel of round; plate; brisket; short ribs; corned beef; stew meat; heart; kidney; tongue; brains and sweetbreads.

Other Facts About Beef

The quality and tenderness of beef cuts are the two factors which determine the cooking method used in their preparation. Tender cuts cooked by roasting, broiling and panbroiling may be served rare, medium or well done. Less tender cuts cooked by braising, panfrying or in liquid should be cooked well done. Some beef is marketed as corned beef and some as dried beef to provide flavor variety. Frozen beef cuts may be stored at 0° F. or lower, 6 to 12 months.
Standing Ribs of Beef

2 to 3-rib beef 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 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.

Corned Beef and Cabbage

3 to 4 pounds corned beef

1 large head cabbage, cut in wedges

Water to cover

Cover corned beef with water. Cover closely and bring to a boil. Reduce heat to simmer and cook slowly until tender, allowing about 1 hour per pound. Fifteen minutes before meat is done add cabbage wedges and continue cooking until meat and cabbage are done. 6 to 8 servings.
Broiled Porterhouse or Sirloin Steak

**Beef porterhouse or sirloin steak, cut 1 to 2 inches thick**  
Salt  
Pepper

Set regulator to broil. Place steak on broiler rack. Insert broiler pan and rack so the top of 1-inch steak is 2 inches from the heat and 2-inch steak is 3 inches from the heat. When one side is browned, season, turn and finish cooking on the second side. Season.

Steaks cut 1 inch thick require 18 to 20 minutes for rare steak and 20 to 25 minutes for medium-done steak. Steaks cut 2 inches thick require 30 to 35 minutes for rare steak and 35 to 45 minutes for medium-done steak. 1 to 2 servings may be obtained from a 1-inch porterhouse steak; 2 to 4 servings from a 2-inch porterhouse steak; 3 to 6 servings from a 1-inch sirloin steak; 6 to 12 servings from a 2-inch sirloin steak.

Baked Beef and Rice

**Ground beef**

1 pound ground beef  
1 cup rice  
1 small onion, chopped  
2 tablespoons lard or drippings  
1 teaspoon salt  

1/2 teaspoon pepper  
1 teaspoon paprika  
1 small bottle olives, sliced  
2 cups tomato juice  
1 1/2 cups boiling water  
1/2 cup grated cheese

Cook ground beef, rice and chopped onion in drippings until lightly browned. Season. Add sliced olives, tomato juice and boiling water. Place in 1 1/2-quart casserole, cover and bake in a slow oven (300° F.) 1 hour. Uncover, sprinkle with cheese and continue baking about 10 minutes or until cheese is melted. 6 servings.
**Chinese Pepper Steak with Rice**

**Blade steak**

- Beef arm steak, cut 1 inch thick
- 2 tablespoons lard or drippings
- 2 tablespoons minced onion
- 1 clove garlic, minced
- 2 large green peppers, cut into strips
- ½ cup celery, sliced crosswise
- 2 tablespoons chopped pimiento, if desired
- ⅛ cup consomme or stock
- Salt
- Pepper
- 2 teaspoons cornstarch
- 2 tablespoons water
- 1 teaspoon soy sauce
- 3 cups boiled rice

Cut steak into thin strips. Brown meat in lard or drippings. 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.

**Deviled Steak**

**Arm steak**

- Beef Arm steak, cut 1 inch thick
- 1 teaspoon dry mustard
- ⅛ teaspoon paprika
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 2 tablespoons flour
- 2 tablespoons lard or drippings
- 3 tablespoons vinegar
- 1 large onion, sliced
- 1 cup hot water

Cut steak into individual servings. Dredge steak with flour and brown both sides in lard or drippings. Place sliced onion over meat. Add seasonings, vinegar and water. Cover closely and cook in a slow oven (300° F.) for about 1 hour or until tender. Thicken the remaining liquid for gravy. 6 servings.
**Onion 'Burgers**

Ground beef

1 1/2 pounds ground beef
1 teaspoon salt
1/4 teaspoon pepper
1 1/2 cups chopped onion
2 tablespoons butter or margarine

2 teaspoons prepared horseradish
2 teaspoons prepared mustard
1/2 teaspoon salt
6 split buns

Combine ground beef, salt and pepper. Shape into 12 thin patties. Brown chopped onion lightly in butter or margarine, add horseradish, mustard and salt. Spread onion mixture over 6 patties, top each with a patty and press together. Chill. Place patties on broiler rack. Insert broiler pan allowing 2 inches between heat and surface of meat. Broil patties on one side until brown, 8 to 10 minutes. Turn and brown on second side. Serve on buns, if desired. 6 servings.

**Beef Short Ribs—Raisin Sauce**

Short ribs

3 pounds beef short ribs
3 tablespoons lard or drippings
Salt
Pepper
1 onion, quartered
1/2 cup brown sugar

1 teaspoon dry mustard
1 tablespoon flour
2 tablespoons vinegar
2 tablespoons lemon juice
1/4 teaspoon grated lemon rind
1 bay leaf
1 1/2 cups water
1/2 cup raisins

Cut ribs into serving pieces and brown in own fat or a small amount of lard or drippings. Pour off drippings, season ribs with salt and pepper. Add quartered onion. Combine remaining ingredients and bring to a boil. Pour over short ribs. Cover closely and cook slowly about 2 hours or until meat is tender. Thicken sauce if desired, 6 to 8 servings.
Beef
Put-Together

Beef cubes

1 pound boneless beef for stew, cut in 1-inch cubes
3 tablespoons lard or drippings
1 medium onion, sliced
1 green pepper, sliced

1 cup diced celery
1 cup diced carrots
1 can condensed tomato soup
1 1/2 teaspoons salt
1/8 teaspoon pepper
1/2 cup cooked peas
2 cups hot, cooked rice

Brown meat in lard or drippings. Add onion and green pepper and cook 5 minutes. Add celery, carrots, tomato soup and seasonings. Cover and cook slowly about 1 hour or until meat and vegetables are done. Add cooked peas and serve over hot, cooked rice. 4 servings.

Beef Chili Patties

Ground beef patties

1 pound ground beef
1 teaspoon salt
1/8 teaspoon pepper
1 egg, beaten
2 tablespoons lard or drippings
2 tablespoons chopped onion

2 tablespoons chopped green pepper
1 No. 303 can tomatoes, drained
1 cup cooked corn
1 teaspoon chili powder
2 teaspoons salt

Combine ground beef, salt, pepper and egg. Shape into 8 small patties and place in a baking dish. Cook onion and green pepper in lard or drippings for 2 minutes. Add tomatoes, corn, chili powder and salt and pour over meat patties. Bake in a slow oven (300° F.) for 30 minutes. 4 servings.
Beef Pot-Roast

Arm pot-roast

3 to 4-pound beef arm or blade pot-roast
2 tablespoons flour
2 teaspoons salt
\(\frac{1}{4}\) teaspoon pepper
3 tablespoons lard or drippings

\(\frac{1}{4}\) cup water
3 cups seasoned cooked noodles
1 12-ounce package frozen peas, cooked or 1 No. 303 can peas
2 tablespoons butter or margarine

Dredge pot-roast with seasoned flour and brown in lard or drippings. Add water, cover and simmer in a slow oven (300° F.) or on top of range 3 hours or until tender. Thicken cooking liquid for gravy, if desired. Combine noodles, peas and butter or margarine. Cook until heated through. Serve pot-roast on noodles and peas.

6 to 8 servings.

Family Meat Loaf

Ground beef and pork

2 pounds ground beef
1 pound ground pork
1 cup fine dry bread crumbs
1 cup milk
1½ tablespoons chopped onion
1 tablespoon minced parsley
1 egg, slightly beaten

1 teaspoon salt
\(\frac{1}{2}\) teaspoon celery salt
\(\frac{1}{4}\) teaspoon pepper
\(\frac{1}{4}\) teaspoon ground cloves
\(\frac{1}{4}\) teaspoon nutmeg
1 tablespoon lemon juice
1 teaspoon grated lemon rind

Soak bread crumbs in milk. Combine ground beef and pork, bread crumbs, onion, parsley, beaten egg, seasonings, lemon juice and lemon rind. Mix thoroughly. Pack in a 5 x 9-inch loaf pan. Bake in a moderate oven (350° F.) for 1½ hours. 10 to 12 servings.
RECIPES FOR BEEF LEFTOVERS

**Beef Puff**

- 2 cups ground cooked beef
- 1 teaspoon salt
- \( \frac{1}{8} \) teaspoon pepper
- 2 tablespoons chopped parsley
- \( \frac{1}{2} \) cup mayonnaise
- \( \frac{1}{4} \) teaspoon salt
- \( \frac{1}{4} \) teaspoon sage
- 8 slices bread
- Butter or margarine, softened
- 3 eggs, slightly beaten
- 2 cups milk
- \( \frac{1}{4} \) teaspoon salt

Combine meat, salt, pepper, parsley and mayonnaise. Spread 4 slices bread with butter or margarine, cover with meat mixture and top with slice of bread. Place sandwiches in greased shallow casserole dish. Combine eggs, milk, salt and sage and mix well. Pour over sandwiches and let stand in refrigerator at least an hour before baking. Bake in a moderate oven (350° F.) about 45 minutes or until brown and puffed. 4 servings.

**Leftover Treat**

- \( 2\frac{1}{2} \) cups diced cooked beef
- 1 tablespoon minced onion
- 1 tablespoon minced green pepper
- 1 tablespoon lard or drippings
- 1 cup gravy or medium white sauce
- 1 teaspoon salt
- \( \frac{1}{8} \) teaspoon pepper
- \( \frac{1}{4} \) teaspoon chili powder
- 1 tablespoon chili sauce
- \( 1\frac{1}{2} \) cups cooked rice
- 3 tablespoons grated sharp cheddar cheese
- 1 egg, slightly beaten
- \( \frac{1}{2} \) cup crushed corn flakes

Cook meat, onion and green pepper in lard or drippings until lightly browned. Add gravy or white sauce, salt, pepper, chili powder and chili sauce. Combine rice, grated cheese and egg, mixing thoroughly. Alternate layers of rice and meat in a 1-quart greased baking dish. Sprinkle with corn flakes. Bake in a moderate oven (350° F.) for 30 minutes. 6 servings.
Veal Cuts and Cooking Methods

ROAST: Ribs; arm and blade roasts; rolled and cushion-style shoulder; crown roast; loin; rump; leg; breast and loaf.

BROIL: Liver; kidneys; sweetbreads and brains. Veal steaks, chops and patties are best cooked by braising or panfrying since these two methods supply fat which is lacking in veal because it comes from a young animal.

PANBROIL: Veal steaks, chops and patties are not panbroiled for the same reason that they are not broiled.

PANFRY: Arm and blade steaks; rib and loin chops; kidney chops; sirloin steak; round steak (cutlets); city chicken; mock chicken legs; patties; liver; kidney; sweetbreads and brains.

BRAISE: Arm and blade steaks; rib and loin chops; kidney chops; breast; riblets; sirloin steak; round steak (cutlets); heel of round pot-roast; hind shank; city chicken; mock chicken legs; cubes; patties; heart; kidneys; brains and sweetbreads.

COOK IN LIQUID: Riblets; shank; heel of round; stew meat; heart; kidneys; tongue; brains and sweetbreads.

Other Facts About Veal

The mild appealing flavor of veal is brought out by proper cookery. Since veal comes from a young animal and, consequently, lacks fat, it is often desirable to place bacon or salt pork slices over veal roasts before cooking. All veal is cooked well done. Frozen veal cuts may be stored at 0° F. or lower, 6 to 9 months.
Veal Shoulder Roll

Rolled shoulder roast

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

Season the roast with salt and pepper. Place on rack in open roasting pan. Insert a meat thermometer so the bulb reaches the center of the roast. Place bacon slices on roast. Do not add water. Do not cover. Roast in slow oven (300° F.) until the meat thermometer registers 170° F. or about 2½ hours. Allow about 40 minutes per pound for roasting.

Sour Cream Veal Loaf

Ground veal and pork

1½ pounds ground veal
1/2 pound ground pork
2 tablespoons minced onion
2 carrots, ground
1/2 teaspoons salt
1/8 teaspoon pepper
1/2 cup sour cream
Flour

Combine all ingredients and mix thoroughly. Pack into a 5 x 9-inch loaf pan and bake in a moderate oven (350° F.) 1 1/2 hours. Thicken drippings for gravy, allowing 2 tablespoons flour for each cup of drippings. 6 to 8 servings.
Pineapple Stuffed Veal Birds

Remove bone from steaks and cut as shown in illustration. Drain the crushed pineapple thoroughly. Add the pineapple, melted butter or margarine, salt and sage to the bread crumbs. Mix well. Place a spoonful of the pineapple stuffing on each piece of veal, roll and fasten with wooden picks. Brown the rolls slowly in lard or drippings. Season with salt and pepper. Add water, cover and simmer for 45 minutes or until tender. 6 servings.

Paprika Veal

Brown veal cubes in lard or drippings. Season. Add water, cover closely and cook slowly 30 minutes. Cover with Paprika Sauce and continue cooking slowly 30 minutes more or until meat is tender. 4 to 6 servings.

Paprika Sauce

1 1/2 pounds veal shoulder, cut into 1 1/2 inch cubes
3 tablespoons lard or bacon drippings

1/4 cup butter or margarine
1/4 cup flour
2 cups milk
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon paprika
1/4 cup water

Paprika Sauce

1/2 teaspoon sage
2 cups soft bread crumbs
3 tablespoons lard or drippings
Salt
Pepper

1/4 cup water

Paprika Sauce

1/2 teaspoon paprika
1/4 cup water

1/4 cup butter or margarine
1/4 cup flour
2 cups milk

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1/4 cup flour
2 cups milk

Paprika Sauce
Melt butter or margarine, add flour and mix well. Add milk gradually and cook, stirring constantly until thickened. Add paprika to color and salt and pepper to taste.

RECIPIES FOR VEAL LEFTOVERS

Ladies’ Aid Salad

4 cups diced cooked veal
1 cup salted almonds
1 No. 303 can pineapple chunks
2 cups diced celery
2 hard-cooked eggs, diced

Lettuce Cups

Mayonnaise

Cut almonds lengthwise into quarters. Drain pineapple. Combine veal, pineapple, celery and eggs. Chill thoroughly. Just before serving add almonds and enough mayonnaise to moisten ingredients. Mix lightly and serve in lettuce cups. 8 servings.

Veal Croquettes

2 cups ground cooked veal
1 cup mashed cooked peas
½ teaspoon salt
½ teaspoon pepper
2 teaspoons grated onion
½ cup fine dry bread crumbs
1 egg, slightly beaten

Lard for deep-fat frying

Combine ground veal, peas, salt, pepper and onion. Shape into croquettes. Roll in bread crumbs, dip in egg and again in bread crumbs. Fry in deep hot lard (360° F.) 1½ to 2 minutes or until brown. Drain. 6 servings.

Meat-Potato-Tomato Cakes

2 cups ground, cooked beef, veal, pork or lamb
2 cups mashed potatoes
2 eggs
2 tablespoons minced onion
2 tablespoons finely chopped celery
2 cups diced cooked veal

½ cup tomato juice
1 teaspoon salt
¼ teaspoon pepper
8 slices tomato, cut ½ inch thick
2 tablespoons melted butter or margarine

Combine ground meat, mashed potatoes, eggs, onion, celery, tomato juice and seasonings. Mix well and shape into 8 patties. Place patties in greased baking pan. Top each pattie with a tomato slice. Brush tomato slices with melted butter or margarine. Bake in a moderate oven (350° F.) for 30 minutes. 6 to 8 servings.
Pork Cuts and Cooking Methods

**ROAST:** Rolled and cushion-style shoulder; crown roast; blade loin; loin (center cut); sirloin (bone in); boneless sirloin; Boston butt; fresh or smoked picnic; fresh or smoked ham; smoked shoulder butt; tenderloin; spareribs; pork loaf and ham loaf.

**BROIL:** Smoked ham slices; bacon and Canadian-style bacon. Chops, steaks, patties and Frenched tenderloin are best cooked by braising or panfrying, since these methods assure meat that is well done, tender and juicy throughout by the time it is browned on the outside.

**PANBROIL:** Smoked ham slices; bacon and Canadian-style bacon. Chops, steaks, patties and Frenched tenderloin are not panbroiled for the same reason that they are not broiled.

**PANFRY:** Shoulder steaks; rib and loin chops; patties; Frenched tenderloin; smoked ham slices; bacon; Canadian-style bacon and liver.

**BRAISE:** Shoulder steaks; rib and loin chops; tenderloin; spareribs; hocks; patties; cubes; liver; hearts and kidneys.

**COOK IN LIQUID:** Spareribs; hocks; smoked ham; picnic; shoulder butt and shank; heart and kidneys.

Other Facts About Pork

For tenderness and appetite appeal, all pork should be cooked well done. Cuts marketed as cured meats are hams, bacon, Canadian-style bacon, shoulder butts and hocks. Frozen fresh pork may be stored at 0° F. or lower, 3 to 6 months; freezing is not recommended for smoked pork.
Pork Loin Roast

3 to 5-pound pork loin roast  
Salt and pepper

Have backbone removed from loin. Season. Place fat side up on rack in open roasting pan. Insert meat thermometer so bulb reaches center of thickest part. Be careful that thermometer does not rest in fat or on bone. Do not add water. Do not cover. Roast in moderate oven (350° F.) until meat thermometer registers 185° F. Allow about 35 to 40 minutes per pound for roasting.

Golden Filled Pork Rolls

Arm steak

8 pork arm steaks, cut  
$\frac{1}{2}$ inch thick  
Salt  
Pepper  
1 No. 303 can cream-style corn  
$1\frac{1}{2}$ teaspoons salt  
2 eggs, beaten  
3 tablespoons melted butter  
or margarine  
$\frac{1}{4}$ cup chopped green pepper  
2 tablespoons chopped onion  
4 cups soft bread crumbs  
$\frac{1}{2}$ teaspoon dry basil  
$\frac{1}{2}$ teaspoon sage

Remove bones from pork steaks. Season with salt and pepper. Combine remaining ingredients, mix lightly and spread on steaks. Roll each steak like a jelly roll and tie or fasten with a skewer. Place rolls in a baking dish and bake in a moderate oven (350° F.) for 1 hour. 8 servings.
Pork Chop—Potato Scallop

6 pork rib, loin or shoulder chops, cut 3/4 to 1 inch thick
2 tablespoons grated onion
Salt and pepper
2 cups coarsely grated peeled potatoes

Brown chops in frying-pan. Season with salt and pepper. Combine remaining ingredients in order given and arrange in a shallow baking dish. Place chops on potato mixture. Bake in a moderate oven (350° F.) for 1 hour or until done. 6 servings.

Baked Smoked Ham—Buffet Glaze

12-14 pound smoked ham
2 tablespoons gelatine
1 1/2 cups water
2 bouillon cubes, if desired
1/4 teaspoon salt

Have ham chilled. Place fat side up for glazing. Soak gelatine in 1/4 cup cold water. Heat remaining water and dissolve bouillon cubes in it. Strain. Add gelatine and stir until dissolved. Add salt and sugar. Cool. Reserve 3/4 of mixture and add cream to remaining mixture. Just before cream mixture begins to congeal pour
thin layer over surface of ham. Chill until firm. Continue this process keeping cream glaze at cold pouring consistency until it is all used. Keep a pan of hot water and one of ice water convenient in order to control the consistency of the gelatine mixtures. Arrange design of sliced olives and pepper strips on glazed surface and cover with reserved transparent glaze in the same fashion as the white glaze was applied. Chill. Serve as a cold meat.

**Pork Tenderloin Supreme**

**MENU IDEA**
- Pork Tenderloin Supreme
- Mashed Potatoes
- Green Beans
- Cabbage Salad
- Hard Rolls
- Butter or Margarine
- Apple Pie
- Beverage

Tenderloin—patties (center)

12 slices bacon
6 pork tenderloin patties
Salt
Pepper

Prepare each serving as follows: Cross 2 slices bacon, place tenderloin pattie on the center, sprinkle with salt and pepper. Place a slice of tomato on the pattie, season, and top with a slice of onion. Season. Bring bacon ends up over onion slice and fasten with a wooden pick. Place in a baking pan, cover and bake 30 minutes in a moderate oven (350° F.) Remove cover and continue baking 30 minutes longer. 6 servings.

**Candied Ham Loaf**

Ground ham and beef

2 pounds ground ham
1 pound ground beef
2 cups whole wheat bread crumbs
1 cup milk
2 eggs, slightly beaten
1 teaspoon dry mustard
1/4 teaspoon salt
1/2 cup brown sugar
1/2 teaspoon ground cloves

Soak bread crumbs in milk. Add eggs. Combine ground ham, ground beef, mustard, salt and bread mixture. Mix well. Mix together brown sugar and cloves and spread in bottom of 5 x 9-inch loaf pan. Pack mixture in pan, bake in moderate oven (350° F.) for 1 1/2 hours. Turn upside down to serve. 10 to 12 servings.
Ground meat is the basis for a great variety of popular dishes. It's a top favorite, from savory sausage patties for a hearty breakfast to a glamorous meat loaf for a festive dinner party. Whatever the menu, the economy, simplicity of preparation and versatility in serving explain the universal appeal of ground meat to homemakers.

Ground beef, veal, pork or lamb, or a combination of these, provides a meat dish for every taste. With the meat as the foundation of the recipe, other ingredients are often added to introduce flavor variety.

**SEASONINGS TO CHOOSE.** Basic proportions for the more common seasonings are 1 teaspoon salt, \( \frac{1}{4} \) teaspoon pepper and 2 to 4 tablespoons chopped onion for each pound of meat. Sage, thyme, marjoram, cayenne pepper, celery salt, Chili powder, curry powder, paprika, mustard, cloves and nutmeg are some of the commonly used herbs and spices. When experimenting with new combinations, it is advisable to use these seasonings cautiously until the proportions which have the greatest flavor appeal are discovered. A good rule to follow is \( \frac{1}{8} \) teaspoon per pound of ground meat for the stronger seasonings, \( \frac{1}{4} \) teaspoon per pound of ground meat for the more mild seasonings.

**OTHER INGREDIENTS TO ADD.** Toasted or plain enriched white, whole wheat or rye bread; cracker crumbs; and rolled oats, rice or other cereals may be combined with the ground meat. Grated or mashed potatoes or carrots, peas, and grated apple are also occasional ingredients. The proportion of these foods added to the ground meat may vary but should be kept relatively small for the best meat flavor. Enough liquid—milk, water, vegetable juices, soup stock, canned or cooked tomatoes, tomato catchup—will be needed to moisten the mixture, and egg is necessary to hold the ingredients together.

**WAYS TO SERVE.** Meat loaves and meat balls are perhaps the most usual ways in which ground meat mixtures are served. To add variety, the meat mixture may be baked in large or individual ring molds, muffin pans, or in various shapes for individual loaves. Potatoes, green peppers, onions, egg plant and squash are a few of the vegetables that lend themselves to a meat stuffing. Ground meat and vegetable combinations are often prepared as fritters. Ground meat mixtures (principally meat with herbs or spices for seasoning) appear on the menu as meat patties; meat sauces for macaroni, spaghetti, noodles and rice; meat drumsticks; fillings for meat pies or tarts; toppings for meat shortcakes, and as favorite casserole dishes.
**Barbecued Pork Chops**

6 pork rib or loin chops, cut 1 inch thick
1 teaspoon salt
½ teaspoon pepper
2 tablespoons flour
2 tablespoons prepared mustard

Brown chops in frying-pan. Season with salt and pepper. Mix flour and mustard to make a smooth paste. Add remaining ingredients and blend well. Pour mixture over chops, cover closely and cook slowly for 1 hour. 6 servings.

**Smoked Ham Slice—Apricot Glaze**

Smoked ham slice, cut 1 inch thick
1 No. 303 can apricot halves

Drain apricots and save juice. 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. Sprinkle with spices and broil until nicely browned, about 10 minutes, basting occasionally with apricot juice. Turn, sprinkle ham with remaining spices, continue broiling, basting with apricot juice until done, about 10 minutes. Five minutes before ham slice is done, arrange apricot halves, cut surface down, on ham and continue broiling until ham is done and apricots are lightly browned. Spoon basting liquid over ham and apricots before serving. 4 to 6 servings.
RECIPES FOR PORK LEFTOVERS

Ham-Noodle-Mushroom Casserole

2 cups cubed cooked ham
1 8-ounce package broad noodles
Water
1 3-ounce can mushrooms
3 tablespoons butter or margarine

\( \frac{1}{4} \) cup enriched flour
2 cups milk (or milk and mushroom liquid)
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{2} \) teaspoon pepper
1 tablespoon chopped pimiento
1 tablespoon chopped parsley, if desired

Cook noodles in boiling salted water until tender. Drain. Cook mushrooms in butter or margarine until lightly browned. Remove mushrooms, add flour and mix well. Add milk gradually and cook, stirring constantly until thickened. Add salt, pepper, pimiento, parsley and ham. Arrange the cooked noodles in a greased 1½-quart casserole. Add ham mixture, arrange mushrooms on top. Bake in a moderate oven (350° F.) for 45 minutes. 6 to 8 servings.

Swiss Salad

2 cups cubed cooked pork
1 cup cooked peas
\( \frac{1}{2} \) cup French dressing
\( \frac{1}{2} \) cup diced celery
\( \frac{1}{2} \) cup walnut meats, broken

6 lettuce leaves
Paprika
Mayonnaise
2 hard-cooked eggs
6 stuffed olives

Marinate meat and peas in French dressing and chill. Add celery and nuts and arrange on lettuce leaves. Sprinkle with paprika and dot with mayonnaise. Cut each egg into 6 slices. Remove egg yolk from egg slices. Arrange the white rings around the salad. Cut each olive into 4 slices. Overlap 2 olive slices inside each ring of egg white. Press the egg yolks through a sieve and sprinkle over the salad. 4 to 6 servings.
Lamb Cuts and Cooking Methods

**ROAST**: Rolled and cushion-style shoulder; crown roast; loin roast; boneless sirloin; leg; breast and loaf.

**BROIL**: Shoulder, rib, loin and English chops; steaks; patties; liver and kidneys.

**PANBROIL**: The same cuts as prepared by broiling. Cuts cooked by this method are cut thinner than those cooked by broiling.

**PANFRY**: Shoulder chops; rib and loin chops; steaks; patties; liver and kidneys.

**BRAISE**: Shoulder chops; breast; riblets; steaks; neck slices; shanks and cubes.

**COOK IN LIQUID**: Neck; riblets; shanks; stew meat; hearts and kidneys.

Other Facts About Lamb

Lamb comes from a young animal and practically all cuts may be cooked by roasting, broiling or panbroiling. These cuts may be served medium or well done. Lamb neck, shanks and breasts should be braised or cooked in liquid until well done. The “fell,” or paper-like covering, should not be removed from the leg of lamb because the leg, with “fell” on, will roast in less time, hold its shape better and be juicier; the “fell” is removed from chops and steaks. Lamb, at its best, should be served hot or cold . . . never lukewarm. Frozen lamb cuts may be stored at 0° F. or lower, 6 to 9 months.
Broiled Lamb Chops

**MENU IDEA**
Broiled Lamb Chops
O'Brien Potatoes
Minted Carrots
Fruit Salad
Fan Tan Rolls
Butter or Margarine
Cherry Pie
Beverage

6 lamb rib, loin or shoulder
Salt
chops, cut 1 to 2 inches thick
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 require 20 to 22 minutes. 6 servings.

Braised Rolled Lamb Shoulder

**MENU IDEA**
Braised Lamb Shoulder
Parsleyed Potatoes
Creamed Peas
Perfection Salad
Parkerhouse Rolls
Butter or Margarine
Orange-Nut Cake
Beverage

3 to 4-pound rolled lamb shoulder
1½ teaspoons salt
1 teaspoon ground ginger
3 tablespoons flour
1 teaspoon dry mustard
2 tablespoons melted lard or drippings
½ teaspoon ground cloves
¼ cup water

Combine ginger, dry mustard, cloves, salt and flour. Dredge lamb shoulder with seasoned flour, saving remaining mixture. Brown slowly on all sides in lard or drippings. Add water. Cover closely and cook slowly until meat is done, allowing 40 to 45 minutes per pound, or about 3 hours. Thicken drippings with remaining flour mixture for gravy.
**Lamb Kabobs**

Lamb cubes

2 pounds boneless 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 can small whole onions

1/8 teaspoon thyme
1/2 teaspoon salt
1/8 teaspoon pepper
1/2 cup chopped onion
4 tomatoes
2 medium green peppers

Blend salad oil, vinegar, lemon juice, seasonings and chopped onion in bowl. Add lamb cubes, let stand several hours, or overnight, in the refrigerator. Add 2 tablespoons 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 rack. Broil additional 10 to 12 minutes or until meat and vegetables are done. 6 servings.

**Leg of Lamb—Puffy Mint Pears**

Frenched leg

5 to 6-pound leg of lamb

Salt and pepper

Puffy Mint 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.) about 2 1/2 to 3 1/2 hours or until done. The meat thermometer will register 175° F. for medium done; 180° F. for well-done lamb. Allow 30 to 35 minutes per pound for roasting. Serve with Puffy Mint Pears.
Puffy Mint Pears

1 No. 2½ can Bartlett pears  
1 3-ounce pkg. cream cheese  
¼ cup mint jelly

Drain pears and place in baking dish, cut side up. Place a spoonful of cream cheese in center of each pear half. Place in oven or under broiler long enough for cream cheese to be lightly browned. Spoon mint jelly around cheese on pears. Serve hot with lamb.

Fruited Lamb Chops

Chops (arm and blade)

4 lamb arm or blade chops, cut ¾ to 1 inch thick
2 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper

2 tablespoons lard or drippings
1 cup dried apricots
1 cup pitted prunes
¼ cup water

Dredge lamb chops with seasoned flour and brown in lard or drippings. Add apricots, prunes and water. Cover closely and cook slowly 45 minutes to 1 hour or until chops are tender. 4 servings.

Oriental Lamb Stew

Lamb for stew

2 pounds boneless lamb for stew, cut in 1½-inch cubes
2 tablespoons lard or drippings
2 tablespoons chopped onion
1 No. 2½ can tomatoes
1 tablespoon curry or chili powder

3 tablespoons flour
½ cup water
8 ripe or green olives
½ teaspoon lemon juice
Salt
3 cups cooked rice

Brown lamb in lard or drippings. Pour off drippings. Add onion, tomatoes and curry or chili powder. Cover closely and cook slowly for 1½ hours or until meat is tender. Thicken stew with flour added to ½ cup water. Just before serving, add chopped olives, lemon juice and salt to taste. Serve on hot rice. 6 to 8 servings.
**Shepherd’s Pie**

2 cups diced cooked lamb  
1 cup chopped celery  
1 No. 303 can kidney beans  
1 cup diced cooked carrots  
1 teaspoon Worcestershire sauce  

Combine cooked lamb, celery, kidney beans, carrots, Worcestershire sauce, salt and gravy or water to which bouillon cube has been added. Pour into a 1½-quart casserole. Spoon mashed potatoes to form a border on meat mixture. Bake in a moderate oven (350° F.) 25 to 30 minutes, or until mashed potatoes are lightly browned. 4 servings.

**Lamb Pie with Catchup Biscuits**

2 cups chopped cooked lamb  
2 tablespoons lard or drippings  
2 tablespoons grated onion  
½ cup canned tomatoes  
1 teaspoon salt  
¼ teaspoon pepper  
1 No. 303 can lima beans, drained  
2 tablespoons butter or margarine, melted  
1 Recipe Biscuits (see p. 40)  
¼ cup catchup  

Brown lamb lightly in lard or drippings. Add onion, tomatoes, seasonings, lima beans and butter or margarine. Pour into 1-quart casserole. Make biscuit dough. Roll dough ½-inch thick, spread with catchup and roll as jelly roll. Cut into 1-inch slices and place cut side down over hot meat mixture. Bake in a hot oven (425° F.) 25 to 30 minutes, or until biscuits are done. 6 servings.

**Lamb Croquettes**

2 cups ground cooked lamb  
½ cup chopped walnuts  
½ cup mashed cooked carrots  
1 teaspoon onion juice  
1 teaspoon lemon juice  
½ teaspoon cayenne pepper  

Combine lamb, walnuts, carrots, onion and lemon juice, cayenne pepper, salt and white sauce. Shape into croquettes and chill. Combine beaten egg and milk. Roll croquettes in bread crumbs, dip in egg and milk and again in bread crumbs. Fry in deep hot lard (360° F.) 2 to 3 minutes, or until light brown. Drain. 4 to 6 servings.
**Sausage Links in Batter Pudding**

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

Heat milk in double boiler. Add salt and corn meal. Stir constantly and cook 10 to 15 minutes, or until thickened. Cool slightly. Beat eggs and add to mixture. Pour mixture into a well-greased 2-quart baking dish, and place sausage links on top. Bake in a moderate oven (350° F.) for 40 to 45 minutes. 4 servings.

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**Frankfurter and Sauerkraut Pie**

8 frankfurters, cut in half crosswise  
3 cups seasoned mashed potatoes  
2 teaspoons minced onion  
1 No. 2 can sauerkraut  
½ teaspoon dill seed

Combine seasoned mashed potatoes and onion and line bottom and sides of a greased baking dish with mixture. Fill center with sauerkraut and sprinkle with dill seed. Arrange frankfurters in pinwheel fashion on top of sauerkraut. Bake in a moderate oven (350° F.) for 20 minutes. 4 to 6 servings.
Chipped Beef
Potato Dumplings

Brown chipped beef lightly in lard or drippings. Blend in flour and gradually stir in evaporated milk, potato water and Worcestershire sauce. Cook until thickened, stirring constantly. Season with pepper. Serve over potato dumplings. 6 to 8 servings.

Potato Dumplings

Rice potatoes. Sift together flour, baking powder, salt, and pepper. Combine riced potatoes, flour mixture, onion, bread crumbs, butter or margarine and egg. Mix well. Shape into 12 small balls and dredge lightly with flour. Chill. Drop dumplings into boiling salted water. Cover and boil for 15 minutes.

Southern Sausage Breakfast

Add currants to boiling water. Cook 5 minutes. Add salt and corn meal, stirring constantly. Cook until thickened. Pour mush into greased 5 x 9-inch loaf pan. Chill.
Shape sausage into 6 patties. Brown patties slowly. Pour off drippings. Cover, continue cooking slowly 20 minutes.

Slice mush ½ inch thick. Dredge slices in flour and brown in sausage drippings. 4 servings.

**Summer Salad Bowl**

1/4 pound summer sausage, cut in strips
1/4 pound bologna, cut in strips
1 medium-size head lettuce
1 tablespoon chopped onion
2 tablespoons crumbled bacon
1/2 cup bacon drippings
1/2 cup vinegar
1/4 teaspoon Worcestershire sauce
5 slices bacon, chopped

Break lettuce into pieces. Add summer sausage, bologna, onion and blue cheese. Cook bacon until crisp, drain and save drippings. Mix bacon with other ingredients. Add vinegar and Worcestershire sauce to 1/2 cup drippings, heat and pour over salad just before serving. Toss lightly. 4 to 6 servings.

**Fruited Ham Rolls**

8 slices "boiled" ham, cut 1/8 inch thick
1 cup chopped, dried apricots
3 tablespoons butter or margarine
3 tablespoons flour
1 cup milk
1 1/2 cups cooked rice
1/4 teaspoon nutmeg

Soak apricots until soft. Make a cream sauce as follows: melt butter or margarine, add flour, stirring until blended. Add milk, cook, stirring constantly, until thickened. Add apricots, rice and nutmeg to cream sauce; mix well. Place about 1/4 cup of rice mixture on each ham slice, roll like jelly roll. Fasten with wooden picks. Place rolls in baking dish, bake in moderate oven (350° F.) 20 minutes or until heated through. 8 servings.
Smoky Sausage Spaghetti Sauce

1 pound smoked sausage links
3 tablespoons lard or drippings
½ cup minced onion
1 green pepper, cut in thin strips
½ pound fresh mushrooms or 1 small can mushrooms
12 stuffed olives, sliced
¼ teaspoon garlic salt
1 8-ounce can tomato sauce
1 No. 2½ can tomatoes
1 8-ounce package spaghetti
Grated Parmesan cheese, if desired

Slice sausage links diagonally in ½-inch pieces. Cook sausage, onion, green pepper and mushrooms in lard or drippings until lightly browned. Add olives, garlic salt, tomato sauce and tomatoes. Simmer at least 2 hours. Cook spaghetti in boiling salted water until tender. Rinse and drain. Serve sauce over spaghetti and sprinkle with grated Parmesan cheese, if desired. 4 to 6 servings.

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 ingredients in order given, mix thoroughly. Pack mixture into medium-size muffin pans, filling each ⅔ 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
¼ 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.
Heart Andalouse

Heart Andalouse

1 pound beef or veal heart 1 pound cheddar cheese, grated
1 cup water 1 cup flour
1 teaspoon salt 1/4 cup milk
1 No. 1 can condensed tomato soup 2 cups hot cooked rice
1/4 teaspoon Worcestershire sauce 1 No. 303 can or 12-ounce package frozen peas, cooked

Wash heart and remove hard parts. Cut in 3/4-inch cubes. Add water and salt. Cover closely, cook slowly 1 1/2 hours. Add tomato soup, cheese and Worcestershire sauce. Continue cooking until cheese is melted. Make a paste of flour and milk and thicken heart mixture. Serve over rice and peas. 6 servings.

Liver Rolls

Liver Rolls

6 slices beef or pork liver, cut 1/4-inch thick 1/8 teaspoon thyme
1 teaspoon salt 6 pork sausage links
1/2 teaspoon pepper 1 tablespoon lard

Trim membrane from liver, sprinkle with seasonings. Roll each slice with a sausage link in center; fasten with a wooden pick. Brown slowly in lard, pour off drippings. Add tomato sauce. Cover, simmer 30 to 45 minutes or until tender. 6 servings.
**Smoked Tongue Rarebit**

10 to 12 slices cooked smoked tongue or 1 9-ounce can smoked tongue
2 tablespoons butter or margarine

2 tablespoons flour
¼ teaspoon paprika
¼ teaspoon dry mustard
1 cup milk
1 cup grated cheddar cheese
½ teaspoon Worcestershire sauce

Cut tongue into thin strips, about 3 inches long. Melt butter or margarine. Stir in flour, paprika and mustard. Add milk, cook, stirring constantly until thickened. Add cheese and cook very slowly until melted. Add Worcestershire sauce and fold in tongue pieces. Serve over rice, if desired. 4 to 6 servings.

**Sweetbreads—Canadian-Style Bacon—Pineapple Grill**

1 pound sweetbreads
1 quart water
1 teaspoon salt
1 tablespoon vinegar or lemon juice

6 slices Canadian-style bacon, cut ¼-inch thick
6 pineapple slices
2 tablespoons butter or margarine, melted

Wash sweetbreads. Add water, salt and vinegar or lemon juice. Simmer 20 minutes. Drain. Remove membrane and divide sweetbreads into 6 servings. Place Canadian-style bacon slices and pineapple on broiler rack. Insert broiler pan and rack so the surface of the meat and pineapple is about 3 inches from the heat. Broil 4 minutes, turn meat and pineapple. Arrange a slice of Canadian-style bacon on each pineapple slice and top with sweetbreads. Brush sweetbreads with butter or margarine. Continue broiling 3 to 4 minutes or until lightly browned. 6 servings.
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* Hams now on market which require shorter cooking period due to method of processing
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<td>2 1/2</td>
<td></td>
<td>20</td>
<td>25</td>
</tr>
<tr>
<td>1 1/2 inches</td>
<td>2</td>
<td></td>
<td>30</td>
<td>35</td>
</tr>
<tr>
<td>2 inches</td>
<td>3</td>
<td></td>
<td>40</td>
<td>45</td>
</tr>
<tr>
<td>Ground beef patties</td>
<td>4 ounces</td>
<td></td>
<td>15</td>
<td>25</td>
</tr>
<tr>
<td>1 inch thick by 3 inches</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LAMB</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoulder chops—1 inch</td>
<td>3 ounces</td>
<td></td>
<td>12</td>
<td>18</td>
</tr>
<tr>
<td>1 1/2 inches</td>
<td>6 ounces</td>
<td></td>
<td>18</td>
<td>22</td>
</tr>
<tr>
<td>2 inches</td>
<td>10 ounces</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rib Chops—1 inch</td>
<td>2 ounces</td>
<td></td>
<td>12</td>
<td>18</td>
</tr>
<tr>
<td>1 1/2 inches</td>
<td>4 ounces</td>
<td></td>
<td>18</td>
<td>22</td>
</tr>
<tr>
<td>2 inches</td>
<td>5 ounces</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loin chops—1 inch</td>
<td>3 ounces</td>
<td></td>
<td>12</td>
<td>18</td>
</tr>
<tr>
<td>1 1/2 inches</td>
<td>5 ounces</td>
<td></td>
<td>18</td>
<td>22</td>
</tr>
<tr>
<td>2 inches</td>
<td>6 ounces</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ground lamb patties</td>
<td>4 ounces</td>
<td></td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>1 inch by 3 inches</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>PORK</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham slice—tendered</td>
<td>3/4-1</td>
<td></td>
<td>10-12</td>
<td></td>
</tr>
<tr>
<td>1/2 inch</td>
<td>1 1/2-2</td>
<td></td>
<td>16-20</td>
<td></td>
</tr>
<tr>
<td>1 inch</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Canadian-style bacon</td>
<td>1/4 inch slices</td>
<td></td>
<td>6-8</td>
<td></td>
</tr>
<tr>
<td>1/2 inch slices</td>
<td></td>
<td></td>
<td>8-10</td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td></td>
<td></td>
<td>4-5</td>
<td></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>1/2-2 1/2 hours</td>
</tr>
<tr>
<td>Short ribs</td>
<td>Pieces (2 in. x 2 in. x 4 in.)</td>
<td>1/2-2 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 Whole</td>
<td>3/4-1 pound</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Fillets</td>
<td>1/2 inch</td>
<td>30 minutes</td>
</tr>
<tr>
<td>Shoulder steak</td>
<td>3/4 inch</td>
<td>45-60 minutes</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 hours</td>
</tr>
<tr>
<td>Breast—rolled</td>
<td>1 1/2-2 pounds</td>
<td>1 1/2-2 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>Shoulder chops</td>
<td>1 inch</td>
<td>45-60 minutes</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>Steak 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>
<tr>
<td>Shoulder cubes</td>
<td>1-2 inches</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>
<th>Approximate Total Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoked ham (old style and country cured)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large</td>
<td>12-14</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Small</td>
<td>10-12</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Half</td>
<td>6-8</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Smoked ham (tendered)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shank or butt half</td>
<td>5-8</td>
<td>20-25</td>
<td></td>
</tr>
<tr>
<td>Smoked picnic shoulder</td>
<td>4-8</td>
<td>45</td>
<td></td>
</tr>
<tr>
<td>Fresh or corned beef</td>
<td>4-6</td>
<td>40-50</td>
<td></td>
</tr>
<tr>
<td>Beef for stew</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veal for stew</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lamb for stew</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Pumpkin Pecan Pie

1 unbaked 9-inch pie crust  
(See recipe below.)  
3 tablespoons sugar  
\( \frac{1}{2} \) teaspoon salt  
1 teaspoon cinnamon  
\( \frac{1}{2} \) teaspoon ground ginger  
\( \frac{1}{2} \) cup water

\( \frac{1}{2} \) teaspoon nutmeg  
1 No. 303 can or 2 cups canned pumpkin  
\( \frac{3}{4} \) cup brown sugar  
2 eggs, beaten  
1 cup evaporated milk

Mix sugar, salt and spices well. Combine pumpkin, brown sugar, eggs and spice mixture. Scald evaporated milk and water. Add scalded milk, stirring until evenly blended. Pour into unbaked pie crust and bake in a hot oven (425° F.) 40 minutes. Sprinkle with Pecan Topping. Return to oven and bake 10 minutes longer or until pie is glazed.

Pecan Topping

2 tablespoons butter or margarine  
\( \frac{1}{4} \) cup brown sugar  
1 tablespoon grated orange rind  
\( \frac{3}{4} \) cup whole pecans

Combine butter or margarine, brown sugar, grated orange rind and whole pecans.

Single Pie Crust

(8 or 9-inch Single Pie Crust)

1 cup sifted enriched flour  
\( \frac{3}{4} \) teaspoon salt  
4 to 6 tablespoons lard  
2 to 4 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 \( \frac{1}{8} \) inch in thickness. Line pie pan. Bake according to directions in recipe. For baked crust prick bottom of shell with a fork before baking. Bake in hot oven (450° F.) 8 to 10 minutes.
Orange-Nut Cake

1 cup raisins
1 large orange
1 1/4 cups sifted enriched flour
1 teaspoon baking soda
1/4 teaspoon salt

1/2 cup lard
1 cup sugar
2 eggs
3/4 cup sour milk
1/2 cup chopped walnuts

Line two 8-inch cake pans with waxed paper. Grind raisins and seeded orange with fine blade of food grinder. Sift flour, baking soda and salt together. Cream lard with sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Add flour mixture alternately with sour milk, mixing thoroughly after each addition. Add raisins, oranges and chopped nuts. Pour batter into pans and bake in a moderate oven (375° F.) for 30 minutes. Cool and frost with Uncooked Penuche Frosting.

Uncooked Penuche Frosting

1/4 cup butter or margarine
6 tablespoons brown sugar
2 cups sifted confectioners' sugar

3 tablespoons cream or top milk
1 teaspoon vanilla

Cream butter or margarine with brown sugar until light and fluffy. Add confectioners' sugar and continue creaming. Add cream and vanilla and beat until frosting is light and fluffy.

Date-Nut Drops

1 1/2 cups sifted enriched flour
1/2 teaspoon baking soda
3/4 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon ground cloves

1/2 cup lard
1 cup brown sugar
1/4 cup milk
1 egg
1/4 pound pitted dates, chopped
1/2 cup chopped walnuts

Sift together 1 1/4 cups flour, baking soda, baking powder, salt, cinnamon and cloves. Mix remaining 1/4 cup flour with chopped dates. Cream lard with brown sugar until light and fluffy. Add egg and mix well. Add sifted dry ingredients alternately with milk to creamed mixture. Stir in floured dates and nuts. Drop by teaspoonfuls on greased cooky sheets. Bake in a moderate oven (375° F.) for 10 to 15 minutes. Yield: 3 dozen.
Biscuits

2 cups sifted enriched flour
1 tablespoon baking powder
1/2 cup lard

3/4 teaspoon salt
4 to 6 tablespoons lard
1/2 cup milk

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.

Homemade Pastry Mix

7 cups sifted enriched flour
4 teaspoons salt

1 1/4 cups lard for soft wheat flour or 2 cups 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.

Southern Marble Cake

2 cups sifted enriched flour
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup lard
1 cup sugar
2 eggs, beaten

1/2 cup milk
1 teaspoon vanilla
1 teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon nutmeg
2 tablespoons molasses

Sift flour, baking powder and salt together. Cream lard with sugar until light and fluffy. Add beaten eggs. Add sifted dry ingredients alternately with milk. Add vanilla. Divide batter into 2 parts, adding spices and molasses to 1 part. Spoon light and dark mixtures alternately into a greased 5 x 9-inch loaf pan. Bake in a moderate oven (350° F.) 50 to 60 minutes.