The BEEF COOK BOOK

A Collection of Attractive Recipes

Published by
National Live Stock and Meat Board
407 S. Dearborn Street
Chicago, Ill.
How to Select Beef

Since the way in which meat is prepared depends upon the kind, the cut, and the quality, the housewife should know how to differentiate between the flesh of the several meat animals, how to tell one cut from another, and how to recognize quality within reasonable limits. There are certain indications of quality which, learned by the purchaser of meat, will enable her to select that best suited to her purpose. The color, character, and distribution of the fat; the color, consistency, grain, and appearance of the lean; and the character of the bone are indexes to the quality of the meat.

The flesh of beef should be bright, cherry red in color, velvety in appearance, firm, yet pliable, and fine in grain, with a minimum of connective tissue. The fat should be flaky and creamy white; it should be evenly distributed over the exterior surface of the carcass, and in an even, though thinner, covering over the interior surface of the ribs. There also should be relatively heavy deposits of fat between the larger muscles, and a liberal distribution of fat along the connective tissues and between the muscle fibers. This latter characteristic is what gives to the cut surface the streaked appearance known as marbling. The bones should be porous and pinkish in color rather than flinty white, and as small as is consistent with the weight of the carcass.
Roasts

General rules for roasting: (a) Meat is placed in a pan with fat side up; (b) roast is seared at high temperature and cooking continued at reduced temperature; (c) an uncovered roaster is used; (d) no water is added in cooking; (e) basting is unnecessary; (f) allow 1/2 teaspoon of salt for each pound of meat.

Cuts for roasting: The prime rib cuts make the choicest roasts; the sirloin tip is an excellent one for a small family; the back of the rump for a large family; the first rib cut from the chuck may be roasted, but is best if cooked well done; the tenderloin is an attractive roast.

Standard Method of Roasting Beef

Select a two or three rib standing roast. Wipe it with a damp cloth. Sprinkle with salt, allowing 1/2 teaspoon for each pound, then lightly with flour. Place the roast in an open pan without adding any water and with the fat side up. As the fat melts and cooks out it will baste the meat. Place the meat in a hot oven (500°-525°F.). Sear the meat for 20 or 30 minutes until lightly browned. Reduce the temperature to about 350° F., and continue cooking until the roast has reached the desired degree of doneness. A three-rib roast will probably require 15 minutes to the pound to be rare, 18 minutes to the pound to be medium, and 20 to 22 minutes to the pound to be well done.

Sirloin Roast with Yorkshire Pudding

Select a roast of the desired size from the sirloin tip. This roast is made more attractive if it is especially prepared at the market by pounding flat a pound of cod fat and wrapping it around the roast, tying securely in place. Rub with salt and dredge with flour. Place the roast in a pan on a trivet and put in a very hot oven to sear. Proceed according to directions given under standard method for roasting beef.
Yorkshire Pudding

2 Cups Flour
½ Teaspoon Salt

3 Eggs, Beaten
2 Cups Milk

Beef Drippings

Sift flour and salt together, and beaten eggs, then milk. Beat mixture until smooth. It may be baked in pan with roast beef or separately. Either method is satisfactory. If baked with roast, drain out fat in pan, push the meat to one end and pour in mixture. If baked in separate pan, have the pan very hot and well greased with beef drippings. The fat in the pan should bubble fast before the pudding is turned in. Bake for 20 minutes in a very hot oven, then reduce the heat for 15 to 25 minutes more. Cut in squares and serve around the roast.

Roast Tenderloin

Have a tenderloin of 3 or 4 pounds trimmed nicely and larded at the market. Rub well with salt. Place in pan and pour some hot melted butter over it. Roast in a very hot oven for 25 minutes. Serve with mushroom sauce.

Make a rich brown gravy by thickening the liquid in the pan. Add to this ½ to 1 cup mushrooms cut or sliced. Fresh or canned mushrooms may be used. The fresh ones should be panfried for 5 minutes in butter before adding to the sauce.

Stuffed Tenderloin of Beef

Secure a tenderloin weighing 4 or 5 pounds. Slit it open down one entire side but do not cut all the way through. Have ready a carrot and two or three stalks of celery cooked almost soft. Spread the meat apart and rub both inside and outside with salt and brush lightly with melted butter. Place the parboiled carrot and celery inside and tie the roast to give it a nice even shape. Add a little fat to the roasting pan into which a sliced onion and a few whole black peppers have been put. Place the roast in the pan and cook in a hot oven for 30 to 35 minutes,
reducing the heat after searing. It will be necessary to baste frequently, as the tenderloin does not have as much fat as the ribs. Serve on a platter garnished with vegetables.

**Roast Tenderloin with String Beans in Potato Cases**

Have the tenderloin trimmed and larded. Rub salt over the surface. Set on a rack in a dripping pan and place in a very hot oven. Sear well and reduce heat after 10 minutes; cook about 20 minutes longer, basting often. Place the roast in the center of a platter. Pipe mashed potatoes through a pastry tube to form cases. Fill the potato cases with finely cut hot string beans. Garnish with carrot balls.

**Chuck Roast of Beef**

Purchase the first rib cut from the chuck. Wipe with a damp cloth. Season with salt and paprika. Dredge with flour. Place on rack in hot oven to brown quickly. After searing, reduce the heat and continue cooking until the meat is well done, allowing about 25 minutes to the pound. About 40 minutes before the meat is done put in the pan to brown potatoes which have been parboiled for 10 minutes.

**Beef Tenderloin with Tomato Sauce**

- **Beef Filet**
- **Salt Pork**
- **Butter or Other Fat**
- **Salt**
- **Pepper**
- **Flour**

The filet is the under side of the loin of beef, the tenderloin. The skin and fat should be removed with a sharp knife, and also every shred of muscle and ligament. If the filet is not then of a good round shape, skewer it until it is so. Lard the upper surface with soft butter or other fat. Dredge well with salt, pepper and flour, and place the filet, without water, in a small pan. Bake for 15 minutes on the lower part of a very hot oven (525° F.) then reduce the heat to 350° F. and bake on the grating from 20 to 30 minutes longer. Serve with tomato sauce.
Suggestions for Left-overs

Left-over Roast Beef

Slice left-over roast beef very thin, also raw peeled potatoes and 2 large onions. Arrange in alternate layers in a casserole which may be taken to the table. Add any left-over gravy, stretching it with a little milk if necessary. Season with salt and pepper and a bit of celery seed. Sprinkle top with flour and bake in a hot oven until potatoes and onions are tender.

Warmed-over Beef

Place ¼ pound butter with ½ glass currant jelly in a stew pan. When heated, add thin slices of cold roast beef. Heat through thoroughly and serve.

Beef Hash with Sautéed Bananas

Take equal parts of finely chopped cooked beef and cold cooked potatoes. Season to taste with salt and pepper. Melt fat in hot skillet and in this cook 1 tablespoon of finely minced onion. Into this turn the meat and potatoes, mix well. Then melt into an omelet pan or skillet 3 tablespoons of drippings. When hot turn in the hash mixture. Cook until brown underneath, then turn over. Invert like an omelet in a hot platter.

In the meantime sauté in another frying pan six bananas which have been peeled and dipped in lemon juice. When tender and a golden brown, arrange around the hash. Garnish with sprigs of parsley and serve at once.

Left-over Beef

Cut the beef into thin slices, removing skin, fat and gristle. Melt over a low fire 2 tablespoons of butter. Put in the beef and re-heat, turning as needed. Remove the beef to a hot platter and sprinkle over it 1 tablespoon of minced parsley and 1 teaspoon minced chive. To butter left in pan add 2 or 3 tablespoons of mild vinegar. Let it bubble a minute, then scrape pan and pour sauce over meat.
Pot Roasts

General rules for cooking pot roasts: The method of meat cookery applied to pot roasts is braising. (a) The meat is seared in a hot kettle in which a small amount of fat has been melted; (b) very little or no liquid is added; (c) the kettle is closely covered after the meat is seared well; (d) the cooking is carried on at a low temperature.

Cuts for pot roasts: Cuts from the chuck, such as the shoulder arm roll, the clear cut shoulder, bottom chuck roll, and top chuck roll or other chuck cuts, all of which are made from the fore-quarter and all of which make excellent pot roasts. The rump, which is from the hindquarter, is also used for a pot roast. In the recipes given below any one of these cuts may be used.

Yankee Pot Roast

Select a 3-pound pot roast from the shoulder arm roll. Wipe the meat carefully with a damp cloth. Try out some suet or melt a little fat in a heavy kettle or Dutch oven. Brown the meat in the fat, turning so that all sides may be browned. Add 2 small onions and a few small carrots. After meat is well browned add 2 fresh tomatoes or 1 cup canned tomatoes, 1 1/2 teaspoons salt, 1 bayleaf, 2 cloves, and 1/8 teaspoon pepper. Cover closely and simmer slowly until the meat is tender. For a 3-pound pot roast it will require 2 1/2 hours.

Pot Roast with Horseradish

4 Pounds Bottom Chuck Roll
1 Small Bottle Horseradish
2 Teaspoons Salt
Pepper

Brown meat well on all sides in a kettle containing melted fat. Season with salt and pepper. Drain the liquor from a bottle of horseradish and pour the horseradish over the meat. Cover closely, reduce the temperature, and simmer until tender. Add a very little hot water from time to time if the fat becomes too brown. The addition of the horseradish makes a deliciously flavored gravy.
Pot Roast, Larded

3 or 4 Pounds Bottom Chuck Roll
2 Teaspoons Salt
Pepper
Flour

1 Small Onion
1 Small Carrot
½ Bayleaf
Celery, Parsley

1 Cup Hot Water

Have pot roast from bottom chuck roll larded. Sprinkle with salt and pepper and dredge with flour. Brown well on all sides in hot fat. Add the seasonings and 1 cup of hot water.

Braised Beef

3 Pounds Rump
1 ½ Teaspoons Salt
Pepper
Flour

2 Tablespoons Prepared Mustard
1 Teaspoon Celery Seed
1 Cup Strained Tomatoes
Fat for Browning

4 Medium Onions, Sliced

Rub meat well with salt and pepper and dredge with flour and brown it well in hot fat. Remove the meat, brown the sliced onions and add the other ingredients. Return the meat to the kettle, cover closely and simmer in this sauce, 3 hours or more, turning the meat two or three times so that the whole will be well flavored with the sauce.

Sour Beef Pot Roast

Select 3 or 4 pounds of top chuck roll which has been larded and tied firmly into shape. Wipe well and marinate 24 hours in a cold place, using for the marinade ¾ cup mild vinegar, 1½ teaspoons salt, 3 cloves, a few crushed peppercorns, a sliced carrot and an onion. Turn meat and baste occasionally with the liquor in which it is standing. It is best to use an earthen bowl. Drain, reserving the marinade. Brown meat in hot fat on all sides. When brown add marinade, cover closely and simmer until the meat is tender. When done, remove meat, strain liquor in the pot and thicken with browned flour to make a brown gravy.
Beef à La Mode

Select any cut suitable for a pot roast. Wipe with a damp cloth. Rub well with salt. Crush a clove of garlic and chop it very fine with a piece of beef suet and some salt and pepper. Cut two narrow incisions in each side of the meat with a small pointed knife; push a little of the garlic mixture very deep into each of these; close the openings again with the flat of the knife. Dredge the meat well with flour. Brown the meat well in hot fat. Add 2 large onions, chopped finely, 1 small finely cut carrot, a few peppercorns, 1 cup tomatoes, bit of bayleaf and 1 lump of sugar. Cover closely and simmer slowly for 3 to 4 hours. Strain sauce over meat. Serve with small potatoes which have been put in kettle with meat.

Spanish Pot Roast

4 Pounds Chuck
1 Large Onion
1 Small Bottle Stuffed Olives
1/4 Pound Salt Pork
2 Cups Tomatoes
2 Teaspoons Salt
Pepper
Fat

Make small slits on each side of meat with sharp knife. Cut salt pork into small strips and stuff holes with these lardoons and the stuffed olives alternately. Slice onion and fry in fat. Then remove the onion and brown the meat on all sides. Add tomatoes, cover closely and simmer until done. Strain and thicken liquid for gravy.

Smothered Beef

2 Lbs. Shoulder Beef, 2 in. Thick
4 Tablespoons Fat
Flour
3 Onions
1/2 Cup Tomatoes
1 Tablespoon Prepared Mustard
1 Teaspoon Salt
Pepper

Heat kettle and fat. Rub flour into meat before searing; sear. Remove meat, brown the sliced onions, and return meat to utensil. Season with salt, pepper, and mustard. Pour strained tomatoes over all. Cover and cook over low flame 1 1/2 to 2 hours.
Suggestions for Left-overs

Mexican Beef

Make a sauce by cooking an onion, thinly sliced, in butter until delicately browned. Add 1 chopped green pepper and cook for 5 minutes longer. Add 2 cups tomatoes, a few drops of Worcestershire Sauce and simmer for 10 minutes. Reheat thinly sliced pieces of pot roast in this sauce.

Favorite Beef Left-over

2 CUPS LEFT-OVER BEEF, CHOPPED
1/2 CUP FINELY CHOPPED ONION
2 CUPS CANNED TOMATOES
2 CUPS COOKED MACARONI
1 CUP CRACKER CRUMBS
SALT AND PEPPER

Put meat, onion, tomato, macaroni, and cracker crumbs in casserole in layers. Season with salt and pepper. Bake 1 hour in a moderate oven.

Beef Croquettes

Cut into small dice left-over beef, removing fat, skin, and gristle. There should be 1 1/2 cups. Simmer this over a slow fire in a little melted butter until the butter is absorbed. Mix in a thick white sauce to moisten thoroughly. Season with salt, pepper, and a little onion juice. Turn onto a buttered dish and cool.

Divide into balls about the size of an egg. Flatten into cutlet shape, roll in cracker crumbs, beaten egg, and then in fine bread crumbs. Fry to a crisp golden brown in hot deep fat. Serve with tomato sauce.

Fricassee of Beef

SLICED COOKED BEEF
2 TABLESPOONS FLOUR
3 TABLESPOONS FAT
1 1/2 TEASPOONS SALT
1/2 TEASPOON PEPPER
2 CUPS WATER
1 TEASPOON ONION JUICE

Season the meat with salt and pepper. Make a sauce of the fat, flour and water, and remainder of the seasonings. Add the cold meat and cook gently for three minutes.
General rules for cooking steaks: There are two types of steaks in the beef carcass; those which are very tender and those which are less tender. The tender steaks may be broiled or pan-broiled. The less-tender must have longer, slower cooking and are cooked by frying or braising. The difference between frying and braising is that when cooking by the former method the pan is not covered, while in braising the pan is closely covered so that the cooking is done in moist heat.

Cuts for broiling: Sirloin steak, porterhouse steak, club steak, rib steak, and filet mignon from the tenderloin may be broiled. These are the tender beef steaks.

Cuts for frying or braising: Flank steak, skirt steak, round steak, chuck steak.

General Method for Broiling Steak

Select a steak from 1 1/2 to 2 inches thick. Trim the steak of excess fat and wipe it off with a damp cloth. A steak may be broiled by direct heat or it may be pan-broiled in a skillet. To broil by direct heat, grease the rounds of a rack, lay the steak on it, and place over live coals or under an electric grill or the flame of a gas oven.

If a gas oven is used, do not close the door. Sear on one side and then turn, being careful not to break the tender coating which holds in the juices. When both sides are seared, reduce the heat and turn the steak occasionally until cooked to the desired stage.

If a skillet is used, grease lightly with beef fat and heat it sizzling hot. Lay the steak in the skillet and sear on both sides. Then reduce the temperature and cook to the desired stage, turning the meat to cook it evenly. Do not add water and do not cover. Place the steak when done on a hot platter, and salt, pepper, and melted butter. Garnish with parsley and serve at once.

No definite time can be given for cooking a steak because of
varying thickness, degree of heat applied, and personal preferences. A steak 1½ to 2 inches thick will probably require 20 to 25 minutes to cook medium rare under the flame of a gas oven.

**General Method for Frying Steak**

The cuts cooked by this method are usually deficient in fat, therefore, it is necessary to add it in cooking. The steak to be fried should be cut quite thin. It is first browned in a small amount of fat and then the cooking continued at a fairly low temperature.

**General Method for Braising Steak**

The steak is browned in hot fat on both sides. The pan is then covered, the temperature reduced and the steak cooked until tender.

**Planked Steak**

<table>
<thead>
<tr>
<th>Porterhouse Steak, 2 Inches Thick</th>
<th>Butter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duchess Potatoes</td>
<td>Minced Parsley</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Salt</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Paprika</td>
</tr>
</tbody>
</table>

Trim off superfluous fat. Sear steak on both sides in a hot skillet or on the broiler. Cook for about 15 minutes, turning occasionally. Oil a heated plank, place the steak on the plank and pipe a border of potatoes around it. Cut tomatoes in half crosswise, sprinkle with grated cheese and dot with butter. Arrange these around the steak inside the border of potatoes. Arrange the flowerets of cooked buttered cauliflower on the plank. The vegetables and steak should entirely cover the board. Place the plank in the oven until the potato border is browned and the tomato slices are tender. Upon removing the steak from the oven, spread it with butter into which has been worked some minced parsley, salt, and paprika. Garnish the plank with tufts of parsley.

**Minute Steak**

Minute steaks, unlike other tender steaks, are not cut thick. Have steaks from the ribs cut barely ½ inch thick. Trim and
wipe off with a damp cloth. Heat a heavy frying pan until very hot, rub it with a piece of suet, salt the steaks and panbroil them over a very hot fire for 2 minutes on each side. Have ready 1 tablespoon of butter rubbed until creamy with some finely minced parsley and a few drops of lemon juice. Place the steaks on a platter, pour off some of the fat from the pan, put in 1 tablespoon of water and while this boils, brush the steaks with the prepared butter. Place them for just a minute in a hot oven, then pour the gravy from the pan over them.

Filet Mignon

Have the tenderloin cut in filets 1½ inches thick and have a strip of bacon or salt pork wrapped around the edge and secured with a tiny skewer. Broil or panbroil just as any other steak. Sauté large mushroom caps in butter for 5 minutes before the steaks are ready to serve. Serve each filet with a mushroom cap on top. Green grilled tomatoes make an excellent accompaniment to filet mignon as do creamed potatoes.

Flank Steak Patties

Flank steak patties are attractive small steaks which are made by placing a lardoon of fat the long way of the steak, rolling and securing with small skewers and cutting between the skewers.

The flank is a well-flavored cut but is one of the less-tender cuts which requires cooking by frying or braising.

Flank Patties with Dressing

Make a well-seasoned bread dressing. Brown the patties well on both sides in hot fat in a heavy skillet. When well browned, season with salt and pepper. Place a mound of the dressing on each piece of meat, rounding it nicely. Cover the pan and let cook very slowly until the meat is tender, from 45 minutes to 1 hour.

Patties made from the skirt steak or the hanging tenderloin also may be used in this way.
Beef Cooked in Water

General rules for cooking beef in water: This method of cooking beef has been called boiling, but this term is erroneously used as, strictly speaking, the meat is cooked by simmering, being seared only by boiling for a short period. (1) The beef is placed in boiling water for 10 minutes; this seals the surface and prevents the escape of the juices; (2) the temperature is reduced and the cooking continued just under the boiling point until the meat is tender.

Cuts for cooking in water: Short ribs, boneless brisket, plate roll, neck roll, heel of round. Cuts from the round and chuck may also be used for cooking in water. Corned beef is cooked by this method.

Standard Method for Cooking Beef in Water

Select a suitable piece. Cover meat with boiling water. Season with salt, allowing 1/2 teaspoon for each pound, and pepper. Bring rapidly to the boiling point and continue boiling for 10 minutes. Reduce the temperature to below the boiling point—about 180° F., and continue cooking until the meat is tender.

Beef Browned and Cooked in Water

As a variation, the meat may be seared first. Select a neck roll. Heat 2 tablespoons of fat in the bottom of the kettle. In this fry 1 sliced onion. Put in the meat and sear on all sides, turning from one side to the other for about 20 minutes. Pour over boiling water to cover and continue as in Standard Method.

Corned Beef—Viennese Style

Select a piece of corned brisket weighing 4 to 5 pounds and put in to cook in boiling water. After simmering for 1 hour, pour off the water if too salty, and fill the kettle with fresh boiling water. Add 5 small cloves of garlic and 1 onion and let the meat
cook slowly until tender, about 4 hours. If meat is to be served cold, let it cool in the liquor in which cooked. Serve with horseradish sauce.

**Beef—French Style**

Select a piece of plate roll or other suitable piece to be cooked in water. With the beef order a small piece of shin or neck of beef and ½ pound knuckle of veal. Put the shin of beef and the veal in a kettle together with a kitchen bouquet (parsley, sage, marjoram, thyme, either fresh or dried) 3 cloves inserted in an onion, and 2 carrots. Season with salt and pepper and cover with cold water; bring slowly to the boiling point and keep simmering for 1½ hours. Then add the beef and simmer until tender. The result will be a tender, juicy piece of meat with a well-flavored broth.

**New England “Boiled” Dinner**

4 Pounds Corned Beef  
4 White Turnips  
1 Small Head Cabbage  
4 Carrots  
6 or 8 Potatoes  
6 Beets  
6 Small Onions  
Pepper

Put the meat into the kettle with cold water to cover. Bring it rapidly to the boiling point; skim; reduce the heat and simmer until meat is tender. About an hour before serving time remove some of the liquid in which the meat has been cooking to another kettle and in it boil the vegetables which have been prepared, with the exception of the beets, which should be cooked separately, as they will color the other vegetables. When vegetables are tender arrange on a large platter around the meat.

**Tomatoes Stuffed with Corned Beef**

Remove a thin slice from the top of each tomato. Scoop out the pulp and seeds. Chop the left-over corned beef rather finely, add one-half as much fine crumbs, the tomato pulp, and season with pepper. Stuff the tomatoes with this mixture. Cover with buttered crumbs and bake 30 minutes in a moderate oven.
Stews

General rules for making stews: Beef which is more attractive in smaller pieces and which needs long slow cooking is best utilized in stews. There are three methods of treating the meat in making stew: (1) The meat is browned first in a little fat, then boiling water is added, the temperature reduced and the meat cooked until tender; (2) the meat is plunged into boiling water, boiled a few minutes, and the temperature reduced; (3) the meat is put on in cold water, brought gradually to the boiling point, boiled for a few minutes, then the temperature reduced.

Cuts for stew: Short ribs, shank, plate, brisket, flank, neck.

Standard Method for Making Stew

Brown Stew: Melt drippings in a hot kettle and brown 1/2 of the stew meat in this. Add boiling water and the rest of the meat. Season with salt and pepper. Reduce temperature and cook until tender. One hour before serving put in any desired combination of vegetables.

Stew: Exactly the same as above except none of the meat is browned.

Beef Stew with Dumplings

1 1/2 Pounds Shank of Beef
4 Tablespoons Flour
1 Teaspoon Salt
Pepper

6 Small Onions
6 Small Carrots
3 Turnips, Quartered
6 Potatoes, Quartered

Have meat cut in cubes of suitable size. Mix the flour, salt, and pepper and roll the meat in it. Try out some of the suet from the meat in a frying pan. Brown the pieces of meat, stirring to prevent burning. Transfer the meat to the stew kettle and cover with boiling water. Simmer until tender—about three hours. The vegetables are added during the last hour of cooking. The dumplings are put in 15 minutes before serving.
Dumplings

2 CUPS FLOUR
4 TEASPOONS BAKING POWDER
2 TABLESPOONS FAT
1 CUP MILK
1 TEASPOON SALT

Sift the dry ingredients together. Cut in the fat and add the milk gradually. Drop by the spoonful on top of the stew, being sure that the dumplings rest on top of the meat and vegetables, as they must not settle into the liquid. Cover tightly at once and do not remove cover until the dumplings have steamed 12 minutes.

Beef Brisket with Lima Beans and Rice

1½ POUNDS BEEF BRISKET
1 MEDIUM-SIZED ONION, SLICED
2 CUPS LIMA BEANS
2 TABLESPOONS BROWN SUGAR

1½ CUP RICE
1½ CUP VINEGAR
1½ TEASPOONS SALT PEPPER

Cut brisket into 2-inch squares, put in a stew kettle and cover with water. Season to taste with salt and pepper. Add onion and bring to the boiling point. Add the beans, which, if dry, have been soaked for several hours, and the rice. Cook at a low temperature until meat is tender. About 10 minutes before serving, dissolve the sugar in a frying pan, then add the vinegar and stir until a syrup is formed. Add to the meat and vegetables and serve.

Hungarian Goulash

1½ POUNDS BEEF NECK
3 TABLESPOONS LARD
1 LARGE ONION
3 CUPS BOILING WATER
1 TEASPOON PAPRIKA
12 POTATO BALLS
6 SMALL WHITE ONIONS

6 CARROT BALLS
6 TURNIP BALLS
1 TEASPOON SALT
1 BAY LEAF
1 CLOVE
3 TABLESPOONS FLOUR
1 CHOPPED CHILI PEPPER

Slice the large onion and brown it in the lard. Remove the onion and put in the beef cut into small pieces. Brown the meat thoroughly. Remove the pieces of meat to a casserole. Add the paprika and the boiling water. Cover the dish and place it in a moderate oven.
Fry the potato, carrot and turnip balls, and onions in very hot fat. Add them to the meat after it has simmered 1 1/2 hours. Then add seasonings and the flour smoothed in cold water. Pour this into the casserole and stir until the mixture is slightly thickened. Add the chili pepper mixed with 1 cup of boiling water. Cover and simmer 1 1/2 hours more. Serve from the casserole.

Curried Beef

| 2 1/2 Pounds Boneless Brisket | 1/2 Cup Tomato |
| 5 Tablespoons Flour | 1 Tablespoon Vinegar |
| 1 Teaspoon Curry Powder | 2 Tablespoons Grape Jelly |
| 2 Medium Onions, Sliced | 1 1/2 Teaspoons Salt |
| 2 Cups Water | Pepper |

Cut beef in 2-inch pieces. Roll in flour and curry. Cook onion in drippings, then brown the meat in it. Add rest of the flour, then the liquid and let it boil up. Put in a casserole and cook in a slow oven for 2 1/2 hours. When ready to serve, add vinegar and jelly.

Spiced Stew

| 2 Pounds Flank | 4 Tablespoons Sugar |
| 3 Onions | 1/2 Teaspoon Cinnamon |
| 1/2 Cup Vinegar | 1 Bay Leaf |
| 1 Teaspoon Salt | 1/2 Teaspoon Pepper |

Cut the meat into cubes and brown in beef drippings or bacon fat. Slice the onions into the stew pan, add the meat and enough water to nearly cover. To this add the seasonings after mixing the cinnamon and sugar with the vinegar. Bring slowly to the boiling point and then simmer for about 2 hours or until the meat is tender.

Beef and Apricot Stew

Soak over night 1 cup dried apricots. Have 3 pounds of beef cut in small pieces suitable for stewing. Brown in a heavy kettle containing melted fat. Add 1 cup diced celery and the apricots. Cover with hot water or stock. Season with salt, pepper, and a little minced onion. Cover and simmer gently until the meat is tender. Thicken the liquid around the stew with a little flour smoothed in cold water. Serve in the center of a platter surrounded by a border of mashed potatoes.
**Ground Beef**

**General rules for cooking ground beef:** Grinding is a method for making some of the less-tender cuts tender. As grinding breaks up and removes the connective tissue it is not necessary to purchase choice cuts such as the round for grinding. Ground meat may be served rare if so desired.

**Cuts for grinding:** Neck, flank, shank meat.

**Broiled Ground Steak**

1 $\frac{1}{2}$ Pounds Ground Beef  
$\frac{3}{4}$ Teaspoon Salt  
Pepper  
Prepared Mustard

Season the ground beef well with salt and pepper. Take $\frac{1}{2}$ the meat and pat into a round shallow pan. Spread with prepared mustard; then put rest of meat on top. Put in a hot broiler. Sear well and when brown, turn and sear the other side just as a steak, using a spatula to turn it so that it will not break. Allow about 30 minutes to cook well done and 18-20 minutes to cook rare.

**Planked Hamburger**

Season 2 pounds of ground beef with salt, pepper, minced onion, and Worcestershire sauce; bind all together with 1 egg beaten into $\frac{1}{2}$ cup of milk. Form into a thick steak and cook for 15 minutes in a hot frying pan, turning once during cooking. When nicely browned remove steak carefully, to avoid breaking, to the center of a hot plank. Pipe a border of mashed potatoes around the edge of the plank. Arrange small white onions which have been boiled until tender, a little of the center scooped out and filled with buttered crumbs, and small cooked carrots around the steak. Season all with salt, pepper, and butter and put in the oven for 10 or 15 minutes until the steak is cooked and the potatoes are nicely browned.
Ground Beef Patties

The chopped beef is formed into flat rounds, about 2 inches thick. A strip of bacon is wrapped around each piece and secured with toothpicks. Have a frying pan very hot and just coat the bottom with fat. Put in the patties, brown on each side, then place in a hot oven for 10 minutes. Serve a little underdone. Season with salt and pepper and dot with butter.

Meat Loaf

1 Pound Ground Beef
1 Cup Cooked Rice
1 Egg
1 1/2 Teaspoons Salt
1/2 Green Pepper, Minced
2 Medium Onions, Minced
4 Tablespoons Cracker Crumbs
Milk

Mix all the ingredients together thoroughly, adding enough milk to moisten well. Bake in a moderate oven about 1 hour. Serve with tomato sauce.

Hamburger Rolls

Have 2 cups or more of ground steak. Season with salt and pepper and add enough fine bread crumbs to absorb the moisture. Make into rolls about the size of small sausages. Roll pie crust 1/4 inch thick and cut into 4-inch squares. Wrap these around the hamburger rolls, moisten the edges and press together. Bake 40 minutes in a moderate oven (350° F.).

Meat Loaf de Luxe

1 1/2 Pounds Ground Beef
2 Large Onions, Chopped Finely
4 Crackers, Rolled
Salt and Pepper
1 Cup Seedless Raisins
3 Eggs, Beaten Slightly
Slices of Bacon
3 Slices Mild Cheese

Mix well and put half the mixture in a baking dish. Cover with very thin slices of mild cheese. Cover with the rest of the meat mixture. Shape into a loaf and bake in a moderate oven for 1 hour. Ten minutes before serving, cover the top with strips of bacon and continue cooking until the bacon is crisp.
**Creole Meat Loaf**

1 1/2 Pounds Chopped Beef  
1 Small Onion  
1 Large Green Pepper  
2 Small Pickles  

1 1/2 Teaspoons Salt  
Pepper and Paprika  
1 Pimento  
Strained Tomato Juice

Mix the beef with the chopped onion, the green pepper, finely chopped, the pickles cut in small pieces, and the tomato juice. Season with salt, pepper, and paprika. Oil loaf pan and place half the mixture in it. Cut the pimento in long strips and arrange over the meat; place rest of meat over it and bake for an hour in a moderate oven.

**Hamburger Steak**

Have beef finely ground; season well with pepper and salt and a little chopped onion or onion juice. Mold into cakes and broil in a greased broiler or hot frying pan. When done, spread with melted butter. The cakes should not be too thick, as it is desirable to have them cook through quickly so that they will be tender and puffy.

**Norwegian Filled Cabbage**

1 1/2 Pounds Ground Beef  
1 Egg, Slightly Beaten  
1 Cup Milk  

1 1/2 Teaspoons Salt  
Pepper  
1 Large Cabbage

Mix together meat, egg, milk, salt, and pepper. Remove center from cabbage. Fill with meat and tie into a square of cheesecloth to hold in place. Steam for about 1 hour or until cabbage is tender. Place on platter, remove cheesecloth, and surround with boiled potatoes.

**Stuffed Cabbage Leaves**

Immerse a small cabbage in boiling salted water and cook about two minutes. Drain; the leaves may be pulled off easily. Make a stuffing of the following:

3/4 Pound Beef, Ground  
2 Tablespoons Chopped Onion  
1 Small Green Pepper, Minced  

Salt and Pepper  
Savory Herbs  
1/2 Cup Cooked Rice
Mix well and fill each leaf; fold over and lay in a casserole, layer by layer, until the dish is nearly full. Slice 2 or 3 fresh tomatoes over the top, or add 1½ cups of cooked tomatoes. Season with salt and pepper and dot with butter. Put in a hot oven (450° F.); after a few minutes reduce the heat and bake at 350° F. for one and one-half hours. Serve with cheese cream sauce.

**Cheese Cream Sauce:** Blend 1 tablespoon flour into 2 tablespoons melted butter; add 1 cup milk and salt, pepper and paprika and cook until thickened. Sprinkle in 4 tablespoons grated cheese and stir until the cheese has melted.

**Meat Balls**

1 Pound Ground Beef  
½ Pound Lean Pork  
1 Small Onion  
½ Cup Bread Crumbs  
1 Teaspoon Salt  
Pepper  
1½ Tablespoons Flour  
1 Egg

Have meat ground and combine with the other ingredients. Make into balls the size of a walnut. Brown in hot lard. Mix 1 tablespoon of butter with 1 tablespoon of flour, and add 1 cup of strained tomato pulp. Pour this sauce over the meat balls and cook slowly until well done. Serve hot.

**Cannelon of Beef**

This dish is prepared by making chopped beef into a roll and baking it wrapped in a buttered paper, a method designed to keep in the steam and so insure a moist, tender dish. The paper must be removed before serving. The roll should be basted occasionally with butter and water or drippings and water. In preparing the roll, an egg may be added for each pound and a half of meat, and chopped parsley, onion juice, lemon peel, or finely chopped green pepper will make a good seasoning. A thickened gravy may be made from the drippings, the liquid used being either water or tomato juice.

Strips of pork laid on the roll may be substituted for the buttered paper and basting.
Sauces

While the natural flavor of well-cooked meat does not need the enhancement of sauces, still there are those who like the introduction of a piquant sauce now and then for the sake of variety.

**Sauce for Steak**

Have the steak platter very hot. As soon as the steak is done put it on the platter. Over the steak sprinkle a very little dry mustard. Then squeeze over it a few drops of lemon juice. Add 4 or 5 thin slices of butter, a little Worcestershire sauce and season with salt, pepper, and paprika. Rub these seasonings into the steak with a knife blade. Turn the steak and repeat. Then tip the platter so that the sauce gathers in one corner. Beat the sauce until frothy with a fork. In making this sauce, one must work quickly so that the steak will not get cold.

**Sauce Made at Table**

This sauce for steak is made at the table. Have ½ cup tomato catsup in a bowl. Into it beat a few drops of Worcestershire at a time so that it is well blended, using from 1 to 2 tablespoons in all.

**Flemish Sauce**

1 CUP HOT BROWN SAUCE  
4 TABLESPOONS COOKED CARROTS, FINELY MINCED  
1 TABLESPOON TOMATO CATSUP  
1 TABLESPOON MIXED SOUR PICKLE  
1 TABLESPOON GRAZED HORSERADISH

Add all the other ingredients to the Brown Sauce. Heat and serve. This is very good with beef, either cooked in water or braised.

**Piquant Sauce**

1 CUP BROWN SAUCE  
½ SMALL ONION, MINCED  
2 TABLESPOONS LEMON JUICE  
1 TABLESPOON EACH CAPERS AND PICKLES

Add the lemon juice, then finely minced onion and the capers and pickles, finely chopped, to hot Brown Sauce.