POT-ROAST WITH TOMATO GRAVY

3 to 4-pound beef arm or blade pot-roast
1/4 cup flour
2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon garlic salt
3 tablespoons lard
1 large onion, sliced
1/2 can (10 1/2 ounces) or 1/2 cup dairy sour cream

2/3 cup condensed or blade pot-roast consomme
1/4 cup water
1 tablespoon Worcestershire sauce
1 can (6 ounces) tomato paste

Combine flour, salt, pepper and garlic salt. Dredge pot-roast in seasoned flour and brown in lard. Pour off drippings. Add onion, consomme, water and Worcestershire sauce. Cover tightly and cook slowly 3 hours. Add tomato paste and olives and cook 1/2 hour or until meat is tender. Remove meat to warm platter. Thicken cooking liquid for gravy, if necessary. Stir a small amount of gravy into sour cream and add mixture to remaining gravy. Cook just until heated through. 6 to 8 servings.
BEEF RIB ROAST—TASTY POTATO GO-WITH

2 to 3-rib beef standing rib roast
Salt and pepper
Tasty Potato Go-With

Have the market man remove the chine bone to make carving easier. Season. Place fat side up on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part, being sure that the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) to the desired degree of doneness. The meat thermometer will register 140° F. for rare; 160° F. for medium-done; 170° F. for well-done. 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. Serve with Tasty Potato Go-With.

Tasty Potato Go-With

8 slices bacon, cooked and crumbled
3 cups seasoned mashed potatoes
2 egg yolks, beaten
½ cup grated cheddar cheese
1 can (2 ounces) mushroom stems and pieces, drained
2 tablespoons chopped chives

Combine mashed potatoes and beaten egg yolks. Mix thoroughly. Shape into 6 mounds, using approximately ½ cup for each, and place on a greased baking sheet. Combine bacon, cheese, mushrooms and chives. Place approximately 3 tablespoons bacon mixture in center of each potato mound. Bake in a hot oven (400° F.) 10 to 15 minutes or until lightly browned. 4 to 6 servings.

GARDEN CRISP CORNED BEEF SALAD

2 cups julienne-style cooked corned beef
1 cup chopped fresh spinach
½ head lettuce, separated
1 small onion, thinly sliced
Italian or French dressing

Toss together corned beef, spinach, lettuce, onion and enough Italian or French dressing to moisten. 6 servings.
SAVORY STEAK STRIPS

1 beef round steak, cut 1/2 inch thick
1/4 cup flour
1 1/2 teaspoons salt
1/8 teaspoon pepper
1/4 teaspoon paprika
3 tablespoons lard or drippings
1 medium onion, thinly sliced
1/2 can (10 1/2 ounces) or 2/3 cup condensed consomme

1 tablespoon Worcestershire sauce
1 can (2 ounces) mushroom stems and pieces, drained
1/2 cup chopped green pepper
1 cup dairy sour cream
1 cup rice
1 teaspoon salt
3/4 teaspoon ginger
2 cups water

Cut steak into strips 1/4 inch wide and 3 inches long. Combine flour, salt, pepper and paprika. Dredge steak strips in seasoned flour. Brown in lard or drippings. Pour off drippings. Add onion, consomme and Worcestershire sauce to meat. Cover tightly and cook slowly 45 minutes. Add mushrooms and green pepper and continue cooking 30 minutes. Stir small amount of steak mixture into sour cream. Then add sour cream to steak strips and cook just until heated through. Combine rice, salt, ginger and water in a saucepan. Cover tightly and cook slowly until rice is tender, about 15 minutes. Serve steak strips on rice. 6 servings.

CREOLE BEEF SANDWICH

1 pound ground beef
1/4 cup chopped onion
2 tablespoons chopped green pepper
1 can (2 ounces) mushroom stems and pieces, drained
2 tablespoons lard or drippings

3/4 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon garlic salt
1/4 teaspoon basil
1 can (8 ounces) tomato sauce
1/2 cup catchup
6 hamburger buns, toasted

Brown onion, green pepper and mushrooms in lard or drippings. Add ground beef and brown lightly. Pour off drippings. Add salt, pepper, garlic salt, basil, tomato sauce and catchup. Cook slowly 15 minutes. Serve on toasted hamburger buns. 6 servings.
BEEF AND VEGETABLE MIX-UP

1 beef blade or arm steak, cut 1/2 inch thick
3 tablespoons flour
1 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon celery salt
1/4 teaspoon marjoram

3 tablespoons lard or drippings
1/2 cup chopped onion
1/2 cup water
1 package (10 ounces) frozen mixed vegetables

Combine flour, salt, pepper, celery salt and marjoram. Dredge steak in seasoned flour. Brown steak in lard or drippings. Pour off drippings. Add onion and water. Cover tightly and cook slowly 1 hour. Add mixed vegetables and continue cooking 30 minutes, or until meat is tender and vegetables are done. Serve vegetables spooned over steak. 3 to 4 servings.

STUFFED MEAT LOAF

2 pounds ground beef
2 eggs, well beaten
1/3 cup chili sauce
1 1/2 teaspoons salt
1/2 teaspoon dry mustard
1 can (4 ounces) mushroom stems and pieces, drained

1/2 cup chopped onion
1/2 cup grated sharp cheddar cheese
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon thyme

Combine ground beef, eggs, chili sauce, 1 1/2 teaspoons salt and dry mustard. Combine mushrooms, onion, grated cheese, 1/2 teaspoon salt, pepper and thyme. Pack half of meat mixture into a 9 x 5-inch loaf pan. Place mushroom-cheese mixture on top of meat. Pack remaining meat mixture over stuffing. Bake in a slow oven (300° F.) 1 1/2 to 1 3/4 hours or until done. 8 servings.

GROUND BEEF ROLLS—VEGETABLE GRAVY

1 1/2 pounds ground beef
1 can (2 ounces) mushroom stems and pieces, drained
1/4 cup chopped onion
1 tablespoon lard or drippings
1 1/2 teaspoons salt
1/8 teaspoon pepper

1/4 teaspoon sage
1/4 teaspoon dry mustard
1 cup chili sauce
1 biscuit recipe (See p. 35)
1 can (10 1/4 ounces) condensed mushroom soup
1 can (16 ounces) peas, drained

Cook ground beef, mushrooms and onion in lard or drippings until lightly browned. Pour off drippings. Combine ground beef mixture, salt, pepper, sage, dry mustard and chili sauce. Prepare
biscuit dough. Roll dough into 12x16-inch rectangle, about \( \frac{1}{8} \) inch thick. Spread meat mixture on dough. Roll as a jelly roll. Cut into 1-inch slices and place on a greased baking sheet. Bake in a moderate oven (375° F.) 30 minutes. Combine mushroom soup and peas in a saucepan and heat. Serve with beef rolls. 4 to 6 servings.

**ORIENTAL POT-ROAST**

3 to 4-pound beef arm or blade pot-roast  
3 tablespoons flour  
2 1/2 teaspoons salt  
1/8 teaspoon pepper  
1/2 teaspoon garlic salt  
3 tablespoons lard or drippings  
1/4 cup water

1/4 cup vinegar  
3 tablespoons brown sugar  
2 medium-sized green peppers, cut in strips  
1 can (13 1/2 ounces) pineapple chunks, drained  
2 large tomatoes, cut in eighths  
Flour for gravy

Combine flour, salt, pepper and garlic salt. Dredge pot-roast in seasoned flour. Brown in lard or drippings. Pour off drippings. Combine water, vinegar and brown sugar and add to pot-roast. Cover tightly and cook slowly 2 1/2 hours. Add green pepper and continue cooking 45 minutes or until meat is tender. Add pineapple chunks and tomato wedges and cook until heated through, about 10 minutes. Thicken cooking liquid with flour for gravy. 6 to 8 servings.

**BEEF CURRY DELUXE**

2 pounds boneless beef, cut in 1-inch cubes  
3 tablespoons flour  
2 teaspoons salt  
1/4 teaspoon pepper  
3 tablespoons lard or drippings  
1 bay leaf  
1 teaspoon curry powder  
3 whole cloves  
2 teaspoons sugar  
1 large onion, thinly sliced  
1 clove garlic  
1 cup water  
3 large tart apples (approximately 1 pound), cut in eighths  
1 cup raisins  
Cooked rice, if desired

Combine flour, salt and pepper. Dredge meat in seasoned flour. Brown meat in lard or drippings. Pour off drippings. Add bay leaf, curry powder, cloves, sugar, onion, garlic and water. Cover tightly and cook slowly 2 hours. Add apple wedges and raisins and continue cooking 45 minutes. Discard bay leaf and garlic. Serve beef curry over cooked rice, if desired. 6 servings.
GOURMET MEAT BALLS

1 1/2 pounds ground beef  
2 cups dairy sour cream  
2 tablespoons catchup  
1 teaspoon salt  
1/8 teaspoon pepper  
1/2 teaspoon garlic salt  
1/4 teaspoon oregano  
1 tablespoon lard or drippings  
1 tablespoon water  
2 teaspoons dill weed  
1/4 teaspoon salt  
Paprika, if desired

Combine ground beef, 1/4 cup sour cream, catchup, 1 teaspoon salt, pepper, garlic salt and oregano. Shape into 18 meat balls allowing about 2 tablespoons mixture for each ball. Brown meat balls in lard or drippings. Pour off drippings. Add 1 tablespoon water. Cover tightly and cook slowly 15 minutes. Remove meat balls to warm platter. Combine remaining 1 1/4 cups sour cream, dill weed and 1/4 teaspoon salt in frying-pan. Cook just until heated through. Pour over meat balls. Sprinkle with paprika, if desired. 4 to 6 servings.

CHEF'S SALAD

2 cups julienne-style cooked beef, pork or lamb  
1 can (16 ounces) cut green beans, drained  
1 cup sliced celery  
2 medium tomatoes, cut in eighths  
1/2 cup French dressing  
1 tablespoon prepared mustard  
1/2 teaspoon garlic salt  
4 slices cooked bacon, crumbled  
Lettuce cups

Combine meat, green beans, celery and tomatoes. Combine French dressing, mustard, garlic salt and bacon. Pour over salad ingredients and toss lightly. Chill. Serve in lettuce cups. 4 servings.

BEEF PATTIES WITH ZESTY APPLESAUCE

1 1/2 pounds ground beef  
1/2 cup finely chopped onion  
3 tablespoons lard or drippings  
1 teaspoon salt  
1/8 teaspoon pepper  
1 can (8 1/2 ounces) applesauce  
3/4 cup catchup  
2 tablespoons Worcestershire sauce  
2 tablespoons lemon juice  
2 tablespoons sugar  
1 teaspoon salt  
1/4 teaspoon oregano  
1/4 teaspoon cinnamon  
6 hamburger buns, toasted

Brown onion lightly in lard or drippings. Remove onion and
save for sauce. Combine ground beef, 1 teaspoon salt and pepper. Shape into 6 patties. Brown on both sides in lard or drippings. Pour off drippings. Combine cooked onion, applesauce, catchup, Worcestershire sauce, lemon juice, sugar, 1 teaspoon salt, oregano and cinnamon. Pour over patties. Cover tightly and cook slowly 15 minutes. Place patties on toasted buns. Spoon sauce over patties. 6 servings.

**CORNERED BEEF SANDWICH TREAT**

2 cups ground cooked corned beef  
1 package (3 ounces) cream cheese  
2 tablespoons milk  
2 tablespoons salad dressing  
1/4 cup chopped chives  
2 teaspoons prepared horseradish  
2 teaspoons prepared mustard  
3 large English muffins, split and toasted  
12 dill pickle slices

Soften cream cheese. Add milk and salad dressing and blend well. Combine cream cheese mixture, corned beef, chives, horseradish and mustard. Mix well. Spread approximately 1/3 cup sandwich filling on toasted side of each English muffin. Garnish each sandwich with 2 dill pickle slices. Broil slowly until heated through, about 10 minutes. 6 sandwiches.

**BUFFET SPECIAL BEEF CASSEROLE**

1 1/2 pounds ground beef  
1/4 cup finely chopped onion  
1 tablespoon lard or drippings  
1/4 cup grated Parmesan cheese  
1 teaspoon salt  
1/8 teaspoon pepper  
1/4 teaspoon oregano  
2 cans (10 1/2 ounces each) condensed tomato soup  
3 cups cooked wide noodles  
1/2 cup sliced stuffed olives  
1/2 cup crushed barbecue potato chips

Brown ground beef and onion lightly in lard or drippings. Pour off drippings. Combine beef-onion mixture, Parmesan cheese, salt, pepper, oregano and 1 can of tomato soup. Combine noodles, olives and remaining can of tomato soup. Place one half noodle mixture in bottom of a 2-quart baking dish. Spread half the meat mixture over noodles. Add remaining noodles. Top with remaining meat mixture. Sprinkle with crushed barbecue potato chips. Bake in a moderate oven (350° F.) 30 to 35 minutes or until lightly browned. 6 to 8 servings.
HARVEST BEEF SHORT RIBS

3 pounds beef short ribs  1 1/2 cups water
1 1/2 teaspoons salt  1/4 cup brown sugar
1/4 teaspoon pepper  1 package (10 ounces) frozen lima beans
2 medium onions, sliced 3 carrots, cut in strips
1/2 teaspoon dry mustard Flour for gravy
2 tablespoons lemon juice
2 bay leaves

Brown short ribs in own fat. Pour off drippings. Season with salt and pepper. Add onions, dry mustard, lemon juice, bay leaves and water. Cover tightly and cook slowly 2 hours. Add brown sugar, lima beans and carrots and continue cooking 45 minutes longer or until vegetables are done. Discard bay leaves. Remove short ribs and vegetables to warm platter. Thicken cooking liquid with flour for gravy. 4 to 6 servings.

SWISS STEAK—HERB GRAVY

1 beef round steak, cut 1 inch thick  1 teaspoon Worcestershire sauce
1/4 cup flour 1/4 cup water
3 teaspoons salt 1/4 teaspoon oregano
1/8 teaspoon pepper 1/8 teaspoon rosemary
1 medium onion, sliced 1/8 teaspoon cayenne pepper
1 clove garlic, minced 1 can (6 ounces) tomato paste
3 tablespoons lard or drippings 1/4 cup catchup
1 can (2 ounces) mushroom stems and pieces, drained 1 can (8 1/2 ounces) applesauce

Cut meat into 4 to 6 servings. Combine flour, salt and pepper. Dredge meat in seasoned flour. Brown steak, onion and garlic in lard or drippings. Pour off drippings. Combine mushrooms, Worcestershire sauce, water, oregano, rosemary and cayenne pepper and add to steak. Cover tightly and cook slowly 2 hours. Combine tomato paste, catchup and applesauce. Add to steak and continue cooking 30 minutes. Serve gravy with steak. 4 to 6 servings.

BROILED BEEF PORTERHOUSE, SIRLOIN OR DELMONICO STEAK

Beef porterhouse, sirloin or Delmonico (rib-eye) steak, cut 1 to 2 inches thick

Set regulator for broiling. Place steak on broiler rack. Insert
broiler pan and rack so the top of 1-inch steak is 2 to 3 inches from the heat and 2-inch steak is 3 to 5 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 40 minutes for rare steak and 35 to 45 minutes for medium-done steak.

SPECIAL BEEF PATTIES

1 1/2 pounds ground beef 1 tablespoon Worcestershire sauce
2 tablespoons lard or drippings 1 bouillon cube
1 large onion, sliced 1/2 cup hot water
1 teaspoon salt 1 can (6 ounces) tomato paste
1/8 teaspoon pepper 1/2 cup thinly sliced celery
1/4 teaspoon cumin 1/2 teaspoon caraway seeds

Brown onion lightly in lard or drippings. Remove onion and save for sauce. Combine ground beef, salt, pepper, cumin and Worcestershire sauce. Shape mixture into 6 patties. Brown on both sides in lard or drippings. Pour off drippings. Dissolve bouillon cube in hot water. Combine cooked onion, bouillon, tomato paste, celery and caraway seeds. Pour over patties. Cover tightly and cook slowly 20 minutes. Serve sauce over patties. 6 servings.

MARDI GRAS BEEF STEW

2 pounds boneless beef for stew
1/4 cup flour
3 teaspoons salt
1/8 teaspoon pepper
3 tablespoons lard or drippings
1 can (16 ounces) tomatoes

1 clove garlic, minced
1/4 teaspoon basil
1/4 teaspoon thyme
1 bay leaf
2 medium onions, thinly sliced
3 medium potatoes, peeled
Flour for gravy

Combine flour, salt and pepper. Dredge meat in seasoned flour and brown in lard or drippings. Pour off drippings. Drain tomatoes. Add tomato liquid, garlic, basil, thyme and bay leaf to meat. Cover tightly and cook slowly 2 1/2 hours. Add onions and potatoes and cook 45 minutes longer. Add drained tomatoes and cook just until heated through. Discard bay leaf. Thicken cooking liquid for gravy, if desired. 6 servings.
REGAL BEEF ROLL-UPS

1 beef round steak, cut 1/2 inch thick
1 large carrot
3 medium dill pickles
1/4 cup flour
1 teaspoon salt
1/8 teaspoon pepper
3 tablespoons lard or drippings

1 bouillon cube
1/2 cup hot water
1/4 cup chili sauce
1 teaspoon Worcestershire sauce
1/2 teaspoon savory
Flour for gravy

Cut steak into 6 servings and pound to 1/4 inch thickness. Cut carrot into thirds and cut each third into 6 strips. Cut dill pickles lengthwise into quarters. Place 2 dill pickle strips and 3 carrot strips on each piece of steak. Roll as a jelly roll and fasten with wooden picks or string. Combine flour, salt and pepper. Dredge meat in seasoned flour. Brown in lard or drippings. Pour off drippings. Dissolve bouillon cube in hot water. Add chili sauce, Worcestershire sauce and savory and pour over beef roll-ups. Cover tightly and cook slowly 1 1/2 to 2 hours or until meat is tender. Thicken liquid with flour for gravy, if desired. 6 servings.

BEEF WITH VEGETABLES—FAMILY STYLE

2 pounds boneless beef, cut in 1-inch cubes
1/3 cup flour
2 teaspoons salt
1/4 teaspoon pepper
1/2 teaspoon garlic salt
1/4 cup lard or drippings
1 can (16 ounces) tomatoes

1 tablespoon Worcestershire sauce
1/4 teaspoon ground cloves
6 medium carrots, cut in thirds
4 medium onions, quartered or 8 small whole onions
1 package (10 ounces) frozen peas

Combine flour, salt, pepper and garlic salt. Dredge meat in seasoned flour. Brown meat on all sides in lard or drippings. Pour off drippings. Drain tomatoes, reserving juice. Add tomato juice, Worcestershire sauce and cloves. Cover tightly and simmer 1 1/2 hours. Add carrots and onions and continue cooking 1 hour. Add tomatoes and peas. Continue cooking 15 minutes or until meat is tender and vegetables are done. 6 to 8 servings.
COUNTRY-STYLE POT-ROAST

3 to 4-pound beef arm or blade pot-roast  
3 tablespoons lard or drippings  
2½ teaspoons salt  
¼ teaspoon pepper  
½ cup water  
2 bay leaves

4 medium carrots, cut in 2-inch pieces  
12 to 16 small whole onions  
1 package (10 ounces) frozen lima beans  
1 tablespoon Worcestershire sauce  
Flour for gravy

Brown pot-roast on both sides in lard or drippings. Pour off drippings. Season with salt and pepper. Add water and bay leaves. Cover tightly and cook slowly 2 hours. Add carrots and onions and continue cooking 45 minutes. Add lima beans and continue cooking 30 minutes or until meat is tender and vegetables are done. Remove meat and vegetables to warm platter. Discard bay leaves. Add Worcestershire sauce to cooking liquid. Thicken liquid with flour for gravy. 6 to 8 servings.

ITALIAN BEEF CUBES

2 pounds boneless beef, cut in 1-inch cubes  
½ cup flour  
2 teaspoons salt  
½ teaspoon pepper  
3 tablespoons lard or drippings  
½ cup chopped onion  
1 can (4 ounces) mushroom stems and pieces  
1 tablespoon Worcestershire sauce

½ cup water  
½ teaspoon oregano  
¼ teaspoon basil  
1 can (8 ounces) tomato sauce  
3 cups cooked macaroni  
2 tablespoons melted butter or margarine  
½ cup grated Parmesan cheese  
¼ cup chopped parsley

Combine flour, salt and pepper. Dredge meat in seasoned flour. Brown meat in lard or drippings. Pour off drippings. Add onion, mushrooms and liquid, Worcestershire sauce, water, oregano and basil. Cover tightly and cook slowly 2 hours. Add tomato sauce and continue cooking 45 minutes or until meat is tender. Combine macaroni, butter or margarine, Parmesan cheese and parsley. Serve meat and sauce over macaroni. 6 servings.
BAKED HAM—SNAPPY FRUIT GLAZE

12 to 14-pound smoked ham  Snappy Fruit Glaze

Place ham, fat side up, on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part. Be careful that the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) until the meat thermometer registers 160° F. Allow 18 to 20 minutes per pound for roasting. During the last 20 to 30 minutes of roasting time spread Snappy Fruit Glaze over meat and return to oven to finish roasting.

Snappy Fruit Glaze

1/2 cup apricot preserves  1 teaspoon prepared horseradish mustard
1/2 cup pineapple preserves

Combine apricot preserves, pineapple preserves and horseradish mustard. Mix thoroughly.
PORK TENDERLOIN ROYALE

1 1/2 pounds pork tenderloin, cut into 6 patties
3 tablespoons lard or drippings
3/4 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon garlic salt
2 cups cooked rice
1 cup chopped cashew nuts
1/4 cup finely chopped onion
1/2 cup chopped celery
3 tablespoons soy sauce
1/4 teaspoon ginger

Brown tenderloin patties in lard or drippings. Season with salt, pepper and garlic salt. Combine rice, cashew nuts, onion, celery, soy sauce and ginger. Pour into a greased 12 x 8-inch baking dish. Arrange tenderloin patties on top. Cover tightly and bake in a moderate oven (350° F.) 45 minutes or until meat is done. 4 to 6 servings.

HAM AND BROCCOLI COMBO

4 slices cooked ham, cut 1/4 inch thick (approximately 1 1/4 pounds)
2 tablespoons butter or margarine
2 tablespoons flour
2 tablespoons milk
2 teaspoons Worcestershire sauce
1/4 cup chopped pimiento
1/2 cup grated sharp cheddar cheese
2 packages (10 ounces each) frozen chopped broccoli, cooked and drained

Melt butter or margarine in saucepan. Stir in flour. Add milk and cook, stirring constantly, until thickened. Add Worcestershire sauce, pimiento and grated cheese. Cook, stirring constantly, until cheese is melted. Add broccoli and pour into a 1 1/2-quart baking dish. Arrange ham slices on top. Bake in a moderate oven (350° F.) 25 to 30 minutes. 4 servings.

HAM SALAD PIQUANT

2 cups cooked ham, cut in 1/2-inch cubes
1 can (16 ounces) grapefruit sections, drained
1 can (16 ounces) sliced cling peaches, drained
1/2 cup sliced celery
1/3 cup slivered almonds
2 tablespoons salad oil
2 tablespoons orange juice
1 teaspoon lemon juice

Lettuce cups

Combine ham, grapefruit sections, peach slices, celery and almonds. Combine salad oil, orange juice and lemon juice. Pour over ham mixture and toss lightly. Chill thoroughly. Serve in lettuce cups. 4 servings.
PEACHY PORK CHOPS

Brown chops in lard or drippings. Pour off drippings. Season chops with salt and pepper. Drain peaches, reserving 1/2 cup liquid. Combine peach liquid, honey, lemon juice, cinnamon and ginger. Pour over chops. Cover tightly and cook slowly 45 minutes or until done. Add peach slices and cook until heated through. Remove chops. Thicken liquid with flour for gravy and spoon over chops. 6 servings.

GOLDEN HAM SLICE

Place ham slice on a rack in an open roasting pan. Bake in a slow oven (300° F.) 30 minutes. Drain pineapple, reserving liquid. Combine cornstarch, sugar and cinnamon in a saucepan. Add pineapple liquid and cook, stirring constantly, until thickened and clear. Stir in pineapple and grated carrot. Spread pineapple mixture over ham slice and continue baking 30 minutes. 4 to 6 servings.

HAM SLICE WITH CURRIED FRUIT

Place ham slice on a rack in an open roasting pan. Drain fruit, reserving 1/2 cup liquid. Combine fruit, 1/2 cup liquid, sugar, butter or margarine, curry powder and lemon juice in a baking dish. Bake ham slice and fruit, separately, in a slow oven (300° F.) 45 minutes. Measure 1/4 cup of liquid from fruit mixture, pour over ham slice and continue baking 15 minutes. Serve with curried fruit. 4 to 6 servings.
TWO-TONE HAM RING

2 cups ground cooked ham
1 package (3 ounces) lemon-flavored gelatin
1/2 cup hot water
11/2 teaspoons unflavored gelatin
1/4 cup cold water

1 can (83/4 ounces) fruit cocktail
Cold water
1/2 cup dairy sour cream
1/2 cup finely chopped celery
2 teaspoons prepared horseradish
1 teaspoon prepared mustard

Dissolve lemon-flavored gelatin in 1/2 cup hot water. Soften unflavored gelatin in 1/4 cup cold water and add to lemon gelatin. Drain fruit cocktail, reserving liquid. Add enough cold water to fruit liquid to make 1 cup and add to lemon gelatin. Chill half the lemon gelatin until it begins to thicken. Stir in sour cream and fruit cocktail. Pour into a greased 1 1/4-quart ring mold and chill until set. Chill remaining lemon gelatin until it begins to thicken. Stir in ham, celery, horseradish and mustard. Spoon into ring mold over fruit layer and chill until set. 6 servings.

SMOKED SHOULDER BUTT — FRUIT SAUCE EXOTICA

2 to 4-pound smoked shoulder butt
Water to cover
6 whole cloves

1 stick cinnamon
1/2 teaspoon ginger
1/4 teaspoon garlic salt

Cover meat with water. Add cloves, cinnamon, ginger and garlic salt. Cover tightly and simmer 2 hours or until meat is done. Remove from liquid. Slice and serve with Fruit Sauce Exotica.

Fruit Sauce Exotica

1 can (11 ounces) mandarin orange segments
1 can (13 1/2 ounces) pineapple chunks
1 tablespoon cornstarch

1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon ground cardamom, if desired

SPARERIBS with TANGY CURRANT GLAZE

3 pounds spareribs
3 teaspoons salt
1 cup currant jelly
2 tablespoons prepared mustard
1 tablespoon grated lemon rind

Cut spareribs into individual servings and place on a rack in a roasting pan. Season with salt. Cover tightly and cook in a moderate oven (350° F.) 1 1/2 hours. Pour off drippings. Combine currant jelly, mustard and lemon rind. Spread half the glaze over ribs. Bake uncovered 20 minutes. Turn ribs. Spread remaining glaze over ribs and continue baking 30 minutes. 6 to 8 servings.

JIFFY HAM TREAT

4 slices cooked ham, cut 1/4 inch thick
2 tablespoons butter or margarine
2 tablespoons flour
1 1/4 cups milk
1 teaspoon Worchester sauce
1/4 teaspoon dry mustard
1/2 cup grated cheddar cheese
1/2 cup sliced cooked celery
1/4 cup chopped ripe olives
1/4 cup chopped pimiento
2 English muffins, cut in half for toasting

Melt butter or margarine in a saucepan. Stir in flour. Add milk, Worchester sauce and dry mustard. Cook, stirring constantly, until thickened. Add grated cheese, celery, olives and pimiento. Cook, stirring constantly, until cheese is melted. Toast cut side of English muffins and heat ham slices. Place a ham slice on toasted muffin half. Spoon sauce over ham. 4 servings.

CURRY PORK CHOPS

6 rib or loin pork chops, cut 1/2 to 3/4 inch thick
2 tablespoons lard or drippings
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon garlic salt
1/4 cup apricot nectar
1 tablespoon soy sauce
1/4 teaspoon curry powder
1/8 teaspoon cumin, if desired

Brown chops in lard or drippings. Pour off drippings. Season chops with salt, pepper and garlic salt. Combine apricot nectar, soy sauce, curry powder and cumin. Add to chops. Cover tightly and cook slowly 45 minutes or until done. 6 servings.
PORK STEAKS AND APPLE KRAUT

4 pork shoulder steaks, cut
1/2 inch thick
2 tablespoons lard or drippings
1 teaspoon salt
1/8 teaspoon pepper
1 tablespoon prepared mustard

1 tablespoon prepared horseradish
1 can (1 pound 13 ounces) sauerkraut, drained
2 medium apples, chopped
1/2 cup chopped onion
1 teaspoon caraway seeds

Brown pork steaks in lard or drippings. Pour off drippings. Season steaks with salt and pepper. Combine mustard and horseradish and spread over steaks. Combine sauerkraut, apples, onion and caraway seeds. Place in a 2-quart baking dish. Arrange pork steaks on top of sauerkraut. Cover tightly and bake in a moderate oven (350° F.) 30 minutes. Uncover and continue baking 30 minutes. 4 servings.

CANADIAN-STYLE BACON — SWEET POTATOES FANTASIA

6 slices Canadian-style bacon, cut 1/2 inch thick
2 cans (1 pound 7 ounces each) sweet potatoes, drained
3/4 cup milk

1 can (8 3/4 ounces) seedless grapes, drained
1/4 cup brown sugar
1/2 teaspoon salt
2 tablespoons melted butter or margarine
1/2 cup chopped pecans

Mash sweet potatoes. Add milk and blend thoroughly. Stir in grapes, sugar, salt, butter or margarine and pecans. Spoon into a 1 1/2-quart casserole. Arrange Canadian-style bacon slices on top. Bake in a moderate oven (350° F.) 50 minutes. 4 to 6 servings.

PORK LOIN ROAST—PIÑEAPPLE-SESAME GLAZE

4 to 6-pound pork loin roast
Salt and pepper
1/2 cup pineapple preserves

2 tablespoons frozen concentrated orange juice
3 tablespoons sesame seeds

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. Do not cover. Do not add water. Roast in a moderate oven (350° F.) 3 to 4 hours, or until meat thermometer registers 185° F. Allow about 35 to 40 minutes per
pound for roasting. Combine pineapple preserves and orange juice. About 20 to 30 minutes before roast is done, spread pineapple mixture over meat and sprinkle with sesame seeds. Return to oven and finish roasting.

**PARTY HAM PIE**

- 3 cups ground cooked ham
- 1/4 cup finely chopped onion
- 1/2 cup chopped green pepper
- 2 tablespoons lard or drippings
- 1 can (10 1/2 ounces) condensed mushroom soup
- 2 tablespoons flour

**Milk**

Brown onion and green pepper lightly in lard or drippings. Add ham, 2/3 cup mushroom soup, flour, mustard and horseradish and mix well. Spoon one half the mixture into baked pie shell. Top with tomato slices. Spoon remaining ham mixture over tomatoes. Bake in a moderate oven (350° F.) 25 minutes. Sprinkle with grated cheese and continue baking 5 minutes. Add enough milk to remaining soup to give the consistency of gravy. Heat and serve with pie. 6 servings.

**PORK TENDERLOIN WITH SOUR CREAM GRAVY**

- 6 to 8 pork tenderloin patties (about 1 pound)
- 1/4 cup flour
- 3 tablespoons lard or drippings
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons chopped onion

**Water**

- 2 tablespoons water
- 2 teaspoons flour

**Milk**

- 1/3 cup milk
- 1 cup dairy sour cream
- 1 teaspoon Worcestershire sauce
- 1 tablespoon chopped parsley
- 1/2 teaspoon sage

PORK CASSEROLE ENCORE

2 cups julienne-style cooked pork
1 medium onion, chopped
1 can (16 ounces) peas and carrots, drained
1 cup cubed cooked potatoes
1 can (10 1/2 ounces) condensed celery soup
1 tablespoon Worcestershire sauce
1/2 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon sage
1/2 cup crushed bite-size shredded wheat or rice biscuits
2 tablespoons melted butter or margarine

Combine pork, onion, peas and carrots, potatoes, celery soup, Worcestershire sauce, salt, pepper and sage. Pour into a 1 1/2-quart casserole. Combine crushed bite-size shredded cereal and butter or margarine. Sprinkle over casserole. Bake in a moderate oven (350° F.) 30 minutes. 4 to 6 servings.

HAM AND FRUIT KABOBS

1 1/2 pounds cooked ham, cut in 1 1/2-inch cubes
2 to 3 bananas, cut in 1 1/2-inch slices
2 medium apples, cut in quarters
French dressing
4 twelve-inch skewers

Thread skewers, using 3 pieces ham, 2 pieces banana and 2 apple wedges on each skewer. Brush with French dressing. Broil 10 to 12 minutes on first side. Turn. Brush with French dressing and broil 8 to 10 minutes or until lightly browned on second side. 4 servings.

CREAM PUFFS WITH TASTY HAM FILLING

2 cups diced cooked ham
2 tablespoons butter or margarine
2 tablespoons flour
1 1/4 cups milk
1 teaspoon Worcestershire sauce
1/4 teaspoon dry mustard
1/2 cup grated cheddar cheese
1/2 cup cooked, sliced celery
1/4 cup chopped ripe olives
1/4 cup chopped pimiento
4 to 6 cream puffs

Melt butter or margarine in a saucepan. Stir in flour. Add milk, Worcestershire sauce and dry mustard. Cook, stirring constantly, until thickened. Add grated cheese, celery, olives and pimiento. Stir until cheese is melted. Add diced ham and heat through. Spoon ham filling into cream puffs. 4 to 6 servings.
BROILED LAMB CHOPS

6 to 8 rib, loin or shoulder lamb chops, cut 1 to 2 inches thick

Salt
Pepper

Set regulator for broiling. Place chops on broiler rack. Insert broiler pan and rack so the top of 1-inch chops is 2 to 3 inches from the heat and 2-inch chops is 3 to 5 inches from the heat. When one side is browned, season, turn and finish cooking on the second side. Season. Chops cut 1 inch thick require 10 to 12 minutes. Chops cut 2 inches thick require 20 to 22 minutes. 6 to 8 servings.
**LAMB ‘N’ HAM KABOBS**

1 pound boneless lamb, cut in 8 pieces  
1 pound unsliced cooked ham, cut in 8 squares  
2 medium-sized green peppers, cut in 12 squares  
3 medium-sized sweet potatoes, cooked and each cut in 4 pieces  
1 can (13½ ounces) pineapple chunks, drained  
2 ½ cup French dressing  
4 twelve-inch skewers

Thread skewers using 2 pieces lamb, 2 pieces ham, 3 pieces green pepper, 3 pieces sweet potato, and 3 pineapple chunks on each skewer. Brush with French dressing. Broil 10 to 12 minutes on first side. Turn. Brush with French dressing and broil 8 to 10 minutes on second side, or until browned. 4 to 6 servings.

**SPICY TOPPED LAMB CHOPS**

| 4 lamb shoulder chops, cut ¾ inch thick | ¼ teaspoon marjoram  
1 teaspoon salt  
¼ teaspoon pepper  
¼ teaspoon garlic salt  
½ teaspoon oregano  
½ cup French dressing  
1 3 tablespoons vinegar  
2 tablespoons catchup  
Set regulator for broiling. Place chops on broiler rack. Insert broiler pan and rack so that top of chops is 2 inches from the heat. Broil until browned, about 6 to 8 minutes. Turn and broil second side 8 minutes. Combine salt, pepper, garlic salt, oregano, marjoram, dry mustard, onion, vinegar and catchup. Spoon sauce over chops and broil 2 to 3 minutes longer. 4 servings.

**APRICOT GLAZED LAMB CHOPS**

| 4 lamb shoulder chops, cut 1/2 to 3/4 inch thick  
Salt  
Pepper  
3/4 cup apricot nectar  
1/2 teaspoon curry powder  
1/4 teaspoon garlic salt  
Set regulator for broiling. Place chops on broiler rack. Insert broiler pan and rack so that top of chops is 2 inches from heat. Broil until browned, about 6 to 8 minutes. Turn and broil second side about 3 minutes. Season with salt and pepper. Combine apricot nectar, curry powder and garlic salt. Pour over chops using approximately 3 tablespoons per chop. Continue broiling about 2 minutes or until done. 4 servings.
**LEG OF LAMB—PEACH-BACON GARNISH**

5 to 6-pound leg of lamb
Salt and pepper

Do not have the fell removed from the leg of lamb. Season. Place cut 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.) 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. Allow 30 to 35 minutes per pound for roasting. Serve with Peach-Bacon Garnish.

**Peach-Bacon Garnish**

1 package (3 ounces) cream cheese
5 slices cooked bacon, crumbled
1 can (16 ounces) cling peach halves

Shape cream cheese into 6 to 7 balls and roll in crumbled bacon. Heat peach halves in oven with roast or in peach liquid in saucepan and serve with cheese balls in center. 6 to 7 servings.

**LAMB LOAF SUPREME**

2 pounds ground lamb
4 slices bacon, cooked and crumbled
1/4 cup milk
1 cup cracker crumbs
1 1/2 teaspoons salt
1/2 teaspoon pepper
1/4 teaspoon garlic salt
1/4 teaspoon marjoram
1/2 cup chopped onion
1/4 cup finely chopped green pepper
1/2 cup catchup
2 eggs, beaten
1/2 cup grated sharp cheddar cheese

Pour milk over cracker crumbs. Add lamb, salt, pepper, garlic salt, marjoram, onion, green pepper, catchup and eggs. Mix thoroughly. Pack in a 9 x 5-inch loaf pan. Bake in a slow oven (300° F.) 1 1/4 hours. Combine crumbled bacon and grated cheese. Sprinkle over meat mixture and continue baking 15 minutes or until cheese is melted. 8 servings.
VEAL BAKE DELUXE

6 veal rib chops, cut 1/2 inch thick
3 tablespoons lard or drippings
1 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon marjoram
2 tablespoons butter or margarine

2 tablespoons flour
1 cup milk
1 can (4 ounces) mushroom stems and pieces, drained
1 tablespoon grated orange rind
2 packages (10 ounces each) frozen peas, cooked and seasoned

Brown veal chops in lard or drippings. Pour off drippings. Season with salt, pepper and marjoram. Melt butter or margarine in a saucepan. Stir in flour. Add milk and cook, stirring constantly, until thickened. Add mushrooms, orange rind and peas. Pour into a 12 x 8-inch baking dish. Arrange veal chops on top. Cover tightly and bake in a slow oven (300° F.) 1 hour. 4 to 6 servings.
VEAL RUMP ROAST — RUBY-RED CHERRY SAUCE

3 to 4-pound veal rump roast
Salt and pepper

Season the roast with salt and pepper. Place on rack in an open roasting pan. Insert a meat thermometer so the bulb reaches the center of the roast, being sure that the bulb does not rest in fat or on bone. Place bacon slices on roast. Do not add water. Do not cover. Roast in a slow oven (300° F.) 2 1/2 to 3 1/2 hours, or until the thermometer registers 170° F. Allow about 45 to 50 minutes per pound for roasting. Serve with Ruby-Red Cherry Sauce.

Ruby-Red Cherry Sauce

1 can (16 ounces) cherry pie filling
1/4 cup orange juice
1 teaspoon grated lemon rind
1/4 teaspoon allspice

Combine cherry pie filling, orange juice, lemon rind and allspice. Heat. Serve sauce with Veal Rump Roast. Yield: 2 1/3 cups sauce.

SAUSAGE-STUFFED VEAL ROLLS

2 veal round steaks, cut
1/2 inch thick
1/2 pound fresh pork sausage
1/4 cup flour
1/2 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon sage

2 teaspoons chopped onion
1 cup soft bread crumbs
1 tablespoon hot water
3 tablespoon lard or drippings
1/2 cup chili sauce
1/4 cup water

Cut steaks into 6 servings. Combine flour, salt, pepper and sage. Dredge steaks in seasoned flour and pound each steak until about 1/4 inch thick. Brown sausage and onion lightly. Pour off drippings. Combine sausage-onion mixture, bread crumbs and hot water. Place approximately 1/4 cup sausage mixture on each piece of steak. Roll as a jelly roll and fasten with wooden picks. Brown rolls in lard or drippings. Pour off drippings. Combine chili sauce and water and add to veal rolls. Cover tightly and cook slowly 45 minutes or until meat is done. 4 to 6 servings.
LUNCHEON MEAT AND LIMA SUPPER

1 can (12 ounces) luncheon meat, cut in 3/4-inch slices  
1 can (10 1/2 ounces) condensed tomato soup  
1 package (10 ounces) frozen lima beans, cooked and seasoned  
1 can (4 ounces) mushroom stems and pieces, drained  
1/3 cup chopped onion  
1 can (10% ounces) cooked and seasoned mustard  
1/2 teaspoon dry mustard  
1/4 teaspoon thyme  
1/8 teaspoon pepper  
1/3 cup grated cheddar cheese

Combine lima beans, mushrooms, onion, tomato soup, dry mustard, thyme and pepper. Pour into a 1 1/2-quart casserole. Arrange luncheon meat slices on top of lima bean mixture. Bake in a moderate oven (375° F.) 20 minutes. Sprinkle with grated cheese and continue baking 10 minutes. 4 servings.
**PORK SAUSAGE LINKS—NEW ORLEANS**

1 1/2 pounds pork sausage
2 tablespoons water
2 cans (8 ounces each) tomato sauce
1 cup water
1/2 cup chopped onion

1/2 cup chopped green pepper
1/2 cup chopped celery
1 tablespoon brown sugar
1 teaspoon Worcestershire sauce
1/4 teaspoon savory
3 cups cooked rice

Place sausage links and 2 tablespoons water in cold frying-pan. Cover tightly and cook slowly 5 minutes. Remove cover and brown links. Remove links and pour off drippings. Combine tomato sauce, 1 cup water, onion, green pepper, celery, sugar, Worcestershire sauce and savory. Cook slowly 20 minutes. Add sausage links and cook until heated through. Serve over rice. 6 servings.

**CHILI-CORN CARNE**

2 cans (16 ounces each)
chili without beans
2 cans (16 ounces each)
whole kernel corn, drained

1/4 cup finely chopped onion
2 cups crushed potato chips

Place 1 can of chili in bottom of a 1 1/2-quart baking dish. Combine corn and onion and spread one half of corn mixture over chili. Sprinkle 1 cup of potato chips over corn. Spread remaining corn over potato chip layer. Spread remaining can of chili over corn. Sprinkle with remaining potato chips. Bake in a hot oven (400° F.) 20 minutes. 6 to 8 servings.

**SAUSAGE SUPPER SPECIAL**

1 1/2 pounds fresh pork sausage
3 tablespoons water
1/4 cup chopped onion
1/2 cup finely chopped celery
1/4 cup chopped pimiento

1 cup chili sauce
2 cups cooked, seasoned shell macaroni
1/4 cup crushed cornflakes
1/4 teaspoon thyme

Place sausage, water and onion in cold frying-pan. Cover tightly and cook slowly 5 minutes. Pour off drippings. Combine sausage-onion mixture, celery, pimiento, chili sauce and macaroni. Pour into a 1 1/2-quart casserole. Combine cornflakes and thyme and sprinkle over casserole. Bake in a moderate oven (350° F.) 35 minutes. 6 servings.
FRANKFURTER-POTATO COMBO

1 pound frankfurters 1/4 teaspoon salt
2 tablespoons finely chopped onion 1/6 teaspoon pepper
2 tablespoons melted butter or margarine 1/4 teaspoon garlic salt
2 tablespoons flour 2 cups sliced potatoes, cooked and seasoned
1 1/4 cups milk 2 tablespoons cornflake crumbs
1/2 cup grated Swiss cheese

Brown onion lightly in butter or margarine. Stir in flour. Add milk and cook, stirring constantly, until thickened. Add grated cheese, salt, pepper and garlic salt. Cook until cheese is melted. Cut frankfurters diagonally into 1-inch pieces. Fold frankfurter pieces and potatoes into cheese sauce. Pour into a 1 1/4-quart casserole. Bake in a moderate oven (350° F.) 30 minutes. 4 to 6 servings.

LUNCHEON MEAT PUFF

1 can (12 ounces) luncheon meat, diced 1/2 cup grated cheddar cheese
2 cups cooked rice 2 eggs, beaten
1/4 cup chopped pimiento 1 tablespoon Worcestershire sauce
1/4 cup chopped parsley 1/2 teaspoon salt
1/4 cup chopped ripe olives 1/8 teaspoon pepper
2 tablespoons finely chopped onion

Combine all ingredients. Pour into a greased 1 1/2-quart baking dish. Bake in a moderate oven (350° F.) 25 minutes. 4 to 6 servings.

SAUSAGE AND NOODLE FAVORITE

1 1/2 pounds pork sausage links 1/4 cup milk
2 tablespoons water 1 can (10 1/2 ounces) condensed celery soup
2 cups cooked narrow noodles 1/4 teaspoon dry mustard
1/4 cup sliced stuffed olives 1 cup grated cheddar cheese
2 tablespoons chopped green pepper

Place sausage links and water in cold frying-pan. Cover tightly and cook slowly 5 minutes. Remove cover and brown lightly. Combine noodles, olives, green pepper, milk, celery soup, dry mustard and grated cheese. Pour into a 2-quart baking dish. Arrange sausage links on top. Bake in a moderate oven (350° F.) 30 minutes. 6 servings.
PARTY HAM ROLLS WITH RAISIN SAUCE

16 slices “boiled” ham, cut ⅛ inch thick
1/2 cup rice
1/2 teaspoon salt
1/4 teaspoon curry powder
2 cups boiling water
1/4 cup raisins
1 cup water

1/4 cup brown sugar
1/4 teaspoon dry mustard
1 tablespoon cornstarch
1 teaspoon vinegar
2 teaspoons lemon juice
1 tablespoon grated orange rind

Add rice, salt and curry powder to boiling water. Cover tightly and simmer 20 to 25 minutes or until rice is tender and water is absorbed. Allow 2 ham slices for each roll. Place approximately 1/4 cup rice on each double-thick ham slice. Roll as a jelly roll. Place on a rack in open roasting pan and bake in a moderate oven (350° F.) 25 minutes.

Simmer raisins in 1 cup water for 10 minutes. Mix together brown sugar, dry mustard and cornstarch. Add sugar mixture to raisins and cook, stirring constantly, until thickened. Stir in vinegar, lemon juice and orange rind. Serve over ham rolls. 8 servings.

SAUSAGE RAREBIT DELUXE

1 pound fresh pork sausage
1/4 cup chopped onion
2 tablespoons water
1/2 can (10 1/2 ounces) or approximately 2 1/2 cup condensed mushroom soup
1 tablespoon butter or margarine
1 tablespoon flour
1 cup milk
1 teaspoon prepared mustard
1/2 cup grated sharp cheddar cheese
2 tablespoons chopped parsley
6 corn bread squares, approximately 3 inches square
Paprika, if desired

Place sausage, onion and water in cold frying-pan. Cover tightly and cook slowly 5 minutes. Pour off drippings. Stir in mushroom soup and heat through. Melt butter or margarine in a saucepan. Stir in flour. Add milk and cook, stirring constantly, until thickened. Add mustard and grated cheese and cook slowly until cheese is melted. Stir in parsley. Split corn bread squares. Spread approximately 1/3 cup sausage mixture on bottom half of corn bread squares. Top with second half. Spoon cheese sauce over squares. Sprinkle with paprika, if desired. 6 servings.
FAMILY LIVER LOAF

1 1/2 pounds sliced beef liver
4 slices bacon
1 stalk celery
1/2 cup chopped onion
1 1/2 cups whole wheat bread crumbs

1 teaspoon salt
1/8 teaspoon pepper
2 eggs, well beaten
1 can (10 1/2 ounces) condensed tomato soup

Brown bacon lightly. Drain. Pour off drippings, reserving 2 tablespoons. Brown liver lightly in remaining drippings. Grind together liver, bacon and celery. Combine liver mixture, onion, bread crumbs, salt, pepper, eggs and soup. Pack mixture into a greased 9x5-inch loaf pan. Bake in a moderate oven (350° F.) 1 1/2 hours. 8 servings.
LIVER CURRY

1 pound sliced beef liver
4 to 6 slices bacon
2 tablespoons lard or drippings
3 tablespoons butter or margarine
2 tablespoons finely chopped onion

1 can (2 ounces) mushroom stems and pieces, drained
2 tablespoons flour
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{8} \) teaspoon pepper
1 teaspoon curry powder
1\( \frac{1}{2} \) cups milk
2 cups cooked rice

Cook liver slowly in lard or drippings until well browned on both sides. Remove from frying-pan and cut into 1-inch pieces. Melt butter or margarine in saucepan. Add onion and mushrooms and cook until lightly browned. Add flour, salt, pepper and curry powder. Blend well. Add milk. Cook, stirring constantly, until thickened. Add liver pieces and heat. Cook bacon until crisp. Drain and break into small pieces. Serve liver curry over cooked rice and sprinkle bacon on top. 4 servings.

SWEETBREAD CASSEROLE DELUXE

1 pound sweetbreads
Water to cover
1 tablespoon lemon juice or vinegar
1 teaspoon salt
1 can (6\( \frac{1}{2} \) ounces) water chestnuts, drained and sliced
1 package (9 ounces) frozen frenched green beans, cooked and drained

1 can (10\( \frac{1}{2} \) ounces) condensed celery soup
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{8} \) teaspoon pepper
\( \frac{1}{4} \) teaspoon marjoram
\( \frac{1}{3} \) cup crushed cornflakes
\( \frac{1}{4} \) teaspoon thyme

Cover sweetbreads with water and add vinegar or lemon juice and salt. Cover and simmer 20 minutes. Drain and remove membrane. Break into pieces. Combine sweetbreads, water chestnuts, green beans, celery soup, salt, pepper and marjoram. Pour into a 1\( \frac{1}{2} \)-quart casserole. Combine cornflakes and thyme and sprinkle over casserole. Bake in a moderate oven (375° F.) 20 minutes. 4 to 6 servings.
SATIN-SMOOTH CHOCOLATE PIE

1 baked 9-inch pie shell  
6 milk chocolate-almond candy  
(See recipe, p. 32)  
20 marshmallows  
5/8 cup milk  
1 pint whipping cream  

Combine marshmallows and milk in a saucepan. Cook over low heat, stirring occasionally, until marshmallows are melted. Add 5 candy bars and continue cooking until chocolate melts. Cool thoroughly. Beat 1 cup of whipping cream and fold into chocolate mixture. Spoon filling into baked pie shell. Whip remaining cream and spread over filling. Grate remaining candy bar and sprinkle over whipped cream. Chill 3 to 4 hours or over night.
TWO-CRUST LEMON PIE

\[
\begin{align*}
\frac{3}{4} \text{ cup butter or margarine} & \quad 2 \text{ teaspoons grated lemon rind} \\
1\frac{1}{4} \text{ cups sugar} & \quad 1 \text{ egg white, slightly beaten} \\
\frac{1}{3} \text{ cup flour} & \quad 1 \text{ tablespoon sugar} \\
3 \text{ eggs} & \quad \frac{1}{4} \text{ teaspoon cinnamon} \\
\frac{1}{3} \text{ cup water} & \quad \text{Pastry for 2 crust 9-inch pie} \\
6 \text{ tablespoons lemon juice} & \quad \text{(See recipe below)}
\end{align*}
\]

Cream together butter or margarine, sugar and flour. Add eggs, beating until light and fluffy. Combine water, lemon juice and lemon rind and add to creamed mixture. Mix thoroughly. Make pastry. Roll out one half of the pie dough to about \(\frac{1}{8}\) inch thickness and line a 9-inch pie pan, allowing \(\frac{1}{2}\) inch of the pie crust to extend over the edge. Pour lemon filling into pie crust. Roll out remaining pastry, making several gashes or a design to allow escape of steam, and place over filling. Fold edge of bottom crust up over top crust. Crimp edges. Brush top crust with beaten egg white. Combine sugar and cinnamon and sprinkle over top crust. Bake in a moderate oven (350° F.) 50 minutes.

PIE CRUST

For 8 or 9-inch Single Pie Crust:
\[
\begin{align*}
1 \text{ cup sifted enriched flour} \\
\frac{1}{2} \text{ teaspoon salt} \\
4 \text{ to } 6 \text{ tablespoons lard} \\
2 \text{ to } 4 \text{ tablespoons cold water}
\end{align*}
\]

Mix flour and salt. 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. Divide pastry if for double pie crust. Roll to about \(\frac{1}{8}\) inch thickness and line pie pan, allowing \(\frac{1}{2}\) inch crust to extend over edge.

For double crust pie, roll other half of pastry, making several gashes to allow for escape of steam. Place over filling and cut \(\frac{1}{2}\) inch smaller than lower crust. Fold lower crust over top crust. Crimp edges. Bake according to pie recipe.

For baked pie shell, crimp edge of pastry. Prick pastry with a fork before baking. Bake in a very hot oven (450° F.) 8 to 10 minutes or until lightly browned.

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**ORANGE DELIGHT PIE**

- ¾ cup sugar
- ⅓ cup cornstarch
- ¼ teaspoon salt
- 1½ cups water
- 3 egg yolks, well beaten
- 1 tablespoon butter or margarine
- ½ cup frozen concentrated orange juice
- ½ cup flaked coconut
- 3 egg whites
- 6 tablespoons sugar
- 1 baked 9-inch pie shell

(See recipe p. 32)

Combine ¾ cup sugar, cornstarch and salt in saucepan. Stir in water. Cook, stirring constantly, until thickened. Remove from heat. Stir small amount of hot mixture into beaten egg yolks. Add egg yolks to sugar-water mixture. Bring to a boil and cook 1 minute, stirring constantly. Remove from heat. Add butter or margarine, orange juice and coconut. Cool. Pour into baked 9-inch pie shell. Beat egg whites until frothy. Gradually add 6 tablespoons sugar, beating continuously until meringue forms stiff peaks. Spread meringue over filling. Bake in a moderate oven (350° F.) 12 to 15 minutes or until meringue is lightly browned.

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**HOMEMADE BISCUIT MIX**

- 8 cups sifted enriched flour
- ¼ cup baking powder
- 4 teaspoons salt
- 1 cup lard for soft wheat flour or 1½ cups lard for hard wheat flour

Sift together flour, 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: 10 cups biscuit mix.

To make biscuits, add ½ cup milk to 2 cups Homemade Biscuit Mix. Turn onto a lightly floured surface and knead gently for half minute. Pat or roll ½ inch thick and cut with a medium-sized biscuit cutter, dipped in flour. Bake in a very hot oven (450° F.) 12 to 15 minutes or until brown. Yield: 10 to 12 biscuits.
CREAM PUFFS

1 teaspoon salt
1 cup boiling water
½ cup lard
1 cup sifted enriched flour
4 eggs

Combine salt and water in saucepan. Add lard and bring to a boil. Add flour all at once, and stir vigorously until ball forms in center of pan. Use medium heat while stirring. Cool slightly. Add eggs, one at a time, beating after each addition until mixture is smooth. Mixture should be very stiff. Shape on greased cooky sheet by dropping from spoon or using pastry tube. Bake in a hot oven (400° F.) 30 to 35 minutes or until lightly browned. Cool. Yield: 12 to 14 puffs.

SPICY RAISIN OATMEAL COOKIES

1½ cups sifted enriched flour
1 teaspoon baking soda
1 teaspoon salt
1½ teaspoons cinnamon
½ teaspoon nutmeg
¾ cup lard
½ cup sugar
1 cup brown sugar
2 eggs
¼ cup milk
3 cups rolled oats
1 cup raisins

Sift together flour, soda, salt and spices. Cream lard and sugars. Add eggs and milk. Add sifted ingredients. Fold in rolled oats and raisins. Mix well. Drop by heaping teaspoonfuls, about 2 inches apart, on greased baking sheets. Bake in a hot oven (400° F.) 8 to 10 minutes or until lightly browned. Remove from pan immediately. Yield: 6 dozen 2-inch cookies.

DATE LOAF

2 cups sifted enriched flour
1 teaspoon baking powder
¼ teaspoon salt
¾ cup lard
1 cup brown sugar
2 eggs, beaten
½ teaspoon baking soda
½ cup milk
1 teaspoon vanilla
1 pound pitted dates, chopped
½ cup chopped walnuts

Line a 12x9-inch baking pan with waxed paper. Sift together flour, baking powder and salt. Cream lard and sugar until light and fluffy. Add eggs. Dissolve soda in milk and add with vanilla to creamed mixture. Add chopped dates and nuts to flour mixture. Add flour mixture to creamed mixture and mix well. Pour into baking pan and bake in a moderate oven (350° F.) 45 to 50 minutes or until done. Serve with a butter cream frosting or whipped cream, if desired.
DESSERT PRUNE SQUARES

1 pound prunes, pitted and chopped
½ cup sugar
1 tablespoon grated orange rind
3 tablespoons orange juice
½ teaspoon cinnamon
⅛ teaspoon cloves

1 cup water
⅓ cup lard
⅔ cup brown sugar
½ cup sifted enriched flour
¼ teaspoon salt
1¼ cups quick-cooking oats
Ice cream or whipped cream, if desired

Combine prunes, sugar, orange rind, orange juice, cinnamon, cloves and water in a saucepan. Cook, stirring constantly, until thickened. Cream together lard and sugar. Combine flour, salt and oats. Add to creamed mixture. Mix until crumbly. Press half the crumb mixture into bottom of a greased 8-inch square baking pan. Spread with prune filling. Sprinkle remaining crumb mixture evenly over filling. Bake in a moderate oven (350° F.) 30 minutes. Serve with ice cream or whipped cream. Yield: 16 2-inch squares.

BISCUITS

2 cups sifted enriched flour
1 tablespoon baking powder
¾ teaspoon salt

4 to 6 tablespoons lard
⅓ to ½ 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 ½ minute. Pat or roll ⅛ inch thick and cut with a medium-sized biscuit cutter, dipped in flour. Place on baking sheet and bake in a very hot oven (450° F.) 12 to 15 minutes or until brown. Yield: 10 to 12 biscuits.

PINEAPPLE-ORANGE NUT BREAD

2 cups sifted enriched flour
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
⅔ cup sugar

1 egg, slightly beaten
1 cup pineapple juice
½ cup melted lard
1 tablespoon grated orange rind
½ cup chopped pecans

Line a 9x5-inch loaf pan with waxed paper. Sift together flour, baking powder, soda, salt and sugar. Combine egg, pineapple juice, lard, orange rind and pecans. Add liquid ingredients to sifted ingredients. Stir only enough to moisten flour mixture. Pour into loaf pan and bake in a moderate oven (350° F.) 50 to 60 minutes or until done. Yield: One 9x5-inch loaf.
## TIME-TABLE FOR ROASTING

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<th>CUT</th>
<th>Approx. Weight</th>
<th>Oven Temperature Constant</th>
<th>Interior Temperature When Removed From Oven</th>
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<tr>
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<td>18-20</td>
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<td>300</td>
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<tr>
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</tr>
<tr>
<td>Ham*—Whole</td>
<td>10 to 14</td>
<td>300</td>
<td>160</td>
<td>18-20</td>
</tr>
<tr>
<td>Half</td>
<td>5 to 7</td>
<td>300</td>
<td>160</td>
<td>22-25</td>
</tr>
<tr>
<td>Shank or butt portion</td>
<td>3 to 4</td>
<td>300</td>
<td>160</td>
<td>35-40</td>
</tr>
<tr>
<td>Shoulder butt</td>
<td>2 to 4</td>
<td>300</td>
<td>170</td>
<td>35</td>
</tr>
<tr>
<td>Picnic shoulder</td>
<td>5 to 8</td>
<td>300</td>
<td>170</td>
<td>35</td>
</tr>
<tr>
<td><strong>LAMB</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg</td>
<td>5 to 8</td>
<td>300</td>
<td>175-180</td>
<td>30-35</td>
</tr>
<tr>
<td>Shoulder (bone in)</td>
<td>4 to 6</td>
<td>300</td>
<td>175-180</td>
<td>30-35</td>
</tr>
<tr>
<td>Rolled</td>
<td>3 to 5</td>
<td>300</td>
<td>175-180</td>
<td>40-45</td>
</tr>
<tr>
<td>Cushion-style</td>
<td>3 to 5</td>
<td>300</td>
<td>175-180</td>
<td>30-35</td>
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<tr>
<td><strong>VEAL</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg</td>
<td>5 to 8</td>
<td>300</td>
<td>170</td>
<td>25-35</td>
</tr>
<tr>
<td>Loin</td>
<td>4 to 6</td>
<td>300</td>
<td>170</td>
<td>30-35</td>
</tr>
<tr>
<td>Rib (rack)</td>
<td>3 to 5</td>
<td>300</td>
<td>170</td>
<td>30-35</td>
</tr>
<tr>
<td>Shoulder (bone in)</td>
<td>5 to 8</td>
<td>300</td>
<td>170</td>
<td>25-35</td>
</tr>
<tr>
<td>Rolled</td>
<td>4 to 6</td>
<td>300</td>
<td>170</td>
<td>40-45</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>
<td></td>
<td></td>
<td>Rare</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Minutes</td>
</tr>
<tr>
<td><strong>BEEF</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chuck steak—1 inch</td>
<td>1 1/2 to 2 1/2</td>
<td>24</td>
</tr>
<tr>
<td>1 1/2 inches</td>
<td>2 to 4</td>
<td>40</td>
</tr>
<tr>
<td>Rib steak—1 inch</td>
<td>1 to 1 1/2</td>
<td>15</td>
</tr>
<tr>
<td>1 1/2 inches</td>
<td>1 1/2 to 2</td>
<td>25</td>
</tr>
<tr>
<td>2 inches</td>
<td>2 to 2 1/2</td>
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</tr>
<tr>
<td>Club steak—1 inch</td>
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<tr>
<td>2 inches</td>
<td>2 to 2 1/2</td>
<td>35</td>
</tr>
<tr>
<td>Sirloin steak—1 inch</td>
<td>1 1/2 to 3</td>
<td>20</td>
</tr>
<tr>
<td>1 1/2 inches</td>
<td>2 1/4 to 4</td>
<td>30</td>
</tr>
<tr>
<td>2 inches</td>
<td>3 to 5</td>
<td>40</td>
</tr>
<tr>
<td>Porterhouse steak—1 inch</td>
<td>1 1/2 to 2</td>
<td>20</td>
</tr>
<tr>
<td>2 inches</td>
<td>2 to 3</td>
<td>30</td>
</tr>
<tr>
<td>Ground beef patties</td>
<td>2 1/2 to 3 1/2</td>
<td>40</td>
</tr>
<tr>
<td>1 inch thick by 3 inches</td>
<td>4 ounces</td>
<td>15</td>
</tr>
<tr>
<td><strong>PORK—SMOKED</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham slice—tendered</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 inch</td>
<td>3/4 to 1</td>
<td></td>
</tr>
<tr>
<td>1 inch</td>
<td>1 1/2 to 2</td>
<td></td>
</tr>
<tr>
<td>Canadian-style bacon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/4 inch slices</td>
<td></td>
<td>6-8</td>
</tr>
<tr>
<td>1/2 inch slices</td>
<td></td>
<td>8-10</td>
</tr>
<tr>
<td>Bacon</td>
<td></td>
<td>4-5</td>
</tr>
<tr>
<td><strong>LAMB</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoulder chops—1 inch</td>
<td>5 to 8 ounces</td>
<td></td>
</tr>
<tr>
<td>1 1/2 inches</td>
<td>8 to 10 ounces</td>
<td></td>
</tr>
<tr>
<td>2 inches</td>
<td>10 to 16 ounces</td>
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</tr>
<tr>
<td>Rib chops—1 inch</td>
<td>3 to 5 ounces</td>
<td></td>
</tr>
<tr>
<td>1 1/2 inches</td>
<td>4 to 7 ounces</td>
<td></td>
</tr>
<tr>
<td>2 inches</td>
<td>6 to 10 ounces</td>
<td></td>
</tr>
<tr>
<td>Loin chops—1 inch</td>
<td>4 to 7 ounces</td>
<td></td>
</tr>
<tr>
<td>1 1/2 inches</td>
<td>6 to 10 ounces</td>
<td></td>
</tr>
<tr>
<td>2 inches</td>
<td>8 to 14 ounces</td>
<td></td>
</tr>
<tr>
<td>Ground lamb patties</td>
<td>1 inch by 3 inches</td>
<td>4 ounces</td>
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</table>

* This time-table is based on broiling at a moderate temperature (350° F.). Rare steaks are broiled to an internal temperature of 140° F.; medium to 160° F.; well done to 170° F. Lamb chops are broiled from 170° F. to 175° F. Ham is cooked to 160° F. 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 to 5 pounds</td>
<td>3-4 hours</td>
</tr>
<tr>
<td>Swiss steak</td>
<td>1 1/2 to 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 to 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 to 1 1/2 inches</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Spareribs</td>
<td>2 to 3 pounds</td>
<td>1 1/2 hours</td>
</tr>
<tr>
<td>Tenderloin</td>
<td>3/4 to 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 steaks</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LAMB</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast—stuffed</td>
<td>2 to 3 pounds</td>
<td>1 1/2-2 hours</td>
</tr>
<tr>
<td>Breast—rolled</td>
<td>1 1/2 to 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>3/4 to 1 pound each</td>
<td>1-1/2 hours</td>
</tr>
<tr>
<td>Shoulder chops</td>
<td>3/4 to 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 to 4 pounds</td>
<td>1 1/2-2 1/2 hours</td>
</tr>
<tr>
<td>Breast—rolled</td>
<td>2 to 3 pounds</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Veal 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 to 3/4 inch</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Steaks or cutlets</td>
<td>1/2 to 3/4 inch</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Shoulder chops</td>
<td>1/2 to 3/4 inch</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Shoulder cubes</td>
<td>1 to 2 inches</td>
<td>45-60 minutes</td>
</tr>
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</table>

### TIME-TABLE FOR COOKING IN LIQUID

<table>
<thead>
<tr>
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<th>Average Weight</th>
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<tbody>
<tr>
<td></td>
<td>Pounds</td>
<td>Minutes</td>
<td>Hours</td>
</tr>
<tr>
<td>Smoked ham (old style and country cured)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large</td>
<td>12 to 16</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Small</td>
<td>10 to 12</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Half</td>
<td>5 to 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 to 8</td>
<td>20-25</td>
<td></td>
</tr>
<tr>
<td>Smoked picnic shoulder</td>
<td>5 to 8</td>
<td>45</td>
<td></td>
</tr>
<tr>
<td>Fresh or corned beef</td>
<td>4 to 6</td>
<td>40-50</td>
<td></td>
</tr>
<tr>
<td>Beef for stew</td>
<td></td>
<td></td>
<td>2 1/2-3 1/2</td>
</tr>
<tr>
<td>Veal for stew</td>
<td></td>
<td></td>
<td>2-3</td>
</tr>
<tr>
<td>Lamb for stew</td>
<td></td>
<td></td>
<td>1 1/2-2</td>
</tr>
</tbody>
</table>
Questions and Answers on Frozen Meat

Q. How should meat be prepared for freezing?
A. Roasts and pot-roasts should be cut into convenient sizes for family use and whenever possible bones should be removed. The number of chops, steaks and cutlets packaged together should be determined by the number of persons to be served. Ground meat should be shaped into patties, or packaged in amounts for loaves or other dishes.

Q. How should meat be wrapped for freezing?
A. Meat should be closely wrapped and tightly sealed in a moisture-vapor proof wrapping to exclude as much air as possible. Steaks, chops, cutlets and patties packaged together should be separated by a layer of the wrapping material. Each package should be labeled noting the kind of meat, the cut, the weight or number of servings and the date when frozen.

Q. Should ground meat and sausage be seasoned before freezing?
A. No. Meat should not be seasoned before freezing since the flavor of most seasonings is intensified upon freezer storage. The meat should be seasoned after thawing.

Q. At what temperature should meat be frozen and stored?
A. Meat should be quickly frozen at as low a temperature as possible. Frozen meat should be stored at 0° F. or lower.

Q. What is the recommended maximum storage time for frozen meat?
A. Recommended maximum storage periods for meat held at 0° F. are: sausage and ground meat from 1 to 3 months; fresh pork from 3 to 6 months; lamb and veal from 6 to 9 months; and beef from 6 to 12 months.

Q. How should frozen meat be thawed?
A. The methods most frequently used for thawing are: (1) in the refrigerator, (2) at room temperature, (3) during cooking. The method used does not materially affect the flavor, tenderness or juiciness of the cooked meat. Therefore, the method used depends mainly upon its convenience.

Q. How should frozen roasts be cooked?
A. Frozen roasts should be cooked in the same manner as fresh roasts; 300° F. to 325° F. for fresh beef, veal and lamb, and 325° F. to 350° F. for fresh pork. However, frozen roasts require approximately 1/3 to 1/2 again as long for cooking as thawed roasts.

Q. How should frozen steaks and chops be cooked?
A. Thick frozen steaks and chops must be broiled more slowly than thawed ones in order that the meat is cooked to the desired degree of doneness in the center without becoming too well done on the outside. For this reason partial thawing before cooking is desirable in most cases. Frozen steaks and chops to be breaded should be at least partially thawed before cooking since the coatings will not readily adhere to frozen meat.
## INDEX

<table>
<thead>
<tr>
<th>BEEF RECIPES</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Curry Deluxe</td>
<td>5</td>
</tr>
<tr>
<td>Beef Patties with Zesty Applesauce</td>
<td>6</td>
</tr>
<tr>
<td>Beef Rib Roast—Tasty Potato Go-With</td>
<td>2</td>
</tr>
<tr>
<td>Beef and Vegetable Mix-Up</td>
<td>4</td>
</tr>
<tr>
<td>Beef with Vegetables—Family Style</td>
<td>10</td>
</tr>
<tr>
<td>Broiled Beef Porterhouse, Sirloin or Delmonico Steak</td>
<td>8</td>
</tr>
<tr>
<td>Buffet Special Beef Casserole</td>
<td>7</td>
</tr>
<tr>
<td>Chef's Salad</td>
<td>6</td>
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<tr>
<td>Corned Beef Sandwich Treat</td>
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<tr>
<td>Country-Style Pot-Roast</td>
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<tr>
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<td>Ground Beef Rolls—Vegetable Gravy</td>
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<td>Italian Beef Cubes</td>
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<td>Mardi Gras Beef Stew</td>
<td>9</td>
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<tr>
<td>Oriental Pot-Roast</td>
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<td>Pot-Roast with Tomato Gravy</td>
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<tr>
<td>Regal Beef Roll-Ups</td>
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<td>Savory Steak Strips</td>
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<td>Special Beef Patties</td>
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<tr>
<td>Stuffed Meat Loaf</td>
<td>4</td>
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<td>Swiss Steak—Herb Gravy</td>
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<td>Broiled Lamb Chops</td>
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<tr>
<td>Lamb 'N' Ham Kabobs</td>
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<tr>
<td>Lamb Loaf Supreme</td>
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</tr>
<tr>
<td>Leg of Lamb—Peach-Bacon Garnish</td>
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<td>Spicy Topped Lamb Chops</td>
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<tr>
<td>Sausage-Stuffed Veal Rolls</td>
<td>24</td>
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<tr>
<td>Veal Bake Deluxe</td>
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<tr>
<td>Veal Rump Roast—Ruby-Red Cherry Sauce</td>
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<tr>
<th>SAUSAGE, READY-TO-SERVE &amp; CANNED MEATS RECIPES</th>
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<tbody>
<tr>
<td>Chili-Corn Carne</td>
<td>26</td>
</tr>
<tr>
<td>Frankfurter-Potato Combo</td>
<td>27</td>
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<tr>
<td>Luncheon Meat and Lima Supper</td>
<td>25</td>
</tr>
<tr>
<td>Luncheon Meat Puff</td>
<td>27</td>
</tr>
<tr>
<td>Party Ham Rolls with Raisin Sauce</td>
<td>28</td>
</tr>
<tr>
<td>Pork Sausage Links—New Orleans</td>
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</tr>
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<td>Sausage and Noodle Favorite</td>
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<th>VARIETY MEATS RECIPES</th>
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<tr>
<td>Family Liver Loaf</td>
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<td>Liver Curry</td>
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<td>Sweetbread Casserole Deluxe</td>
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<tbody>
<tr>
<td>Baked Ham—Snappy Fruit Glaze</td>
<td>12</td>
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<td>Canadian-Style Bacon—Sweet Potatoes Fantasia</td>
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<td>Cream Puffs with Tasty Ham Filling</td>
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<td>Golden Ham Slice</td>
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<td>Ham and Broccoli Combo</td>
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<td>Ham and Fruit Kabobs</td>
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<td>Ham Slice with Curried Fruit</td>
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<tr>
<td>Jiffy Ham Treat</td>
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<td>Party Ham Pie</td>
<td>18</td>
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<tr>
<td>Peachy Pork Chops</td>
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<tr>
<td>Pork Casserole Encore</td>
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<tr>
<td>Pork Loin Roast—Pineapple Sesame Glaze</td>
<td>17</td>
</tr>
<tr>
<td>Pork Steaks and Apple Kraut</td>
<td>17</td>
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<tr>
<td>Pork Tenderloin Royale</td>
<td>13</td>
</tr>
<tr>
<td>Pork Tenderloin with Sour Cream Gravy</td>
<td>18</td>
</tr>
<tr>
<td>Smoked Shoulder Butt—Fruit Sauce Exotica</td>
<td>15</td>
</tr>
<tr>
<td>Spareribs with Tangy Currant Glaze</td>
<td>16</td>
</tr>
<tr>
<td>Two-Tone Ham Ring</td>
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<table>
<thead>
<tr>
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