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Party Steak

1 beef round steak, cut 1 inch thick
1/4 cup lard or drippings
1/4 cup flour
2 teaspoons salt
1/8 teaspoon fresh coarsely ground pepper
2 beef bouillon cubes
1 1/4 cups hot water

1 1/2 cups chopped onion
1 clove garlic, crushed
3/4 teaspoon oregano
1 1/2 teaspoons Worcestershire sauce
1/2 teaspoon fresh coarsely ground pepper
1 cup drained tomatoes

Combine flour, salt and 1/8 teaspoon pepper. Dredge steak in seasoned flour. Brown meat on both sides in lard or drippings. Pour off drippings. Dissolve bouillon cubes in water. Add bouillon, onion, garlic, oregano, Worcestershire sauce and ground pepper to meat. Cover tightly and simmer 2 to 3 hours or until tender. Add tomatoes and heat 5 minutes. 4 to 6 servings.

Best Yet Pot-Roast

4 to 5-pound beef sirloin tip pot-roast
3 tablespoons lard or drippings
1 tablespoon salt
1/2 teaspoon pepper

1 tablespoon basil
1 teaspoon oregano
1 teaspoon rosemary
1/2 teaspoon thyme
1/2 teaspoon cumin
1 cup water

Brown pot-roast on all sides in lard or drippings. Pour off drippings. Add salt, pepper, basil, oregano, rosemary, thyme, cumin and water. Cover tightly and simmer from 3 to 3 1/2 hours or until tender. Thicken cooking liquid for gravy, if desired. 8 to 10 servings.
Mexican Enchiladas

1 1/2 pounds ground beef  1 can (16 ounces) tomatoes
2 tablespoons lard or  2 cans (8 ounces each)  
drippings  tomato sauce
1 teaspoon salt  12 frozen or canned tortillas,  
1/4 teaspoon pepper  without sauce
1 teaspoon oregano  Tortilla Sauce
1 to 2 tablespoons chili  1 pound grated Mozzarella
powder  cheese
1/4 teaspoon hot pepper sauce  1/2 cup chopped onion
1 clove garlic, minced  1 cup shredded lettuce
1/2 cup chopped onion

Brown ground beef in lard or drippings. Pour off drippings. Add salt, pepper, oregano, chili powder, hot pepper sauce, garlic, onion, tomatoes and tomato sauce. Cover and simmer for 30 minutes. Make Tortilla Sauce. Place each tortilla in Tortilla Sauce to soften. Fill each tortilla with 2 tablespoons meat mixture, 1 tablespoon grated cheese, 1 tablespoon onion and 1 tablespoon lettuce. Roll firmly and place the 12 enchiladas in 9x13-inch (3-quart) baking dish. Sprinkle with remaining grated cheese and top with remaining meat mixture and sauce. Bake uncovered in a moderate oven (350° F.) for 30 minutes. Serve hot. 4 to 6 servings.

Tortilla Sauce

3 tablespoons butter or  1 1/2 tablespoons chili powder
margarine  1 1/2 cups water
1 1/2 tablespoons flour

Melt butter or margarine in frying-pan. Add flour and chili powder and blend until smooth. Add water and cook, stirring constantly, until thickened. Remove from heat.

Veal Hors D'oeuvres

1 pound veal round steak,  1/4 teaspoon mace
cut 1/2 inch thick  1 cup bread crumbs
1 teaspoon salt  2 eggs, beaten
1/4 teaspoon pepper  2 pounds lard

Cut veal into pieces about 3/4 inch square. Mix together salt, pepper, mace and bread crumbs. Roll veal cubes in bread crumbs, then dip in egg and roll in bread crumbs again. Heat lard to 350° F. Cook breaded cubes in fat until brown on all sides. Drain on absorbent paper and serve on hot platter. 3 to 4 servings.
Carving a Standing Rib Roast of Beef

Place the roast on the platter with the largest end down to form a solid base. Insert the fork between the two top ribs. Starting on the fat side, carve across the grain to the rib bone.

Use the tip of the knife to cut along the rib bone to loosen the slice. Be sure to keep close to the bone, to make the largest servings possible.

Slide the knife back under the slice and, steadying it with the fork, lift the slice to the side of the platter. If the platter is not large enough, place the slices on a heated platter close by.

Standing Ribs of Beef

2 to 3-rib beef standing rib roast
Salt
Pepper

Have the market man remove the chine bone to make carving easier. Season. Place fat side up on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part, being sure that the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in slow oven (300° F.) to the desired degree of doneness. Allow 18 to 20 minutes per pound for cooking a rare roast; 22 to 25 minutes for medium; and 27 to 30 minutes for well-done.

Veal Fanfare

1½ pounds veal round steak, cut 1/4 to 1/2 inch thick
1/2 cup lard or drippings
2 teaspoons salt
1/2 teaspoon pepper
2 eggs, beaten
6 tablespoons milk
2 tablespoons prepared mustard
2 1/2 cups crushed rice flakes

Mix together salt, pepper, beaten eggs, milk and prepared mustard. Coat steaks with crushed rice flakes, dip in egg mixture and then into crushed rice flakes. Pan fry steaks on both sides in lard or drippings. Cook slowly, turning occasionally, until done about 30 minutes. Serve on hot platter, 4 to 6 servings.
Meat Cuts and How to Cook Them

**BEEF CHART**

**Retail Cuts**
- Ground Beef
- Roast (Bake), Broil, Panbroil, Panfry, Braise
- Hind Shank
  - Cook in Liquid (Soup) or Braise
- Rolled Flank
- Flank Meat
  - Braise or Cook in Liquid
- Flank Steak
- Flank Steak Fillets
- Plate
  - "Boiling" Beef Plate
- Rolled Short Ribs
  - Braise or Cook in Liquid
- Brisket
  - Braise, Cook in Liquid
- Shank Knuckle
  - Cook in Liquid (Soup), Braise

**Wholesale Cuts**
- Heel of Round
  - Braise or Cook in Liquid
- Sirloin
  - 1 2 3
- Flank
  - 1 2
- Short Loin
  - 1 2 3
- Rib
  - 1 2 3
- Brisket
  - 1 2
- Square-Cut Chuck
  - 1 2 3
- Shank
  - 1 2
- English Cut
- Arm Pot-Roast
- Arm Steak
- Rolled Neck
  - Braise or Cook in Liquid

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

*Prime and choice grades may be broiled, panbroiled or panfried

NATIONAL LIVE STOCK AND MEAT BOARD

6
Top Hats

2 pounds ground beef 8 onion slices, cut ¼ inch thick
1½ teaspoons salt 3 tablespoons butter or margarine
¼ teaspoon pepper ¼ teaspoon paprika
¼ cup catchup
4 English muffins
2 tablespoons melted butter or margarine

Combine ground beef, salt, pepper and catchup. Shape into 8 patties approximately 4½ inches in diameter. Place on rack in broiler pan. Broil 3 to 5 inches from heat about 8 minutes or until brown. Split English muffins and brush with melted butter or margarine. When patties are brown, turn and place on English muffins. Return to broiler and broil until brown, about 8 to 10 minutes. Cook onion slices in 3 tablespoons butter or margarine until tender. Place an onion slice on each pattie, sprinkle with paprika and serve hot. 6 to 8 servings.

Ambassadors’ Pot-Roast

3 to 4-pound beef arm pot-roast ½ teaspoon pepper
3 tablespoons lard or drippings ½ cup water
1/3 cup flour 3 medium onions, sliced
2 teaspoons salt 2 tablespoons water
1 cup dairy sour cream

Mix together flour, salt and pepper. Dredge pot-roast in seasoned flour. Save remaining seasoned flour. Brown meat on both sides in lard or drippings. Pour off drippings. Add ½ cup water and sliced onions. Cover tightly and simmer 3 to 3½ hours, or until meat is tender. Remove meat to hot platter. Mix remaining flour with 2 tablespoons water, add to cooking liquid, and cook until thickened. Fold in sour cream. Heat and serve with pot-roast. 6 to 8 servings.
**Club Salad**

3 pounds boneless veal shoulder or
5 cups diced cooked veal
1 teaspoon salt
Water to cover meat
2 cups diced celery
1 can (16 ounces) pineapple chunks

4 hard cooked eggs, diced
1 can (7 ounces) salted almonds, sliced
1/2 teaspoon salt
1 1/2 cups mayonnaise
Salad greens

Cover veal with water, add 1 teaspoon salt and simmer for 2 hours or until tender. Cool, then dice cooked veal. Combine meat, celery, pineapple chunks, hard cooked eggs and chill. Add salted almonds, salt and mayonnaise. Toss lightly. Serve on salad greens. 8 to 10 servings.

**Canasta Salad**

2 pounds veal shoulder cubes
Water to cover
12 whole black peppers
2 tablespoons vinegar
1 tablespoon salt
1/2 cup finely chopped onion
1 medium carrot, chopped

2 envelopes gelatin
1/4 cup cold water
2 tablespoons pickle juice
3/4 cup mayonnaise
2 cups chopped celery
1/2 cup chopped sweet pickles
4 hard cooked eggs, chopped

Cover veal with water. Add black peppers, vinegar, salt, onion and carrot and simmer for 1 1/2 hours. Remove veal and whole black peppers from stock. Cool veal. Cook stock down to 2 cups. Add gelatin to cold water until softened. Add gelatin mixture to hot stock (leave carrots and onion in stock). Cool until mixture begins to thicken, add pickle juice and mayonnaise. Mix well. Add veal, celery, pickles, eggs and gelatin mixture. Pour into a 1 1/2-quart oiled mold. Chill. 8 to 10 servings.
Carving a Porterhouse Steak

Holding the steak with the fork inserted at the left, cut close around the bone. Lift the bone to the side of the platter where it will not interfere with the carving.

Broiled Porterhouse or Sirloin Steak

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

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 35 minutes for rare steak and 35 to 45 minutes for medium-done steak. 1 to 2 servings may be obtained from a 1-inch porterhouse steak; 2 to 4 servings from a 2-inch porterhouse steak; 3 to 6 servings from a 1-inch sirloin steak; 6 to 12 servings from a 2-inch sirloin steak.

Serve flank end last if additional servings are needed. A board, to fit the platter, protects cutting edge of the knife.
Liver au Gratin

1 1/2 pounds beef liver, sliced
1/2 inch thick
4 ounces shell macaroni
1/4 cup chopped onion
2 cloves garlic, minced
1 teaspoon oregano
1 bay leaf
1 can (4 ounces) mushroom stems and pieces, drained
1 can (16 ounces) tomatoes
1 can (6 ounces) tomato paste
3/4 cup grated American cheese

Cook macaroni according to directions on package and drain. Remove membrane from outside of liver slices. Cut into 1-inch squares. Brown liver, onion and garlic in lard. Add salt, pepper, sugar, basil, oregano, bay leaf, mushrooms, tomatoes, tomato paste, American cheese and cooked macaroni. Cover tightly and simmer for 20 to 25 minutes. Remove bay leaf before serving. 6 to 8 servings.

Hungarian Beef Rolls

1 pound ground beef
3 strips bacon
2 teaspoons salt
1/2 teaspoon garlic salt
1/4 teaspoon paprika
1/2 cup chopped onion
1 cup coarsely grated potatoes
1 cup unsalted cooked rice
1 medium head cabbage
2 cups tomato juice

Cook bacon until crisp, remove from frying-pan and chop. Combine ground beef, salt, garlic salt, paprika, onion, potatoes, rice and chopped bacon. Shape into 12 loosely formed rolls. Remove core from cabbage and steam until leaves begin to wilt. Separate cabbage leaves and wrap each meat roll with a leaf. Place in frying-pan with bacon drippings and add tomato juice. Cover and simmer for 1 hour. 6 servings.
**Topsi-Turvi Corn Bread**

2 pounds ground beef  
1 tablespoon lard or drippings  
1 cup chopped onion

Brown meat in lard or drippings. Pour off drippings. Add chopped onion and cook until tender. Add tomatoes, garlic, salt and pepper and simmer for 10 minutes. Pour into a 8x12-inch baking pan and top with Corn Bread Batter. Bake in a hot oven (400° F.) for 25 minutes. 6 to 8 servings.

**Corn Bread Batter**

1 1/2 cups corn meal  
1/2 cup sifted enriched flour  
1 tablespoon baking powder  
1 teaspoon salt  
1 tablespoon sugar  
1 egg, slightly beaten  
1 1/4 cups milk

Sift together corn meal, sifted flour, baking powder, salt and sugar. Combine egg and milk. Add to dry ingredients and mix thoroughly.

**Mom's Pot-Roast**

3 to 4-pound beef blade pot-roast  
3 tablespoons lard or drippings  
3 tablespoons flour  
3 teaspoons salt  
1/4 teaspoon pepper  
1/4 teaspoon leaf thyme  
1/4 teaspoon savory  
1/2 cup water  
1/4 cup vinegar  
3 medium onions, sliced  
6 carrots, whole  
6 stalks celery, cut 3 to 4 inches long

Mix together flour, salt and pepper. Dredge pot-roast in seasoned flour. Save remaining seasoned flour for gravy. Brown meat on all sides in lard or drippings. Pour off drippings. Add thyme, savory, water and vinegar. Cover tightly and simmer 2 1/2 hours. Add onions, carrots and celery and continue to simmer covered for 45 to 60 minutes, or until meat is tender and vegetables are done. Thicken cooking liquid for gravy, if desired. 6 to 8 servings.
Far East Dinner

1½ pounds beef sirloin tip, cut ½ inch thick
or
1½ pounds beef round steak, cut ½ inch thick
3 tablespoons lard or drippings
1 can (4 ounces) mushroom stems and pieces
1 can (16 ounces) bean sprouts

Cut meat into ¼-inch strips. Brown meat in lard or drippings. Pour off drippings. Drain mushrooms and bean sprouts and save liquid. Add 1 cup liquid to meat, cover tightly and simmer 1 hour. Add onions, green pepper and celery and simmer 15 minutes. Add mushrooms and bean sprouts. Mix cornstarch with the water and soy sauce. Add to meat mixture and continue to simmer for 10 minutes or until sauce is thickened. Add peeled tomatoes and cooked green beans and cook for 5 minutes. 4 to 6 servings.

Barbecued Heart

4 veal hearts
½ cup enriched flour
3 tablespoons lard or drippings
2 tablespoons brown sugar
½ teaspoon black pepper
¼ teaspoon garlic salt
½ teaspoon celery salt
1 teaspoon dry mustard
1 teaspoon liquid smoke
1 teaspoon Worcestershire sauce
2 cups catchup
2 cups water

Cut veal hearts in half. Remove hard parts. Wash well. Dredge meat in flour and brown in lard or drippings. Pour off drippings. Combine brown sugar, black pepper, garlic salt, celery salt, dry mustard, liquid smoke, Worcestershire sauce, catchup and water. Bring to a boil. Simmer 10 minutes. Pour over browned veal hearts. Cover tightly and simmer for 1½ to 2 hours, or until tender. 4 to 6 servings.
Polynesian Pork

1 1/2 pounds boneless pork shoulder (extra fat removed), cut into 3/4 inch cubes
1 can (16 ounces) pineapple chunks
1 tablespoon lard or drippings
1/2 teaspoon salt
1/4 teaspoon pepper

1/4 teaspoon mace
2 tablespoons chopped onion
1 green pepper, cut in thin strips
1 cup water
3 tablespoons cornstarch
2 tablespoons brown sugar
2 tablespoons lemon juice
1 tablespoon soy sauce

Drain pineapple and save juice. Brown pork cubes in lard or drippings. Pour off drippings. Add salt, pepper, mace, chopped onion, green pepper strips and water. Cover tightly and simmer 1 hour or until done. Combine cornstarch, brown sugar, lemon juice, soy sauce and pineapple juice. Pour over meat mixture and simmer 5 to 10 minutes or until sauce is thickened. Add pineapple and heat through. Serve over rice or Chinese noodles. 6 servings.

Oriental Pork Chops

6 pork loin chops, cut 1/2 inch thick
1/3 cup soy sauce
1/4 cup sugar

1 clove garlic, minced
1/2 teaspoon salt
1 teaspoon ginger

Combine soy sauce, sugar, garlic, salt and ginger. Pour mixture over pork chops and allow to marinate 4 to 6 hours turning occasionally. Place on rack in broiler pan. Place chops 5 to 7 inches from heat. Broil 10 to 15 minutes on the first side. Turn and broil on second side 10 to 15 minutes. Serve hot. 4 servings.
**Mardi Gras Casserole**

1 1/2 pounds ground pork
1 1/2 pounds ground veal
2 tablespoons lard or drippings
1 1/2 teaspoons salt
1 cup chopped onion
1/2 cup chopped green pepper
1 can (4 ounces) mushroom stems and pieces

2 tablespoons chopped pimiento
1 can (10 1/2 ounces) tomato soup
1 cup hot water
1/3 cup crushed corn flakes
2 tablespoons butter

Brown pork and veal in lard or drippings. Pour off the drippings. Add salt, onion and green pepper and cook approximately 5 minutes. Drain mushrooms and save liquid. Add pimiento, mushrooms and tomato soup and remove from heat. Dissolve bouillon cube in hot water, add mushroom liquid and enough water to make 3 cups. Cook noodles in bouillon mixture until tender. Combine noodles and liquid with ground meat mixture. Place in a 2 1/2-quart casserole and top with buttered corn flakes. Bake uncovered in a moderate oven (350° F.) for 45 minutes. 6 to 8 servings.

**Ham Satellites**

12 slices cooked ham, cut 1/8 inch thick
1 package (10 ounces) of frozen broccoli spears
2 tablespoons butter or margarine

2 tablespoons flour
1/4 teaspoon salt
1 cup milk
1/4 cup grated cheddar cheese
1 1/2 teaspoons prepared mustard
2 teaspoons minced onion

Cook broccoli according to directions on the package and drain well. Melt butter or margarine, add flour and salt. Blend well. Add milk and cook until thickened. Remove from heat and add cheese, prepared mustard and onion. Roll broccoli spears in ham slices making 12 rolls. Arrange in a 2-quart casserole. Pour sauce over ham rolls and bake uncovered in a moderate oven (350° F.) for 35 to 40 minutes. 6 servings.
Carving a Baked Ham

Place the ham on the platter with the decorated side up and the shank to the carver's right. Remove several slices from the thin side to form a solid base on which to set the ham.

Turn the ham on its base. Starting at the shank end, a small wedge cut is removed; then carve perpendicular to the leg bone as shown at the left.

Release slices by cutting under them and along the leg bone, starting at the shank end. For additional servings, turn ham over to the original position and make slices to the bone, release and serve.

Roast (Baked) Ham

Place ham, fat side up, on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part and does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) until the thermometer registers 160° F. Allow 18 to 20 minutes per pound for roasting.

Pork and Yam Dinner

6 pork rib chops, cut 3/4 inch thick
2 tablespoons lard or drippings
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 can (1 pound, 7 ounces) sweet potatoes or yams
6 slices pineapple
12 prunes, uncooked
3/4 cup pineapple liquid

Brown pork chops in lard or drippings. Pour off drippings. Add half the salt and pepper. Place on each chop a sweet potato, pineapple slice, and top with a prune. Add remaining prunes, salt, pepper and pineapple juice. Cover tightly and simmer for 1 hour, or until done. 6 servings.
Champion Casserole

2 pounds diced pork
2 tablespoons lard or drippings
2 beef bouillon cubes
1 1/2 cups boiling water
1 teaspoon salt
1 cup diced celery

4 ounces elbow macaroni
8 ounces grated American cheese
1 can (4 ounces) mushroom stems and pieces, drained
1/2 cup crushed crackers
1/4 cup melted butter

Brown pork in lard or drippings. Pour off drippings. Dissolve bouillon cubes in hot water. Add salt, celery and bouillon to pork. Cover and simmer 1 hour. Cook macaroni in unsalted boiling water and drain. Add to pork mixture. Add cheese and mushrooms. Place in 2 1/2-quart casserole and top with buttered cracker crumbs. Bake uncovered in a moderate oven (350° F.) for 30 minutes. 8 to 10 servings.

Pork Steaks Italiano

4 pork blade steaks, cut 3/4 inch thick
3 tablespoons lard or drippings
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon Italian seasoning

1/4 teaspoon basil
1/4 cup water
1 can (8 ounces) tomato sauce
4 green pepper rings, cut 1/4 inch thick
4 slices Mozzarella cheese

Brown steaks in lard or drippings. Pour off drippings. Add salt, pepper, Italian seasoning, basil, water and tomato sauce. Cover tightly and simmer 30 minutes. Add green pepper rings and Mozzarella cheese. Cover tightly and simmer for 30 minutes or until done. 4 servings.

Canadian-Style Bacon

8 slices Canadian-style bacon, cut 1/4 inch thick

Place Canadian-style bacon on rack in broiler pan. Broil 2 to 3 inches from heat. When the bacon is nicely browned, about 5 to 6 minutes, turn and brown on other side. Allow 8 to 10 minutes total broiling time. 4 servings.
Carving a Pork Loin Roast

Have retailer saw backbone free from ribs for easier carving. Saw cut should not cut into meaty center.

Before the roast is brought to the table, remove the backbone. Do this by cutting close along the bone, leaving as much meat on roast as possible. Place roast with bone side facing carver.

Insert the fork in the top of the roast. Make slices by cutting close along each side of the rib bone. One slice will contain the rib, the next will be boneless.

Futurama Pork Roast

4 to 6-pound boneless pork loin roast, rolled and tied
Salt
Pepper

Season roast with salt and pepper. Place roast on rack in open roasting pan. Do not add water. Do not cover. Roast in a moderate oven (350° F.) for 1 1/2 hours, turn, insert meat thermometer so bulb reaches center of thickest part. Continue roasting 1 1/2 to 2 hours or until thermometer registers 185° F. Let set 15 to 20 minutes before carving and serve on hot platter.

Rotisserie cooking. Season roast with salt and pepper. Insert spit lengthwise through exact center of roast using forks or prongs on spit to hold meat in place. Insert spit in oven and cook according to instructions with rotisserie. Place broiler pan (without rack) below meat to catch drippings. Roast at a moderate temperature (350° F.) allowing 25 to 35 minutes per pound or until done. If meat thermometer is used, insert the bulb end until it reaches the center of the thickest part and roast until thermometer registers 185° F. Let set 15 to 20 minutes before carving and serve on hot platter.
**Golden Ham Casserole**

- 3 cups diced cooked ham
- $\frac{1}{2}$ cup grated sharp cheddar cheese
- $\frac{1}{2}$ cup chopped onion
- 3/4 cup milk
- $\frac{1}{4}$ cup lard
- 1/2 cup chopped onion
- $\frac{1}{4}$ teaspoon pepper
- 1 can (10 1/2 ounces) cream of celery soup
- 1/2 cup grated sharp cheddar cheese
- 1 can (4 ounces) mushroom stems and pieces, drained
- 1/2 cups biscuit mix (see recipe page)

Cook $\frac{1}{2}$ cup onion in lard until tender. Add flour, pepper, milk and celery soup. Mix well and cook, stirring constantly, until thickened. Add ham and mushrooms. Remove from heat and stir in 3/4 cup grated cheese. To Biscuit Mix add $\frac{1}{3}$ cup of milk, 1/2 cup grated cheese and onion. Mix until all ingredients are moistened. Place ham mixture in a 2 1/2-quart casserole. Spoon biscuit mixture over ham and bake, uncovered, in a hot oven (400° F.) for 20 to 25 minutes. 6 to 8 servings.

**Country-Style Back Ribs and Sauerkraut**

- 3 pounds country-style back ribs
- 4 medium onions, sliced
- $\frac{1}{4}$ teaspoon pepper
- 1 can (1 pound 11 ounces) sauerkraut

Arrange meat on a layer of half the sauerkraut and onions in a 2 1/2-quart casserole. Cover with remaining sauerkraut. Add pepper and water to cover the bottom of the pan, if there is not sufficient sauerkraut juice. Cover tightly. Bake in a moderate oven (350° F.) for 1 1/2 to 2 hours or until the meat is tender enough to come off the ribs. This may also be cooked in a Dutch oven on top of the range. 4 to 6 servings.
Meat Cuts and How to Cook Them

PORK CHART

Retail Cuts
- Boneless Loin Roast
- Tenderloin Frenched and Whole Roast
- Canadian Style Bacon - Roast, Broil, Panbroil, Pantry
- Rib Chop Braise or Pantry
- Frenched Rib Chop
- Buttery Chop
- Loin Chop
- Fresh Shoulder Hock
- Arm Steak
- Stealc - Braise, Cook in Liquid
- Ham (Butt Half) Roast (Bake), Cook in Liquid
- Ham Butt Slice Broil, Panbroil, Pantry
- Center Ham Slice Broil, Panbroil, Pantry
- Fresh Ham Roast
- Rolled Fresh Ham Roast
- Bacon Broil, Panbroil, Pantry, Cook in Liquid
- Salt Pork Roast (Bake), Braise, Cook in Liquid
- Fresh Picnic Shoulder Roast - Braise, Cook in Liquid
- Smoked Picnic Shoulder Roast (Bake)
- Cushion Picnic Shoulder Roast
- Rolled Fresh Picnic Shoulder
- Jowl Bacon Square Cook in Liquid, Broil, Panbroil, Pantry
- Fresh Shoulder Hock - Braise, Cook in Liquid
- Arm Steak - Braise, Pantry

NATIONAL LIVE STOCK AND MEAT BOARD
**METHODS OF MEAT COOKERY**

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

**Cuts to Braise**
- BEEF: pot-roasts, shorthorns, round steaks, heart, kidney.
- VEAL: breast, chops (rib, loin, shoulder), steaks, cutlets, heart, kidney.
- PORK (fresh): shoulder steaks, chops, (loin, rib), spare ribs, tenderloin (frenched), hocks, heart, kidney.
- LAMB: breast, shoulder, neck slices, shanks.
- VARIETY MEATS: liver, brains, sweetbreads.

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

**Cuts to Panfry**
- BEEF: steaks (suitable for broiling but cut thin), pattie.
- VEAL: chops, cutlets.
- PORK (fresh): thin chops, tenderloin.
- PORK (smoked): ham slice, Canadian-style bacon, bacon.
- LAMB: chops, patties.
- VARIETY MEATS: liver, brains, sweetbreads.

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

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

**TO ROAST**
1. Season with salt and pepper.
2. Place meat fat side up on rack in open roasting pan.
3. Insert meat thermometer.
4. Do not add water. Do not cover. Do not baste.
5. Roast in slow oven—300° F. to 350° F.
6. Roast to desired degree of doneness.

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

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

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

**TO PANBROIL**
1. Place meat in heavy frying-pan.
2. Do not add fat or water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour fat from the pan as it accumulates.
5. Brown the meat on both sides.
6. Season the meat and serve at once.

**Cuts to Panbroil**
- BEEF: steaks (rib, club, tenderloin, T-bone, porterhouse, sirloin, patties.
- VEAL: liver.
- PORK (smoked): ham slice, Canadian-style bacon, bacon.
- LAMB: chops (shoulder, rib, loin), patties, liver, kidney.
- VARIETY MEATS: brains, sweetbreads.
## Time-Table for Roasting

<table>
<thead>
<tr>
<th>CUT</th>
<th>Weight</th>
<th>Oven Temperature Constant</th>
<th>Interior Temperature When Removed From Oven</th>
<th>Approximate Time Per Pound</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEEF</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Standing rib</td>
<td>6 to 8</td>
<td>300</td>
<td>140</td>
<td>18-20</td>
</tr>
<tr>
<td>Rolled rib</td>
<td>5 to 7</td>
<td>300</td>
<td>140</td>
<td>22-25</td>
</tr>
<tr>
<td>Standing rump (high quality)</td>
<td>5 to 7</td>
<td>300</td>
<td>150-170</td>
<td>27-30</td>
</tr>
<tr>
<td>Rolled rump (high quality)</td>
<td>4 to 6</td>
<td>300</td>
<td>150-170</td>
<td>25-30</td>
</tr>
<tr>
<td><strong>PORK—FRESH</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loin—Center</td>
<td>3 to 5</td>
<td>350</td>
<td>185</td>
<td>35-40</td>
</tr>
<tr>
<td>Half</td>
<td>5 to 7</td>
<td>350</td>
<td>185</td>
<td>40-45</td>
</tr>
<tr>
<td>Ends</td>
<td>2 to 3</td>
<td>350</td>
<td>185</td>
<td>45-50</td>
</tr>
<tr>
<td>Picnic shoulder</td>
<td>4 to 6</td>
<td>350</td>
<td>185</td>
<td>30-35</td>
</tr>
<tr>
<td>Boned and rolled</td>
<td>3 to 5</td>
<td>350</td>
<td>185</td>
<td>40-45</td>
</tr>
<tr>
<td>Cushion-style</td>
<td>3 to 5</td>
<td>350</td>
<td>185</td>
<td>35-40</td>
</tr>
<tr>
<td>Boston butt</td>
<td>4 to 6</td>
<td>350</td>
<td>185</td>
<td>45-50</td>
</tr>
<tr>
<td>Fresh ham, whole</td>
<td>10 to 12</td>
<td>350</td>
<td>185</td>
<td>30-35</td>
</tr>
<tr>
<td><strong>PORK—SMOKED</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</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 7</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>
</tr>
<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>
</tr>
</tbody>
</table>

* Hams now on market which require shorter cooking period due to method of processing.
# Time-Table for Broiling

<table>
<thead>
<tr>
<th>CUT</th>
<th>Weight</th>
<th>Approximate Total Cooking Time</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Rare</td>
</tr>
<tr>
<td><strong>BEEF</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chuck steak—1 inch</td>
<td>2(\frac{1}{3})</td>
<td>24</td>
<td>30</td>
</tr>
<tr>
<td>1(\frac{1}{2}) inches</td>
<td>4</td>
<td>40</td>
<td>45</td>
</tr>
<tr>
<td>Rib steak—1 inch</td>
<td>1(\frac{1}{2})</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>1(\frac{1}{2}) inches</td>
<td>2</td>
<td>25</td>
<td>30</td>
</tr>
<tr>
<td>2 inches</td>
<td>2(\frac{1}{4})</td>
<td>35</td>
<td>45</td>
</tr>
<tr>
<td>Club steak—1 inch</td>
<td>1</td>
<td>15</td>
<td>20</td>
</tr>
<tr>
<td>1(\frac{1}{2}) inches</td>
<td>1(\frac{1}{4})</td>
<td>25</td>
<td>30</td>
</tr>
<tr>
<td>2 inches</td>
<td>1(\frac{1}{2})</td>
<td>35</td>
<td>45</td>
</tr>
<tr>
<td>Sirloin steak—1 inch</td>
<td>3</td>
<td>20</td>
<td>25</td>
</tr>
<tr>
<td>1(\frac{1}{2}) inches</td>
<td>4(\frac{1}{2})</td>
<td>30</td>
<td>35</td>
</tr>
<tr>
<td>2 inches</td>
<td>5(\frac{3}{4})</td>
<td>40</td>
<td>45</td>
</tr>
<tr>
<td>Porterhouse steak—1 inch</td>
<td>2</td>
<td>20</td>
<td>25</td>
</tr>
<tr>
<td>1(\frac{1}{2}) inches</td>
<td>2(\frac{1}{2})</td>
<td>30</td>
<td>35</td>
</tr>
<tr>
<td>2 inches</td>
<td>3</td>
<td>40</td>
<td>45</td>
</tr>
<tr>
<td>Ground beef patties</td>
<td>4 ounces</td>
<td>15</td>
<td>25</td>
</tr>
</tbody>
</table>

|                        |        |                               |  |
| **PORK—SMOKED**        |        |                               |  |
| Ham slice (tendered)   |        |                               |  |
| 1\(\frac{1}{2}\) inch  | \(\frac{3}{4}\) to 1 | Ham always cooked well done  | 10-12 |
| 1 inch                 | 1\(\frac{1}{2}\) to 2 |                               | 16-20 |
| Candian-style bacon    |        |                               | 6-8   |
| \(\frac{1}{4}\) inch slices |       |                               | 8-10  |
| \(\frac{1}{2}\) inch slices |       |                               | 4-5   |
| Bacon                  |        |                               |  |

|                        |        |                               |  |
| **LAMB**               |        |                               |  |
| Shoulder chops—1 inch  | 5 to 8 ounces | Lamb chops are not served rare | 12   |
| 1\(\frac{1}{2}\) inches | 8 to 10 ounces |                               | 18   |
| 2 inches               | 10 to 16 ounces |                               | 22   |
| Rib chops—1 inch       | 3 to 5 ounces |                               | 12   |
| 1\(\frac{1}{2}\) inches | 4 to 7 ounces |                               | 18   |
| 2 inches               | 6 to 10 ounces |                               | 22   |
| Loin chops—1 inch      | 4 to 7 ounces |                               | 12   |
| 1\(\frac{1}{2}\) inches | 6 to 10 ounces |                               | 18   |
| 2 inches               | 8 to 14 ounces |                               | 22   |
| Ground lamb patties    | 4 ounces  |                               | 18   |

* This time-table is based on broiling at a moderate temperature (350° F.). Rare steaks are broiled to an internal temperature of 140° F.; medium to 160° F. Lamb chops are broiled to 170° F. Ham is cooked 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>BEEF</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>1/2 hours</td>
</tr>
<tr>
<td>PORK</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>1/2 hours</td>
</tr>
<tr>
<td>Tenderloin</td>
<td>3/4 to 1 pound</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Shoulder steaks</td>
<td>1/2 inch</td>
<td>30 minutes</td>
</tr>
<tr>
<td>LAMB</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breast—stuffed</td>
<td>2 to 3 pounds</td>
<td>1 1/2-2 1/2 hours</td>
</tr>
<tr>
<td>Breast—rolled</td>
<td>1 1/2 to 2 pounds</td>
<td>1 1/2-2 1/2 hours</td>
</tr>
<tr>
<td>Neck slices</td>
<td>3/4 inch</td>
<td>1 hour</td>
</tr>
<tr>
<td>Shanks</td>
<td>1/2 pound each</td>
<td>1-1 1/2 hours</td>
</tr>
<tr>
<td>Shoulder chops</td>
<td>3/4 to 1 inch</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>VEAL</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>1 1/2-2 1/2 hours</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>
</tbody>
</table>

### Time Table for Cooking in Liquid

<table>
<thead>
<tr>
<th>CUT</th>
<th>Average Weight</th>
<th>Approximate Time Per Pound</th>
<th>Approximate Total Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoked ham (old style and country cured)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large</td>
<td>12 to 14</td>
<td>20</td>
<td>2 1/2-3 1/2</td>
</tr>
<tr>
<td>Small</td>
<td>10 to 12</td>
<td>25</td>
<td>2-3</td>
</tr>
<tr>
<td>Half</td>
<td>6 to 8</td>
<td>30</td>
<td>1 1/2-2</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</td>
<td>20-25</td>
</tr>
<tr>
<td>Smoked picnic shoulder</td>
<td>4 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></td>
</tr>
<tr>
<td>Veal for stew</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lamb for stew</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Cushion Shoulder Supreme

4 to 6-pound lamb square cut 1 tablespoon parsley
shoulder 1/8 teaspoon marjoram
6 slices white bread 1/8 teaspoon celery seed
1 beef bouillon cube 1/4 teaspoon salt
1/3 cup hot water 1/8 teaspoon black pepper
1 cup finely chopped celery 1 tablespoon melted butter
1 tablespoon minced onion or margarine

Have the bones removed from lamb shoulder to make a pocket. Sew on two sides, leaving one side open for stuffing. Toast bread and cut in cubes. Dissolve bouillon cube in hot water. Combine celery, onion, parsley, toasted bread, marjoram, celery seed, salt, pepper and butter or margarine. Moisten with bouillon. Fill pocket loosely with stuffing. Sew or skewer the open side. Place roast on a rack in an open roasting pan. Do not add water. Do not cover. Roast, skin side down, in a slow oven (300° F.) for 2 hours. Turn roast and continue cooking for 11/2 to 2 hours or until done.

Baked Bananas

4 to 6 ripe bananas 4 to 6 teaspoons honey

Slit each unpeeled banana its full length just through peel. Pour one teaspoon honey into slit of each banana and press edges together. Place in an 8x12-inch baking dish and bake in a hot oven (425° F.) for 10 to 12 minutes. Serve hot as a vegetable or dessert. 4 to 6 servings.
**Continental Lamb Chops**

6 lamb arm chops, cut 3/4 inch thick  
2 tablespoons lard or drippings  
2 tablespoons butter or margarine  
2 tablespoons flour  
1 teaspoon salt

1/4 teaspoon pepper  
1 1/2 teaspoons horseradish  
1 cup milk  
1/4 cup grated sharp cheddar cheese  
3 to 4 tablespoons dry bread crumbs

Brown lamb chops on both sides in lard or drippings. Pour off drippings. Melt butter or margarine in saucepan. Add flour and blend well. Add salt, pepper and horseradish. Gradually add milk and cook, stirring constantly until thickened. Add grated cheese and stir until melted. Arrange browned chops in 9x13x2-inch (3-quart) greased baking dish. Pour cheese sauce over chops and top with bread crumbs. Bake in a slow oven (300° F.) for 40 minutes. 6 servings.

**Perky Lamb Loaf**

11/2 pounds ground lamb  
1 cup fine dry bread crumbs  
1 cup milk  
1 egg  
3 tablespoons grated onion  
11/2 teaspoons salt  
1/8 teaspoon pepper

2 tablespoons chopped parsley  
1 small bay leaf, finely crumbled  
3/4 cup cooked rice  
3 tablespoons chopped pimiento  
1 cup cooked peas

Combine lamb, bread crumbs, milk, egg, onion, salt, pepper, parsley, bay leaf, rice and pimiento. Mix thoroughly. Add peas, mix lightly. Pack firmly into 5x9-inch loaf pan. Bake in a moderate oven (350° F.) for 1 1/2 hours. 6 to 8 servings.
Carving a Roast Leg of Lamb

Place the roast on the platter with the shank to the carver's right and the tip section on the near side. From this, remove two or three slices lengthwise to form a base.

Turn the roast up on the base and, starting at the shank end, make slices perpendicular to the leg bone as shown in the illustration.

After reaching the aitch bone, loosen the slices by cutting under them, following the top of the leg bone. Remove slices to platter and then serve.

Leg of Lamb

5 to 6-pound lamb leg
Salt
Pepper

Select a 5 to 6-pound lamb leg. Do not have the fell removed. Season with salt and pepper. Place skin side down on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part of the leg, being sure the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in slow oven (300° F.) to the desired doneness. Allow 30 to 35 minutes per pound for roasting.

Broiled Lamb Chops

6 lamb rib, sirloin, loin or shoulder 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 require 20 to 22 minutes. 6 servings.
Meat Cuts and How to Cook Them

LAMB CHART

Retail Cuts

1 & 2

Leg of Lamb
(Three cuts from one leg)
- Roast - Roast - Braise,
- Roast

Rib Chops

Crown Roast
- Roast - Roast - Roast

Frenched Rib Chops

Retail Cuts

American Leg
- Roast

Boneless Sirloin Roast

Frenched Leg
- Roast

Wholesale Cuts

Loin Chop
- Broil, Panbroil, Pantry - Roast

English Chop
- Broil, Panbroil, Pantry - Roast

Rolled Loin Roast
- Broil, Panbroil, Pantry - Roast

Patties
- Broil, Panbroil, Pantry - Roast

Loaf
- Roast (Bake)

Riblets
- Braise or Cook in Liquid

Mock Duck
- Roast

SHOULDER

Shoulder Chops
- Roast, Braise

Cushion Shoulder
- Roast, Braise

Saratoga Chops
- Roast, Braise

Rolled Shoulder
- Roast, Braise

Boneless Shoulder Chops
- Roast, Braise

Neck Slices
- Braise, Cook in Liquid

Breast

Rolled Breast
- Braise or Roast

Breast
- Braise or Roast

Shanks
- Braise or Cook in Liquid

National Live Stock and Meat Board
Saturday Special

1½ pounds pork sausage
1 package (12 ounces) frozen peas
2 to 3 tablespoons water
1 cup chopped onion
¼ cup flour
1 teaspoon salt

1/8 teaspoon pepper
2 ½ cups milk
1 can (4 ounces) mushroom stems and pieces, drained
1 tablespoon chopped pimiento

Cook peas following directions on package. Shape sausage into balls about the size of a walnut and place in a cold frying-pan. Add water, cover and cook slowly for 5 minutes. Remove cover, drain off drippings and save. Continue cooking slowly until brown. Cook onion in ¼ cup sausage drippings. Add flour, salt and pepper; blend well. Gradually add milk, stirring constantly, until thickened. Add peas, mushrooms, pimiento and sausage. Simmer about 5 minutes. 6 to 8 servings.

Midwest Casserole

1 can (12 ounces) luncheon meat, cut in ½ inch cubes
1 cup coarsely crushed cracker crumbs
½ cup milk
2 eggs, slightly beaten

2 cans (16 ounces each) cream-style corn
¼ cup minced onion
¾ teaspoon salt
¼ teaspoon pepper
1 teaspoon dry mustard

Combine crushed cracker crumbs and milk. Add beaten eggs, cream-style corn, minced onion, salt, pepper and dry mustard. Mix well and fold in cubed luncheon meat. Pour into a 2-quart casserole. Bake, uncovered, in a moderate oven (350° F.) for 1 hour and 15 minutes. 6 to 8 servings.
**County Fair Hot Dogs**

- 8 frankfurters
- 1½ cups Homemade Biscuit Mix (see recipe page 34)
- ½ cup milk

Add milk to Biscuit Mix, mixing with a fork until dough just holds in a ball. Turn onto a lightly floured surface and knead gently for ½ minute. Roll into a rectangle approximately 12x16 inches. Brush with melted butter and then mustard. Divide dough into 8 parts (approximately 4x6 inches). Place 1 frankfurter lengthwise on each rectangle of dough. Roll and seal edge. Brush with remaining melted butter. Place on greased baking sheet and bake in a hot oven (450° F.) for 10 to 12 minutes. 6 to 8 servings.

**Harvest Meat Loaf**

- ¾ pound pork sausage
- 1½ pounds ground beef
- ¾ cup dry bread crumbs
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ cup catchup
- ½ cup milk
- 2 eggs, beaten
- 1 cup grated carrots
- ½ cup chopped onion
- 2 tablespoons minced green pepper
- 3 tablespoons horseradish mustard

Combine pork sausage and ground beef. Mix bread crumbs, salt, pepper, catchup, milk, eggs, carrots, onion, green pepper and horseradish mustard. Mix thoroughly. Add bread mixture to meat and mix thoroughly. Pack firmly in a 5x9-inch loaf pan. Bake in a moderate oven (350° F.) for 1½ hours. Let set 15 to 20 minutes before carving. 8 to 10 servings.

**Franks and Beans**

- 10 frankfurters
- 2 cans (1 pound each) pork and beans
- 1 tablespoon Worcestershire sauce
- 2 tablespoons prepared mustard
- ¼ cup catchup

Slice 4 frankfurters into 6 pieces each. Combine sliced frankfurters, pork and beans, Worcestershire sauce, mustard and catchup. Place in frying-pan. Place 6 remaining frankfurters on top. Cover tightly and simmer for 10 to 15 minutes. 6 servings.
Black Bottom Pie

1 baked 10-inch single pie shell (see recipe page 35)  
1 envelope gelatin  
½ cup cold water  
½ cup sugar  
2 tablespoons cornstarch  
1¾ cups milk  
4 egg yolks, beaten  
1½ squares (1½ ounces) chocolate, melted  
1 teaspoon vanilla  
4 egg whites  
¼ teaspoon cream of tartar  
½ cup sugar  
2 teaspoons rum extract  
1 cup whipping cream  
½ square (½ ounce) chocolate, grated

Soften gelatin in cold water. Mix sugar and cornstarch. Add sugar and cornstarch to milk. Cook slowly, stirring constantly, until mixture thickens. Stir a small amount of hot mixture into beaten egg yolks, gradually add remaining hot mixture to custard. Return custard to saucepan and cook 3 minutes. Remove from heat. To 1 cup of custard add melted chocolate and vanilla, mixing well. Cool and pour into 10-inch baked pie shell and chill. Dissolve softened gelatin in remaining hot custard. Cool until mixture begins to thicken. Beat egg whites and cream of tartar until stiff and gradually add sugar. Continue beating until sugar is dissolved. Fold into cooled custard. Add rum extract. As soon as chocolate custard has set, pour in rum custard mixture. Chill until firm. Whip cream and spread on pie. Top with grated chocolate. 8 servings.

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

3 cups sifted cake flour  1½ cups sugar
4½ teaspoons baking powder  3 eggs
½ teaspoon salt  1½ teaspoons vanilla
3/4 cup lard  1½ cups milk


Pineapple Filling

1 cup sugar  2 cans (1 pound, 4 1/2 ounces each) crushed pineapple
6 tablespoons cornstarch  2 tablespoons butter
1 teaspoon salt  2 teaspoons lemon juice


White Satin Frosting

1½ cups sugar  4 egg whites
3/4 cup water  1/2 cup sifted confectioners’ sugar
1/4 teaspoon cream of tartar  1/4 teaspoon vanilla
2 tablespoons white sirup

Boil together sugar, water, cream of tartar and white sirup. Insert candy thermometer. Continue boiling slowly until sirup reaches 250° F. Beat egg whites until stiff enough to form peaks. Pour hot sirup very slowly in a thin stream into egg whites, beating constantly. Add sifted confectioners’ sugar and vanilla. Beat until frosting holds its shape.
Crunchy Coconut Bars

1 cup sifted enriched flour 1 cup chopped nuts
1/2 teaspoon salt 1 cup coconut
1/3 cup lard 2 tablespoons flour
1/2 cup brown sugar 1/2 teaspoon baking powder
2 eggs 1 teaspoon vanilla
1 cup brown sugar

Sift together flour and salt. Cream lard with 1/2 cup brown sugar until light and fluffy. Add sifted dry ingredients and mix well. Pat mixture into an 8x12-inch pan. Bake in a moderate oven (375° F.) for 10 minutes. Combine eggs, 1 cup brown sugar, nuts, coconut, flour, baking powder and vanilla. Remove from oven and spread immediately with coconut topping. Return to oven and continue baking for 15 to 20 minutes. Cool. Cut into bars. Yield: 16.

*If glass baking ware is used, reduce oven temperature to 350° F.

Twin Date Loaves

1 pound dates 1/2 cup lard
4 cups sifted enriched flour 1/4 cups sugar
1 teaspoon baking powder 2 eggs
1 teaspoon salt 1 teaspoon vanilla
1 teaspoon soda 1 cup chopped walnuts
2 cups boiling water

Chop dates finely. Sift together flour, baking powder and salt. Combine the dates, soda and water and cool. Cream lard and sugar until smooth and fluffy. Add the eggs and vanilla. Mix well. Add cooled date mixture and sifted flour and mix gently. Do not overmix. Add chopped walnuts. Pour into 2 greased 5x9-inch loaf pans. Let stand 30 minutes. Bake in a moderate oven (350° F) for 50 to 60 minutes, or until done. Cool bread partially before removing from pan. Yield: 2 loaves.

*If glass baking ware is used, reduce oven temperature to 325° F.
Classic Onion Pie

6 slices bacon, diced  1/4 teaspoon pepper
2 cups diced onion (large  1 1/4 cups light cream
pieces)  2 eggs, beaten
1/4 cup flour  Pastry for double 9-inch
1 teaspoon salt  pie (see recipe page 35)

Brown bacon and remove from drippings. Cook onion slowly in bacon drippings for 5 minutes. Add flour, salt and pepper and blend well. Gradually add cream and mix well. Cook until thick and smooth, stirring constantly. Remove from heat and add to beaten eggs. Add diced bacon. Divide pastry into two parts. Roll half of pastry to about 1/8 inch thickness and line pie pan with pastry, allowing 1/2 inch crust to extend over edge. Add filling. Roll remaining pastry for top and cut gashes for escape of steam. Place pastry over filling and fold lower crust over top crust. Crimp edges. If desired, brush top with cream. Bake in a hot oven (400° F.) for 35 to 40 minutes. 6 servings.

Homemade Biscuit Mix

8 cups sifted enriched flour  1 cup lard for soft wheat or
1/4 cup baking powder  1 1/2 cups lard for hard wheat
4 teaspoons salt  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: 5 batches biscuits with 2 cups of the mixture to the batch.

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

Bran Biscuits

2 cups Homemade Biscuit Mix (see page 34)  1 cup shredded bran
1/2 to 3/4 cup milk

Combine Biscuit Mix and bran. Add milk to make a soft dough. Roll to desired thickness and cut biscuits. Place on un-greased cooky sheet. Bake in a hot oven (425° F.) for 12 to 15 minutes. Yield: 12 to 14 medium biscuits.
Homemade Pastry Mix

7 cups sifted enriched flour  
4 teaspoons salt  
1 ¾ cups lard for soft wheat flour or 2 cups for hard wheat flour

Combine flour and salt. Cut lard into flour mixture with a fork or pastry blender until crumbs are about the size of small peas. Store Homemade Pastry Mix in covered container in refrigerator until ready to use. This mixture will keep at least a month in refrigerator. Yield: 8 single pie crusts.

Pastry for Single or Double Pie

To make single pie crust, use:
1 to 1 ¼ cups mix for 8-inch  2 to 4 tablespoons water
1 ¼ to 1 ½ cups mix for 9-inch
1 ½ to 1 ¾ cups mix for 10-inch

To make double pie crust, use:
2 to 2 ¼ cups mix for 8-inch  4 to 6 tablespoons water
2 ¼ to 2 ½ cups mix for 9-inch
2 ½ to 2 ¾ cups mix for 10-inch

Add water to mix, a small amount at a time, mixing quickly and evenly until dough just holds in a ball. Divide pastry if for double pie crust. Roll to about ¼ inch thickness and line pie pan, allowing ½ 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 ½ 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 hot oven (450° F.) 8 to 10 minutes.

Hawaiian Tidbits

½ cup honey  
2 tablespoons water  
4 ripe bananas  
1 cup flaked coconut, toasted, or

1 cup finely chopped nuts  
or  
1 cup macaroon crumbs

Mix honey and water. Peel and cut bananas into 1-inch pieces. Dip each into honey mixture and roll in either coconut, nuts or crumbs until well coated. Place on wax paper covered tray and refrigerate. Serve on picks. 4 servings.
Peach Upside Down Cake

2 packages (12 ounces each) frozen sliced peaches or 1 can (1 pound 13 ounces) sliced cling peaches

1 1/4 cups sifted cake flour
1 1/4 teaspoons baking powder
1/4 teaspoon salt

1/4 cup lard
3/4 cup sugar
1 egg
1 teaspoon vanilla
1/2 cup milk
1/4 cup butter
1/2 cup brown sugar

Defrost peaches. Sift together flour, baking powder and salt. Cream lard and 3/4 cup sugar until smooth and fluffy. Add egg and vanilla. Add sifted dry ingredients alternately with milk. Melt butter. Add brown sugar stirring constantly until butter and sugar are well blended. Pour mixture into an 8x8x2-inch cake pan.* Arrange sliced peaches on the mixture. Pour cake batter over peaches. Bake in a moderate oven (350° F.) for 40 to 45 minutes. Remove from pan while hot. 9 servings.

*If glass baking dish is used, reduce temperature to 325° F.

Banana Ambrosia

1 package (12 ounces) frozen mixed fruit
6 bananas
1 cup grapes, sliced and seeded
12 maraschino cherries, cut in half
2 oranges, sectioned and drained

1 large unpeeled apple, quartered, seeds removed, and sliced
1/2 pint whipping cream
1/2 cup dairy sour cream
1/4 cup mayonnaise
1/2 cup shredded coconut
Salad greens

Defrost frozen fruit and drain. Peel and slice 3 bananas and toss together lightly with grapes, cherries, frozen fruit, orange sections and apple slices. Chill thoroughly. Whip cream. Blend in sour cream and mayonnaise. Fold dressing into chilled fruit. Serve at once on salad greens. Sprinkle with shredded coconut. Peel remaining bananas, cut in half lengthwise and serve as a garnish on salad. 6 to 8 servings.
**Trick or Treat Cookies**

3 cups sifted enriched flour  
1 1/2 cups brown sugar  
1 teaspoon salt  
1/2 teaspoon soda  
1 teaspoon baking powder  
3/4 cup lard

Sift together flour, salt, soda and baking powder. Cream lard and sugar; add eggs and vanilla. Add dry ingredients and nuts. Mix well. Divide dough in half and shape into two 1 1/2-inch diameter rolls and wrap in wax paper. Chill, slice 1/4-inch thick and bake on ungreased cooky sheets in hot oven (400° F.) for 8 to 10 minutes. Yield: 8 dozen.

**Versatile Yeast Rolls**

5 cups sifted enriched flour  
1/2 cup lard  
1 cake yeast  
1/4 cup sugar  
1/2 cup lukewarm water  
1 egg, beaten  
1/4 cup milk

Soften yeast in lukewarm water. Heat the milk and lard until lard is melted. Place in large bowl and cool. Add yeast, 1/4 cup sugar, salt, egg and mix well. Add flour and mix well. Place in a covered bowl in warm place and let rise until double. Divide dough in half and roll out on floured pastry cloth to 1/8 inch. Make rolls in desired shapes. Let rise on greased cooky sheet and bake in a moderate oven (350° F.) for 10 to 15 minutes.

**Lemon Pudding**

2 tablespoons lard  
1 cup sugar  
2 eggs  
1 tablespoon lemon rind  
3 tablespoons lemon juice  
2 tablespoons flour  
1 cup milk

Cream lard and sugar. Separate eggs. Add egg yolks, lemon rind and juice, flour and milk to creamed mixture. Fold in stiffly beaten egg whites. Pour into six 1/2-cup custard cups. Set cups in pan of water and bake 25 to 30 minutes in a moderate oven (350° F.). Make two hours before serving. 6 servings.
Cheese Sticks

1 cup Homemade Pastry Mix
(see recipe page 35)
1 cup grated process cheese
1 teaspoon salt
2 to 4 tablespoons cold water

Add water to Pastry Mix, a small amount at a time, mixing quickly and evenly with a fork until the dough just forms a ball. Roll to 1/8 inch thickness. Sprinkle half the cheese and salt on half the pastry. Fold and refold four times. Roll again, and sprinkle remaining cheese and salt on half of pastry. Repeat folding process and roll to 1/4 inch thickness. Cut in strips. Place on greased cooky sheet. Bake in a hot oven (400° F.) 8 to 10 minutes. Yield: 3 dozen sticks.

Banana Gingerbread Shortcake

2 cups sifted enriched flour
1/2 cup lard
1 teaspoon baking powder
1/2 cup sour milk
1 teaspoon soda
1 egg
1 teaspoon ginger
2 bananas
2 teaspoons cinnamon
1 cup heavy cream
1 cup molasses

Grease two 8-inch layer pans. Sift together the dry ingredients. Mix the molasses and lard and heat to boiling. Add the milk and egg to the dry ingredients and quickly stir in the hot molasses mixture. Pour into pans and bake in a moderate oven (375° F.) 20-25 minutes. Cool, place sliced bananas between and on top of layers. Cover with whipped cream and banana slices. 6 to 8 servings.

Adjustments for High Altitude Baking

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<th>Adjustment</th>
<th>3000 ft.</th>
<th>5000 ft.</th>
<th>7000 ft.</th>
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<tr>
<td>Reduce Baking Powder</td>
<td></td>
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<tr>
<td>For each teaspoon, decrease</td>
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<td>1/4-1/2 tsp.</td>
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<tr>
<td>Reduce Sugar</td>
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<td>usually no change</td>
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<tr>
<td>Reduce Lard</td>
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<td></td>
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<td>For each cup, decrease</td>
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<td>2 tbsp.</td>
<td>2-3 tbsp.</td>
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<tr>
<td>Increase Liquid</td>
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<tr>
<td>For each cup, add</td>
<td>1-2 tbsp.</td>
<td>2-3 tbsp.</td>
<td>3-4 tbsp.</td>
</tr>
<tr>
<td>Increase Baking Temperature</td>
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<td>10-15°F.</td>
<td>15-25°F.</td>
</tr>
<tr>
<td>Decrease Baking Time</td>
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</tbody>
</table>

NOTE: When two amounts are given, try the smaller adjustment first; then if cake still needs improvement, use the larger adjustment the next time you make the cake.

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Carving Suggestions

Ask the meat retailer to saw the bones or remove them to make carving easier.

Roast meat at a low temperature—300° F. for beef, veal, lamb and cured pork and 350° F. for fresh pork.

A roast meat thermometer will take the guesswork out of meat cookery.

After cooking, allow roast to “set” for 10 to 20 minutes for easier carving.

Remove excess strings or skewers from roast in the kitchen.

When garnishing, don’t be over generous. Leave space for the work to be done.

A sharp knife is a must for carving.

Place roast on heated platter and serve on pre-heated plates.
Carving Suggestions

Aim the wage tool to saw the paws to remove them to
insert the next piece.

A knot point at a 90° angle—80°. If the knot needs
bend any extra force, say 150°. The knot point of
45° above the branch will ease the stress work on
with too much.

After completing the sawing, let it rest for 10 to 20 minutes.

Remove excess string to prevent from tying to the structure
when finishing your peg. Be sure your pegs are spaced for
the wood to be done.

A speed guide to a notch for carving.

Place your peg into place and saw to the appropriate places.