Foods of the Hour

COOKING SCHOOL

PRESENTED BY

Held in cooperation with the
National Live Stock and Meat Board
407 South Dearborn St. Chicago, Illinois

Second Session
How TO COOK MEAT

Meat cookery is as simple as A B C, if a few fundamental rules are mastered. Tender meat cuts are cooked by DRY heat; the less tender cuts are cooked by MOIST heat. There are only six general methods of cooking meat and these are given below. Meat recipes are all variations of one method or another.

DRY HEAT FOR TENDER CUTS

I. TO ROAST. Season meat with salt and pepper. Place on rack, fat side up. Insert roast-meat thermometer. Do not add water. Do not cover. Do not baste. Roast in a slow oven (300-350° F.) to desired degree of doneness.

II. TO BROIL. Preheat the broiling oven. Place meat on broiling rack with top surface 3 inches below source of heat. If distance must be less, reduce the temperature accordingly. Broil on one side until nicely browned (will be about half done), turn, finish broiling. Season with salt and pepper.

III. TO PANBROIL. Heat a heavy frying-pan sizzling hot. Place meat in hot pan. Do not add fat or water. Do not cover pan. Brown nicely on both sides. Reduce the temperature and cook until done, turning from time to time. Pour off fat as it accumulates in the pan.

MOIST HEAT FOR LESS TENDER CUTS

IV. TO BRAISE. Season meat with salt and pepper, dredge with flour, if desired. Brown on all sides in hot lard. Add a small quantity of liquid. Cover closely. Cook slowly until done.

V. TO STEW. Cut meat into 2-inch cubes. Season with salt and pepper. Brown, if desired, on all sides in hot lard. Cover with boiling water. Cover kettle tightly. Cook slowly until done. Do not boil. Add vegetables just long enough before serving so they will be done.

VI. TO COOK IN WATER. Cover meat with boiling water. Season with salt and pepper. Cook slowly. Allow to simmer—not boil. Add vegetables, if desired, just long enough before serving so they will be done.
1. Spareribs With Dressing

2 sections spareribs
Apple Dressing
¾ teaspoon salt
⅛ teaspoon pepper

Spread inside of one section of spareribs with Apple Dressing. Cover with the other section. Sew or skewer the two sections together. Sprinkle the outside with salt and pepper. Lay spareribs on a rack in an open roasting pan and roast in a moderate oven (350° F.) for 1½ hours, or until the meat is tender. Remove the strings or skewers before serving. Serves 8.

APPLE DRESSING

2 slices salt pork
½ cup chopped celery
½ cup chopped onion
3 tart apples
⅓ cup sugar
1 cup bread or cracker crumbs
1 cup shredded bran
¼ cup chopped parsley
Salt and pepper
¼ cup milk

Dice pork and fry until crisp. Remove cooked pieces. Cook celery and onion in pork fat three minutes. Core and slice apples. Add apples to celery mixture, sprinkle with sugar and cover. Cook slowly until tender. Add crumbs, shredded bran, pork scraps, parsley, milk and seasonings and mix well.

2. Homemade Biscuit Mixture

8 cups flour
¼ cup baking powder
4 teaspoons salt
1½ cups lard

Sift the flour and measure. Sift again with the baking powder and salt. Cut in the lard until the mixture has a fine even crumb. Place in a closed container and keep in refrigerator, using as desired. This mixture will keep at least a month in the refrigerator. It will yield five batches with two cups of the mixture to the batch. It may be used as a basis for biscuits, dumplings, shortcake, waffles, muffins, quick coffee cake and dozens of other things.

3. Meat Puffs

½ pound ground uncooked pork
½ pound ground uncooked veal
1½ cups leftover mashed potatoes
3 eggs
3 tablespoons grated onions
1 teaspoon salt
¼ teaspoon pepper
2 cans condensed tomato soup
2 cups water

Mix meat, potatoes, eggs and seasonings thoroughly. Chill. Combine soup and water and bring to boil in shallow pan. Drop meat mixture into hot soup by heaping tablespoons. Cover and allow to simmer 45 minutes. Serves 6.
4. **Banana Devils Food**

   2 cups cake flour  
   1 teaspoon salt  
   ½ teaspoon soda  
   2 teaspoons baking powder  
   ½ cup lard  
   1½ cups brown sugar  
   2 eggs  
   ½ cup mashed ripe banana  
   2 squares bitter chocolate  
   ¾ cup buttermilk or sour milk  
   1 teaspoon vanilla extract

Sift flour once, measure and sift again with salt, soda and baking powder. Cream lard, add sugar and cream together until light and fluffy. Add eggs one at a time, beating after each addition. Add banana pulp, then melted chocolate. Combine milk and vanilla. Add dry ingredients alternately with milk to creamed mixture. Beat well. Pour into a greased 10 by 14 inch pan and bake in a moderate oven (350° F.) for 45 minutes. Frost with Caramel Cocoanut Frosting. Serves 12.

**CARAMEL COCOANUT FROSTING**

   1½ cups brown sugar  
   ¾ cup cream or milk  
   2 tablespoons butter  
   ½ teaspoon vanilla extract  
   1 cup moist cocoanut

Cook sugar and cream or milk until it forms soft ball when dropped in cold water (238° F.). Add butter and flavoring. Cool. Beat until consistency to spread. Frost cake. Sprinkle with cocoanut and place under broiler until cocoanut is delicately browned.

5. **Cushion Style Lamb Roast**

Select square cut lamb shoulder. Have bones removed so that pocket is left for dressing. Sew, leaving one side open. Fill with any desired dressing and sew or skewer opening. Arrange in a dripping pan on a rack with the fat side up. Do not cover and do not add water. Roast in a slow oven (300° F.) allowing 30 minutes to the pound for well done lamb. When serving, carve across the grain of the meat, serving a portion of both meat and dressing. Serves 8.

**BREAD DRESSING**

   4 tablespoons butter  
   3 tablespoons chopped celery  
   2 tablespoons grated onion  
   ¾ teaspoon salt  
   ¼ teaspoon pepper  
   4 cups fine bread crumbs  
   Meat stock

Melt butter in frying-pan, add celery and onion, cook several minutes. Add seasonings and crumbs. Moisten with meat stock, or stock made by dissolving bouillion cubes in water.

6. **Chinese Chop Suey**

   1 cup diced raw pork or veal  
   3 tablespoons lard  
   ½ cup finely cut onions  
   1½ cups diced celery  
   ½ teaspoon salt  
   ½ cup water or liquid from bean sprouts  
   1 can bean sprouts

**THICKENING**

   3 tablespoons cornstarch  
   ½ teaspoon pepper  
   1 teaspoon brown sauce  
   2 tablespoons soy sauce  
   2 tablespoons water

7. Southern Corn Shortcakes

Combine biscuit mixture and corn. Add the ham stock or stock made from a bouillon cube dissolved in water, to make a soft dough. Roll to \( \frac{1}{2} \) inch thickness. Cut 12 biscuits with a 3 inch cutter. Place on a cookie sheet and bake in a hot oven (425° F.) for 15 minutes. Put 2 biscuits together with hot sliced ham between. Arrange on hot platter and pour Olive White Sauce over all. Serves 6.

**OLIVE WHITE SAUCE**

- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups milk
- 20 green olives
- Salt and pepper

Melt butter, stir in flour until smooth. Gradually add the milk, stirring constantly. Cook until thick. Add chopped olives. Season to taste.

8. Pork Stuffed Veal Breast

Have the meat retailer bone a breast of veal and two ends of a pork loin; then open a pocket from the end of the breast and fill with the two pieces of pork. Stitch and tie in several places to make a firm roll. Wipe with a damp cloth. Brown in hot fat. Add seasonings and a small amount of water. Cover, reduce heat and cook slowly, allowing 30 to 45 minutes to the pound. Serves 8 to 10.

9. Corned Beef and Cabbage

Soak corned beef several hours if necessary. Cover with water and allow to simmer about 45 minutes to the pound or until tender. Loosen leaves of cabbage head, season and steam about an hour or until tender. Serve on chop plate with cabbage in center and slices of corned beef arranged around cabbage. Serves 6 to 8.

10. Sour Cream Raisin Pie

Add water to Homemade Pie Mix, small amount at a time, mixing quickly and evenly through the flour and lard until the dough just holds in a ball. Roll half of pastry to about one-eighth inch in thickness and line pie pan, allowing one-half inch of the crust to hang over the edge. Pour in filling. Roll out remaining pastry making several gashes to allow escape of steam, and place over filling. Allow top crust to overlap lower crust one-half inch. Moisten lower edge to seal perfectly, and fold top crust under the lower. Crimp edges. Bake in a hot oven (425° F.) for 35 minutes. Serves 6 to 8.

**FILLING**

- 1 cup raisins
- 2 tablespoons flour
- \( \frac{1}{2} \) teaspoon nutmeg
- \( \frac{1}{2} \) teaspoon cinnamon
- \( \frac{1}{4} \) teaspoon salt
- 1 cup sour cream
- 1 egg

Grind the raisins and immediately mix with flour, spices, salt, sour cream and beaten egg. Combine thoroughly.
**Liver Fricassee**

1 pound sliced liver  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 cup flour  
1/4 cup bacon drippings  
2 cups canned tomatoes  
2 medium green peppers  
6 small white onions  
1/2 teaspoon celery salt  
1/4 teaspoon poultry seasoning  
1 cup hominy  
2 tablespoons butter


**Cookie Jar Favorites**

2 1/2 cups flour  
1 teaspoon soda  
1 teaspoon cinnamon  
1/4 teaspoon cloves  
1 teaspoon salt  
1 cup raisins  
1/2 cup chopped nuts  
1/2 cup lard  
1 cup sugar  
1 egg  
1/4 cups unsweetened apple sauce

Sift flour, measure and sift again with soda, spices and salt. Add raisins and nuts. Cream lard, add sugar gradually and beat until light and fluffy. Add egg, beat thoroughly. Add dry ingredients alternately with the apple sauce. Drop from tablespoon onto cookie sheet. Bake in a moderately hot oven (400° F.) for about 15 minutes. Yield: 50 medium cookies.
13. Bran Biscuits

1 cup shredded bran
2 cups Homemade Biscuit Mixture
Milk

Combine bran and biscuit mixture and add milk to make a soft dough. Roll to desired thickness. Cut out. Place on ungreased cookie sheet. Bake in hot oven (425° F.) for 15 minutes. Yield: 12 to 14 medium biscuits.

14. Lamb Croquettes

1 tablespoon butter
4 tablespoons flour
1 cup milk
2 cups finely ground cooked lamb
2 teaspoons lemon juice
½ teaspoon salt
⅛ teaspoon pepper
1 teaspoon parsley
1 egg
Fine cracker crumbs


15. Lamb Choplets

1 lamb breast
Ground lamb
Salt and pepper

Have meat retailer remove breast bone, cut a pocket from end of breast and stuff very tightly with ground lamb. Chill thoroughly. Slice between ribs to make individual servings. Braise or broil.

To braise: Brown in hot fat on both sides, season and add one-fourth cup water. Cover tightly and allow to simmer about 45 minutes.

To broil: Place on broiler rack so surface of meat is three inches below source of heat. Brown on one side. Season, turn and brown on second side, allowing about seven to eight minutes per side. Only one turning is necessary. Serves 8.

16. Perfection Salad

1½ tablespoons gelatin
½ cup cold water
½ cup white vinegar
2 tablespoons lemon juice
2 cups boiling water
½ cup sugar
1 teaspoon salt
1 cup finely shredded cabbage
2 cups finely diced celery
2 finely diced pimientos

Soak gelatin in cold water for five minutes. Add vinegar, lemon juice, boiling water, sugar and salt. Cool until mixture begins to thicken. Add remaining ingredients. Pour into mold and chill until firm. Add sauce to meat platter. Serves 10.

17. Luscious Lemon Sherbet

¾ cup sugar
¼ cup flour
½ cup white corn sirup
1 cup buttermilk
½ cup lemon juice
1 teaspoon grated lemon rind
2 cups buttermilk
2 egg whites

Mix one-half cup sugar with flour and corn sirup. Add 1 cup buttermilk and cook until thick and smooth. Cool. Add lemon juice and rind. Place in freezing tray in refrigerator. When it starts to freeze at the edges, add remaining buttermilk. Beat the
egg whites until stiff. Add remaining sugar and continue beating until the sugar is dissolved. When the mixture is frozen to a mush, fold in the egg whites and continue freezing until firm. Serve at once. Serves 8.

18. Beef Patties Mexicano

1 onion
1 clove garlic
2 tablespoons lard
1 No. 2 can baked beans
½ cup tomato sauce
1 teaspoon salt
¾ teaspoon chili powder
⅛ teaspoon pepper
⅛ teaspoon cayenne
1 pound ground beef
Lard

Cut onion in thin slices. Chop garlic fine. Brown both in hot lard until tender. Add the beans, tomato sauce and seasonings. Simmer about 15 minutes, stirring frequently. Form the ground beef into six flat patties about four inches in diameter and one-fourth inch thick. Brown in hot lard, cover and cook slowly 15 minutes. Place on platter and pour baked bean mixture over all. Serves 6.

19. “Country Fried” Round Steak

1½ pounds round steak
Flour
Salt and pepper
4 tablespoons lard or drippings

Have the round steak cut about one-half inch thick. Dredge thoroughly in seasoned flour and brown in hot lard. Cover, reduce heat and cook very slowly about 20 minutes, or until tender. Remove cover and allow meat to continue cooking until surface is crisped. Serves 6.

20. Cherry Blossom Mold

2 packages cherry flavored gelatin
3½ cups boiling water
2 bananas
1 No. 2 can apricot halves
1 cup white grapes

Dissolve gelatin in hot water. Pour one third of mixture into ring mold

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and chill until set. Meanwhile chill remaining two thirds. Peel and slice bananas diagonally. Arrange on gelatin in ring mold. Whip half of remaining gelatin until light and fluffy and pour thin layer over bananas. Arrange drained apricot halves around outside of ring and fill inside with white grapes. Cover with remaining whipped gelatin. Pour the rest of the gelatin on top and place in refrigerator until firm enough to serve. Unmold and garnish with curly endive. Serves 10 to 12.

21. Platter of Cold Cuts

Perfection Salad
1 1/2 pounds assorted cold meats
5 deviled eggs
Chopped chives or parsley
Cottage cheese

Turn Perfection Salad onto the center of a large chop plate. Select a variety of small round slices of cold meats and arrange in four or five individual circles evenly spaced around the salad. Place half a deviled egg in center of each circle. Add chives or parsley to cottage cheese and fill center of Perfection Salad. Serves 10.

22. Macaroni and Sauerkraut

2 cups cooked macaroni
2 tablespoons grated onion
1 No. 2 1/2 can sauerkraut
1 pound bulk pork sausage

Mix macaroni and onion. Place alternating layers of macaroni and sauerkraut in a buttered baking dish. Shape sausage into 8 rolls and arrange like spokes of a wheel over the top. Bake uncovered in a moderate oven (350° F.) for one hour or until sausages are browned. Serves 6.

23. Broiled Kidneys

Have the meat retailer leave about one fourth inch of fat on lamb kidneys. Split and place on broiler rack with the fat side up. Broil with the kidneys about 3 inches from the source of heat until the fat is brown and crisp. Season and turn. Spread with finely chopped garlic, and continue broiling until done.
Veal is a very tender and delicately flavored meat. Veal should be cooked slowly; veal roasts never should be seared. Bacon or thin slices of salt pork may be placed on top of a lean veal roast for added fat. Sour cream added to veal chops after browning gives a delightful flavor. Veal birds are made by wrapping pieces of veal steak around a savory stuffing. Leftover roast veal is excellent for a cold meat platter, sandwiches, salads or creamed dishes.