food-time USA
About the Meat Board...

The National Live Stock and Meat Board is a non-profit service organization, supported by and representing the entire livestock and meat industry.

*The Board’s purpose is to...*

- Initiate, sponsor and encourage scientific research on the place of red meat in the diet and its relation to health;
- Conduct a continuous and far-reaching program of education and information about beef, veal, pork, lamb and associated meat products; and
- Assist all segments of the livestock and meat industry in presenting a constantly-improved meat product to the American public.

National Live Stock and Meat Board

36 South Wabash Avenue
Chicago, Illinois, 60603
**Pilgrim Pot-Roast**

- 3 to 4 pound beef arm or blade pot-roast
- 3 tablespoons flour
- 3 tablespoons lard or drippings
- 1⅔ tablespoons salt
- ⅛ teaspoon pepper
- ¼ cup prepared horseradish
- ½ cup cranberry sauce
- 4 whole cloves
- 1 stick cinnamon
- ⅓ cup water
- 1 can (16 ounces) whole onions, drained
- 6 to 8 carrots, cut into 2-inch pieces

Combine flour, salt and pepper. Dredge meat in seasoned flour. Brown meat in lard or drippings. Pour off drippings. Mix horseradish, cranberry sauce, spices and water. Pour mixture around meat. Cover tightly and cook slowly 2 to 2½ hours. Add vegetables and continue cooking 30 minutes or until meat is tender and vegetables are done. Remove meat and vegetables to platter. Thicken gravy if desired. 6 servings.

**Meat Loaf Parmesan**

- 2 pounds ground beef
- ½ cup cracker crumbs
- ¾ cup milk
- 1 egg, beaten
- 1 tablespoon Worcestershire sauce
- ⅓ cup grated parmesan cheese
- ¼ cup chopped green pepper
- ¼ cup chopped onion
- ½ teaspoon garlic salt
- ½ teaspoon salt

Combine cracker crumbs and milk. Add meat, egg, Worcestershire sauce, salt, cheese, green pepper, onion and garlic salt. Mix thoroughly. Pack into 9 x 5-inch loaf pan. Bake in a slow oven (325° F.) 1 hour and 15 minutes. 6 to 8 servings.
Smoked Beef Tongue—
Blackberry Glaze

1 smoked beef tongue
Water
4 stalks celery with leaves
2 bay leaves
1 large onion, quartered

1/2 cup seedless blackberry jam
1/4 cup raisins
1/2 teaspoon dry mustard
2 tablespoons lemon juice
1 tablespoon water

Cover meat with water. Add celery, bay leaves and onion. Cover tightly and simmer 2 1/2 to 3 1/2 hours or until tender. Plunge tongue into cold water and remove skin. Combine jam, raisins, dry mustard, lemon juice and water. Cook mixture, stirring constantly, about 2 minutes. Cover tongue with blackberry mixture and bake in moderate oven (350° F.) 15 to 20 minutes or until glaze is set.

Round Steak
Royale

1 beef round steak, cut 1/2 inch thick
1/4 pound liver sausage
1 egg, beaten
1 cup coarse bread crumbs
3 tablespoons finely chopped onion
1/4 cup chopped stuffed olives
1/4 teaspoon salt
1 teaspoon prepared mustard

1/2 teaspoon Worcestershire sauce
3 tablespoons flour
1 teaspoon salt
1/8 teaspoon pepper
3 tablespoons lard or drippings
1/2 cup water
1/2 teaspoon herb seasoning

Mash liver sausage with fork. Add egg, bread crumbs, onion, olives, salt, mustard and Worcestershire sauce and mix thoroughly. Remove bone from meat. Spread filling over top surface of steak. Roll as for a jelly roll beginning at bone end. Fasten with string. Combine flour, salt and pepper. Dredge meat in seasoned flour. Brown meat in lard or drippings. Pour off drippings. Add water and herb seasoning. Cover tightly and cook slowly 2 to 2 1/2 hours or until tender. 6 to 8 servings.
Party Pups

2 pounds ground beef 1 cup milk
1 cup coarsely crushed bleu 1 teaspoon salt
cheese cracker crumbs 1/4 teaspoon pepper
2 tablespoons minced 1/2 teaspoon celery salt
dehydrated onion 12 slices bacon

Combine cracker crumbs, onion, milk, salt, pepper and celery salt. Add meat and mix thoroughly. Divide into 12 equal portions. Mold each portion into the shape of a frankfurter, 1 inch thick. Wrap with bacon and secure with a wooden pick. Place on rack in broiler pan. Set regulator for broiling. Place in broiler 5 inches from heat and broil 8 minutes on first side; turn, and broil second side 6 minutes or until bacon is lightly browned. Remove picks. 6 to 8 servings.

Pineapple Veal Almondine

1 1/2 pounds boneless veal steak, cut 3/4 inch thick
2 tablespoons lard or drippings
2 tablespoons flour
1 can (1 pound 4 ounces) sliced pineapple
1/2 teaspoon herb seasoning
2 tablespoons chopped parsley
1/4 cup chopped green onions
1 package (2 ounces) freeze-dried mushrooms or 1 can (2 ounces) mushroom stems and pieces
1/2 teaspoon salt
1/2 teaspoon garlic salt
1/8 teaspoon pepper
2 tablespoons sliced almonds, toasted

Drain pineapple and save sirup. Cut veal steak into 6 servings. Dredge meat in flour and brown in lard or drippings. Place meat in baking dish and top each serving with a pineapple slice. Combine herb seasoning, parsley, onions, mushrooms, salt, garlic salt, pepper and 1/4 cup pineapple sirup. Pour sauce over meat. Cover and bake in moderate oven (350° F.) 1 hour or until tender. Sprinkle with toasted almonds. 6 servings.
**Pioneer Casserole**

2 pounds boneless beef for stew, cut in 1-inch cubes
3 tablespoons lard or drippings
1 teaspoon salt
$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup chopped onion
2 teaspoons Worcestershire sauce
1 cup water
1 can (10½ ounces) condensed mushroom soup
1 package (10½ ounces) frozen peas and carrots
1½ cups Homemade Biscuit Mix (see page 37)
$\frac{1}{2}$ cup milk

Brown meat in lard or drippings. Pour off drippings. Add salt, pepper, onion, Worcestershire sauce and water. Cover tightly and simmer 2 hours or until meat is tender. Add mushroom soup, peas and carrots. Cover tightly and cook slowly 10 minutes. Place hot mixture in 6 individual casserole dishes. Combine parsley flakes and Biscuit Mix. Add milk and mix only until dry ingredients are moistened. Drop $\frac{1}{3}$ cup dough over each casserole. Bake in a hot oven (400°F.) 20 to 25 minutes or until brown. 6 servings.

**Ground Beef Sauerbraten**

$1\frac{1}{2}$ pounds ground beef
1 cup coarsely grated carrot
1 tablespoon minced onion
$\frac{1}{4}$ cup evaporated milk
$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ teaspoon pepper
3 tablespoons lard or drippings
1 can (10½ ounces) condensed beef bouillon
$\frac{1}{4}$ cup lemon juice
8 ginger snaps, finely crushed
4 whole cloves
1 bay leaf
Cooked noodles

Combine meat, carrot, onion, evaporated milk, salt and pepper. Shape into 18 meat balls. Brown meat on all sides in lard or drippings. Remove meat balls from pan and pour off drippings. Add bouillon, lemon juice, ginger snaps, cloves and bay leaf to pan in which meat was browned. Cook slowly, stirring occasionally, until sauce is slightly thickened. Add meat balls to sauce. Cover tightly and cook slowly for 15 minutes. Serve with hot, buttered noodles. 6 servings.
Liver Louisianne

6 slices bacon, diced
2 pounds beef liver, sliced 1/2 inch thick
1/4 cup flour
1 1/2 teaspoons salt
1 large onion, sliced
1/3 cup diced green pepper
1/8 teaspoon cayenne pepper
1/4 teaspoon chili powder
1/8 teaspoon garlic salt

Cooked rice

Cook bacon in frying-pan until crisp. Remove bacon. Combine flour and salt. Dredge liver in seasoned flour and brown lightly on each side in bacon drippings. Pour off remaining drippings. Add onion, green pepper, tomatoes, cayenne pepper, chili powder and garlic salt. Cover tightly and simmer 20 minutes. Thicken gravy if desired. Sprinkle bacon over top. Serve liver and sauce over hot rice. 6 to 8 servings.

Beef Neapolitan

3 to 4-pound sirloin tip or rolled rump pot-roast
3 tablespoons lard or drippings
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 clove garlic, minced
1/2 teaspoon basil
1/4 teaspoon oregano
1 large onion, sliced
1 can (16 ounces) tomatoes
1 package (2 ounces) freeze-dried mushrooms
1/2 pound spaghetti

Brown meat in lard or drippings. Pour off drippings. Add salt, pepper, garlic, parsley flakes, basil, oregano, onion, tomatoes and mushrooms. Cover tightly and simmer 3 to 4 hours or until tender. Cook spaghetti according to package directions. Drain. Remove meat from pan and add-water, if necessary, to make 2 1/2 cups liquid. Stir in spaghetti and heat through. Slice pot-roast and serve with spaghetti.
Broiled Sirloin Steak

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

Salt
Pepper

Set regulator for broiling. Place steak on rack in broiler pan. Place in broiler so that top of 1-inch thick steak is 2 to 3 inches from the heat and 2-inch thick 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 15 to 18 minutes for rare and 18 to 22 minutes for medium-done. Steaks cut 2 inches thick require 30 to 35 minutes for rare and 35 to 45 minutes for medium-done.

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.

With fork firmly holding the tenderloin, cut across full width of the steak, making wedge-shaped slices. (Wider at far side.) Each serving will include a portion of tenderloin and top loin.

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

1 1/2 pounds ground beef
1 teaspoon salt
1/2 cup bottled barbecue sauce

Mix together meat, salt and 2 tablespoons barbecue sauce. Divide meat into 6 equal portions. Shape each meat portion around 1 onion. Make kabobs by threading potato, meat ball and onion on skewer. Place kabobs on rack in broiler pan and brush with barbecue sauce. Set regulator for broiling. Place in broiler so that kabobs are 5 inches from heat. Broil for 8 minutes. Turn and brush kabobs with remaining sauce and continue broiling 6 to 8 minutes or until done. 6 servings.

Roundup Short Ribs

3 pounds beef short ribs
2 tablespoons lard or drippings
3 tablespoons flour
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 cup chopped onion
1/2 cup chili sauce
2 tablespoons water
2 tablespoons vinegar
1 tablespoon molasses
1 tablespoon Worcestershire sauce
1/4 teaspoon garlic powder

Combine flour, salt and pepper. Dredge meat in seasoned flour. Brown meat in lard or drippings. Add onion. Cover tightly and cook slowly 1 1/2 hours. Pour off drippings. Combine chili sauce, water, vinegar, molasses, Worcestershire sauce and garlic powder. Pour over ribs. Cover tightly and simmer 30 minutes or until ribs are tender. Serve sauce over ribs. 4 to 6 servings.
**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 a slow oven (300° F. to 325° F.) to the desired degree of doneness, allowing 23 to 25 minutes per pound for rare; 27 to 30 minutes per pound for medium-done and 32 to 35 minutes per pound for well-done. The thermometer will register 140° F. for rare; 160° F. for medium-done; 170° F. for well-done.

*Ribs which measure 6 to 7 inches from chine bone to tip of rib.

**Carving a Beef Standing Rib Roast**

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.
Family Pot-Roast

3 to 4-pound beef blade or arm pot-roast
3 tablespoons lard or drippings
1 tablespoon dry mustard
2 tablespoons brown sugar

2 teaspoons salt
1/4 teaspoon pepper
1/4 cup lemon juice
1/4 cup water
1 medium onion, sliced

Brown meat in lard or drippings. Pour off drippings. Combine mustard, brown sugar, salt, pepper, lemon juice and water. Add sauce and onions to meat. Cover tightly and simmer 2 1/2 to 3 hours or until tender. Remove meat and thicken gravy if desired. Serve with green beans or broccoli spears.

Veal Stew Rosemary

2 pounds boneless veal, cut into 1 inch cubes
3 tablespoons lard or drippings
2 tablespoons flour
1 teaspoon paprika
1 1/2 teaspoons salt

1/8 teaspoon pepper
1/4 teaspoon garlic powder
1/8 teaspoon rosemary
3/4 cup water
1 tablespoon chopped parsley
1 package (8 ounces) shell macaroni, cooked

Combine flour, paprika, salt, pepper and garlic powder. Dredge meat with seasoned flour. Brown meat in lard or drippings. Pour off drippings. Add rosemary and water. Cover tightly and simmer 1 hour or until tender. Garnish with chopped parsley and serve with seasoned macaroni. 6 servings.

FREEZING MEAT

<table>
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<th>Meat</th>
<th>Maximum Storage Time*</th>
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<tr>
<td>Beef</td>
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<tr>
<td>Lamb and Veal</td>
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<tr>
<td>Fresh Pork</td>
<td>3 to 6 Months</td>
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<tr>
<td>Ground Beef and Lamb</td>
<td>3 to 4 Months</td>
</tr>
<tr>
<td>Ground Pork</td>
<td>1 to 3 Months</td>
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*This range in maximum storage time reflects differences in recommendations of various authorities using meat from different sources.
Indian Summer Casserole

3 cups (1 pound) diced cooked ham
2 packages (10 ounces each) frozen squash
¼ teaspoon salt
1 can (8½ ounces) mandarin orange sections, drained
¼ cup brown sugar
½ teaspoon ginger
¼ teaspoon nutmeg

Heat squash 5 minutes. Combine squash, salt, orange sections, brown sugar, ginger and nutmeg. Place in greased 2-quart baking dish and top with ham. Bake in a moderate oven (350° F.) 20 minutes or until heated through. 6 servings.

Dixieland Pork Steaks

4 pork blade steaks, cut ¾ inch thick
2 tablespoons lard or drippings
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon sage
¼ cup water
1 can (1 pound 7 ounces) sweet potatoes, drained
2 tablespoons orange marmalade
¼ teaspoon cinnamon
½ teaspoon salt
4 apple slices, cut ½ inch thick

Brown meat in lard or drippings. Pour off drippings. Add salt, pepper, sage and water. Cover tightly and cook slowly 45 minutes. Mash sweet potatoes. Add marmalade, cinnamon and salt and mix thoroughly. Place pork steaks in baking dish and top each with an apple slice and a mound of potato mixture. Bake uncovered in a moderate oven (325° F.) 25 to 30 minutes or until done. 4 servings.
Baked Ham—Glowing Glaze*

12 to 14-pound fully-cooked ham

1/4 cup brown sugar
1 tablespoon flour
1/2 cup apple sauce
1/2 cup maraschino cherry sirup

1/2 teaspoon grated lemon rind
1/2 teaspoon lemon juice
1/4 cup chopped maraschino cherries, if desired

Combine brown sugar and flour. Add apple sauce, cherry sirup, lemon rind, lemon juice and cherries. Mix and cook 3 minutes. Place ham, fat side up, on rack in an open roasting pan. Insert meat thermometer so that 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 (325° F.) 1 hour. Spread about 1/3 of glaze mixture on ham. Continue roasting 1 hour. Every 30 minutes, spread ham with additional glaze until thermometer registers 130° F.

*A total of 2 1/2 to 3 1/2 hours will be required for heating the ham to serve hot.

Carving Baked Ham or Leg of Lamb

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 here.

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.
**Chutney Pork Chops**

6 pork loin chops, cut \( \frac{3}{4} \) to 1 inch thick
2 tablespoons lard or drippings

\( \frac{1}{4} \) cup raisins
\( \frac{1}{4} \) cup water
\( \frac{3}{4} \) cup chutney

Brown meat in lard or drippings. Pour off drippings. Add raisins and water. Cover tightly and cook slowly 30 minutes. Add chutney. Cover and continue cooking 30 minutes or until tender. 6 servings.

**Treasure Island Pork**

2 pounds boneless pork shoulder, cut in 1-inch cubes
2 tablespoons lard or drippings
1 1/2 cups chopped onion
1 can (10 1/2 ounces) condensed beef consomme
1/2 cup water

1 can (4 1/2 ounces) mushroom stems and pieces
3 tablespoons soy sauce
1/2 cup uncooked rice
1 1/2 cups 1-inch celery pieces
1 package (10 1/2 ounces) frozen peas
1 can (5 ounces) water chestnuts, drained and sliced

Brown meat in lard or drippings. Pour off drippings. Add onion, consomme and water. Cover tightly and simmer 30 minutes. Add mushrooms, soy sauce, rice and celery. Cover tightly and simmer 25 to 30 minutes or until rice is done. Cook peas according to package directions. Drain. Combine peas and water chestnuts and stir into meat mixture or serve as garnish around meat. 8 servings.
Ham 'N Cabbage Salad

3 cups (1 pound) cooked ham or luncheon meat, diced
1 cup coarsely shredded red cabbage
1 cup coarsely shredded green cabbage
1/2 cup chopped celery
1 medium green pepper, cut in strips

1 1/2 cups diced unpeeled apple
1/3 cup mayonnaise
1 tablespoon prepared mustard
1/2 teaspoon prepared horseradish
1/4 teaspoon salt
1/4 teaspoon pepper
1/3 cup dairy sour cream

Combine meat, cabbage, celery, green pepper and apples. Mix thoroughly mayonnaise, mustard, horseradish, salt and pepper. Fold in sour cream. Add dressing to other ingredients and toss lightly. 6 to 8 servings.

Curry Chops

6 pork rib chops, cut 1 to 1 1/2 inches thick
1/3 cup flaked coconut
2 tablespoons finely chopped onion
1/4 cup finely chopped celery
1 teaspoon curry powder
1/2 teaspoon salt

2 cups toasted whole wheat bread cubes
1/2 cup milk
2 tablespoons lard or drippings
1 1/2 teaspoons salt
1/8 teaspoon pepper
1/4 cup water

Cut pockets in rib side of the chops. Combine coconut, onion, celery, curry powder, 1/2 teaspoon salt, toasted bread cubes and milk. Fill pockets in pork chops with stuffing. Brown chops in lard or drippings. Pour off drippings. Season with salt and pepper. Add 1/4 cup water, cover tightly and cook slowly 1 hour or until tender. 6 servings.
**Spareribs and Sauerkraut**

- 3 pounds pork spareribs, cut into 2-rib pieces
- 1 can (1 pound 11 ounces) sauerkraut
- ½ cup chopped onion
- ¼ teaspoon marjoram
- 2 teaspoons sugar
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ cup chopped onion

Arrange spareribs, rib ends down, in a 13x9-inch baking dish. Cover and bake in a slow oven (325° F.) 1½ hours. Pour off drippings. Remove meat from pan. Combine sauerkraut, onion, marjoram and sugar and place in pan. Arrange spareribs, browned side up, on top of sauerkraut mixture and season meat with salt and pepper. Continue baking, uncovered, 30 to 45 minutes or until meat is done. 4 to 6 servings.

**Aloha Pork Roast***

- 4 to 6-pound rolled pork loin roast
- 1 can (13 ounces) crushed pineapple
- 2 tablespoons brown sugar
- 1 tablespoon cornstarch
- ¼ teaspoon ginger
- ¼ teaspoon garlic salt
- ¼ cup soy sauce

Combine pineapple, brown sugar, cornstarch, ginger, garlic salt and soy sauce. Mix well. Cook, stirring occasionally, for 5 minutes. Place roast on rack in open roasting pan. Do not add water. Do not cover. Roast in a moderate oven (325° F. to 350° F.) 1½ hours. Turn roast and insert meat thermometer so bulb reaches center of thickest part and roast meat ½ hour. Spread half of pineapple glaze on meat and roast 1 hour longer. Spread on remaining glaze, continue roasting until thermometer registers 185° F.

*A total of 3½ to 4 hours will be required for cooking roast.*
Honey Nut Chops

- 6 lamb arm or blade chops, cut 3/4 inch thick
- 2 tablespoons lard or drippings
- 2 tablespoons peanut butter
- 2 tablespoons honey
- 2 tablespoons water
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon paprika
- 1/4 teaspoon nutmeg

Brown meat in lard or drippings. Pour off drippings. Combine peanut butter, honey, water, salt, pepper, paprika and nutmeg. Place meat in shallow baking dish. Spread mixture over chops. Cover and bake in a slow oven (325°F) 45 minutes or until tender. 6 servings.

Candlelight Lamb Chops

- 6 loin or sirloin lamb chops, cut 1 inch thick
- 2 tablespoons bleu cheese
- 2 tablespoons mayonnaise

Combine bleu cheese and mayonnaise. Set regulator for broiling. Place chops on rack in broiler pan. Place in broiler so that meat is 3 to 5 inches from heat. Broil 6 to 8 minutes. Turn. Broil second side 4 to 6 minutes or until chops are done. Brush with bleu cheese mixture.
Lamb Pepper-Pots

1 1/2 pounds ground lamb
2 tablespoons lard or drippings
3 tablespoons finely chopped onion
1 can (16 ounces) tomatoes

1/2 cup quick-cooking rice
1/2 teaspoon oregano
1 1/2 teaspoon salt
1/4 teaspoon paprika
6 large green peppers

Cook meat in lard or drippings until lightly browned. Add onion and cook until tender. Pour off drippings. Add tomatoes, rice, oregano, salt and paprika. Cover tightly and cook slowly for 10 minutes. Remove top and seeds from green peppers. Cook peppers 5 minutes in boiling salted water. Drain. Fill peppers with meat mixture and place in a 12 x 8-inch baking dish. Pour hot water in dish to a depth of 1/2 inch. Bake in a moderate oven (350° F.) 35 to 40 minutes. 6 servings.

Sierra Lamb Stew

2 pounds boneless lamb, cut into 1-inch cubes
3 tablespoons lard or drippings
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 clove garlic, minced
1/4 cup chopped onion
1 teaspoon curry powder
1/4 teaspoon thyme
1/2 cup raisins
1 can (16 ounces) tomatoes
1 tablespoon brown sugar
1/2 cup grated apple
1/3 cup blanched almonds, sliced or slivered
2 cups cooked rice
Coconut

Brown meat in lard or drippings. Pour off drippings. Add salt, pepper, garlic, onion, curry powder, thyme, raisins and tomatoes. Cover tightly and simmer 1 hour or until meat is tender. Stir in brown sugar, apple and almonds. Cover and simmer 10 minutes more. Serve with cooked rice. Sprinkle with coconut. 6 to 8 servings.
Leg of Lamb—Currant Sauce

5 to 6-pound lamb leg  Pepper
Salt

Do not have the fell removed from the lamb leg. Season. Place skin side up on rack in open roasting pan. Insert roast 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. to 325° F.) 2½ to 3½ hours or until done. The meat thermometer will register 175° F. for medium-done; 180° F. for well-done. Serve with Currant Sauce.

Currant Sauce

1 cup currant jelly  ¼ teaspoon cloves
1 tablespoon lemon juice  ¼ teaspoon cinnamon
1 teaspoon dry mustard

Combine jelly, lemon juice, dry mustard, cloves, and cinnamon. Heat, stirring until jelly is melted. Serve warm with roast lamb or chops. Yield: 1 cup.

Jewelled Lamb Shanks

4 lamb shanks  1 cup dried prunes
2 tablespoons lard or 1 cup dried apricots
drippings 2 tablespoons lemon juice
2 tablespoons flour ¼ cup sugar
2 teaspoons salt ½ teaspoon cinnamon
¼ teaspoon pepper ½ teaspoon allspice
1 cup water ¼ teaspoon cloves

Combine flour, salt and pepper. Dredge meat in seasoned flour. Brown in lard or drippings. Pour off drippings. Add water. Cover tightly and simmer 1½ hours. Add prunes, apricots, lemon juice, sugar, cinnamon, allspice and cloves. Cover tightly and continue cooking 45 minutes or until tender. 4 servings.
MEAT COOKERY METHODS

**Braising**
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, shortribs, round steaks, heart, kidney.
- VEAL: breast, chops (rib, loin, shoulder), steaks, cutlets, heart, kidney.
- PORK (fresh): shoulder steaks, chops (loin, rib), spareribs, tenderloin (frenched), hocks, heart, kidney.
- LAMB: breast, shoulder, neck slices, shanks.

**Roasting**
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.

**Panfrying**
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), patties.
- VEAL: liver.
- PORK (smoked): ham slice, Canadian-style bacon, bacon.
- LAMB: chops (shoulder, rib, loin), patties, liver, kidney.
- VARIETY MEATS: brains, sweetbreads.

**Broiling**
1. Set the oven regulator for broiling.
2. Place meat 2 to 5 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.

**Cooking 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, if desired.
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): hocks.
- PORK (smoked): ham, picnic, butt.
- LAMB: neck, breast, shoulder, shank.

**Panbroiling**
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.
BEEF CHART

WHOLESALE CUTS OF BEEF AND THEIR BONE STRUCTURE

APPROXIMATE YIELDS*

FOREQUARTER

PERCENT
Chuck (6 ribs) 28
Rib (7 At) 8
Shank 4
Bristlet 6
Short Plate 8

HINDQUARTER

Round 23
Sirloin 9
Short Loin 8
Flank 5
Kidney, Suet and Hanging Tender 3
Total 48

*No allowance for cutting shrink

RETAIL CUTS OF BEEF AND WHERE THEY COME FROM

NATIONAL LIVE STOCK AND MEAT BOARD
### Wholesale Cuts of Pork and Their Bone Structure

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<thead>
<tr>
<th>Name of Cut</th>
<th>Percent</th>
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<td>Fresh Hams, Skinned</td>
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<td>Loins, Blade on</td>
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<td>Boston Butts</td>
<td>6.5</td>
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<tr>
<td>Picnics, Regular</td>
<td>6.5</td>
</tr>
<tr>
<td>Bacon, Square Cut</td>
<td>17.5</td>
</tr>
<tr>
<td>Spareribs</td>
<td>3.0</td>
</tr>
<tr>
<td>Jowl, Trimmed</td>
<td>3.0</td>
</tr>
<tr>
<td>Feet, Tail, Neckbones</td>
<td>5.0</td>
</tr>
<tr>
<td>Fat Back, Clear Plate and all Fat Trimmings</td>
<td>10.0</td>
</tr>
<tr>
<td>Sausages Trimmings</td>
<td>4.5</td>
</tr>
<tr>
<td>Cutting Loss</td>
<td>.5</td>
</tr>
<tr>
<td><strong>Total</strong></td>
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</table>

### Approximate Yields

<table>
<thead>
<tr>
<th>Name of Cut</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Hams, Skinned</td>
<td>18.5</td>
</tr>
<tr>
<td>Loins, Blade on</td>
<td>15.0</td>
</tr>
<tr>
<td>Boston Butts</td>
<td>6.5</td>
</tr>
<tr>
<td>Picnics, Regular</td>
<td>6.5</td>
</tr>
<tr>
<td>Bacon, Square Cut</td>
<td>17.5</td>
</tr>
<tr>
<td>Spareribs</td>
<td>3.0</td>
</tr>
<tr>
<td>Jowl, Trimmed</td>
<td>3.0</td>
</tr>
<tr>
<td>Feet, Tail, Neckbones</td>
<td>5.0</td>
</tr>
<tr>
<td>Fat Back, Clear Plate and all Fat Trimmings</td>
<td>10.0</td>
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<tr>
<td>Sausages Trimmings</td>
<td>4.5</td>
</tr>
<tr>
<td>Cutting Loss</td>
<td>.5</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>100.0</td>
</tr>
</tbody>
</table>

*Pork Dressing Hog, Head off, Feet out

---

### Retail Cuts of Pork and Where They Come From

- **Boston Butt**
- **Sausage**
- **Blade Steak**
- **Porklet**
- **Rolled Boston Butt**
- **Fat Back**
- **Smoked Shoulder Butt**
- **Lard**

---

**Cuts of Pork and Bone Structure**

- **Blade Loin Roast**
- **Center Loin Roast**
- **Sirloin Roast**
- **Sirloin Chop**
- **Loin Chop**
- **Rib Chop**
- **Country Style Backbone**
- **Butterfly Chop**
- **Top Loin Chop**
- **Smoked Loin Chop**
- **Roller Loin Roast**
- **Rolled Fresh Ham (leg)**
- **Canadian Style Bacon**
- **Rolled Fresh Ham (leg)**
- **Sliced Cooked "Boiled" Ham**
- **Canned Ham**

---

**Pork Chart**

- **Jowl Bacon**
- **Fresh Hock**
- **Smoked Hock**
- **Arm Roast**
- **Fresh Picnic**
- **Smoked Picnic**
- **Salt Pork**
- **Slab Bacon**
- **Rig's Feet**
- **Canned Luncheon Meat**
- **Arm Steak**
- **Rolled Fresh Picnic**
- **Canned Picnic**
- **Barbecue Ribs**
- **Sliced Bacon**

---

**National Live Stock and Meat Board.**
LAMB CHART
WHOLESALE CUTS OF LAMB AND THEIR BONE STRUCTURE

APPROXIMATE YIELDS

<table>
<thead>
<tr>
<th>FORESADDLE</th>
<th>PERCENT</th>
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<tbody>
<tr>
<td>Shoulders (4 ribs)</td>
<td>24.5</td>
</tr>
<tr>
<td>Hotel Rack (8 ribs)</td>
<td>11.5</td>
</tr>
<tr>
<td>Shanks</td>
<td>4.0</td>
</tr>
<tr>
<td>Breast</td>
<td>10.0</td>
</tr>
<tr>
<td>Total</td>
<td>50.0</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>HINDSADDLE</th>
<th>PERCENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legs</td>
<td>30.0</td>
</tr>
<tr>
<td>Loin, trimmed</td>
<td>11.0</td>
</tr>
<tr>
<td>Flanks</td>
<td>3.0</td>
</tr>
<tr>
<td>Kidneys and Suet</td>
<td>2.5</td>
</tr>
<tr>
<td>Cutting loss</td>
<td>4.5</td>
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<tr>
<td>Total</td>
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RETAIL CUTS OF LAMB AND WHERE THEY COME FROM

NATIONAL LIVE STOCK AND MEAT BOARD
<table>
<thead>
<tr>
<th>CUT</th>
<th>Approx. Weight</th>
<th>Oven Temperature Constant</th>
<th>Interior Temperature When Removed From Oven</th>
<th>Approximate Time Per Pound</th>
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</thead>
<tbody>
<tr>
<td>BEET</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Standing rib*</td>
<td>6 to 8</td>
<td>300-325</td>
<td>140</td>
<td>23-25</td>
</tr>
<tr>
<td>Rolled rib</td>
<td>5 to 7</td>
<td>300-325</td>
<td>140</td>
<td>32</td>
</tr>
<tr>
<td>Delmonico (rib eye)</td>
<td>4 to 6</td>
<td>350</td>
<td>140</td>
<td>18-20</td>
</tr>
<tr>
<td>Rolled rump (high quality)</td>
<td>4 to 6</td>
<td>300-325</td>
<td>150-170</td>
<td>25-30</td>
</tr>
<tr>
<td>Sirloin tip (high quality)</td>
<td>3½ to 4</td>
<td>300-325</td>
<td>150-170</td>
<td>35-40</td>
</tr>
<tr>
<td>PORK — FRESH</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loin—Center</td>
<td>3 to 5</td>
<td>325-350</td>
<td>185</td>
<td>35-40</td>
</tr>
<tr>
<td>Half</td>
<td>5 to 7</td>
<td></td>
<td>185</td>
<td>40-45</td>
</tr>
<tr>
<td>Blade loin or sirloin ends</td>
<td>3 to 4</td>
<td></td>
<td>185</td>
<td>45-50</td>
</tr>
<tr>
<td>Picnic shoulder</td>
<td>5 to 8</td>
<td>325-350</td>
<td>185</td>
<td>30-35</td>
</tr>
<tr>
<td>Boned and rolled</td>
<td>3 to 5</td>
<td>325-350</td>
<td>185</td>
<td>40-45</td>
</tr>
<tr>
<td>Cushion - style</td>
<td>3 to 5</td>
<td>325-350</td>
<td>185</td>
<td>35-40</td>
</tr>
<tr>
<td>Boston butt</td>
<td>4 to 6</td>
<td>325-350</td>
<td>185</td>
<td>45-50</td>
</tr>
<tr>
<td>Fresh ham, whole</td>
<td>10 to 14</td>
<td>325-350</td>
<td>185</td>
<td>25-30</td>
</tr>
<tr>
<td>Whole, boneless</td>
<td>7 to 10</td>
<td>325-350</td>
<td>185</td>
<td>35-40</td>
</tr>
<tr>
<td>Half, bone in</td>
<td>5 to 7</td>
<td>325-350</td>
<td>185</td>
<td>40-45</td>
</tr>
<tr>
<td>PORK — SMOKED</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ham—Whole</td>
<td>10 to 14</td>
<td>300-325</td>
<td>160</td>
<td>18-20</td>
</tr>
<tr>
<td>Half</td>
<td>5 to 7</td>
<td>300-325</td>
<td>160</td>
<td>22-25</td>
</tr>
<tr>
<td>Shank or butt portion</td>
<td>3 to 4</td>
<td>300-325</td>
<td>160</td>
<td>35-40</td>
</tr>
<tr>
<td>Ham half, fully cooked**</td>
<td>6 to 8</td>
<td>325</td>
<td>130</td>
<td>18-24</td>
</tr>
<tr>
<td>Shoulder butt</td>
<td>2 to 3</td>
<td>300-325</td>
<td>170</td>
<td>35-40</td>
</tr>
<tr>
<td>Picnic shoulder</td>
<td>5 to 8</td>
<td>300-325</td>
<td>170</td>
<td>35</td>
</tr>
<tr>
<td>Canadian style bacon</td>
<td>2 to 4</td>
<td>300-325</td>
<td>160</td>
<td>35-40</td>
</tr>
<tr>
<td>LAMB</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg</td>
<td>5 to 8</td>
<td>300-325</td>
<td>175-180</td>
<td>30-35</td>
</tr>
<tr>
<td>Shoulder (bone in)</td>
<td>4 to 6</td>
<td>300-325</td>
<td>175-180</td>
<td>30-35</td>
</tr>
<tr>
<td>Rolled</td>
<td>3 to 5</td>
<td>300-325</td>
<td>175-180</td>
<td>40-45</td>
</tr>
<tr>
<td>Cushion - style</td>
<td>3 to 5</td>
<td>300-325</td>
<td>175-180</td>
<td>30-35</td>
</tr>
<tr>
<td>VEAL</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg</td>
<td>5 to 8</td>
<td>300-325</td>
<td>170</td>
<td>25-35</td>
</tr>
<tr>
<td>Loin</td>
<td>4 to 6</td>
<td>300-325</td>
<td>170</td>
<td>30-35</td>
</tr>
<tr>
<td>Rib (rack)</td>
<td>3 to 5</td>
<td>300-325</td>
<td>170</td>
<td>35-40</td>
</tr>
<tr>
<td>Shoulder, rolled</td>
<td>4 to 6</td>
<td>300-325</td>
<td>170</td>
<td>40-45</td>
</tr>
</tbody>
</table>

*Ribs which measure 6 to 7 inches from chine to tip of rib.

**Allow approximately 15 minutes per pound for heating whole ham to serve hot.
**Time-Table for Broiling**

<table>
<thead>
<tr>
<th><strong>CUT</strong></th>
<th><strong>Weight</strong></th>
<th><strong>Approximate Total Cooking Time</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Pounds</strong></td>
<td><strong>Minutes</strong></td>
</tr>
<tr>
<td><strong>BEEF</strong></td>
<td></td>
<td>Rare</td>
</tr>
<tr>
<td>Chuck steak (high quality)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 inch</td>
<td>1½ to 2½</td>
<td>24</td>
</tr>
<tr>
<td>1½ inches</td>
<td>2 to 4</td>
<td>40</td>
</tr>
<tr>
<td>Rib steak — 1 inch</td>
<td>1 to 1½</td>
<td>15</td>
</tr>
<tr>
<td>1½ inches</td>
<td>1½ to 2</td>
<td>25</td>
</tr>
<tr>
<td>2 inches</td>
<td>2 to 2½</td>
<td>35</td>
</tr>
<tr>
<td>Rib eye steak — 1 inch</td>
<td>8 ounces</td>
<td>15</td>
</tr>
<tr>
<td>1½ inches</td>
<td>12 ounces</td>
<td>25</td>
</tr>
<tr>
<td>2 inches</td>
<td>16 ounces</td>
<td>35</td>
</tr>
<tr>
<td>Club steak — 1 inch</td>
<td>1 to 1½</td>
<td>15</td>
</tr>
<tr>
<td>1½ inches</td>
<td>1½ to 2</td>
<td>25</td>
</tr>
<tr>
<td>2 inches</td>
<td>2 to 2½</td>
<td>35</td>
</tr>
<tr>
<td>Sirloin steak — 1 inch</td>
<td>1½ to 3</td>
<td>20</td>
</tr>
<tr>
<td>1½ inches</td>
<td>2½ 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>1¼ to 2</td>
<td>20</td>
</tr>
<tr>
<td>1½ inches</td>
<td>2 to 3</td>
<td>30</td>
</tr>
<tr>
<td>2 inches</td>
<td>2½ to 3½</td>
<td>40</td>
</tr>
<tr>
<td>Ground beef patties</td>
<td>4 ounces</td>
<td>15</td>
</tr>
</tbody>
</table>

| **PORK — SMOKED**            |            |          |          |
| Ham slice — tendered         | ¾ to 1     |          |          |
| ½ inch                       |            | Ham always cooked 10-12 |
| 1 inch                       | 1½ to 2    | well done 16-20  |
| Canadian-style bacon         |            |          |          |
| ¼ inch slices                | 6-8        |          |          |
| ½ inch slices                | 8-10       |          |          |
| Bacon                        | 4-5        |          |          |

| **LAMB**                     |            |          |          |
| Shoulder chops — 1 inch      | 5 to 8 ounces | Lamb chops are not usually served rare |
| 1½ inches                    | 8 to 10 ounces | 12       |
| 2 inches                     | 10 to 16 ounces | 18       |
| Rib chops — 1 inch           | 3 to 5 ounces | 12       |
| 1½ inches                    | 4 to 7 ounces | 18       |
| 2 inches                     | 6 to 10 ounces | 22       |
| Loin chops — 1 inch          | 4 to 7 ounces | 12       |
| 1½ inches                    | 6 to 10 ounces | 18       |
| 2 inches                     | 8 to 14 ounces | 22       |
| Ground lamb patties          | 4 ounces   | 12       |

*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, 11/2 to 21/2 inches</td>
<td>3-4 hours</td>
</tr>
<tr>
<td>Swiss steak</td>
<td>2 inch cubes</td>
<td>2-3 hours</td>
</tr>
<tr>
<td>Fricassee</td>
<td>1/2 inch (x 2 in. x 4 in.)</td>
<td>11/2-2 hours</td>
</tr>
<tr>
<td>Beef birds</td>
<td>Pieces (2 in. x 2 in. x 4 in.)</td>
<td>11/2-2 hours</td>
</tr>
<tr>
<td>Short ribs</td>
<td>3/4 inch</td>
<td>11/2-2 hours</td>
</tr>
<tr>
<td>Round steak</td>
<td>1/2 to 3/4 inch</td>
<td>11/2 hours</td>
</tr>
<tr>
<td>Stuffed steak</td>
<td></td>
<td></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>11/2 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>11/2-2 hours</td>
</tr>
<tr>
<td>Breast — rolled</td>
<td>11/2 to 2 pounds, 3/4 inch</td>
<td>1 hour</td>
</tr>
<tr>
<td>Neck slices</td>
<td>3/4 to 1 pound each</td>
<td>1-11/2 hours</td>
</tr>
<tr>
<td>Shanks</td>
<td>3/4 to 1 inch</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Shoulder chops</td>
<td></td>
<td></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>11/2-2/2 hours</td>
</tr>
<tr>
<td>Breast — rolled</td>
<td>2 to 3 pounds, 1/2 inch (x 2 in. x 4 in.)</td>
<td>11/2-2/2 hours</td>
</tr>
<tr>
<td>Veal birds</td>
<td>1/2 to 3/4 inch</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 to 2 inches</td>
<td>45-60 minutes</td>
</tr>
<tr>
<td>Shoulder cubes</td>
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</table>

# Time-Table for Cooking in Liquid

<table>
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<th>Cut</th>
<th>Average Weight</th>
<th>Approximate Time Per Pound</th>
<th>Approximate Total Cooking Time</th>
</tr>
</thead>
<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></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>
Corn Belt Fritters

12 to 16 smoked sausage links
1 3/4 cups sifted enriched flour
1 tablespoon sugar
2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon allspice

1 can (7 ounces) whole kernel corn, drained
1 egg, beaten
3/4 cup milk
2 pounds lard for deep fat frying

Thinly slice 4 sausage links. Sift together flour, sugar, baking powder, salt and allspice. Add sausage and corn. Combine egg and milk. Add liquid to dry ingredients, stirring only until flour is well moistened. Drop by tablespoonfuls into hot lard (360° F.). Fry for about 4 minutes or until brown, turning once. Drain on absorbent paper. Serve with maple sirup and additional sausage links. Yield: 40 small fritters.

Tam-O-Shanter

8 slices large bologna, cut
1/8 to 1/4 inch thick
4 slices tomato, cut 1 inch thick
1 cup grated cheddar cheese
1 teaspoon oregano
2 teaspoons parsley flakes

Set regulator for broiling. Place 4 slices bologna on rack in broiler pan. Top each with tomato slice. Place in broiler so that meat is 5 inches from heat and broil about 3 minutes. Combine cheese, oregano and parsley flakes. Sprinkle 2 tablespoons mixture over each tomato slice and top with additional bologna slice. Continue broiling 2 minutes or until lightly browned. 4 servings.
Sun Coast Snacks

2 cans (12 ounces each) luncheon meat, cut in 1-inch cubes or 1 can (12 ounces) luncheon meat and 1 pound frankfurters and smoked sausage links, cut in 1-inch pieces

$\frac{1}{4}$ cup light brown sugar, packed 1 teaspoon grated orange rind 1 quart orange juice $\frac{1}{4}$ teaspoon allspice $\frac{1}{8}$ teaspoon ginger

Combine brown sugar, orange rind, orange juice, allspice and ginger in frying-pan. Cook mixture, stirring occasionally, about 5 minutes. Add meat and cook mixture slowly 10 minutes or until meat is heated through and glazed.

Forty-Niner Hash

2 cans (15 1/2 ounces each) corned beef hash 1 tablespoon prepared mustard 1/2 cup catsup 1 teaspoon Worcestershire sauce 1 teaspoon basil 1 can (8 ounces) sliced cling peaches, drained 6 to 8 slices cooked bacon

Combine corned beef hash, mustard, catsup, Worcestershire sauce and basil. Place in an 8x8-inch baking dish. Top with peach slices. Bake in a moderate oven (375° F.) 25 minutes. Garnish with bacon. 6 to 8 servings.

Trailburgers

1 jar (5 ounces) dried beef 1/3 cup coarsely chopped sweet pickles 1 cup cottage cheese 1/3 cup coarsely chopped celery 2 tablespoons chopped pimiento 1/2 teaspoon caraway seed 2 tablespoons mayonnaise 4 hamburger buns

Chop dried beef finely. Combine meat, cottage cheese, pimiento, mayonnaise, pickles, celery and caraway seed. Spread meat mixture on bun halves. Place on rack in broiler pan. Set regulator for broiling. Place in broiler so that meat is 3 to 5 inches from heat. Broil 3 to 5 minutes. 8 servings.
Deviled Ham Tarts

1 can (4 1/2 ounces) deviled ham
3 ounces cream cheese
1 teaspoon prepared mustard
1/2 teaspoon prepared horseradish
2 1/2 cups Homemade Pastry Mix (see recipe page 38)

Mix together deviled ham, cream cheese, mustard and horseradish. Chill.* Make pastry according to directions (page 38) for double crust pie. Divide pastry in half, and roll each amount to 1/8 inch thickness. Using a cookie cutter, cut pastry into 3-inch circles for a total of 48 circles. Place 1 teaspoon of the prepared meat filling in the center of each circle and fold pastry in half. Crimp cut edges. Prick top of pastry with a fork. Place on ungreased cookie sheet and bake in a hot oven (400° F.) 12 to 15 minutes or until golden brown. Yield: 48 ham tarts.

*Filling may be used as a dip, celery stuffing or spread. Yield: 1 cup.

River Grande Hot Dogs

10 frankfurters
2 cups Homemade Corn Bread Mix (see page 37)
2 teaspoons chili powder
1 egg

Milk
3 cups shredded cheddar cheese
1 cup catsup or chili sauce
1/2 cup finely chopped onion

Combine Corn Bread Mix and 1/2 teaspoon chili powder. Beat egg and add milk to make 1 3/4 cups. Add liquid mixture to dry ingredients. Stir only until dry ingredients are moistened. Drop batter on hot, lightly greased griddle, using about 1/4 cup batter for each cake. Cook until bubbles form on top and edges become slightly dry. Turn and brown on second side. Keep warm. Combine 2 cups of the cheese, catsup or chili sauce, onion and remaining chili powder. Mix well. Spread filling on corn meal cakes. Place frankfurters across center of cakes, and fold cakes around frankfurters. Place in 13 x 9-inch baking dish. Sprinkle with remaining 1 cup cheese. Bake in moderate oven (350° F.) 20 to 25 minutes or until heated through. 8 to 10 servings.
Bell-Ringer Brunch

1 1/2 pounds pork sausage links or bulk sausage shaped into 8 patties
2 tablespoons water
1/2 cup chopped green onions
1 tablespoon chopped parsley
8 eggs, beaten

1/3 cup milk
1 teaspoon Worcestershire sauce
1/2 teaspoon basil
1/2 teaspoon celery seed
1/4 teaspoon salt
1/8 teaspoon pepper

Place sausage in frying-pan and add water. Cover tightly and cook slowly 5 minutes. Remove cover and brown sausage. Remove sausage and pour off all but 2 tablespoons drippings. Cook onions and parsley in drippings until onions are tender. Combine eggs, milk, Worcestershire sauce, basil, celery seed, salt and pepper and add to onion mixture. Cook slowly, stirring only to cook eggs evenly. Place in serving dish and serve topped with sausage. 8 servings.

Open House Hors d’Oeuvres

1 pound ground beef
1/4 cup milk
1 egg, beaten
1 tablespoon dehydrated onion
2 tablespoons catsup
1/4 teaspoon garlic salt

1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup fine cracker crumbs
1/2 cup coarse cracker crumbs
3 tablespoons lard or drippings

Combine meat, milk, egg, onion, catsup, garlic salt, salt, pepper and 1/2 cup fine cracker crumbs. Mix thoroughly. Shape meat mixture into balls about the size of small walnuts. Roll meat balls in coarse cracker crumbs and brown on all sides in lard or drippings cooking until done, about 10 minutes. Serve with Hors d’Oeuvres Dip. Yield: 30 meat balls.

Hors d’Oeuvres Dip

1/3 cup catsup
1 tablespoon prepared mustard
1 tablespoon mayonnaise
1/2 teaspoon prepared horseradish

Mix thoroughly catsup, mustard, mayonnaise, and horseradish. Serve with meat balls. Yield: about 1/2 cup.
Deviled Ham Supreme

1 can (2 1/4 ounces) deviled ham
1 jar (2 1/2 ounces) pimento cheese spread
1 hard cooked egg, chopped
1 teaspoon prepared mustard
2 tablespoons mayonnaise

Mix together deviled ham, pimento cheese spread, egg, mustard and mayonnaise. Use as celery stuffing, sandwich filling, spread or as a filling for meat cornucopias. Yield: about 1 cup.

Canned Meats

Quick... Easy... Convenient

As convenience foods, canned meats offer the homemaker a wide variety of thrifty, easy meal planning ideas. Through continuous research the meat industry produces many new and improved canned meat items.

CHILI CON CARNE and TAMALES—Zesty served alone or together.
CORNED BEEF and ROAST BEEF HASHES—Always a distinct addition to eggs for breakfast.
CHOPPED BEEF and SLICED DRIED BEEF—A flavor favorite for snacks and meals.
HAMS and PICNICS—Variety in shape and size—pleasing to appetite, palate and budget.
DEVILED HAM, POTTED or DEVILED MEATS—Can brighten the flavor of many a filling, dip or sauce.
MEAT STEW, MEAT and GRAVY, ROAST BEEF—Enticing served indoors or outdoors any time of the year.
SAUSAGE, VIENNA SAUSAGE—For variety galore and good eating every season of the year.
HAMBURGERS and SPAGHETTI MEAT PRODUCTS—So easy, so tasty—just heat and serve.
TONGUE—For that "distinctive" sandwich or a party hors d'oeuvres tray.
LUNCHEON MEAT—Serve cold, fried, baked or broiled—it's always good.
VINEGAR PICKLED PRODUCTS—All-time palate pleasers.
Candy Cane Cake

3 cups sifted cake flour  3 eggs
1 tablespoon baking powder  1 teaspoon vanilla
½ teaspoon salt  1 cup milk
¾ cup lard  ¾ cup finely crushed peppermint stick candy
1 cup sugar


Candy Cane Frosting

1 cup light corn sirup  ¼ teaspoon red food coloring
2 egg whites  ¾ cup coarsely crushed peppermint stick candy
1 teaspoon vanilla

Bring corn sirup to a rolling boil. Beat egg whites. Gradually add one half of sirup to beaten egg whites, beating constantly. Bring remaining sirup to a boil again and add to egg whites. Beat constantly until cooled. Add salt, vanilla and red food coloring. Sprinkle frosted cake with crushed peppermint candy. Yield: frosting for two 9-inch cake layers.
**Heritage Pie**

Pastry for double 9-inch pie (see recipe page 38)  
1 can (16 ounces) sour pitted cherries  
$\frac{1}{2}$ cup sugar  
2 tablespoons cornstarch  
1 cup prepared mincemeat  
$\frac{1}{4}$ teaspoon rum extract

Drain cherries thoroughly and save juice. Add water to cherry juice, if necessary, to make 1 cup. Combine sugar, cornstarch and cherry juice. Mix well. Bring mixture to a boil and cook slowly, stirring constantly, until thick and transparent. Fold in mincemeat, cherries and extract. Divide pastry in half. Roll half of pastry about $\frac{1}{8}$ inch thickness and line a 9-inch pie pan, allowing $\frac{1}{2}$ inch pastry to extend over edge. Roll remaining pastry for top. Cut into strips $\frac{1}{2}$ to $\frac{3}{4}$ inch wide for lattice top. Pour filling into pastry. Make lattice top. Crimp edge. Bake in a hot oven (400° F.) 35 to 40 minutes or until lightly browned.

**Cashew Crunchies**

2 cups sifted enriched flour  
1 teaspoon baking powder  
$\frac{1}{2}$ teaspoon soda  
$\frac{1}{4}$ teaspoon salt  
$\frac{1}{2}$ cup lard  
1 cup brown sugar  
1 egg  
$\frac{1}{2}$ teaspoon vanilla  
$\frac{1}{2}$ cup dairy sour cream  
$1\frac{1}{2}$ cups salted whole cashews


**Creamy Icing**

2 tablespoons softened butter  
1 cup sifted confectioners’ sugar  
1 to 2 tablespoons milk  
1 teaspoon vanilla

Combine butter, sugar, milk and vanilla and mix until smooth. Spread on cookies.
Butterscotch Bars

3 cups sifted enriched flour  
2 teaspoons baking powder  
½ teaspoon soda  
¼ teaspoon salt  
½ cup lard

1½ cups brown sugar  
3 eggs  
1 cup chopped nuts  
1 package (6 ounces) butterscotch bits

Grease the bottom of a 13 x 9-inch cake pan. Sift together flour, baking powder, soda and salt. Melt lard and stir in brown sugar. Cool until slightly set. Add eggs, one at a time, beating thoroughly after each addition. Add sifted dry ingredients, nuts and butterscotch bits and mix well. Pour into pan and bake in a moderate oven (350° F.) 25 to 30 minutes or until done. Cool and cut into bars approximately 1½ x 3 inches. Yield: 2 dozen bars.

Easy Cake-Praline Topping

1¾ cups sifted cake flour  
½ cup lard  
¾ cup plus 2 tablespoons sugar  
2 teaspoons baking powder

½ teaspoon salt  
1 teaspoon vanilla  
½ cup milk  
2 eggs

Grease bottom of an 8 x 8-inch cake pan. Cream ½ cup flour and lard thoroughly. Add remaining flour, sugar, baking powder, salt, vanilla and ½ cup milk. Beat until smooth and fluffy. Add remaining milk and beat thoroughly. Add eggs one at a time, beating well after each addition. Pour batter into cake pan. Bake in a moderate oven (375° F.) 30 to 35 minutes or until done. When cake is done, spread Praline Topping, a small amount at a time, over hot cake in pan. Return cake to moderate oven (375° F.) and bake 5 minutes longer.

Praline Topping

⅓ cup brown sugar, packed  
1 tablespoon flour  
½ cup finely chopped pecans

3 tablespoons butter, melted  
1 tablespoon water

Combine brown sugar, flour, pecans, butter and water. Mix well.
Fruit Pie Tropicale

1 baked 9-inch pie shell  
(see recipe page 38)  
1 can (16 ounces) fruit cocktail  
1 envelope gelatin  
1/2 cup sugar  
1/4 teaspoon salt  
2 tablespoons flour  
1 cup milk  
2 eggs, separated  
1/2 teaspoon almond extract  
1 teaspoon vanilla  
1/4 teaspoon cream of tartar  
1/3 cup sugar  
1/4 cup flaked coconut  
1/4 cup flaked coconut, toasted

Drain fruit cocktail and save 3/4 cup sirup. Combine gelatin, 1/2 cup sugar, salt and flour. Add sirup and milk and bring mixture to a boil, stirring constantly. Beat egg yolks and stir quickly into custard. Continue cooking, stirring constantly, 2 minutes. Cool until slightly thickened. Fold in almond and vanilla extracts. Add cream of tartar to egg whites and beat until frothy and add 1/3 cup sugar gradually, beating until meringue stands in peaks. Fold fruit, 1/4 cup coconut and meringue into custard. Pour into baked pie shell and top with 1/4 cup toasted coconut. Chill 4 hours.

Holiday Jam Cake

3 cups sifted enriched flour  
2/3 cup lard  
1 teaspoon salt  
1 1/2 cups sugar  
1 teaspoon soda  
3 eggs  
1 teaspoon baking powder  
1 cup strawberry preserves  
3 tablespoons cocoa  
1 cup sour milk*  
1 teaspoon cinnamon  
1/2 cup chopped nuts

Line bottom of three 9-inch cake pans with double thicknesses of waxed paper. Sift together flour, salt, soda, baking powder, cocoa and cinnamon. Cream lard and sugar until light and fluffy. Add eggs, one at a time, beating thoroughly after each addition. Add preserves and beat 2 minutes. Add dry ingredients alternately with milk. Fold in nuts. Pour batter into cake pans. Bake in moderate oven (350° F.) for 25 to 30 minutes or until done. Cool. Frost with Caramel Frosting.

*Sour milk — 1 tablespoon vinegar plus milk to make 1 cup.
Caramel Frosting

\[
\frac{1}{2} \text{ cup butter} \\
1\frac{1}{2} \text{ cups brown sugar} \\
\frac{1}{2} \text{ cup milk}
\]

Melt butter and add brown sugar and boil 2 minutes. Add milk and bring mixture to a boil. Cool. Add confectioners' sugar gradually until spreading consistency.

Homemade Corn Bread Mix

\[
4 \text{ cups sifted enriched flour} \\
\frac{1}{2} \text{ cup sugar} \\
\frac{1}{4} \text{ cup baking powder} \\
4 \text{ cups white or yellow corn meal} \\
1 \text{ tablespoon salt} \\
1 \text{ cup lard}
\]

Sift together flour, corn meal, sugar, baking powder and salt. Cut lard into flour mixture with a fork or pastry blender until crumbs are about the size of small peas. Cover Mix and store in refrigerator. This Mix will keep at least a month in refrigerator. Yield: 8 cups Mix.

To make muffins or corn bread, add 1 beaten egg and 1 cup milk to 2 cups Homemade Corn Bread Mix. Mix until just smooth. Fill 12 medium-sized greased muffin pans ⅔ full or pour into greased 8x8-inch baking pan. Bake in a hot oven (425°F.) 20 to 25 minutes.

Homemade Biscuit Mix

\[
8 \text{ cups sifted enriched flour} \\
\frac{1}{4} \text{ cup baking powder} \\
4 \text{ teaspoons salt} \\
1 \text{ cup lard for soft wheat} \quad \text{or} \quad 1\frac{1}{2} \text{ cups lard for hard wheat flour}
\]

Sift together flour, baking powder and salt. Cut in lard until the mixture has a fine even crumb. Cover Mix and store in refrigerator. This Mix will keep at least a month in the refrigerator. Yield: 10 cups Mix.

To make biscuits, add ½ cup milk to 2 cups Homemade Biscuit Mix. Turn onto a lightly floured surface and knead gently for ½ 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. Yield: 10 to 12 biscuits.
Blueberry Muffins

1 1/2 cups Homemade Biscuit Mix (see recipe page 37)  
1/3 cup milk  
1/2 cup drained canned sweetened blueberries

1/4 cup sugar  
1 egg, beaten

Grease 8 to 10 medium muffin pans. Combine Biscuit Mix and sugar. Combine egg and milk and add to dry ingredients. Stir only until dry ingredients are moistened. Fill muffin pans 2/3 full. Place 1 tablespoon blueberries on each muffin. Bake in a hot oven (400° F.) 20 to 25 minutes. Yield: 8 to 10 muffins.

Homemade Pastry Mix

7 cups sifted enriched flour  
1 3/4 cups lard for soft wheat flour or 2 cups for hard wheat flour  
4 teaspoons salt

Sift together flour and salt. Cut lard into flour mixture with a fork or pastry blender until crumbs are about the size of small peas. Cover Mix and store in refrigerator. This Mix will keep at least a month in refrigerator. Yield: 8 single pie crusts.

Pastry for Single or Double Crust Pie

TO MAKE SINGLE CRUST PIE, USE: 
1 to 1 1/4 cups Mix for 8-inch 
1 1/4 to 1 1/2 cups Mix for 9-inch 
1 1/2 to 1 3/4 cups Mix for 10-inch

TO MAKE DOUBLE CRUST PIE, USE: 
2 to 2 1/4 cups Mix for 8-inch 
2 1/4 to 2 1/2 cups Mix for 9-inch 
2 1/2 to 2 3/4 cups Mix for 10-inch

Add water to mix, a small amount at a time, mixing quickly and evenly until dough forms a ball. Divide pastry if for double pie crust. Roll to about 1/8 inch thickness and line pie pan, allowing 1/2 inch crust to extend over edge.

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

When baking pie shell, crimp edge of pastry. Prick pastry with a fork and bake in very hot oven (450° F.) 8 to 10 minutes.
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