MEAT for Your TABLE

A New Collection of Attractive Recipes for Beef, Veal, Pork, and Lamb

Instruction In MEAT COOKING METHODS
Roasting Braising
Broiling Stewing
Panbroiling Cooking in Water

Published by the NATIONAL LIVE STOCK AND MEAT BOARD
407 South Dearborn Street
Chicago, Illinois
MEAT for Your TABLE

A New Collection of Attractive Recipes
for Beef, Veal, Pork and Lamb

Copyright 1931
National Live Stock and Meat Board

Institution to MEAT COOKING METHODS

Koseling
Broiling
Stewing
Panroasting
Cooking in Water

Published by the
UNION LIVE STOCK VEB MEAT REPORT
The Copper Plate Press
Linotype Litho
THE preparation of the meat dish for the family table is both an art and a science. The homemaker desires to serve attractive, appetite-appealing food to her family. This accomplishment is an art. At the same time, she wants accurate results. To obtain them is a science. Perhaps it is easier to be artistic than to be scientific; the one is a natural ability; the other must be acquired.

Certainly the science of meat cookery has been neglected too long; however, during the past seven years great strides have been made through research and experimentation. And so it is that there is available, information which will enable the homemaker to be sure of her results.

The National Live Stock and Meat Board, the United States Department of Agriculture, and twenty-six state experiment stations are cooperating in a great national project to find out all there is to know about the best ways of producing, processing, and preparing meat.

Since the "proof of the pudding is in the eating," the quality of all the experimental animals must be tested by cooking and tasting the cuts from those animals. Literally thousands of roasts of beef, legs of lamb, and loins of pork have been prepared during the time the study has been in progress.

The home economists who have this phase of the work in charge have gathered an unlimited amount of knowledge about how to select meat and how best to prepare it for the family.

This knowledge is being given to housewives in bulletins from the Bureau of Home Economics at Washington and various state experiment stations, through radio talks, and through lectures.

A great many of the common practices in meat cookery have been discarded for better methods. It is the common belief that browning or searing keeps in the juices and prevents the roast from being dry. This has proved to be a fallacy; the roast that is seared actually shrinks more than the one which is not seared.
The covered roaster has had to give way to the open pan. And now the self-baster comes off the shelf only when a roast of veal or a turkey or a chicken is to be cooked.

If the roast has a nice, fat covering there is no need to stand over a stove ladling drippings over a roast. The roast will baste itself as the fat melts and drips over the meat. Of course, the roast is always put in the pan with the fat side up.

The purpose of this booklet is to bring to the homemaker the results of this study in so far as it relates to the methods of preparing meat, the center of the menu. The recipes are all based upon scientific principles of meat cookery, nor is the artistic touch overlooked.

The roast done to a turn, the steak always juicy, the pot-roast never dry are the results of scientific cookery. The garnishment of a platter, the addition of a bit of unusual seasoning, the unusual accompaniment are the results of the artistic touch.

The National Live Stock and Meat Board has prepared MEAT FOR YOUR TABLE in the hope that it will help those who use it to achieve meat dishes which are uniformly well prepared and which are a delight to the eye.
ROASTING

To roast is to cook by indirect dry heat, usually in an oven.

General Principles of Roasting

1. The cuts best adapted for roasting are the tender cuts. Of beef, the ribs are the most popular roast; the sirloin tip, the tenderloin, the rump, the round, and chuck ribs are used also. Of lamb, the legs, the ribs, the loin, the shoulder and the rolled breast may all be roasts. These same cuts of veal are used as roasts. Loins are the most popular of pork roasts, but fresh hams and fresh shoulder cuts make excellent roasts. Cured hams and shoulder cuts are cooked by this method also, but it is called “baking.”
2. The meat is seared at a high temperature (500° F.) ; then the roasting is completed at a lower temperature (300° F.).
3. The salt is added when the roast is put in the oven.
4. No water is added at any time.
5. The pan is not covered at any time in roasting beef, pork, or lamb. It is covered for veal after the meat is seared.
6. The roast may or may not be dredged with flour. The gravy from a flourled roast has a better color.
7. The roast-meat thermometer is the most accurate way of telling when roast is done to the desired degree. The thermometer is inserted so that bulb reaches center of fleshiest part of muscle. Care must be taken that it does not rest on bone or fat. Meat is then roasted until the thermometer registers a certain temperature. This temperature is different for different meats. For beef, 140° F., for a rare roast; 160° F., for a medium-done roast; 180° F., for a well-done roast. For fresh pork, 185° F.; cured pork, 158° F., to 170° F. For lamb, 175° F., if liked slightly underdone; 182° F., for well done. For veal, 160° F.
8. Lacking a thermometer, it is necessary to depend on the time-weight relation. That is, a certain number of minutes per pound is allowed. The weight of the roast must be known. For beef, allow sixteen minutes per pound for a rare roast, twenty-two minutes per pound for a medium-done roast, and thirty minutes per pound for a well-done roast. For lamb, allow about thirty-five minutes per pound. For pork, twenty-five to thirty minutes is required. Veal requires twenty minutes to the pound.
Recipes for Roasts

The recipes for roasts given here follow the accepted oven temperatures and times for cooking. All roasts are cooked according to these principles and variety is a matter of seasoning, garnish, and accompaniment.

**BEEF AND VEAL**

**STANDING RIB ROAST**

Select a 2- or 3-rib standing roast. Wipe it with a damp cloth. Sprinkle with salt, allowing ½ teaspoon for each pound, then lightly with flour. Place the roast in an open pan without adding any water and with the fat side up. As the fat melts and cooks out it will baste the meat. Place the meat in a hot oven (500°-525° F.). Sear the meat for twenty or thirty minutes until lightly browned. Reduce the temperature to about 350° F., and continue cooking until the roast has reached the desired degree of doneness. A 3-rib roast will probably require sixteen minutes to the pound to be rare, twenty-two minutes to the pound to be medium, and thirty minutes to the pound to be well done.

**STUFFED TENDERLOIN OF BEEF**

Secure a tenderloin weighing 4 or 5 pounds. Slit it open down one entire side but do not cut all the way through. Have ready a carrot and 2 or 3 stalks of celery cooked almost soft. Spread the meat apart and rub both inside and outside with salt and brush lightly with melted butter. Place the parboiled carrot and celery inside and tie the roast to give it a nice even shape. Add a little fat to the roasting pan into which a sliced onion and a few whole black peppers have been put. Place the roast in the pan and cook in a hot oven for thirty to thirty-five minutes.

**ROAST TENDERLOIN**

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

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

**ROAST LEG OF VEAL**

Wipe the veal carefully. Rub with salt and pepper. Place the roast on a rack and set into the lower pan of the roaster with the skin side up. Place in a very hot oven previously heated to 500°-575° F., and sear without covering.
for fifteen or twenty minutes. At the end of this time reduce the temperature rapidly to 260° F. Cover the roaster and continue cooking until the roast is done. Allow twenty-five minutes per pound. Do not add water. Veal is always cooked well done.

ROAST LOIN OF PORK

Have the bones of a pork loin cracked at the market so that it can be carved in slices between the ribs. Wipe the meat with a damp cloth. Sprinkle with salt, allowing 1 teaspoon for each pound, and pepper, and rub with flour. Place the roast, ribs down and fat side up, on a rack in an uncovered roasting pan. Sear the meat for thirty minutes or until nicely browned in a hot oven (480° F.), then reduce the temperature quickly to a very moderate heat (300°-325° F.), and cook until the meat is tender, allowing thirty minutes to the pound. If the thermometer is used, the roast is done when it registers 185° F.

CROWN ROAST OF PORK

Have a crown roast prepared at the market. Mix 1 cup of sausage meat with 1 cup of stale bread crumbs, soften in warm water and squeeze dry. Add additional seasonings if needed. Put the roast in a roasting pan and fill the inside of the crown with the sausage mixture. Place cubes of salt pork over the ends of the ribs to keep the bones from charring. Dredge with salt, pepper, and flour and bake in a slow oven between two and three hours. In 4 tablespoons of melted fat, cook 12 small peeled onions to a delicate brown. Add 1 cup of stock and let the onions cook until tender. The onions will glaze as the stock cooks away. Remove the crown carefully to a serving dish, so as to avoid breaking the sausage filling. Remove the fat pork from the ends of the ribs and replace it with raw cranberries. Garnish with parsley and serve with red cinnamon apples.

ROAST SPARERIBS STUFFED WITH CHESTNUTS

Spareribs
Cooked Chestnuts . . . . . . . 2 cups
Dry Bread Crumbs . . . . . . . 1 cup
Hot Water . . . . . . . . . ½ cup
Parsley, Minced . . . . . . . 1 teaspoon
Lemon Rind, Grated . . . . 1 teaspoon
Butter, Melted . . . . . . . . . ½ cup
Fat . . . . . . . . . . . . . . . 2 teaspoons
Pepper . . . . . . . . . . . . . ¼ teaspoon

While the chestnuts are hot, mash them or put them through a ricer. Mix crumbs and hot water and let stand two minutes. Then combine crumbs with chestnuts and other ingredients. Trim rib ends neatly and crack them crosswise in two places. Wipe with a damp cloth. Fill ribs with the stuffing, fold the rib ends over and tie to hold in place. Put in a moderate oven (300° F.), and bake for about an hour.
BAKED HAM

Wash and scrape the ham thoroughly. Soak overnight if necessary. Place on a rack in an uncovered pan with the fat side up. Place in a slow oven (300° F.). Cook until done or until the meat thermometer registers 158° F. A 10-pound ham will require twenty-five minutes to the pound; a larger ham twenty minutes; half-ham requires thirty minutes per pound. Forty-five minutes before the cooking is completed, remove from the oven. Take off rind and cut diagonals across the fat to form diamonds. Spread with a mixture of 1 cup brown sugar and 1/4 cup fine bread crumbs, seasoned with 1/2 teaspoon dry mustard and moistened with fruit juice or cider. Stick a whole clove in each diamond. Return to the oven to finish cooking. During the last ten minutes of cooking, increase the heat so as to brown the ham.

ROAST LEG OF LAMB

Do not remove the fell as the roast will keep its shape better and cook more quickly if this thin papery covering is left in place. Wipe the meat with a damp cloth, sprinkle with salt and pepper, and rub well with flour. Place on a rack with the skin side down and the cut surface up. If the fat covering is very thin, lay strips of bacon across the top. Sear in a hot oven thirty minutes, or less if bacon has been added. When lightly browned, reduce the heat to 300° F., and continue cooking without a cover and without the addition of any water. A leg of lamb will require about thirty-five minutes to the pound at these temperatures. A 5-pound leg takes from two and one-half to three hours.

ROAST SHOULDER OF LAMB STUFFED WITH CORN DRESSING

Have the shoulder blade removed and fill the cavity thus formed with a dressing made as follows:

| Corn Pulp | 2 cups | Green Pepper, Minced | 2 tablespoons |
| Bread Cumbs | 2 1/2 cups | Salt | 1 1/2 teaspoons |
| Celery Leaves, Powdered | 3 tablespoons | Pepper | 1/8 teaspoon |
| Butter, Melted | 4 tablespoons |

Mix thoroughly. This will make 3 3/4 cups of dressing.

Place the meat in an uncovered roaster. Sear for thirty minutes in a hot oven (480° F.). Reduce the temperature rapidly to 300° F., and continue roasting for about two and one-half to three hours.

ROLLED ROAST SHOULDER

Have the shoulder boned and rolled. Roast in same way as leg. The thermometer may be used to tell when it is done, or allow about thirty-five minutes to the pound.
BROILING

To broil is to cook by radiant (direct) heat from hot coals, a gas flame, or an electric element.

General Principles of Broiling

1. The cuts best adapted for broiling are the tender beef steaks, such as the porterhouse, sirloin, and club steaks, lamb or mutton chops or steaks, and ham and bacon.

   With the possible exception of the tenderloin, fresh pork cuts need longer, slower cooking than is obtained by broiling. Veal cuts cannot be broiled successfully because veal is lacking in fat.

2. Steak should not be cut less than 1 inch thick and may be as thick as 2 1/2 or 3 inches; chops not less than 3/4 inch.

3. The seasonings of salt, pepper, and melted butter are usually added after the meat is on the platter. Or the salt and pepper may be added to the steak or chops when ready to turn.

4. The broiler oven is preheated to 350° F. for steaks; this will require about thirty minutes. Lamb chops are put on a cold greased broiler rack.

5. Place broiler pan so there is about 3 inches between top of steak and flame. Place chops about 2 inches below flame.

6. Only one turning is necessary as the meat will be about half done when it is nicely browned on one side.

7. Broil with the oven door open.

8. A meat thermometer may be used to determine when the steak is done. The thermometer is inserted horizontally into the steak so that the center of the bulb reaches the center of the largest muscle. In using thermometer, steak is turned when thermometer registers 104° F., and is removed from oven when thermometer registers 136° F. The steak will be medium done.

9. Lacking the thermometer, time of cooking is used to tell when meat is done. A 2-inch steak cooked medium will take thirty-five to forty minutes. A thinner steak will take less time, so will a rare one. It will take a longer time to cook it well done.

   Lamb chops cut 1 1/2 to 2 inches thick will require twenty-five to thirty minutes; cut 3/4 inch thick, they will cook in ten to fifteen minutes.

   Ham requires ten minutes for a very thin slice, twenty minutes for one 1/2 to 3/4 inch thick, thirty minutes for one 1 inch thick.
Recipes for Broiled Meat Dishes

The recipes given in this section are all based on the principle of broiling.

The rules for broiling the different cuts will be given in two or three recipes, but because of space limitations and in order that more suggestions may be given for attractive methods of serving and distinctive accompaniments, these directions will not be repeated in each recipe.

**BEEF**

**BROILED STEAK**

Have steak cut from 1 to 2 inches thick. Preheat the broiler to 350° F., have the regulator set at 500° F. It will require about thirty minutes. Put the steak on the center of the broiler rack so that there is a distance of about 3 inches between the flame and the top of the steak. When the steak is nicely browned on one side, turn and brown on the other. The steak will be done when the second side is browned. Only one turning is necessary. For a 2-inch steak, allow thirty-five to forty minutes to be medium done.

**BROILED STEAK WITH MELTED CHEESE**

Broil the steak as usual. Just as it is ready to be taken up, place thin slices of American cheese over the steak. Put back in the oven to melt the cheese.

**STEAK BORDELAISE**

Select a thick steak and broil. Chop a peeled clove of garlic very fine or grate it. Mix with 3 times the quantity of finely minced parsley. Mix to a smooth paste with melted butter. Spread over the steak and put in the oven a few minutes before serving.

**BROILED STEAK A L’ANGLAISE**

Mix 1 tablespoon olive oil with 1 teaspoon salt and a dash of cayenne pepper. Rub a steak thoroughly with the mixture and let stand for two hours. Drain, broil, dot with butter, and serve.

**STEAK WITH OYSTER BLANQUETTE**

Heat 1 quart oysters in their own liquor, skim, and cook until the edges curl. Thicken with flour cooked in butter and serve as a border around a nicely broiled steak. There should not be too much sauce over the oysters.

**FILLET MIGNON**

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

**PORK**

**BROILED HAM**

Trim the rind and lean edge from a slice of ham and cut in several places to prevent curling. Place the ham in the broiler rack. Turn frequently and cook it at moderate heat. Allow ten minutes for a very thin slice, twenty minutes for ham cut \( \frac{1}{2} \) to \( \frac{3}{4} \) inch thick, and thirty minutes for a slice 1 inch thick.

**BROILED HAM AND PINEAPPLE**

Broil ham as usual. Take some of the fat from the ham and cook slices of pineapple in it until they are browned and tender.

**HAM WITH CARROTS**

Broil ham as usual. Boil small carrots whole, then brown them in ham fat and serve in a border around the ham.

**BROILED BACON**

Place slices of bacon on a cool broiler rack. Have rack 5 inches below the flame. Gas should be turned for a moderate oven (325° F.). Turn frequently. When light golden brown and evenly crisped, remove to a hot platter.

**LAMB**

**BROILED LAMB CHOPS**

Have lamb chops cut of uniform thickness and the fell removed. To broil by direct heat lay the chops on a cold greased rack and place over live coals or under an electric grill or gas flame. If gas is used have chops 2 or 3 inches from the flame. Sear them on both sides. After searing, lower the flame and finish cooking at reduced temperature. Turn chops occasionally but do not pierce brown crust. It will require ten to fifteen minutes to broil chops \( \frac{3}{4} \) to 1 inch thick.

**ENGLISH LAMB CHOPS**

The English mutton or lamb chop is cut across the double loin at the large end, the loin not being split. The kidneys are frequently placed in the center with the flank ends of the chop folded around.

Have English chops cut 1\( \frac{1}{2} \) inches thick. Roll in melted butter or oil and let stand twenty minutes. Broil the chops in a hot greased broiler. Sear on
both sides and then remove farther from the fire. Allow ten to twelve minutes for broiling. Arrange chops in a border overlapping each other and fill center of platter with French fried potatoes.

**MIXED GRILL OF BROILED LAMB CHOPS**

Broil 4 lamb chops on one side. Place on a plank or fire-proof platter with the browned side down. On one end arrange three tomatoes cut in thick slices and dipped in melted butter and seasoned flour. In the middle place two bananas cut in half and dipped in melted butter and lemon juice. Place in between mushrooms that have been dipped in melted butter. Return to the broiler and cook until the chops are done and the tomatoes and bananas nicely browned.

**LAMB CHOPS, ITALIAN STYLE**

Lamb Chops, Frenched .............. 6
Crumbs, Sifted ..................... 1 cup
Salt .............................. ½ teaspoon
Pepper ......................... ¼ teaspoon

Wipe chops with a damp cloth. Roll in melted butter, then in mixture made of sifted crumbs, seasonings, and cheese. Roll in beaten egg and again in crumb mixture. Broil for four or five minutes on each side. Arrange on a platter. Serve with Tomato sauce. Make ring of vegetables for quick service of mashed potatoes, sliced beets, and green beans. Garnish with cress.

**LAMB CHOPS WITH DRESSING**

Lamb Chops .............. 6
Egg Yolk .............. 1
Cream ...................... 1 tablespoon
Salt .............................. ½ teaspoon
Pepper ......................... ¼ teaspoon

Remove fat and skin from the veal. Chop meat very finely. Add the egg yolk, cream, and seasoning. Broil the lamb chops for three or four minutes on one side. Spread the cooked side of the chop with the veal dressing. Put into a buttered baking dish, cover and bake for fifteen minutes. Garnish with watercress and serve with Mushroom sauce.

**BROILED LAMB STEAKS WITH CURRANT SAUCE**

Have the required number of steaks cut from the leg. Broil them the same as chops. Take some of the lamb fat from the broiler pan and melt a glass of currant jelly in it. Place the steaks in the center of a hot platter and surround with a border of hot boiled rice. Pour the sauce over the steaks.

**PLANKED CHOPS**

Broil thick English chops on one side and arrange them cooked side down on a hot buttered plank. Season with salt, pepper, and butter. Decorate with a border of mashed potatoes. Fill in with boiled cauliflower flowerets, lima beans, and boiled carrots. Cook in the oven or under the broiler until the chops are done.
PANBROILING

To panbroil is to cook in a hot, uncovered frying-pan, pouring off fat as it accumulates in the pan.

General Principles of Panbroiling

1. The same tender cuts that are cooked by broiling may be cooked by panbroiling: Porterhouse, sirloin, and club steaks of beef; loin, rib, and shoulder chops, and steaks of lamb and mutton; ham and bacon. All ground meats may be broiled or panbroiled.

   Fresh pork cuts and veal cuts are not adapted to cooking by broiling or panbroiling.

2. Heat a heavy iron or aluminum frying-pan until it is sizzling hot.

3. Do not add any fat. If the pan is hot enough, the meat will not stick. Pour off as much fat as possible as it collects in the pan, otherwise the meat will fry instead of broil.

4. Do not add any water.

5. Do not cover the pan.

6. Brown the meat nicely on both sides in the hot pan, then reduce the temperature and cook until the desired degree of doneness is reached. Turn the meat from time to time to insure even cooking. After searing thick chops or steak, the cooking may be completed in the oven. Slip a rack under the meat and put in the oven. The temperature of the oven should be 480° F., (hot) for steak, and 375°-400° F., (moderate) for chops.

7. It will require about the same length of time to panbroil chops as it does to broil them.

8. Either broiled or panbroiled steaks and chops should be served at once on a very hot platter, otherwise the flavor and goodness are impaired.
Recipes for Panbroiled Meats

Panbroiling is an excellent way to prepare the tender steaks and chops if there are no facilities for broiling or if a small steak or one or two chops are to be cooked. Planked meat dishes usually are panbroiled partially and then the cooking completed in the oven or under the broiler flame. These may be broiled, too.

**BEEF**

**PANBROILED STEAK**

Select a porterhouse, sirloin, or club steak cut 1 1/2 to 2 inches thick. Trim the steak of excess fat and wipe with a damp cloth. Sear the steak on both sides in a heavy, sizzling hot frying-pan. When both sides are seared, reduce the temperature and cook to the desired stage. Turn the meat frequently to insure even cooking. Do not add any water and do not cover. From time to time, pour off accumulated fat so that steak will broil, not fry. After a thick steak is seared, it may be put on a rack and the cooking completed in a hot oven (480° F.). In this event the steak need not be turned. A steak of this thickness will require about twenty to twenty-five minutes to cook medium rare. The time depends on thickness of steak, the heat applied, and the degree of doneness liked.

**PLANKED STEAK**

Porterhouse Steak, 2 in. Thick.... 1
Potatoes, Medium-sized.............. 6
Tomatoes, Large .................. 3
Cauliflower, Cooked............... 1 head
Butter .......................... 3 tablespoons

Parsley, Minced
Salt
Paprika
Cheese, Grated........ 3 tablespoons

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

**PLANKED FILLETS OF BEEF**

Have thick fillets cut from a tenderloin of beef and strips of bacon wrapped around the edge. Cook six minutes in a very hot frying-pan, searing on both sides. With a pastry tube and bag, pipe a border of hot mashed potatoes around the edge of a hot, slightly greased plank. Arrange the steaks in the center of the
plank. Place stuffed green peppers which have been parboiled and filled with boiled seasoned rice on the plank. Garnish with green string beans, cooked carrots, and cauliflower flowerets. Place a fried mushroom cap on each steak. Dot all with butter and put in the oven to finish cooking, about fifteen minutes.

**PLANKED HAMBURGER**

Season 2 pounds of ground beef with salt, pepper, minced onion, and Worcestershire sauce; bind all together with 1 egg beaten into ½ cup of milk. Form into a thick steak and cook for fifteen minutes in a hot frying-pan, turning once during cooking. When nicely browned remove steak carefully, to avoid breaking, to the center of a hot plank. Pipe a border of mashed potatoes around the edge of the plank. Arrange around the steak small white onions which have been boiled until tender and a little of the center scooped out and filled with buttered crumbs, and small cooked carrots. Season all with salt, pepper, and butter and put in the oven for ten or fifteen minutes until the steak is cooked and the potatoes are nicely browned.

**FILLET MIGNON WITH BACON**

Have slices of uniform size cut from the tenderloin. Wrap a slice of bacon around each fillet and fasten with toothpicks and string. Panbroil for about eight minutes. Serve with fried mushrooms, string beans, and potato balls which have been tossed in melted butter and rolled in finely minced parsley.

**PANBROILED STEAK WITH SAVORY BUTTER**

Panbroil a tender steak as usual. When done place on a hot platter and cover with softened butter to which 1 teaspoon parsley, 1 teaspoon chives, and 1 teaspoon lemon juice have been added for each tablespoon butter.

**PORK**

**PANBROILED BACON**

Place a single layer of bacon in a cool frying-pan. Place over a low heat; turn frequently and turn off accumulated fat from time to time so that the bottom of the pan is only well greased. When the bacon is light golden brown and evenly crisped, remove from pan to hot platter.

**PANBROILED HAM**

Rub the bottom of the pan with a little of the ham fat. If the ham slice is thin, cut in individual servings before cooking. Brown on both sides, then cook slowly. Turn frequently. Allow ten minutes for thinly sliced ham, and fifteen to twenty minutes for slices ½ inch thick.
CANADIAN-STYLE BACON
Cook thinly sliced Canadian-style bacon in its own fat in a heavy uncovered frying-pan. Turn frequently.

LAMB

PANBROILED LAMB CHOPS
Lay the chops in a heavy, sizzling hot frying-pan. Sear quickly on both sides, and turn thick chops on edge so as to brown the fat. Then reduce the heat, turn the chops frequently, and finish cooking at a low temperature. Do not add water and do not cover the pan. Pour off accumulated fat from time to time so chops will broil, not fry.

LAMB CHOPS AND HAM GRILL
Have as many "Frenched" lamb chops as there are persons to serve and as many thin slices of ham as chops. Broil the ham. Season lamb chops with salt and pepper and panbroil in a very hot frying-pan. Turn frequently during ten minutes of cooking. Arrange slices of ham on a platter and place the chops on the ham. Keep warm. Next turn 2 cups boiled rice into the lamb fat in the frying-pan. Stir with a fork until the rice is delicately browned. Serve on the platter with the chops and the ham. Garnish the platter attractively with tufts of celery and cubes of tart jelly.

SARATOGA CHOPS WITH PINEAPPLE
Broil or panbroil Saratoga chops as usual. In the meantime fry a slice of pineapple for each chop. Place each broiled chop on a pineapple slice and serve on a hot platter, garnished with parsley and radish roses. Saratoga chops are cut from the boned and rolled shoulder.

LAMB CHOP GRILL
For each person allow a good-sized chop (the kidney left in). Dust chops with salt and pepper and place on broiler. Put around them small sausages, tomatoes cut in thick slices, and dipped in crumbs, and large mushroom caps with a small strip of bacon across each one. If there is room enough, add peeled, scalded sweet potatoes sliced lengthwise, dusted with salt, dotted with butter and panbroil twenty to twenty-five minutes. Arrange on platter, chops on slices of toast in the center, the vegetables and sausages, alternating, around the edge. Garnish with parsley and rose radishes.
To braise is to brown meat in a little hot fat, then cook slowly in a small amount of liquid in a covered utensil.

General Principles of Braising

1. Cuts of beef which are used for braising are the less-tender cuts, such as the chuck, the rump, the flank, the plate and brisket, and the round.

   Round and flank steaks are most satisfactorily cooked by braising. From very high quality beef, it is sometimes possible to broil these steaks or they may be fried, that is, cooked in a small amount of fat in an uncovered pan.

   Pork chops are cooked best by braising because pork needs long slow cooking to develop its flavor and to prevent the loss of too much fat which contains the flavor of the meat.

   Veal chops and steaks should be braised because veal has very little fat and a large proportion of connective tissue which requires slow moist heat to soften it.

   Lamb shoulder and breast are braised sometimes, not because this is necessary to make them tender but to add variety.

2. Sear in a small quantity of fat until the meat is browned on all sides.

3. Reduce the heat and add a small quantity of liquid. The added liquid may be water, milk, cream, meat stock, dilute vinegar, or juices from vegetables.

4. Cover closely.

5. Add seasoning at beginning of cooking period.

6. Cook slowly at a simmering temperature until tender.

7. It is difficult to state the exact time required for cooking. A pot-roast of beef weighing 4 to 6 pounds will require about three hours. Allow about forty-five minutes to the pound.

   Pork chops cut medium thick will require from twenty to twenty-five minutes; chops of double thickness will take forty-five minutes to one hour. Pork chops shrink considerably, so they are better if cut thick. Three-quarters of an inch is not too thick and cut an inch or more one chop makes a good serving.

   Veal chops and steaks are cooked according to their thickness and require about the same time as pork cuts of like thickness.
Recipes for Braised Meat Dishes

The recipes given here all use braising as the cooking method since the meat is browned first in a small amount of fat and then cooked slowly in a covered pan. A pot-roast is an example of meat prepared in this fashion, so is a Swiss steak. A braised meat dish may be cooked on top of the stove or in the oven. It is an excellent center for the oven meal where a low temperature is used.

[BEEF AND VEAL]

BRAISED BEEF

Rump .......................... 3 pounds
Salt .......................... 11/2 teaspoons
Pepper .......................... 1/4 teaspoon
Flour .......................... 4 tablespoons
Prepared Mustard ........ 2 tablespoons

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

BEEF POT-ROAST

Cross Ribs .................. 3 or 4 pounds
Onion .......................... 1 medium
Garlic .......................... 2 cloves

Pierce meat in several places and insert small pieces of garlic in each place. Season with salt and pepper. Brown well in a small amount of fat. Add onions, sliced, and the water. Cover closely and simmer until the meat is done. About forty minutes before serving add several medium potatoes and small whole carrots. Serve the potatoes and carrots around the meat. Strain the sauce and thicken with flour.

STUFFED FLANK STEAK

Flank Steak .................. 1
Bread Crumbs ........ 1 1/2 cups
Salt .......................... 1 teaspoon

Brown the celery and onion lightly in the butter. Combine with the other ingredients. Rub the steak with salt and pepper. Spread with the dressing and roll the steak together lengthwise. Sew or tie securely into shape. Sear in a small amount of fat, turning until well browned on all sides. Cover closely and cook in a moderate oven or under a slow fire in a waterless cooker on top of the stove for one and one-half hours or until tender.
SWISS STEAK

Dredge well both sides of a thick cut of round steak with flour seasoned with salt and pepper. Put into frying-pan. Cover half of the steak with finely chopped onions and a little chopped parsley and garlic. Turn other half of steak over onions and add 1 can tomatoes and 2 finely sliced green peppers. Add more salt and pepper. Cover and cook in a slow oven (350° F.) for two and one-half hours.

SPANISH POT-ROAST

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chuck</td>
<td>4 pounds</td>
</tr>
<tr>
<td>Stuffed Olives</td>
<td>1 small bottle</td>
</tr>
<tr>
<td>Salt Pork</td>
<td>¼ pound</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>2 cups</td>
</tr>
<tr>
<td>Onion</td>
<td>1 large</td>
</tr>
<tr>
<td>Salt</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>Pepper</td>
<td>¼ teaspoon</td>
</tr>
</tbody>
</table>

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

VEAL BIRDS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veal Steak</td>
<td>1 ½ pounds</td>
</tr>
<tr>
<td>Bread Crumbs, Moistened</td>
<td>2 cups</td>
</tr>
<tr>
<td>Butter, Melted</td>
<td>4 tablespoons</td>
</tr>
<tr>
<td>Salt</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>Pepper</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>Celery Salt</td>
<td>½ teaspoon</td>
</tr>
<tr>
<td>Paprika</td>
<td></td>
</tr>
<tr>
<td>Parsley, Minced</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>Egg, Slightly Beaten</td>
<td>1</td>
</tr>
<tr>
<td>Water</td>
<td>¼ cup</td>
</tr>
</tbody>
</table>

Have veal cut ½ inch thick and then cut into strips about 2½ by 4 inches. Make a dressing of the other ingredients. Place 1 large tablespoon of the dressing on each piece and roll. Tie or fasten with toothpicks. Brown on all sides in fat. Add a little water, cover closely and let simmer from forty-five minutes to an hour. When tender place rolls on a platter. Make gravy from the liquid in the pan. Remove string or toothpicks before serving.

VEAL CHOPS WITH SOUR CREAM

Dip veal chops in flour. Season with salt and pepper and brown in melted fat. When brown on both sides, pour over 1 cup sour cream and cover closely. Cook at a simmering temperature until the chops are tender, about forty-five minutes. When done remove to platter. Surround by slices of tomatoes which have been sprinkled with cheese and dotted with butter and cooked under the broiler flame. Thicken the liquid in the pan, adding more sour cream for gravy.
PORK

PORK CHOPS WITH APPLE RINGS

Have pork chops cut at least ⅜ inch in thickness. Dredge with flour and brown in a hot heavy frying-pan containing a little fat. Season with salt and pepper. Pare and core apples—there should be 1 apple for each 2 chops. Cut apples into rings about ⅜ inch thick. Place 2 or 3 rings on top of each chop. Add a few tablespoons of water, cover closely, and cook in a moderately hot oven (400° F.) for forty-five minutes to an hour.

BARBECUED SPARERIBS

Spareribs ............... 3 pounds  Worcestershire Sauce ........ ⅝ tablespoon
Onions ............... 2 medium  Dry Mustard ............... 1 teaspoon
Salt ............... 1½ teaspoons  Water ............... 1 cup
Catsup ............... ½ cup

Put half the spareribs into the bottom of a heavy pot with a tight fitting lid. Cover with a layer of thinly sliced onions. Combine the other ingredients to make a sauce and pour half of it over the meat in the pan. Add another layer of spareribs, pour the remainder of the sauce over all. Cover and bake in a moderate oven (350° F.) for two hours.

BRAISED PORK SHOULDER

Pork Shoulder ............... 5 pounds  Salt ............... 3 teaspoons
Onions, Grated ............... ½ cup  Shortening ............... ¼ cup
Pineapple, Crushed ............... 1 cup  Bread Crumbs ............... 3 ⅓ cups

Have the shoulder boned and trimmed. Make a dressing of the other ingredients and stuff the opening in the shoulder. Sew up. Dust with flour and salt. Sear in a hot kettle. Add 1 cup water and cover closely. Reduce heat and simmer about three hours.

PORK CHOPS AND CORN EN CASSEROLE

Pork Chops ............... 6 thick  Celery ............... 1 cup
Corn ............... 1 can  Onion ............... 1 small
Egg ............... 1  Green Pepper ............... 1
Bread Crumbs ............... 1 cup

Chop the celery, onion, and green pepper. Mix and fry to a golden brown in butter. Add well-beaten egg, corn, and bread crumbs. Season with salt and pepper. Make a thick cream sauce in the pan in which the vegetables were cooked. Place chops in a buttered baking dish, spread corn mixture over the top, and pour cream over all. Bake in a slow oven (350° F.) for forty-five minutes.

PORK BIRDS

Wipe pieces of pork tenderloin. Pound until ¼ inch thick and cut in pieces about 2½ inches long by 1½ inches wide. Season with salt and pepper
and lemon juice. Spread each piece of meat with raisin dressing and avoid
getting too close to the edge. Roll and fasten with a thread. Sprinkle with
salt and pepper, dredge with flour, and fry in hot fat until brown. Add cream
to half cover the rolls and cook for twenty minutes.

To make the raisin sauce mix together the following ingredients: 1½ cups
chopped raisins, ¼ cup melted butter, ¼ cup cream, and ⅛ cup cracker
crumbs.

**PORK TENDERLOIN AND NOODLES**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork Tenderloin Patties</td>
<td>8</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>1 No. 2 can</td>
</tr>
<tr>
<td>Green Pepper, Diced</td>
<td>1</td>
</tr>
<tr>
<td>Cheese, Grated</td>
<td>8 tablespoons</td>
</tr>
</tbody>
</table>

Fry the patties until brown. Boil the noodles in salted water until tender.
Drain. Put in casserole, add tomatoes, green pepper, and celery. Place patties
on top. Season well, sprinkle with cheese, cover and cook twenty minutes.

**FRESH HAM SHANK WITH VEGETABLES**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham Shank</td>
<td>1</td>
</tr>
<tr>
<td>Onions, Sliced</td>
<td>2 small</td>
</tr>
</tbody>
</table>

Have the shank trimmed. Rub with salt, pepper, and flour. Sear well on
all sides. Add onions and 1 cup boiling water. Cook for an hour. Add celery
and potatoes and cook until tender. Thicken gravy with flour.

**BARBECUED PORK SHOULDER**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork Shoulder</td>
<td>1 medium</td>
</tr>
<tr>
<td>Water</td>
<td>1½ cups</td>
</tr>
<tr>
<td>Vinegar</td>
<td>1 cup</td>
</tr>
<tr>
<td>Tomato Catsup</td>
<td>⅛ cup</td>
</tr>
<tr>
<td>Onions, Chopped</td>
<td>⅛ cup</td>
</tr>
<tr>
<td>Worcestershire Sauce</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Pepper</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
</tbody>
</table>

Brown trimmed shoulder in oven. Mix the other ingredients and pour over
the meat. Cover pan. Baste with this sauce frequently during the cooking.

**LAMB**

**BRAISED SHOULDERS OF LAMB**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rolled Shoulder of Lamb</td>
<td>1</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>1 No. 2 can</td>
</tr>
<tr>
<td>Carrots, Diced</td>
<td>2</td>
</tr>
<tr>
<td>Salt</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>Flour</td>
<td>1 cup</td>
</tr>
<tr>
<td>Onions</td>
<td>8 small</td>
</tr>
<tr>
<td>Celery, Diced</td>
<td>2 stalks</td>
</tr>
<tr>
<td>Potatoes</td>
<td>8 small</td>
</tr>
</tbody>
</table>

Wipe meat with a damp cloth. Season with salt and pepper and dredge
with flour. Brown well on all sides. Add tomatoes, cover and cook slowly for
two hours. Then add vegetables, cover and cook for one hour longer or until
vegetables are tender.
SAVORY LAMB BREAST

Breast of Lamb ............... 1
Onions, Sliced ............... 2 medium
Fat .......................... ¼ cup
Wild Rice, Cooked .......... 2 cups
Cooking Sherry ............. ¼ cup
Salt .......................... 1 teaspoon
Pepper ........................ ½ teaspoon
Poultry Seasoning .......... Pinch

Brown onions slowly in fat. Add rice and seasonings. Heat and stir carefully. Have a pocket cut. Rub the inside surface with 1 teaspoon salt and ½ teaspoon pepper. Fill the pocket with rice stuffing, sew or tie in place. Place in a baking pan and brown well. Add 1 cup water. Cover and cook slowly in a moderate oven (325° F.), until tender, about one and one-half hours. Serve with baked tomatoes or baked onions.

BRAISED LAMB WITH SQUASH

Shoulder Lamb ............... 2 pounds
Onion ........................ 1
Summer Squash ............. 1 medium
Green Pepper ............... 1
Celery ......................... 2 stalks
Potatoes ..................... 6 medium
Powdered Thyme ............. ¼ teaspoon
Powdered Marjoram .......... ¼ teaspoon
Bay-leaf ...................... A bit
Salt .......................... 2 teaspoons

Wipe meat with a damp cloth and place in a deep baking dish. Brown well. Add the onion, cut into cubes; the summer squash, sliced; pepper and celery, cut in small pieces; and the other seasonings. Cover the dish and allow the vegetables to cook slowly with the meat for one hour. Do not add water. The juice from the vegetables and the meat will furnish enough liquid. Add potatoes at end of hour. Cover and cook another hour. Eggplant may be substituted for the squash.

BRAISED NECK SLICES OF LAMB

Cut neck slices 1 inch thick. Remove the bones carefully with a small knife. Roll each slice into a round cutlet shape and hold in place with a skewer. Rub with salt and pepper; dip slices into beaten egg, then in crumbs, and sear on both sides in lamb fat or meat drippings in a heavy pan. Add 1 cup stock or thin tomato juice. Cover pan closely and simmer gently for one hour or until meat is tender. Uncover pan and allow meat to brown. Make a gravy in the pan. Season it with a bit of chopped mint and a few drops of tabasco sauce.

OVEN POT-ROAST OF LAMB

Lamb from Shoulder ........ 3 pounds
Potatoes, Cut in Small Pieces .... 1 cup
Carrot, Cut in Small Pieces .... 1 cup
Onion, Sliced ............... ½ cup
Flour ........................ 2 tablespoons
Salt .......................... 2 teaspoons

Brown the meat and transfer to an earthen baking dish. Add boiling water and cover the dish. Let the meat cook slowly in a moderate oven (350° F.) for two hours. Add the vegetables, cover, and cook one hour longer. Thicken the liquid for gravy.

Page Twenty-two
To stew is to cook small pieces of meat at a simmering temperature (about 185°F., or below boiling) with or without the addition of vegetables.

General Principles of Stewing

1. The cuts used for stews are those thin portions which are more attractive if cut in small pieces. Cuts from beef used for stew are flank, shank, neck, plate, brisket, and short ribs. Shoulder, neck, and breast of lamb are used in stews. The same cuts from veal make excellent stews. Pork is used in chop suey and pork pies which are really stews.

2. Brown stews are made by searing the meat in a small amount of fat before adding the water.

3. The meat may be put in the boiling water without browning.

4. The stew is seasoned, covered with boiling water, tightly covered, and then cooked at a simmering temperature until the meat is tender. A simmering temperature is about 185°F. At this temperature there is very little movement in the water, the bubbles do not break through the surface.

5. If vegetables are used, they should be added just long enough before serving time to allow them to become tender. In making stews, the combination of different vegetables may be such that a pleasing variation is obtained. It has been said, "All stews should be good, but no two should be alike."

6. It requires from two and one-half to three hours to cook a stew.

7. The way a stew is served may mean the difference between a distinctive and a commonplace dish. It should be arranged attractively on the platter. A bit of parsley will improve the appearance of the dish.

8. Dumplings, baking-powder biscuits, and noodles are nice accompaniments for stews. A meat pie is really a stew.
Recipes for Stews

A STEW, properly made, is an excellent dish. It is economical, since the less-demanded cuts are used; it is convenient because it is a whole meal in one dish.

**BEEF AND VEAL**

**BEEF STEW WITH DUMPLINGS**

- 8 1/2 pounds Steak of Beef
- 4 tablespoons Flour
- 1 teaspoon Salt
- 1/3 teaspoon Pepper
- 2 pounds Onions
- 6 small Carrots
- 6 small Turnips
- 6 small Potatoes

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

**Dumplings**

- 2 cups Flour
- 1 teaspoon Salt
- 4 teaspoons Baking Powder
- 2 tablespoons Fat
- 1 cup Milk

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

**SAVORY FRICASSEE OF BEEF FROM SHIN**

Spread beef from shin that has been cooked to make stock with 3 tablespoons prepared mustard and a thick coating of flour. Melt fat skimmed from top of stock. When hot put beef in frying-pan and brown thoroughly on all sides. Remove to hot platter. To fat in pan add 3 tablespoons flour and stir until well browned. Add 1 1/2 cups beef stock. Stir until sauce boils. Add meat and cook gently until meat is heated through.

**RAGOUT OF BEEF**

- 2 pounds Beef
- 4 cups Canned Tomatoes
- 1 large Onion
- 1 cup Celery
- 1 cup Carrots
- 1 cup Salt
- 1 cup Rice

Have beef from chuck or flank cut into pieces for stew. Sear in heavy kettle until nicely browned. Add vegetables and seasoning. Simmer gently for
two hours or until the meat is tender. Meanwhile, boil 1 cup rice in salted water until tender. Drain and pack in a ring mold. Unmold to a round platter and serve meat in center.

**SPICED STEW**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flank</td>
<td>2 pounds</td>
</tr>
<tr>
<td>Onions</td>
<td>3</td>
</tr>
<tr>
<td>Vinegar</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Sugar</td>
<td>4 tablespoons</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>3/4 teaspoon</td>
</tr>
<tr>
<td>Bay-leaf</td>
<td>1</td>
</tr>
<tr>
<td>Pepper</td>
<td>3/4 teaspoon</td>
</tr>
</tbody>
</table>

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

**VEAL GOULASH**

Cook until yellow 3 finely chopped onions. Add 3/4 teaspoon paprika, 1 lump sugar, and 1 1/2 pounds veal from breast, cut in 2-inch pieces. Sear the meat, then add gradually a little water and beef broth. Let the meat simmer gently with the kettle covered for about an hour and fifteen minutes. Then add 1/2 cup sour cream into which 1/2 teaspoon flour has been blended. Let cook for fifteen minutes longer, then serve with dumplings with the strained sauce poured over all.

**OLD ENGLISH STEW**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veal Cutlet</td>
<td>2 1/2 pounds</td>
</tr>
<tr>
<td>Lean Ham</td>
<td>1 slice</td>
</tr>
<tr>
<td>Lard</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Carrots</td>
<td>2 large</td>
</tr>
<tr>
<td>Onions</td>
<td>3</td>
</tr>
<tr>
<td>Celery, Diced</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Peas, Cooked</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Worcestershire Sauce</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Salt</td>
<td>3/4 teaspoon</td>
</tr>
<tr>
<td>Boiling Water</td>
<td>1 cup</td>
</tr>
<tr>
<td>Flour</td>
<td>1 tablespoon</td>
</tr>
</tbody>
</table>

Select a slice of veal 2 inches thick. Slice the onion, celery, and scraped carrots, and brown with the ham and veal in the hot lard. Pour in boiling water. Add Worcestershire sauce and salt. Cover closely and simmer one and one-half hours. Add the peas just long enough to heat thoroughly. Arrange the slices of meat in the center of a platter, surrounded with the vegetables. Pour over gravy made by thickening the liquid in the pan.

**PORK TENDERLOIN FRICASSEE**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pork Tenderloin</td>
<td>1 1/2 pounds</td>
</tr>
<tr>
<td>Hot Water</td>
<td>2 cups</td>
</tr>
<tr>
<td>Ripe Olives</td>
<td>1 small bottle</td>
</tr>
<tr>
<td>Fat</td>
<td>4 tablespoons</td>
</tr>
<tr>
<td>Salt</td>
<td>3/4 teaspoon</td>
</tr>
<tr>
<td>Pepper</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>1/2 pound</td>
</tr>
<tr>
<td>Flour</td>
<td>2 tablespoons</td>
</tr>
</tbody>
</table>

Have tenderloins “Frenched.” Brown quickly in fat, and add 1 cup boiling water. Season with salt and pepper. Cover closely and let simmer thirty
minutes. Peel mushrooms and cut in pieces. (Canned mushrooms may be used.) Fry the mushrooms in butter for seven minutes; blend in flour and add 1 cup hot water. Cut meat from olives, add to mushrooms, pour over tenderloin and serve.

**MOCK STEWED CHICKEN**

Pork Tenderloins .......... 2  
Celery ................. 1 stalk  
Pimento .................. 1 small  
White Sauce .......... 1 cup  

Button Mushrooms .......... 1 small can  
Eggs, Hard Cooked .......... 2  
Salt .................... ½ teaspoon  
Pepper .............. ¼ teaspoon

Cook tenderloins until tender in water with 1 teaspoon salt and the celery cut in dice. Cut up, add eggs, pimento, and mushrooms, cut in pieces. Reheat in 1 cup White sauce, made by blending 2 tablespoons flour with 2 tablespoons butter and adding 1 cup milk and ½ teaspoon salt.

**PORK GOULASH**

Fresh Pork Shoulder ...... 2 pounds  
Salt .................. 1 teaspoon  
Paprika ............ ½ teaspoon  
Vinegar .......... 2 tablespoons  

Onions ............. 2 medium sized  
Fat .................. ½ cup  
Summer Savory .......... A little  
Parsley, Minced ....... 1 tablespoon

Cut the meat into neat cubes, trimming off excess fat. Sprinkle with vinegar and a little Summer Savory. Roll in flour. Brown meat well. Season with salt and paprika. Add the onions, finely sliced. Add a little hot water. Cover closely and cook slowly for two hours. The liquid may be increased just before serving by the addition of a little sour cream.

**PORK PIE**

Fresh Pork Shoulder ...... 3 pounds  
Cauliflower .......... 1 head  
Tomatoes, Stewed ...... 2 cups  
Salt .................. 2 teaspoons  

Pepper .................. ½ teaspoon  
Parsley ................ Sprig  
Peppercorns ........... 3  
Biscuit Dough

Cut the meat in small pieces. Roll in flour and brown in hot fat. Cover with boiling water and simmer gently for one hour. Parboil the cauliflower, separated in sections. Put meat, vegetables, and seasoning in a casserole. Cover with rich biscuit dough. Bake in a slow oven (350° F.) for one hour.

**CHOP SUEY**

Pork Tenderloins .......... 2  
Celery ................. 1 bunch  
Green Peppers .......... 3  
Onions .............. 3 medium  

Mushrooms ........ 1 small can  
Bouillon Cubes .......... 3  
Salt and Pepper

Rice .................. 1 cup

Cut pork in small pieces. Cut celery in 2-inch lengths and green peppers in narrow strips; cut onions in small pieces. Brown the meat well in hot fat. Add bouillon cubes which have been dissolved in hot water. Add celery, mushrooms, and green peppers. Cook in a small amount of water until the meat is tender. Boil 1 cup rice until tender. Drain and serve as border around chop suey.
**LAMB WITH OKRA**

Lean Lamb 3 pounds  
Fat 3 tablespoons  
Onion, Chopped 1 small  
Okra, Sliced 2 cups  
Tomatoes 2 cups  
Parsley, Chopped 1 tablespoon  
Salt and Pepper  
Boiling Water

Have lamb from shoulder or breast cut in pieces for stewing. Wipe meat with a damp cloth and roll in flour. Cook onion gently in fat until yellow. Add meat, and brown. Add other ingredients, cover closely and cook at a simmering temperature until tender.

**LAMB EN CASSEROLE**

Breast of Lamb 1  
String Beans, Cut 2 cups  
Garlic 1 clove  
Water 2 cups  
Onion, Sliced 1  
Pepper 1/2 teaspoon  
Salt 1 teaspoon  
Corn 1 can

Wipe meat with a damp cloth. Put meat in a casserole and sear in a very hot oven (450°F.) for fifteen minutes. Sprinkle with salt and pepper. Add other ingredients, except the corn. Cover and cook in a moderate oven until meat is tender, about two hours. Fifteen minutes before serving add corn, and heat thoroughly.

**OLD-FASHIONED LAMB STEW**

Lamb Shoulder 3 pounds  
Flour 4 tablespoons  
Onions 6 small  
Mushrooms 1/2 pound  
Egg Yolks 3  
Kitchen Bouquet  
Lemon Juice 1 small lemon  
Cream 1/2 cup

Cut the meat for stew. Wipe with a damp cloth. Season with salt and pepper. Simmer in fat with onions and mushrooms, but do not burn. Add flour and set in the oven to cook the flour. Add water to cover and a bouquet of 1 split carrot, 4 stalks celery, 1 sprig parsley, 1 sprig thyme, and 2 bay-leaves. Cook with cover on. When tender add yolks of eggs mixed with the juice of lemon and the cream. Let cook a few minutes, while stirring. Serve with chopped parsley sprinkled over the meat and surrounded with boiled potatoes.

**CURRIED LAMB**

Lean Lamb 2 pounds  
Onions, Chopped 1/2 pound  
Apple, Chopped 1  
Curry Powder 2 tablespoons  
Flour 2 tablespoons  
Bay-leaf 1

Cut meat in small pieces. Season with salt and pepper. Smother meat with onions, and when delicately browned add the apple, curry powder, and flour. Place in oven to cook the flour. Add enough water to barely cover. Simmer slowly. Add bay-leaf. Serve with boiled rice.
LAMB STEW WITH CAULIFLOWER

Shoulder Lamb .......... 1 1/2 pounds  Stock or Water
Fat ................. 1 1/2 tablespoons  Salt ............... 1 1/2 teaspoons
White Onions .......... 6 small  Flour .............. 1/2 cup
Celery .............. 4 or 5 stalks  Cauliflower, Boiled .......... 1
Carrots ............. 2

Have lamb cut into 2-inch cubes. Season with salt and pepper and dredge with flour. Heat the fat and brown the meat well on all sides. Cover the meat with water or soup stock and let simmer in a covered dish for about two hours. At the end of an hour of cooking add the celery cut in 3-inch lengths, the carrots cut in quarters, lengthwise, and the onions. Cook the cauliflower separately and do not break it into flowerets. In serving, place the cauliflower in the center of the platter, then place the pieces of meat around it, and then arrange the celery in one place on the platter, the onions in another, and the carrots in another. A stew is a much more attractive dish if the ingredients do not lose their identity. Thicken the gravy and pour it over all.

SPRING RAGOUT OF LAMB

Simmer until tender 3 pounds shoulder of lamb. Strain off broth. Let stand overnight. When ready for use, remove hardened fat and strain broth through cheesecloth, using this liquid in the ragout. Separate the lean meat from the bone, removing all skin, fat, and gristle. Add to the lamb broth 8 or 10 small white onions, 8 or 10 new carrots, and 4 small turnips, cut in quarters. Simmer until vegetables are tender, adding small potatoes the last thirty minutes of cooking. Add the lamb, which should be in fair-sized pieces. Season with salt, pepper, celery salt, and a few drops of Worcestershire sauce. Thicken slightly with 1 tablespoon flour smoothed in water. Simmer for ten to fifteen minutes longer and serve with dumplings.

BLANQUETTE OF LAMB WITH GREEN PEAS

Purchase about 2 pounds of lamb from shoulder or breast, and cut into 2-inch pieces. Cook until tender in water to cover, drain, reserving the broth, and dredge with flour. Fry a light brown in fat, replace in the kettle with the broth, add 1 tablespoon minced parsley, 1 small onion in which a clove is stuck, and 2 cups fresh or canned peas. Cook slowly until the peas are done. Blend 1 tablespoon butter with 2 tablespoons flour, add enough milk to make smooth, add to the liquor and cook for ten minutes. Pile the meat in the center of the dish, cover with peas and the sauce.

LAMB AND TOMATO CASSEROLE

Place a 1-inch layer of thinly sliced raw potatoes in the bottom of a greased casserole. Season with salt and pepper and a little chopped onion. Add 1/2 cup gravy or white sauce. Over this place a layer of sliced cold roast lamb, using more than one layer if necessary. Season with salt and add 2 cups canned tomatoes. Sprinkle with buttered bread crumbs. Cover and bake slowly (350° F.) until potatoes are done, about one hour, then cover to brown the last fifteen minutes.

Page Twenty-eight
"BOILING"

To cook meat in water, commonly called boiling, is to cook in a large quantity of water at a simmering temperature (about 185° F.).

General Principles of Cooking in Water

1. Many of the less-tender cuts of meat are cooked by this method. The beef cuts prepared according to this method are the plate, brisket, shank, short ribs, and corned beef. Lamb shoulder and leg are cooked in water sometimes. Fresh pork is not usually prepared in this way, however cured pork cuts are very satisfactorily cooked in water. Veal is so mild in flavor that this method of cooking is not suited to its preparation.

2. The meat is put on in a kettle of simmering water. The water is kept at this temperature of about 185°F., so there is no movement in the water, no bubbling.

3. The meat thermometer is used very successfully in cooking hams in this way. The thermometer is inserted so that the bulb reaches the center of the ham. The ham is removed when the thermometer registers 158°F., or 170°F., depending upon personal preference as to degree of doneness.

4. If the thermometer is not used, the ham is cooked for twenty-five to thirty minutes per pound or until the meat is tender. Corned beef requires forty-five minutes or more per pound. Fresh beef requires about this length of time also.

5. Ham should be allowed to cool in its own broth, especially if it is to be served cold. If desired, the ham may be removed from the fire about forty-five minutes before it is done, and the cooking completed in the oven.

6. It is not necessary to soak high grade commercial hams, but home-cured hams and other than high grade commercial hams are improved by soaking. Other cured pork cuts are better if soaked several hours or overnight.

Twenty-nine
Recipes for “Boiled” Meat

The success of a “boiled” meat dish lies in not boiling it, but in cooking it below the boiling point. As the French cook says, “The water in the kettle should smile, not laugh.”

**BEEF**

**BEEF WITH HORSERADISH SAUCE**

Select a piece from the chuck or the plate. The plate, boned and rolled, is an excellent piece for this purpose. Put the meat in enough hot water to cover. Season with salt, pepper, and a bit of bay-leaf. Simmer gently until the meat is tender, about three hours for 4 or 5 pounds. Serve with horseradish sauce.

**Horseradish Sauce**

- Butter .............. 3 tablespoons
- Flour .............. 2 tablespoons
- Prepared Mustard ...... 1 teaspoon
- Horseradish, Grated ...... To taste
- Beef Stock .............. 1 cup

Blend flour with melted butter. Add beef broth, the seasonings and horseradish to taste. Cook together for about five minutes until smooth. Add lemon juice and a little cream.

**BEEF BROWNED AND COOKED IN WATER**

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

**CORNED BEEF—VIENNESE STYLE**

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

**BEEF—FRENCH STYLE**

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

NEW ENGLAND “BOILED” DINNER

| Corned Beef | 4 pounds |
| White Turnips | 4 |
| Cabbage | 1 small head |
| Carrots | 4 |
| Potatoes | 6 or 8 |
| Beets | 6 |
| Onions | 6 small |
| Pepper | ½ teaspoon |

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

SPARERIBS AND SAUERKRAUT

| Spareribs | 3 pounds |
| Vinegar | 1 cup |
| Brown Sugar | 3 tablespoons |
| Sauerkraut | 1 quart |
| Raw Potato, Grated | 1 |
| Salt and Pepper | |

Cover the spareribs with hot water and cook at a simmering temperature for thirty minutes. Add sauerkraut and seasonings and cook thirty minutes longer. Remove the ribs and put in a roasting pan with half the liquid from the kettle, and bake until tender and brown, basting often. Let the kraut simmer until the meat is ready to serve, then stir in the grated potato and serve.

FRESH PORK COOKED WITH VEGETABLES

| Fresh Pork Butt | 1 |
| Carrots, Cut Lengthwise | 4 large |
| Parsnips, Cut Lengthwise | 4 large |
| Red Cabbage, Quartered | 1 small |
| Salt | 1 ½ teaspoons |
| Pepper | ½ teaspoon |

Cook pork butt by simmering for one and one-half hours. One hour before serving put in the vegetables and cook until tender. Cut the pork in slices and arrange in the center of a platter. Arrange the vegetables around the meat.

“BOILED” HAM

Scrub ham well with a stiff brush and place in a kettle of simmering water so that the ham is just covered. Keep the ham at the simmering temperature. Allow twenty-five minutes per pound for a medium-sized ham. If the ham is to be served cold, let it cool in the water in which cooked.
**LAMB**

"BOILED" LEG OF LAMB

Have the leg of lamb trimmed and the shank bone removed. Cover with boiling water and add 1 teaspoon salt, 8 or 10 peppercorns, a pod of red pepper, 6 cloves stuck in an onion, and a sprig of parsley. Cook at a simmering temperature about three hours. Serve with caper sauce.

**Caper Sauce**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Flour</td>
<td>3 tablespoons</td>
</tr>
<tr>
<td>Lamb Stock</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Pepper</td>
<td>1/6 teaspoon</td>
</tr>
<tr>
<td>Lemon Juice</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Capers</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>

Melt half the butter, add the flour with seasonings, add lemon juice, pour on hot stock from lamb. Boil five minutes, add remaining butter in small pieces, then mix in capers, drained of their liquor.

LEG OF LAMB WITH OYSTER STUFFING

Parboil 1 dozen oysters and chop fine with the yolks of 3 hard-cooked eggs. Add 1 teaspoon chopped parsley, 1 teaspoon minced onion, and a pinch of powdered sweet herbs. Make deep gashes in the leg of lamb and press in the stuffing. Wrap in a cloth and simmer for three hours or more.

HARICOT OF LAMB

Boil 2 cups white beans in 6 cups water for one and one-half hours. Have bones removed from a shoulder of lamb and have it tied into shape. Brown in fat in a large kettle. Add the beans and the water in which they were boiled. Season with salt and pepper, and add 2 onions, 1 clove garlic, and one bay-leaf. Cover and cook slowly for two hours or more. Add more water if needed. Serve very hot with the beans around the lamb on the platter.

ROLLED BREAST OF LAMB

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rolled Breast of Lamb</td>
<td>1</td>
</tr>
<tr>
<td>Soup Greens</td>
<td>1</td>
</tr>
<tr>
<td>Cloves</td>
<td>6</td>
</tr>
<tr>
<td>Salt</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Peppercorns</td>
<td>6</td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
</tr>
<tr>
<td>Bread Crumbs</td>
<td></td>
</tr>
</tbody>
</table>

Wipe lamb with damp cloth. Place in a deep kettle, cover with boiling water, add soup greens and seasonings. Simmer until tender. Take meat from liquid and place in a shallow baking dish. Spread with beaten egg and sprinkle with coarse crumbs. Brown under a flame or in a hot oven. Season with Onion sauce.

**Onion Sauce**

Brown 1 1/2 cups chopped onions in 2 tablespoons butter. Add 2 tablespoons flour, 1 1/2 cups stock in which meat was cooked, and 1 tablespoon minced parsley. Cook slowly until thick and smooth, stirring constantly.