Modern Modes in Meat Cookery 1934
MODERN MODES IN MEAT COOKERY

The National Live Stock and Meat Board dedicates MODERN MODES IN MEAT COOKERY to the homemaker who is interested in the best methods of preparing meat, the center of the menu. On these pages will be found the principles of cookery and recipes, based on these principles, which will enable the one who prepares the meals to be unfailingly successful with the meat dish.

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In cooking beef the tenderness of the cut must be considered. The tender cuts are cooked best by dry heat—roasting, broiling, and panbroiling. The less-tender cuts are cooked best by moist heat—braising, stewing, and simmering.

On this page is given a miscellany of new ideas for preparing beef dishes according to the latest approved methods.

A roast of beef should be put in the pan with the fat side up. It will not be necessary to baste the meat if there is a good covering of fat, because as the fat melts it will do the basting. A piece of beef deficient in fat is better cooked as a pot-roast. A rolled roast will need a rack; a standing rib will form its own rack.

The roaster should not be covered at any time; nor should water be added. The roast will be more tender and have a better flavor.

Salt may be added when the meat is put on to cook, after it has been browned, or just before serving. Usually roasts are salted at the beginning and steaks after cooking.

In general, a low temperature is best for cooking all meat cuts. Roasts may be browned first at a high temperature (500° F.), then finished at a reduced temperature (300° F.). A constant temperature of 300°-350° F., may be used in roasting. Steaks are broiled in an oven preheated to 500° F.

Searing does not keep in juices. It does develop flavor in the outside slices and gives the roast an attractive appearance.

The modern way to tell when meat is done is the roast-meat thermometer which is an exact and accurate gauge. The thermometer is inserted so that the bulb reaches the center of the thickest part of the roast. Care must be taken that the bulb does not rest on bone or fat. The thermometer registers the temperature at the center of the meat. Experiments have shown at what temperature the roast is done. These temperatures differ with degree of doneness and kind of meat. The recipes give specific directions for using the thermometer.

Lacking a thermometer it will be necessary to figure a certain number of minutes per pound for roasting. These directions will be found in the recipes also. A boneless roast requires more time than one with bone.

Meat should never be boiled; but cooked at a simmering temperature.

A steak need be turned but once in broiling.

A steak for broiling should be at least one inch thick.
Rump Roast with Onions

Rump roast of beef (5 pounds)
1 teaspoon salt
Pepper
2 tablespoons Worcestershire sauce
6 large onions
2 tablespoons chopped parsley
1/2 cup bread crumbs

Sear the roast in hot oven (500° F.) for 20 minutes. Season. Reduce heat and roast in a slow oven (300° F.) 45 minutes. Place onions covered with crumbs and chopped parsley around the roast. Pour Worcestershire sauce over the meat and continue cooking for 1 1/4 hours.

Roast Beef Salad

1 cup cooked roast beef, diced
2 cups cooked string beans
1/2 cup cooked potatoes, diced
1/2 teaspoon prepared horseradish
1/4 cup mayonnaise
1 tablespoon vinegar
Dash of paprika
Salt
Dash of white pepper

Blend the mayonnaise, vinegar, salt, pepper, and paprika. Combine with the potatoes and beans (cut lengthwise and then crosswise into 3/4-inch pieces). Chill until ready to serve. Add the horseradish and beef and toss together lightly. Serve on crisp lettuce with radish roses.

Roast Ribs of Beef

2 or 3 standing rib roast
Salt and pepper

Select a 2 or 3 standing rib roast. Sprinkle the meat with salt, pepper, and lightly with flour. Place the roast in an open pan without water and with the fat side up. As the fat melts and cooks out, it will baste the meat. In this position the backbone and ribs form a rack. Make a small incision through the fat cover and insert a meat thermometer so that the bulb reaches the center of the roast. Place the meat in a hot oven (500° F.) and sear for 20 to 30 minutes or until lightly browned, then rapidly reduce the oven temperature to that of a slow oven (300° F.) and continue cooking until the desired degree of doneness is reached. The meat thermometer will register 140° F. for a rare roast, 160° F. for a medium-done roast, and 180° F. for a well-done roast. Allow 16 minutes to the pound for cooking a rare roast, 22 minutes per pound for a medium, and 30 minutes per pound for a well-done roast.

Baked Stuffed Tenderloin

Beef tenderloins
1/4 pound mushrooms
1 tablespoon green pepper, minced
2 tablespoons butter
1 cup soft bread crumbs
4 tablespoons melted butter
Salt
Pepper

Split the tenderloins lengthwise, but do not cut quite through. Spread flat. Peel the mushroom caps and break into bits. Chop stems with green peppers. Brown the mushroom caps in 2 tablespoons butter. Add the chopped mushroom stems and green pepper, then the bread crumbs, melted butter, and seasonings. Mix well. Spread over half of the tenderloin and lay back the other half. Sew together around the edges. Place on a rack in an open roasting pan, put several slices of bacon across the top, and roast at a low temperature (300° F.) until done.
Broiled Steak

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

Have a porterhouse, club or sirloin steak cut from 1 to 2 inches thick. Thoroughly preheat the broiling oven, having the oven regulator set as high as possible. Place the steak in the center of the broiler rack so that there is a distance of about 3½ inches between the flame and the top of the steak. Broil with the oven door open. When the steak is nicely browned on one side, season with salt and pepper, then turn and brown on the other. The steak will be done when the second side is browned. Only one turning is necessary. A steak 1½ to 2 inches thick will probably require 25 to 30 minutes to cook medium rare under the flame of a gas oven. Place the steak when done on a hot platter and season with salt and pepper. Garnish with parsley and serve at once.

Somerset Sirloin Steak

Sirloin steak, cut 1 to 2 inches thick
1 cup fresh mushrooms
1/2 cup thin cream
2 tablespoons butter
Salt and pepper

Broil steak as usual. Cook mushrooms in butter and season with salt and pepper, stirring often. When cooked, add cream. Place the steak on a hot platter, season with salt and pepper, and cover with mushrooms. Serve at once.

Creole Steak

2 pounds ground beef
1/2 cup tomato pulp
1/2 cup bread crumbs
1 tablespoon sugar
1 onion, chopped fine
1 egg
Salt and pepper

Mix thoroughly and shape into a steak or pack into a fancy mold. A melon mold may be used. It may be lined with cooked rice if desired. Bake in a moderate oven (350° F.) for about 45 minutes. Unmold and serve with tomato sauce.

Planked Steak

1 porterhouse steak, 2 inches thick
6 potatoes
6 small tomatoes
6 small onions, cooked
3 slices bacon
1 egg
1 small head cauliflower
1/2 cup bread crumbs
Butter
Parsley, minced
Paprika
Sugar, salt and pepper

Trim the steak. Sear on both sides in a hot skillet or on the broiler. Broil or panbroil for about fifteen minutes. Oil a heated plank and place the steak on the plank. Arrange tomatoes stuffed with buttered bread crumbs, sprinkled with sugar and covered with bacon, small cooked onions, and cauliflower flowerets around the steak. Pipe a border of mashed potatoes with a pastry tube and brush with slightly beaten egg. Place the plank in the oven until the potato border is browned and the tomatoes are tender. Take from the oven and spread the steak with butter into which finely chopped parsley, salt, and paprika have been rubbed.
**Deviled Round Steak**

1 1/2 pounds round steak
3 tablespoons lard
3 tablespoons diced onion
1 teaspoon mustard
3 tablespoons flour
1 cup canned tomatoes
1 cup water
1 tablespoon vinegar
1 tablespoon sugar
1/2 teaspoon salt
1/4 teaspoon paprika

Cut the steak into suitable pieces for serving. Salt and dredge with flour, and brown on both sides in the lard. Mix the flour and mustard and add to the tomatoes. Pour over the steak, with the water, vinegar, salt, sugar, and paprika. Cover and cook over a low fire or in a moderate oven (350° F.) for 1 1/2 hours.

**Stuffed Flank Steak**

1 flank steak
1 teaspoon salt
1/8 teaspoon pepper
3 tablespoons fat drippings
2 cups hot water
1 cup bread crumbs
1 tablespoon grated onion
1 teaspoon chopped parsley
1 slice boiled ham, chopped

Season the flank steak with salt and pepper. Heat fat in frying-pan, add bread crumbs and the rest of the ingredients, and spread evenly over the steak. Roll and sew the edges together with coarse thread. Place the roll in a frying-pan or heavy kettle with a little fat. Sprinkle with flour, let brown, then add hot water, cover closely and let simmer for about 2 hours or until tender. It may be cooked in a moderate oven (350° F.). Remove strings and serve hot in its own sauce.

**Individual Stuffed Steaks**

Round steak, 1 1/2 inches thick
1 cup mushrooms
5 or 6 crackers, rolled
1/4 cup cream
3 tablespoons lard
Salt and pepper

Have the round steak cut into individual portions. With a sharp knife, make a pocket in each piece. Make a dressing of the mushrooms, rolled crackers and moisten with cream. Sprinkle the steak with salt and pepper, and fill the pocket with dressing. Sew or skewer the edges of the pocket together. Brown on all sides in hot lard, transfer to a baking dish, add a little hot water, cover closely, and bake in a moderate oven (350° F.) until tender, about 1 1/2 hours.

**A Stew of Distinction**

2 pounds chuck
4 carrots
6 small white onions
6 medium-sized potatoes
1 small bunch celery
2 tablespoons minced parsley
1 tablespoon sugar
1 1/2 teaspoons salt
Pepper

Have the meat cut into small pieces, about 2 inches across. Brown in a kettle containing hot lard. Season. Add hot water and cook gently. Forty-five minutes before serving add the vegetables. Have the carrots cut in lengthwise pieces unless they are small enough to leave whole. Cut celery into 4-inch sticks. Serve on a hot platter, the meat in the center and the vegetables attractively arranged around it. Sprinkle with minced parsley. Thicken the liquid for gravy and serve separately.
Dutch Pot-roast
3 or 4 pounds rump or chuck
2 tablespoons bacon fat or drippings
2 teaspoons salt
Pepper
1 cup chopped carrots
1 tablespoon sugar
2 cups stewed tomatoes
1 Spanish onion, chopped fine
2 green peppers, cut in slivers
3/4 cup chopped celery

Brown meat well in hot fat. Add vegetables and seasoning, cover and let simmer for three hours or until done. Add small quantities of water when necessary. Thicken the liquid left with flour made into a paste with cold water. Serve the gravy separately.

Beef Shank with Dressing
3 pounds beef shank
3 tablespoons bacon drippings or lard
2 cups hot water
2 cups bread crumbs
Flour
1 onion, diced
1 tablespoon lemon juice
2 tablespoons chopped parsley
Sage
Salt
Pepper

Cut the meat from the shank into 1 1/2 inch cubes. Season with salt and pepper, and dredge with flour. Brown on all sides in hot bacon drippings or lard. When nicely browned, add water and simmer until the meat is tender. Place the pieces of meat in a baking dish, add enough stock to cover, and over this spread a thick layer of dressing made by moistening the bread crumbs with meat stock and seasoning with sage, onion, parsley, lemon juice, salt, and pepper. Place in a moderate oven (350°F) and bake for thirty minutes.

Braised Short Ribs
3 pounds short ribs
6 or 8 bacon strips
2 onions, sliced
1 tablespoon sugar
1 cup meat stock or water
1 tablespoon Worcestershire sauce
Salt
Pepper
Parsley

Cut the ribs into portions between the bones. Around each piece wrap a slice of bacon and skewer it into place. Brown on all sides in a hot frying-pan. Over it slice onions, add seasoning and meat stock, cover, and let simmer until the meat is done, about 1 hour. Add more meat stock if necessary. Remove the pieces of meat, and thicken liquid with flour smoothed in cold water. Remove the pieces of meat to a hot platter and garnish with sprigs of crisp parsley.

Sauerbraten
3 pounds rump
1 cup water
1 cup vinegar
2 large onions
1 teaspoon salt
3 bay-leaves
12 whole cloves
1 tablespoon sugar
1/8 teaspoon pepper

Pour water and vinegar over the meat. Slice the onion over it and add the other ingredients. Allow to stand for 48 hours, turning several times. Remove from the spiced vinegar and cook as an ordinary pot-roast in a tightly covered kettle until the meat is tender, adding about 2 1/2 cups of water. For gravy thicken the liquid in which the meat was cooked with 2 tablespoons flour moistened with cold water.
**Pimiento Meat Loaf**

- 2 pounds ground beef
- 4 strips bacon
- ½ cup cooked rice
- 2 eggs, slightly beaten
- ½ can pimientos
- 4 or 5 crackers, crumbled
- 2 small or 1 large onion, diced
- Salt and pepper

Mix the ingredients thoroughly. If more moisture is needed, tomato juice or milk may be used. Pack into a loaf pan and lay strips of bacon across the top. Bake in a moderate oven (350° F.) for 1 hour, or until done. To serve, remove from pan and decorate with strips of pimiento placed in diagonal rows. Garnish with sprigs of crisp parsley and halves of hard-cooked eggs from which the yolks have been removed, seasoned with salt, pepper, and paprika, combined with mayonnaise and put back in the whites.

**Meat Balls en Casserole**

- 2 pounds ground beef
- 3 tablespoons bacon drippings
- 1 onion, diced fine
- 1 cup cooked macaroni
- 1 cup tomato puree
- 1 tablespoon sugar
- Salt and pepper

Mix the beef, salt and pepper, and diced onion, and form into balls. Fry these in bacon drippings until they are browned on all sides. Place cooked macaroni in a casserole, and on top of it place the partially cooked meatballs. Pour over all the tomato puree and sprinkle with sugar. Cover and bake in a moderate oven (350° F.) for thirty minutes, or until the meat is done.

**Dried Beef De Luxe**

- 1 pound chipped beef
- ½ pound cheese, grated
- 2 cups tomatoes
- 3 tablespoons butter
- 1 onion, diced
- 1 green pepper, diced
- 1 egg
- 2 tablespoons cream
- Buttered toast

Melt the butter in the skillet. Add the diced onion, green pepper, and dried beef. Stir until ingredients start to brown. Add the grated cheese and the tomatoes. After it simmers a little, lower the heat and add the egg beaten with the cream. Cut slices of bread into triangles or any desired fancy shape. Toast lightly and spread with butter. Serve dried beef on the hot buttered toast. Serve with baked potatoes from which the centers have been scooped out, mashed, seasoned, and replaced in the shells. Brown potatoes under the broiler flame.

**Corned Beef Hash**

- 2 cups cooked corned beef, chopped
- 2 cups cold boiled potatoes, chopped
- 1 tablespoon chopped onion
- 3 tablespoons butter
- 6 eggs
- 6 pieces toast
- ¼ cup milk
- Salt and pepper

Combine beef and potatoes. Season and moisten with milk and brown slowly in a hot buttered frying-pan. Poach eggs and arrange one on each slice with a garnish of green pepper ring.
What's New in Lamb Cookery

Lamb of excellent quality is available all year 'round.

Lamb differs from beef in that all portions are tender enough to roast or to broil. This makes possible a roast to suit every purpose and every purse.

New methods of cutting and of boning certain parts such as the shoulder make attractive and easily carved roasts. Bones and trimmings removed before cooking may be utilized to make delicious soups and jellies.

The "fell" is the thin papery covering on the outside of lamb. Contrary to general opinion, it is now known that the fell does not affect the flavor in any way. The leg of lamb keeps its shape better and cooks in less time if the fell is not removed. The shoulder, saddle, and chops are improved if the fell is removed.

The leg of lamb should be placed on a rack in the pan with the skin side down and the cut surface up. The pan should not be covered, nor should any water be added.

The use of the meat thermometer assures a leg of lamb cooked to just the right degree of doneness. Many relish lamb cooked well done, but it is equally delicious if cooked slightly under done, the interior being faintly pink.

When depending upon the time per pound as a means of telling when a roast is done, be sure that the oven temperatures used are those given in the recipes. A hotter oven temperature will mean fewer minutes per pound; a lower temperature will require a longer time.

The higher the oven temperature the greater the shrinkage. This is true of other meats as well as of lamb.

Lamb should be served piping hot on hot plates. It may be served cold, but it should never be served lukewarm.

The flavor of lamb combines especially well with all kinds of vegetables; for this reason it is a favorite ingredient in savory stews.
Recipes for Lamb

Crown Roast of Lamb
Crown roast of lamb
1 small head cauliflower
Lettuce
Grapes
Celery
Salt and pepper

Have the crown prepared at the market. Sprinkle it with salt and pepper and place upside down in an open roasting pan. When so placed the ends of the rib bones form a rack. If the crown is roasted right side up, it is necessary to wrap the rib ends with salt pork or bacon to prevent charring. Place in a hot oven (500° F.) and sear for 20 or 30 minutes or until nicely browned. Then rapidly reduce the temperature to that of a slow oven (300° F.) and continue roasting until done. Allow about 35 minutes per pound for roasting. When done, place on the center of a large platter. Garnish the rib ends with large grapes or with paper frills, carrot balls, potato balls, or small round radishes. Bunches of grapes and celery may be used to decorate the platter. Fill the center of the crown with vegetables to be served, a head of cauliflower which has been boiled whole, peas, or beaten potatoes.

Roast Leg of Lamb
Leg of lamb
Salt and pepper

Do not remove the fell from the leg of lamb. Sprinkle it with salt and pepper and place it on a rack in an open roasting pan with the skin side down and the cut side up. If the fat covering is thin, lay strips of bacon across the top. Do not add water. Make an incision and insert the roast-meat thermometer so that the bulb reaches the center of the fleshiest part of the muscle, taking care that it does not touch fat or bone. Place the roast in a hot oven (500° F.) and sear for 30 minutes, or less if bacon has been added. When lightly browned, reduce the temperature to that of a slow oven (300° F.) and continue roasting at the low temperature until done. The roast will be well done when the thermometer registers 182° F., or slightly underdone at 175° F. Allow about 30 minutes per pound for roasting lamb.

Breast of Lamb with Forcemeat Stuffing
Breast of lamb
1 cup bread crumbs
¼ cup chopped celery
1 tablespoon chopped onion
2 tablespoons butter
2 tablespoons minced parsley
Savory seasoning
Salt and pepper

Choose a breast of lamb, including the foreshank. Remove the shank, cut off the meat and grind it for the stuffing. Make a pocket in the lamb breast by cutting the flesh close to the ribs. Melt the butter, add celery and onion and fry for 2 or 3 minutes. Then add the ground meat from the shank and stir until the meat browns lightly. Add the bread crumbs and season with savory seasoning, salt, pepper, and minced parsley. Sprinkle the pocket in the breast of lamb with salt and pepper and fill with the forcemeat. Rub the outside with salt and pepper. Place with the rib side down and the fat side up on a rack in an open pan. Do not add water. Place in a hot oven (500° F.) and sear for 30 minutes. When lightly browned, rapidly reduce the temperature to that of a slow oven (300° F.) and continue roasting until done, about 1 ½ hours.
Lamb Steaks a la Duchesse

Lamb steaks from leg
4 tablespoons lard
3 large mushrooms
1 small onion
1 sprig parsley
1 lemon
1 tablespoon powdered sugar
1 tablespoon butter
1 tablespoon flour
1 cup meat stock
3 eggs
Bread crumbs
Salt and pepper

Brown the lamb steaks on both sides in hot lard. Heat meat stock and add to it chopped mushrooms, onion, parsley, juice of 1 lemon, and powdered sugar. Thicken with flour smoothed in melted butter. Take from the fire and add the egg yolks, well beaten. Cook slowly until thick. Dip the lamp steaks into the sauce, then in bread crumbs, and fry until a nice golden brown. Serve with a border of green peas and carrots.

Cushion Style Shoulder with Spinach Dressing

Shoulder of lamb
1 1/2 cups finely chopped spinach
3 cups bread crumbs
6 tablespoons butter
3 tablespoons chopped celery
2 tablespoons chopped onion
Salt
Pepper

Have the shoulder of lamb boned, and the roast sewed to form a pocket. Melt 3 tablespoons butter in a skillet, add the celery and onion, cook several minutes, and add the finely chopped spinach and other seasonings. Push this mixture to one side of the skillet, and add remain-

ing butter and bread crumbs. When the crumbs have absorbed the butter, mix all ingredients together. When using canned spinach, allow water which cooks out to evaporate before adding buttered crumbs. Watercress or mint leaves may also be used. If using mint, use only 1/2 cup. Fill the pocket of the lamb shoulder with dressing and sew or skewer the edges together. Place the stuffed shoulder, fat side up, on a rack in an open roasting pan. If the fat covering is very thin, lay strips of bacon across the top. Place the roast in a hot oven (500° F.) and sear for 30 minutes, or less if bacon has been added. When lightly browned, quickly reduce the temperature to that of a slow oven (300° F.) and continue roasting until done. Allow about 35 minutes per pound for roasting.

Stuffed Lamb Chops with Mushroom Dressing

6 lamb chops cut double thickness
1 cup bread crumbs
3 tablespoons chopped mushroom caps
2 tablespoons butter
1/2 teaspoon baking powder
1 egg
1 tablespoon milk
Salt and pepper

Have a pocket cut in the chops. Season with salt and pepper. Make a dressing of 1/2 cup bread crumbs, mushroom caps browned in butter, baking powder, and seasoning. Stuff the pocket of each chop. Dip in egg, beaten in milk, and bread crumbs. Place in a moderately hot oven (450° F.) and brown nicely on both sides. Add a little water, cover and cook at a lower temperature (300° F.) until done.
Broiled English Lamb Chops

English lamb chops  
Lamb kidneys  
Salt  
Pepper

English chops are cut from the double loin, and are boned and rolled. Have them cut 1 1/2 to 2 inches thick. Place on the center of the broiler rack in a hot broiling oven. Have the oven regulator set as high as possible. Place the rack about 2 or 3 inches below the flame if gas is used. Broil with the oven door open. When the chops are nicely browned on one side, turn and brown on the other. It requires 25 to 30 minutes to broil chops 1 1/2 to 2 inches thick. Broil the kidneys, split in half, separately. When the chops are done, remove them to a hot platter, and season with salt and pepper. Place a broiled kidney half on top of each chop. Arrange on a platter around a mound of French fried potatoes.

Lamb Chops, Italian Style

Lamb chops, Frenched  
1 cup sifted bread crumbs  
2 eggs beaten  
3 tablespoons Parmesan cheese, grated  
4 tablespoons butter  
Salt and pepper

Have the lamb chops Frenched at the market. Roll them in melted butter, then in a mixture made of sifted bread crumbs, seasonings and cheese. Roll in beaten egg and again in crumb mixture. Place on the center of a broiling rack and broil in the usual way. Arrange on a platter around a mound of rice or vegetables. Serve with tomato sauce.

Shoulder Lamb Chops en Casserole

Lamb shoulder chops  
4 tablespoons lard  
1 onion, finely minced  
2 cups canned tomatoes  
Bread crumbs  
Butter  
Salt  
Pepper

Have the shoulder chops boned and skewered into shape. Brown them on both sides in hot lard, then place them in a baking dish. Season with salt and pepper and finely minced onion and cover with tomatoes. Sprinkle with bread crumbs and dot with butter. Bake in a moderate oven (350° F.) until the chops are done, about 30 minutes.

Ground Lamb en Casserole with Spaghetti

1 1/2 pounds ground lamb  
1 package spaghetti, cooked  
1 cup mushrooms  
1 cup peas, canned  
1 cup buttered bread crumbs  
2 tablespoons lard  
1 small onion, sliced  
1 tablespoon sugar  
Salt and pepper

Brown the ground lamb and sliced onion in hot lard. Cover and partially cook the meat. Place cooked spaghetti, mushrooms and peas in a baking dish and to it add the partially cooked meat. Sprinkle sugar over the top, cover with buttered bread crumbs and place in a moderate oven (350° F.) for fifteen minutes, until thoroughly heated through and bread crumbs are nicely browned.
**Lamb Loaf**

- 2 pounds lamb shoulder, ground
- 1 cup bread crumbs
- 1 onion, minced
- 1/2 green pepper, minced
- 1 egg
- 1 cup meat stock or milk
- Salt
- Pepper

Mix all the ingredients thoroughly, and shape into a loaf in a buttered baking dish. Place in a moderate oven (350°F) and bake for 1 1/2 hours.

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**Lamb Pie**

- 2 pounds lamb shank
- 1 cup potatoes, cut in cubes
- 1 cup peas
- 1 cup carrots, cut in cubes
- 1/2 cup celery, cut in small pieces
- 1 onion, chopped fine
- 4 tablespoons flour
- 2 cups lamb stock
- 2 tablespoons butter
- 2 bay-leaves
- 1 tablespoon sugar
- Salt and pepper

Have lamb shank cut into pieces. Brown in hot fat, then cover with hot water and simmer until the meat is tender, about 1 1/2 hours. Cook peas, carrots, celery, and potatoes until tender in a small amount of water to which 1 tablespoon of sugar is added. Place these together with the cooked meat in a baking dish. Season with salt and pepper and add the finely chopped onion. Thicken the lamb stock with flour mixed to a smooth paste with a little cold water. Pour this over the meat and vegetables in the baking dish. Cover the top with pie crust, biscuit dough cut in rounds or mashed potatoes. Place in a moderately hot oven (450°F) long enough to bake the pie crust, or biscuit dough, or brown the mashed potatoes.

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**Lamb Balls with Currant Jelly**

- 2 pounds breast of lamb, ground
- 2 tablespoons lard
- 1 cup currant jelly
- 1 egg, slightly beaten
- 1/4 cup water
- Cooked rice
- Salt
- Pepper

Season ground lamb with salt and pepper and add slightly beaten egg. Shape into balls, and brown on each side in a hot frying-pan. Add water, cover, and cook slowly until tender. Melt currant jelly and pour over the meat balls arranged on a hot platter. Place mounds of cooked rice around the meat balls and decorate with sprigs of crisp parsley.

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**Lamb Fricassee**

- 2 pounds breast of lamb
- 3 tablespoons bacon drippings or lard
- 1 onion, quartered
- 3 cloves
- 1 tablespoon sugar
- 1 bay-leaf
- Salt and pepper

Have the breast of lamb cut into pieces about 1 1/2 inches square. Brown on all sides in hot bacon drippings or lard. Season with salt and pepper. Add the onion, quartered, sugar, cloves and bay-leaf and 1 cup hot water, and let simmer until tender, about 1 1/2 hours. When done, strain the sauce, and thicken with flour smoothed in cold water. A tablespoon of very small capers may be added just before serving.
Molded Lamb Salad

1 cup diced cooked lamb
2 tablespoons gelatin
1/4 cup cold water
2 cups meat stock
1 cup cooked salad dressing
1/2 cup diced celery
2 tablespoons diced green pepper
2 pimientos, cut in strips
1/2 cup diced pineapple
1/2 cup nut meats
Salt
Pepper

Soak the gelatin in cold water and dissolve in hot meat stock. Mix well with cooked salad dressing, diced meat and other ingredients. Turn into a mold to chill. When ready to serve turn out onto a platter and garnish with lettuce, strips of green pepper and pimiento, and mayonnaise roses made by forcing mayonnaise through a pastry tube.

Swiss Salad

2 cups cold roast lamb
1 cup cooked peas
1 cup walnut meats, broken
2 hard-cooked eggs
6 stuffed olives
Lettuce
French dressing
Mayonnaise
Paprika

Cut lamb into small cubes and chill. Marinate meat, peas, and nuts in French dressing and chill. Arrange on lettuce leaves. Sprinkle with paprika and dot with mayonnaise. Cut the eggs into slices and remove the yolks. Arrange the white rings around the salad. Cut the olives into slices, and place a ring of olives inside each ring of egg white. Press the yolks of the eggs through a sieve and sprinkle over the salad.

Braised Lamb Neck Slices

Lamb neck slices
2 tablespoons bacon drippings
1 onion, finely cut
1 cup tomatoes
1 tablespoon sugar
5 or 6 carrots
Salt
Pepper
Parsley

Brown the neck slices in hot bacon drippings. Add the finely chopped onion, the carrots cut in quarters, and the tomatoes. Season. Cover and cook slowly until done, about one and a half hours. More liquid may be added from time to time if necessary. When done, remove the neck slices to a hot platter, and garnish with parsley. Thicken the liquid with flour smoothed in cold water. 2 tablespoons flour for each cup of liquid. Add more liquid if necessary for the gravy. Cook until thickened, and serve in a dish, separately from neck slices.

Lamb a la King

2 cups cold roast lamb, diced
4 tablespoons butter
4 tablespoons flour
2 cups milk
1/2 cup small button mushrooms
1/2 cup celery, diced
Currant jelly
Salt and pepper

Cut the cold roast lamb into cubes. Cook the celery until tender in the butter. Then add the flour and smooth. Add the milk gradually, stirring until the sauce is thickened. Then add the diced lamb, mushrooms and seasoning. Heat. Serve on toast or in patty shells. Place a cube of currant jelly on top and garnish with a sprig of crisp parsley.
What's New in Pork Cookery

Pork should always be cooked to the well-done stage. The long cooking with a moderate temperature develops the fine flavor of the meat.

Pork is roasted in an uncovered pan with the fat side up. Pork chops, however, seem to be improved if they are cooked in a covered pan, after browning.

An oven temperature lower than that used for beef and lamb is better for pork because the fat of pork smokes at a lower temperature than beef and lamb fat.

Do not add water in roasting. A little water may be put in the pan in which chops are cooked.

Bacon should be placed in a cool frying-pan in a single layer. It should be cooked over a low heat and turned frequently. The fat in the pan should be drained off frequently so that the bottom of the pan is only well greased.

Bacon may be broiled under the direct flame. The heat should be turned on for a moderate oven (325° F.).

Large quantities of bacon are quickly and conveniently cooked in the oven. The slices should be placed on a rack in a dripping pan and cooked at 400° F. Best results are obtained if the bacon is turned several times during cooking.

Ham is baked at a constant oven temperature of 300° F. It may be parboiled and then the cooking finished in the oven.

The time required to bake a ham depends upon the weight. Whole hams weighing 10-12 pounds will require twenty-five minutes to the pound; half hams will take thirty minutes and larger hams will require twenty minutes.

Link sausages are cooked in much the same way as bacon, slowly with frequent turning. Sometimes they are covered with cold water which is allowed to come to a boil, then turned off.

Sausage cakes are cooked slowly and the fat turned off as it cooks out.
Recipes for Pork

Pork Tenderloin with Cream

1 pork tenderloin
3 tablespoons lard
1 cup cream
1 teaspoon lemon juice
Flour
Salt and pepper

Split the tenderloin and cut into suitable pieces for serving. Brown in hot lard. Add cream and simmer for 35 minutes or until meat is tender. Remove to a serving dish, thicken the liquid with flour, and bring to the boiling point. Remove from fire, add lemon juice, and pour over the meat. Serve with stuffed tomatoes, garnished with watercress.

Baked Ham

1 whole ham
1 cup brown sugar
2 tablespoons flour
Queen Anne cherries

Place the well-scrubbed ham on a rack in an uncovered pan with the fat side up. Make an incision, and insert the meat thermometer so that the bulb reaches the center of the fleshiest part. Place in a slow oven (300° F.). When the meat thermometer registers 160° F., the ham is done. A 10 to 12 pound ham requires 25 minutes per pound; a larger ham requires 20 minutes per pound; half hams require 30 minutes per pound. Forty-five minutes before the ham is done, remove it from the oven and take off the rind, all except a collar around the shank bone. Cut diagonals across the fat to form diamonds. Moisten brown sugar and flour with some of the fat drippings and rub on the ham. Return to the oven to finish baking. During the last 10 minutes of cooking, increase the heat to brown the ham. When done, place it on a large platter, and place halves of Queen Anne cherries in the center of the diamonds.

Ham Steak in Orange Sauce

1 slice ham, cut 1 inch thick
1 cup orange juice
3 oranges
Flour
Parsley

Place slice of ham in baking pan. Sear well on both sides. Add orange juice and bake in a moderate oven (350° F.) until tender. Add more orange juice if necessary. Thicken with flour. Pour the sauce around the steak on a platter and garnish with slices of orange and parsley.

Pork Tenderloin with Dressing

Pork tenderloin “Frenched”
2 tablespoons lard
1 cup bread crumbs
1/4 cup chopped celery
1 tablespoon butter
1 tablespoon minced onion
1 tablespoon parsley
1/2 teaspoon savory seasoning
Salt and pepper

Have the pork tenderloin cut about 1 1/2 inches thick and then “Frenched,” that is, flattened. Brown them on both sides in hot lard. Make a dressing of the other ingredients, and place a nicely rounded mound of dressing on each piece of meat. Add a very little water, cover closely and cook slowly for about 25 minutes. Remove to a hot platter, stick a crisp sprig of parsley into the center of each mound of dressing.
**Baked Ham Loaf**

1 pound smoked ham, ground  
1/2 pound fresh ham, ground  
1 cup soft bread crumbs  
2 eggs, well beaten  
1/2 cup milk  
2 tablespoons chili sauce  
1 small onion, diced  
Salt and pepper

Mix all the ingredients very thoroughly and pack into a greased loaf pan or into individual muffin tins. Bake in a moderate oven (350° F.) for one to one and a half hours. Half an hour before the loaf is finished cooking, pour 1 cup strained tomato juice over it and finish baking. Serve either hot or cold.

**Roast Pork with Sweet Potatoes**

1 pork loin  
6 oranges, uniform size  
6 sweet potatoes  
6 marshmallows  
Butter  
Salt and pepper

Have a loin of pork prepared at the market with the chine bone sawed loose. Season with salt and pepper. Insert meat thermometer so that the bulb reaches the center of the roast. Place roast on a rack in an uncovered roasting pan. Sear for fifteen minutes in a hot oven (480° F.). Reduce the temperature to 300° F., and continue cooking until the roast is done. When the thermometer registers 185° F., the roast is done. Allow 30 minutes per pound for roasting.

Cut a slice off the top of the oranges and scoop out the pulp. Scallop the edges with a sharp knife. Pare and boil sweet potatoes. Mash. Mix with some of the orange pulp, season with salt, pepper and butter. Fill the orange cups with this mixture and place in the oven to heat. Two or three minutes before serving time, remove from the oven, top each orange with a marshmallow and put back in the oven to puff and slightly brown the marshmallows. Serve orange cups around roast pork.

**Spareribs and Sauerkraut**

3 pounds pork spareribs  
3 cups sauerkraut  
1/4 cup brown sugar  
Salt and pepper

Choose spareribs which have a layer of meat on them. Wipe with a damp cloth. Place on a rack in roasting pan. Place in a hot oven (500° F.) for 20 minutes, or until nicely browned. Then reduce the oven temperature to 300° F. Place sauerkraut on ribs. Sprinkle with brown sugar, and return to oven and bake until tender, about 1 hour.

**Pork Chop Suey**

2 pounds pork shoulder  
2 cups water  
1/2 green pepper, cut in strips  
3 teaspoons pepper, cut in strips  
1 tablespoon Chinese Sauce  
1 tablespoon sugar  
1 tablespoon flour  
2 tablespoons lard  
6 mushroom caps cut in slices  
1/4 cup chopped celery  
1 onion, sliced

Cut the meat into cubes and sear in lard; cover with boiling water and cook 30 minutes. Add vegetables and continue cooking for 15 minutes; add the Chinese Sauce, sugar, salt and flour, stirred to a smooth paste with a little cold water. Bring to boiling point and let simmer 10 minutes longer. Serve with steamed rice or Chinese noodles.
Stuffed Shoulder of Pork

Square-cut shoulder of pork
2 cups corn pulp
1 teaspoon celery salt
1/2 cup melted butter
20 soda crackers, crumbled
2 tablespoons green pepper, minced
Salt
Pepper

Have the bones removed from the square-cut shoulder of pork. Make a stuffing by mixing crumbled crackers, corn, minced green pepper, moistening with melted butter, and seasoning with salt and pepper, and celery salt. Fill the cavity in the pork shoulder with this stuffing, and sew or skewer the edges together. Place on a rack in an open roasting pan. Place in a hot oven (480° F.) and sear for 20 or 30 minutes, or until nicely browned. Then rapidly reduce the temperature to that of a slow oven (300° F.) and continue roasting until done. Allow about 40 minutes to the pound for roasting.

Butterfly Pork Chops

Butterfly pork chops, 1 to 1 1/2 inches thick
2 eggs, slightly beaten
1/2 cup cracker crumbs, finely rolled
3 tablespoons lard or bacon drippings
1 green pepper
1 pimiento
Salt and pepper

Dip the thick butterfly pork chops in slightly beaten egg, and then in finely rolled cracker crumbs. Brown on both sides in hot lard. When nicely browned, reduce the temperature, add a very small amount of water, cover closely, and cook slowly until the chops are done, about 45 minutes. Remove to a hot platter and garnish with strips of pimiento and green pepper.

Stuffed Pork Chops

Pork chops, cut thick
1 cup bread crumbs
1/2 cup celery
1 onion, diced
2 tablespoons butter
2 hard-cooked eggs
2 cups meat stock
2 tablespoons grated cheese
1 clove garlic
Salt and pepper

Make a pocket in the pork chops and fill with dressing made by combining bread crumbs, hard-cooked eggs, diced onion, and melted butter, moistening with meat stock and seasoning with salt and pepper and grated cheese. Sew or skewer the edges of the pocket together. Brown the stuffed chops on both sides in hot lard, then transfer them to a buttered casserole which has been rubbed with a cut clove of garlic. Add a very little moisture, cover, and bake in a moderate oven (350° F.) for 1 hour, or until done.

Grilled Bacon and Tomatoes

Bacon slices
5 slices bread, cut into rounds
2 large tomatoes
4 tablespoons grated cheese

Toast bread on one side. Slice the tomatoes in thick slices and place one piece on each slice of bread, the untoasted side. Sprinkle grated cheese over the top. Cross 2 slices of bacon on each, and place on the broiler rack under a low flame. Allow to cook slowly until the bacon is crisp and the cheese is melted. Serve with additional slices of crisp broiled bacon and a garnish of pickle strips.
Spanish Pork Chops

- Pork chops, cut thick
- 2 tablespoons lard
- 1 small green pepper
- 1 medium-sized onion, chopped
- Flour
- ½ cup chili sauce
- 1 teaspoon Worcestershire sauce
- 1 clove garlic
- 1 tablespoon sugar
- Salt and pepper

Have pork chops cut double thickness. Dredge with flour and brown on both sides in hot lard in a skillet which has been rubbed with a cut clove of garlic. Remove the chops and put the green pepper and finely chopped onion into the skillet. Cook gently until tender. Then add the chili sauce, Worcestershire sauce and sugar. Replace the chops, dipping the sauce over them. Season with salt and pepper. Cover closely and cook slowly until the chops are tender, about 45 minutes. Serve with the sauce.

Sausage and Hominy

- 1 pound little link sausages
- 1 tablespoon sugar
- 2 cups cooked hominy
- ½ cup melted butter

Place link sausages in a frying-pan, and cover with cold water. Let come to a boil. Pour off water and let cook until the sausage links are nicely browned. Place in the center of a platter a mound of hominy which has been cooked in boiling salted water and seasoned with melted butter and sugar. Arrange the nicely browned sausage links around the mound of hominy, and garnish with sprigs of crisp parsley.

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Hungarian Sausage Loaf

- 2 pounds pork sausage
- 1 egg, slightly beaten
- 2 cups bread crumbs
- 1 cup sour cream
- 6 strips bacon
- Juice of 1 lemon
- Paprika
- Salt and pepper

Mix sausage, bread crumbs, egg, and seasonings together thoroughly. Mold into a loaf and place in a baking dish. Place bacon strips over the top. Pour sour cream over the loaf, and bake in a moderate oven (350°F) for 1 to 1½ hours. Serve garnished with slices of fresh tomatoes.

Pork and Noodles en Casserole

- 2 pounds ground lean pork shoulder
- 1 cup strained cooked tomatoes
- 2 cups cooked noodles
- 1 medium-sized onion, diced
- 1 tablespoon sugar
- ½ pound finely chopped American cheese
- 3 tablespoons butter
- Bread crumbs
- Salt
- Pepper

Fry the onion and green pepper in the butter until the onion is yellow. Add the ground pork and cook, stirring from time to time, until slightly browned. Add the sweetened strained tomatoes, noodles and cheese. Season with salt and pepper. Pour into a baking dish and bake in a moderate oven (350°F) for 30 minutes. When almost done, sprinkle bread crumbs over the top, then sprinkle with grated cheese, and return to the oven. Bake until the cheese is melted and the crumbs are browned.
Ham Slices en Casserole

Ham butt slices
1 cup corn, canned
1 egg
1 cup bread crumbs
2 tablespoons butter
1 cup celery
1 small onion
1 green pepper
1 cup milk
Salt
Pepper
1 teaspoon sugar
2 tablespoons flour

Chop the celery, onion and green pepper. Mix and fry to a golden brown in butter. Add the well-beaten egg, corn, and bread crumbs. Season with salt and pepper and sprinkle with sugar. Place the ham slices in a buttered baking dish, spread the corn mixture over the top. Make a thick cream sauce in the fat in which the vegetables were cooked by combining flour with butter, and gradually adding milk, stirring constantly to prevent lumping. Pour this sauce over the meat and vegetables in the baking dish. Bake in a slow oven (300° F.) until the ham is done, about 40 minutes. Serve from the baking dish, a slice of ham and a portion of corn dressing to each individual serving.

Sausage Patties

1 1/2 pounds pork sausage
1/2 cup uncooked rice
1/2 cup cream or top milk
1 cup tomato puree
1 tablespoon sugar
1 tablespoon green pepper, chopped
1/4 onion, chopped
1 cup hot water

Flour

Mix the pork sausage, uncooked rice, onion, green pepper and cream. Form into balls or patties. Roll in flour and place in a buttered baking dish. Cover with tomato puree, slightly sweetened and diluted with 1 cup boiling water. Cover the dish and bake in a moderate oven (350° F.) for 1 1/2 hours. If necessary, add more hot water, as baking with uncooked rice absorbs the liquid. If desired, a gravy may be made by adding more hot liquid and thickening with flour smoothed in cold water, 2 tablespoons for 1 cup of liquid. Return to the oven and cook until the liquid is thickened.

Sausage Ramekins

1 pound sausage
6 eggs
3 tablespoons grated cheese
1/4 teaspoon paprika
1/2 teaspoon salt
1 teaspoon butter

Butter individual baking dishes or ramekins. Fill each one two-thirds full of sausage. Make a cavity in each with a spoon and into each cavity break an egg. Sprinkle salt and grated cheese and a dash of paprika over the top. Bake in a moderate oven (350° F.) for about 20 minutes, or until the egg has set.
Veal has certain characteristics which make its cookery different from the methods used in the preparation of beef or pork. While veal is tender, it possesses considerable connective tissue which requires slow cooking in moist heat to soften.

For this reason veal is always covered after browning. The steam from the meat furnishes the moisture.

In the true meaning of the word, veal is not roasted since it is cooked in a covered pan. The roast is browned at a high temperature (500° F.) and then the roasting continued at a low temperature (260°-300° F.).

Veal does not contain much fat, therefore larding it either by placing slices of bacon or salt pork over the top or by inserting fat by means of a larding needle will increase the juiciness and flavor of this meat.

Broiling is not recommended for veal because it does not contain much fat and because it has a tendency to dry out through evaporation.

Although veal is covered during roasting, no water is added because veal rapidly draws its own juices. The juices in the pan are rich in flavor and in color and need only be thickened with flour to make a delicious gravy.

Sour cream added to veal gravy gives a delightful flavor.

Sugar as a seasoning for meat may be a new idea to the American housewife, although it has long been used by foreign cooks. The addition of a teaspoon of sugar with the salt and pepper before browning will cause a caramelizing which adds flavor to the meat and to the gravy. The sugar is used in meat cookery as a seasoning or a condiment just as are salt and pepper.
Roast Leg of Veal

Leg of veal
Salt and pepper

Place the leg of veal, skin side up, on a rack in a roasting pan. Season with salt and pepper. If a thermometer is used, it will be necessary to have an opening in the pan through which it may be inserted. Place the roast in a hot oven (500° F.) and sear without covering for 15 or 20 minutes. At the end of this time, reduce the oven temperature to that of a slow oven (300° F.). Cover the roaster and continue cooking until the roast is done. When the thermometer registers 160° F., the roast is done. Allow about 25 minutes per pound for cooking.

Veal Loaf

3 pounds veal
1/4 pound salt pork
1 cup bread crumbs
1 onion, finely diced
1 green pepper, diced
1 egg
2 tablespoons butter
Salt and pepper

Have the veal and salt pork ground together. Mix thoroughly with the other ingredients and pack into a greased ring mold. Bake in a moderate oven (350° F.) until done, about 1 hour. Turn out onto a round platter. Fill the inside of the ring mold with diced carrots and peas or fluffy mashed potatoes. Garnish with quarters of ripe tomatoes and sprigs of crisp parsley.

Stuffed Rolled Breast of Veal

Breast of veal
4 or 5 strips of bacon
1/4 pound salt pork, chopped fine
1 cup bread crumbs
1 tablespoon minced parsley
1 tablespoon chopped onion
Salt
Pepper

Have the breast of veal boned. Fry out the salt pork until it is crisp. Add the bread crumbs, chopped onion, minced parsley, and season with salt and pepper. Spread the stuffing over the flat breast of veal. Roll and tie or skewer into shape. Place on a rack in a roasting pan. Cover over the top with strips of bacon. Place in a hot oven (500° F.) until the bacon is browned, then quickly reduce the temperature to that of a slow oven (300° F.). Cover and cook until done, about 2 hours.

Larded Pot-roast of Veal

Shoulder of veal
2 tablespoons lard or bacon drippings
Salt
Pepper

Have the shoulder of veal boned and rolled and larded with fat salt pork or fat back so that the lardoons are about 1 inch apart. Brown the larded roll on all sides in hot lard or bacon drippings. Season the meat with salt and pepper, and add 1 cup hot liquid, either water or meat stock. Cover closely and let simmer until done, about 3 hours. Add more liquid if necessary, but only a small quantity at a time. When done, remove the meat to a hot platter, and make a gravy by thickening the liquid with flour smoothed in cold water. Vegetables such as potatoes, carrots, onions, parsnips, and turnips may be added to the pot-roast just long enough before serving so that they will be done.
Veal Cutlets, Hawaiian

- 6 thick veal cutlets
- 6 slices pineapple
- 1 cup bread crumbs
- 1 egg
- 1 tablespoon milk
- Fat
- Salt and pepper

Cut a lengthwise slit or pocket in each cutlet and insert a slice of pineapple. Dip cutlets in egg beaten in milk, then in bread crumbs. Fry very slowly until tender, about 30 minutes. Serve with additional slices of pineapple browned in butter.

Breaded Veal Chops in Sour Cream Sauce

- Loin or rib chops
- 1 cup fine dry bread crumbs
- 1 egg
- 2 tablespoons milk
- 3 tablespoons lard
- \(\frac{1}{2}\) cup sour cream
- 2 tablespoons flour
- 1 tablespoon sugar
- Salt
- Pepper

Beat the egg with the milk. Dip the chops into fine dry bread crumbs, then into the egg mixture, and again into bread crumbs. Brown the chops on both sides in hot lard, then reduce the temperature, cover closely and cook slowly until done, about 45 minutes. When done, remove the chops to a hot platter. Stir into the drippings in the pan a mixture of 2 tablespoons flour smoothed in 1 cup cold water. Cook until thickened, then add the sour cream, and season with a little sugar, salt and pepper. Serve with the breaded chops.

Creamed Veal on Toast

- 2 cups chopped cooked veal
- 1 hard-cooked egg, chopped
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 2 tablespoons chopped parsley
- \(\frac{1}{2}\) teaspoon paprika
- \(\frac{1}{2}\) teaspoon salt
- 6 pieces toast

Combine butter and flour and add milk to make a cream sauce. Heat the veal in sauce. Add the chopped egg. When hot, serve on toast. Garnish with chopped parsley and paprika.

Veal and Nut Roll

- 1 large slice of round of veal, cut thin
- \(\frac{1}{2}\) cup walnuts, cut fine
- 1 carrot, sliced
- 1 tablespoon sugar
- 2 tablespoons parsley, minced
- 1 stalk celery, chopped
- 2 bay-leaves
- Salt and pepper

Select a large, thin, evenly-cut veal cutlet. Spread with a layer of chopped parsley and the chopped walnuts. Sprinkle with salt and pepper, then roll lengthwise into a tight roll tying securely with string at every 2 inches of its length. Roll lightly in flour. In the bottom of a baking pan arrange the sliced carrot, diced celery, parsley and bay-leaves, sprinkle with sugar, then place the roll on top of the vegetables. Pour in hot water to the depth of 1 inch, add a little salt, cover, and bake in a moderate oven (350° F.) for 1\(\frac{1}{2}\) hours. When done, remove the roll, cut and remove the strings. It may be served hot or allowed to cool, then sliced and served on a bed of lettuce and celery, having the slices of meat alternate with slices of raw tomato.
Fricassee of Veal and Mushrooms

3 pounds veal breast or shoulder
3 tablespoons bacon drippings
4 or 5 carrots
1 cup peas
1 cup meat stock
1 cup mushrooms
1 tablespoon sugar
2 tablespoons flour
Paprika
Salt
Pepper

Have the veal breast cut into pieces between the ribs, or if shoulder is used, have it cut into pieces 1½ inches square. Brown the pieces on all sides in hot bacon drippings. Add the carrots, mushrooms, and peas, and season with paprika, sugar, salt and pepper. Add the meat stock and simmer until done, about 1 hour. Add flour smoothed in cold water, and cook just long enough for the liquid to become thickened.

Veal Steak and Rice

Veal steak, cut 3/4-inch thick
2 tablespoons lard
1/2 cup rice
1 large or 2 medium-sized tomatoes
1 medium-sized Spanish onion
2 green peppers
1 tablespoon sugar
Salt and pepper

Brown veal steak on both sides in a little hot lard. Then place it in the bottom of a well-greased casserole. Wash the rice and spread over the meat. Add salt. Cut tomato into 4 thick slices and place on the rice. Sprinkle with sugar. Then put a thick onion slice and 1/2 slashed pepper on each tomato slice. Cover with hot water. Put a lid on baking dish and bake in a moderate oven (350° F.) until done, about 45 minutes.

Veal Salad Supreme

2 cups diced cooked veal
1 cup diced celery
1/2 cup diced pineapple
1/2 cup peas, cooked
1 pimiento finely chopped
1 green pepper, finely diced
French dressing
Mayonnaise
1/2 cup nuts
Lettuce

Cut the cooked veal into dice, not too small. Marinate the veal and nuts in French dressing for a half hour. Chill. Drain off the excess dressing. Mix lightly with diced celery, pineapple, peas, green pepper and pimiento and moisten with mayonnaise dressing. Serve on a lettuce cup and garnish with celery tips, small sweet pickles, and small red radishes cut to form radish roses.

Jellied Veal

3 cups ground cooked veal
2 tablespoons gelatin
1/2 cup cold water
2 cups boiling meat stock
3 tablespoons sugar
1/2 cup vinegar
3 tablespoons lemon juice
Salt
1 pimiento, chopped

Soak gelatin in cold water for 5 minutes. Dissolve in the boiling meat stock. Add sugar, vinegar, lemon juice and salt. Set aside to cool. When the mixture begins to stiffen, add the veal and pimiento and mix well. Pour into a loaf pan which has been dipped in cold water. Chill. Remove from pan, slice, garnish with lettuce or watercress, and serve with horseradish sauce.
Veal and Noodles en Casserole

- 2 pounds veal shoulder
- 3 tablespoons lard
- 2 medium-sized onions, minced fine
- 1 cup mushrooms
- 1 package egg noodles
- 1 cup tomato puree
- 1 tablespoon sugar
- 1/2 pound American cheese, grated
- Flour
- Salt and pepper

Have the veal shoulder cut into pieces about one inch square. Season with salt and pepper, roll in flour, and brown on all sides in hot lard. When browned, add the onions, mushrooms together with the mushroom stock and the slightly sweetened tomato puree. Simmer until the meat is tender. Cook the noodles in boiling salted water and place in the bottom of a buttered casserole. Cover with the meat mixture and bake in a moderate oven (350° F.) for 30 minutes. Ten minutes before serving, sprinkle grated cheese over the top and return to the oven until the cheese is melted.

Veal Timbales

- 2 cups cold cooked veal
- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup milk
- 3 eggs
- 1/2 cup heavy cream
- 1/2 cup cooking sherry
- Paprika
- Salt and pepper

Put veal through the food chopper. Add slightly beaten egg yolks, cream, sherry, and seasoning. Carefully fold in stiffly beaten egg whites. Make a white sauce by melting butter, combining with flour, gradually adding milk, and cooking until thickened. Butter individual molds and fill 1/4 full with white sauce. Fill with the veal mixture, and set in a pan of hot water. Cover with buttered paper and bake in a moderate oven (350° F.) until firm, about 20 minutes.

Veal Mousse

- 3 cups cold roast veal, diced
- 1 1/2 tablespoons gelatin
- 1/2 cup cold water
- 1/2 cup boiling water
- 1 cup whipping cream
- 2 tablespoons chopped parsley
- 2 tablespoons finely chopped pimiento
- 1/2 teaspoon paprika
- Salt and pepper

Soak the gelatin in cold water for 5 minutes. Add the boiling water and stir until dissolved. Add diced veal, paprika, parsley, and pimiento. Fold in the whipped cream and pour into a ring mold which has been dipped in cold water. Set in the refrigerator until stiff. Unmold onto a large platter.

Veal Birds

- 2 pounds veal steak
- 4 tablespoons lard
- 1 cup bread crumbs
- 1 egg
- Celery salt
- Salt and pepper
- Cracker crumbs, finely rolled

Have the veal steak cut 1/4 to 1/2 inch thick and in pieces 2 to 4 inches square. Make a dressing by combining soft bread crumbs, salt, pepper, celery salt, onion, and melted butter. Spread 2 tablespoons of dressing on each piece of meat. Roll it and fasten with toothpicks or tie with string. Dip in slightly beaten egg and roll in cracker crumbs. Brown on all sides in hot lard. Add cream or rich milk, cover and cook slowly.