

# MEAT

COMPLETE



5 MINUTES   10 MINUTES   15 MINUTES   20 MINUTES   25 MINUTES   HALF HOUR   ONE HOUR

A HANDBOOK OF MEAT COOKERY

BY *Martha Logan*



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BY *Martha Logan*

*Swift Canadian Co.,  
Limited*

*Toronto*

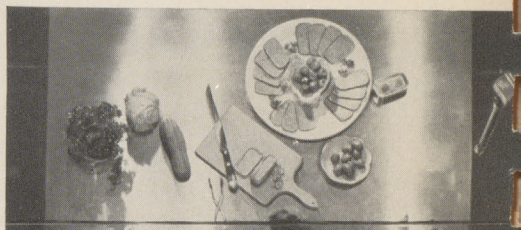
General Office:

*Canada*

HOME ECONOMICS DIVISION—RESEARCH LABORATORIES

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*Above:* One of the Martha Logan Test Kitchens where foods are tested and recipes for new dishes are planned.

*Left:* Our constant striving for improvement of Swift Canadian Company's many food products calls for frequent experimental tests.

*Right:* Talks before homemakers is a part of our work in telling the story of good nutrition and enjoyable meal planning. (Overhead reflecting mirrors, like that shown in the above illustration, are used whenever possible, so that the audience can see exactly what the speaker is doing.)



As queens of your modern Canadian castles, you busy housewives spend a goodly portion of your time each day planning, preparing, and serving meals for your hard-working husbands and fast-growing children. To help you do this job quicker and better . . . so important to ensure a strong nation . . . is the chief purpose of this book.



We . . . I mean myself and the other Home Economists who assist me . . . spend most of our time in our kitchen just as you do. We experiment with foods, and work out new ways for you to prepare and serve them. Frequently, too, we suggest how The Swift Canadian Company can *improve* its products to better fit your particular needs.

That's our job . . . to help *you*.

In these pages you will find more than just recipes. You will find suggestions for meal planning that make for sound nutrition as well as for a lot of fun. Here, too, are ideas that will help you budget your time and money.

We sincerely hope you will like them. We know you will find them practical because the utensils and cooking equipment we use in our kitchen are the same kind you have.

*Martha Logan*

Home Economist  
SWIFT CANADIAN CO., LIMITED



# OUR DAILY

## *Food Needs*

The foods you serve need never be tasteless and uninteresting. Instead, your family can enjoy good meals with plenty of variety . . . and with no time or money wasted, either.

Variety is so important! Remember, when planning meals, that your family needs meat, milk, eggs, fruits, vegetables, fats and cereals. Of those mentioned, the milk and milk products, the meat and meat products, and the fruits and vegetables, are frequently referred to as "foundation foods" since they form the important base in good meal planning. These foods have highest quality proteins, minerals, vitamins and fats, in generous measure.

Scientists talk in terms of proteins for strength and muscle repair; minerals for bone and blood; vitamins to "spark" the best use of all food; and fats for energy. But we homemakers aren't scientists—we want to know "what's what" in terms of foods and menus—what is good to eat and what is good for us.

### **For Good, Appetite-Provoking Meals:**

For good meals, we should each plan the daily menus to include the "foundation foods" in a way to please our family and suit our purse; we should learn to cook these foods to save all their food value and make them appetizing; and of course, we should serve these foods in the most attractive, appetite-provoking ways so that the family will truly enjoy every mouthful.

How important it is to feel satisfied after eating! The obvious test of a good meal is: does it leave you feeling well fed? But a satisfied appetite is not the only test to prove you've eaten properly. The other important test of a good meal is: has it provided all the necessary food elements that it should? When you look at the matter this way, you realize how *very* important meal planning is.



In the pages which follow, you will find a *Right Foods Check Chart* on which you can check your own meals for an entire week. Use this novel plan to see how nearly you are taking best advantage of the recommendations of national nutrition specialists for the proper nourishing of your household.

But, since this book is mostly about meat, first let me tell you something about the importance of meat in the daily diet. All meat is a good source of important food elements. The thriftier cuts are just as nutritious as the higher-priced ones, and by proper cooking can be made tender and delicious.

Here are some of the reasons why meat should be an important part of each day's meal-plan (with the occasional substitution of a sound alternative, for variety).

**1**

**MEAT** is a rich source of complete proteins.

**2**

**MEAT** is a valuable source of the "B" vitamins.

**3**

**MEAT** contains a good supply of iron and phosphorus.

**4**

**MEAT** supplies fat.

**5**

**MEAT** satisfies the appetite and makes us feel well fed.

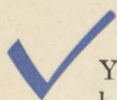


# EAT THE *Right Foods*

**CHECK YOUR DAILY MEALS WITH THIS CHART**

FOOD	<i>Number of Servings Each Day</i>
<b>Meat, Poultry, Fish or Beans</b>	1 or more servings daily . . . of these, liver, kidney or heart, at least once a week.
<b>Eggs</b>	1 a day, or at least 3 or 4 a week Cooked any way you choose or in "made" dishes.
<b>Fruits</b>	1 serving fresh, dried, canned, or frozen fruit. 1 serving orange, grapefruit or tomato (whole, or as juices if available).
<b>Vegetables</b>	1 serving potato. 1 serving yellow or green vegetable (fresh, frozen or canned). 1 serving other vegetable (frequently raw).
<b>Milk, Cheese</b>	$\frac{1}{2}$ to 1 pint for adults, more than 1 pint for children (fresh, evaporated, or dried milk). Cheese is a milk product . . . very desirable every day, and occasionally in main dish.
<b>Fats</b>	2 or more servings butter. Peanut butter. Lard or other fats for cooking.
<b>Bread and Cereals</b>	4 to 6 slices Canada Approved bread, whole grain or white. 1 serving whole-grain cereal. Macaroni products are also useful.
6	Then eat other foods as you like. Form a regular water-drinking habit.





You'll find it's helpful to check your meals on this chart for a week. Perhaps you'll be surprised at the story it will tell when you are through. "Hidden Hunger" originates in a lack of the important foundation foods—all of which are listed in this chart.

If you would like an additional supply of these *Right Foods Check Charts* for yourself and friends, see the slip at the back of this book for details on how to get them.

Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.	FOOD
							Meat, Poultry, Fish or Beans
							Eggs
							Fruits
							Vegetables
							Milk, Cheese
							Fats
							Bread and Cereals

Use sweets in moderation to make the diet palatable, but not enough to spoil the appetite for other foods. Count very sweet desserts, molasses, syrups; honey, jellies, jams, sugars and candies as sweets.



# LET'S CHECK THREE TYPICAL

Look at the day's menu below and then see how it fits the Right Foods Check Chart. Perhaps it will help you in your own planning . . . and checking. Try the plan for a week on the chart on page 7.

## BREAKFAST

ORANGE JUICE  
WHOLE GRAIN CEREAL  
TOP MILK  
BACON TOAST MARMALADE  
BEVERAGE

## LUNCH

CREAM OF CELERY SOUP  
SALT WAFERS  
PEANUT BUTTER AND JELLY SANDWICHES  
(page 47)  
COLE SLAW  
BEVERAGE

## DINNER

SWISS STEAK (page 20)  
BAKED POTATO JULIENNE CARROTS  
BREAD BUTTER  
RAISIN AND APPLE SALAD  
BAKED HONEY CUSTARD  
BEVERAGE

## FOOD

Meat,  
Poultry,  
Fish or Beans

Eggs

Fruits

Vegetables

Milk,  
Cheese

Fats

Bread and  
Cereals



# Well-Planned MEALS



<i>Number of Servings Each Day</i>	<b>Mon.</b>	
1 or more servings daily . . . of these, liver, kidney or heart, at least once a week.	✓ ✓	Bacon and Swiss steak.
1 a day, or at least 3 or 4 a week. Cooked any way you choose or in "made" dishes.	✓	Eggs in cooked custard.
1 serving fresh, dried, canned, or frozen fruit. 1 serving orange, grapefruit, or tomato (whole, or as juices if available).	✓ ✓ ✓	Raisins and apples in salad. Orange juice.
1 serving potato. 1 serving yellow or green vegetable (fresh, frozen or canned.) 1 serving other vegetable (frequently raw.)	✓ ✓ ✓ ✓ ✓	Baked potato. Carrots. Cabbage in cole slaw, lettuce Celery in soup.
½ to 1 pint for adults, more than 1 pint for children (fresh, evaporated, or dried milk). Cheese is a milk product . . . very desirable every day, and occasionally in main dish.	✓ ✓ ✓	Milk on cereal; in celery soup; in custard. Children also need milk to drink with meals.
2 or more servings butter. Peanut butter. Lard or other fats for cooking.	✓ ✓ ✓ ✓ ✓ ✓	Butter on toast, sandwiches, in soup and for carrots. Lard, shortening or dripping used for browning Swiss steak. Peanut butter.
4 to 6 slices Canada Approved bread, whole grain or white. 1 serving whole-grain cereal. Macaroni products are also useful.	✓ ✓ ✓ ✓	Whole grain cereal; Canada Approved breads—whole grain or white.
Then eat other foods as you like. Form a regular water-drinking habit.		Sweets — Marmalade; jelly· sugar; honey in custard.



# *Thoughtful Planning . . .*

## **MEANS ENJOYABLE NUTRITIOUS MEALS**



Menus thoughtfully planned . . .

### **Meal Planning and Serving:**

It is easier to plan meals for two or three days in advance. By so doing you are better able to give your meals nutritional balance and effect economies in buying. Since meat is an important foundation food, (you usually build your meal around your meat, of course), it is best to select the meat first.

Choose meats both for variety and for the time of preparation suited to your needs. To help you do this, the recipes in this book are arranged by kinds of meat (beef, pork, lamb, etc.) and are indexed by cooking time (page 54) . . . as well as by the title (inside back cover).

Having selected your meat, consider the accompaniments. Here are some hints that will prove helpful:

1. Consider color in selecting your vegetables and fruits. Eye appeal is just as important as taste appeal.
2. Choose flavors that complement each other, as tomatoes and veal, apples and pork.
3. Vary the textures of foods—soft with solid or crisp foods, as creamed meat on toast with buttered string beans.
4. Avoid the repetition of one food, as onions with the meat, creamed onions, and onions in the salad.
5. Plan edible garnishes for your meat dishes. They add to the appearance of the food and in addition provide food value.

You'll find an illustrated meat dish at the beginning of each recipe section in this book. We think that these special recipes are extra good, and we're sure that you will, too. Beneath the illustration of these dishes, you will find a day's menus in which the illustrated dish is included. You can use these menu suggestions in planning some of your own meals.





and food carefully purchased . . .

provide enjoyable, nutrition-right meals.

## Meat Buying :

In order that you may know which meats are the good buys for the day, we suggest that you refer to the newspaper advertisements and handbills of your favorite meat dealers. Your meat dealer knows the good buys and will be glad to help you choose the meat suited to your family. Your dealer's refrigerator counter with its attractive display of various meats can be a real inspiration for your meat-selection.

The price per pound is not always the best guide to economy buying. You will often find it thrift-wise to buy a whole or half ham, a roast, or a pot roast with the thought in mind of using the planned left-overs in different ways (see suggestions for using left-overs, pages 21, 29, 35, 39). Naturally, each reappearance of such meat should be in a delightfully different manner.

Since real thrift in meat-buying means that you get the quality and kind of meat best suited to the needs and tastes of your family, you'll find it a good plan to familiarize yourself with the brand names of the meat items on the market. Select your meats by brand just the same as you select your canned goods and other household necessities. When you find a brand that you like—ask for it every time and go to the meat dealer who gives you this brand every time. In this way you assure yourself of getting a good buy instead of a poor bargain.

There are many good brands of meat on the market. Of course, the ones I know best, and they are the favorite brands of Canada's homemakers, are the Swift Brands. We work with our many branded products every day in the Martha Logan Test Kitchen, constantly seeking ways to make them even better. (For the pictures and names of some of Swift's identified products, see pages 52 and 53). Be sure to let a brand name serve you as your buying guide.



# MEAT COOKERY

Meat cookery today is a new science. The most important guide to follow in all meat cookery is to use a low cooking temperature. This keeps the juice and flavor in the meat, cuts down shrinkage, makes the meat more tender and palatable, and prevents burnt fat drippings.

In recent years, research workers in laboratory kitchens discovered and have proved that many of the older ways of cooking meat caused great shrinkage, high dripping losses, and actually made the meat less tender.

Your aim in cooking meat is to make the meat more attractive and more appetizing—and in the less tender cuts, to soften the connective tissue and to keep the meat tissues tender.

## A Few “Do’s and Don’t’s” to Guide You:

1. Do not sear a roast. If meat is roasted in a moderately low oven (325°F), the meat will be well browned, juicy, and tender, with lower weight losses and lighter-colored drippings than if the meat is seared or is roasted at a high temperature through the entire period.
2. Do not cover the meat while roasting because steam will form and give the meat a water-cooked flavor.
3. The use of a roast-meat thermometer to determine the doneness for all roasts is recommended. An oven thermometer indicates the temperature of the oven only. The meat thermometer inserted into the center of the thickest part of the meat, not touching bone, indicates the internal temperature of the meat, and the exact degree to which meat is cooked.
4. Roasts may be seasoned before cooking. Season steaks and chops after broiling.
5. If meat is cooked in water, use a minimum amount of water. “Don’t drown the meat” is a good slogan. A large quantity of water is needed only for soup-making or for parboiling to remove an excess of salt or strong flavor.
6. Do not boil meat. Remember, high temperatures toughen meat. In water cooking, keep the water *just under the boiling temperature*—this is called “simmering”.
7. Long slow cooking of meat pays in better flavor, greater tenderness and a larger yield of servable meat.
8. Use trimmed fat and strained fat drippings for pan frying. Clear drippings may be used in pancakes, muffins, and other hot breads, in sauces for vegetables, and in bread stuffings.
9. Use bones and lean meat trimmings for soup stock to combine with diced vegetables, rice, barley or macaroni products.
10. Read the cooking directions and recipes on canned meat and packaged meat.



## Best Cooking Methods

It is easy to learn to cook any cut of meat so that it will be tender, flavorful, and appetizing. These three facts determine the method used to cook any meat cut—

1. The degree of tenderness of the meat.
2. The size of the cut.
3. The kind of meat it is—beef, lamb, veal, or pork.

The *more tender* cuts of meat are usually cooked by dry heat, as in roasting chunky cuts and broiling slices, steaks or chops. However, *veal and pork should not be broiled* because these two kinds of meat should always be served well-done. See pages 48 to 51 for the cuts recommended for broiling and roasting, also the general directions and time-table for cooking by dry heat.

The *less tender* cuts of meat are best cooked by the use of moist heat as in braising or in water cooking. The following table gives the general cooking directions and the cuts recommended for cooking by moist heat.

### MOIST HEAT COOKERY—For Less Tender Meat Cuts

General Cooking Directions	BRAISING		WATER COOKING	
	Brown meat, using extra fat if necessary. Season. A small amount of liquid may be added. Cover and cook slowly, until tender.		Cover meat with water and simmer until tender. The cuts shown in "Braising" column marked * can also be water-cooked.	
<b>BEEF CUTS</b>	Rump Round Chuck Heart Liver Neck*	Round Steak Flank Steak Shoulder Steak Brisket* Short Ribs*	Plate Neck Shank Corned Beef	Tongue, fresh or smoked Hearts Ox Tails
<b>LAMB CUTS</b>	Riblets Neck Slices	Shanks*	Neck	Breast
<b>VEAL CUTS</b>	Shoulder Loin Chops Rib Chops Leg Steak	Shoulder Steak Cutlets Shank* Breast*	Shoulder Breast	Tongue Heart
<b>PORK CUTS</b>	Shoulder Loin Chops Rib Chops Shoulder Chops Tenderloin	Steaks Spareribs* Hocks* Heart Liver	Hock Neck Bones Picnics	Daisies or Boneless Butts Hearts
		* Cuts marked * may also be water-cooked.		





## *Menus for One Day*

### **BREAKFAST**

CANNED FRUIT

CEREAL

TOP MILK

POACHED EGGS ON TOAST

BACON

COFFEE

MILK

### **LUNCH**

HOT BAKED BEAN AND PORK SANDWICH (page 47)

CARROT AND CELERY SALAD

STEWED PRUNES

MILK

### **DINNER**

SOUTHERN BEEF ROLL

RICE OR MACARONI

TOMATOES AU GRATIN

HARD ROLLS, BUTTER

PICKLES, CELERY AND RADISHES

BERRIES

WAFERS

BEVERAGE



## *Southern Beef Roll*

Yield: 6 servings

**Filling:**

- 2 cups ground cooked beef
- 1 cup gravy
- 2 tablespoons minced onion
- 2 tablespoons chopped green pepper or relish (optional)

**Cooking time: 30 minutes**

**Biscuit Dough:**

- 2 cups sifted flour
- $\frac{1}{4}$  cup lard or blended shortening
- 4 teaspoons baking powder
- 1 teaspoon salt
- $\frac{2}{3}$  cup milk

**Gravy or Sauce**

Combine meat, 1 cup gravy and vegetables. Make baking powder biscuit dough. Roll dough into rectangular sheet about  $\frac{1}{8}$  inch thick. Spread with beef mixture, roll up as for jelly roll. Bake in a hot oven (400° F.) for about 30 minutes or until well browned. Cut in thick slices and serve with extra gravy or tomato sauce.

## **BEEF**

### **DeLuxe Hamburger**

Yield: 5 patties

- 1 pound ground beef
- flank or chuck
- 1 teaspoon salt

**Cooking time: 8 minutes**

- 2 tablespoons minced onion
- 2 tablespoons chopped green pepper or relish

Combine beef, seasoning, onion, and green pepper. Shape into patties  $\frac{1}{2}$  inch thick. Pan-broil on a lightly-greased griddle, 6 to 8 minutes.

### **Creole Beef with Rice or Spaghetti**

Yield: 6 servings

- 1 pound ground beef
- 3 tablespoons lard or blended shortening
- 1 tablespoon chopped onion
- $\frac{1}{2}$  cup chopped celery
- 2 tablespoons flour

**Cooking time: 15 minutes**

- 2 cups cooked tomatoes
- $\frac{1}{2}$  teaspoon chili powder
- 1 teaspoon salt
- 1 teaspoon Worcestershire sauce
- 1 cup water
- Cooked rice or spaghetti

Brown the meat in 2 tablespoons hot fat. Remove meat from pan. Brown onion and celery in 1 tablespoon fat. Blend in flour; add tomatoes slowly and stir and cook until thickened. Add seasonings, meat and water. Cook slowly 10 minutes. Serve on bed of hot cooked rice or spaghetti.



## Corned Beef Hash

Yield: 6 servings

Cooking time: 15 minutes

2 cups ground cooked corned  
beef

2 cups diced cooked potatoes

1 onion, minced

1 tablespoon dripping, lard or  
blended shortening

Combine corned beef, potatoes and onion. Cook slowly in hot fat about 15 minutes or until well browned—then turn with egg-turner and brown other side.

## Breakfast Beef

Yield: 4 servings

Cooking time: 15 minutes

$\frac{1}{2}$  pound dried beef

2 tablespoons butter

2 tablespoons flour

1 cup milk or evaporated milk

4 slices toast

Cut the sliced dried beef into inch squares. If it is first quality beef, do not scald. Make a white sauce of the butter, flour and milk. Add the beef; cook, stirring until hot. Add any seasoning desired. Serve on hot buttered toast.

## Liver Puffs

Yield: 6 servings

Cooking time: 15 minutes

1 $\frac{1}{2}$  pounds beef  
or lamb liver

$\frac{1}{2}$  cup minced onion

1 egg

1 cup cracker or dried bread crumbs

1 teaspoon salt

1 cup hot water

Lard or blended shortening, for frying

Scald liver and grind it. Combine all ingredients. Form into small cakes. Pan-fry or fry in deep hot lard or shortening until well browned. Serve very hot. (Crisp bacon is a delicious accompaniment.)

## Country-Fried Steak

Yield: 4 to 5 servings

Cooking time: 30 minutes

1 $\frac{1}{2}$  pounds round or chuck steak  
cut  $\frac{1}{2}$  inch thick

2 teaspoons salt

Flour

2 tablespoons lard or blended  
shortening

$\frac{1}{4}$  cup water

Cut steak into serving pieces. Season. Dredge in flour and brown in hot fat. When well browned, add water. Cover, and cook slowly until tender.



## Beef Casserole

Yield: 4 servings

Cooking time: 1 1/4 hours

1 1/2 pounds chuck steak  
2 tablespoons fat  
Salt, pepper

1 onion, peeled and sliced  
4 potatoes, peeled and sliced  
1 cup cooked tomatoes

Cut the steak into 4 servings. Brown in the fat. Season. Place in a casserole or baking pan. Cover with the onion, potatoes and tomatoes, seasoning with salt and pepper. Cover. Bake in a moderate oven about one hour. Uncover and bake for about 15 minutes or until all extra liquid is absorbed by the meat and potatoes.

## Western-Ranch Meat Loaf

Yield: 10 to 12 servings

Cooking time: 1 1/4 hours

2 pounds ground beef  
1 medium onion  
3/4 cup diced celery  
1/4 cup lard or blended shortening  
1/3 cup diced green pepper or  
relish

1 tablespoon salt  
2 eggs  
3 cups soft bread crumbs  
1/2 cup water  
1/2 cup tomato juice  
2 tablespoons melted butter

Chop onion. Brown onion and celery in hot fat. Combine with green pepper, (or any suitable finely-cut relish), salt, eggs, bread crumbs, and water to make a dressing. Add half of the dressing (1 1/2 cups) to the meat, mixing well. Pat out half the meat mixture in a two-quart loaf pan. Cover with the remaining dressing, then top with the remaining meat mixture. Bake in a moderate oven (350° F.) 1 1/4 hours. Baste twice with tomato juice and butter, to keep loaf moist.

## Baked Stuffed Flank Steak

Yield: 5 to 6 servings

Cooking time: 1 1/2 hours

1 scored beef flank steak  
(about 2 pounds)  
2 cups seasoned bread crumb stuffing  
(see preceding recipe)

1/4 cup lard or blended  
shortening  
1 cup water

Spread nicely-seasoned stuffing over flank steak. Roll and tie securely. Brown in hot fat. Add water. Cover and bake in moderate oven (350° F.) for 1 1/2 hours or until tender.



## Braised Liver with Vegetables

**Yield:** About 6 servings

**Cooking time:** 1 1/2 hours

1 pound beef or pork liver  
in one piece  
Salt, pepper  
Flour for dredging  
3/4 cup chopped celery  
1 onion, chopped  
4 tablespoons lard or blended  
shortening

2 slices salt pork  
2 cups cooked tomatoes  
6 small potatoes, pared and halved  
6 small carrots, scraped and cut in strips  
3 tablespoons flour  
Cold water

Rub liver with salt and pepper and dredge with flour. Brown, with celery and chopped onion, in hot fat. Place in a greased casserole. (Note: If so desired, cook in a heavy covered saucepan over low heat.) Place salt pork on top. Add tomatoes, salt, and pepper. Cover casserole and bake in moderate oven (350° F.) for 1/2 hour. Add the potatoes and carrots. Re-cover and bake until vegetables are done, about 45 minutes. Remove lid to brown the salt pork. Arrange meat and vegetables on a hot platter. To the liquid, add the flour, mixed to a smooth paste with cold water; cook and stir 3 to 4 minutes to thicken, and pour over meat and vegetables.

## Barbecued Short-Ribs

**Yield:** 4 to 5 servings

**Cooking time:** 1 1/2 to 2 hours

3 pounds short-ribs  
2 tablespoons lard or blended  
shortening  
1 medium onion, minced  
1/4 cup vinegar  
2 tablespoons brown sugar  
1 cup ketchup

1/2 cup water  
3 tablespoons Worcestershire  
sauce (optional)  
1 teaspoon prepared mustard  
1/2 cup diced celery  
2 teaspoons salt

Have ribs cut into sections two to three inches long. Brown in hot fat. Brown onion. Add all remaining ingredients to short-ribs. Cover and cook slowly—or bake, covered, in a moderate oven (350° F.) 1 1/2 to 2 hours or until tender.

## Braised Short-Ribs with Vegetables

**Yield:** 5 servings

**Cooking time:** 1 1/2 to 2 hours

3 pounds short-ribs of beef  
3 teaspoons salt  
3/4 teaspoon pepper  
2 tablespoons lard or  
blended shortening

1 cup water  
5 medium potatoes  
5 small onions  
2 parsnips, pared and halved  
2 carrots, scraped and halved

Season ribs with salt and pepper and brown in hot fat. Add water, cover and cook slowly—or bake, covered, in moderate oven (350° F.) for 1 hour. Add seasoned vegetables, cover, and cook until vegetables are tender. *Variation:* 1/2 cup tomatoes may be used in place of parsnips.



## Kidney Stew

Yield: 6 servings

Cooking time: 2 hours

2 beef kidneys  
2 tablespoons lard or  
blended shortening  
Flour  
1 onion  
2 cups cooked tomatoes

2 cups diced carrots  
2 teaspoons salt  
1 teaspoon Worcestershire sauce  
1 cup diced potatoes

Soak kidneys  $\frac{1}{2}$  hour in salted cold water. Drain. Pour boiling water over them. Cut in  $\frac{1}{2}$ -inch slices, across kidney. Melt fat in a heavy frying pan. Dredge kidney slices in flour and brown with the sliced onion in the hot fat. Add tomatoes, carrots and seasonings. Simmer together  $1\frac{1}{2}$  hours, then add potatoes and continue cooking  $\frac{1}{2}$  hour. Serve on heated platter, with border of toast triangles.

## Cross-Cut Shank Stew

Yield: 4 servings

Cooking time: 2 hours

2 pounds beef shank  
(cut in 2-inch pieces)  
2 tablespoons lard or  
blended shortening  
2 teaspoons salt

1 cup cooked tomatoes  
1 cup water  
1 onion, sliced  
 $\frac{1}{2}$  cup diced celery

Brown meat in hot fat. Season. Add tomatoes, water, onion and celery. Cover and cook slowly; or bake, covered, in a moderate oven (350° F.) about 2 hours.

## Mexican Flank Steak

Yield: 6 servings

Cooking time: 2 hours

1 flank steak (about 2 pounds)  
1 cup red or navy beans  
Seasoning  
Flour  
 $\frac{1}{4}$  cup lard or blended shortening

1 large onion, diced  
3 cups cooked tomatoes  
1 teaspoon chili powder  
or 1 pinch red pepper

Soak beans in water to cover, for 2 hours. Drain. Cut flank steak into 1-inch cubes. Season and dredge with flour. Brown in hot fat. Brown onion in the fat. Pour beans over the steak. Add tomatoes. Season with chili powder or red pepper if desired. Cover and cook 2 hours or until beans are thoroughly tender. This dish may be made early and reheated at serving time.



## Swiss Steak

**Yield:** 6 to 8 servings

**Cooking time:** 2½ to 3 hours

3 to 4 pounds round steak  
(cut 2 inches thick)

Salt, pepper

1 cup flour

½ cup lard or blended shortening

2 onions, sliced

2 cups cooked tomatoes or tomato  
juice

Season the steak and place on a well-floured cutting board. Cover with flour and pound with a meat hammer or edge of a heavy saucer. Continue to turn, flour, and pound meat until all flour is taken up by the steak. Brown onions in fat in a heavy frying pan. Remove onion. Brown steak on both sides in the hot fat. Place onions on top. Add tomatoes (or 2 cups water and 2 tablespoons vinegar or ketchup). Cover and cook slowly; or bake, covered, in a moderate oven (350° F.) 2½ to 3 hours.

*Note:* Diced vegetables may be cooked in with the steak during the last half hour.

## Braised Beef Brisket

**Yield:** 5 to 6 servings

**Cooking time:** 3 hours

2½ pounds beef brisket

2 teaspoons salt

Flour

2 cups water

1 onion, sliced

3 cloves

Trim excess fat from meat. Cut brisket into serving pieces. Season. Dredge with flour. Brown in fat trimmed from brisket. Add water, sliced onion and cloves. Cover and cook slowly on top of range; or bake, covered, in a moderate oven (350° F.) for 3 hours.

## Ox-Tail Soup

**Yield:** 6 servings

**Cooking time:** 3 hours

1 pound ox-tail joints

Salt, pepper, flour

2 tablespoons lard or blended shortening

4 cups water

3 allspice berries

1 cup diced carrots

1 cup shredded cabbage

¼ cup minced onion

Water

Wipe ox-tail joints. Season and roll in flour. Brown in hot fat in a deep heavy pot. Add water and allspice. Cover. Simmer 2 to 3 hours or until meat drops from bones. Strain. Remove all meat from bones. To broth, add meat, vegetables and more water if needed. Simmer 20 minutes or until vegetables are tender. Serve very hot.

For a thicker soup, cook ½ cup rice or macaroni soup-shapes in the broth with the vegetables.



## Spicy Pot Roast

Yield: 8 to 10 servings

Cooking time: 3 to 3½ hours

4 pounds beef rump or chuck  
1 pint vinegar  
1 quart water  
12 cloves  
2 bay leaves  
1 tablespoon salt

1 tablespoon sugar  
Flour  
Lard or blended shortening  
2 cups diced carrots  
2 cups sliced onions

Combine vinegar, water, cloves, bay leaves and seasonings. Pour over beef and let stand over night. Pour off liquid and save it. Dredge meat with flour. Brown in hot fat in a heavy pot. Add 2 cups of the spiced vinegar and the carrots and onions. Cover and cook slowly about 3 to 3½ hours or until tender.

## *Plan for Left-Overs*

### Pot Roast of Beef (1st Day's Dinner Meat)

Yield: 4 servings and planned left-overs  
for 3 other meals (see below)

Cooking time: 2½ hours

5 pounds beef chuck  
Salt, pepper  
Flour

Lard or blended shortening  
Water

Season meat and dredge with flour. Brown meat in hot fat in a heavy pot. Add a small amount of water. Cover and cook slowly, about 2½ hours or until tender. Thicken broth for gravy, using 1 tablespoon flour blended with ¼ cup cold water for each cup of broth.

Keep cooked meat refrigerated.

### PLANNED BEEF LEFT-OVERS

SOUTHERN BEEF ROLL.....	PAGE 15
MEAT SALAD.....	PAGE 42
BEEF SANDWICHES.....	PAGE 47

. . .

For roasting standing ribs and rolled ribs of beef, see Time Table for Roasting, page 48.

For broiling Rib, Club, Porterhouse, T-bone, and other steaks, see Time Table for Broiling, page 50.





## *Menus for One Day*

### **BREAKFAST**

APPLE SAUCE  
 PAN-BROILED LAMB LIVER (page 51)  
 TOAST  
 COFFEE  
 MILK  
 JELLY

### **LUNCH**

MINCED HAM OMELET WITH CREAMED PEAS  
 WHOLE WHEAT BREAD  
 SLICED ORANGES  
 COOKIES  
 BUTTER  
 MILK

### **DINNER**

BRAISED PORK CHOPS WITH PRUNES  
 GREEN BEANS  
 POTATOES IN JACKETS  
 BRAN MUFFINS  
 ORANGE MARMALADE  
 BUTTER  
 CABBAGE SLAW  
 PEACH COBBLER  
 BEVERAGE



## *Braised Pork Chops with Prunes*

**Yield:** 6 servings

**Cooking time:** 40 minutes

6 (1-inch) pork chops or cutlets

$\frac{1}{4}$  cup ketchup

1 teaspoon mustard

1 teaspoon salt

2 tablespoons lard or blended shortening

$\frac{1}{2}$  pound prunes

$\frac{1}{2}$  teaspoon cinnamon

3 whole cloves

1 tablespoon vinegar

1 cup water

$\frac{1}{4}$  cup honey

Rub chops well with blended ketchup, mustard, and salt. Brown slowly in hot fat, about 15 minutes. Simmer prunes, spices, vinegar, honey, and water about 15 minutes. Pour over chops. Cover and cook slowly until pork is well done.

## **PORK**

### **Pork Liver Hash**

**Yield:** 6 servings

**Cooking time:** 10 minutes

1 pound pork liver

6 slices of bacon ( $\frac{1}{4}$  pound)

4 cooked potatoes

$\frac{1}{4}$  teaspoon salt

Scald and grind the liver. Grind the bacon and combine with the liver. Add diced potatoes. Cook slowly in a little hot fat in frying pan about 10 minutes or until nicely browned. Season and serve.

### **Crisp Salt Pork and Cream Gravy**

**Yield:** 6 servings

**Cooking time:** 20 minutes

1 pound salt pork

$\frac{3}{4}$  cup cornmeal

1 tablespoon fat

2 tablespoons flour

2 cups milk or evaporated milk

Salt, pepper

Have the salt pork cut into  $\frac{1}{4}$ -inch slices. Cover with hot water for a few minutes, then drain. Dip each piece in cornmeal and brown slowly in hot fat in a heavy frying pan. Remove from pan and drain off all but 2 tablespoons fat. Blend in flour. Cook two minutes, stirring well, then stir in milk slowly. When the gravy is smoothly thickened, continue to cook gently for 10 minutes. Season if necessary. Pour over meat and serve hot.



## Country Supper

Yield: 6 servings

Cooking time: 20 minutes

1 pound smoked country sausage  
3 cups cooked cornmeal  
2 tablespoons pimiento (optional)

2 tablespoons green pepper or  
minced parsley or suitable  
chopped relish

In a loaf-pan, mould the cooked cornmeal, with such savory additions as the pimiento and green pepper or relish (and if you desire, an egg to make it hold its shape better). Place sausage in a cold frying pan (do not prick the skin). Add a small amount of water, cover and steam 5 to 8 minutes. Drain, then cook over low heat. Turn to brown thoroughly. Remove sausage from pan, place on a platter and keep warm. Slice the moulded cornmeal about  $\frac{3}{4}$  inch thick, and pan-fry to brown lightly. Serve with the sausage. Garnish with tart pickles or spiced apples.

## Supper Special

Yield: 8 servings

Cooking time: 20 minutes

$\frac{1}{2}$  pound salt pork  
 $\frac{1}{2}$  medium-sized onion, sliced  
1 can (2 cups) peas

1 can (2 cups) corn  
Seasoning  
 $\frac{1}{4}$  cup ketchup

Cut pork into  $\frac{1}{4}$ -inch slices, then into 1-inch strips. Pan-fry with onion until crisp and brown. Pour off all but 2 tablespoons of dripping. Add remaining ingredients. Heat thoroughly. Serve with cornbread, cooked rice or noodles.

## Hot Ham Rolls

Yield: 6 or 7 servings

Cooking time: 25 minutes

2 cups ground baked ham  
2 cups sifted flour  
4 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon salt

4 tablespoons lard or blended shortening  
 $\frac{3}{4}$  cup milk  
2 cups thin white sauce  
2 tablespoons minced parsley

Make a biscuit dough of the flour, baking powder, salt, shortening or lard and milk. Roll out into rectangle  $\frac{1}{3}$  inch thick. Mix enough white sauce with the ham to make a thick paste. Spread on the dough. Roll up as for a jelly roll. Cut into 1-inch slices. Lay cut-side-down in a buttered baking pan. Bake 25 minutes in a hot oven (400° F.) until biscuit dough is done and brown. Serve hot, topped with white sauce, and sprinkled with parsley.

## Salt Pork Scrapple

Yield: about 6 servings

Cooking time: 25 minutes

$1\frac{1}{2}$  pounds salt pork  
1 cup cornmeal

1 quart water  
Salt

Slice salt pork and cut into small strips. Pan-fry until light brown. Add cornmeal slowly to boiling salted water. Stir well. Add pork and half the dripping. Stir and cook until mush is thick, about 15 minutes. Pour into a loaf-pan. When cold, slice  $\frac{1}{4}$ -inch thick. Fry in dripping until well browned.



## Pork Sausage Scrapple

Yield: about 6 servings

1 pound pure pork sausage  
1 cup cornmeal

Cooking time: 30 minutes

4 cups water  
1½ teaspoons salt

Lightly brown sausage and crumble it with a fork. Drain, saving the dripping. Add the cornmeal slowly to the rapidly-boiling salted water. Stir and cook until mush is thick (about 15 minutes). Add the pork sausage to mush. Stir and cook 5 minutes. Pack into a loaf-pan. Cover with waxed paper. Chill. Slice ¼ inch thick and pan-fry in sausage drippings until well browned.

## Pork Liver with Spanish Sauce and Lima Beans

Yield: 4 servings

½ pound pork liver  
Salt  
Flour  
1 small onion, sliced

Cooking time: 30 minutes

2 tablespoons lard or blended shortening  
2 cups cooked tomatoes  
2 cups cooked lima beans

Cut the pork liver in ½-inch slices, then cut in 1-inch pieces. Season and dredge with flour. Brown onion and liver in hot fat (or bacon dripping). Add tomatoes. Cover and cook slowly 20 to 30 minutes. Serve over the hot lima beans.

*Note:* If dried lima beans are used, soak in water for 2 hours, then boil until tender.

*Variation:* Use toast, rice, spaghetti or red beans in place of lima beans.

## Pork Liver and Bacon Patties

Yield: 4 servings

1 pound pork liver  
2 tablespoons ketchup  
¼ teaspoon salt

Cooking time: 30 minutes

1 large onion  
4 slices bacon

Scald and grind liver. Combine liver, ketchup and salt. Shape into 4 large patties. Cut onion in ½-inch slices. Place a patty on an onion slice. Wrap bacon around patty and onion. Secure with toothpick. Bake in a hot oven (400° F.) 30 minutes.

## Creole Sausage

Yield: 6 to 8 servings

1 pound sausage meat  
2 tablespoons minced onion  
2 cups cooked rice or spaghetti

Cooking time: 40 minutes

1½ cups cooked tomatoes  
2 tablespoons chili sauce

If link sausage is used, cut into half-inch pieces.

Pan-fry sausage and onion until brown. Pour off dripping. Add hot cooked rice or spaghetti, tomatoes and ketchup. Blend. Cover and cook very slowly for 30 minutes.



## Pork and Noodles

Yield: 5 servings

Cooking time: 45 minutes

1 pound ground pork  
1 egg, slightly beaten  
Seasoning  
Flour  
2 tablespoons fat

4 ounces packaged noodles  
2 qts. boiling water  
 $\frac{1}{2}$  cup diced green pepper or  
chopped pickle  
1 cup diced cooked yellow turnip

Combine pork, egg, and seasoning. Form into 1-inch balls. Roll in flour. Brown in hot fat. Boil noodles in salted water 15 minutes. Drain. Combine noodles, green pepper and turnip. Place in greased 2-quart casserole. Place pork balls on top. Bake in a moderate oven (350° F.) about 40 minutes or until pork is well done.

## Creole Pork Casserole

Yield: 6 servings

Cooking time: 50 minutes

1 pound ground pork shoulder  
2 onions, finely chopped  
1 cup cooked macaroni  
1 cup cooked tomatoes

1 cup grated cheese  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  cup soft bread crumbs, lightly  
buttered

Fry pork and onions, browning nicely. Drain off fat. Add macaroni, tomatoes, cheese and salt. Turn into baking dish, cover with crumbs. Bake 45 minutes in a moderate oven (350° F.).

## Pork Chop Suey

Yield: 6 servings

Cooking time: 1 hour

1 pound diced pork shoulder  
3 bouillon cubes  
2 cups boiling water  
1 cup thinly-sliced onions  
 $\frac{1}{2}$  pound fresh mushrooms or  
small can mushrooms  
2 cups thinly-sliced celery

$\frac{1}{4}$  cup lard or shortening  
 $\frac{1}{2}$  cup flour  
Seasoning  
1 cup rice (or  $\frac{1}{2}$  pkg. noodles)  
2 cups boiling water  
Soy sauce

Brown pork in heavy frying pan. Add water in which bouillon cubes have been dissolved. Cover and simmer about 30 minutes. Brown onions, mushrooms, and celery in hot fat. Sprinkle flour over vegetables, mixing in well, and add to pork. Rinse out browning from pan with a little water, adding liquid from canned mushrooms, if used; add to pork and vegetables; cover and simmer gently about 10 minutes. Wash rice well; boil in 2 cups boiling water about 10 minutes; drain; rinse, and steam over boiling water for 10 minutes; season. Serve rice with chop suey and soy sauce.

*Variation:* Serve with grated sharp cheese.

In absence of rice, use  $\frac{1}{2}$  package (6 oz.) noodles, boiled.



## Spanish Pork

Yield: 5 to 6 servings

Cooking time: 1 hour

1  $\frac{1}{2}$  pounds pork shoulder, diced  
1 medium-sized onion, sliced  
1  $\frac{1}{2}$  cups cooked tomatoes  
 $\frac{1}{4}$  cup diced green pepper

$\frac{1}{3}$  cup diced celery  
1 tablespoon Worcestershire sauce  
(optional)  
1 teaspoon salt

Brown diced pork in a heavy frying pan. Brown onion. Combine remaining ingredients and add to pork. Cover and cook slowly; or bake, covered, in a moderate oven (350° F.) for one hour or until pork is tender.

## Pork and Sweet-Potato Pie

Yield: 5 servings

Cooking time: 1 hour

2 cups diced cooked pork  
1 cup sliced tart apples  
1 cup cooked peas  
Seasoning  
2 cups gravy or brown sauce

2 cups mashed cooked  
sweet potatoes  
Seasoning  
2 tablespoons butter  
Cinnamon

Place pork in a greased 2-quart casserole. Season. Add apples and peas. Add hot gravy or sauce. Top with seasoned sweet potatoes. Dot with butter and sprinkle with cinnamon. Bake in a moderate oven (350° F.) about 45 minutes to one hour or until lightly browned.

## Spanish Pork Shoulder Chops

Yield: 6 servings

Cooking time: 1  $\frac{1}{4}$  hours

6 pork shoulder chops  
cut  $\frac{1}{2}$  inch thick  
1 large onion  
2 tablespoons pork-dripping,  
lard or blended shortening

2 cups cooked tomatoes  
 $\frac{1}{4}$  cup diced green pepper  
 $\frac{1}{2}$  teaspoon chili powder  
Salt, pepper

Cut onion into  $\frac{1}{2}$ -inch slices. Brown in hot fat in a heavy frying pan. Season and brown pork chops. Top the chops with onion. Mix and add tomatoes, green pepper and chili powder. Cover and cook slowly about one hour or until chops are fork-tender.

## Barbecued Spareribs

Yield: 6 servings

Cooking time: 2 hours

4 pounds pork spareribs  
2 onions, sliced  
 $\frac{1}{2}$  cup ketchup

1 tablespoon Worcestershire sauce  
 $\frac{1}{8}$  teaspoon chili powder  
1 cup water

Cut ribs in pieces for serving. Place in baking dish. Put onions over the top and mix and add other ingredients. Cover, and cook in a moderate oven (350° F.) about 2 hours.



## Baked Spareribs with Dressing

Yield: 6 servings

Cooking time: 2 hours

4 pounds pork spareribs	$\frac{1}{2}$ cup diced onion
1 teaspoon salt	1 cup chopped apple
4 cups soft bread crumbs	1 cup water

Combine salt, crumbs, onion, apple and water. Pat out 1 inch thick in a greased dripping pan. Wipe and salt spareribs. Place over bread dressing. Bake in a moderate oven (350° F.) about 2 hours.

*Note:* If salt cured spareribs are used, soak in water to freshen before baking.

## Hopping John

Yield: 6 to 8 servings

Cooking time: 2 hours

$\frac{1}{2}$ pound side pork	$\frac{1}{2}$ pound raw rice or spaghetti
1 pound dry split peas	2 tablespoons ketchup
1 quart water	Seasoning as required

Cut pork into strips. Simmer peas, water, and pork together until peas are soft, about  $1\frac{1}{2}$  hours. Cook rice or spaghetti; drain; rinse with hot water, drain again, and combine with pork, ketchup and seasoning to taste. Heat slowly about 20 minutes.

## Pork Hocks and Sauerkraut or Cabbage

Yield: 4 servings

Cooking time:  $2\frac{1}{2}$  hours

4 pork hocks	1 quart sauerkraut or
Water	fresh-cooked cabbage
	Seasoning

Cover hocks with water. Bring to a boil. Simmer  $1\frac{1}{2}$  to 2 hours or until tender. Add sauerkraut, if used, and cook 30 minutes; or serve hocks on hot buttered cabbage.

## Split Pea Soup

Yield: 6 servings

Cooking time: 3 hours

1 ham bone	2 carrots, diced
Water	$\frac{1}{2}$ onion, chopped fine
1 pound split peas	

Cover good-sized ham bone with water. Simmer slowly 2 hours. Remove bits of ham from the bone and add to the broth. Add split peas, carrots and onion. Cover and simmer 1 hour. Season to taste.



## Ham Shank and Beans

Yield: 6 to 8 servings

Cooking time: 3½ hours

1 ham shank

Water

2 cups navy beans

1 onion, sliced

¼ cup molasses

2 teaspoons dry mustard

Cover ham shank with water. Bring to a boil, then reduce heat and simmer 2½ hours or until ham drops from bone. Meantime, soak beans in warm water to cover for 2½ hours. Drain. Cover with ham broth and boil 10 minutes. Add diced ham and sliced onion. Mix mustard and molasses with a little ham broth, and add to beans, with enough additional ham broth to cover beans. Simmer slowly, or bake, covered until the last quarter-hour, in a slow oven (325° F.) for 1 hour.

If desired, pour ¼ cup chili sauce or ketchup over beans before baking.

*Note:* Black-eyed peas or red kidney beans may be used in place of navy beans.

## Plan for Left-Overs

### Baked Half Ham (1st Day's Dinner meat)

Yield: It is often economy to buy half of a large ham, and plan interesting left-overs. (See below.)

Keep baked ham refrigerated.

### PLANNED HAM LEFT-OVERS

BROILED BAKED HAM SLICES . . . . .	PAGE 51
<i>See directions for broiling Quick Serve Ham Slices</i>	
HOT HAM ROLLS . . . . .	PAGE 24
FRENCH MEATWICHES . . . . .	PAGE 41
SPLIT PEA SOUP . . . . .	PAGE 28

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For Baking Ham, see Time Table for Roasting . . . . .	PAGE 49
For roasting cured and smoked pork, see Time Table for Roasting . . . . .	PAGE 49
For roasting fresh pork, leg, rib, loin, shoulder and Boston Butt, see Time Table for Roasting . . . . .	PAGE 48
For broiling cured pork, see Time Table for Broiling . . . . .	PAGE 51





## *Menus for One Day*

### **BREAKFAST**

GRAPEFRUIT JUICE

CEREAL

TOP MILK

BREAKFAST BEEF ON FRENCH TOAST (PAGE 16)

COFFEE

MILK

### **LUNCH**

BROWNED GROUND LIVER SANDWICH (PAGE 47)

VEGETABLE SALAD

RAISIN ROLLED-OAT COOKIES

BEVERAGE

### **DINNER**

DRAISED LAMB SHANKS

POTATOES

CARROTS

ONIONS

MELBA TOAST

APPLE-NUT SALAD

LEMON PIE

BEVERAGE



## Braised Lamb Shanks

Yield: 4 servings

Cooking time: 2 hours

4 lamb shanks  
 $\frac{1}{4}$  cup lard or blended  
shortening  
Salt, pepper  
2 cups water

1 cup diced carrots  
1 cup diced potatoes  
 $\frac{1}{2}$  cup diced celery  
 $\frac{1}{2}$  cup diced onion

Brown shanks in hot fat. Season. Add water. Cover and cook slowly or bake, covered, in a moderate oven (350° F.)  $1\frac{1}{2}$  hours. Add water if necessary. Add carrots, potatoes, celery and onions. Cook 30 minutes or until tender. Serve hot with vegetables.

*Variation:* Boil whole small onions and carrot strips, and serve with the braised lamb shanks, as pictured.

## LAMB

### Lamb Croquettes or Patties

Yield: 8 croquettes

Cooking time: 5 minutes

2 cups ground cooked lamb  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon minced onion  
1 teaspoon vinegar

1 egg  
 $\frac{1}{2}$  cup thick gravy  
1 cup sifted cracker crumbs  
 $\frac{1}{2}$  cup dripping, lard or  
blended shortening

Combine lamb, salt, onion, vinegar, egg and gravy. Shape into patties 1 inch thick. Roll in cracker crumbs. Pan-brown in hot drippings. Drain on crumpled soft paper. Serve very hot, with ketchup or chili sauce.

### Lamb Hash

Yield: 4 servings

Cooking time: 10 minutes

1 cup ground cooked lamb  
1 cup diced cooked potatoes  
 $\frac{1}{4}$  cup diced onion

$\frac{1}{4}$  cup grated carrot  
1 teaspoon salt  
2 tablespoons dripping, lard or  
blended shortening

Combine lamb, potatoes, onion, carrots, and salt. Heat slowly in drippings in a heavy frying pan. When browned, turn hash to brown well on other side. Serve very hot.



## Lamburgers

Yield: 5 to 6 servings

Cooking time: 10 minutes

1 pound ground  
lamb shoulder

4 slices bacon  
Seasoning

Dice the bacon and mix with the seasoned lamb. Shape into patties  $\frac{1}{2}$  inch thick and pan-broil until well browned on both sides. Serve very hot.

## Russian Lamb

Yield: 4 servings

Cooking time: 15 minutes

1 pound lamb shoulder  
4 slices bacon  
4 small onions

1 tablespoon melted butter  
1 red cabbage, shredded  
1 tablespoon vinegar

Boil onions until tender. Cut lamb into 1-inch cubes, and bacon into 1-inch lengths. On 4 metal skewers thread an onion and alternate pieces of bacon and lamb. Brush onions with melted butter. Arrange on a broiler-rack placed 3 inches from the heat source. Broil 15 minutes, turning skewers to brown lamb and bacon evenly. Season. Serve on hot cooked red cabbage seasoned with vinegar.

## Lamb Riblets in Orange Sauce

Yield: 4 servings

Cooking time: 45 minutes

1 pound lamb riblets  
Seasoning  
Flour  
2 tablespoons lard or  
blended shortening

$\frac{1}{2}$  cup orange juice  
1 tablespoon grated orange rind  
1 teaspoon flour  
Cooked lima beans

Season riblets. Roll in flour. Brown in hot fat in heavy frying pan. Add orange juice. Cover. Simmer slowly 40 minutes. Mix rind and flour and blend with a little cold orange juice or water. Stir into gravy and stir and cook for 5 minutes. Serve hot with seasoned, cooked green lima beans.

## Curry of Lamb

Yield: 4 servings

Cooking time: 1  $\frac{1}{4}$  hours

1 pound lamb shoulder  
Salt, pepper, paprika  
2 tablespoons lard or  
blended shortening  
 $\frac{1}{2}$  cup sliced onion  
1 cup diced celery  
 $1\frac{1}{2}$  cups water

1 teaspoon curry powder  
2 tablespoons flour  
 $\frac{1}{4}$  cup cold water  
 $\frac{1}{4}$  cup pickle relish, chutney,  
or orange marmalade  
2 cups hot cooked rice, noodles  
or spaghetti

Cut lamb into 1-inch pieces. Season. Brown in hot fat in heavy frying pan. Add onion, celery, and  $1\frac{1}{2}$  cups water. Cover. Simmer 1 hour. Mix curry powder and flour in a small saucepan, and blend smoothly with the  $\frac{1}{4}$  cup water; stir in slowly about a cupful of the hot broth and cook, stirring constantly, until smoothly thickened. Add to lamb. Cook slowly 10 minutes. Season to taste. Stir in pickle relish. Serve very hot on the hot rice or macaroni product.



## Savory Lamb

Yield: 6 servings

Cooking time: 1½ hours

1½ pounds lamb shoulder, neck  
or shank

Flour, seasoned

¼ cup lard or blended shortening

1 cup cooked tomatoes or juice  
1 tablespoon Worcestershire sauce  
(optional)

Salt

Cut lamb into 2-inch pieces. Dredge in flour. Brown in hot fat. Add tomatoes, Worcestershire sauce and salt to taste. Cover and cook over low heat or in a moderate oven (350° F.) for 1½ hours.

## Glazed Lamb Hearts

Yield: 4 servings

Cooking time: 1½ hours

4 lamb hearts

½ cup mint or currant jelly

½ cup water

Cut hearts in half, removing tubes, and simmer hearts in salted water until tender (about 1 hour). Place cooked hearts in a shallow baking dish. Heat jelly and water, and pour over hearts. Bake in a hot oven (400° F.) 20 to 30 minutes, basting occasionally; serve hot.

## Curried Lamb

Yield: 6 servings

Cooking time: 1½ hours

2 pounds lamb shoulder

Water

2 teaspoons salt

1 clove garlic

½ cup diced celery

2 tablespoons flour

1 tablespoon curry powder

1 large tart apple

Cooked rice or spaghetti

Cut lean meat into 1-inch cubes. Cover with water. Add salt. Bring to a boil, reduce heat and simmer about 1 hour. Heat diced fat trimmings and brown well, adding garlic and celery. Cook 5 minutes. Stir in flour mixed with curry powder; add chopped apple. Slowly stir in some of the hot lamb broth, and stir and cook until smoothly thickened. Add to lamb. Season to taste. Simmer 20 minutes. Serve on hot rice or spaghetti.

## Lamb Loaf

Yield: 8 to 10 servings

Cooking time: 1½ hours

1½ pounds ground lamb

1½ cups soft bread crumbs

1 cup milk or diluted evaporated  
milk

2 tablespoons diced green pepper

2 tablespoons minced parsley

3 tablespoons minced onion

2 tablespoons melted butter or  
bacon dripping

2 teaspoons salt

Combine all ingredients. Mix thoroughly. Pack into a 1½-quart loaf pan. Bake in a moderate oven (350° F.) 1½ hours.



## Spanish Lamb

Yield: 6 servings

Cooking time: 1½ hours

5 slices bacon  
2 pounds lamb shoulder  
½ cup flour  
1 teaspoon salt  
9 small onions, peeled  
and sliced

6 small carrots, scraped  
2 cups tomato juice  
2 cups diced celery  
½ teaspoon powdered sage  
½ teaspoon thyme  
1 tablespoon vinegar

Dice bacon and cook in a deep heavy frying pan or Dutch oven until lightly browned—about 5 minutes. Cut lamb in serving pieces and dredge in salted flour. Brown lamb and onions in bacon fat. Cook slowly about 10 minutes. Add all remaining ingredients to lamb. Cover. Cook slowly about 1 hour or until lamb is tender. Serve very hot.

## Lamb Roll with Sausage Stuffing

Yield: 6 servings

Cooking time: 1½ hours

3 pounds boned breast of lamb  
½ pound pork sausage meat  
2 tablespoons lard or  
blended shortening

Salt, pepper  
1 cup water  
¼ cup ketchup  
1 onion, peeled and diced

Spread inside breast of lamb with sausage. Roll up and tie into shape. Brown well in hot fat. Season. Mix water, ketchup and onion and pour over lamb. Cover and cook very slowly about 1½ hours. Add water as needed to prevent burning.

## Barbecued Lamb Shanks

Yield: 4 servings

Cooking time: 2 hours

4 lamb shanks  
Salt, pepper  
2 cups water

1 cup barbecue sauce (see page 42)  
2 cups cooked rice or noodles

Season lamb shanks, cover with water and simmer until tender—about 1½ hours. On a greased baking platter put the hot rice or noodles, then the lamb, cut from the bones. Cover with hot barbecue sauce. Bake in a moderate oven (350° F.) about 30 minutes. Serve hot from platter at the table.

## Barbecued Breast of Lamb

Yield: 4 servings

Cooking time: 2 hours

2 pounds breast of lamb  
1 medium onion  
½ cup chili sauce

¼ teaspoon red pepper  
1 tablespoon vinegar  
1 cup water

Cut the lamb into four pieces. Season. Place in heavy frying pan. Add sliced onion, chili sauce, pepper, vinegar and water. Cover. Simmer about 1½ hours. Uncover and cook about 20 minutes or until barbecue sauce is almost absorbed.



## Scotch Stew

Yield: 6 to 8 servings

2 pounds lamb shank  
or shoulder  
1 tablespoon lard or blended  
shortening  
1 quart water  
 $\frac{1}{3}$  cup pearl barley

**Cooking time: 2 hours**

1 onion  
2 tablespoons minced parsley  
Tops of 3 stalks celery  
2 teaspoons salt  
6 medium potatoes

Cut meat in 2-inch cubes. Brown in hot fat in a heavy pot. Add water, barley, sliced onion, parsley, minced celery tops, and seasoning. Cover and cook slowly  $1\frac{1}{2}$  hours. Add pared potatoes (halved, if large), and continue cooking about  $\frac{1}{2}$  hour.

## Lamb and Red Bean Goulash

Yield: 5 servings

1 pound lamb neck or shank  
Seasoning  
Flour  
2 tablespoons lard or  
blended shortening

**Cooking time:  $2\frac{1}{4}$  hours**

2 cups cooked tomatoes  
2 cups red beans  
1 green pepper, or some  
chopped pickle

Soak red beans in water to cover for 1 hour. Cut lamb into 1-inch pieces. Season. Roll in flour. Brown slowly in hot fat. Add tomatoes, beans and diced green pepper or a suitable finely-cut relish. Cover and cook slowly for 2 hours.

## *Plan for Left-Overs*

### **Boneless Lamb Roll** (1st Day's Dinner Meat)

Yield: 4 servings and planned left-overs for 3 other meals. (See below.)

Buy a boneless lamb roll or have a lamb shoulder boned and rolled at the store. (Bones may be used for broth for second-day meat pie and after that, for salvage.) For cooking directions, see time table for roasting meats,

PAGE 48

Keep cooked lamb refrigerated.

### **PLANNED LAMB LEFT-OVERS**

MEAT PIE.....PAGE 42  
LAMB CROQUETTES.....PAGE 31  
SLICED LAMB SANDWICH.....PAGE 47

. . .

For roasting leg, crown, shoulder, and boneless lamb roll, see Time  
Table for Roasting.....PAGE 48

For broiling lamb chops and patties, see Time Table for Broiling...PAGE 51





## *Menus for One Day*

### **BREAKFAST**

	TOMATO JUICE	
PORK SAUSAGE SCRAPPLE (PAGE 25)		TART JELLY
TOAST	MILK	COFFEE

### **LUNCH**

JELLIED VEAL LOAF—COLE SLAW	
RYE BREAD SANDWICHES	
CAKE-CRUMB PUDDING WITH CUSTARD SAUCE	MILK

### **DINNER**

OX-TAIL SOUP WITH VEGETABLES (PAGE 20)		TOAST
TART PICKLES	BAKED BEANS	BROWN BREAD
FRUIT SALAD		COOKIES



## *Jellied Veal Loaf*

**Yield:** 5 to 6 servings

**Cooking time:** 2½ hours

1 veal knuckle (1¾ pounds)  
1 pound diced veal shank  
1 medium onion  
2 quarts water

1 tablespoon salt  
1 tablespoon Worcestershire  
sauce (optional)

Dice onion. Combine ingredients and simmer together 2 hours. Remove veal and knuckle. Chop meat fine. Strain broth and cook down to 1 cupful. Add veal. Press firmly into a one-quart mould. Chill.

## VEAL

### **Veal Croquettes**

**Yield:** 6 croquettes

**Cooking time:** 15 minutes

2 cups ground cooked veal  
2 tablespoons butter or bacon  
dripping  
4 tablespoons flour  
1 cup fresh, or diluted evaporated,  
milk

1 teaspoon salt  
2 tablespoons minced onion  
Sifted cracker crumbs  
Lard or blended shortening

Make a white sauce of the butter, flour, and milk. Add the veal, salt and onion. Cool. Shape into 6 croquettes. Roll in sifted cracker crumbs. Heat fat in a deep, heavy pan and fry croquettes until well browned. Drain on soft crumpled paper. Serve with hot spicy beets or other tart relish.

### **Braised Veal Kidneys with Tomatoes**

**Yield:** 6 servings

**Cooking time:** 15 minutes

3 veal kidneys  
Salt  
Flour

2 tablespoons chopped onion  
2 tablespoons butter or  
bacon dripping  
1 cup cooked tomatoes

Cut kidneys in half lengthwise. Remove white membrane. Soak in cold water 15 minutes. Cut into 1-inch pieces. Season. Dredge with flour. Brown onion in fat. Add kidneys and cook with onion for about 5 minutes or until well browned. Add tomatoes. Cover. Simmer 10 minutes or until kidneys are tender and sauce is thickened.



## Tasty Veal Pasties

Yield: 6 pasties

2 cups ground cooked veal  
 $\frac{1}{2}$  cup ketchup  
 $\frac{1}{2}$  teaspoon salt  
2 cups sifted flour

Cooking time: 20 minutes

1 teaspoon salt  
 $\frac{1}{2}$  cup lard or  
blended shortening  
About 6 tablespoons ice-cold water

Combine veal, ketchup and salt. Make a pastry of the flour, salt, fat and water. Roll out to rectangle 8 x 12 inches. Cut into 4-inch squares. Place  $\frac{1}{3}$  cup veal near the centre of each square. Fold pastry over meat to form a triangle. Wet edges and press together with fork. Place on a baking sheet and bake in a hot oven (425° F.) about 20 minutes or until browned. Serve hot or cold.

*Variations:* In place of veal use corned beef hash, ground cooked ham or beef.

## Braised Veal Cutlets—Country Style

Yield: 4 servings

1 pound veal shoulder or  
leg steak, cut  $\frac{1}{4}$ -inch thick  
or Frenched veal cutlets

Cooking time: 30 minutes

Seasoning  
Flour  
3 tablespoons lard or  
blended shortening

Cut steak in serving pieces. Season. Dredge in flour. Brown in hot fat. Add  $\frac{1}{4}$  cup water. Cover and cook slowly 25 to 30 minutes or until veal is fork-tender. If desired add 2 tablespoons ketchup with the water.

## Mock Chicken Legs

Yield: 4 legs

1 pound veal shank  
or breast  
4 slices bacon  
 $\frac{1}{2}$  teaspoon salt

Cooking time: 30 minutes

1 egg, slightly beaten  
Sifted crumbs  
 $\frac{1}{4}$  cup lard or blended shortening  
Tomato or brown sauce

Grind veal and bacon. Add salt and egg. Mix. Shape like drumsticks on end of four skewers. Roll in crumbs. Brown in hot fat. Cover. Cook slowly 30 minutes. Serve hot, with tomato or brown sauce.

## Veal Vegetable Birds

Yield: 6 servings

2 pounds veal steak cut  
 $\frac{1}{4}$  inch thick  
6 small carrots  
1 onion

Cooking time: 1 hour

1 egg plus 2 tablespoons water  
Sifted crumbs  
Bacon dripping, lard or  
blended shortening  
1 cup water

Cut steak into servings about 2 by 3 inches. Wrap a cleaned whole carrot and a slice of onion in each piece of veal. Fasten with tooth picks. Roll in seasoned crumbs, dip in diluted egg, then again in crumbs. Brown in hot fat. Add one cup water. Cover and cook slowly until carrots are tender—about 1 hour.



## Veal Stew

Yield: 6 servings

Cooking time: 2 hours

1½ pounds veal shoulder  
or neck  
Salt, pepper  
Flour  
¼ cup lard or  
blended shortening

2 cups water  
6 potatoes (medium size)  
6 carrots  
6 onions  
Seasoning

Wipe veal with a damp cloth. Cut into serving pieces (about 6 chunks). Season. Roll in flour. Brown in hot fat. Add about 2 cups of water. Cover and cook slowly 1 hour. Pare or scrape the potatoes and carrots; peel onions; add to veal. Add more water to bring liquid to 2 cupfuls. Cover. Cook slowly another hour. Remove solids, keeping them hot, and thicken the gravy slightly. Serve veal in the centre of the platter. Arrange vegetables around meat and pour the gravy over all. (This dish may be baked in a casserole in a rather slow oven and served at the table from the casserole).

## Plan for Left-Overs

### Stuffed Veal Breast (1st Day's Dinner Meat)

Yield: 4 servings and left-overs for 3 meals (see below).

Cooking time:  
2½ hours

5 pounds breast of veal  
1 pound pork sausage meat

3 slices salt pork

Have bone removed to make a pocket. Season, and fill with sausage. Fasten edges together with metal or wooden skewers. Place on a rack in the open roasting pan. Lay salt pork on top. Roast in a rather slow oven (325° F.) 35 minutes per pound or about 2¾ hours.

Keep cooked meat refrigerated.

**PLANNED  
VEAL  
LEFT-OVERS**



VEAL PASTIES.....PAGE 38  
VEAL CROQUETTES.....PAGE 37  
SLICED VEAL SANDWICH.....PAGE 47

• • •

For roasting a leg, loin, shoulder, or boneless veal roll, see Time  
Table for Roasting.....PAGE 48

Veal should not be broiled.





## *Menus for One Day*

### **BREAKFAST**

PRUNES	CORNEB BEEF HASH (PAGE 16)	
SOFT COOKED EGGS	TOAST	JELLY
COFFEE	MILK	

### **LUNCH**

HOT BACON MUFFINS	POTATO SALAD
BUTTER	APPLE BUTTER
COFFEE	MILK
	FRUITED GELATINE

### **DINNER**

BOLOGNA CORNUCOPIAS	AU GRATIN POTATOES	BUTTERED BEETS
TOSSED GREEN SALAD	BREAD—BUTTER, IF DESIRED	
ICE CREAM	COFFEE	MILK



## *Bologna Cornucopias*

**Yield:** 6 servings

**Cooking time:** 15 to 20 minutes

1 pound bologna  
3 cups soft bread crumbs  
 $\frac{1}{2}$  teaspoon salt  
2 tablespoons minced onion

$\frac{1}{2}$  cup diced celery  
 $\frac{1}{3}$  cup melted butter or  
clear drippings  
 $\frac{1}{2}$  cup water or evaporated milk  
1 cup tomato juice

Fold single slices of bologna to form cornucopias. Fasten each with a toothpick. Combine crumbs, salt, onion and celery. Add fat to warmed liquid and pour over the bread mixture. Fill cornucopias, place in a shallow baking pan. Pour tomato juice over bologna. Bake in a hot oven (400° F.) 15 to 20 minutes.

## COMBINATION MEATS

### **French Meatwich**

**Yield:** 1 sandwich

**Cooking time:** 5 minutes

Make sandwich of 2 slices of bread, using 1 slice of cold meat and one slice of cheese as the filling. Dip each sandwich into a mixture made of 1 slightly beaten egg and  $\frac{1}{4}$  cup milk (enough to do several sandwiches). Pan-fry in a small amount of butter, blended shortening or clear drippings, over low heat. Turn, to brown other side. Serve at once, with cole slaw or fruit salad.

### **Barbecued Frankfurts**

**Yield:** 8 frankfurts

**Cooking time:** 8 minutes

1 pound frankfurts      1 cup barbecue sauce (see page 42)

Add frankfurts to hot barbecue sauce. Heat about 8 minutes. Serve on toasted buns or hot rice or spaghetti.

### **Brunswick Cutlets**

**Yield:** 4 to 5 servings

**Cooking time:** 10 minutes

Buy 1 pound of Brunswick liver sausage in one piece. When ready to use, remove casing and slice about  $\frac{1}{2}$  inch thick. Dip slices into cracker crumbs, then into beaten egg, then into crumbs. Pan-fry slowly in a little hot fat. Turn to brown. Serve very hot—with tartar, horseradish or chili sauce.



## Frankfurt Quails

**Yield:** 1 to 2 quails per person

**Cooking time:** 20 to 25 minutes

Make a lengthwise slit in the frankfurt. Fill with a  $\frac{1}{4}$ -inch thick stick of sharp cheese. (Savory dressing, spiced fruit, mustard or pickle relish may be used for variety.) Wrap each frankfurt, spiral fashion, with a whole slice of bacon, fastening each end with a toothpick. Place split-side-up in a baking dish. Bake in a hot oven (425° F.). Turn, if necessary, to cook the bacon thoroughly.

## Meat Salad

**Yield:** 6 servings

**Preparation time:** 25 minutes

2 cups diced cooked meat  
(beef, veal, pork or lamb)  
 $\frac{1}{4}$  cup French Dressing  
1 cup diced celery

1 cup diced tart apple  
2 teaspoons salt  
.....  
Lettuce  
Salad Dressing

Marinate meat in French Dressing at least 20 minutes. Add remaining ingredients and combine thoroughly. Chill. Serve on lettuce. Top with salad dressing.

## Meat Pie

**Yield:** 6 servings

**Cooking time:** 30 minutes

2 cups diced cooked  
beef, lamb or veal  
Salt, pepper  
2 tablespoons flour  
2 tablespoons lard or  
blended shortening

2 medium-sized onions  
1 cup diced cooked potatoes  
1 cup cooked peas  
1 cup diced cooked carrots  
Biscuit dough

Season meat. Dredge with flour. Brown in hot fat, adding onions so that they may cook till soft. Add other vegetables and hot water to cover. Pour into a deep, wide casserole. Heat well. Cover top with round or diamond shapes of baking powder biscuit dough cut  $\frac{1}{2}$  inch thick. Bake in a hot oven (425° F.) about 20 minutes or until biscuits are well browned.

## Thick Barbecue Sauce

**Yield:** 1 pint

**Cooking time:** 45 minutes

2 medium-sized onions  
2 tablespoons vinegar  
2 tablespoons Worcestershire  
Sauce (optional)  
1 tablespoon salt

$\frac{1}{4}$  teaspoon red pepper  
(if a hot sauce is desired)  
 $\frac{3}{4}$  cup ketchup  
1 teaspoon chili powder  
 $\frac{3}{4}$  cup water

Shred onions. Mix all ingredients together in a heavy frying pan. Cover and simmer about 45 minutes.

This sauce may be kept in a covered jar in refrigerator and used as needed.



## Meat Loaf

Yield: 12 servings

Cooking time: 1 hour

2 pounds ground beef  
1 pound ground pork  
 $\frac{1}{2}$  cup ground raw carrot  
 $\frac{1}{4}$  cup chopped onion  
1 tablespoon salt

$\frac{1}{8}$  teaspoon pepper  
2 cups cooked rice or  
soft bread crumbs  
1 cup evaporated or rich milk  
1 egg

Combine all ingredients thoroughly. Shape in a greased loaf pan. Bake in a moderate oven (350° F.) about 1 hour. Serve hot or cold.

## Tamale Pie

Yield: 8 servings

Cooking time: 3 hours

1 pound diced pork shoulder  
1 pound diced veal shoulder  
 $\frac{1}{3}$  cup chopped celery  
1 to 3 teaspoons salt  
3 slices fat bacon or salt pork  
 $\frac{1}{2}$  cup diced onions

$1\frac{1}{4}$  cups cornmeal  
1 quart meat stock or clear soup  
1 cup cooked tomatoes  
1 cup cooked corn  
2 eggs  
1 teaspoon chili powder

Simmer fresh pork, veal, celery and salt (the lesser amount of salt if salt pork is used) in water to cover until meat is tender (about 2 hours). Brown diced bacon or salt pork, and cook the onion in the fat. Cook cornmeal in stock or soup, stirring constantly until thick. Combine meat, onions, cornmeal, tomatoes, corn, beaten eggs, chili powder and other seasoning as desired. Pour into greased 4-quart casserole. Bake in a moderate oven (350° F.) about 1 hour. Serve hot.

## Brunswick Stew

Yield: 12 servings

Cooking time: 3 hours

$1\frac{1}{2}$  pounds of lean pork chuck  
2 pounds beef chuck  
1 cup diced onions

1 tablespoon salt  
2 quarts water

Dice and brown pork. Add diced beef, salt, onion and water. Simmer until meat is very tender, about 2 hours. Add:

$2\frac{1}{4}$  cups cooked or canned tomatoes  
 $2\frac{1}{4}$  cups cooked or canned lima beans  
1 cup cooked or canned corn  
 $\frac{1}{2}$  cup cooked okra, when available,  
or celery

1 teaspoon salt  
 $\frac{1}{2}$  teaspoon black pepper  
 $\frac{1}{8}$  teaspoon thyme  
Dash of red pepper

Simmer gently about 40-50 minutes.

Note: This stew is excellent when reheated.





No book on meat would be complete without a word about the fine assortment of table-ready meats in the markets. The selection of flavors, the ease of preparation for the table, and the real economy of the type of meat, make this line of meats a real buy for the thrift-wise shopper.

### **How to Buy Table-Ready Meats**

1. See and know the brand name. Because there are so many grades of table-ready meats, it is important to use the name and brand to assure you of a uniform quality.
2. Learn the names of the loaves so that you can re-order to suit your needs.
3. Select an assortment of (1)—flavors, (2)—colors, (3)—shapes and (4)—textures to make the service more attractive and pleasing.
4. Specify the thickness of slices desired. If the meat is cut too thin, much of its flavor and character are lost.
5. Buy enough cold meat to make an attractive arrangement and to permit a choice. Left-over cuts are easily used up.



## *Table-Ready Meats*

The attractive platter illustrated is made up of Bologna—Sandwich Meat—Cooked Tongue—Sliced Cucumbers—Tomato Wedges.

To make the cucumber lily garnish: Cut the thin slices of cucumber. Fold over the opposite edges of a cucumber slice to form a cala lily. Insert a small stick of carrot for the stamen. Fold another slice of cucumber over the base of the lily to form two petals. Secure with toothpick. Crisp in ice water until ready to be used.

For planned use of Table-Ready Meat left-overs we suggest combining minced cold meats with scrambled eggs or diced cold meats with escalloped potatoes, potato salad, escalloped spaghetti and grated cheese, or casserole of vegetables.

Keep Table-Ready Meats refrigerated.

## TABLE-READY MEATS

### Other Platter Suggestions:

Macaroni and Cheese Meat Loaf—Spiced Ham Loaf—  
Liver Cheese—Celery Curls—Radish Roses—  
Green Onions

• • •

Delicatessen Style Ham—Brunswick Liver Sausage—Pickle  
and Pimiento Loaf—Pot Roast of Chopped Beef—  
Spiced Crabapples—Watercress

• • •

Liver Cheese—Spiced Ham Loaf—Salami—  
Spiced Fruits—Cottage Cheese Balls

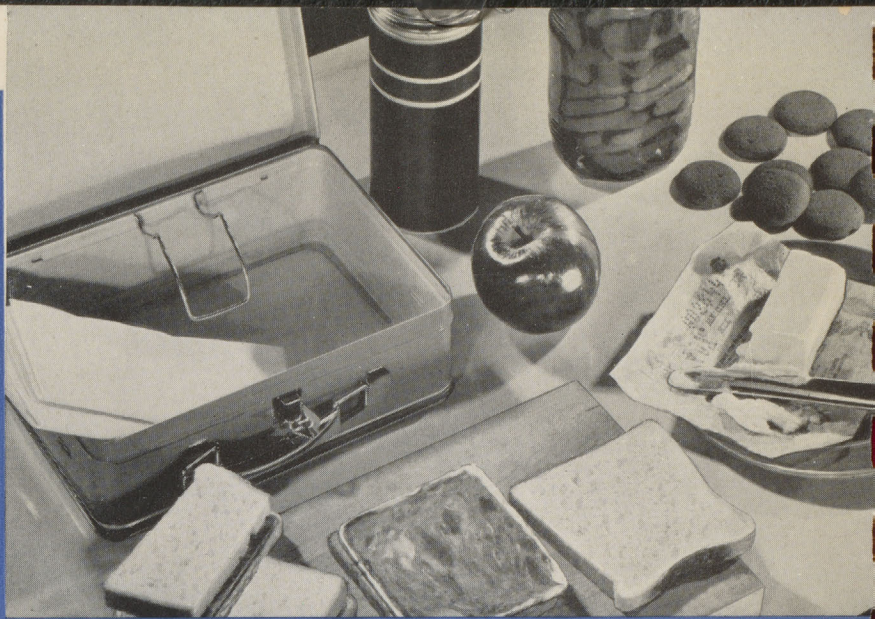
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Brunswick Liver Sausage—Bologna—Lunch Meat Pork Loaf—  
Pickled Beets—Onion Rings

• • •

Dutch Meat Loaf—Jellied Veal Loaf—Salami—  
Potato Salad in Lettuce Cups





Whether it's dad, son, mother, or daughter, who is taking a lunch each day—the problems of keeping the lunches interestingly varied remain the same.

Of course, these packed lunches should be just as nutritious as those prepared to be eaten at home. Also, care must be used to select items that will be lasting in their tempting appearance so that when hungry eyes first behold them they'll look as inviting as when they were packed. Variety, too, can help keep appetites whetted and help avoid monotony. A suggestion is that you prepare a list of lunch items and do not repeat any one until each has been used. Packed lunches afford an excellent opportunity to use planned left-overs. By planning to use them next day in preparing a lunch box, you will do away with last minute "catch-as-catch-can" lunches and there will be pleasant surprises in that carry-out meal.

Sandwiches are an important part of most packed lunches. For hearty appetites, use generous slices of bread and plenty of filling. For more fastidious appetites, cut the bread thinner and cut the sandwich into 3 strips.

Wrap each sandwich securely in waxed paper to prevent drying.

Avoid fillings that will soak the bread.

Instead of lettuce in the sandwich, pack a crisp heart or wedge of lettuce kept fresh in waxed paper. Lettuce wilts when combined with salad dressing.

Use little covered jars or paper cartons to hold fruit sauces and salads.

"Something sour and something sweet" add contrast and interest.



## *Suggestions*

### **to keep Carry-With-You Meals interesting:**

Sliced meat, cheese, Prem, or spread sandwiches

Fruit (apple, orange, pear, grapes, etc.)

Sweet (cookies, cake, candy, etc.)

Beverage (a hot or cold milk drink is recommended)

### **SUPPLEMENTARY ADDITIONS:**

Hard cooked eggs, deviled eggs, cheese.

Pickles, olives, raw vegetables in season (radishes, carrots, turnips, tomatoes, etc.)

Soup—in thermos bottle or purchased at snack-bar.

## **CARRY-WITH-YOU MEALS**

### **For the Sandwich Maker**

1. Cold sliced meat, mustard or horseradish.
2. Sliced Table-Ready Meats (Pages 44, 45).
3. Ground cooked meat, or cheese, pickle relish, salad dressing.
4. Peanut butter and crisp bacon or jelly.
5. Chopped hard cooked egg, chopped meat, and salad dressing.
6. Ground cooked smoked tongue, minced onion, salad dressing.
7. Pimiento cheese spread, dried beef, pickle relish.

### **Sandwiches for Lunch at Home**

8. Hot baked beans on toasted whole wheat bread, top with thin crisp brown slices of salt pork or split sausage.
9. Browned ground liver, crisp diced bacon, moistened with ketchup, on toast.
10. Sliced roast veal, sliced tomato and salad dressing on toast.
11. Sliced cooked lamb and mint jelly on French toast.
12. Grilled hamburger, grated Canadian cheese, on toasted half buns.
13. Pan-browned sliced Brunswick sausage, browned sliced onions, chili sauce, on toast.
14. Browned slices of cured pork shoulder butt and apple sauce, on toast.



# Time Table for ROASTING MEATS

All roasts should be placed fat-side-up on a rack in an open pan in a rather slow oven (325° F.). Use no water. A meat thermometer is the only true test of doneness. The minutes per pound are a guide only. Size, shape, fat covering, and initial temperature of roast influence the cooking period. For boned and rolled roasts, increase the cooking time 5 to 10 minutes per pound.

This schedule of approximate minutes per pound and total time shown on this page is

based on fresh meat taken from the refrigerator; the schedule for the cured and smoked pork, shown on opposite page, is based on meat standing at room temperature of about 70° F.

The Roast Meat Thermometer: Directions for the use of the thermometer are given with the thermometer package. Be sure the bulb of the thermometer is in the centre of the thickest part of the roast, not touching the bone, throughout the entire roasting period.

Keep all fresh and cooked meat refrigerated.

## Fresh Meat

Oven temperature: 325° F. - (rather slow)

	Minutes Per Pound 3 to 5 lbs.	Average Total Time	Minutes Per Pound 6 to 8 lbs.	Average Total Time	Internal Temperature (Meat Ther- mometer)
<b>Beef</b> Swift's Premium					
Standing Ribs—rare	26 min.	1¾ hrs.	22 min.	2½ hrs.	140° F.
medium	30 min.	2 hrs.	26 min.	3 hrs.	160° F.
well done	35 min.	2⅓ hrs.	33 min.	3¾ hrs.	170° F.
Rollled Ribs—add 5 to 10 min. per pound.					
<b>Pork</b>					
Leg	45 to 50 min.	3 hrs.	40 min.	4½ hrs.	185° F.
Rib and Loin	35 to 40 min.	2⅔ hrs.	35 min.	4 hrs.	185° F.
Shoulder	40 min.	3 hrs.	35 min.	4 hrs.	185° F.
Boston Butt	50 to 55 min.	3½ hrs.	.....	.....	185° F.
<b>Lamb</b> Swift's Premium					
Leg—medium	35 min.	2¼ hrs.	30 min.	3½ hrs.	175° F.
well done	40 min.	2¾ hrs.	35 min.	4 hrs.	182° F.
Crown—well done	45 min.	3 hrs.	.....	.....	182° F.
Shoulder—well done	35 min.	2¼ hrs.	.....	.....	182° F.
Boneless Roll—well done	40 min.	3 hrs.	.....	.....	182° F.
<b>Veal</b> Swift's Premium					
Leg	35 to 40 min.	2¾ hrs.	30 min.	3½ hrs.	180° F.
Loin	35 min.	2¼ hrs.	30 min.	3½ hrs.	180° F.
Shoulder	40 min.	2¾ hrs.	35 min.	4 hrs.	180° F.
Boneless Shoulder Roll	45 min.	3 hrs.	40 min.	4½ hrs.	180° F.



## Cured and Smoked Pork

**Oven temperature: 325° F. - (rather slow)**

Leave cured pork in kitchen to remove chill or add 5 to 10 minutes per pound to roasting time.

Add to the baking time of cured pork, a browning or glazing period of about 15 minutes in a hot oven (400° F.) or until the internal temperature is 162° F.

Swift's Premium Ham	Minutes per Pound	Avg. Total Time	Internal Temperature
15 lbs. and over	15 min.	3¾ hrs.	150° F.
12 to 15 lbs.	16-17 min.	3⅓ hrs.	150° F.
10 to 12 lbs.	18 min.	3¼ hrs.	150° F.
Half Hams—6 to 8 lbs.	22 min.	2½ hrs.	150° F.

Circle S Picnic (shoulder)	Minutes per Pound	Avg. Total Time	Internal Temperature
5 lbs.	30 min.	about 3 hrs.	170° F.
8 lbs.	25 min.	3¼ hrs.	170° F.

**NOTE:** In reheating cooked ham, picnic, or any meat, heat in a rather slow oven (325° F.) to an internal temperature of 130° F. indicated by a meat thermometer.

## Poultry

**Oven temperature: 325° F. (rather slow)**

If bird is taken directly from the refrigerator, increase the cooking period about 30 minutes.

Roast meat thermometer: Place bulb between thigh and body, not touching bone. Roast to an internal temperature of 190° F.

### Swift's Premium Chickens

4 lbs. stuffed weight—2½ hours or 35 minutes per lb.  
6 lbs. stuffed weight—3 hours or 30 minutes per lb.

### Swift's Premium Turkeys

8 lbs. stuffed weight—2½ hours or 18 minutes per lb.  
12 lbs. stuffed weight—3 hours or 15 minutes per lb.  
14 lbs. stuffed weight—3¼ hours or 14 minutes per lb.  
16 lbs. stuffed weight—3½ hours or 13 minutes per lb.  
18 lbs. stuffed weight—4 hours or 13 minutes per lb.  
20 lbs. stuffed weight—4½ hours or 13 minutes per lb.

### Swift's Golden West Fowl

For stewing, etc.—2 to 3 hours gentle simmering (until tender).

### Duckling

5 lbs. stuffed weight—2½ hours or 30 minutes per lb.



# Time Table for BROILING MEATS

## I. Broiling Cuts:

Beef—Wing, Club, Tenderloin, Porterhouse, T-bone and Sirloin Steaks, and Ground Beef Patties.

Lamb—Loin, Rib and Shoulder Chops, and Ground Lamb Patties.

Cured Pork—Swift's Premium Ham, Swift's Premium Ham Quick-Serve Style, (Cooked, ready to eat). Ready-to-eat Picnic, and Swift's Premium Bacon.

Poultry—Broilers weighing 1 to 2 pounds.

Fancy Meats—Veal or Lamb Liver, Veal or Lamb Kidney, Sweetbreads.

**NOTE:** Fresh Pork and veal should not be broiled. Braise pork and veal chops, steaks and cutlets.

## II. Method:

- a. Preheat broiler. Read directions given with your range for special mechanical adjustments to give best broiling results.
- b. Have steaks or chops cut 1 to 3 inches thick. Steaks less than 1 inch thick should be pan-broiled.
- c. Slash edges of fat in several places to prevent curling. Place the steak or chops on the broiling rack located so that the surface of the steak is about 3 to 5 inches from the source of heat. To estimate the time required to broil, see time chart of appropriate broiling time.  
Remove meat to a hot platter. Season and serve immediately.

## Beef Steaks

For rare steaks	1 inch thick	broil 6 min. on each side
For medium steaks	1 inch thick	broil 7 min. on each side
For well-done steaks	1 inch thick	broil 8 min. on each side
For rare steaks	1½ inches thick	broil 10 min. on each side
For medium steaks	1½ inches thick	broil 12 min. on each side
For well-done steaks	1½ inches thick	broil 13 min. on each side
For rare steaks	2 inches thick	broil 18 min. on each side
For medium steaks	2 inches thick	broil 20 min. on each side
For well-done steaks	2 inches thick	broil 22 min. on each side

Internal temperatures: rare 140° F.; medium 160° F.; well done 170° F.



## Lamb Chops

Medium	1 inch thick	7 min. on each side
Well done	1 inch thick	8 min. on each side
Medium	1½ inches thick	10 min. on each side
Well done	1½ inches thick	12 min. on each side
Medium	2 inches thick	18 min. on each side
Well done	2 inches thick	20 min. on each side

Lamb should be served medium (175° F.), well done (182° F. internal temperature).

## Cured Pork

### Swift's Premium Ham slices:

1-inch slices 10 min. on each side

### Swift's Premium Ham

Quick-Serve Style (cooked, ready to eat) or

Swift's Ready-to-eat Picnic 1-inch slices 5 min. on each side

Swift's Premium Sliced Bacon: 3 min. on each side

## Broiling Chickens

### 1 to 2 Pounds

Brush quartered or halved broilers with melted fat. Place on the broiler rack, cavity side down. Broil 10 to 15 minutes, turn, brush with melted fat, and finish broiling flesh side down (15 to 20 minutes). Season. Serve well done.

## Fancy Meats

### Liver—veal, calf or lamb

Slice and brush well with melted butter. Broil ½-inch slices of liver 15 to 20 minutes. Turn once,

### Kidney—veal or lamb

Split open and brush with melted butter. Broil 10 to 15 minutes, depending on size. Turn once. Season. Serve well done.

### Sweetbreads

Brush parboiled sweetbreads with melted butter. Broil 1-inch slices or pieces 10 to 15 minutes, turning once.



# LEARN TO KNOW THESE GOOD FRIENDS

Swift Canadian Company products are friends with whom we hope you are well acquainted. They come of a very fine family of products—a family whose name has been advertised nationally for almost half a century. Each product represents the very best that research and constant painstaking care can produce. When you see the Swift brand on a piece of meat or the Swift name on a package, it is an assurance of quality and enjoyable eating. Trade with the retailer who supplies you with Swift products and ask for these products by name and by brand.



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Premium  
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Swift's  
Premium  
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Swift's  
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Swift's Premium Cooked Ham



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Swift's Premium Frankfurts



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Swift's Premium Macaroni and Cheese Loaf



Swift's Premium Dutch Lunch Salami



Swift's Premium Poultry



Swift's Brookfield Eggs



Swift's Brookfield Dried Eggs



Swift's Brookfield Butter



Swift's Silverleaf Lard



Swift's Jewel Shortening



Swift's Brookfield Cheese



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