

## CHAPTER VI

# Buying and Use of Meats

Beef, Veal, Pork, Mutton, Poultry, Game and Fish—  
Sauces for Meats.

**MEATS**, including fish, constitute one of the great sources of protein or building foods in the diet. Meats also contain the phosphorus and iron so necessary to the body, as well as vitamins. A meat diet is appetizing and easily digested, provided it is properly cooked, for its flavor stimulates the flow of the digestive juices. As a building food it is completely used by the body and so even in small quantities it furnishes valuable food nutrients, since there is no loss in digestion.

The high cost of meat is largely due to the homemaker's lack of knowledge of the equal food value of other cuts than choice steaks, provided these cuts are properly prepared. Choosing only choice parts of the carcass makes them cost more, because they must be priced higher in order to meet the loss from the tougher cuts, which find no sale. The waste of meat is due largely to bone, which is not used in the steaks, but forms a valuable source of gelatin, fat, flavoring and minerals if stewed or pot roasted. Fat in meat shows that an animal has been well nourished and improves the flavor of the meat. The housewife should remember that fat replaces water in the well nourished animal.

## *COOKERY OF MEATS*

The same principle for the cookery of eggs is applicable to the cookery of meats—that is, the cooking process should take place below the boiling point. In good cookery, intense heat is at first applied to the surface of the meat to seal it up and not let its juices escape. Then a low heat is used until the meat is cooked to the degree desired, if broiled or roasted.

The cheaper parts of the beef are tougher, owing to the greater development of the connective tissue and sinews,

due to exercise of that part of the animal's body. This same exercise also brings an added supply of blood to those parts. Long, slow cooking of these cheaper cuts changes the tough connective tissue to gelatin, while hard boiling, as well as long boiling, causes this gelatin to dissolve and the meat falls apart. Grinding or chopping such tough cuts makes them more palatable and easier to cook tender, also.

Another very important factor in meat cookery with such cuts as stews, pot roasts, etc., is choosing heavy utensils, such as cast aluminum or iron, in order to hold the heat without the use of much fire. One reason why the cheaper cuts are so unpopular is that it takes so long a time to make them tender. If only a very low fire is used and the cooking is done in a heavy utensil, a large part of this objection is removed.

Meat is cooked to improve its appearance, develop pleasing flavors, and to change the connective tissue into gelatin, as well as to render the meat sterile. Meat may be cooked so as to retain juices, as when it is seared first or put into boiling water and the heat reduced afterward. The juice may be extracted by putting it in cold water and cooking it a long time.

### METHODS OF COOKERY

*Broiling* means exposing the surface of the meat to red hot coals, or direct flame, as of gas, or to a very hot utensil of heavy iron or aluminum. The latter is usually called *pan broiling*. After the surface is well seared, the heat is reduced. This method is only good for tender steaks or chops.

*Roasting* is the name applied to baking in a pan in the oven. At first the oven is made very hot in order to sear the meat quickly. After this, the heat is reduced and the pan may be covered. Basting improves the flavor of roasted meat.

*Pot roasting* is a method applied to searing meat on the top of the stove and then adding a small quantity of water so as to permit it to cook very slowly until tender. It is adapted for use with the tougher cuts of meat.

*Braising* is similar to pot roasting.

*Simmering* is the method used for soups and stews. It means cooking below the boiling point or at about 180° F.

*Saute* means frying with a small amount of fat.

# TIME TABLE FOR MEAT COOKERY

## Beef:

Steaks and chops, broiled	8 to 12 minutes
Roasts, prime rib, per pound	15 to 25 minutes
Chuck or plate, per pound	30 to 40 minutes
Brisket, neck, per pound	30 to 40 minutes

## Veal:

Steaks, broiled	20 to 30 minutes
Roasts, per pound	25 minutes
Cutlets	45 minutes

## Pork:

Chops, broiled	15 minutes
Roasts, per pound	25 minutes
Hams, per pound	20 to 25 minutes for 12 pound ham 15 to 18 minutes for 18 pound ham

## Mutton and Lamb:

Chops	10 to 15 minutes
Roasts	20 minutes
Stews	20 minutes

# PRESERVATION OF MEAT IN THE HOME

To insure its good condition, meat must be properly cared for after it is purchased. Remove the outside paper wrapping and place on plate in the coolest part of the refrigerator or other cool place. If necessary to buy meat for several days in advance, the surface may be well seared and the meat cooled before returning to the refrigerator.

*Salting* is a common means of preserving meat. Detailed directions may be obtained by writing to the Department of Animal Husbandry, Iowa State College.

*Freezing* is a practical method of preserving meat in very cold weather.

*Canning* may be used, provided the homemaker uses a pressure cooker, since high temperatures are necessary to insure thoro sterilization.

### USES OF LEFT-OVER MEATS

1. *Croquettes*—Any kind of meat, ground, one part mashed potatoes or rice and egg and gravy or stock or white sauce.

2. *Hash*—Any kind of ground meat and one part potato, mashed or chopped and seasoned. May be in ratio of one part to two parts potato.

3. *Stew*—Cold steak or roast, cut in cubes. Heat in gravy, season with vegetables.

4. *Meat Pie*—With stew as a basis, put in a baking dish, with baking powder biscuit dough and bake in hot oven.

5. *Minced Meat on Toast*—Cut meat in fine cubes, warm in gravy, serve on toast.

6. *Escalloped Meat*—Cut meat in cubes, add to gravy, place in baking dish with alternate layers of rice or dressing. Cover with bread crumbs and brown.

7. *Shepherd's Pie*—Same as meat pie, except that cover is of cold mashed potatoes.

8. *Jellied Meat*—Cold roast veal cut in cubes, and add to a highly flavored gelatin stock. Mold, cool and slice.

9. *Meat Fritters*—Add ground meat to fritter batter and fry in deep fat.

10. *Meat Sandwiches*—Shredded cold roast or fowl.

## BEEF

Good beef is of a bright red color. It should be well marbled with fat, which is white in color. The outside fat may have a yellowish tinge. Fat in meat improves the flavor. The texture of the fibers of the meat should be fine and soft. The cut surface of a piece of meat should be juicy.

The bones of the younger animals should be reddish in color and soft, rather than hard and white as in older animals.

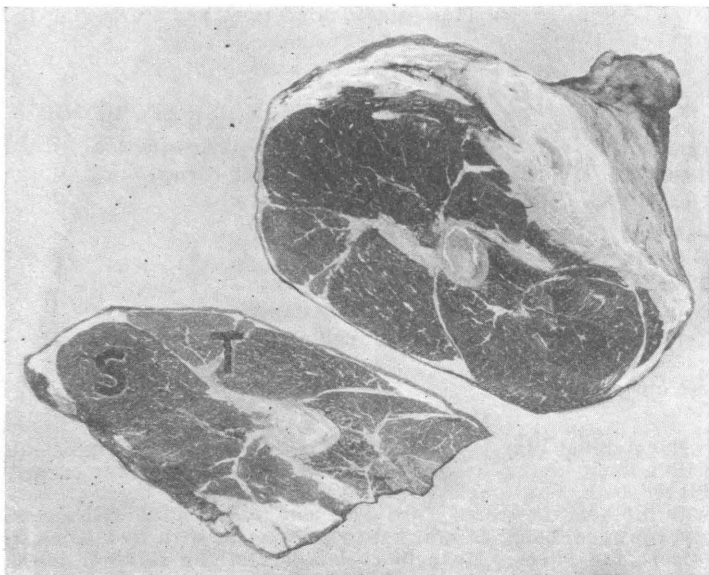
## COMPARISON OF COSTS OF DIFFERENT CUTS

Neck	at 10c a pound makes the edible portion cost 14c
Plate	at 12c a pound makes the edible portion cost 15c
Shoulder	at 15c a pound makes the edible portion cost 18c
Loin	at 30c a pound makes the edible portion cost 34c
Round	at 28c a pound makes the edible portion cost 28c
Rump	at 17c a pound makes the edible portion cost 21c

*COOKERY OF BEEF*

Beef should be seared at 525° F. or plunged into boiling water to seal up the surface and prevent the juices from escaping. The heat then should be reduced to 250° to 300° F. if roasted, or if boiled, to a simmering temperature. In broiling the heat should be reduced after meat is browned.

Beef properly cooked should be tender and yet not fall apart in strings. The connective tissue surrounding each



A round of beef; (S) the inside of leg or top of round; (T) outside of leg or bottom of round

fiber should be changed to gelatin by the cooking at the proper temperature. Too high a temperature and too long boiling destroys the gelatin, which is formed from the connective tissue, and the fibers fall apart, making a much less attractive dish.

### USES OF THE VARIOUS BEEF CUTS

Beef Cuts	Use
Flank	Stuffed, rolled and braised, or corned and boiled
Round	Cheap roast, beef stew or braised, steaks, hamburger steaks
Rump	Roasts (good and inferior), stews, steaks
Loin	Choice steaks and roasts
Tenderloin	Larded and roasted, or broiled
Hind-shin	Cheap stew or soup stock
Five prime ribs	Good roast
Five chuck ribs	Small steaks and stews
Neck	Hamburg steak, mincemeat and stews
Brisket	Stew, good for corning
Fore-shin	Soup stock and stew

### OTHER PARTS OF BEEF CREATURE USED FOR FOOD

Brains	Stewed, scalloped dishes or croquettes
Tongue	Boiled or braised, fresh or corned
Heart	Stuffed and braised
Liver	Broiled or fried
Kidneys	Stewed or sauted
Tail	Soup
Suet	(Kidney suet is best)
Tripe	Lyonnaise, broiled or fried in batter

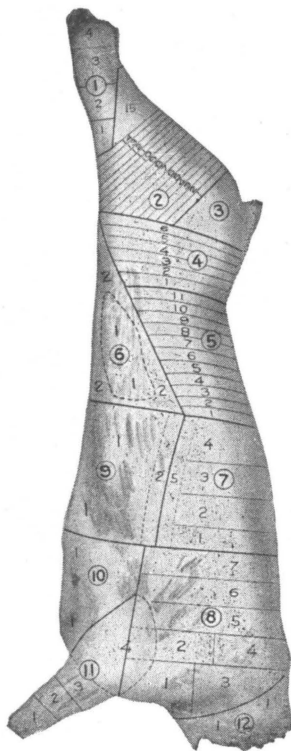
## BEEF RECIPES

### PAN BROILED STEAK

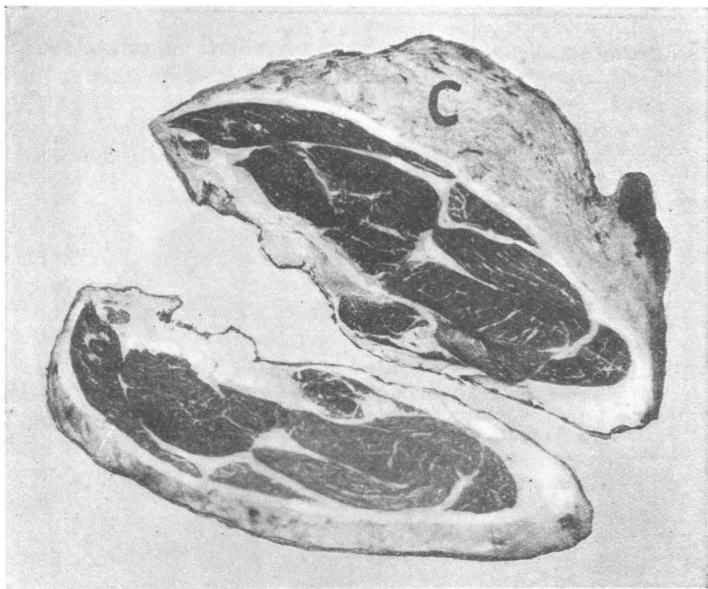
Have skillet very hot. (Heavy iron one is best.) Wipe steak with a damp cloth. Remove flank end for stewing or hamburger. Place steak in a smoking hot skillet which has been greased with fat from the meat. Turn from side to side until well seared and browned, being careful not to prick meat with fork so as to release the juices. Move to cooler part of the stove or lower the heat and cook until pink inside. A steak 1 in. thick requires 8 to 10 minutes to cook. Add seasoning just before removing from the skillet. Remove to a hot platter and dot with butter, also adding the fat from the skillet.

(Chart and Explanation from U. S. Department of Agriculture,  
Bureau of Agricultural Economics, Division of  
Live Stock, Meats, and Wool.)

- (1)—**Hind Shank**  
1, 2, 3, Soup Bone  
4, Knuckle
- (2)—**Round**  
1 to 4, Round Steaks  
15, Heel of Round
- (3)—**Rump**  
Steaks and Roasts
- (4)—**Loin End**  
1 to 6, Sirloin Steaks
- (5)—**Short Loin**  
1 to 3, Club or Delmon-  
ico Steaks  
4 to 11, Porterhouse  
Steaks
- (6)—**Flank**  
1, Flank Steak  
2, Stew or Hamburger
- (7)—**Rib**  
1, 2, 3, 4, Rib Roasts  
5, Short Ribs
- (8)—**Chuck**  
1, 2, Bottom Chuck  
Roasts  
3, 4, Top Chuck Roasts  
5 to 7, Chuck Rib  
Roasts
- (9) and (10)—**Plate**  
(9)—**Navel End**  
1, Stew, Boned and  
Rolled Roasts, Corned  
Beef  
2, Short Ribs  
(10)—**Brisket**  
1, Stew, Boned and  
Rolled Roasts, Corned  
Beef
- (11)—**Fore Shank**  
1 to 3, Soup Bones  
4, Shoulder Clod
- (12)—**Neck**  
1, Boneless Roast,  
Stews or Hamburger



Numerals in circles on drawing and in parentheses ( ) in ex-  
planation refer to wholesale cuts; other numerals to retail cuts.



Loin end (C), showing sirloin steak. Note the small tenderloin muscle just beneath the bone in the lower center of the cut.

### RIB ROAST OF BEEF

Wipe meat with damp cloth. Rub well with seasoning and dredge with flour. Sear and brown with very high oven temperature, 525° F. Reduce the heat after 15 minutes to slow or moderate oven, 250° to 300° F. Roast 15 to 25 minutes per pound. If a less tender cut is to be roasted, cover, add water and cook slowly until done.

### SWISS STEAK

1½ lbs. round or flank steak	½ c. hot water
(1½ in. thick)	2 tbsp. chopped onion
1 tsp. salt	2 c. stewed tomato
¼ c. fat	1 c. flour

Pound as much flour into the meat as possible with the edge of a saucer. Place ¼ c. of fat in a heavy iron skillet. Brown meat well in the hot fat. Add 2 c. of tomato and seasonings. Cover and simmer until tender, adding water if necessary.



## ROAST BEEF

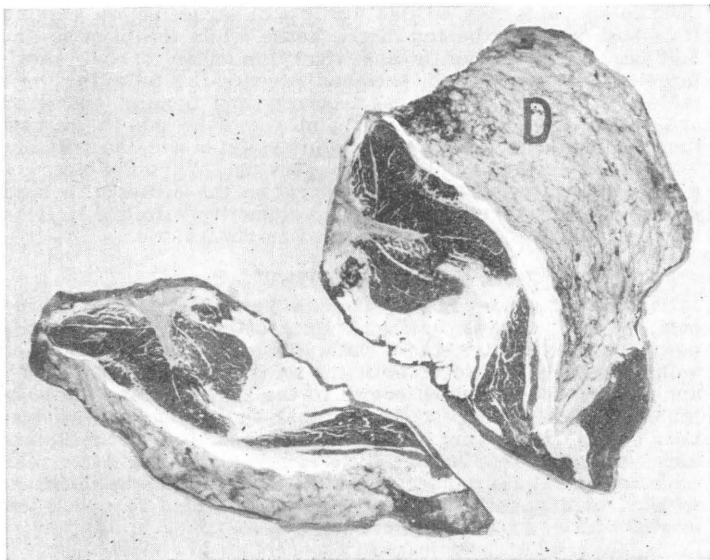
Select a piece of beef (2 to 3 lbs.) known as the "heel," cut from the back of the rump; wipe with a damp cloth and set, skin side down, on a rack in a double roaster; rub over with salt and flour. Set in a hot oven to sear over the surface; reduce the heat after 20 minutes and let cook  $1\frac{1}{2}$  hours. Turn the meat when half cooked. Serve with

## YORKSHIRE PUDDING

Sift together  $1\frac{1}{2}$  c. of pastry flour and a scant  $\frac{1}{2}$  tsp. of salt; add  $1\frac{1}{2}$  c. of milk, gradually, to form a smooth batter, then add three eggs, beaten until thick and light. Turn into a hot dripping pan, the inside of which has been brushed over with hot roast beef dripping; when well risen, baste with the beef dripping. Bake about 20 minutes. Cut into squares.

## BEEF JUICE

Have ready  $\frac{1}{2}$  lb of chopped beef, make it into a flat mass, quite compact. Broil in hot broiler until slightly browned. In



Short loin (D) showing porterhouse steak. Note large tenderloin muscle just beneath the "T" bone. This steak is sometimes called a "T" bone steak, but the true "T" bone has practically no tenderloin muscle.

using a meat press or vegetable ricer, press out all the juice possible. For very strong broth, season with salt and without dilution. For weaker broth, serve with an equal measure of barley water or plain boiling water.

### POT ROAST

Select a 3 or 4 lb roast from the chuck or shoulder. Wipe the meat with a damp cloth, add salt and pepper, tie or skewer it into attractive shape for serving, dredge with flour or not, as desired. Sear all sides in drippings of fat pork, add enough water to cover about one-third of the meat, cover closely and let simmer for the required length of time. Add more water during cooking if necessary. Allow at least  $\frac{1}{2}$  hour to each pound of meat, or longer if cooking slowly. Long, slow cooking makes the meat tender, without allowing it to fall apart.

### NEW ENGLAND BOILED DINNER

Select 2 or 3 pounds of corned beef taken from the brisket, rump or round. Wash with cold water, place in large kettle, cover with cold water and bring slowly to a boil. To hold the meat in shape, it may be tied firmly with string before cooking. It is best to skim the top of the kettle while the meat is first boiling. Cover the kettle and allow the meat to cook slowly for 4 to 5 hours. Wash, peel and prepare the following vegetables: white turnips, rutabaga, carrots and turnips, quartered, and cabbage. One hour before the meat is done, add the carrots, the turnips, quartered. Twenty minutes later add the potatoes. Add cabbage last 15 minutes before serving. When the meat and vegetables are cooked, serve the meat in the center of a large platter with the vegetables arranged attractively around it. Beets may be cooked separately and served on platter, too.

### BRISKET STEW

Use brisket of desired amount with potatoes, 1 small cabbage, small carrots, turnips, onions, a sprig of parsley, salt and pepper. Wipe meat with a damp cloth. Place brisket in a kettle of boiling water and simmer until the meat is tender. Let it cool and remove the fat which comes to the top. Prepare the vegetables and add all except the potatoes and cabbage at least an hour before the cooking is finished. Add potatoes about 30 minutes before serving. Add cabbage 15 minutes later. After vegetables and meat are removed from the liquid, it may be thickened with a small quantity of flour, allowed to come to a boil and served with or around the meat.

### CREAMED CHIPPED BEEF

Shred  $\frac{1}{4}$  lb dried beef and put it into a frying pan containing melted butter or bacon fat. Turn over the meat until the edges of the beef are curled. Remove the beef from the pan and add 2 tbsp. of flour to the fat in the pan, stir to form a paste, allow

it to brown, if desired, and pour in 1 c. of milk. Again stir continuously until the sauce is smooth. Then add the chipped beef, season with pepper and serve on toast.

### MEAT PIES

Left over pieces of meat may be cut into attractive pieces. A gravy may be made from the stock the meat was cooked in or left over gravy may be substituted. White Sauce No. 2 may also be used. Heat meat in gravy and cover with crust. (See index.)

### ROAST TENDERLOIN OR FILLET OF BEEF

With a larding needle, run small strips of salt pork thru the tenderloin in order to overcome the lack of fat in the meat itself. Brown in a hot oven. Season with salt and pepper and continue roasting in a self-basting pan in a moderate oven (350° F.). Basting the tenderloin is an important factor in having a juicy, tender roast.

### BROILED FILLET

Cut slices an inch thick from the tenderloin and flatten slightly by pounding with a cleaver. Either broil over very hot coals or saute in a hot iron skillet. Serve with mushroom sauce.

### STUFFED FLANK STEAK

After wiping a flank steak with a damp cloth, lay out flat. Cover with a dressing, such as is used for poultry, or one more highly seasoned with onion, peppers or celery. Roll the steak with the grain of the meat, and tie securely into shape. Place in a roasting pan, with a little water, and cook slowly until tender. Diced potatoes and carrots may be added to the pan and allowed to cook along with the meat.

### BEEF LOAF

Choose a piece of lean meat and then have it ground together with a small quantity of kidney suet. To every 2 pounds of beef allow  $\frac{1}{4}$  lb of kidney suet. Season with salt and pepper and mix with an egg. Shape into a loaf and bake in a moderate oven 1 hour. Serve with tomato sauce. If preferred, salt pork may be used instead of suet.

### HUNGARIAN GOULASH

Choose a piece of beef suitable for stewing and cut into small pieces. Have skillet hot and rubbed over with a little fat. Sear the pieces of meat, stirring often to prevent burning. Cover with water and simmer 2 hours, after seasoning with salt and pepper. Add to the simmering meat, potatoes cut in cubes, small onions and slices of carrots and turnips. Cook until vegetables are tender. Thicken the stock with a little flour rubbed smooth in cold water before serving.

Two cups of tomato may be added to stock if desired. This dish is easily prepared in a casserole.

### MOCK DUCK

Choose a large round steak and trim to remove surplus fat. Make a bread stuffing such as used for poultry and the steak is rolled around the stuffing. It may be held in place by tying or sewing with string. Brown in a hot oven, then reduce heat and allow to cook slowly until meat is tender. The duck should be basted often to insure moist, tender meat. The trimmings of fat may be laid across it to assist in the basting and to make a richer gravy to serve with it.

### IRISH STEW

Select a piece of meat for stewing and cut into 1 inch cubes. Brown the meat in a hot, greased skillet. Cover with cold water and season with salt and pepper. Cook slowly for several hours. Then add onions cut in slices and potatoes cut in cubes. Simmer gently for an hour or more. By this time the potatoes will have thickened the stock. Removing the cover will also cause the water to evaporate so that the stew will be thick and well seasoned by long cooking before serving.

### CHILI CON CARNE

1 lb round steak	1 tbsp. butter
1 tbsp. olive oil	4 tbsp. chopped onion
1 small can kidney beans	1 tbsp. chili powder
2 tsp. salt	1 qt. tomatoes
1 tbsp. flour	1 tbsp. Worcestershire sauce

Grind steak, heat butter and oil in a frying pan, add onion and fry to a light brown. Add Worcestershire sauce and chili powder, stirring well. Add meat and almost cover with hot water. Cook slowly until tender and add the remaining ingredients, blending the flour with a little of the tomato juice. Simmer until the tomato pulp is thoroly blended and almost disappears. Serve with rice.

Contributed by Mrs. Frank Kerekes.

## VEAL

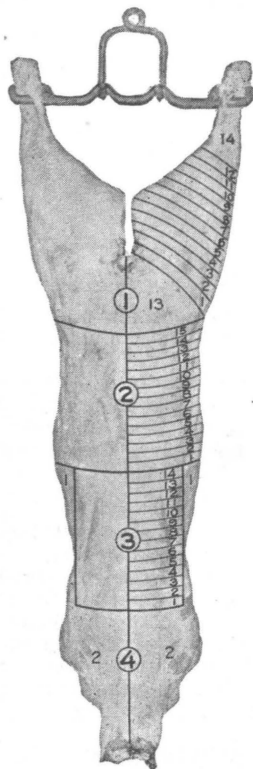
Veal should be a pale pink color with little or no fat at the edges. It should not feel soft to the touch. Flecks of fat, slightly pink in color, may be seen in the meat.

*Comparison of Cost of Cuts*—As veal is immature beef, the percentages of waste run about the same as in the latter.

### COOKERY OF VEAL

Veal, being immature, is more gelatinous than beef. It has little fat and none of the extractives which give the flavor to beef. Veal should be cooked longer and more slow-

(Chart and Explanation from U. S. Department of Agriculture,  
Bureau of Agricultural Economics, Division of  
Live Stock, Meats, and Wool.)



## VEAL CUTS

### (1)—Legs

2 to 12, Cutlets  
13, Roasts  
14, Shank (Stew)

### (2)—Loin

1 to 6, Rib Chops  
7 to 15, Loin and Kidney  
Chops

### (3)—Hotel Rack

1 to 14, Rib Chops

### (4)—Chucks or Stews

(includes Shoulders,  
Neck and Breasts)  
1, Stews  
2, Roasts

Numerals in circles on drawing and parentheses ( ) in explanation refer to wholesale cuts; other numerals to retail cuts.

ly than beef, and some fat must be added. Basting veal frequently improves the flavor as it has a tendency to dry out.

### VEAL CUTS AND THEIR USES

Veal Cuts	Use
Leg	Cutlets, broiled or baked
Loin	Roast
Knuckle	
Shoulder	Stew and veal loaf
Neck	Stew and veal loaf
Breast	Stew and veal loaf
Sweet breads	Broiled, creamed
Kidney	Stewed or broiled
Liver	Sauted or creamed

### BREADED VEAL CUTLETS—BAKED

Cut a large veal cutlet into pieces suitable for serving. Wipe the meat with a clean cloth and sprinkle with salt and pepper. Dip each piece into beaten egg, which has been diluted with 1 or 2 tbsp. of cold water, and then into fine bread crumbs. Lay the meat in a well greased basting pan or shallow roasting pan. Set the pan in the hot oven and allow the meat to brown. Add a cup of stock or water. Cover, reduce the heat and bake for 50 minutes. Add a little more liquid if necessary. Serve with or without gravy.

### VEAL POTPIE

Select a piece of lean meat and cut into pieces suitable for serving. Cover with cold water and bring to a boil. Cook slowly for 1½ to 2 hours or until the meat is tender. One-half hour before the meat is done, add salt and pepper to taste. When done, thicken the liquid with 2 tbsp. of flour. Pour the meat and gravy into a deep baking dish. Cover the top of the pan with a rich biscuit dough and bake in a quick oven for 25 minutes. Serve immediately. Vegetables, as peas, carrots or potatoes, may be added to the veal while it is cooking.

### VEAL BREAST, STUFFED AND ROLLED

Make a stuffing of 1 c. of bread crumbs and mix with ¼ pound of finely chopped salt pork. Season with 1 tbsp. of chopped onion, salt and pepper, 1 tbsp. minced parsley and 2 tbsp. melted butter or bacon fat. Fill the cavity under the thick part of the breast of veal and roll and skewer into shape. Place in a roasting pan, sear in a hot oven (500° F.) for 20 minutes; reduce the heat (375° to 400° F.) and allow the meat to roast for about 25 minutes to each pound.

### LEG OF VEAL ROASTED

Select a small leg of veal and have the bone removed if desired. Wipe the meat and sprinkle it with salt and pepper. If bone is removed, fill cavity with bread stuffing. Skewer the meat into shape and place in a roasting pan well greased with pork fat or drippings. Sear the surface in a hot oven, reduce the heat and roast from 20 to 25 minutes for each pound of meat. If an uncovered roaster is used, baste the meat every 10 minutes.

### JELLIED VEAL

Select a knuckle of veal or pieces from the breast. Cut into pieces and break bone. Wipe the meat and place it in a stewing kettle and cover with 2 quarts of water. Tie the following seasonings in a piece of cheesecloth: 1 tbsp. chopped parsley, 6 cloves, 4 peppercorns. Add the seasonings to the kettle and cook slowly for 4 hours. When the meat is thoroly done, remove the pieces of meat from the bone and set aside to cool. Strain the liquid and add to it  $\frac{1}{2}$  tsp. pepper, 1 tbsp. salt or more to taste. Reheat for 10 minutes. Cut the meat into small, attractive pieces and place in mold. Pour over it enough of the liquid to cover and set in a cold place to stiffen. Jellied veal loaf may be made without cooking down the veal stock by thickening a thin stock with gelatin in the proportion of 1 tbsp. of gelatin to 1 pint of liquid. Bits of parsley, slices of hard cooked eggs and pimentoes may be arranged first in mold. Pour over the stock and allow to set before putting in meat and remainder of stock.

### VEAL BIRDS

$1\frac{1}{2}$  lb veal steak, cut  $\frac{1}{4}$  in. thick. Cut in pieces 2x4 in. Roll around small strips of salt pork, a sausage, or moistened and seasoned bread crumbs (dressing) and tie securely. Sprinkle with flour and salt and brown in hot fat. Add boiling water, cover and bake or simmer on top of the range or in the fireless cooker until tender.

### VEAL TIMBALES

2 tbsp. butter	2 tbsp. chopped parsley
1 c. stale bread crumbs	8 eggs
$2\frac{1}{2}$ c. milk	Salt
4 c. chopped veal	Pepper

Melt butter, add bread crumbs and milk, and cook 5 minutes, stirring constantly. Add veal, parsley and eggs slightly beaten. Season with salt and pepper. Turn into buttered individual molds two-thirds full, set in pan of hot water, cover with buttered paper and bake 20 minutes. Serve with sauce if desired.

### VEAL LOAF

2 lb veal	1 egg
$\frac{1}{4}$ lb salt pork	1 c. bread crumbs
1 tsp. salt	$\frac{1}{8}$ tsp. pepper
2 tbsp. melted butter	

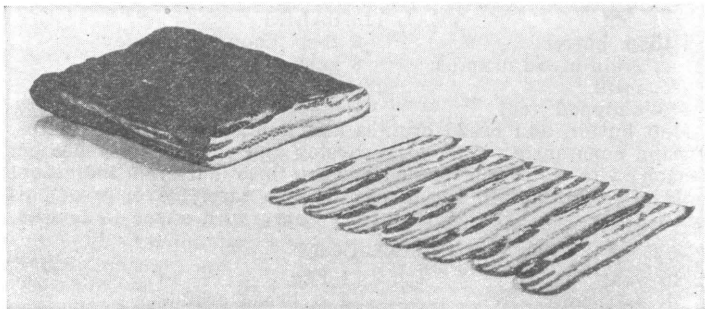
Put the veal and salt pork thru a meat chopper and then add the other ingredients, mixing well. A little minced onion or sage may be added for seasoning if desired. If the bread crumbs are very dry, moisten with a half cup of water. Shape into a loaf and bake in a moderate oven 2 hours, basting often either with stock or water and a little melted butter.

## PORK

Choose pork having a fine grain and firm to the touch. The flesh of a young animal is nearly white in color, while that of the older animal has a pinkish cast. The fat should be white and firm and evenly distributed.

*Comparison of Costs of Cuts*—In the loin of pork there is about 20 percent of refuse due to bone. As the loin of pork is usually broiled or roasted, the bone, which is the refuse, is not made use of for flavoring other foods as in stews, etc. In the shoulder about 12 percent is lost thru bone, tho these cuts are more often boiled, thus obtaining the flavoring and fat from them. In ham the loss is only about 10 percent.

*Cookery of Pork*—Pork needs to be thoroly cooked, as rare or partially cooked pork is unappetizing. The high percentage of fat which pork contains calls for a moderate heat thruout the process of cooking, rather than searing the



Good bacon, well streaked with lean and fat.



surface to prevent the escape of fat. Too high a heat brings about chemical changes in the fat which make it very indigestible.

### PORK CUTS AND THEIR USES

Pork Cuts	Use
Hams	Broiled or roasted
Shoulders	Inferior roasts, salted or corned
Pig's feet	Pickled
Head	Pickled
Flank	Bacon
Belly	Fat salt pork
Loin	Chops, roast
Brains	Broiled
Ears	Most of these parts may be stewed, giving flavor to vegetables
Heart	
Jowl	
Kidney	
Liver	
Snout	
Tail	
Tongue	

### BROILED PORK CHOPS

Wipe the chops with a damp cloth. Have a skillet very hot. Rub with a bit of the pork fat to oil thoroly. Put in chops and sear quickly, on both sides. Reduce the heat and cook slowly until well done, but not dry. Season with salt and pepper after searing. If chops are thick, skillet may be covered to insure cooking thru without drying.

### BAKED PORK CHOPS WITH DRESSING

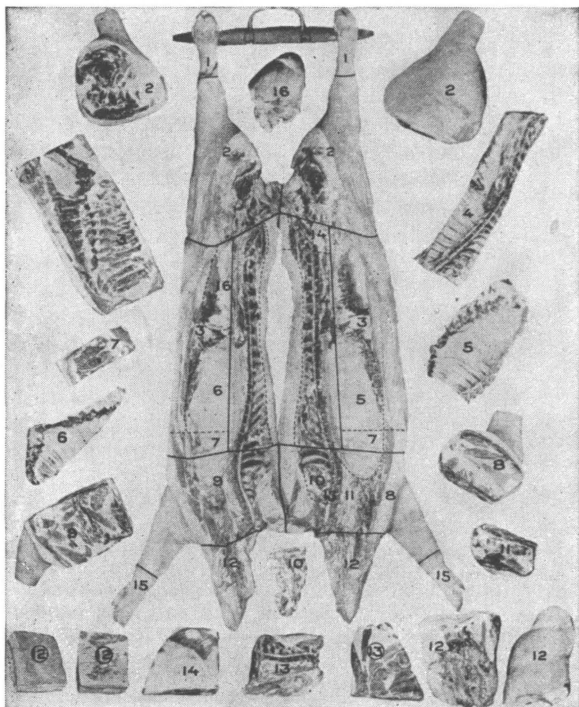
Select pork chops and wipe with a damp cloth. On each pork chop, after it is placed in the baking pan, arrange a mound of dressing such as is used for poultry. Season chops with salt and pepper. Put into a hot oven and sear quickly. Then reduce the heat and add enough water to cover the pan. Put the cover on the baking pan and allow to cook slowly about an hour. If pan is not self-basting, the chops will need to be basted frequently. Brown after removing cover during last ten minutes.

### ROAST PORK

If loin is selected have the back bone sawed free from chops, as then roast is easier to carve. Sprinkle with salt and pepper

## PORK CUTS

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Live Stock, Meats, and Wool.)

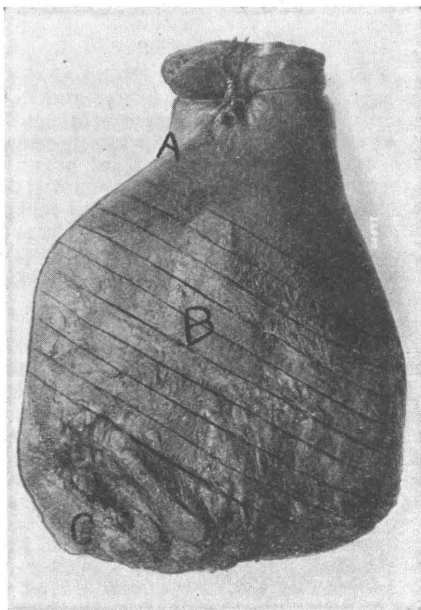


- |                          |                           |
|--------------------------|---------------------------|
| 1—Hind Feet              | 10—Neck Bones             |
| 2—Hams                   | 11—Picnic Butt            |
| 3—Clear Bellies          | 12—Jowl Butts (Untrimmed) |
| 4—Pork Loins             | (12)—Jowl Butts (Trimmed) |
| 5—Spareribs (Full Sheet) | (13)—Boneless Butts       |
| 6—Spareribs (Half Sheet) | 13—Boston Butts           |
| 7—Brisket                | 14—Lion Butts             |
| 8—Picnic                 | 15—Fore Feet              |
| 9—N. Y. Style Shoulder   | 16—Leaf Fat (Cone Shape)  |

and a little sage, if desired. Roast until done, allowing about 25 to 30 minutes to a pound. Baste every 10 minutes if an open pan is used. Remove from the pan, skim off most of the fat from the bottom of the pan and make gravy of the liquid and fat left, using 2 tbsp. of flour. Season with salt and pepper. Serve the roast on a large platter and garnish with slices of fried apples.

#### BAKED SPARE RIBS

Rub the surface of 3 pounds of fresh spare ribs with salt. Place in a shallow baking or roasting pan. Roast in a moderate oven. Cover part of the time or baste every 15 minutes. Spare ribs may be arranged over sauerkraut to bake. Basting improves flavor of kraut.



Best method of cutting a ham. (A) shank; (B) center slices; (C) butt. Bake the butt; fry the center, and boil the shank.

#### BAKED VIRGINIA HAM (According to Thomas Nelson Page)

After soaking the ham in cold water an hour, scrub and scrape thoroly. Then soak in cold water for at least 12 hours

before cooking. Cook in a large kettle of water, adding to it an onion, a stalk of celery, parsley, a blade or two of mace and a few cloves. When the ham is done, it will have a tendency to turn over because the fat has absorbed so much moisture. Let it cool in its own liquid. When cool enough to handle, pull off the skin. Sprinkle the exposed fat with white pepper, liberally. Then stud it with cloves pushed down in the fat about an inch apart. Cover about an inch thick with brown sugar. It may be difficult to make the sugar stick, but press it down closely. Place the ham in a roasting pan, pour around it cider and bake in a slow oven. Care must be taken to have a slow oven, as this allows the sugar to melt and sink into the interior of the ham. Toward the end, the ham may be basted with the cider. This baking should take at least two hours to insure the thoro seasoning of the ham with sugar and spices.

#### HAM MOUSSE

Prepare 1 pt. of chopped lean ham. Make also a white sauce by cooking to a paste 3 tbsp. each of butter and flour, then adding 2 c. of rich milk gradually, and simmering until thick. Season with  $\frac{1}{2}$  tsp. of salt,  $\frac{1}{8}$  tsp. each of white pepper and paprika and just a trace of mace. Add 1 tbsp. of granulated gelatin, softened in 2 tbsp. of cold milk; simmer until the gelatin is dissolved. Now add the ham and set aside to cool. Just before it begins to stiffen, fold in a cupful of cream whipped until stiff, and pour into a wet mold. When thoroly set, turn out and garnish. Any of the more delicate meats, chicken or fish, may be prepared in the same manner.

#### BOILED HAM

Scrub the ham thoroly. Cover with cold water and heat to the boiling point; let boil 5 minutes, then simmer, very gently, 20 to 25 minutes per lb for 12 to 13 lb ham, 15 to 18 minutes per lb for 18 lb ham; be careful not to boil hard. Set ham aside for 12 hours to cool in liquid; remove and wipe dry; slice carefully and serve with cider jelly made as follows:

#### CIDER JELLY

Soften  $\frac{1}{2}$  package of gelatin in  $\frac{1}{2}$  c. of cold water and dissolve by setting the dish into hot water; add  $\frac{3}{4}$  c. of sugar and when dissolved and cooled somewhat, add 3 c. of sweet cider; let stand for 24 hours. Arrange in tablespoonsful on platter around ham. Garnish with stuffed mangoes, pickled onions and olives.

#### SAUSAGE ROLLS

These are delightful, savory cakes made from rich pastry. The pastry is cut in squares about 3 inches across, then a spoonful of sausage meat is placed on one half of the pastry, the edges are moistened, and the other is folded over gently. Take care not to pinch the edges too hard or the pastry will not puff. Press

just inside the edge and very gently. Brush with beaten egg and bake in a quick oven.

### BAKED HAM WITH ESCALLOPED POTATOES

2 tbsp. butter	2 c. milk
$\frac{1}{3}$ c. flour	4 c. raw potatoes ( $\frac{1}{8}$ in. thick)
2 tsp. salt	1 slice ham (1 in. thick)

Blend the butter, flour, salt and milk as for white sauce. Cook. Arrange the potatoes in an oiled baking dish, pour over the white sauce, which should be a little thinner than medium. Lay the ham, which has the rind and some of the fat removed, on top. The food should not come to within more than an inch of the top of the dish in order to avoid cooking over in the oven. Cover and bake in a moderately slow oven for 1 hour. A hot oven causes the milk to have a curdled appearance. Remove cover to brown and finish cooking.

### VARIATIONS

$\frac{1}{2}$  lb of sliced bacon, which is delicately browned, can be used in the center and on top of this dish instead of the ham. Stuffed pork chops or tenderloin, browned slightly, or left-over chops or roast meat can be utilized in this dish.

### PIGS IN BLANKETS

Select large sized oysters. Drain the oysters, wrap a thin slice of bacon around each and fasten in place with a toothpick. Put in a broiler and place the broiler over a dripping pan. Cook until the bacon is brown. Turn and cook the other side. It may be baked in a hot oven or cooked in an iron frying pan. Drain on brown paper and serve on toast with potato chips or French fried potatoes.

### PORK TENDERLOIN

Tenderloin may be cut crosswise into one inch slices, which may be flattened out with a cleaver. The slices may be rolled in flour or egg and crumbs and sauted or baked in the oven.

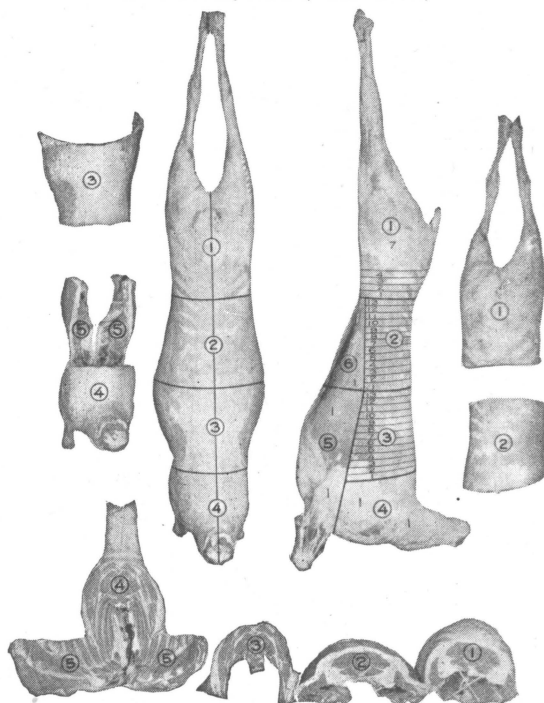
Tenderloin may also be cut lengthwise into strips and poultry dressing spread over each. The strips are then rolled and fastened with a toothpick. Sprinkle with salt and pepper and bake in the oven, basting frequently.

## MUTTON

The flesh of mutton is dull red in color and the fat is white and very firm. In lamb the flesh is a light pink, darkening as the animal grows older. Lamb is more tender and juicy than mutton. Mutton and lamb do not find the use in the diet that their food value makes practical to the home-

## LAMB CUTS

(Chart and Explanation from U. S. Department of Agriculture,  
Bureau of Agricultural Economics, Division of  
Live Stock, Meats, and Wool.)



- |                          |                       |
|--------------------------|-----------------------|
| (1)—Leg                  | (4)—Chuck             |
| 1 to 4, Chops            | 1, Roasts and Stews   |
| 7, Roasts                | (5)—Breasts           |
| (2)—Loin                 | 1, Stews or Boned and |
| 1 to 13, Loin and Kidney | Rolled Roasts         |
| Chops or Roast           | (6)—Flank             |
| (3)—Hotel Rack           | 1, Stews              |
| 1 to 13, Rib Chops and   |                       |
| French Chops             |                       |

Numerals in circles on drawing and in parentheses ( ) in explanation refer to wholesale cuts; other numerals to retail cuts.

maker. This is largely due to the "wooly" taste which people find in these meats. This taste is due largely to failure to remove the "fell," which is the tough, oily outside skin. This may easily be removed by the homemaker and the meat no longer retains the undesirable flavor.

*Comparison of Cost of Cuts*—The shoulder has about 20 percent of refuse in it, due to bone. This bone, however, is valuable for seasoning stews, etc. The leg contains about 14 percent and the loin 15 percent.

## COOKERY OF MUTTON AND LAMB

Mutton, containing more fat than lamb, takes longer to cook in order to be most palatable. Mutton is sometimes served rare, but lamb is always eaten well done. Both mutton and lamb should be served on very hot dishes as the fat hardens on slight cooling and is not so appetizing.

### LAMB AND MUTTON CUTS AND THEIR USES

Choice Cuts	Uses
Leg and loin	Chops and roasts
Inferior Cuts	
Shoulder	Used as stews
Flank	Used as stews
Neck	Used as stews
Brains	Broiled

### CASSEROLE OF MUTTON

3 lb neck of mutton	1 c. cooked tomato
4 carrots, cut lengthwise	2 c. water or stock
2 turnips	Salt
2 small onions	Celery salt

Wipe the meat with a damp cloth. Trim off the outer skin and surplus fat. Cut in pieces and brown. Put in casserole and add water or stock. Cover and bake or simmer for 1½ hours. Add sliced vegetables and tomatoes, and cook until all are tender.

Note: Canned or left-over meat of any kind may be used in this combination. Potatoes can be added, if desired.

### LEG OF LAMB OR MUTTON ROAST

Select a leg of mutton weighing at least 7 or 8 pounds. Rub salt and pepper over the surface of the meat. Place the meat on a rack in a large roasting pan and dredge with flour. Bake in a hot oven until the surface is seared (525° F.), then reduce the heat (250° to 300° F.). Baste often, unless a covered roaster is

used. Roast about 20 minutes per pound. Serve on a platter. Prepare gravy from the juice in the pan or serve with mint sauce.

### BOILED LEG OF MUTTON

Wipe meat with damp cloth and put in kettle of boiling water to which salt has been added. Simmer gradually until tender. It takes 30 minutes to the pound. Remove from liquid and serve at once with caper sauce.

### LAMB CHOPS

Chops of lamb or mutton are broiled or sauted in hot skillet. Sear until browned, then reduce heat, cooking until chop is tender. Arrange chops around a mound of buttered peas on a platter.

### ROAST SADDLE OF LAMB

Choose a saddle from a lamb under the yearling age, to weigh not more than 12 pounds. Then brush over the surface of the meat with melted butter and dredge thickly with flour, seasoned with salt and pepper. Place on the rack of a large baking pan, and set into a hot oven until the paste of flour and butter, covering the meat, is brown. Baste with stock, sweet cider or white grape juice, and reduce temperature to moderate. Keep basting every 15 minutes for 2 hours or until meat is cooked. Add  $\frac{1}{2}$  c. of currant jelly to liquid in pan, with seasoning of salt and pepper, and thicken slightly with flour. Serve with a garnish of bacon curls.

### LAMB STEW (EN CASSEROLE)

Cut in pieces 2 in. square, 3 pounds of breast of lamb, sprinkle with salt and pepper and brown in a hot frying pan; add 1 c. of canned tomatoes and enough hot water to cover meat; let boil 3 minutes. Cut in small cubes 3 carrots and 1 turnip; add 12 small onions and let boil 10 minutes in salted water; drain, add to meat, and turn all the ingredients into a large casserole; cover and cook in a slow oven 2 hours. Boil 12 small potatoes 10 minutes and add to stew  $\frac{1}{2}$  hour before serving. At the last moment, add 1 c. of hot peas and 2 tbsp. of finely chopped parsley.

### CROWN ROAST OF LAMB

This roast is made from the two loins, the chops, which are not cut apart. The flesh is scraped from the ends of the chop bones and the backbone trimmed so as to permit the two loins to be skewered together in the shape of a crown, the bones being on the outside. Salt and pepper is sprinkled over it and then it is placed in an oven roaster.

The lamb is then roasted and before serving the ends of the bones are decorated with small frilled paper caps. To prevent the ends of the bones charring during the roasting, small cubes of salt pork may be placed over each.

The center of the crown roast may be filled with buttered peas.



## LAMB PATTIES

Put meat from the shoulder of veal thru a meat chopper and make into cakes after seasoning with salt and pepper. Skewer a piece of bacon around each cake by means of a toothpick and fry in a hot skillet until well browned. Reduce the heat, adding a little water, and let cook slowly on back of the stove until done. Serve with gravy.

## CURRY OF MUTTON

2 lb mutton for stew	1 tsp. curry powder
1 onion	1 tsp. salt

Cut the mutton into small pieces and brown in a hot skillet. Add the onion, minced, and enough water to completely cover. Season with curry and salt and cook slowly until tender. Before serving thicken the stock with a little flour. Serve on a platter, in the center of which is a mound of rice. Pour the curried mutton around it.

## SUNDRY PARTS OF MEAT

Many of the internal organs of animals furnish a cheap source of meat and very valuable body regulators, such as minerals and vitamins.

*Liver* is very rich in iron as well as vitamins A and B. For these reasons liver should be used more in a diet where economy must be practiced for there is no waste and the cost is usually low. Calf's liver is the most desirable, tho other livers have the same food value, but are stronger in flavor.

*Hearts* of beef, sheep and pork may be an economical source of meat. The hearts of calf and lamb are tender and do not require the long cooking necessary for the older animals.

*Kidneys* of calf are the best, tho lamb is quite as good if the animal is young.

*Sweetbreads* from young calves and lambs are used. There are two sweetbreads, those in the throat and those near the heart. Sweetbreads should be parboiled in acidulated water (1 tbsp. vinegar to 1 qt. water) before using. This also helps to preserve them as they are very perishable.

*Tongues* from calves and lambs are more tender than those of older animals.

*Brains* from calves are a delicacy, but those of pigs and sheep are also used.

*Tripe* is made usually out of the stomach of the beef.

Many other parts, as oxtail, feet, jowls and head, furnish flavoring for dishes.

#### SAUTED LIVER

Cut liver into  $\frac{1}{2}$  inch slices. Pour boiling water over it and allow to stand a few minutes. Dry the meat with a cloth, sprinkle with salt and pepper and dredge with flour. Have a skillet with hot bacon fat in it. Brown the slices of liver in it, turning often and reducing heat after the first few minutes. Serve each piece on the platter with a slice of crisp bacon.

#### LIVER LOAF

Cut a small liver in slices and cover with boiling water for a few minutes. Dry and run thru a meat chopper. Add 2 c. of bread crumbs, 2 tsp. salt,  $\frac{1}{4}$  tsp. celery salt,  $\frac{1}{2}$  tsp. pepper and 2 eggs. Mix well and pour into an oiled mold. Set mold in a pan of water and bake in the oven for one hour. Serve hot with sauce or slice cold.

#### STUFFED HEART

Wash heart thoroly and cut out veins and arteries, being sure heart is freed of blood. Fill the heart with poultry stuffing and sew up. The stuffing needs to be richer than usual as the heart is without fat. Onion, parsley and other savory herbs may be used as well as sage. Brown the heart in a little fat and then add a little water to the kettle or pan. Cover and allow to simmer either in the oven or on top of the stove to become tender (3 to 4 hours).

#### KIDNEY EN CASSEROLE

Split the kidneys after removing the skin. Cut out fat and white substance from the center and soak in cold water three or four hours, changing water several times. Take out veins and cords. Kidneys may be parboiled 10 minutes before browning in hot skillet. Remove to casserole and add 2 carrots, sliced, 1 onion, minced, and 4 potatoes, cubed, and  $\frac{1}{2}$  c. of cooked tomato. Season with salt and pepper and bake in a moderate oven  $2\frac{1}{2}$  hours.

#### BROILED KIDNEY

Prepare calf's kidney as above and dry before brushing with fat. Saute in a hot skillet until brown. Then cover and allow to cook until tender. Serve on toast garnished with lemon and parsley.

#### BROILED SWEETBREADS

Split the parboiled sweetbreads crosswise and sprinkle with salt and pepper. Broil under gas flame or saute in hot greased skillet about 5 minutes. Brush with butter and garnish with slices of lemon and parsley.

### CREAMED SWEETBREADS

Break the parboiled sweetbreads into small pieces and add to White Sauce No. 2. Season well, adding more butter. Serve on toast points.

### PICKLED TONGUE

Boil a fresh tongue until tender in salted water. Skin and trim as soon as cool enough to handle. Boil 2 c. of weak vinegar with a piece of bay leaf, 1 tsp. prepared mustard, 4 peppercorns, 4 whole cloves and a slice of onion. Pour over tongue and allow to stand 12 hours before using.

### BRAISED TONGUE

Put a fresh tongue in a kettle, cover with boiling water and cook slowly 2 hours. Remove skin and roots. Place in a deep pan and surround with 1 can tomato, 1 can peas, 2 c. carrots, diced,  $\frac{1}{3}$  c. onion, chopped fine, a sprig of parsley and salt and pepper. Cover closely and bake 2 hours, turning after the first hour. The juice of the tomatoes and peas may be drained off and some of the stock in which the tongue was cooked added. Serve, surrounded by the vegetables.

Contributed by Mrs. Frank Kerekes.

### BRAINS WITH SCRAMBLED EGGS

Soak sheep's brains in cold water for a half hour and then cook in boiling salted water 10 minutes. Cool and break meat into small pieces.

Prepare eggs for scrambling and add brains to mixture. Cook in hot buttered skillet until egg is set, but not hard.

### FRIED CALVES' BRAINS

Soak brains in cold water a half hour and remove the thick membrane. Wash out any blood left. Parboil in salted water 10 minutes and put in cold water at once. Dry and divide into portions for serving. Dip in egg and crumbs and fry in hot fat for 2 or 3 minutes. May be served with white sauce.

### TRIPE

Clean tripe by washing in boiling water several times and then soak in cold water over night. Simmer for  $\frac{1}{2}$  hour and use in any of the following ways.

#### FRIED TRIPE

Strips of parboiled tripe may be dipped in egg and crumbs and fried.

#### PICKLED TRIPE

Boiled tripe may be placed in seasoned vinegar such as used with pickled tongue.

### CREAMED TRIPE

Cut tripe in small cubes and cook until tender. Drain and cover with White Sauce No. 2.

### PICKLED PIG'S FEET

Clean and scrape pig's feet and soak in cold water for several hours. Split the feet and cook in boiling salted water until tender. Cool and place in earthen or glass jars. Cover with a spiced vinegar, such as used for pickled tongue.

### HEAD CHEESE

The heads of pigs may be cooked after cleaning and removing eyes and brain. It is then cooked very tender in salted water and drained. The flesh is picked from the bones and cut in small pieces, seasoned with sage, marjoram and salt and pepper. Pack in jars, cover with a weight. After a few days it may be sliced for serving.

### SCRAPPLE

To make scrapple, proceed as above, but allow stock to cool so that all fat may be removed. Add chopped meat and herbs to the stock. Stir in cornmeal until it has the consistency of mush. Cook slowly an hour, then pour out in pans. When cold, slice, dip in egg and crumbs and fry.

## POULTRY AND GAME

Choose poultry with short wings and legs, as there is a tendency for such fowls to have a more thickly meated carcass. Examine the breast bone as to its hardness as this gives a clue to the age of the bird. In young birds it is flexible. Old fowls have long hairs over the body and rough skin, which is often in folds around neck and abdomen. If the feet are on, the older fowls will show blunt toe-nails from their activities in the chicken yard.

"Broilers" are the youngest chickens on sale and weigh from  $\frac{3}{4}$  to  $1\frac{1}{2}$  pounds. They are usually 10 to 12 weeks of age.

"Fryers" weigh from  $2\frac{1}{2}$  to  $3\frac{1}{2}$  pounds, but fowls over 3 pounds as usually classed as "roasters;" roasters are under one year old. Fowls classed as "hens" are over one year old. Older fowls and roosters are given a separate classification by poultry dealers.

In ducks and geese the age is best determined by feeling the wind pipe, which can be indented in a young bird, while in the old bird its shape is rigid.

Turkey hens weighing 8 to 12 pounds are considered the best.

Allow  $\frac{1}{2}$  pound of uncooked fowl for a serving.

### *Dressing of Fowl*

Since the fowl, remove the pin feathers and oil sac. Then wash the bird in lukewarm water in which is dissolved a tablespoonful of baking soda. If feet are still on, insert an iron skewer or ice pick below the knee joint and twist carefully to loosen the tendons. If tendons are removed the meat on the lower leg will be much more tender. There are seven tendons in each leg. Cut the neck at the back and remove crop and wind pipe. Below the breast bone make a slit large enough to permit cleaning. Remove entrails, gizzard, heart and lungs, working the hand in close to the breast bone. Care must be taken not to break the gall bladder, which is attached to the liver. The kidneys and lungs are so embedded in the body cavity that care must be taken to remove them. Wash out the inside of the fowl with cold water.

The gizzard should be cut open and the tough inner lining removed. The gall bladder is removed from the liver and the upper part of the heart cut away and blood squeezed out. The giblets are then washed in cold water.

### *Trussing Fowl*

After the fowl has been rubbed on the inside with a little salt, the poultry stuffing may be put in, filling all the cavities. Fold the neck skin over the back and fasten down either with the wings, whose ends are turned backward over the back, or with a skewer. Press the legs up and close to the body. These, too, may be fastened in place or tied with the cord used to sew up the slit in the body, tying the ends of the legs down to the tail.

### *Cutting Up Fowl*

Broiling chickens are split down the back, if small, and divided into two parts. The breast bone may be removed then to make the division easy. Larger broilers may be split into four parts. For stewing, the legs are removed and cut apart at joint. If the thigh is large, it may be cut into two parts. The wings are removed and tips cut off.

Cut the body down both sides below the ribs and unjoint breast. The back is usually split into two parts. The breast may be cut into four pieces by dividing into three parts and cutting part containing wishbone in two.

### *Cookery of Poultry*

As for every other type of meat, poultry needs to be put in a hot oven, uncovered, until it is well seared. Then the heat is reduced, the pan covered and bird cooked until tender. In stews, the importance of using the simmering temperature is imperative, if poultry is to be tender and at the same time not fall to pieces.

In broiling and frying chicken, the heat ought to be reduced after the parts are browned.

### *Uses of Left-Over Fowl*

Bones of large fowls may be taken apart and simmered in a kettle with enough water to cover. Seasonings of celery, onion, salt and pepper may be added. After simmering for several hours, the stock may be drained off and boiled down if necessary, then added to an equal amount of white sauce for soup. Serve with croutons.

When one wishes to serve only choice pieces of chicken, the other parts may be cooked, the meat picked from the bones, cut into attractive pieces and served in any of the following ways:

- |                                       |                       |
|---------------------------------------|-----------------------|
| 1. Creamed.                           | 5. Chicken a la King. |
| 2. Jellied.                           | 6. Sandwich filling.  |
| 3. Salad.                             | 7. Pressed chicken.   |
| 4. Croquettes with mushroom or alone. |                       |

## **POULTRY RECIPES**

### **ROAST TURKEY OR CHICKEN**

Dress and clean the fowl, following the general directions. Prepare one of the poultry stuffings given below and fill the cavity after rubbing the inside with a little salt. Sew up the openings and truss.

Place in a baking pan, breast downward at first, and brown in a hot oven. As soon as browned, cover the pan, reduce the heat and cook until tender. Put a little water in the bottom of the basting pan. Pieces of salt pork, bacon or the chicken fat itself may be placed over the breast to insure a juicy meat. A little salt, pepper and flour, mixed together, may be sprinkled over

the fowl at the beginning if one desires. Fowls may be roasted without stuffing. Serve with giblet gravy.

### PLAIN STUFFING FOR POULTRY, MEATS, FISH, ETC.

2 c. bread crumbs	2 tbsp. cream or stock
4 tbsp. butter	1 tsp. salt
$\frac{1}{2}$ tsp. powdered sage	$\frac{1}{4}$ tsp. pepper
$\frac{1}{2}$ tsp. powdered thyme	

Use rather stale bread. Cut in  $\frac{1}{2}$  in. squares, rather than make into crumbs, as that forms too compact a mass. Add melted butter, seasonings and stock. Mix well with a fork.

### CHESTNUT STUFFING

1 qt. chestnuts	1 tsp. onion, minced
$\frac{1}{3}$ c. bread crumbs	1 tsp. celery, minced
2 tbsp. butter	1 tsp. salt
2 tbsp. cream	$\frac{1}{4}$ tsp. pepper

Shell and blanch chestnuts, then cook in boiling water until tender. Mash and rub thru a colander and mix well with the other ingredients. Use as stuffing for turkey. Thyme may be used as seasoning instead of onion.

### OYSTER STUFFING

In plain stuffing, omit sage, thyme and liquid. Add 1 pt. of oysters, which have been looked over to remove bits of shell. This dressing is particularly good with turkey.

### STEWED CHICKEN AND DUMPLINGS

Cut a chicken up as directed for stewing. Place the undesirable parts, as back and neck, in a kettle with cold water to cover and simmer gently 1 hour. Now put in the rest of the chicken, adding more hot water if necessary. Season with 1 tsp. of salt, 2 whole cloves, a sprig of parsley,  $\frac{1}{4}$  tsp. white pepper and a few leaves of celery. The seasonings may be placed in a cheese-cloth bag so as to be removed easily. Simmer gently until chicken is tender, but does not fall apart.

(a) Prepare biscuit dumplings and place over the cooking fowl. Cover closely for 20 minutes and cook until dumplings are done. Arrange chicken and dumplings on the platter and pour around the stock thickened with a little flour.

(b) Prepare biscuits as above, but place in greased baking pan. Cover with the hot stock, season well with salt and pepper and bake in a quick oven (375° F.) until biscuits are done. In the meantime, remove chicken from stock and make a gravy by adding  $\frac{1}{2}$  c. of flour smoothed in cold water to 1 qt. of stock. Boil up well and season. Arrange browned biscuits around platter, place chicken in the center. Pour over the chicken the gravy and sprinkle with chopped parsley.

### BROILED CHICKEN

Prepare a fowl for broiling. Brush with melted butter and place over hot coals on a broiler or under the gas flame. Brown on both sides. Reduce the heat, sprinkle with salt and pepper. Cook until tender. Garnish with parsley and serve.

### FRIED CHICKEN

Cut a chicken in parts for frying. Roll in flour, to which salt and pepper have been added. Have ready a hot skillet in which  $\frac{1}{4}$  c. of diced salt pork has been fried out or in which are equal parts of lard and butter. Brown the chicken in this, turning often. Then cover tightly, reduce the heat and cook until tender. Make a gravy by stirring in  $\frac{1}{4}$  c. of flour in the skillet and allowing to brown. Stir in 1 pt. of milk gradually and bring to a boil. Season well and serve with the fried chicken.

### CHICKEN A LA MARYLAND

Clean and split a young chicken down the back. Wash well, wipe dry and cut into joints. Season with salt and pepper, dip into beaten egg, then into well-dried, fine bread crumbs; lay in a well-buttered baking pan, pour over a little melted butter and bake in the oven for 25 or 30 minutes. Serve with a cream gravy made of the drippings; garnish with crisp bacon slices and alternate around platter with potato roses and corn oysters.

### CHICKEN BRUNSWICK STEW

Prepare a large chicken, or two small ones, as for frying. In a shallow pot, iron if you have it, graniteware the next best, place a layer of fine-cut salt pork; over that mince one small onion. Over the onion a layer of diced Irish potatoes, then a layer of tender green corn cut from the cob, then a layer of lima beans, a layer of peeled, sliced tomatoes. Then comes the chicken, each piece wiped dry and rolled in flour. When this is all arranged in the pot, begin the layers as before, until all the chicken is used, then pour over all 2 qts. of boiling water, cover the pot close and let the contents simmer, not boil, for 3 hours. Remove the cover and season the stew with salt, pepper, 1 tbsp. of sugar, and 1 tbsp. of tomato catsup or Worcestershire sauce. Cover the pot and again cook for 1 hour; it should be overdone rather than underdone; then just before serving rub 3 tbsp. of butter with 2 tbsp. of flour; add this thickening to the stew, cook gently for a few minutes longer, then dish the stew into soup plates, being sure to give each person a piece of chicken, some gravy and some of the vegetables.

### CHICKEN LOAF

Use the proportions for any meat or fish loaf, substituting chopped chicken. The general rule for a meat, fish, nut or bean loaf calls for 1 pt. of chopped meat, either raw or cooked, or a mixture of the two; 1 pt. of stale bread, soaked in hot water or



stock, and the superfluous liquid pressed out, or 1 c. of bread and 1 c. of mashed potatoes; seasoning of 1 tsp. of salt and  $\frac{1}{2}$  tsp. of pepper, and one or two beaten eggs to bind the mixture. Shape into a loaf and bake, or pack into a well greased pan and bake. When the meat is very lean, such as veal, chopped bacon fat may be added.

### CREOLE CHICKEN OR TURKEY

Mince 1 medium sized onion and 2 green peppers. Fry until brown in 1 tbsp. of chicken fat in a hot skillet. Add 1 can of tomato soup and thicken with 1 tbsp. of flour. Season with salt and pepper and add 6 small mushrooms cut in thin slices. Arrange slices of chicken or turkey in a baking dish and dot with butter. Set covered dish in pan of hot water in oven until heated thru. Use with creole sauce, which should be served separately.

### CHICKEN A LA KING

4 tbsp. chicken fat or butter	1 egg
4 tbsp. flour	1 tbsp. chopped green pepper
1 tsp. salt	1 tbsp. chopped pimentoes
$\frac{1}{4}$ tsp. paprika	$\frac{1}{2}$ c. mushrooms
2 c. milk (or milk and stock)	2 c. chicken
	1 tbsp. lemon juice

Make a white sauce of the first five ingredients. Add the chopped peppers, pimentos, mushrooms and chicken. Heat to the boiling point. Add the egg well beaten and cook just 1 minute; add 1 tbsp. of lemon juice. Serve at once on squares of toast or in timbales if for a special occasion.

### CHICKEN AND SWEETBREAD CROQUETTES

2 c. finely chopped chicken	$1\frac{1}{2}$ c. milk
2 sweetbreads, cooked and chopped	1 c. chicken stock
	1 tsp. salt
2 c. mushrooms	$\frac{1}{4}$ tsp. pepper
$\frac{1}{2}$ c. butter or butter substitute	$\frac{1}{4}$ tsp. paprika
	$\frac{1}{4}$ tsp. mace
2 eggs	$\frac{3}{4}$ c. flour

Melt the butter, stir in flour, and add gradually the milk and stock. Bring to a boil. Add the seasonings and chopped chicken and sweetbreads. Beat egg slightly and add to mixture. Turn out on greased baking pan to cool, being careful to spread it evenly. When cold, cut into  $1\frac{1}{2}$ x3 in. cubes. Roll in fine crumbs, then egg and crumbs again. Allow to stand a while, then fry in deep fat (375° F.) until delicate brown. The fat should brown a cube of bread in 40 counts. This recipe makes about 40 croquettes. Very suitable for luncheon parties.

### CHICKEN SALAD

2 c. cold chicken	1 c. diced celery
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Mix the chicken and celery together. Marinate with 2 tbsp. of French dressing and allow to stand 1 hour. Before serving,

mix  $\frac{1}{2}$  c. of either cooked salad dressing or mayonnaise with it. Arrange on lettuce leaves and garnish with slices of hard cooked egg and salad dressing.

### CHICKEN OR TURKEY SALAD

Cut into attractive small cubes the meat from 2 hens or 1 turkey. Allow 1 pint of celery and from 1 to 2 c. of cabbage to each quart of meat. Dice the celery and allow to stand for crisping in cold water to which the juice of  $\frac{1}{2}$  a lemon has been added. Shred very fine the cabbage, which should be white and tender. Mix the chicken and cabbage and add the celery, which should be drained dry. To this, add the whites of 12 hard cooked eggs, chopped fine, 1 c. of capers and 12 green olives cut in pieces. Rub the yolks of eggs thru a sieve and add to 1 qt. of salad dressing. Beat smooth with a Dover egg beater and mix with the other ingredients. Season with salt if necessary.

Arrange individual servings on lettuce leaves. Garnish with pimento and top with a small amount of salad dressing put on with a pastry tube.

### ROAST GOOSE

To be satisfactory, a goose should be not over six months old. No stuffing is required. Scrub thoroly, rinse outside and in. Rub the inside with an onion, cut in halves, then season with powdered sage, salt and pepper. Turn the wings in, so the three joints of each will form triangles on the back of the goose, the tips being pushed over the first joint on the skin of the neck, where it was turned over on the back. Tie the wings down very firmly, and also tie legs together and close to the goose. Sprinkle with flour and salt; roast 2 hours, reducing heat after the first 15 minutes. Serve garnished with baked apples.

### RABBIT SOUTHERN STYLE

For rabbit baked in milk, dress and clean one rabbit and disjoint in pieces for serving. Mix  $\frac{1}{3}$  c. of flour, 1 tsp. of salt and 1 tsp. of sage in a bowl. Thoroly coat the rabbit with this mixture; then saute in 3 tbsp. of fat until brown on all sides. Place the rabbit in the casserole and lay 3 strips of bacon over the surface. Pour 4 c. of thin white sauce over and around the rabbit. Bake in a moderate oven (375° F.) for 2 hours or until the meat is tender.

### RABBIT SALAD

Steamed or boiled rabbit is better for rabbit salad than roast rabbit, because it is not so dry. Remove the meat from the bones in as large pieces as possible. Remove the skin and fat and cut into even cubes of  $\frac{1}{4}$  inch. To each cupful of diced rabbit add  $\frac{1}{2}$  c. of diced celery,  $\frac{1}{4}$  c. of chopped green pepper and 3 stuffed olives, sliced. Mix with  $\frac{1}{4}$  c. of salad dressing and serve on lettuce leaves, garnished with pimento and salad dressing. If rabbit is first marinated with French dressing it is greatly improved.

### *FISH*

The use of fish as one of our important sources of protein needs to be emphasized, since people who live in inland countries must depend on sea fish to furnish a large quantity of the iodine in the diet. The canned, dried and salted fish are the best sources in Iowa. Fresh water fish give a pleasing variety to our food.

The flesh of fish is easily digested because of the short muscle fibers, which aid in mastication, and its low fat content.

Fresh fish frozen and packed in cold storage, permit the use of many deep sea varieties as well as fresh water fish in inland countries, but the cost is greater, making such food impractical if economy must be practiced.

### *SELECTION OF FISH*

Choose fish with full and bulging eyes, firm, elastic flesh and fresh odor. The gills should be red. Fish spoils most quickly along the back bone. Frozen fish should be kept frozen until time for cooking. Thaw by soaking in cold water just before using. Allow one-third to one-half pound of fish for each serving.

### *PREPARATION FOR COOKING*

Unless freshly caught, fish is usually cleaned and dressed at market. If not, remove scales with dull knife. Cut off head and tail unless fish is to be served whole. Make a slit on under side. Remove entrails and wash thoroly.

All fish bought in market should be carefully gone over and washed before using. It is sometimes desirable to skin the fish.

### *COOKERY OF FISH*

The same principle in cooking meats applies to fish. Sometimes fish is boiled in acidulated water in order to coagulate the protein and keep the flesh intact. Slow cooking and wrapping fish in a cloth also aids in helping to hold its shape. Broiling over hot coals is one of the best ways of cooking fresh fish.

**FISH RECEIPES****BAKED FISH, STUFFED**

Mix together  $1\frac{1}{2}$  c. of soft bread crumbs, 1 tbsp. of chopped parsley, 1 tsp. of poultry seasoning, 1 tsp. of onion juice,  $\frac{1}{4}$  tsp. each of salt and pepper, and  $\frac{1}{4}$  c. of melted butter. Use to stuff fish. Sew up opening; place fish on a well-buttered fish sheet in a dripping pan. Lay strips of salt pork in four gashes cut in the sides of the fish; sprinkle with salt and pepper and bake one hour in a moderate oven. Serve garnished with olives, radishes and sliced cucumbers.

**BOILED FISH**

Salmon, cod and halibut are suitable for boiling. Put on to cook in hot water, but not boiling, as it breaks the skin, to which 2 tbsp. of vinegar has been added. Season with salt and peppercorns. Bring to a boil and then reduce heat. Cook until tender, allowing 15 minutes to a pound. Remove from liquid carefully and serve with drawn butter sauce.

**FRIED FISH**

Use fish whole or cut in suitable pieces for serving. Roll in cornmeal and fry in a hot skillet containing fat from salt pork or butter. Serve on a hot platter, garnished with parsley..

**BAKED MACKEREL**

Select the medium sized salt mackerel and freshen in cold water for 24 hours. Change water several times. Lay in a baking pan, dot with butter and cover with milk. Bake 30 minutes in a moderate oven.

**CREAMED CODFISH**

Pick the dry codfish into small bits and bring to a boil in cold water. Drain and add to White Sauce No. 2. Reheat and just before serving stir in an egg slightly beaten.

**FISH BALLS**

$\frac{1}{2}$ lb shredded codfish	$\frac{1}{2}$ tsp. pepper
6 medium sized potatoes	$\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ tbsp. butter	1 egg

Freshen the codfish. Cook the potatoes in unsalted water until almost done. Add the fish and boil until potatoes are soft. Drain, shake over the fire until dry, then mash and add butter, pepper, baking powder and beaten egg. The baking powder may be omitted, but it makes the ball lighter. When cool, mold into balls and roll in flour. Fry in deep fat or saute in a small amount of fat, browning first on one side and then the other.

**\*SALMON SOUFFLE**

1 $15\frac{1}{2}$ oz. can of salmon	1 c. bread crumbs
$\frac{1}{2}$ tsp. salt	1 c. milk
Paprika	6 eggs
4 tsp. lemon juice	

Drain and rinse salmon, remove the skin and bones, flake with a fork and add seasonings. Soften bread crumbs in scalded milk about 5 minutes, add salmon and well beaten egg yolks. Fold in stiffly beaten whites. Pour into an oiled baking dish, set in a pan of hot water and bake in a moderate oven until firm.

#### \*ESCALLOPED SALMON

One can of salmon; remove all bones and bits of skin; mince fine. Roll 12 crackers fine. Put in a buttered baking dish in alternate layers, adding bits of butter and a sprinkling of salt and pepper to taste. Have the top layer of crackers and add sufficient milk to moisten the whole mass (about 1 pint). Bake 30 minutes and serve hot.

#### \*SALMON CAKES

To 1 small can of salmon add 1 pint of mashed potatoes, prepared as for table use; add 1 beaten egg, 1 tbsp. of melted butter, salt and pepper to taste (if too dry add a little milk); make into flat cakes; place in buttered pan. Brown in hot oven.

#### \*SALMON LOAF

One small can of salmon; 1 c. of cracker crumbs; 1 egg; 2 tbsp. of sweet milk; small amounts of nutmeg, paprika, salt; remove bones from salmon, break into small pieces, add well-beaten eggs, seasoning and cracker crumbs; bake in a well-buttered dish for 15 minutes; serve hot for lunch.

#### \*SALMON LOAF WITH RICE

One can of salmon; 2 c. of hot boiled rice ( $\frac{1}{2}$  c. before being cooked); 2 eggs, beaten; 2 tbsp melted butter; juice of  $\frac{1}{2}$  small lemon; salt and pepper to taste; add liquor from salmon can and mix ingredients lightly with a fork; bake in a covered pan set in water 1 hour in a moderate oven; serve with tomato sauce made by straining and slightly thickening 1 c. of canned tomatoes, well seasoned. Peas, either fresh or canned, may be used instead of rice, in which case serve with a cream sauce.

\* Reprinted from Economics Circular No. 48, Bureau of Fisheries, Department of Commerce.

#### TUNA FISH

Tuna fish may be substituted in any of the above recipes for salmon.

### OYSTERS

#### FRIED OYSTERS

Dip the well-dried oysters in the yolk of an egg, to which seasoning has been added. Then roll in cornmeal, to which a pinch of baking powder has been added. Place in frying basket and fry in deep fat. Drain and serve, piping hot.

**DEVILED OYSTERS**

Wipe oysters dry, as for frying. Lay in a flat dish and cover with a mixture of melted butter, pepper sauce, lemon juice and salt. Let them lie for 10 minutes, turning several times. Remove from mixture, roll in cracker crumbs, then in beaten egg, then in the crumbs again. Fry in deep fat, as for fried oysters.

**OYSTER STEW**

Pick over a pint of oysters to remove bits of shell. Drain off juice and put oysters in top of a double boiler and allow them to plump and edges to curl. Heat the oyster liquor and skim. Have ready a pint of hot milk. Combine oysters, oyster liquor and milk in the top of a double boiler. Season with 2 tbsp. butter, salt and pepper, and serve at once.

**SCALLOPED OYSTERS**

Pick over the oysters to remove bits of shell and drain off liquor. Put a layer of cracker crumbs in a baking dish, then a layer of oysters. Dot with butter and sprinkle with salt and pepper. Continue until baking dish is full, having the crumbs on top, and dotting again with bits of butter. Heat oyster liquor and skim. Pour over the dish and add enough milk to cover. Bake in a moderate oven about an hour.

**CLAM CHOWDER**

1 qt. clams	3 potatoes, cubed
1 tbsp. minced onion	2 in. cube salt pork
1 qt. milk	4 tbsp. butter

Salt and pepper

Clean and pick over clams. Drain off the liquor, bring to a boil and strain. Cut the pork into small pieces and brown in the skillet. Add the onion and fry to a light brown. Put the contents of the skillet into a saucepan and add the clams, the hard part of which has been chopped into small pieces. Parboil the potatoes 5 minutes and add to the saucepan. Cover with the hot milk. Simmer gently until potatoes are done. Now add the clam liquor, into which has been creamed 1 tbsp. of flour. Bring to a boil and add butter just before serving and season well.

**FISH CHOWDER**

Substitute 2 pounds of fresh or salt fish for the clams in the recipe for clam chowder. Salt fish will need to be freshened before use.

**SAUCES FOR MEAT AND FISH****MAITRE D'HOTEL SAUCE**

Cream 3 tbsp. of butter and add gradually to it 1 tbsp. of lemon juice,  $\frac{1}{4}$  tsp. of paprika, and 1 tbsp. finely chopped parsley. Spread over broiled steak just before serving.

### MINT SAUCE

$\frac{1}{2}$  c. mint leaves, chopped       $\frac{1}{2}$  c. weak vinegar  
1 tbsp. sugar

Chop the mint leaves very fine. Pour hot vinegar over them and allow to steep in warm place  $\frac{1}{2}$  hour. Add sugar, reheat and serve. Serve with lamb and mutton.

### MUSHROOM SAUCE

1 c. mushrooms       $\frac{1}{4}$  c. flour  
 $\frac{1}{4}$  c. butter      2 c. meat stock  
 $\frac{1}{2}$  tbsp. lemon juice      Salt and pepper

If mushrooms are fresh, prepare as given under mushrooms as a vegetable, and if canned, drain. Chop into small pieces and cook 5 minutes in the butter and lemon juice. Drain the mushrooms and brown the flour in the butter. Add gradually the stock and boil 3 minutes. Season with salt and pepper and add mushrooms. Serve with meats.

N. B. Mushrooms may also be browned in fat left after pan-broiling a steak. The flour may then be added and either stock or milk used for the liquid.

### TOMATO SAUCE

2 c. stewed or canned tomatoes      Piece bay leaf  
1 tbsp. chopped onion      Celery leaves or  
1 tbsp. chopped green pepper       $\frac{1}{4}$  tsp. celery salt  
or dash of red pepper      3 cloves  
3 peppercorns

Cook the above ingredients together for 10 minutes, then rub thru sieve. Make a sauce by melting 2 tbsp. of fat in a saucepan. Rub into this 3 tbsp. of flour. Then add the hot strained tomato. Allow to boil 3 minutes and season with salt and a little sugar if necessary.

### DRAWN BUTTER SAUCE

1 tbsp. butter      1 tbsp. flour  
1 c. water or stock from meat      1 tbsp. butter  
or fish

Melt 1 tbsp. butter, stir in flour and add boiling liquid. Allow to boil 3 minutes. Remove from fire, add remaining tablespoonful of butter bit by bit.

### HOLLANDAISE SAUCE

Beat  $\frac{1}{2}$  c. of butter to a cream; add 4 egg yolks, one after another, and beat each in thoroly; add  $\frac{1}{2}$  tsp. each paprika and salt and  $\frac{2}{3}$  c. boiling water; let cook over hot water, stirring constantly until thickened slightly; add the juice of a lemon and serve at once. Too long cooking will cause the sauce to curdle. Use with fish or vegetables.

## HORSERADISH SAUCE

Beat  $\frac{1}{2}$  c. of heavy cream until stiff; fold in 4 tbsp. of grated horseradish and  $\frac{1}{2}$  tsp. of salt; sprinkle with paprika. Use with pork.

## SAUCE TARTARE

To 1 c. of mayonnaise dressing beat in 2 tbsp. each of fine chopped capers, olives, gherkins and onions and 1 tbsp. of fine chopped parsley. Use with fish.

## HORSERADISH-AND-APPLE SAUCE

Make a smooth sauce of 6 green apples, simmered in as little water as possible, and seasoned with  $\frac{1}{2}$  tsp. of white pepper. Add, when cooked,  $\frac{1}{2}$  c. of grated horseradish and  $\frac{1}{2}$  c. (or more) of sugar. Let cool and serve.

## ONION SAUCE

Chop a medium sized onion into small pieces and brown in 2 tbsp. of hot fat. Stir in 2 tbsp. of flour and add gradually 1 c. of weak vinegar. Add 1 tbsp. of sugar and salt to season. Serve with boiled beef.

## GIBLET GRAVY

Cook the giblets in a small quantity of water, simmering gently until tender. Run giblets thru a meat chopper and return to stock. Either brown the flour in the roasting pan in which fowl was cooked or combine  $\frac{1}{4}$  c. of chicken fat with  $\frac{1}{4}$  c. of flour. Add the stock containing ground giblets and bring to a boil and season. If the gravy is too thick, dilute with a little milk.

## BROWN GRAVY

Brown the flour by stirring it into the fat left in the skillet or roasting pan. Add gradually water, stock or milk and let come to a boil. Season and serve.