

MEAT RECIPE RALLY



Compliments of
**NATIONAL LIVE STOCK
AND MEAT BOARD**

Meat Cookery Methods

TO ROAST

1. Season with salt and pepper.
2. Place meat fat side up on rack in open roasting pan.
3. Insert meat thermometer.
4. Do not add water. Do not cover. Do not baste.
5. Roast in a slow oven (300° F. for beef, veal, lamb, smoked pork; 380° F. for fresh pork).
6. Roast to desired degree of doneness.

TO BRAISE

1. Brown meat on all sides in fat in heavy utensil.
2. Season with salt and pepper.
3. Add small amount of liquid, if necessary.
4. Cover tightly.
5. Cook at low temperature until tender.

TO BROIL

1. Set oven regulator for broiling.
2. Place meat 3 to 5 inches from heat.
3. Broil until top of meat is brown.
4. Season with salt and pepper.
5. Turn meat and cook until done.
6. Season and serve at once.

TO COOK IN LIQUID (Stews—Large Cuts)

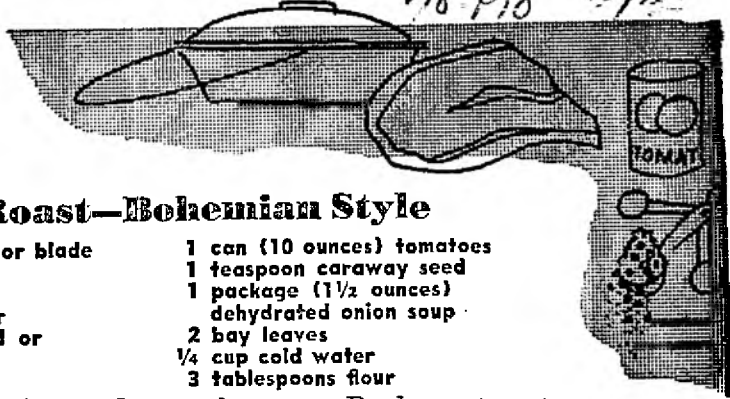
1. Brown meat on all sides in own fat or lard, when desirable.
2. Season with salt and pepper.
3. Cover with liquid, cover kettle, cook below boiling point until tender.
4. Add vegetables just long enough before serving to be cooked.

TO PANBROIL

1. Place meat in heavy frying-pan.
2. Do not add fat. Do not add water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour fat from pan as it accumulates.
5. Brown meat on both sides.
6. Season. Serve at once.

TO PANFRY

1. Brown meat on both sides in small amount of fat.
2. Season with salt and pepper.
3. Do not cover.
4. Cook at moderate temperature until done, turning occasionally.
5. Remove from pan and serve at once.

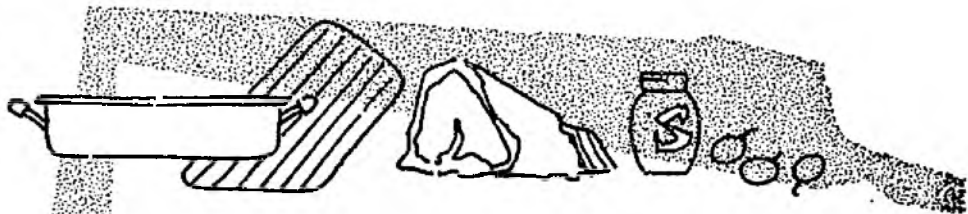


Pot-Roast—Bohemian Style

- 3 to 4-pound arm or blade pot-roast
- 1/4 cup flour
- 1/8 teaspoon pepper
- 3 tablespoons lard or drippings
- 1/2 cup water

- 1 can (10 ounces) tomatoes
- 1 teaspoon caraway seed
- 1 package (1 1/2 ounces) dehydrated onion soup
- 2 bay leaves
- 1/4 cup cold water
- 3 tablespoons flour

Mix together 1/4 cup flour and pepper. Dredge pot-roast with seasoned flour and brown in lard or drippings. Pour off drippings. Add 1/2 cup water, tomatoes, caraway seed, onion soup and bay leaves. Cover tightly and simmer 3 to 4 hours or until tender. Remove pot-roast to hot platter. Discard bay leaves. Mix together 1/4 cup cold water and 3 tablespoons flour. Add to cooking liquid and cook until thickened. Serve gravy with pot-roast. 6 to 8 servings.



Pork Loin Roast — Spiced Plum Sauce

- 4 to 6-pound pork loin roast

- Salt and pepper
- Spiced Plum Sauce

Have backbone removed from loin. Season. Place fat side up on rack in open roasting pan. Insert meat thermometer so bulb reaches center of thickest part. Do not cover. Do not add water. Roast in a moderate oven (350° F.) for 3 to 4 hours, or until roast meat thermometer registers 185° F. Allow about 35 to 40 minutes per pound for roasting. Serve with Spiced Plum Sauce.

Spiced Plum Sauce

- 1 can (1 pound 14 ounces) plums
- 3 tablespoons cornstarch
- 1/4 teaspoon cinnamon
- 1/2 teaspoon salt

- 1/8 teaspoon allspice
- 2 tablespoons lemon juice
- 1 tablespoon butter or margarine

Drain plums, reserving juice. Cut plums in half and remove seeds. Combine cornstarch, cinnamon, salt and allspice. Add to plum juice and stir well. Cook, stirring constantly, until thickened and clear. Add plum halves, lemon juice and butter or margarine. Cook just until heated through. Yield: 3 cups sauce.




Smoked Shoulder Butt — Spiced Fruit Sauce

- | | |
|-----------------------------------|--------------------|
| 2 to 4-pound smoked shoulder butt | 6 whole cloves |
| Water to cover | 1 stick cinnamon |
| 1 medium onion, sliced | Spiced Fruit Sauce |

Cover meat with water. Add onion, cloves and cinnamon. Cover tightly and simmer 2 hours or until tender. Remove meat from liquid. Slice and serve hot with Spiced Fruit Sauce.

Spiced Fruit Sauce

- | | |
|----------------------------|--|
| 1 tablespoon cornstarch | 1/4 cup frozen concentrated orange juice |
| 1/2 teaspoon cinnamon | 1 can (17 ounces) fruit cocktail |
| 1/4 teaspoon ground cloves | 1 tablespoon lemon juice |
| 1/2 teaspoon nutmeg | |



Combine cornstarch, cinnamon, cloves, nutmeg, orange juice and fruit cocktail. Cook, stirring constantly, until thickened. Stir in lemon juice. Serve hot with smoked shoulder butt. Yield: 2 cups sauce.



Leg of Lamb — Curried Peach Halves

- | | |
|--------------------------|----------------------|
| 5 to 6-pound leg of lamb | Curried Peach Halves |
| Salt and pepper | |

Do not have the fell removed from the leg of lamb. Season. Place skin side down on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part of the leg, being sure the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) for 2 1/2 to 3 1/2 hours or until done. The meat thermometer will register 175° F. for medium-done; 180° F. for well-done. Allow 30 to 35 minutes per pound for roasting. Serve with Curried Peach Halves.

Curried Peach Halves

- | | |
|---|---------------------------|
| 1 can (16 ounces) cling peach halves | 2 tablespoons brown sugar |
| 2 tablespoons butter or margarine, melted | 1/4 teaspoon curry powder |

Drain peach halves and place, cut side up, on a rack in open roasting pan. Brush with melted butter or margarine. Mix together brown sugar and curry powder and sprinkle on peach halves. Bake in a slow oven (300° F.) about 30 minutes. 6 to 8 servings.



Shortribs—Family Style

- | | |
|---------------------------------|---|
| 3 pounds beef short ribs | 2 tablespoons vinegar |
| 2 tablespoons lard or drippings | 1 teaspoon Worcestershire sauce |
| 1 teaspoon salt | 2 medium onions, cut in 1/4-inch slices |
| 1/2 teaspoon pepper | 3 tablespoons flour |
| 1 1/2 cups water | |
| 2 bouillon cubes | |

Brown short ribs on all sides in lard or drippings. Pour off drippings. Season with salt and pepper. Add water, bouillon cubes, vinegar, Worcestershire sauce and onions. Cover tightly and cook slowly for 2 hours or until meat is tender. Measure cooking liquid and, if necessary, add enough water to make 1 1/2 cups. Thicken liquid with flour for gravy. 4 to 6 servings.



Lamb and Bean Whirls

- | | |
|--------------------------|---|
| 1 1/2 pounds ground lamb | 1/2 cup tomato juice |
| 1 1/2 teaspoons salt | 1 package (10 1/2 ounces) frozen french green beans, cooked |
| 1/8 teaspoon pepper | |
| 1/4 teaspoon basil | |
| 1/4 teaspoon thyme | |

Mix together lamb, salt, pepper, basil, thyme and tomato juice. Place on waxed paper and shape into a 10x12-inch rectangle. Spread green beans over meat. Beginning with a 10-inch side, roll as for a jelly roll. Cut into 10 slices, each 1-inch thick. Place on broiler rack. Insert broiler pan so the top surface of the lamb whirls is 2 to 3 inches from the heat. Broil until brown on first side, about 8 to 10 minutes. Turn and brown on second side, about 2 to 3 minutes. 5 servings.

Luncheon Meat — Banana Spread

- | | |
|---------------------------------|------------------------|
| 1 can (12 ounces) luncheon meat | 1/4 cup salad dressing |
| 1 banana | 1 teaspoon lemon juice |

Place luncheon meat and banana in mixing bowl. Break into pieces with fork. Add salad dressing and lemon juice. Beat until well blended. Yield: 2 cups.

Beef Standing Rib Roast— Rosy Apple-Pear Garnish

2 to 3-rib beef standing
rib roast
Salt and pepper

Rosy Apple-Pear
Garnish

Have the market man remove the chine bone to make carving easier. Season. Place fat side up on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part, being sure that the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) to the desired degree of doneness. Allow 18 to 20 minutes per pound for cooking a rare roast; 22 to 25 minutes for medium; and 27 to 30 minutes for well done. Serve with Rosy Apple-Pear Garnish.

Rosy Apple-Pear Garnish

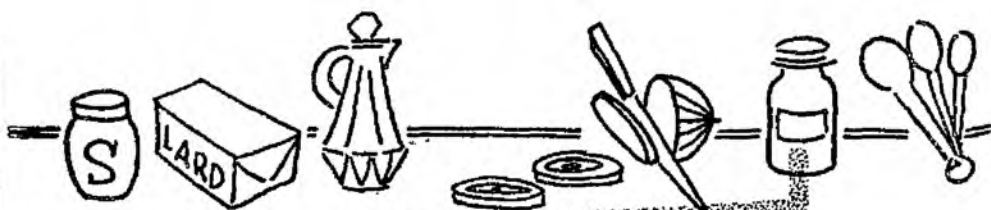
1 cup chopped canned apples	¼ teaspoon ginger
⅓ cup apple juice	2 teaspoons lemon juice
⅓ cup cinnamon candies	6 to 8 pear halves

Combine all ingredients except pear halves. Cook slowly, stirring occasionally, until thickened, 15 to 20 minutes. Fill pear halves with apple mixture. Bake in a slow oven (300° F.) 10 to 15 minutes.

Grecian Lamb Balls

1½ pounds ground lamb	1 can (8 ounces) tomato sauce
½ cup chopped onion	¼ cup chopped onion
1 tablespoon chopped parsley	2 tablespoons vinegar
3 cups peeled chopped eggplant (1 small eggplant)	1 tablespoon brown sugar
1 teaspoon salt	¼ teaspoon salt
⅛ teaspoon pepper	⅓ teaspoon pepper
3 tablespoons lard or drippings	⅓ teaspoon dry mustard
	½ teaspoon cinnamon
	¼ teaspoon ground cloves

Mix together lamb, onion, parsley, eggplant, salt and pepper. Shape into 20 meat balls, using about ¼ cup mixture for each. Brown in lard or drippings. Pour off drippings. Combine remaining ingredients. Add to meat balls. Cover tightly and simmer 30 minutes. Uncover and continue cooking 15 minutes. 5 to 6 servings.

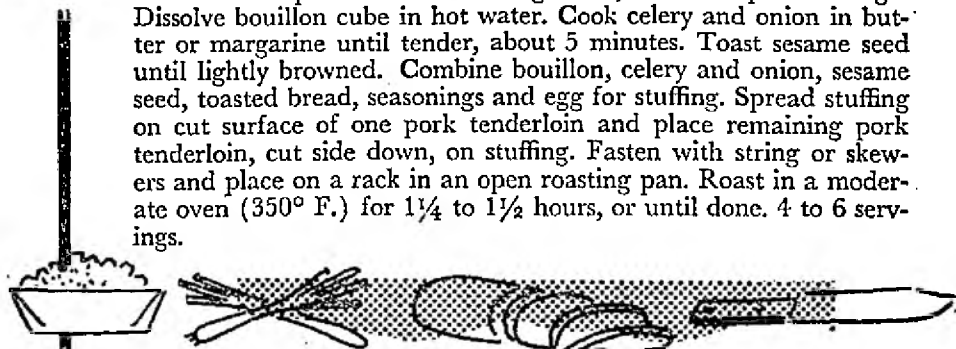




Pork Tenderloin with Sesame Stuffing

- | | |
|-----------------------------|------------------------------|
| 2 pork tenderloins | 1/4 cup butter or margarine |
| 1 bouillon cube | 1/4 cup sesame seed |
| 1/4 cup hot water | 2 cups toasted bread cubes |
| 1/4 cup chopped celery | 1 teaspoon poultry seasoning |
| 2 tablespoons chopped onion | 1/8 teaspoon pepper |
| | 1 egg, slightly beaten |

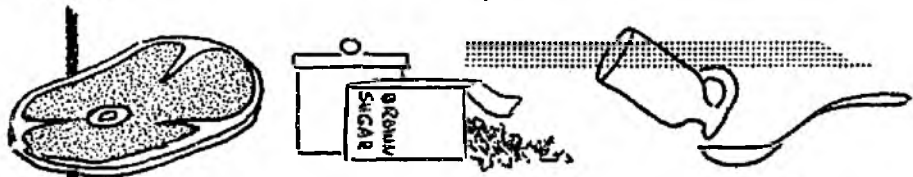
Cut the pork tenderloins lengthwise, but not quite through. Dissolve bouillon cube in hot water. Cook celery and onion in butter or margarine until tender, about 5 minutes. Toast sesame seed until lightly browned. Combine bouillon, celery and onion, sesame seed, toasted bread, seasonings and egg for stuffing. Spread stuffing on cut surface of one pork tenderloin and place remaining pork tenderloin, cut side down, on stuffing. Fasten with string or skewers and place on a rack in an open roasting pan. Roast in a moderate oven (350° F.) for 1 1/4 to 1 1/2 hours, or until done. 4 to 6 servings.



Beef-Rye Sandwich Specialty

- | | |
|--------------------------------|--|
| 1 pound ground beef | 3 tablespoons thinly sliced green onions |
| 1/2 cup grated American cheese | 5 to 7 slices rye bread |
| 1/2 teaspoon salt | |
| 1/8 teaspoon pepper | |

Mix ground beef, cheese, salt, pepper and onions. Toast rye bread slices on both sides. Spread meat mixture 1/4 inch thick on rye bread, spreading well over the edges. Broil about 3 inches from the heat until browned, 5 to 7 minutes. 5 to 7 sandwiches.



Ham Slice - Peanut Crunch Topping

- | | |
|--------------------------------------|--------------------------|
| 1 smoked ham slice, cut 1 inch thick | 1/4 cup brown sugar, |
| 1/4 cup peanut butter | 1/2 teaspoon dry mustard |
| 1/2 cup crushed corn flakes | 1 tablespoon vinegar |

Spread peanut butter evenly over ham slice. Mix corn flakes, sugar and mustard. Add vinegar and mix thoroughly. Spread corn flake mixture evenly over peanut butter. Place ham slice on a rack in an open roasting pan. Bake in a slow oven (300° F.) for 1 to 1 1/4 hours. 4 to 6 servings.



Spiced Pineapple Lamb Chops

- | | |
|---|---|
| 4 lamb shoulder chops, cut
1/2 to 3/4 inch thick | 12 whole cloves |
| 2 tablespoons lard or
drippings | 2 teaspoons vinegar |
| 1 teaspoon salt | 3 tablespoons frozen
concentrated orange juice |
| 1/8 teaspoon pepper | 2 to 3-inch cinnamon stick |
| 1 can (9 ounces) sliced
pineapple | Water |
| | 1 tablespoon flour |

Brown chops on both sides in lard or drippings. Pour off drippings. Season meat with salt and pepper. Drain pineapple slices, reserving liquid. Stick each slice with 3 cloves. Combine pineapple juice, vinegar, and orange juice and pour over meat. Add cinnamon stick and top each chop with pineapple slice. Cover tightly and cook slowly 45 minutes to 1 hour or until meat is tender. Discard cinnamon stick. Remove chops with pineapple slices to hot platter. Add enough water to cooking liquid to make 1 cup. Thicken with flour for gravy. Serve with chops. 4 servings.



Party Ham — Cranberry Mold

- | | |
|---|--------------------------------------|
| 3 cans (2 1/2 ounces each)
deviled ham | 2 packages lemon flavored
gelatin |
| 1 package lime flavored
gelatin | 1 3/4 cups hot water |
| 1 1/2 cups hot water | 1/2 cup sugar |
| 1/2 cup salad dressing | 1 orange |
| Few drops green coloring | 2 cups raw cranberries |
| | 2 medium red apples |

Lettuce or endive

Dissolve lime gelatin in hot water. Stir in salad dressing, green coloring and deviled ham. Chill until slightly thickened. Stir well and pour into a 5x9-inch loaf pan. Chill until firm. Dissolve 2 packages lemon gelatin in 1 3/4 cups hot water. Add sugar. Cool. Peel orange, reserving 1/2 of peel to grind with cranberries. Grind together cranberries, apples with peel, orange and orange peel. Add to gelatin mixture. Chill until slightly thickened. Pour over first gelatin layer and chill until firm. Unmold on platter and garnish with lettuce or endive. 10 to 12 servings.

Polynesian Lamb Chops

- 4 to 5 lamb shoulder chops, cut $\frac{3}{4}$ to 1 inch thick
 $\frac{1}{3}$ cup oil
 $\frac{1}{3}$ cup soy sauce
 $\frac{1}{4}$ cup lemon juice

Mix together oil, soy sauce and lemon juice. Place chops in a shallow dish. Pour marinade over chops and marinate for 2 hours, turning occasionally. Place chops on broiler rack. Set regulator for broiling. Insert broiler pan and rack so the top of the chops is 3 inches from the heat. Broil until browned, 6 to 8 minutes. Turn, brush with marinade and broil second side until browned, 4 to 5 minutes. 4 to 5 servings.



Spareribs — Tangy Plum Glaze

- 3 pounds spareribs
 $2\frac{1}{2}$ teaspoons salt
1 can (1 pound 14 ounces) plums
 $\frac{1}{4}$ cup frozen concentrated orange juice
 $\frac{1}{2}$ teaspoon Worcestershire sauce

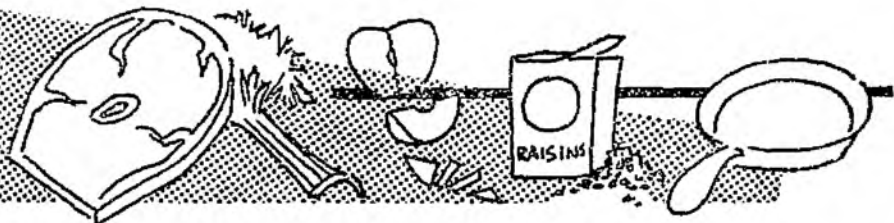
Cut spareribs into individual servings and place on rack in a roasting pan. Season with salt. Cover tightly and cook in a moderate oven (350° F.) for $1\frac{1}{2}$ hours. Drain plums, reserving $\frac{1}{2}$ cup juice. Force plums through sieve. Add the $\frac{1}{2}$ cup plum juice, orange juice and Worcestershire sauce to the sieved plums. After spareribs have baked $1\frac{1}{2}$ hours, pour off drippings and remove rack. Spread half the plum sauce over the ribs. Bake uncovered $\frac{1}{2}$ hour. Turn ribs. Spread with remaining sauce and continue baking for $\frac{1}{2}$ hour. 6 to 8 servings.



Beef and Tomato Loaf

- 2 pounds ground beef
 $\frac{1}{3}$ cup milk
 $1\frac{1}{2}$ cups soft bread crumbs
1 medium onion, chopped
 $\frac{1}{4}$ cup chopped green pepper
2 teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
1 tablespoon prepared horseradish
1 tablespoon Worcestershire sauce
2 eggs, beaten
3 firm medium-size tomatoes, cut in 1-inch pieces

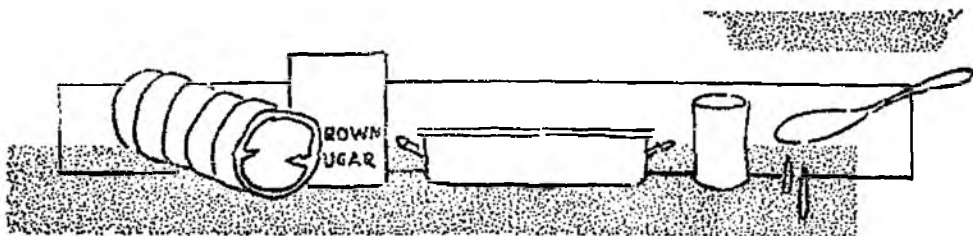
Pour milk over bread crumbs. Add ground beef, onion, green pepper, salt, pepper, horseradish, Worcestershire sauce and eggs. Mix thoroughly. Add tomato pieces and mix lightly. Pack in a 5×9 -inch loaf pan. Bake in a slow oven (300° F.) for $1\frac{1}{2}$ to $1\frac{3}{4}$ hours. 8 servings.



Beef and Apple Birds

- | | |
|---|------------------------------------|
| 1 beef round steak, cut
1/2 inch thick | 1 cup chopped apple |
| 1/3 cup flour | 2 teaspoons prepared mustard |
| 1 1/2 teaspoons salt | 1/4 teaspoon sage |
| 1/4 teaspoon pepper | 1/2 teaspoon salt |
| 1 1/2 cups soft bread crumbs | 1 tablespoon apple juice |
| 1/4 cup raisins | 3 tablespoons lard or
drippings |
| 1/4 cup finely chopped celery | 1 cup apple juice |

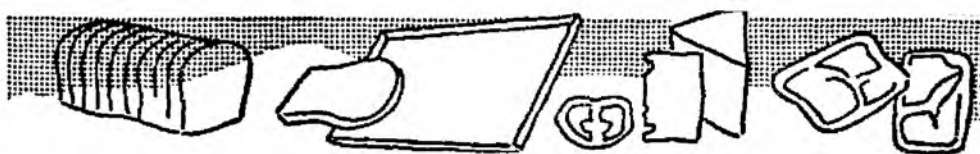
Mix together flour, 1 1/2 teaspoons salt and pepper. Pound seasoned flour into steak. Cut steak into 5 or 6 servings. Mix together crumbs, raisins, celery, apple, mustard, sage, 1/2 teaspoon salt and 1 tablespoon apple juice. Place about 1/3 cup apple mixture on each piece of steak and roll like jelly roll. Fasten with wooden picks or skewers. Brown meat slowly in lard or drippings. Pour off drippings. Add 1 cup apple juice. Cover tightly and cook slowly for 1 1/2 hours or until meat is tender. Thicken cooking liquid for gravy, if desired. 5 to 6 servings.



Rolled Veal Shoulder - Apricot Glaze

- | | |
|-------------------------------------|---|
| 3 to 4-pound veal shoulder
roll | 2 tablespoons frozen
concentrated grapefruit juice |
| 1 can (12 ounces) apricot
nectar | 1/2 cup brown sugar |

Place roast on rack in open roasting pan. Insert a meat thermometer so the bulb reaches the center of the roast. Do not add water. Do not cover. Roast in a slow oven (300° F.) for 1 1/2 hours. During this cooking time, prepare apricot glaze. Combine apricot nectar, grapefruit juice and brown sugar and simmer about 10 minutes. Cool. Remove veal from oven after roasting 1 1/2 hours. Spoon about 1/3 of glaze over shoulder roll. Continue roasting 20 minutes. Spoon another 1/3 of glaze over roast. Allow to roast another 20 minutes. Spoon remaining glaze over roast and continue roasting until meat thermometer registers 170° F. Allow about 40 minutes per pound for roasting. Serve drippings as sauce with meat, if desired.



Baked Ham - Cheese - Tomato Sandwich

- | | |
|------------------------------------|---|
| 12 slices white bread | 6 slices (1 ounce each)
cheddar cheese |
| 1 egg | 6 slices (2 ounces each)
cooked ham |
| 1 teaspoon salt | 18 tomato slices, cut $\frac{1}{4}$
inch thick |
| $\frac{1}{3}$ cup milk | |
| 1 teaspoon Worcestershire
sauce | |

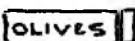
Toast 6 slices of bread on one side only. Combine egg, salt, milk and Worcestershire sauce. Dip the untoasted side of bread in egg mixture and place untoasted side down on a heavily greased cooky sheet. Place a slice of cheese, then a slice of ham and 3 slices of tomato on each toasted bread slice. Top each with a piece of bread that has been dipped in the egg mixture, placing dipped side up. Bake in a moderate oven (375° F.) for 20 to 25 minutes or until lightly browned on the top. 6 sandwiches.



Lamb and Noodle Dinner

- | | |
|---|--|
| 2 pounds boneless lamb for
stew, cut in $1\frac{1}{2}$ -inch cubes | 1 bay leaf |
| 2 tablespoons lard or
drippings | 1 can (1 pound 12 ounces)
tomatoes |
| 2 teaspoons salt | $\frac{1}{2}$ cup finely chopped onion |
| $\frac{1}{4}$ teaspoon pepper | 1 cup chopped celery |
| $\frac{1}{4}$ teaspoon basil | 6 ounces uncooked noodles |

Brown lamb slowly in lard or drippings. Pour off drippings. Season with salt, pepper and basil. Add bay leaf, tomatoes, onions and celery. Cover tightly and simmer for 1 hour. Remove bay leaf. Add noodles and continue cooking for 30 minutes or until meat is tender and noodles are done. 6 servings.

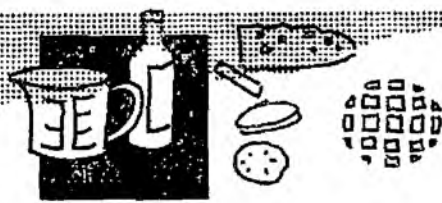


Meat Salad Hideaways

- | | |
|---|-----------------------------|
| 1 can (12 ounces) canned
luncheon meat, finely chopped | 2 hard-cooked eggs, chopped |
| $\frac{1}{2}$ cup grated cheddar cheese | 3 tablespoons mayonnaise |
| $\frac{1}{3}$ cup chopped stuffed olives | 3 tablespoons catchup |
| 2 tablespoons finely chopped
onion | 12 frankfurter buns |

Combine meat, cheese, olives, onion, eggs, mayonnaise and catchup. Mix well. Spread each bun with approximately $\frac{1}{3}$ cup mixture. Wrap in foil and bake in a hot oven (400° F.) for 10 minutes. Yield: 12 sandwiches.





Meat Filled Vegetable Ring

- 1/2 pound bologna, cut julienne-style
- 1/2 pound salami, cut julienne-style
- 1 package lemon flavored gelatin
- 1 3/4 cups boiling water
- 2 tablespoons vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon prepared horseradish
- 2 tablespoons diced pimiento
- 2 cups quartered and thinly sliced cucumber
- 1 package (10 ounces) frozen peas and carrots, cooked and drained
- 1 cup dairy sour cream
- 1/2 teaspoon Worcestershire sauce

Dissolve gelatin in boiling water. Stir in vinegar, salt and horseradish. Chill until slightly thickened. Stir in pimiento, cucumber and peas and carrots. Pour into an oiled 1 1/4-quart ring mold. Chill several hours or until firm. Unmold. Combine bologna, salami, sour cream and Worcestershire sauce. Fill center with meat mixture. 6 to 8 servings.

Veal Riblets and Noodles

- 3 pounds veal riblets
- 1/3 cup enriched flour
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1 1/2 teaspoons paprika
- 2 tablespoons lard or drippings
- 1 clove garlic, minced
- 1 cup sliced onion
- 1 can (10 1/2 ounces) condensed mushroom soup
- 3/4 cup milk
- 8 ounces noodles, cooked

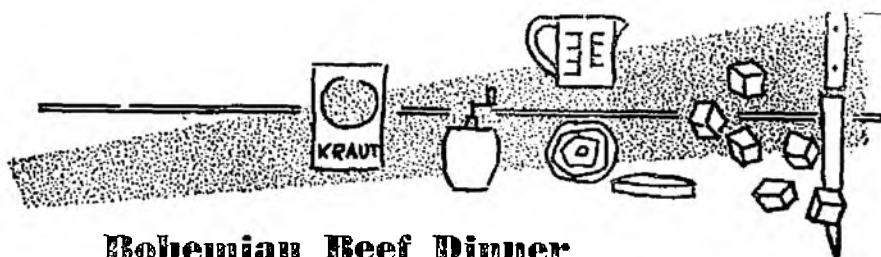
Mix together flour, salt, pepper and paprika. Dredge riblets in seasoned flour. Brown in lard or drippings. Pour off drippings. Combine garlic, onion, soup and milk and pour over riblets. Cover tightly and simmer 2 hours. Serve riblets and mushroom sauce over noodles. 6 to 8 servings.

Ham Slice on Fruited Rice

- 1 smoked ham slice, cut 1 inch thick
- 1 cup quick-cooking rice
- 1/2 cup finely chopped celery
- 1 package (12 ounces) frozen rhubarb, defrosted
- 1 can (9 ounces) crushed pineapple
- 1/3 cup water

Put rice in a greased 8x8-inch baking dish. Mix together celery, rhubarb, pineapple and water. Spread over rice. Place ham slice on top. Bake in a slow oven (300° F.) for 1 hour. 4 to 6 servings.





Bohemian Beef Dinner

- | | |
|---|--------------------------------------|
| 2 pounds boneless beef, cut in 1-inch cubes | 1 teaspoon dill seed |
| 2 tablespoons lard or drippings | 1 teaspoon caraway seed |
| 1 teaspoon salt | 1 teaspoon paprika |
| 1/4 teaspoon pepper | 1/2 cup water |
| 2 medium onions, sliced 1/4-inch thick | 1 cup dairy sour cream |
| 1 small clove garlic, minced | 1 can (1 pound 13 ounces) sauerkraut |
| | Paprika |

Brown beef in lard or drippings. Pour off drippings. Add salt, pepper, onion, garlic, dill seed, caraway seed, 1 teaspoon paprika and water. Cover tightly and simmer 2 1/2 to 3 hours or until meat is done. Add sour cream and heat through. Heat sauerkraut. Serve meat and sauce over sauerkraut. Sprinkle with paprika. 6 to 8 servings.

Tasty Meat Salad

- | | |
|--|--|
| 2 cups julienne-style cooked beef, veal, or lamb | 1/3 cup finely chopped green onions and tops |
| 2 slices bacon | 1 small clove garlic, finely minced |
| 1/2 cup mayonnaise | 1 tablespoon chopped capers |
| 1 tablespoon lemon juice | Lettuce |
| 1 tablespoon vinegar | |

Cook bacon until crisp. Break into small pieces. Combine mayonnaise, lemon juice, vinegar, onion, garlic and capers. Add to strips of meat and toss lightly. Chill thoroughly. Serve in lettuce-lined bowl. Sprinkle bacon on top. 4 servings.

Broiled Beef Porterhouse or Sirloin Steak

- | | |
|--|----------------|
| Beef porterhouse or sirloin steak, cut 1 to 2 inches thick | Salt
Pepper |
|--|----------------|

Set regulator for broiling. Place steak on broiler rack. Insert broiler pan and rack so the top of 1-inch steak is 2 to 3 inches from the heat and 2-inch steak is 3 to 5 inches from the heat. When one side is browned, season, turn and finish cooking on the second side. Season.

Steaks cut 1 inch thick require 18 to 20 minutes for rare steak and 20 to 25 minutes for medium-done steak. Steaks cut 2 inches thick require 30 to 35 minutes for rare steak and 35 to 45 minutes for medium-done steak.



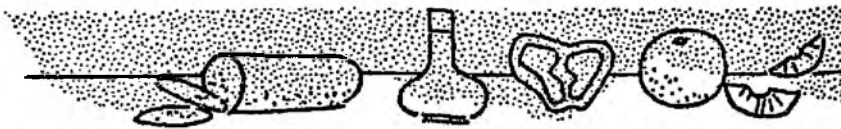


Veal-Olive Birds

- 2 veal round steaks, cut
1/2 inch thick
- 1/3 cup chopped celery
- 1/3 cup chopped pecans
- 1/3 cup chopped stuffed
olives

- 2 tablespoons lard or
drippings
- 1 can (10 1/2 ounces) condensed
mushroom soup
- 1/2 cup milk
- 1/2 teaspoon paprika

Cut veal into 6 pieces. Pound to about 1/4 inch thickness. Mix together celery, pecans and olives and spoon approximately 2 table-
spoonfuls on each piece of steak. Roll like a jelly roll and fasten
with wooden picks or tie with string. Brown meat slowly in lard or
drippings. Pour off drippings. Mix together mushroom soup, milk
and paprika. Add to veal birds. Cover tightly and simmer 45
minutes or until meat is tender. 6 servings.



Sunflower Meat Salad

- 6 ounces sliced salami, cut
in strips
- 6 ounces sliced cooked tongue,
cut in strips
- 2 cups cauliflower pieces

- 1 green pepper, cut in strips
- 1 teaspoon grated onion
- 1/2 cup French dressing
- 1 cup orange sections
- Lettuce

Combine salami, tongue, cauliflower, green pepper, onion and
dressing. Toss lightly and marinate in the refrigerator 3 to 4 hours.
Add orange sections. Toss lightly. Serve in lettuce-lined bowl. 5 to 6
servings.



Ham Slaw

- 2 to 3 cups diced cooked
ham
- 2 eggs
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/3 cup vinegar

- 1/3 cup water
- 3 cups coarsely chopped
cabbage
- 1 medium carrot, thinly sliced
- 1/4 cup chopped green pepper
- 1/4 cup chopped onion
- Cabbage or lettuce leaves

Beat eggs. Add sugar, salt, pepper, vinegar and water. Cook
slowly, stirring constantly, until mixture thickens slightly, about 2
to 3 minutes. Chill. Combine ham, cabbage, carrot, green pepper
and onion. Add dressing and toss together lightly. Serve in lettuce
or cabbage-lined salad bowl. 6 servings.



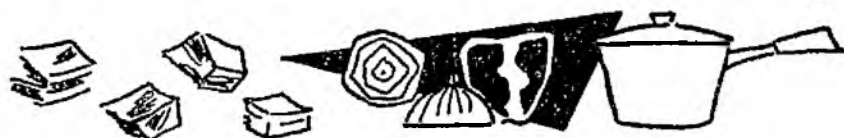


Fruit Glazed Beef Brisket

4 to 5 pounds beef brisket
Water
1 medium onion, quartered
8 peppercorns
2 teaspoons salt

1 [or (5 ounces) strained
apple sauce and apricots
1 teaspoon lemon juice
2 tablespoons brown sugar
1/8 teaspoon salt
Whole cloves

Cover meat with water. Add onion, peppercorns and 2 teaspoons salt. Cover tightly and simmer 3 to 4 hours, or until tender. Remove meat and place in a shallow baking dish. Combine applesauce and apricots, lemon juice, brown sugar and 1/8 teaspoon salt. Spread glaze over meat. Decorate with whole cloves. Bake in a moderate oven (350° F.) for 15 minutes or until glaze is set. 8 to 10 servings.



Lamb with Curried Rice

2 pounds boneless lamb,
cut in 1-inch pieces
1/4 cup flour
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons lard or
drippings
1 cup water

1/2 teaspoon mace
1 small onion, chopped
1 cup sliced celery, cut in
1/2-inch pieces
1 green pepper, cut in 1-inch
squares
Curried Rice

Mix together flour, salt and pepper. Dredge meat in seasoned flour. Brown in lard or drippings. Pour off drippings. Sprinkle any remaining seasoned flour over lamb. Add water, mace and onion. Cover tightly and simmer 45 minutes. Add celery and green pepper and simmer 45 minutes longer or until meat is tender. Serve over Curried Rice. 6 servings.



Curried Rice

1 cup rice
1/2 cup raisins
1 teaspoon salt

1 1/2 teaspoons curry powder
4 cups boiling water

Add rice, raisins, salt and curry powder to boiling water. Cover and simmer 20 to 25 minutes or until rice is tender. Drain but do not rinse. Yield: 4 cups.



Modern Sauerbraten

- | | |
|-------------------------------------|--|
| 3 to 4-pound arm or blade pot-roast | 1 cup onion, sliced $\frac{1}{4}$ inch thick |
| 3 tablespoons flour | 1 bay leaf |
| 3 teaspoons salt | $\frac{1}{4}$ teaspoon allspice |
| $\frac{1}{4}$ teaspoon pepper | $\frac{1}{4}$ teaspoon cinnamon |
| 3 tablespoons lard or drippings | $\frac{1}{4}$ teaspoon ground cloves |
| $\frac{1}{4}$ cup vinegar | $\frac{1}{2}$ cup raisins |
| $\frac{1}{4}$ cup water | $\frac{1}{4}$ cup gingersnap crumbs |

Mix together flour, salt and pepper. Dredge pot-roast with seasoned flour and brown in lard or drippings. Pour off drippings. Add vinegar, water, onion, bay leaf, allspice, cinnamon and cloves. Cover tightly and simmer 3 hours. Remove bay leaf. Add raisins and continue cooking 30 minutes or until meat is tender and raisins are done. Thicken liquid with crumbs for gravy. 6 to 8 servings.

Pork Shoulder Steaks with Onions

- | | |
|--|---|
| 4 pork shoulder steaks, cut $\frac{1}{2}$ inch thick | $\frac{1}{8}$ teaspoon pepper |
| 2 tablespoons lard or drippings, if necessary | 1 teaspoon prepared mustard |
| 1 teaspoon salt | 3 medium onions, cut in $\frac{1}{4}$ -inch thick rings |
| | $\frac{1}{2}$ teaspoon salt |

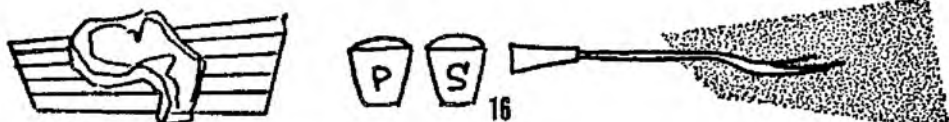
Brown steaks in lard or drippings or in own fat. Pour off drippings. Season steaks with 1 teaspoon salt and pepper. Spread each steak with $\frac{1}{4}$ teaspoon mustard. Lay onion rings on top. Sprinkle $\frac{1}{2}$ teaspoon salt on onions. Cover tightly and simmer 45 minutes or until steaks are done. 4 servings.

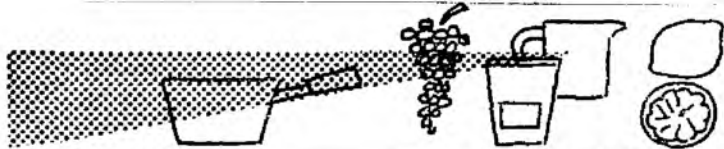


Broiled Lamb Chops

- | | |
|---|----------------|
| 6 rib, loin or shoulder lamb chops, cut 1 to 2 inches thick | Salt
Pepper |
|---|----------------|

Set regulator for broiling. Place chops on broiler rack. Insert broiler pan and rack so the top of 1-inch chops is 2 to 3 inches from the heat and 2-inch chops is 3 to 5 inches from the heat. When one side is browned, season, turn and finish cooking on the second side. Season. Chops cut 1 inch thick require 10 to 12 minutes. Chops cut 2 inches thick require 20 to 22 minutes. 6 servings.



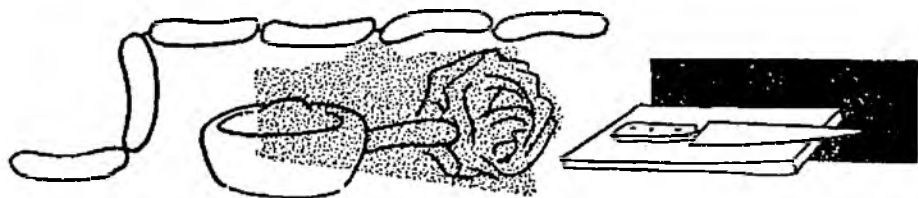


Grape Sauce for Lamb

- 1 cup grape jelly
- 1 teaspoon lemon rind
- 1 teaspoon lemon juice

- 2 to 3 tablespoons slivered
toasted almonds, if
desired

Mix together grape jelly, lemon rind and lemon juice. Heat, stirring constantly, until jelly melts. Sprinkle almonds over the top, if desired. Serve with lamb. Yield: 1 cup sauce.



Frankfurter Jubilee

- 1 pound frankfurters, cut
diagonally in 1½-inch pieces
- ¼ pound (8 cups) coarsely
shredded cabbage
- ¼ cup butter or margarine
- 1 teaspoon salt
- ¼ cup flour
- 2 cups milk
- 2 tablespoons prepared
mustard

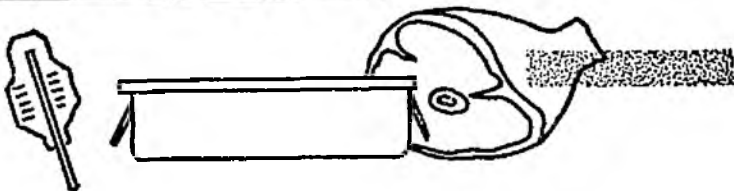
Steam cabbage 5 minutes and drain. Melt butter or margarine and blend in salt and flour. Add milk. Cook until thick, stirring constantly. Add mustard and mix thoroughly. Place half the cabbage in the bottom of a greased 2-quart casserole and arrange half of the frankfurter pieces on top of the cabbage. Pour over half of the mustard sauce. Repeat layers. Cover and bake in a moderate oven (350° F.) for 35 to 40 minutes. 5 to 6 servings.

Orange - Glazed Pork Loaf

- 1 pound ground smoked ham
- 1 pound ground pork
- ½ cup orange juice
- 1 tablespoon lemon juice
- 1½ cups soft bread crumbs
- ¼ cup chopped onion
- 2 tablespoons chopped
parsley
- 2 eggs, slightly beaten
- ¼ cup brown sugar
- ½ teaspoon dry mustard
- 1 teaspoon flour
- 5 very thin unpeeled orange
slices

Combine orange and lemon juice and pour over bread crumbs. Add ham, pork, onion, parsley and eggs. Mix thoroughly. Mix together brown sugar, mustard and flour. Sprinkle sugar-flour mixture evenly in bottom of a greased 5x9-inch loaf pan. Overlap orange slices on the sugar mixture. Pack in meat mixture. Bake in a moderate oven (350° F.) for 1¼ hours or until done. 8 servings.





Baked Ham — Orange Glaze

12 to 14-pound smoked ham

Orange Glaze

Place ham, fat side up, on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part. Be careful that the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) until the meat thermometer registers 160° F. Allow 18 to 20 minutes per pound for roasting. About 20 to 30 minutes before ham is done, spread with Orange Glaze. Return to oven to finish cooking and set glaze.



Orange Glaze

1 cup brown sugar

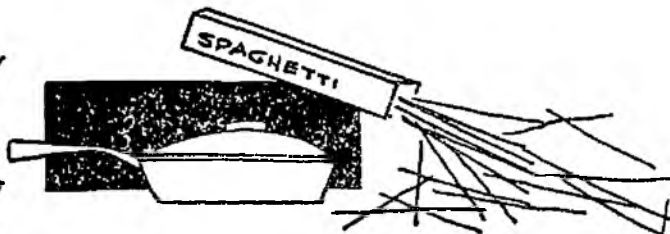
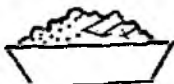
1 tablespoon flour

1 teaspoon dry mustard

1 tablespoon vinegar

3 tablespoons frozen concentrated orange juice

Combine ingredients, stirring until smooth.



Sausage-Spaghetti Sauce

1½ pounds ground beef

1 pound pork sausage

1 clove garlic, minced

1 cup chopped onion

1 green pepper, chopped

2 cans (6 ounces each)

tomato paste

1 can (1 pound 13 ounces)

tomatoes

2 teaspoons salt

1 teaspoon oregano

½ teaspoon basil

¼ teaspoon chili powder

2 packages (7 ounces each)

spaghetti

½ cup sliced ripe olives

Parmesan cheese, if

desired

Cook ground beef, sausage, garlic, onion and green pepper until meat is lightly browned. Pour off drippings. Add tomato paste, tomatoes, salt, oregano, basil and chili powder. Cover tightly and simmer 30 minutes. Uncover and simmer 15 minutes. Cook spaghetti in boiling salted water until tender. Serve sauce over spaghetti. Sprinkle sliced olives over sauce and serve with Parmesan cheese, if desired. 6 to 8 servings.



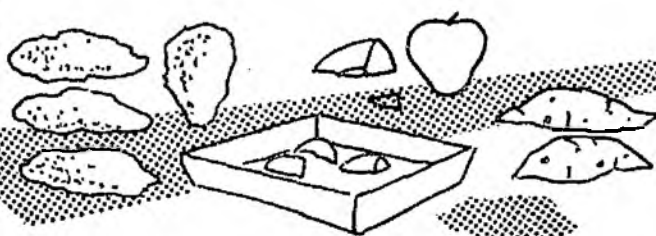


Party Beef Stew

- | | |
|---|--------------------------------------|
| 2 pounds boneless beef, cut in 1½-inch pieces | 1 bouillon cube |
| ¼ cup flour | 3 whole cloves |
| 2 teaspoons salt | 8 small onions |
| ¼ teaspoon pepper | 8 medium potatoes |
| 3 tablespoons lard or drippings | 1 cup sliced celery |
| 1 cup hot water | 1 package (6 ounces) fresh mushrooms |
| 1 can (8 ounces) tomato sauce | 8 medium carrots, cut in half |
| 1 clove garlic, minced | |



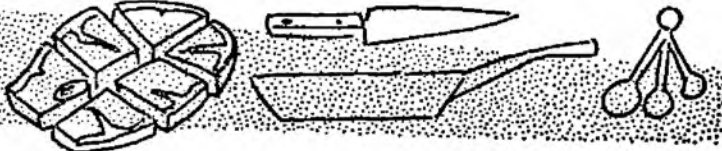
Mix together flour, salt and pepper. Dredge meat in seasoned flour. Brown meat in lard drippings. Pour off drippings. Add water, tomato sauce, garlic, bouillon cube and cloves. Cover tightly and cook in a slow oven (300° F.) for 1½ hours. Add onions, potatoes, celery, mushrooms and carrots. Spoon cooking liquid over vegetables. Cover and continue cooking for 2 to 2½ hours or until meat is tender and vegetables are done. 8 servings.



Pork Dinner DeLuxe

- | | |
|---|---|
| 6 pork tenderloin patties (about 1 pound) | 4 medium-sized sweet potatoes, peeled and sliced ½ inch thick |
| ½ cup dry bread crumbs | 1 teaspoon salt |
| ½ teaspoon salt | ⅛ teaspoon pepper |
| 1 egg, beaten | ½ teaspoon cinnamon |
| 3 tablespoons lard or drippings | 3 tablespoons brown sugar |
| 3 tart, medium-sized apples, peeled and sliced ½ inch thick | ⅓ cup water |

Mix together bread crumbs and ½ teaspoon salt. Dip patties in egg and then in seasoned crumbs. Brown lightly in lard or drippings. Place ½ the apples in a greased 2-quart baking dish. Top with ½ the potatoes and repeat layers. Combine 1 teaspoon salt, pepper, cinnamon, brown sugar and water and bring to a boil. Pour over apples and potatoes. Top with browned patties. Cover tightly and bake in a moderate oven (350° F.) 45 minutes or until meat is done. 4 to 6 servings.



Steak Fromage

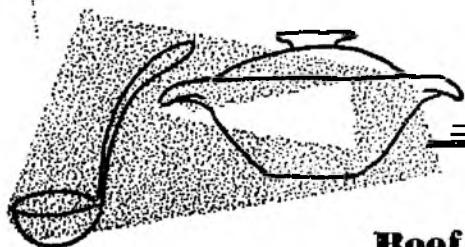
- | | |
|---|----------------------------------|
| 1 beef round steak, cut
1/2 inch thick | 3/4 cup water |
| 1/4 cup flour | 1/4 cup chopped onion |
| 1/2 teaspoon salt | 1/3 cup grated cheddar
cheese |
| 1/3 teaspoon pepper | 2 tablespoons chopped
parsley |
| 1/4 teaspoon garlic salt | |
| 3 tablespoons lard or drippings | |

Cut steak into 8 to 10 pieces. Pound to 1/4 inch thickness. Mix together flour, salt, pepper and garlic salt. Dredge steak in seasoned flour. Sprinkle any remaining flour over steak. Brown in lard or drippings. Pour off drippings. Add water and onion. Cover tightly and simmer 1 1/2 hours or until tender. Sprinkle cheese and parsley over meat. Cover and simmer 2 to 3 minutes or until cheese is melted. 4 to 5 servings.

Sausage and Cranberry Sandwich

- | | |
|-------------------------------|------------------------|
| 1 pound pork sausage | 1/4 cup salad dressing |
| 1/2 cup whole cranberry sauce | 3 English muffins |

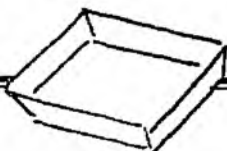
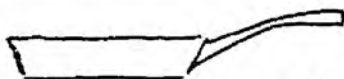
Cook sausage until crumbly and lightly browned. Pour off drippings. Add cranberry sauce and salad dressing to sausage and mix thoroughly. Split muffins and lightly toast the cut side. Place approximately 1/3 cup of sausage mixture on each toasted muffin half. Place on broiler rack. Set regulator for broiling. Insert broiler pan and rack so the top of the meat is 3 inches from the heat. Broil 3 to 5 minutes or until top of meat is lightly browned. Garnish with parsley. 6 sandwiches.



Beef and Lima Soup

- | | |
|--------------------------------|-------------------------------------|
| 1 pound ground beef | 1/8 teaspoon pepper |
| 1 large onion, sliced | 1 can (10 1/2 ounces) consomme |
| 1 tablespoon lard or drippings | 1 can (1 pound) tomatoes |
| 1/4 teaspoon leaf oregano | 1 can (1 pound) green lima
beans |
| 1 1/2 teaspoons salt | |

Cook ground beef and onion in lard or drippings until lightly browned. Pour off drippings. Add oregano, salt, pepper, consomme and tomatoes. Cover tightly and simmer 15 minutes. Add lima beans and continue simmering uncovered 15 minutes. Yield: 7 cups soup.



Pork Partners

- | | |
|----------------------------|---|
| 1 pound pork sausage links | 1/4 teaspoon cinnamon |
| 8 slices "boiled" ham | 1 can (16 ounces) sliced peaches, drained |
| 2 tablespoons water | 1 cup peach juice |
| 1 tablespoon cornstarch | 1/2 teaspoon lemon juice |
| 1/4 teaspoon ground cloves | |

Place sausage links and water in cold frying-pan. Cover tightly and cook slowly 5 minutes. Remove cover. Pour off drippings and brown links. Place two links side by side on each ham slice and roll like a jelly roll. Fasten with wooden picks. Mix cornstarch, cloves, cinnamon and peach juice. Cook, stirring constantly, until thickened. Add peaches and lemon juice and cook until heated through. Pour half the peach mixture in the bottom of a greased 8 x 8 x 2-inch baking dish. Then add the eight ham-sausage rolls. Top with remaining peach mixture. Bake in a moderate oven (350° F.) for 30 minutes. 8 servings.



Oriental Beef Dinner

- | | |
|---------------------------------|----------------------------------|
| 1 pound ground beef | 1/3 cup soy sauce |
| 1/2 pound ground pork | 2/3 cup rice |
| 2 cups coarsely chopped onion | 1 can (4 ounces) water chestnuts |
| 1 cup sliced celery | 1 can (4 ounces) mushroom pieces |
| 2 tablespoons lard or drippings | Water |
| 1/2 teaspoon salt | |
| 1/8 teaspoon pepper | |

Cook beef, pork, onion and celery in lard or drippings until meat is lightly browned. Pour off drippings. Add salt, pepper, soy sauce and rice to the meat mixture. Drain water chestnuts and mushrooms, reserving liquid. Add enough water to the liquid to make 2 cups. Heat liquid to boiling point. Add hot liquid, water chestnuts and mushrooms to meat mixture. Mix lightly. Pour mixture into a greased 2-quart casserole. Cover tightly and bake in a moderate oven (350° F.) for 1 hour. 8 servings.

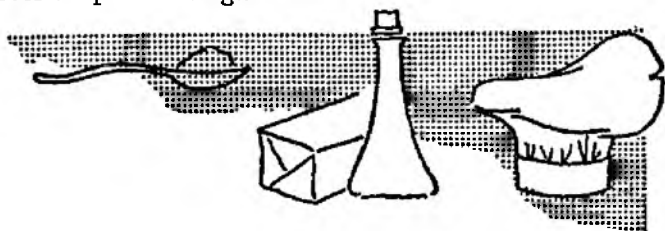


Herb Pork Chops

- 6 rib or loin pork chops,
cut 1 inch thick
- 2 tablespoons lard or
drippings
- $\frac{1}{4}$ teaspoon sage
- $\frac{1}{4}$ teaspoon garlic salt
- $\frac{1}{8}$ teaspoon pepper

- $\frac{1}{4}$ cup hot water
- 1 bouillon cube
- $\frac{1}{2}$ teaspoon prepared
mustard
- $\frac{1}{4}$ cup cold water
- 2 tablespoons flour

Brown chops in lard or drippings. Pour off drippings. Season with sage, garlic salt and pepper. Mix together hot water, bouillon cube and prepared mustard. Add to chops. Cover tightly and simmer 45 minutes to 1 hour or until done. Remove chops to a hot serving platter. Measure liquid in frying-pan and add enough water to make $\frac{3}{4}$ cup. Mix together $\frac{1}{4}$ cup cold water and flour and add to cooking liquid. Cook stirring constantly, until thickened. Pour sauce over chops. 6 servings.



French-Style Liver

- 1 pound sliced liver
- $\frac{1}{3}$ cup French dressing
- $\frac{2}{3}$ cup enriched flour
- $\frac{1}{4}$ teaspoon garlic salt

- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 3 tablespoons lard or
drippings

Dip liver slices in French dressing. Mix together flour, garlic salt, salt and pepper. Dredge liver in seasoned flour. Cook slowly in lard or drippings until well browned. Turn and brown second side. 4 servings.



Ham and Peanut Butter Sandwich

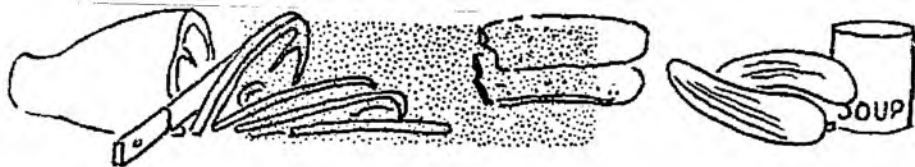
- 12 ounces sliced cooked ham
- 6 slices white bread
- $\frac{1}{4}$ cup peanut butter

- $\frac{1}{4}$ cup salad dressing
- 2 tablespoons coconut

Toast bread on both sides. To make each sandwich cover each slice of toast with 2 ounces sliced ham. Spread ham with 2 teaspoons peanut butter, then 2 teaspoons salad dressing and sprinkle with 1 teaspoon coconut. Place sandwiches on a cookie sheet and bake in a hot oven (400° F.) for 10 to 12 minutes or until lightly browned. 6 sandwiches.

NOTE: Sandwiches may also be broiled. Broil 3 inches from the heat for 3 to 5 minutes.



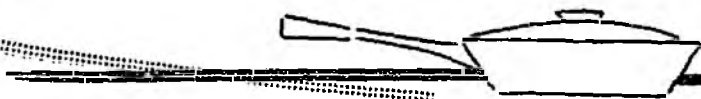


Tongue-Ham-Zucchini Casserole

- | | |
|--|--|
| 12 pieces cooked ham, cut
1/4 inch thick | 1 can (10 1/2 ounces) condensed
mushroom soup |
| 12 slices cooked tongue, cut
1/4 inch thick | 1/2 to 3/4 cup grated cheddar
cheese |
| 6 small zucchini squash | |



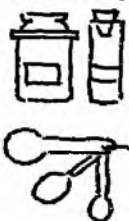
Wash zucchini well and cut off ends. Cook whole in boiling salted water, about 8 minutes. Drain and cut zucchini into 1/2-inch slices. Place half of zucchini slices in the bottom of a greased 8 x 12-inch baking dish. Spread half of mushroom soup over zucchini, then top with 6 pieces of ham. Place 6 tongue pieces on ham. Sprinkle with half of cheddar cheese. Repeat ham and tongue layers. Spread remaining soup over tongue slices, being sure to cover tongue. Sprinkle with remaining cheddar cheese. Cover and bake in a moderate oven (350° F.) for 30 minutes. Uncover and bake for 15 minutes. 6 servings.



Round Steak-Italienne

- | | |
|---|---|
| 1 beef round steak, cut
1/2 inch thick | 1 can (16 ounces) tomatoes |
| 1/4 cup flour | 1/2 teaspoon oregano |
| 1 1/2 teaspoons salt | 1/8 teaspoon dry mustard |
| 1/8 teaspoon pepper | 1 clove garlic, minced |
| 3 tablespoons lard or drippings | 1/2 teaspoon chopped parsley,
if desired |

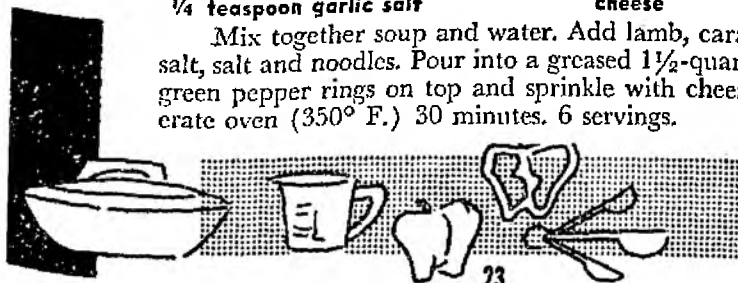
Cut steak into 5 to 6 servings. Pound to 1/4 inch thickness. Mix together flour, salt and pepper. Dredge meat in seasoned flour. Brown in lard or drippings. Pour off drippings. Add tomatoes, oregano, mustard and garlic. Cover tightly and simmer 1 hour or until done. Serve on a hot platter. Sprinkle parsley over the top. 5 to 6 servings.



Lamb Follow-Up

- | | |
|--|---|
| 2 cups diced cooked lamb | 1/4 teaspoon salt |
| 1 can (10 1/2 ounces) condensed
tomato soup | 2 cups cooked noodles |
| 1/4 cup water | 4 green pepper rings, cut
1/8 inch thick |
| 1/2 teaspoon caraway seed | 1/4 cup grated American
cheese |
| 1/4 teaspoon garlic salt | |

Mix together soup and water. Add lamb, caraway seed, garlic salt, salt and noodles. Pour into a greased 1 1/2-quart casserole. Place green pepper rings on top and sprinkle with cheese. Bake in moderate oven (350° F.) 30 minutes. 6 servings.





Penny Frankfurter Sandwiches

- | | |
|---|--|
| 6 frankfurters | $\frac{1}{2}$ cup chopped cucumber with peel |
| 2 tablespoons finely chopped onion | 4 large English muffins, cut in half |
| $\frac{1}{2}$ teaspoon Worcestershire sauce | $\frac{1}{4}$ cup grated cheddar cheese |
| $\frac{1}{3}$ cup salad dressing | |

Cut frankfurters into $\frac{1}{4}$ -inch thick slices. Combine frankfurters, onion, Worcestershire sauce, salad dressing and cucumber. Toast muffins. Spoon meat mixture on muffins, using about $\frac{1}{4}$ cup per muffin. Place on a cooky sheet and bake in a very hot oven (450° F.) 6 to 8 minutes or until heated through and cheese is melted. 8 sandwiches.


NOTE: Sandwiches may also be broiled. Broil 3 inches from the heat for 3 to 5 minutes.



Pork Chop — Apple Delight


- | | |
|---|-------------------------------|
| 6 rib or loin pork chops, cut $\frac{3}{4}$ to 1 inch thick | 3 tablespoons catchup |
| 3 tablespoons flour | 1 small clove garlic, minced |
| 1 tablespoon lard or drippings | 1 teaspoon salt |
| $\frac{1}{2}$ cup chopped onion | $\frac{1}{8}$ teaspoon pepper |
| 2 cups thinly sliced unpared apples | |

Dredge chops in flour and brown in lard or drippings. Pour off drippings. Combine onion, apples, catchup and garlic. Add to chops. Sprinkle salt and pepper over chops and apple mixture. Cover tightly and simmer 45 minutes or until chops are done. 6 servings.

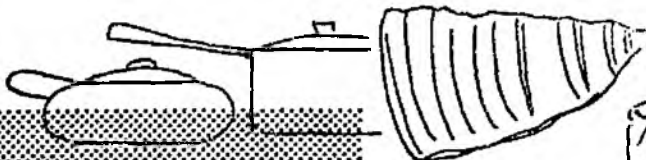



Meat Balls in Curried Tomato Sauce

- | | |
|-------------------------------------|-------------------------------------|
| $\frac{1}{2}$ pounds ground beef | $\frac{1}{8}$ teaspoon pepper |
| 1 can (1 pound 12 ounces) tomatoes | $\frac{1}{4}$ cup flour |
| $\frac{3}{4}$ cup soft bread crumbs | 3 tablespoons lard or drippings |
| $\frac{1}{4}$ cup chopped onion | $\frac{1}{2}$ teaspoon sugar |
| $\frac{1}{2}$ teaspoons salt | $\frac{1}{2}$ teaspoon curry powder |
| | $\frac{1}{8}$ teaspoon pepper |



Drain $\frac{1}{2}$ cup juice from tomatoes, reserving remaining juice and tomatoes. Pour $\frac{1}{2}$ cup tomato juice over bread crumbs. Add beef, onion, salt and $\frac{1}{8}$ teaspoon pepper. Mix thoroughly. Shape mixture into 24 balls, using a rounded tablespoon for each. Coat meat balls with flour and brown in lard or drippings. Pour off drippings. Add remaining tomatoes and juice, sugar, curry powder and $\frac{1}{8}$ teaspoon pepper. Simmer for 20 minutes. 6 to 8 servings.



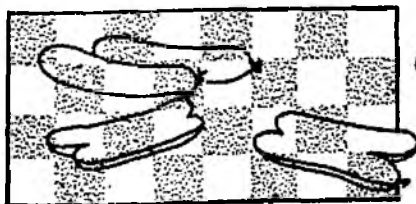
Barbecued Rib and Lima Bake

- 3 pounds spareribs, cut in serving pieces
- 1 pound dried lima beans
- 4 cups water
- 1 bay leaf
- 2 teaspoons salt
- 2 cans (8 ounces each) tomato sauce

- 1 cup chopped onion
- $\frac{1}{3}$ cup orange marmalade
- 1 teaspoon salt
- 1 tablespoon prepared mustard
- 1 tablespoon vinegar
- 1 tablespoon Worcestershire sauce



Place beans, spareribs, water, bay leaf and 2 teaspoons salt in a large kettle. Cover tightly and simmer for 1 hour. Pour off liquid and remove bay leaf. Place beans and spareribs in a 3-quart casserole. Combine tomato sauce, onion, marmalade, 1 teaspoon salt, mustard, vinegar and Worcestershire sauce. Add to beans and ribs. Cover tightly and bake in a moderate oven (350° F.) for 45 minutes. Remove cover and continue baking 15 minutes. 6 to 8 servings.



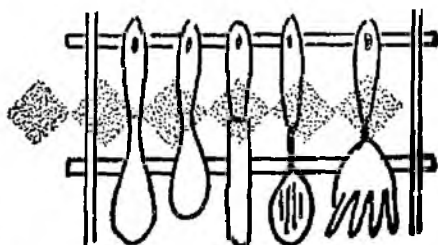
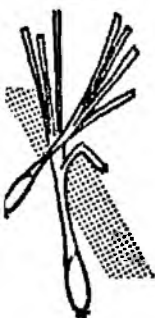
Potato Capped Franks

- 8 frankfurters
- 2 cups seasoned mashed potatoes
- 1 cup dairy sour cream

- $\frac{1}{4}$ cup chopped green onion
- $\frac{1}{4}$ teaspoon salt
- Paprika

Cut frankfurters lengthwise, being careful not to cut completely through. Place frankfurters cut side up in an 8 x 12-inch baking dish. Spread each frankfurter with $\frac{1}{4}$ cup mashed potato. Combine sour cream, green onion and salt and spread over mashed potato, using about $2\frac{1}{2}$ tablespoons on each. Bake in a very hot oven (450° F.) for 12 to 15 minutes or until lightly browned. Sprinkle with paprika. 4 servings.

NOTE: Potato Capped Franks may also be broiled. Broil 3 inches from the heat until browned, 5 to 7 minutes.





Liver-Tomato Special

- | | |
|--|-------------------------------------|
| 3 slices bacon | 1/4 teaspoon sage |
| 1 pound beef liver, sliced
1/2 inch thick | 1 egg, slightly beaten |
| 2 tablespoons flour | 2 tablespoons milk |
| 1/2 teaspoon salt | 2 medium tomatoes |
| 1/4 teaspoon pepper | 1 tablespoon butter or
margarine |

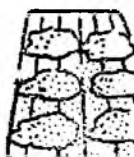
Cook bacon until crisp. Remove from drippings, drain and cut each slice in half. Mix together flour, salt, pepper and sage. Cut liver into 6 pieces. Dip liver in seasoned flour then in egg diluted with milk. Place liver in frying-pan containing bacon drippings. Sprinkle any remaining flour over liver. Brown liver slowly on both sides. Cut each tomato in three slices. Cook tomato in butter or margarine until each side is lightly browned and heated through. To serve, place a slice of tomato on each slice of liver and top each with a half slice of bacon. 4 to 6 servings.



Broiled Patties with Cranberry-Olive Sauce

- | | |
|--|-------------------------------|
| 2 pounds ground beef | 1/4 cup sliced stuffed olives |
| 2 teaspoons salt | 1/4 cup thinly sliced celery |
| 1/2 teaspoon pepper | 1 teaspoon lemon juice |
| 1 cup jellied whole
cranberry sauce | 1/2 teaspoon minced onion |

Combine ground beef, salt and pepper and shape into 8 patties. Place on broiler rack so that the top surface of the patties is about 3 inches from heat. Broil on one side until nicely browned, about 10 minutes. Turn, broil second side until browned, about 5 minutes. Combine cranberry sauce, olives, celery, lemon juice and onion and heat through. Serve sauce over broiled patties. 8 servings.



Lamb Kidneys Supreme

- | | |
|----------------------|--|
| 1 pound lamb kidneys | 1 can (2 3/4 ounces) sliced
mushrooms |
| 4 slices bacon | 1 bouillon cube |
| 2 tablespoons flour | 1/2 teaspoon prepared mustard |
| 1/2 teaspoon salt | 1 cup dairy sour cream |
| 1/4 teaspoon pepper | |

Remove fat and membrane from kidneys. Cut into halves. Cook bacon until crisp. Remove bacon and break into pieces. Mix together flour, salt and pepper. Dredge kidneys in seasoned flour. Brown slowly in bacon drippings. Pour off drippings. Add mushrooms and liquid and bouillon cube. Cover tightly and simmer 20 minutes. Mix together mustard and sour cream and add to kidneys. Stir and heat through. Serve on a hot platter and sprinkle with bacon pieces. 4 to 5 servings.





Savory Veal Chops with Limas

- 6 veal chops, cut 1/2 inch thick
- 1/4 cup flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 teaspoon nutmeg

- 1/8 teaspoon savory
- 1/4 cup lard or drippings
- 1 package (10 1/2 ounces) frozen baby lima beans
- 1 cup tomato juice
- 1 bouillon cube

Mix together flour, salt, pepper, nutmeg and savory. Dredge chops in seasoned flour. Sprinkle any remaining seasoned flour over chops. Brown in lard or drippings. Remove chops from pan. Pour off drippings. Place lima beans in frying-pan. Add tomato juice and bouillon cube. Place chops on top. Cover tightly and simmer 45 minutes to 1 hour or until chops and limas are done. 6 servings.



Canadian-Style Bacon and Apple Bake

- 6 slices Canadian-style bacon, cut 1/2 inch thick
- 1 cup apple juice
- 1 tablespoon cornstarch
- 1/4 cup currant jelly

- 1 teaspoon lemon juice
- 6 unpeeled apple rings, cut 1/2 inch thick
- Whole cloves, if desired

Combine apple juice and cornstarch. Cook, stirring constantly, until thickened and clear. Add currant jelly and heat until melted. Stir in lemon juice. Place apple rings in a greased 8x12-inch baking dish. Pour half of the sauce over apples. Place Canadian-style bacon slices on top of apple slices. Stud with cloves, if desired. Pour remaining sauce over all. Bake in a slow oven (300° F.) 50 minutes. 6 servings.



Pork-Cranberry Treat

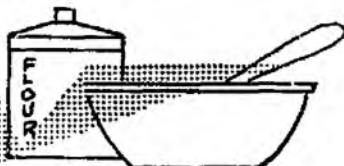
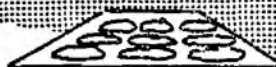
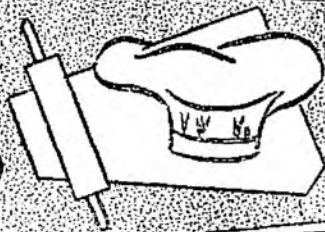
- 6 rib or loin pork chops, cut 3/4 to 1 inch thick
- 1 tablespoon lard or drippings
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup raw cranberries

- 1/4 cup brown sugar, firmly packed
- 2 teaspoons cornstarch
- 2/3 cup water
- 1 large peeled orange, cut into slices 1/4 inch thick

Brown chops in lard or drippings. Pour off drippings. Season with salt and pepper. Add cranberries and brown sugar. Cover tightly and simmer 45 minutes. Remove chops to a hot platter. Combine cornstarch and water and add to cooking liquid in pan. Cook, stirring constantly, until thickened. Add orange slices and heat through. Serve over chops. 6 servings.



baked goods



Chinese Almond Cookies

- | | |
|-------------------------------|--------------------------------|
| 2½ cups sifted enriched flour | 1 egg |
| ½ teaspoon salt | 1 tablespoon water |
| ¾ teaspoon baking powder | 1 teaspoon almond extract |
| 1 cup lard | ½ cup finely chopped coconut |
| 1½ cups sugar | ¼ cup blanched almonds, halved |

Sift together flour, salt and baking powder. Cream lard and sugar. Beat in egg, water and almond extract. Add sifted ingredients and coconut to creamed mixture. (It may be necessary to knead the dough a few times to mix thoroughly.) Shape into balls, using a rounded teaspoon of dough for each. Place on cooky sheet. Flatten with bottom of a glass to ⅜-¹/₂-inch thickness. Top with almond half. Bake in a moderate oven (350° F.) for 12 to 15 minutes. Yield: 4 dozen cookies.

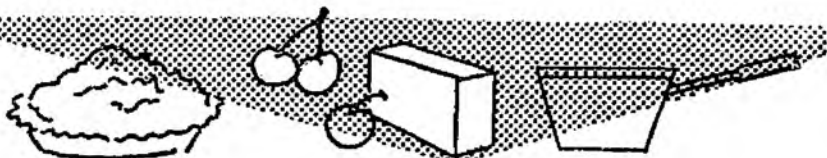


Orange Jewel Cookies

- | | |
|---|----------------------------|
| 1½ cups (12 ounces) jellied orange candy slices | ⅔ cup lard |
| 1½ cups sifted enriched flour | ⅔ cup granulated sugar |
| ½ teaspoon baking powder | ⅔ cup brown sugar, packed |
| ½ teaspoon soda | 1 egg |
| ½ teaspoon salt | 1 teaspoon vanilla |
| | 1½ cups quick-cooking oats |
| | 1 cup coconut |

Cut jellied orange slices into small pieces. Sift together flour, baking powder, soda and salt. Cream together lard and sugars. Beat in egg and vanilla. Stir in sifted ingredients. Add quick-cooking oats, coconut and jellied orange pieces and mix well. Shape into balls using a rounded tablespoonful of dough. Place on greased cooky sheets and flatten slightly. Bake in a moderate oven (375° F.) 10 to 12 minutes. Yield: 4 dozen cookies.

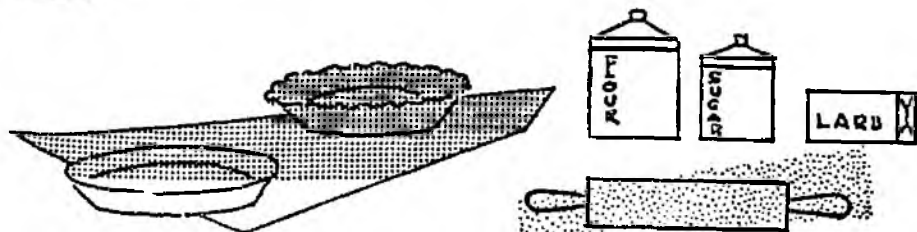




Cherry-Almond Pie

- | | |
|--|--|
| 1 baked 9-inch pie shell
(See recipe below) | 1 teaspoon lemon juice |
| 1 tablespoon unflavored gelatin | 1/4 teaspoon almond extract |
| 1/4 cup cold water | 1 cup whipping cream |
| 1 can (20 ounces) sweetened frozen cherries, defrosted | 1/4 cup sifted confectioners' sugar |
| Water | 3 tablespoons toasted slivered almonds |

Soften gelatin in 1/4 cup cold water. Drain cherries and add enough water to the cherry juice liquid to make 1 cup liquid. Combine liquid and lemon juice and bring to a boil. Remove from heat and add softened gelatin. Stir until dissolved. Chill. When mixture begins to thicken, whip until fluffy. Add cherries and almond extract. Whip cream and add confectioners' sugar. Fold half the whipped cream into gelatin-cherry mixture and spoon into pie shell. Spread remaining whipped cream over top of pie and sprinkle with almonds. Chill several hours.



Pie Crust

For 8 or 9-inch Single Pie Crust:

- 1 cup sifted enriched flour
- 1/2 teaspoon salt
- 4 to 6 tablespoons lard
- 2 to 4 tablespoons cold water

For 8 or 9-inch Double Pie Crust:

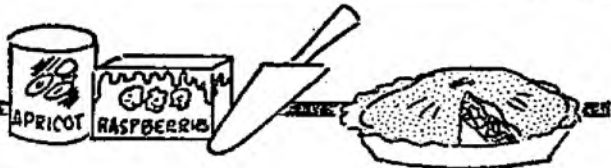
- 2 cups sifted enriched flour
- 1 teaspoon salt
- 1/2 to 3/4 cup lard
- 4 to 6 tablespoons cold water

Mix flour and salt. Cut lard into flour until crumbs are about the size of small peas. Add cold water, a little at a time, mixing quickly and evenly through flour with a fork until dough just holds in a ball. Use as little water as possible. Divide pastry if for double pie crust. Roll to about 1/8 inch thickness and line pie pan, allowing 1/2 inch crust to extend over edge.

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

For baked pie shell, crimp edge of pastry. Prick pastry with a fork before baking. Bake in a very hot oven (450° F.) 8 to 10 minutes.

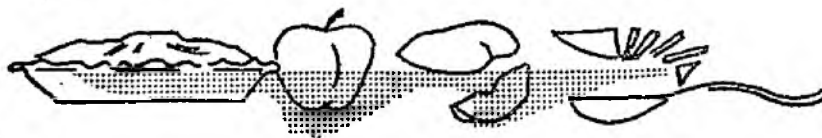




Apricot-Raspberry Pie

- | | |
|--|-----------------------------------|
| 1 package (10 ounces) frozen raspberries | $\frac{1}{3}$ cup sugar |
| Pastry for 2 crust 9-inch pie (see page 29) | $\frac{1}{4}$ cup flour |
| 2 cans (16 ounces each) apricot halves, drained well | $\frac{1}{8}$ teaspoon salt |
| | 2 tablespoons butter or margarine |

Defrost raspberries. Drain and reserve $\frac{1}{4}$ cup juice. Make pastry. Arrange apricots in the bottom of a pastry lined 9-inch pie pan. Spoon raspberries and $\frac{1}{4}$ cup juice on top. Mix together sugar, flour and salt and sprinkle over raspberries and apricots. Dot with butter or margarine. Cover with top crust and crimp edges. Bake in a hot oven (400° F.) for 50 to 60 minutes.



Swiss Apple Pie

- | | |
|--|----------------------------------|
| 1 unbaked 9-inch pie crust (see page 29) | 2 tablespoons flour |
| $\frac{1}{3}$ cup granulated sugar | 5 cups very thinly sliced apples |
| $\frac{1}{4}$ cup brown sugar | $\frac{2}{3}$ cup cream |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{8}$ teaspoon cinnamon |

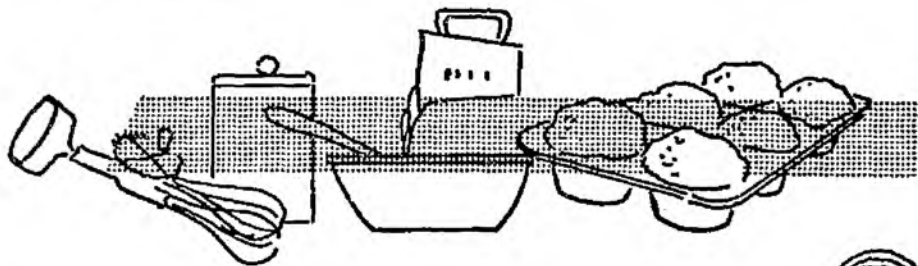
Mix together sugars, salt and flour. Add apples. Put apple mixture into unbaked pie shell. Pour cream over apples. Sprinkle with cinnamon. Bake in a moderate oven (375° F.) 50 to 60 minutes, or until apples are tender.



Biscuits

- | | |
|------------------------------|---|
| 2 cups sifted enriched flour | 4 to 6 tablespoons lard |
| 1 tablespoon baking powder | $\frac{1}{3}$ to $\frac{1}{2}$ cup milk |
| $\frac{1}{4}$ teaspoon salt | |

Sift together flour, baking powder and salt. Cut in lard until mixture has fine even crumb. Add enough milk to make a soft dough. Turn onto a lightly floured surface and knead gently for $\frac{1}{2}$ minute. Pat or roll $\frac{1}{2}$ inch thick and cut with a medium-sized biscuit cutter, dipped in flour. Place on baking sheet and bake in a very hot oven (450° F.) for 12 to 15 minutes. Yield: 10 to 12 biscuits.



Cheese-Onion Gems

- 2 cups sifted enriched flour
- 1 tablespoon baking powder
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{3}$ cup lard
- $\frac{2}{3}$ cup finely grated cheddar cheese
- $\frac{1}{2}$ cup finely chopped onion

- 1 tablespoon lard
- $\frac{1}{2}$ cup milk
- 1 egg, beaten
- 2 tablespoons sesame seed, toasted
- 2 tablespoons melted butter or margarine

Grease 12 medium-size muffin pans. Sift together flour, baking powder and salt. Cut in $\frac{1}{3}$ cup lard until mixture has a fine even crumb. Stir in $\frac{1}{3}$ cup cheese. Cook onion in 1 tablespoon lard until tender but not brown. Add to flour and cheese mixture and mix lightly with fork. Combine milk and beaten egg. Add to flour mixture and stir until just moistened. (Batter will be stiff.) Fill muffin pans $\frac{2}{3}$ full. Sprinkle tops of muffins with remaining cheese and sesame seed and spoon $\frac{1}{2}$ teaspoon melted butter or margarine over each. Bake in a hot oven (400° F.) 18 to 20 minutes. Yield: 12 muffins.



Apple-Peanut Squares

- 2 $\frac{1}{2}$ cups sifted enriched flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon soda
- $\frac{1}{2}$ cup lard
- 1 cup granulated sugar
- $\frac{1}{2}$ cup brown sugar, packed
- 2 eggs

- 1 cup milk
- 2 cups coarsely grated apples
- $\frac{1}{2}$ cup coarsely chopped peanuts
- 2 tablespoons brown sugar, packed
- Whipped cream, if desired

Line a 9 $\frac{1}{2}$ x 13 x 2-inch baking pan with waxed paper. Sift together flour, baking powder, salt and soda. Cream lard, granulated sugar and $\frac{1}{2}$ cup brown sugar until light and fluffy. Beat in eggs, one at a time. Add sifted ingredients alternately with milk, mixing thoroughly after each addition. Fold in apples and pour batter into baking pan. Mix together peanuts and 2 tablespoons brown sugar. Sprinkle evenly over batter. Bake in a moderate oven (350° F.) for 50 to 55 minutes. Cut into 15 pieces. Top with whipped cream, if desired.



Time-Table for Roasting

CUT	Weight	Oven Temperature Constant	Interior Temperature When Removed From Oven	Approximate Time Per Pound
BEEF	<i>Pounds</i>	<i>Degrees F.</i>	<i>Degrees F.</i>	<i>Minutes</i>
Standing ribs	6 to 8	300	140 160 170	18-20 22-25 27-30
Standing rib (1 rib)	2	350	140 160 170	33 45 50
Rolled rib	5 to 7	300	140 160 170	32 38 48
Standing rump (high quality)	5 to 7	300	150-170	25-30
Rolled rump (high quality) ..	4 to 6	300	150-170	25-30
PORK—FRESH				
Loin—Center	3 to 5	350	185	35-40
Half	5 to 7		185	40-45
Ends	2 to 3		185	45-50
Picnic shoulder	4 to 6	350	185	30-35
Boned and rolled	3 to 5	350	185	40-45
Cushion-style	3 to 5	350	185	35-40
Boston butt	4 to 6	350	185	45-50
Fresh ham, whole	10 to 12	350	185	30-35
PORK—SMOKED				
Ham*—Whole	10 to 14	300	160	18-20
Half	5 to 7	300	160	22-25
Butt	3 to 4	300	160	40-45
Shoulder butt	2 to 4	300	170	35
Picnic shoulder	5 to 7	300	170	35
LAMB				
Leg	5 to 8	300	175-180	30-35
Shoulder (bone in)	4 to 6	300	175-180	30-35
Rolled	3 to 5	300	175-180	40-45
Cushion-style	3 to 5	300	175-180	30-35
VEAL				
Leg	5 to 8	300	170	25-35
Loin	4 to 6	300	170	30-35
Rib (rack)	3 to 5	300	170	30-35
Shoulder (bone in)	5 to 8	300	170	25-35
Rolled	4 to 6	300	170	40-45

* Hams now on market which require shorter cooking period due to method of processing.

Time-Table for Broiling*

CUT	Weight	Approximate Total Cooking Time	
		Rare	Medium
	<i>Pounds</i>	<i>Minutes</i>	<i>Minutes</i>
BEEF			
Chuck steak—1 inch.....	2½	24	30
½ inches	4	40	45
Rib steak—1 inch.....	1½	15	20
½ inches	2	25	30
2 inches	2¼	35	45
Club steak—1 inch.....	1	15	20
½ inches	1¼	25	30
2 inches	1½	35	45
Sirloin steak—1 inch.....	3	20	25
½ inches	4¼	30	35
2 inches	5¾	40	45
Porterhouse steak—1 inch.....	2	20	25
½ inches	2½	30	35
2 inches	3	40	45
Ground beef patties 1 inch thick by 3 inches.....	4 ounces	15	25
PORK—SMOKED			
Ham slice—tendered		Ham always cooked well done	10-12 16-20
½ inch	¾ to 1		
1 inch	1½ to 2		
Canadian-style bacon			6-8
¼ inch slices			8-10
½ inch slices.....			4-5
Bacon			
LAMB			
Shoulder chops—1 inch.....	3 ounces	Lamb chops are not served rare	12
½ inches	6 ounces		18
2 inches	10 ounces		22
Rib chops—1 inch.....	2 ounces		12
½ inches	4 ounces		18
2 inches	5 ounces		22
Loin chops—1 inch.....	3 ounces		12
½ inches	5 ounces		18
2 inches	6 ounces		22
Ground lamb patties 1 inch by 3 inches	4 ounces		18

* This time-table is based on broiling at a moderate temperature (350° F.). Rare steaks are broiled to an internal temperature of 140° F.; medium to 160° F. Lamb chops are broiled to 170° F. Ham is cooked to 160° F. The time for broiling bacon is influenced by personal preference as to crispness.

Time-Table for Braising

CUT	Average Weight or Thickness	Approximate Total Cooking Time
BEEF		
Pot-Roast	3 to 5 pounds	3-4 hours
Swiss steak	1½ to 2½ inches	2-3 hours
Fricassee	2 inch cubes	1½-2½ hours
Beef birds	½ inch (x 2 in. x 4 in.)	1½-2½ hours
Short ribs	Pieces (2 in. x 2 in. x 4 in.)	1½-2½ hours
Round steak	¾ inch	45-60 minutes
Stuffed steak	½ to ¾ inch	1½ hours
PORK		
Chops	¾ to 1½ inches	45-60 minutes
Spareribs	2 to 3 pounds	1½ hours
Tenderloin		
Whole	¾ to 1 pound	45-60 minutes
Fillets	½ inch	30 minutes
Shoulder steaks	¾ inch	45-60 minutes
LAMB		
Breast—stuffed	2 to 3 pounds	1½-2 hours
Breast—rolled	1½ to 2 pounds	1½-2 hours
Neck slices	¾ inch	1 hour
Shanks	½ pound each	1-1½ hours
Shoulder chops	1 inch	45-60 minutes
VEAL		
Breast stuffed	3 to 4 pounds	1½-2½ hours
Breast—rolled	2 to 3 pounds	1½-2½ hours
Birds	½ inch (x 2 in. x 4 in.)	45-60 minutes
Chops	½ to ¾ inch	45-60 minutes
Steak or cutlets	½ to ¾ inch	45-60 minutes
Shoulder chops	½ to ¾ inch	45-60 minutes
Shoulder cubes	1 to 2 inches	45-60 minutes

Time-Table for Cooking in Liquid

CUT	Average Weight	Approximate Time Per Pound	Approximate Total Cooking Time
	Pounds	Minutes	Hours
Smoked ham (old style and country cured)			
Large	12 to 14	20	
Small	10 to 12	25	
Half	6 to 8	30	
Smoked ham (tendered)			
Shank or butt half	5 to 8	20-25	
Smoked picnic shoulder	4 to 8	45	
Fresh or corned beef	4 to 6	40-50	
Beef for stew			2½-3½
Veal for stew			2-3
Lamb for stew			1½-2

Index

MEAT RECIPES

	Page
Baked Ham-Cheese-Tomato Sandwich	11
Baked Ham—Orange Glaze.....	18
Barbecued Rib and Lima Bake	25
Beef and Apple Birds.....	10
Beef and Lima Soup.....	20
Beef-Rye Sandwich Specialty..	7
Beef and Tomato Loaf.....	9
Beef Standing Rib Roast—Rosy Apple-Pear Garnish...	6
Bohemian Beef Dinner.....	13
Broiled Beef Porterhouse or Sirloin Steak	13
Broiled Lamb Chops.....	16
Broiled Patties with Cranberry-Olive Sauce.....	26
Canadian-Style Bacon and Apple Bake	27
Frankfurter Jubilee	17
French-Style Liver	22
Fruit Glazed Beef Brisket.....	15
Grape Sauce for Lamb.....	17
Grecian Lamb Balls.....	6
Ham and Peanut Butter Sandwich	22
Ham Slaw	14
Ham Slice on Fruited Rice....	12
Ham Slice—Peanut Crunch Topping	7
Herb Pork Chops	22
Lamb and Bean Whirls	5
Lamb and Noodle Dinner.....	11
Lamb Follow-up	23
Lamb Kidneys Supreme	26
Lamb with Curried Rice.....	15
Leg of Lamb—Curried Peach Halves	4
Liver-Tomato Special	26
Luncheon Meat—Banana Spread	5
Meat Balls in Curry Tomato Sauce	24
Meat Filled Vegetable Ring....	12
Meat Salad Hideaways	11
Modern Sauerbraten	16
Orange-Glazed Pork Loaf	17
Oriental Beef Dinner	21
Party Beef Stew.....	19
Party Ham—Cranberry Mold..	8
Penny Frankfurter Sandwiches	24
Polynesian Lamb Chops.....	9
Pork-Cranberry Treat	27

	Page
Pork Chop—Apple Delight.....	24
Pork Dinner De Luxe.....	19
Pork Loin Roast—Spiced Plum Sauce	3
Pork Partners	21
Pork Shoulder Steaks with Onions	16
Pork Tenderloin with Sesame Stuffing	7
Potato Capped Franks	25
Pot-Roast—Bohemian Style....	3
Rolled Veal Shoulder—Apricot Glaze	10
Round Steak—Italienne	23
Sausage and Cranberry Sandwich	20
Sausage-Spaghetti Sauce	18
Savory Veal Chops with Limas	27
Short Ribs—Family Style.....	5
Smoked Shoulder Butt—Spiced Fruit Sauce.....	4
Spareribs—Tangy Plum Glaze	9
Spiced Pineapple Lamb Chops	8
Steak Fromage	20
Sunglow Meat Salad	14
Tasty Meat Salad	13
Tongue-Ham-Zucchini Casserole	23
Veal-Olive Birds	14
Veal Riblets and Noodles.....	12

BAKED GOODS

Apple-Peanut Squares	31
Apricot-Raspberry Pie	30
Biscuits	30
Cheese-Onion Gems	31
Cherry Almond Pie	29
Chinese Almond Cookies	28
Orange Jewel Cookies	28
Pie Crust	29
Swiss Apple Pie.....	30

COOKING TIME-TABLES

Roasting	32
Broiling	33
Braising	34
Cooking in Liquid	34

COOKING METHODS

Roasting, Broiling, Panbroiling, Braising, Cooking in Liquid (stews—large cuts), Panfrying	2
--	---

A Service of
National Live Stock and Meat Board
 Home Economics Department
407 S. Dearborn St., Chicago 5, Ill.

