




Thrifty  
Meat  
Recipes



# HOW TO USE THIS BOOK

*to keep meat on your table thriftily*

When your favorite cuts of meat are plentiful, it is easy to slip into the habit of serving only these few varieties—forgetting other cuts, equally delicious and nutritious, yet more thrifty.

The recipes in this book are planned to use the thriftier cuts. You may not find all of them at your meat-man's all the time, but with his help you can always choose thriftier meats for your family's meals.

All of these cuts have the same B vitamins (thiamine or B<sub>1</sub>, riboflavin and niacin) and the same minerals (iron, copper, phosphorus) of the more familiar cuts.

They also have the same complete, high-quality protein. And every wife and mother knows how essential this "right kind of protein" is for growth in children and to maintain healthy tissues in young and old.

By including more of the meat recipes in this book in your meal planning, you'll find that it's easier to keep meat on the table regularly, and to "keep up" on the all-important protein of meat.

**NOTE:** All recipes in this booklet are planned for the average family of 4 persons.

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Recipe 1



## SWISS STEAK (ROUND OR CHUCK)

Amount to purchase:

2½ LBS.

(This amount will provide enough for another meal)

### Recipe: SWISS STEAK DINNER



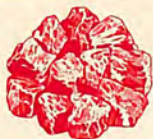
#### Ingredients:

- |                                 |   |
|---------------------------------|---|
| 2½ lbs. round or<br>chuck steak | ¼ tsp. pepper   |
| ½ c. flour                      | 1 c. hot water, tomato<br>juice or canned<br>tomatoes |
| 1 tsp. dry mustard              | 1½ c. sliced onions                                   |
| 1½ tsp. salt                    |   |

#### Method:

- 1 Mix flour, mustard, salt and pepper. Using a meat pounder or the edge of a heavy saucer, pound flour mixture into the steak until all flour is absorbed.
- 2 Brown thoroughly and slowly on both sides in hot lard or other fat.
- 3 Add liquid and arrange sliced onions on top of steak.
- 4 Cover and simmer gently for 2½ to 3 hours or until tender; or cook in the oven at 325° F. for about the same length of time. During last hour cook whole potatoes around steak.

**SERVE WITH:** Browned potatoes; carrots; molded fruit salad; caramel custard.



## STEW MEAT

(CHUCK, SHANK, FLANK,  
NECK, BRISKET OR HEEL  
OF ROUND)

Amount to purchase:  
1½ LBS.

Recipe: **BEEF STEW** with dumplings



### Ingredients:

1½ lbs. beef stew meat	6 potato halves
6 sliced carrots	3 stalks sliced celery
6 whole small onions	1½ tsp. salt

### Method:

- 1 Cut meat into 1-inch pieces. Roll in flour.
- 2 Brown meat on all sides in hot lard or other fat. Season with salt and pepper.
- 3 Add hot water to cover; simmer 2 hours. Add carrots, onions, potatoes, celery and salt. Cook 45 min. longer.
- 4 Drop dumplings into stew by table-spoons; cover tightly; cook 12-15 min. Do not remove cover. When dumplings are cooked, remove to warm plate; thicken stew.
- 5 *To make dumplings:* Sift 1 cup flour, ½ teaspoon salt, 1½ teaspoons baking powder together. Add ½ cup milk, 2 tablespoons melted lard to make soft dough.

**SERVE WITH:** Lettuce and tomato salad; fruit cup.



## FLANK STEAK

Amount to purchase:  
1 MEDIUM

Recipe: **STUFFED FLANK STEAK**



### Ingredients:

1 flank steak      ½ c. water or tomato juice

### For Stuffing:

1 c. corn meal	2 tsp. baking powder
1 c. boiling water	1 minced onion
½ tbsp. meat drippings or other fat	1 tsp. salt
	½ tsp. pepper
	½ tsp. thyme

### Method:

- 1 Have flank steak scored at market.
- 2 For corn meal stuffing, slowly pour ½ cup corn meal into boiling water, stirring constantly. Add meat drippings. Mix the other ½ cup corn meal with baking powder, and sift into first mixture. Add onion, salt, pepper and thyme. Mix well.
- 3 Spread steak with stuffing; roll lengthwise; sew or skewer to hold in place. Brown in hot lard; season. Add liquid; cover; cook slowly on top of stove or in 325° F. oven about 2 hours or until tender. Add water as needed.

**SERVE WITH:** Mashed potatoes; buttered beets; tossed salad; canned or fresh fruit.



## BEEF CHUCK POT ROAST

Amount to purchase:  
4 to 5 LBS.

(This amount will provide meat for additional meals)

### Recipe: SAVORY POT ROAST



#### Ingredients:

4 to 5 lbs. beef chuck roast	½ tsp. Worcestershire sauce
Clove of garlic	¼ c. chili sauce or catchup

#### Method:

- 1 Rub the meat thoroughly with a cut clove of garlic. Dredge with flour.
- 2 Brown the pot roast slowly on all sides in hot lard or other fat in a heavy kettle or a Dutch oven. When browned, season with salt and pepper.
- 3 Add ½ cup water, Worcestershire sauce and chili sauce or catchup.
- 4 Cover and simmer gently until meat is tender, about 3½ hours. Add more water as necessary, a little at a time.
- 5 Make gravy from pan drippings. Season to taste.

**SERVE WITH:** Boiled potatoes; green beans; shredded spinach and lettuce salad; rice pudding.



## BEEF BRISKET

Amount to purchase:  
4 LBS.

(This amount will provide meat for another meal)

### Recipe: CORNED BEEF



#### Ingredients: 4 lbs. corned beef brisket

Wash meat well. Cover with cold water, bring slowly to a boil; cook 5 minutes. Skim; cover and cook slowly 3 hours or until tender. Add hot water as needed to cover. Remove from water; serve hot or cold. These seasonings may be added to cooking water: a bay leaf, a few cloves, clove of garlic, and stalk of celery.

New England Dinner: Add onions and carrots 45 minutes before end of cooking. 15 minutes later, add cabbage quarters.

#### Fresh Brisket

Cover with hot water, add 2 teaspoons salt and, if desired, bay leaf, cloves, sliced onion, celery. Cover and cook slowly 3 to 4 hours, adding hot water as needed. Serve hot or cold with horse-radish sauce (¼ cup grated horse-radish, ¼ teaspoon dry mustard to 1 cup medium white sauce).

**SERVE WITH:** Boiled parsley potatoes; beets; jellied fruit salad; cupcakes.



## GROUND BEEF

(CHUCK, SHANK, BRISKET, PLATE,  
NECK, HEEL OF ROUND OR FLANK)

Amount to purchase:

1 LB. ground beef

### Recipe: BAKED MEAT BALLS



#### Ingredients:

1 lb. ground beef	1/8 tsp. pepper
1/2 c. finely chopped onion	1 tsp. Worcestershire sauce
1/4 c. finely chopped green pepper	1 c. crisp rice cereal
1 1/2 tsp. salt	1 egg

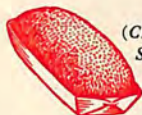
#### Method:

**1** Combine beef with onion, green pepper, seasonings, rice cereal (or other crisp cereal), and beaten egg. Form into 10 balls.

**2** Roll balls in flour and brown in hot lard or other fat.

**3** Place balls in a large casserole, and over them pour tomato soup which has been diluted with 1 can of hot water. Bake, covered, in a moderate oven, 350° F. for 45 minutes.

**SERVE WITH:** Green lima beans; apple and celery salad; fruit cup; cookies.



## GROUND BEEF

(CHUCK, NECK, BRISKET, PLATE,  
SHANK, HEEL OF ROUND OR FLANK)

Amount to purchase:

1 LB. ground beef

### Recipe: MEAT AND SPAGHETTI SUPPER



#### Ingredients:

1 lb. ground beef	1/4 tsp. black pepper
1 onion, chopped	1/2 tsp. chili powder
2 tbsp. fat	1 can mushroom soup
1 tsp. salt	1 can tomato soup
	One 7-oz. pkg. spaghetti

#### Method:

**1** Lightly brown onion in hot lard or other fat. Add ground beef and cook slowly until well browned.

**2** Add remaining ingredients except spaghetti and simmer 1/2 hour.

**3** Pour meat sauce over hot cooked spaghetti. Sprinkle with grated Parmesan cheese.

**SERVE WITH:** Green beans; cabbage and carrot salad; custard.



## BEEF SHORT RIBS

Amount to purchase:  
2½ to 3 LBS.

(Cut into individual servings)

Recipe: **BRAISED SHORT RIBS with fruit**



### Ingredients:

2½ to 3 lbs. short ribs	½ lb. dried prunes
⅛ tsp. each of cloves, nutmeg and allspice	¼ lb. dried apricots

### Method:

- 1 Dredge short ribs with flour.
- 2 Brown slowly on all sides in hot lard or other fat, allowing about 20 minutes for browning. Season with salt and pepper.
- 3 Add 1 cup water and spices. Cover and simmer 2 hours.
- 4 Add prunes and apricots which have been soaked about 2 hours. Simmer ½ hour longer, adding more water if necessary.

**SERVE WITH:** Baked potatoes; crisp green salad; cottage pudding with orange sauce.



## OX JOINTS

Amount to purchase:  
2 oxtails

Recipe: **OX JOINTS and noodles**



### Ingredients:

2 oxtails, cut in 2-inch lengths	½ tsp. minced garlic
1 c. chopped onion	2 tsp. salt
1 tbsp. vinegar	⅛ tsp. pepper
	1 tbsp. granulated sugar

### Method:

- 1 Wipe ox joints with damp cloth. Flour and brown well with chopped onions in hot lard or other fat.
- 2 Add 2 cups hot water, vinegar, garlic, salt, pepper and sugar. Cover and simmer 3½ hours, or until meat is tender, replenishing water with boiling water if necessary.
- 3 Remove meat to a hot platter and keep warm. Thicken liquid for gravy. Serve with meat and hot noodles.

**SERVE WITH:** Noodles; carrots; relishes; fruit pie.



## BEEF KIDNEYS

*Amount to purchase:*

- 1 beef kidney,
- 1 lb. beef chuck or round steak

### Recipe: BEEF AND KIDNEY PIE



#### Ingredients:

- |  |                              |
|--|------------------------------|
| 1 beef kidney  | 2 tsp. salt                  |
| 1 lb. beef chuck or round steak (cut into 1-in. cubes) | ¼ tsp. pepper                |
| 1 large onion  | 1 tbsp. Worcestershire sauce |
|  | Lard-made pastry             |

#### Method:

- 1 Wash kidney and split in halves lengthwise. Remove skin, white tubes and fat.
- 2 Soak kidney in cold salted water for 30 minutes. Drain and cut into small cubes.
- 3 Flour beef and kidneys.
- 4 Brown sliced onion lightly in hot lard or other fat; add meats and brown well.
- 5 Add salt, pepper and Worcestershire sauce and 2 cups boiling water. Simmer slowly for 2 hours or until very tender.
- 6 Thicken liquid. Transfer to deep baking dish and cover top with thin pastry with hole in center for escape of steam. Bake 45 to 60 minutes in a 375° F. oven.

**SERVE WITH:** Green peas; tomato and lettuce salad; ice cream; cookies.

## FRESH OR SMOKED BEEF TONGUE



*Amount to purchase:*

- 1 beef tongue

### Recipe: SIMMERED TONGUE



#### Method:

- 1 Simmer fresh tongue in salted water (1 teaspoon salt for each quart of water) with ½ bay leaf and 3 cloves, until tender, about 3-3½ hours. In cooking smoked tongue, omit salt and bay leaf. High-grade smoked tongue needs no soaking.
- 2 Remove from water. Cool, and remove skin. Trim root ends.
- 3 Serve fresh tongue with horse-radish-mustard sauce made by seasoning white sauce with bottled horse-radish and prepared mustard. Serve smoked tongue with orange and raisin sauce.

**SERVE WITH:** Potato salad; green peas; raw carrot and celery salad; floating island.



## BEEF OR PORK LIVER

Amount to purchase:  
1½ LBS.

Recipe: **BRAISED LIVER** with vegetables



### Ingredients:

1½ lbs. sliced beef or pork liver  
2 green peppers, diced  
6 carrots, diced  
6 small onions, diced  
½ c. tomato juice

### Method:

- 1 Dredge sliced liver with flour.
- 2 Brown in hot lard or other fat.
- 3 Arrange diced vegetables in mounds on pieces of liver. Season with salt and pepper and add tomato juice. Simmer gently, covered, for about 45 minutes or until vegetables are tender, adding more water if necessary. Serve on bed of fluffy rice.

**SERVE WITH:** Tossed green salad; baked apple crisp.



## SQUARE CUT LAMB SHOULDER

Amount to purchase:  
1 (3 to 4 LB.) ROAST

(This roast will provide meat for another meal)

Recipe: **ROAST LAMB**

### Cuts of Lamb to Roast:

Square Cut Shoulder of Lamb  
Leg of Lamb  
Lamb Breast

### Method:

- 1 Wipe meat with clean, damp cloth.
- 2 Season with salt and pepper.
- 3 Place roast, fat side up, on a rack in an open roasting pan. Do not add water. Do not cover. Do not baste.
- 4 Roast in a preheated, moderately low oven, 325° F. To determine doneness accurately, use a meat thermometer. Insert it carefully through outside fat into center of thickest muscle and do not allow bulb to rest on bone or fat.

### TIMETABLE FOR ROASTING LAMB

(The following schedule of minutes-per-pound is for meat taken chilled from the refrigerator but not frozen. Thaw frozen meat completely before following this time schedule.)

CUT	ROASTING TEMPERATURE	INTERNAL TEMPERATURE	APPROXIMATE TIME*
Leg—med.	325° F.	175° F.	30-35 min. per lb.
Well-done	325° F.	182° F.	35-40 min. per lb.
Shoulder, bone in	325° F.	182° F.	35 min. per lb.
Breast	325° F.	182° F.	35-40 min. per lb.

\*The smaller number of minutes-per-pound is for larger roasts (6 to 8 pounds).

**SERVE WITH:** Mashed potatoes; gravy; peas and carrots; lettuce wedges with Russian dressing; prune whip.



## LAMB SHANKS

*Amount to purchase:*  
4 shanks

### Recipe: BRAISED LAMB SHANKS

#### Ingredients:

4 lamb shanks	1 c. diced potatoes
2 c. water or canned tomatoes	½ c. diced celery
1 c. diced carrots	½ c. diced onions

#### Method:

**1** Dredge meat with flour. Then brown in hot lard or other fat. Season with salt and pepper.

**2** Add water or tomatoes, cover, and cook slowly or bake in a moderate oven (350° F.) for 1½ hours.

**3** Add carrots, potatoes, celery and onions. Add more water, if necessary. Add 1 teaspoon salt for vegetables.

**4** Cook 30 minutes or until tender.

NOTE: Lamb shanks are also delicious braised with prunes and apricots. Brown meat, then cook with dried fruit and 1 cup water in a covered baking dish for 1 hour at 325° F.

To prepare barbecued lamb shanks, simmer shanks until tender. Remove lamb from bones, lay on cooked rice, cover with barbecue sauce and bake at 350° F. about 30 minutes.

**SERVE WITH:** Cabbage and apple salad; gingerbread and whipped cream or lemon sauce.



## LAMB SHOULDER CHOPS

*Amount to purchase:*  
4 chops, 1 inch thick

### Recipe: LAMB CHOPS New Orleans



#### Ingredients:

4 lamb shoulder chops, 1 inch thick	¼ c. chopped green pepper
1½ c. tomato juice	¼ c. chopped onion

#### Method:



**1** Brown chops in hot lard or other fat until golden brown. Season with salt and pepper.

**2** Add tomato juice, green pepper and onion.

**3** Cover and simmer 30 minutes or until tender. Thicken and season liquid to serve over rice.

(Shoulder chops also may be broiled.)

**SERVE WITH:** Boiled rice; green beans; chopped raw spinach, carrot and cauliflower salad; pumpkin pie.



## LAMB STEW

Amount to purchase:

2 LBS. lamb neck,  
breast or shank

Recipe: LAMB STEW with mashed potatoes



**Ingredients:**

2 lbs. lamb breast, flank or neck	6 onions
6 carrots	6 potatoes, cooked and mashed

**Method:**

- 1 Cut lamb into 1½-inch cubes. Dredge with flour and brown well on all sides in hot lard or other fat.
- 2 Season with salt and pepper. Add 1 cup water and simmer about 1½ hours.
- 3 Add carrots and onions, cut in half. Add 1 teaspoon salt. Cover and continue cooking till vegetables are done, about ½ hour.
- 4 Place stew in casserole. Top stew with mashed potatoes. Brown potatoes lightly under broiler.

**SERVE WITH:** Green salad; apricot whip.

LAMB  
NECK SLICES

Amount to purchase:

2 LBS.

Recipe: LAMB ROSETTES



**Ingredients:**

2 lbs. lamb neck slices	1 large sliced onion
1 c. tomato juice	6 sliced carrots
	1 head cauliflower

**Method:**

- 1 Brown lamb neck slices in hot lard or other fat.
- 2 Place meat in casserole. Add tomato juice and season with salt and pepper.
- 3 Cover and allow to simmer or cook in moderate oven (350° F.) for 40 minutes.
- 4 Add onion, carrots, and cauliflower broken into flowerets. Add 1 teaspoon salt. Cover and cook until vegetables are done, about one-half hour.

**SERVE WITH:** Buttered noodles; fruit salad; butterscotch pudding.



## LAMB PATTIES

*Amount to purchase:*  
8 lamb patties or  
1½ LBS. ground lamb

Recipe: **BARBECUED LAMB PATTIES**

### Ingredients:

1½ lbs. ground lamb      1 tsp. salt  
¼ tsp. pepper

#### *Barbecue Sauce:*

2 med.-sized onions	¾ c. catchup
2 tbsp. vinegar	1 tsp. chili powder
2 tbsp. Worcestershire sauce	¾ c. water
	1 tsp. salt

### Method:

- 1 Season ground lamb with salt and pepper.
- 2 Shape into 8 lamb patties. Brown on both sides in hot lard or other fat.
- 3 Cover with barbecue sauce, and simmer until sauce and meat are piping hot. To make barbecue sauce: Mix together chopped onions, vinegar, Worcestershire sauce, catchup, chili powder, water and salt. Cover and simmer about 45 minutes.

**SERVE WITH:** Buttered rice; green beans; carrot and raisin salad; coconut cream pie.



## LAMB BREAST

*Amount to purchase:*  
1 breast of lamb  
(Cut into riblets)

Recipe: **LAMB RIBLETS with vegetables**



### Ingredients:

2 lbs. lamb riblets	2 carrots, diced
½ c. water or tomato juice	2 potatoes, diced
	1 large onion, diced
	1 green pepper, diced

### Method:

- 1 Brown lamb riblets well on all sides in hot lard or other fat.
- 2 Season with salt and pepper. Add water or tomato juice. Cover and simmer 1 hour.
- 3 Add vegetables and 1 teaspoon salt. Cover and simmer ½ hour longer. Thicken liquid for gravy.

**SERVE WITH:** Peach and cottage cheese salad; plain cake with chocolate sauce.

## VEAL SHANKS



*Amount to purchase:*  
1½ LBS. boned  
shank meat  
(cut into small cubes)

Recipe: **SAVORY VEAL FRICASSEE**

**Ingredients:**

1½ lbs. boned shank veal	1 c. celery, cut into cut in 1-in. cubes	1-in. pieces
1 small onion	1 c. peas	

**Method:**

- 1 Dredge meat cubes with flour.
- 2 Brown meat in hot lard or other fat. Season with 1½ teaspoons salt and ¼ teaspoon pepper.
- 3 Add sliced onion, celery and peas. Add 1 cup hot water.
- 4 Cover tightly and cook slowly until done, about 1-1½ hours.
- 5 Thicken the liquid for gravy. Season to taste.

**SERVE WITH:** Boiled rice; buttered beets; pineapple or apricot upside-down cake.

VEAL  
RUMP ROAST

*Amount to purchase:*  
3 to 4 LBS.

(This roast will provide meat for another meal)

Recipe: **VEAL RUMP ROAST**

**Ingredients:**

3 to 4-lb. veal rump roast

**Method:**

- 1 Wipe meat with clean, damp cloth.
- 2 Season well with salt and pepper. Place roast, fat side up, on a rack in an open roasting pan. Do not add water. Do not cover. Do not baste.
- 3 As veal lacks fat, it will be juicier if covered with fat during roasting (slices of salt pork or bacon, or other fat strips). Or it may be brushed with melted butter or margarine before and during cooking.
- 4 Roast in a moderate oven, 325° F., for 35 to 40 minutes per pound, or to an internal temperature of 180° F. (Veal rump roast also may be braised.)
- 5 Make gravy from pan drippings.

**SERVE WITH:** Mashed potatoes; gravy; carrots with lemon butter; green salad; ice cream sundaes.



## VEAL CHOPS

Amount to purchase:  
4 chops

### Recipe: SAVORY VEAL CHOPS



#### Ingredients:

4 veal chops	2 tsp. salt
¾ c. fine white bread crumbs	1 tbsp. brown sugar
1 tbsp. dry mustard	1 tsp. poultry seasoning
	Dash of pepper
	1 beaten egg

#### Method:

- 1 Wipe chops with a damp cloth.
- 2 To make coating for chops, mix bread crumbs, mustard, salt, brown sugar, poultry seasoning and pepper.
- 3 Dip chops in flour, then in the beaten egg diluted with 2 tablespoons water. Roll in bread crumb mixture; brown well on both sides in hot lard or other fat. (If heavy frying pan is used, cover chops without adding liquid; cook slowly over a low burner until tender, about 45 minutes. Or add ¼ cup hot water before covering.)

**SERVE WITH:** Mashed potatoes; green peas; apple, celery and nut salad; tapioca cream pudding.



## RIB OR LOIN END PORK CHOPS

Amount to purchase:  
4 chops

### Recipe: BRAISED STUFFED PORK CHOPS



#### Ingredients:

4 loin or rib pork chops	¾ c. finely diced tart apples
¼ c. seedless raisins	½ tsp. salt
1¾ c. day-old bread crumbs	Dash of pepper and sage
¼ c. minced onion	1 tsp. sugar
	2 tbsp. melted butter or margarine

#### Method:

- 1 Have pork chops cut 1 to 1½ inches thick. Cut a pocket in each.
- 2 Dressing: Chop raisins and combine with crumbs, onion, apples, salt, pepper, sage, sugar and butter or margarine. Stuff chops, fasten with toothpicks.
- 3 Flour chops, brown in hot lard or other fat, season with salt and pepper. Add a few tablespoons water, cover, and cook slowly 35 to 40 minutes. Remove toothpicks.

**NOTE:** Pork chops and steaks need long slow cooking. Do not fry or broil.

**SERVE WITH:** Peas and corn; applesauce; jellied vegetable salad; baked custard.



## FRESH PORK SHOULDER BUTT

*Amount to purchase:*  
3 to 4 LBS.

*(This roast will provide meat for another meal)*

### Recipe: ROAST PORK SHOULDER



**Ingredients:** 3 to 4-lb. fresh shoulder butt

#### Method:

- 1 Wipe meat with clean, damp cloth.
- 2 Season with salt and pepper.
- 3 Place roast fat side up on rack in open roasting pan. Do not add water. Do not cover. Do not baste.
- 4 Roast in preheated moderately low oven, 325° F., until meat thermometer registers 185° F. or approximately 45 to 50 minutes per pound. (Insert thermometer through outside fat into center of thickest muscle so bulb does not rest on bone or fat.)

NOTE: Smoked shoulder should be roasted to an internal temperature of 170° F., or approximately 30-35 minutes per pound.

Or it may be simmered in water until partially tender, then finished by baking.

**SERVE WITH:** Baked Idaho or glazed sweet potatoes; green beans; orange and onion salad; custard.



## FRESH OR SMOKED PORK HOCKS

*Amount to purchase:*  
4 pork hocks

### Recipe: BOILED DINNER with pork hocks



#### Ingredients:

- |               |                      |
|---------------|----------------------|
| 4 pork hocks  | 4 whole carrots      |
| 1 tsp. salt   | 4 whole onions       |
| ½ tsp. pepper | 4 medium potatoes    |
|               | 1 small head cabbage |

#### Method:

- 1 Cover pork hocks with water and allow to simmer until nearly tender, about 1½ hours.
- 2 Add salt and pepper. (Omit seasonings if smoked hocks are used.)
- 3 Add carrots, potatoes, and onions. Cook 15 minutes.
- 4 Add cabbage cut into wedges, and cook 30 minutes, or until vegetables are tender.

**SERVE WITH:** Banana and peanut salad; cream pudding and cookies.



## PORK SAUSAGE PATTIES

*Amount to purchase:*

1 LB. pork sausage meat  
or 6 patties

**Recipe:** PORK UPSIDE-DOWN PIE



### *Ingredients:*

1 lb. pork sausage meat	1 c. tomato soup
2 medium sliced onions	1 recipe baking powder biscuits

### *Method:*

**1** Shape sausage into patties. Place in cold skillet. Cook over low heat until thoroughly cooked. Pour off fat as it accumulates. Remove patties to casserole.

**2** Slowly brown the onions in a small amount of sausage drippings.

**3** Place onions in casserole and pour tomato soup over meat and onions.

**4** Make one recipe baking powder biscuits; lightly roll out to fit casserole. Place on top of meat. Bake at 400° F. for 15 minutes or until well browned. Turn out on platter so meat and onions are on top.

**SERVE WITH:** Green beans; mixed vegetable salad; chocolate sundaes.



## PORK SAUSAGE LINKS

*Amount to purchase:*

1 LB.

**Recipe:** SAUSAGE and CURRIED PEACHES



### *Ingredients:*

1 lb. sausage links	1/8 tsp. curry powder
2 tbsp. water	1 tsp. sugar
4 or 6 peach halves	

### *Method:*



**1** Put links in cold skillet. Add 2 tablespoons water. Cover; steam 5 minutes; drain off water. Remove cover. Cook links until brown and thoroughly done.



**2** Pour most of drippings from pan, leaving only enough to brown peaches. Mix curry powder with fat; add peaches which have been sprinkled with sugar. Brown in fat.

**SERVE WITH:** Whole kernel corn; head lettuce salad; lemon chiffon pie.

## COUNTRY STYLE PORK SAUSAGE LINKS



Amount to purchase:  
1 LB.

Recipe: **COUNTRY SAUSAGE** with sauerkraut



### Ingredients:

1 lb. country sausage, fresh or smoked	1 small onion 5 cloves
1 No. 2½ can sauerkraut	½ tsp. caraway seed
1 apple	2 tbsp. brown sugar

### Method:

- 1 Gently cook the sauerkraut for ½ hour in a covered pan with the coarsely chopped apple, onion, seasonings, and sugar.
- 2 Meanwhile, place the sausage links or length of sausage in a skillet with ½ cup water. Bring water to a boil, then reduce heat, cover, and cook slowly until water evaporates. Remove cover and brown sausage well on all sides.
- 3 Serve hot kraut topped with links or short sausage lengths. (If smoked sausage is used, the links may be cooked right on top of the kraut without browning.)

**SERVE WITH:** Boiled parsleyed potatoes; fruit salad; rice pudding.

## SALT PORK

Amount to purchase:  
¾ LB.



Recipe: **SALT PORK** and beans



### Ingredients:

2 c. navy beans	2 tbsp. sugar
¾ lb. salt pork	½ tsp. mustard
1 tsp. salt	3 tbsp. molasses

### Method:

- 1 Wash beans; soak in water overnight.
- 2 Drain; cover beans with 1 quart fresh water. Cook slowly 1 to 1½ hours. Put in a baking dish.
- 3 Remove rind from salt pork, score in squares, bury in top of beans, leaving only scored portion exposed.
- 4 Mix salt, sugar, mustard, molasses and ½ cup boiling water. Pour over beans, adding enough additional water to cover beans. Cover dish and bake 3 to 4 hours in a slow oven (300° F.). Add hot water as needed. During last hour uncover to brown.

**SERVE WITH:** Cabbage and carrot salad; apple-sauce; spicecake.



## HAM SHANK

Amount to purchase:  
3 to 4 LBS.  
split into 2 pieces

NOTE: Use half the shank for recipe below, remainder for loaf (opposite page).

### Recipe: HAM and split pea soup



#### Ingredients:

1 end of ham shank      1 tbsp. lard or fat  
1 c. dried split peas    ¼ tsp. celery salt  
1 sliced medium onion   1 tsp. salt  
                                 ⅛ tsp. pepper

#### Method:

**1** Soak dried split peas overnight in 1½ cups cold water. Drain.

**2** Sauté onion until tender in hot fat. Add ham shank, peas, celery salt, salt, pepper and 5 cups cold water. Cover, bring to a boil, and simmer gently for 2 hours.

**3** Remove ham bone, cut off meat, add to soup. Make a thin white sauce by adding 1 tablespoon flour to 1 tablespoon lard or meat drippings in top of double boiler. Add 2 cups milk, and cook, stirring constantly, for about 10 minutes.

**4** Combine white sauce with soup. Heat.

**SERVE WITH:** Crackers or French bread; fruit salad; layer cake.



## HAM SHANK

(see page 30 for details)

### Recipe: HAM LOAF



#### Ingredients:

3 c. ground leftover ham  
1 c. rolled oats  
¾ c. tomato soup  
2 beaten eggs  
½ tsp. allspice  
¼ c. finely chopped parsley  
¼ c. finely chopped green pepper  
1 tbsp. finely minced onion

#### Method:

**1** Combine ground ham, rolled oats, tomato soup, eggs, allspice, chopped parsley, green pepper and onion.

**2** Pack into a lightly greased loaf pan.

**3** Bake at 325° F. for one hour. Let stand five minutes before removing from the pan.

**SERVE WITH:** Mashed sweet potatoes; peas; orange and grapefruit salad; lemon pudding.



## FRANKFURTERS

Amount to purchase:  
1 LB.

Recipe: **HOT POTATO SALAD** with frankfurters

**Ingredients:**

8 medium potatoes (5 cups diced)	5 strips bacon
1½ tsp. salt	½ c. chopped onion
¼ tsp. pepper	2 hard-cooked eggs
2 tsp. sugar	½ c. vinegar
½ tsp. celery seed	¼ c. water
	8 frankfurters

**Method:**

**1** Cook potatoes in skins until nearly tender. Peel and dice. Over the potatoes sprinkle a mixture of the salt, pepper, sugar and celery seed.

**2** Dice bacon and fry until crisp. Remove and cook the onion in bacon fat until tender.

**3** Add bacon, onions, and one chopped hard-cooked egg to the potatoes; mix carefully. Add vinegar and water to the bacon fat in the skillet, and heat.

**4** Pour hot liquid over potatoes, then re-heat over a low burner or in a moderate oven. Meanwhile heat wieners in simmering water for about 8 minutes.

**5** Serve in individual casseroles (or in one large one) topped with hot frankfurters. Garnish with parsley and slices of hard-cooked egg.

**SERVE WITH:** Carrot and raisin salad; brownies and sherbet.

## READY-TO-SERVE MEATS

Amount to purchase: 1 LB.

Recipe: **COLD CUTS PLATTER**

**Method:**

Arrange slices of bologna, luncheon meat, chopped ham, and salami on platter around a lettuce-cupped mound of avocado-meat-vegetable salad or potato salad.

*Other cold cuts to use: thuringer sausage, liver sausage, meat loaf, head cheese, jellied tongue, "boiled" ham, liver loaf.*

Suitable accompaniments for cold cuts: Cottage cheese with chives or caraway seed, stuffed tomatoes, deviled eggs, coleslaw, potato chips, jellied fruit or vegetable molds, tossed fruit or vegetable salad bowl, olives, pickles, raw vegetable relishes.

Recipe: **SAUSAGE-BURGERS**

**Ingredients:**

½-inch slices of liver sausage	Raw, pan-fried or French fried onion rings or pickle relish or chili sauce
Butter or margarine	
Round buns	

**Method:**

**1** Brown slices of liver sausage slowly on both sides in butter or margarine.

**2** Serve between buttered halves of buns (toasted if desired). Add onions, pickle relish or chili sauce.

**SERVE WITH:** Tossed salad of vegetables and lettuce; baked apples with cream.



*This Seal means that all statements regarding health and nutrition made in this booklet are acceptable to the Council on Foods and Nutrition of the American Medical Association.*