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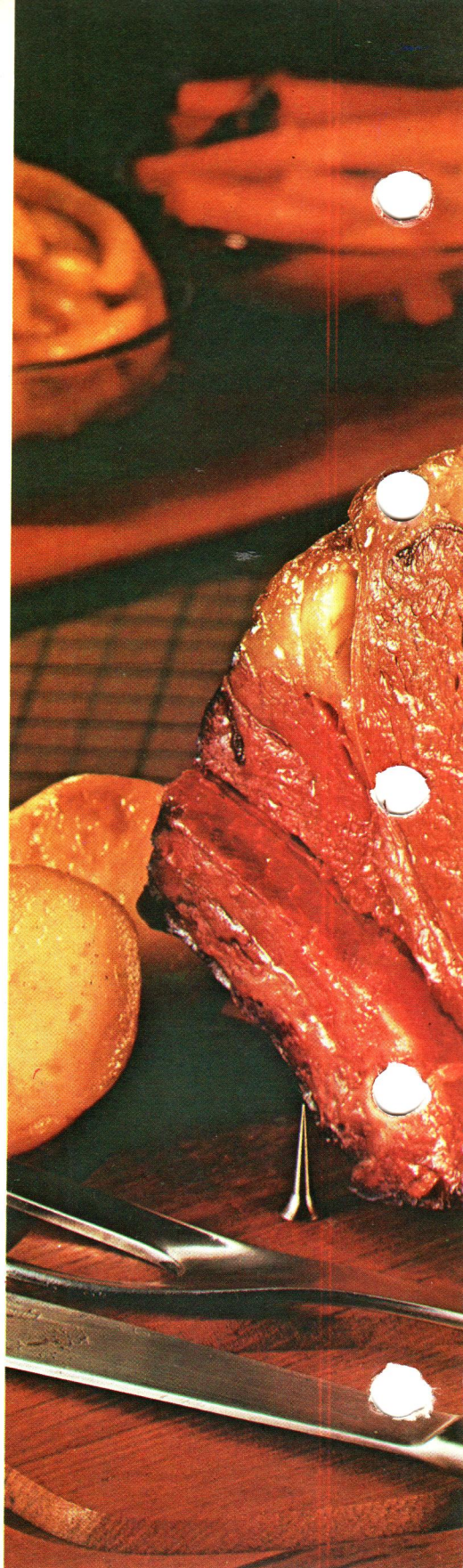
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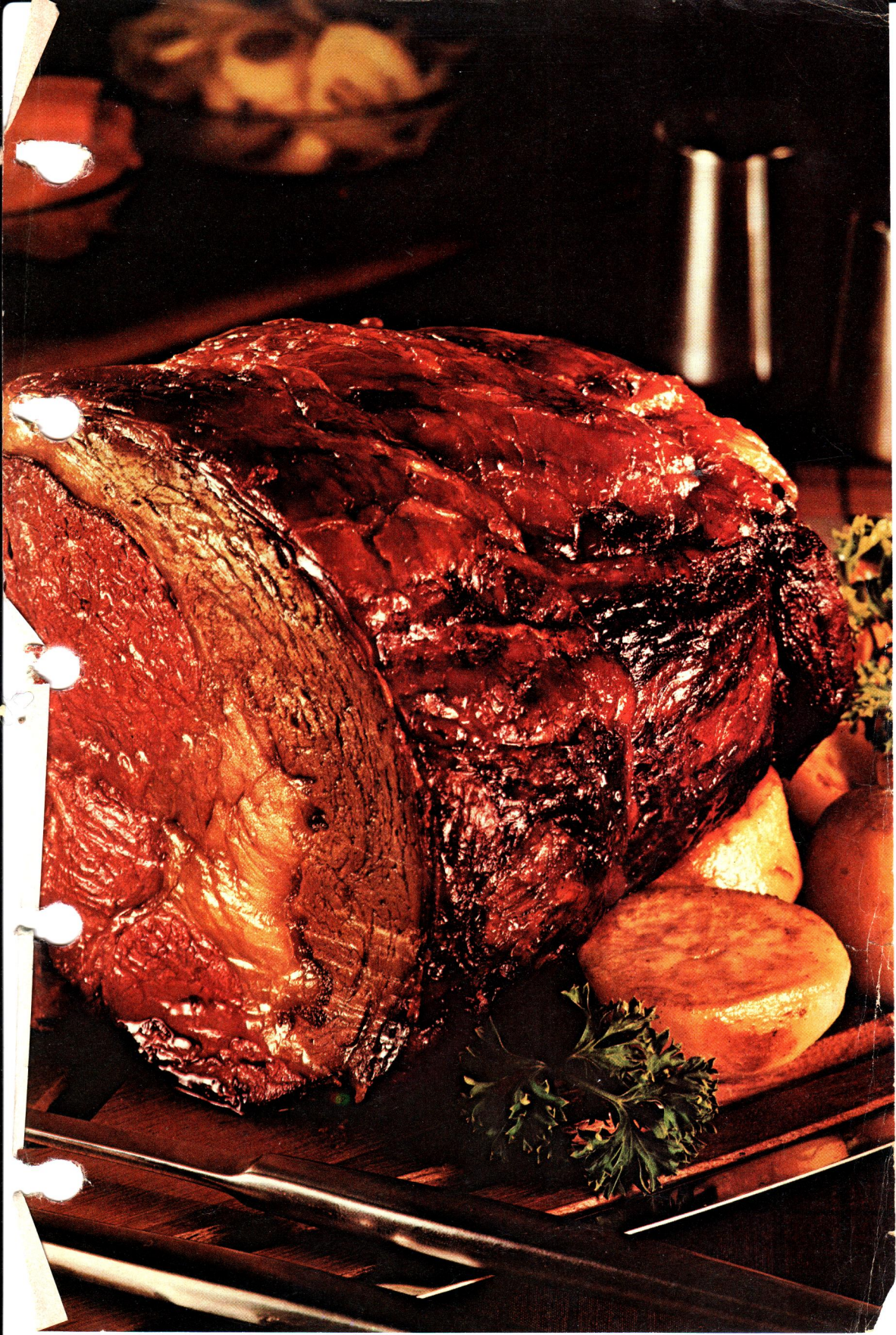
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Roast prime rib lends elegance to any meal. And it's a snap to carve. End slices of this tender beef cut are for those who like well-done meat, center slices for lovers of rare.







Cooking methods

Cook tender meat cuts by dry heat; less tender cuts by moist heat (liquid used).

Dry-heat Methods Moist-heat Methods

Roasting	Braising
Broiling	Cooking in liquid
Panbroiling	Stewing
Pan-frying	Soup-making
Rotisserie cooking	Pressure cooking

Roasting: Season meat. Insert meat thermometer. Place roast, fat side up, on rack in an open roasting pan. (Rib bones may serve as a rack.) Meat browns as it cooks. *Do not* cover, add water, or baste. Roast at 325°. See roasting chart, opposite page. Let meat stand 15 minutes before carving. Carve across the grain. Often referred to as "baked" when cooking ham.

Broiling: Preheat broiler or do not pre-heat broiler according to directions for range. Slash fat edge of meat. Place meat on cold rack of broiler pan. See broiling chart, page 236.

Panbroiling: Place meat in heavy skillet or on griddle. Do not add fat or water. Brown slowly on both sides. Cook, uncovered, over medium heat; turn occasionally. Remove fat as it accumulates. See cooking time, pages 236 and 241.

Pan-frying: In heavy skillet, brown slowly on both sides in small amount of shortening. Season. Cook, uncovered, over medium heat, turning occasionally.

Braising: Coat meat with all-purpose flour, if desired. Brown slowly on all sides in hot shortening. Pour off fat. Season. Add a very small amount of water (or other liquid). Cover *tightly*. Cook at low temperature or in slow oven.

Cooking in liquid: Cover large less tender cuts of meat with liquid. Season, if desired. Cover and simmer till tender.

Stewing: Cut meat in uniform 1- to 2-inch cubes; coat with flour. Brown slowly in hot shortening, if desired. Season. Add liquid just to cover meat. Cover pan tightly and simmer. Add vegetables just long enough before serving to be cooked. Remove meat and vegetables; thicken juices.

Soup-making: Follow directions for stewing, but add large amount *cold* water. (This extracts the meat flavor.) Cover; simmer 2 or 3 hours. Add vegetables last half of cooking time.

MEAT THERMOMETER

A meat thermometer is the best guide to determine the degree of doneness. Insert in center of raw roast so bulb reaches the thickest part of the lean meat, and does not rest in fat or on bone. When thermometer registers desired internal temperature (see roasting chart, opposite page) push thermometer into the meat a little farther. If temperature drops, continue cooking the roast to correct temperature.

ROAST BEEF TENDERLOIN

OVEN 425°

Remove surface fat and connective tissue from one 4- to 6-pound whole beef tenderloin. Season; tuck under small end. Brush meat with salad oil. Roast according to chart, opposite page. Serves 6 to 8.

BRAISED FLANK STEAK

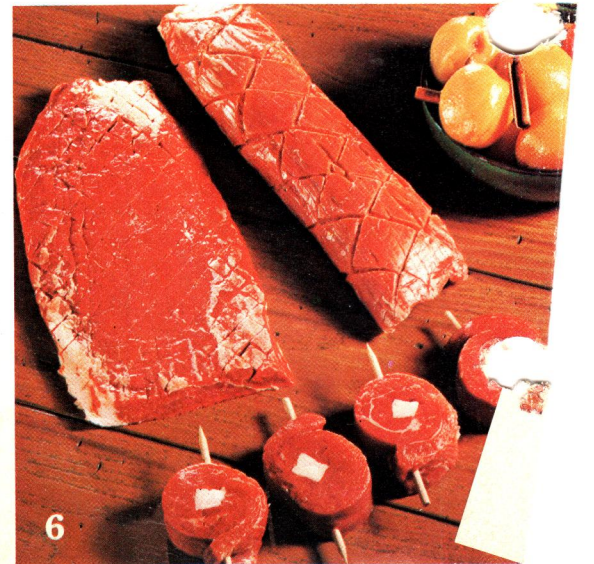
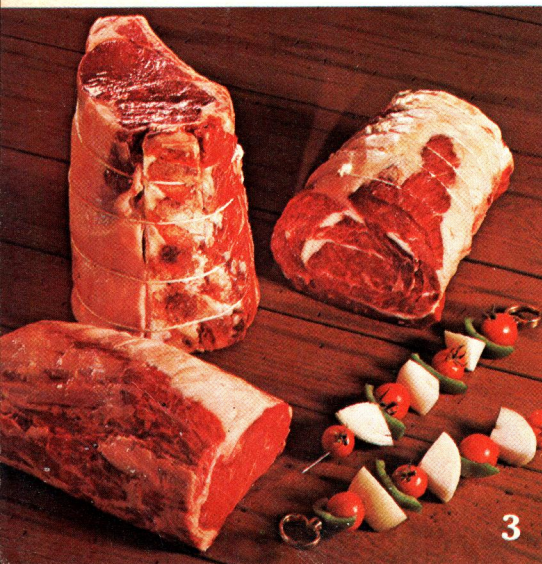
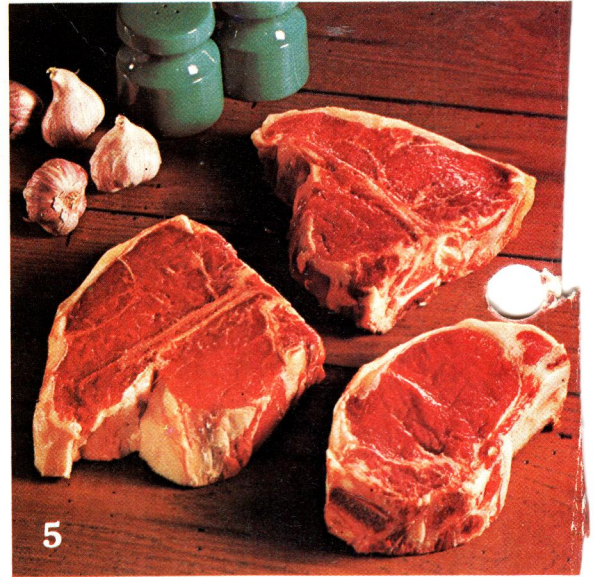
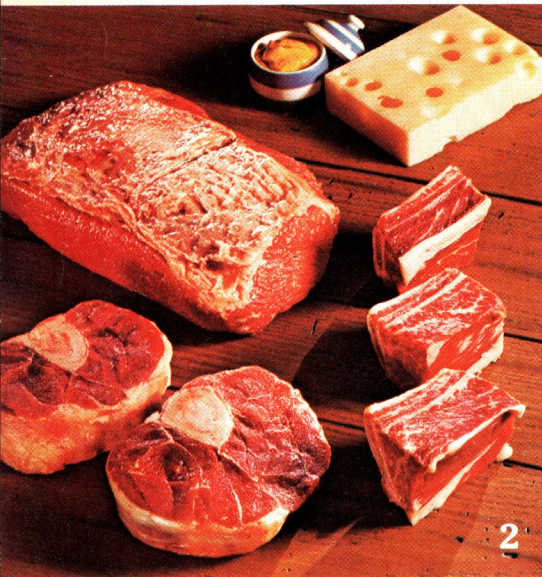
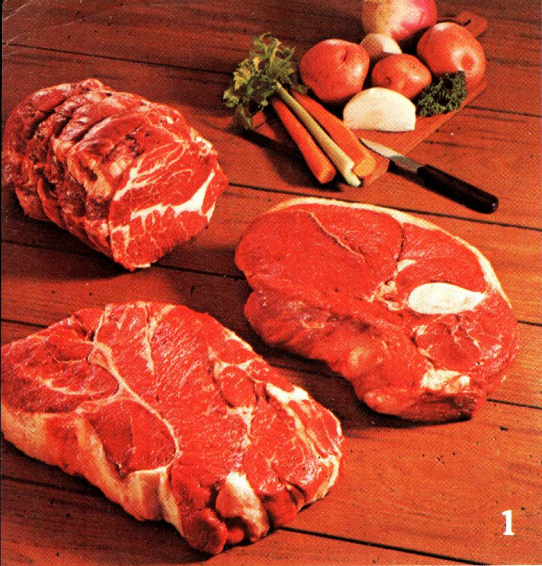
Score one 1- to 1½-pound beef flank steak; coat with all-purpose flour. Brown in hot shortening. Season. Add ½ cup hot water. Cover; cook over low heat or in moderate oven (350°) about 1½ hours. Serves 3 or 4.

HOW MUCH MEAT TO SERVE

Meat	Servings per pound
Boneless meat (ground, stew, or variety meat)	4-5
Cuts with little bone (beef round or ham center cuts, lamb or veal cutlets)	3-4
Cuts with medium amount of bone (whole or end cuts of beef round, bone-in ham; loin, rump, rib, or chuck roasts; steaks and chops)	2-3
Cuts with much bone (shank, brisket, plate, spareribs, breast of lamb or veal)	1-2

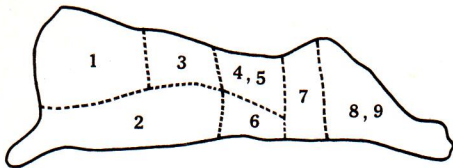
ROASTING TIME AND TEMPERATURE CHART

Cut	Approximate Weight (Pounds)	Internal Temperature on Removal from oven	Approximate Cooking Time (Total Time)
<i>Roast meat at constant oven temperature of 325° unless otherwise indicated.</i>			
Beef			
Rib Roast	4 to 6	140° (rare) 160° (medium) 170° (well done)	2¼ to 2¾ hrs. 2¾ to 3¼ hrs. 3¼ to 3½ hrs.
Rib Roast	6 to 8	140° (rare) 160° (medium) 170° (well done)	2½ to 3 hrs. 3 to 3½ hrs. 3¾ to 4 hrs.
Boneless Rib Roast	5 to 7	140° (rare) 160° (medium) 170° (well done)	3¼ to 4 hrs. 3¾ to 4 hrs. 4½ to 4¾ hrs.
Boneless Rolled Rump Roast	4 to 6	150° to 170°	2 to 2½ hrs.
Tip Roast	3½ to 4	140° to 170°	2 to 2¾ hrs.
Rib Eye (Delmonico) Roast (Roast at 350°)	4 to 6	140° (rare) 160° (medium) 170° (well done)	1½ to 1¾ hrs. 1¾ hrs. 2 hrs.
Tenderloin Roast (Roast at 425°)	4 to 6	140° (rare)	45 min. to 1 hr.
Veal			
Leg Roast	5 to 8	170°	2¾ to 3¾ hrs.
Loin Roast	4 to 6	170°	2½ to 3 hrs.
Boneless Shoulder Roast	4 to 6	170°	3½ to 3¾ hrs.
Fresh Pork			
Loin Center Roast	3 to 5	170°	2½ to 3 hrs.
Sirloin Roast	5 to 7	170°	3½ to 4¼ hrs.
Loin Blade Roast	3 to 4	170°	2¼ to 2¾ hrs.
Boneless Top Loin Roast	3 to 4	170°	2½ to 3 hrs.
Blade Boston Roast	4 to 6	170°	3 to 4 hrs.
Arm Picnic	5 to 8	170°	3 to 4 hrs.
Leg (fresh ham)	10 to 16	170°	4½ to 6 hrs.
Leg, half (fresh ham)	5 to 7	170°	3½ to 4½ hrs.
Smoked Pork			
Ham (cook-before-eating)			
whole	10 to 14	160°	3½ to 4 hrs.
half	5 to 7	160°	2½ to 3 hrs.
shank or rump portion	3 to 4	160°	2 to 2¼ hrs.
Ham (fully-cooked)			
whole	10 to 14	140°	2½ to 3 hrs.
half	5 to 7	140°	1¾ to 2¼ hrs.
whole, boneless	8 to 10	140°	2 to 2¼ hrs.
half, boneless	4 to 5	140°	1½ to 2 hrs.
Picnic Shoulder (cook-before-eating)	5 to 8	170°	3 to 4 hrs.
Lamb			
Leg, whole	5 to 7	140° (rare) 160° (medium) 170° to 180° (well done)	1¾ to 2¼ hrs. 2 to 3 hrs. 2½ to 3½ hrs.
Leg, half	3 to 4	160° (medium)	1¼ to 1¾ hrs.
Square Cut Shoulder	4 to 6	160° (medium)	1¾ to 2½ hrs.
Boneless Shoulder	3 to 5	160° (medium)	1¾ to 3 hrs.



BEEF CUTS

and how to cook them



Locate wholesale cuts on drawing, identify their retail pieces in the same numbered picture, then note cooking methods.

1. Boneless Chuck Eye Roast, upper left. Arm Pot Roast, right. Blade (7-bone) Roast, lower left. *Braise.*

2. Corned Boneless Brisket, top; *cook in liquid.* Plate Short Ribs, right; *braise, cook in liquid.* Shank Cross Cuts, left; *braise, cook in liquid.*

3. Rib Roast, upper left. Boneless Rib Roast, right. Rib Eye (Delmonico) Roast, lower left. *Roast.*

4. Boneless Top Loin (New York Strip or Strip) Steak, upper left. Tenderloin Steak, right. Rib Eye (Delmonico) Steak (section 3 on drawing), lower left. *Broil, panbroil, or panfry these beef cuts.*

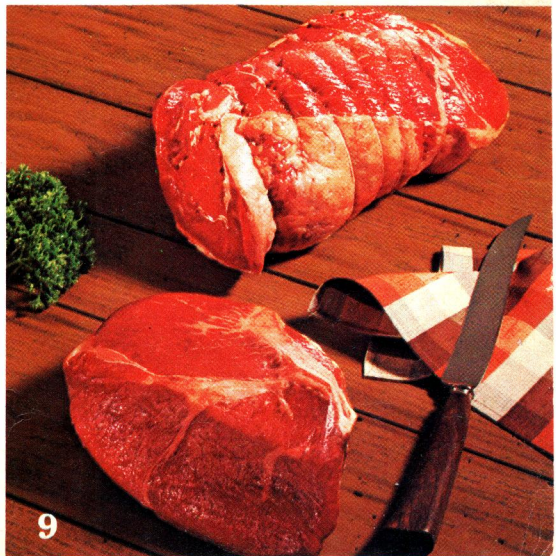
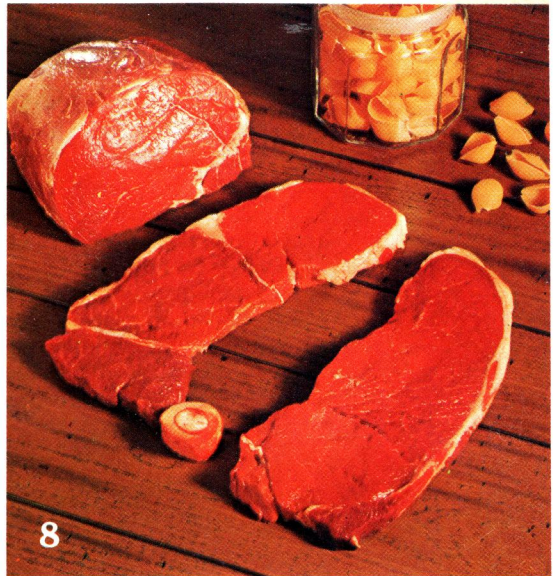
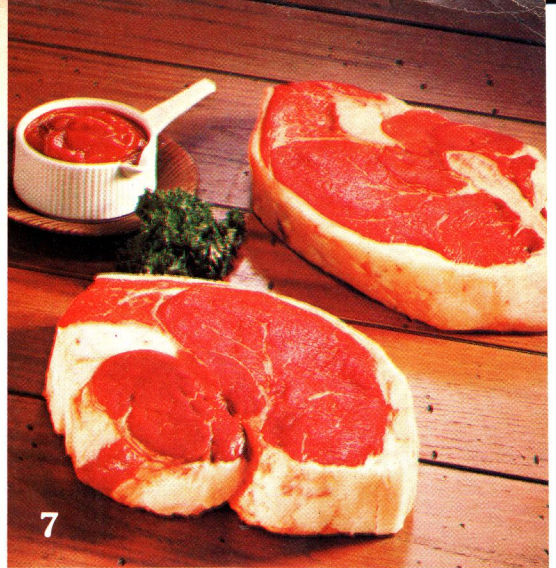
5. T-Bone Steak, upper right. Top Loin Steak, lower right. Porterhouse Steak, left. *Broil, panbroil, panfry.*

6. Scored Flank Steak, upper left. Rolled Flank Steak, upper right. Flank Steak Rolls, bottom. *Braise, broil (high quality).*

7. Sirloin Steak, upper right. Boneless Sirloin Steak, lower left. *Broil, panbroil, or panfry these beef steaks.*

8. Upper left to lower right: Round Tip Roast; *braise, roast (high quality).* Bottom Round Steak; *braise, panfry.* Round Bone. Top Round Steak; *braise, panfry.*

9. Boneless Rump Roast, upper right. Rump Roast, lower left. *Braise, or roast high-quality samples of these cuts.*



ROAST PEPPERED RIB EYE

- 1 5- to 6-pound boneless beef rib eye roast**
- ½ cup coarsely cracked pepper**
- ½ teaspoon ground cardamom**
- 1 tablespoon tomato paste**
- 1 teaspoon paprika**
- ½ teaspoon garlic powder**
- 1 cup soy sauce**
- ¾ cup vinegar**

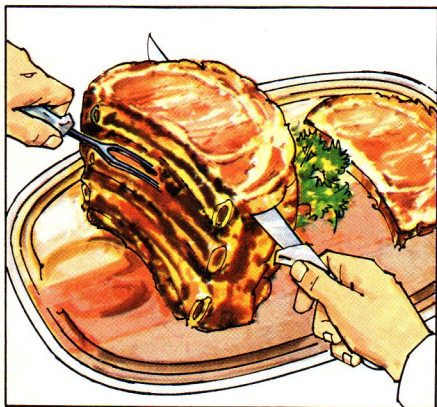
OVEN 300°

Trim excess fat from meat. Combine pepper and cardamom; rub all over meat and press in with heel of palm. Place meat in shallow baking dish. Combine tomato paste, paprika, and garlic powder; gradually add soy, then vinegar. Carefully pour mixture over meat; marinate in refrigerator overnight. Baste with marinade several times while marinating.

Remove meat from marinade. Let stand at room temperature 1 hour. Wrap meat in foil; place in shallow pan. Roast in slow oven (300°) 2 hours for medium-rare. Open foil; ladle out and reserve drippings. Brown roast, uncovered, at 350° while making Gravy. Makes 8 to 10 servings.

Gravy: Strain pan drippings; skim off excess fat. To 1 cup meat juices, add 1 cup water; bring to boiling. Add a little marinade, if desired. Serve roast *au jus*, or thicken gravy with 1½ tablespoons cornstarch mixed with ¼ cup cold water.

To carve beef rib roast, have butcher remove backbone or saw across base of ribs. Remove backbone when cooked.

**STUFFED TENDERLOIN**

OVEN 325°

Split and flatten slightly one 3-pound beef tenderloin. In 6 tablespoons butter, cook ½ cup each chopped onion and celery. Stir in 3 cups soft bread crumbs and one 6-ounce can sliced mushrooms, drained.

Spread mixture over half the meat. Bring second side over; fasten edges with skewers. Season meat with salt and pepper; top with 3 bacon slices. Roast, uncovered, in shallow pan at 325° about 1¼ hours till rare or medium-rare. Serves 6 to 8.

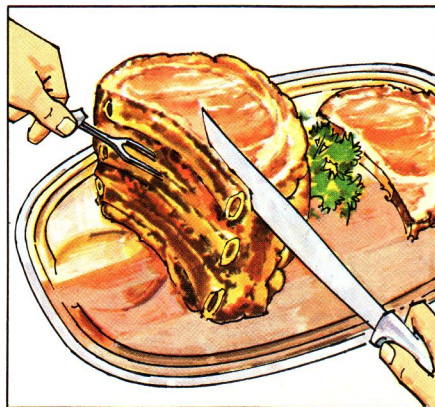
BRAISED TIP ROAST

OVEN 350°

Sprinkle one 3- to 4-pound beef round tip roast lightly with 2 tablespoons all-purpose flour and rub in. In Dutch oven, brown slowly on all sides in 2 tablespoons shortening. Season with 2 teaspoons salt and ¼ teaspoon pepper. Add 1 medium onion, sliced, 2 bay leaves, 1 clove garlic, minced, and ½ cup hot water. Cover and cook in moderate oven (350°) about 2 hours or till meat is almost tender.

Add 8 small onions, peeled, 8 medium carrots, pared, and 8 small potatoes, pared. Sprinkle vegetables with 1½ teaspoons salt. Cover and cook 1½ hours or till meat and vegetables are tender. Thicken liquid for Gravy (page 259). Makes 6 to 8 servings.

Stand roast on side with ribs to carver's left. Steady with fork and slice across meat to ribs. Loosen slice by cutting along bone.



TO BROWN MEAT

Use trimmed fat from meat for browning instead of shortening, if desired. Heat trimmings. When about 2 tablespoons melted fat accumulates, remove trimmings. This is enough to brown a 3- or 4-pound beef pot roast. For a rich brown color, coat pot roast with all-purpose flour. Brown slowly on all sides in hot fat.

BEEF POT ROAST

Coat one 3- to 4-pound beef pot roast with all-purpose flour. In Dutch oven, large skillet, or roasting pan, brown pot roast slowly on all sides in 2 tablespoons hot shortening or salad oil. Season with salt and pepper. Remove from heat, then add $\frac{1}{2}$ cup water. Cover tightly and cook slowly $2\frac{1}{2}$ hours, or till tender. Add water if needed to prevent sticking.

If desired, add small potatoes, pared and halved, small whole onions, and medium carrots, pared and cut in 1-inch pieces, the last 45 to 60 minutes of cooking. Thicken juices in pan for Pot Roast Gravy, (page 259). Makes 6 to 8 servings.

POT ROAST VARIATIONS

- Use tomato juice instead of the $\frac{1}{2}$ cup water for cooking liquid in Beef Pot Roast. Prepare Pot Roast Gravy (page 259), *except* add tomato juice to pan juices instead of water to make $1\frac{1}{2}$ cups liquid. Slowly blend an additional $\frac{1}{3}$ cup tomato juice into the flour. Season with salt, pepper, and $\frac{1}{2}$ teaspoon Worcestershire sauce.

- Slice 2 small onions over meat after browning. Add 2 bay leaves and 5 whole cloves. Use $\frac{1}{4}$ cup vinegar and $\frac{1}{4}$ cup water as the cooking liquid. Cook as directed for Beef Pot Roast.

- After browning, season pot roast with salt, pepper, and 1 tablespoon dillseed. Top meat with 2 medium onions, sliced. Serve with Sour Cream Gravy (page 259).

- Mix one 8-ounce can (1 cup) tomato sauce, 1 cup water, 1 envelope *dry* onion soup mix, 1 teaspoon caraway seed, and 2 bay leaves. Pour over meat after browning. Cook as directed for Beef Pot Roast. Thicken liquid as for Pot Roast Gravy, *using only* 2 tablespoons all-purpose flour.

BEEF WITH DUMPLINGS

1 3- to 4-pound beef pot roast

2 tablespoons shortening

1 1-pound can tomatoes

$\frac{1}{4}$ cup wine vinegar

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

1 clove garlic, minced

$\frac{1}{2}$ teaspoon mixed pickling spices

1 teaspoon salt

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

• • •

1 tube refrigerated biscuits
(10 biscuits)

1 tablespoon snipped parsley

Trim excess fat from roast. In Dutch oven or large skillet, slowly brown meat on all sides in hot shortening. Add next 7 ingredients. Cover; cook slowly $2\frac{1}{2}$ hours, or till meat is tender. Place biscuits on meat; sprinkle with parsley. Cover tightly and steam 15 minutes, or till "dumplings" are done. Remove meat and dumplings to warm platter. Make Pot Roast Gravy (page 259) *except* add water to juices to make $2\frac{1}{2}$ cups. Makes 6 to 8 servings.

FRUITED POT ROAST

1 3- to 4-pound beef pot roast

2 tablespoons shortening

$\frac{1}{2}$ cup finely chopped onion

$\frac{1}{3}$ cup finely chopped carrot

$\frac{1}{4}$ cup red Burgundy

1 clove garlic, minced

1 11-ounce package mixed dried fruit ($1\frac{3}{4}$ cups)

3 tablespoons all-purpose flour

Trim excess fat from meat. In Dutch oven or large skillet, brown meat in hot shortening. Season with $1\frac{1}{2}$ teaspoons salt and $\frac{1}{4}$ teaspoon pepper. Add next 4 ingredients. Cover tightly; cook over low heat 2 hours.

Meanwhile, pour $1\frac{1}{2}$ cups hot water over fruit; let stand 1 hour. Drain fruit, reserving liquid. Place fruit on meat. Cover; cook 45 to 60 minutes more. Remove meat and fruit to platter. Skim fat from pan juices. Add reserved liquid to juices to make $1\frac{1}{2}$ cups. Blend flour and $\frac{1}{2}$ cup cold water; stir into liquid. Cook and stir till thick and bubbly. Makes 6 servings.

BROILED BEEF STEAK

Have a beef porterhouse, T-bone, top loin, sirloin, or tenderloin (filet mignon) steak cut 1 to 2 inches thick. Slash fat edge (not into meat) at 1-inch intervals.

Place steak on cold rack in broiler pan. Broil 1- to 1½-inch thick steaks so surface of meat is 3 inches from heat, thicker cuts 4 to 5 inches from heat. (Check range instruction booklet.) Broil about *half* of time indicated on Broiling Chart; season with salt and pepper, if desired. Turn with tongs; broil for remaining time; season.

Doneness test: Slit center; note inside color: red—rare; pink—medium; gray—well.

Planked Steak: Broil 1½-inch thick steak (see Broiling Chart *except* reduce timing 7 minutes from second side). Place on seasoned plank (brush with oil; heat in 300° oven, 1 hour). Pipe or spoon border of Duchess Potatoes (page 363) around edge of plank. Oil exposed wood. (If desired, make extra potato cups; fill with hot cooked vegetables just before serving.) Broil 4 inches from heat 5 to 7 minutes, or till potatoes brown and meat is done.

Tenderized Steak: Choose beef round or chuck steak, 1 inch thick. Use instant meat tenderizer according to label directions. Broiling time is slightly less.

Panbroiled Steak: Select steak as for broiling, 1 inch thick. Place in cold heavy skillet. *Do not add shortening* (unless very lean cuts are used). Brown both sides. Cook, uncovered, over medium-high heat, turning occasionally. Total cooking time is about 9 to 10 minutes for rare; 11 to 12 minutes for medium; about 20 minutes for well-done. Season, if desired.

BROILING CHART

Thickness of Steak	Rare	Medium (total time in minutes)	Well-done
1 inch	8 to 10	12 to 14	18 to 20
1½ inch	14 to 16	18 to 20	25 to 30
2 inch	20 to 25	30 to 35	40 to 45

LONDON BROIL

Score one 1½-pound *top-quality* beef flank steak. Place in shallow pan. Combine 1 cup salad oil, 1 tablespoon vinegar, and 1 small clove garlic, minced; pour over steak. Cover; let stand at room temperature 2 to 3 hours; turn several times.

Place steak on cold rack in broiler pan. Broil, 3 inches from heat, about 5 minutes; season with salt and pepper. Turn; broil 5 minutes more (for medium-rare); season. To serve, carve in *very thin* slices diagonally across grain. Serves 4 or 5.

STUFFED FLANK STEAKS

- ½ cup chopped onion
- 2 tablespoons butter
- 4 cups dry bread cubes
- ½ teaspoon poultry seasoning
- 2 1½-pound beef flank steaks, scored
- 1 1-pound can tomatoes
- ¼ cup chopped onion
- ¼ cup catsup
- ¼ cup chopped green pepper
- 1 3-ounce can sliced mushrooms, drained (½ cup)

In skillet, cook ½ cup onion in butter till tender. Add bread cubes, poultry seasoning, ½ teaspoon salt, and dash pepper; toss till bread is lightly toasted. Sprinkle with ¼ to ½ cup water to moisten. Spread stuffing over steaks and roll up lengthwise as for jelly roll; fasten with wooden picks and lace with string.

Roll in flour; brown all sides in small amount hot shortening. Season with salt and pepper. Add tomatoes, ¼ cup chopped onion, catsup, and ½ teaspoon salt. Cover; simmer 1½ to 2 hours or till tender. Add remaining ingredients last 15 minutes. Remove steaks to warm platter. Mix 1 tablespoon flour with 2 tablespoons cold water till smooth. Stir into sauce; cook till thick and bubbly. Serves 6 to 8.

BEEF CUBED STEAKS

Lightly grease hot skillet. Cook beef cubed steaks over high heat, 1 minute on each side; season. Remove steaks. Swirl a *little* water in pan. Pour juices over steaks.

CHICKEN-FRIED STEAK

- 1½ pounds beef top round steak,**
½ inch thick
- 1 beaten egg**
- 1 tablespoon milk**
- 1 cup fine cracker crumbs**
- ¼ cup salad oil**

Pound steak ¼ inch thick; cut in serving pieces. Blend egg and milk. Dip meat in egg mixture, then in crumbs. Slowly brown meat in hot oil, turning once. Cover; cook over low heat 45 to 60 minutes till tender. Season. Serves 6.

CHEESE ROUND STEAK

Coat one 2-pound beef round steak, ½ inch thick, with a mixture of ¼ cup flour, ½ teaspoon salt, and ¼ teaspoon garlic salt. Pound meat to ¼ inch thickness; cut into 6 to 8 pieces.

In skillet, brown slowly in 3 tablespoons hot shortening. Add 1 cup hot water and ¼ cup chopped onion. Cover; simmer 1 hour, or till tender. Sprinkle with ½ cup shredded sharp process American cheese and 2 tablespoons snipped parsley. Cover; heat to melt cheese. Serves 6 to 8.

SWISS STEAK

- ¼ cup all-purpose flour**
- 2 pounds beef round steak,**
1 inch thick
- 3 tablespoons shortening**
- ½ cup chopped onion**
- 1 1-pound can tomatoes**
- 2 tablespoons chopped green pepper**

Combine flour, 1 teaspoon salt, and ¼ teaspoon pepper; pound into meat. In large skillet, brown meat on both sides in hot shortening.* Top with onion and tomatoes, cut up. Cover; cook over low heat about 1½ hours, or till tender. Add green pepper; cook 15 minutes more. Skim off excess fat. Thicken juices if desired. Season to taste. Makes 6 servings.

*Or, transfer to 12x7½x2-inch baking dish. Cook covered at 350° for 1½ hours. Uncover; add green pepper and cook 15 minutes, basting meat occasionally.

PANFRIED ROUND STEAK

Cut 1½ pounds beef round steak, ½ inch thick, into 5 pieces. Use instant meat tenderizer according to label directions. *Do not use salt.* Coat meat immediately with all-purpose flour. Cook quickly in small amount hot shortening, just till browned; turn occasionally. Serves 5.

DEVILED SWISS STEAK

- ¼ cup all-purpose flour**
- 1½ teaspoons dry mustard**
- 1 3-pound beef round steak,**
cut 1½ inches thick
- ¼ cup salad oil**
- 1 tablespoon Worcestershire**
sauce
- 1 3-ounce can mushroom**
crowns, drained (½ cup)
- Butter or margarine**

Combine flour, 2 teaspoons salt, ¼ teaspoon pepper, and dry mustard. Sprinkle mixture over round steak and pound into meat with meat mallet. In heavy skillet, brown steak slowly on both sides in hot oil. Combine ½ cup water and Worcestershire sauce; add to browned meat in skillet. Cover tightly and cook over very low heat for 1¾ to 2 hours, or till tender.

Remove steak to warm platter. Heat mushrooms in small amount of butter; serve with steak. Skim fat from meat juices. Serve juices with steak. Garnish with parsley, if desired. Makes 6 to 8 servings.

Pound round steak with a meat mallet. The pounding breaks up tough fibers and works seasoned flour into the meat.



OLD-TIME BEEF STEW

- 2 pounds beef stew meat, cut in 1½-inch cubes**
- 2 tablespoons shortening**
- 1 teaspoon Worcestershire sauce**
- 1 clove garlic**
- 1 medium onion, sliced**
- 1 or 2 bay leaves**
- 1 tablespoon salt**
- 1 teaspoon sugar**
- ½ teaspoon paprika**
- ¼ teaspoon pepper**
- Dash ground allspice or cloves**
- 6 carrots, pared and quartered**
- 4 potatoes, pared and quartered**
- 1 pound small white onions**
- 3 tablespoons all-purpose flour**

In Dutch oven, thoroughly brown meat in 2 tablespoons hot shortening, turning often. Add 2 cups hot water and next 9 ingredients. Cover; simmer for 1½ hours, stirring occasionally to keep from sticking. Remove bay leaves and garlic. Add vegetables. Cover and cook 30 to 45 minutes, or till vegetables are tender.

Slowly blend ½ cup cold water into the 3 tablespoons flour. Stir slowly into hot stew mixture. Cook and stir till bubbly. Cook and stir 3 minutes longer. Serve stew in bowls. Makes 6 to 8 servings.

SAUERBRATEN

In large bowl or crock, combine 2 medium onions, sliced, ½ lemon, sliced, 2½ cups water, 1½ cups red wine vinegar, 12 whole cloves, 6 bay leaves, 6 whole peppercorns, 1 tablespoon sugar, 1 tablespoon salt, and ¼ teaspoon ground ginger. Add one 4-pound beef rump roast, turning to coat. Cover and refrigerate about 36 hours; turn meat at least twice daily. Remove meat; wipe dry. Strain; reserve marinade.

In Dutch oven, brown meat in 2 tablespoons hot shortening; add strained marinade. Cover and cook slowly 2 hours, or till tender. Remove meat. For each cup of gravy: Combine ¼ cup meat juices and ¼ cup water; add ⅓ cup broken gingersnaps. Cook and stir till thick. Serves 10.

BEEF STROGANOFF

Cut 1 pound beef sirloin into ¼-inch strips. Combine 1 tablespoon flour and ½ teaspoon salt. Coat meat with flour mixture. Heat skillet, then add 2 tablespoons butter or margarine. When melted, add sirloin strips and brown quickly on both sides. Add one 3-ounce can sliced mushrooms, drained, ½ cup chopped onion, and 1 clove garlic, minced; cook 3 or 4 minutes, or till onion is crisp-tender.

Remove meat and mushrooms from pan. Add 2 tablespoons butter or margarine to pan drippings; blend in 3 tablespoons all-purpose flour. Add 1 tablespoon tomato paste. Stir in 1¼ cups cold beef stock or one 10½-ounce can condensed beef broth. Cook and stir over medium-high heat till thickened and bubbly.

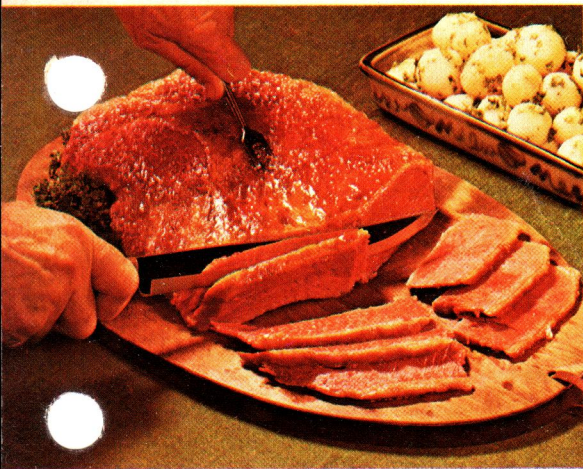
Return browned meat and mushrooms to skillet. Stir in 1 cup dairy sour cream and 2 tablespoons dry white wine; cook slowly till heated through. Do not boil. Keep warm over hot water. Serve over hot buttered noodles. Makes 4 or 5 servings.

BEEF FONDUE**Salad oil**

- 1½ pounds trimmed beef tenderloin, cut in ¾-inch cubes**
- Bordelaise Sauce, page 344**
- Caper Butter, page 343**
- Wine-Mushroom Sauce, page 343**
- Garlic Butter, page 343**
- Horseradish Sauce, page 344**
- Mustard Sauce, page 344**

Pour salad oil in saucepan or beef fondue cooker to no more than ½ capacity or to depth of about 2 inches. Heat to 425° on range (don't let oil smoke). Transfer to cooker; place over alcohol burner or canned heat. Have beef cubes at room temperature in serving bowl.

Set out small bowls of several or all of the special butters and sauces. Each guest spears a beef cube with fondue fork, then holds it in the hot oil until cooked to desired doneness—it doesn't take long to learn the length of time. Then transfer the meat to a dinner fork and dip it in a sauce on plate. Makes 4 servings.



Slice corned beef across grain, $\frac{1}{8}$ to $\frac{1}{4}$ inch thick. Since the grain goes in several directions, carve from two sides.

BRAISED SHORT RIBS

3 pounds beef short ribs
All-purpose flour
2 tablespoons shortening
1 medium onion, sliced
Onion Gravy

Trim excess fat from ribs. Roll ribs in flour. In Dutch oven, brown in hot shortening; spoon off fat. Season with 1 teaspoon salt and dash pepper. Add onion and $\frac{1}{2}$ cup water. Cover and simmer for 2 to 2 $\frac{1}{2}$ hours, or till tender, adding more water if needed. (Or, cover and cook in moderate oven (350°) for 2 to 2 $\frac{1}{2}$ hours, or till tender.) Remove meat to warm platter; keep hot while preparing gravy. Serve gravy with short ribs. Makes 6 servings.

Onion Gravy: Skim fat from meat juices, reserving 2 tablespoons fat. Measure juices and add water to make 2 cups; set aside. Brown $\frac{1}{4}$ cup sugar in reserved fat. Add 2 medium onions, thinly sliced; cook, stirring constantly, till tender. Push onions to one side. Add 2 tablespoons all-purpose flour; brown slightly. Stir in meat juices, 1 tablespoon vinegar, and $\frac{1}{4}$ teaspoon kitchen bouquet sauce. Return to heat; cook, stirring constantly, till gravy thickens and bubbles. Boil 2 to 3 minutes more. Season with salt and pepper.

CORNED BEEF DINNER

Place one 3- to 4-pound corned beef brisket in Dutch oven; barely cover with hot water. Add $\frac{1}{2}$ cup chopped onion, 2 cloves garlic, minced, and 2 bay leaves. Cover; simmer 3 to 4 hours, or till tender.

Remove meat from liquid; keep warm. Add 6 medium potatoes, pared, and 6 small carrots, pared. Cover; bring to boiling; cook 10 minutes. Add 6 cabbage wedges and cook 20 minutes longer.

If desired, glaze meat while vegetables cook. To glaze, spread fat side of meat lightly with prepared mustard. Sprinkle with mixture of $\frac{1}{4}$ cup brown sugar and dash ground cloves. Bake in shallow pan in moderate oven (350°) for 15 to 20 minutes. For carving instructions, see picture at left. Makes 6 servings.

CREAMED DRIED BEEF

4 ounces dried or smoked dried beef,* torn
2 tablespoons butter
2 tablespoons all-purpose flour
1 cup milk
 $\frac{1}{2}$ teaspoon Worcestershire sauce
Toast points

Cook dried beef in butter till edges frizzle. Push meat to one side; blend flour into butter. Add milk all at once. Cook, stirring constantly, till thick and bubbly, gradually incorporating dried beef. Add Worcestershire and dash pepper. Spoon over buttered toast. Serves 3.

*If dried beef is extra salty, let stand a few minutes in boiling water. Drain on paper towels before cooking in the butter.

FRESH BRISKET FEAST

Place one 3- to 3 $\frac{1}{2}$ -pound fresh boneless beef brisket in Dutch oven. Halve 2 onions; stick a whole clove into each onion half. Add onions with cloves to meat with 2 branches celery, 4 $\frac{1}{2}$ teaspoons salt, and $\frac{1}{2}$ teaspoon whole peppercorns.

Barely cover with water. Cover; simmer 3 to 3 $\frac{1}{2}$ hours. Add 6 medium carrots, pared, the last 20 minutes of cooking. Discard onions and celery. Serves 8 to 10.

APPLESAUCE BEEF LOAF

OVEN 350°

Combine 1 beaten egg, 1½ cups soft bread crumbs (2 slices bread), ½ cup applesauce, ¼ cup finely chopped celery, 2 tablespoons finely chopped onion, 1 teaspoon Dijon-style mustard, ½ teaspoon salt, and dash pepper. Add 1 pound ground beef and mix thoroughly. Shape mixture into a round loaf in an 8x8x2-inch baking pan.

With a spoon, make a crater-like depression in top of loaf. Combine ½ cup applesauce, 1 tablespoon brown sugar, 1½ teaspoons vinegar, and ½ teaspoon Dijon-style mustard; pour into depression. Bake at 350° for 1 hour. Makes 4 or 5 servings.

BERRY-GLAZED LOAVES

OVEN 350°

Combine 1 beaten egg, ⅓ cup milk, ⅓ cup quick-cooking rolled oats, 2 tablespoons finely chopped onion, ½ teaspoon salt, and dash pepper. Add 1 pound ground beef and ¼ pound bulk pork sausage; mix thoroughly. Shape into 5 individual loaves. Place in 13x9x2-inch baking dish. Combine one 1-pound can whole cranberry sauce, ⅓ cup brown sugar, and 1 tablespoon lemon juice; spoon over loaves.

Bake at 350° for 45 minutes, basting once or twice with glaze. Remove loaves to warm platter. Skim fat from sauce; pour some sauce over meat loaves; pass remaining. Makes 5 servings.

FAVORITE BEEF LOAF

- 2 beaten eggs**
- 1 8-ounce can tomato sauce**
- ½ cup medium cracker crumbs**
- ¼ cup finely chopped onion**
- 2 tablespoons chopped green pepper**
- 1 teaspoon salt**
- Dash dried thyme, crushed**
- Dash dried marjoram, crushed**
- 1½ pounds ground beef**

OVEN 350°

Combine first 8 ingredients. Add ground beef; mix well. Shape mixture into a loaf in 12x7½x2-inch baking dish. Bake at 350° about 1¼ hours. Makes 6 to 8 servings.

TWIN MEAT LOAVES

- 3 cups soft bread cubes (about 4 slices cut in ½-inch cubes)**

¾ cup milk

2 eggs

• • •

¼ cup finely chopped onion

¼ cup finely chopped celery

1 tablespoon Worcestershire sauce

1½ teaspoons salt

⅛ teaspoon pepper

½ teaspoon poultry seasoning

1½ pounds ground beef

½ pound ground pork

• • •

¼ cup chili sauce or ¼ cup catsup and 2 tablespoons corn syrup

OVEN 350°

Soak bread cubes in milk. Add eggs; beat with rotary beater. Add onion, celery, Worcestershire sauce, salt, pepper, and poultry seasoning; mix thoroughly. Add meats; mix well. Form into 2 loaves. Place in 13x9x2-inch baking pan. Bake, uncovered, in moderate oven (350°) for 1 hour.

For glaze, spread loaves with chili sauce or spread with mixture of the catsup and corn syrup. Bake 15 minutes longer. Makes 8 to 10 servings.

ITALIAN MEAT LOAF

OVEN 350°

In large bowl, combine 2 eggs, one 6-ounce can (⅔ cup) tomato paste, ½ cup medium cracker crumbs (about 11 crackers), ½ cup finely chopped onion, ¼ cup finely chopped green pepper, ¾ teaspoon salt, and dash pepper. Add 1½ pounds ground beef; mix well. Pat *half* the mixture into bottom of an 8x8x2-inch baking pan.

Combine ½ cup medium cracker crumbs, one 12-ounce carton (1½ cups) small-curd cottage cheese, one 3-ounce can chopped mushrooms, drained (½ cup), 1 tablespoon snipped parsley, and ¼ teaspoon dried oregano, crushed. Spread mixture evenly over meat in pan. Top with remaining meat mixture.

Bake in moderate oven (350°) for 1 hour. Let meat loaf stand 10 minutes before serving. Makes 8 servings.

SWEDISH MEATBALLS

- ¾ pound lean ground beef**
- ½ pound ground veal**
- ¼ pound ground pork**
- 1½ cups soft bread crumbs**
- 1 cup light cream**
- ½ cup chopped onion**
- 1 tablespoon butter**
- 1 egg**
- ¼ cup finely snipped parsley**
- 1¼ teaspoons salt**
- Dash pepper**
- Dash ground ginger**
- Dash ground nutmeg**
- 2 tablespoons butter**
- Gravy**

Have meats ground together twice. Soak bread in cream about 5 minutes. Cook onion in 1 tablespoon butter till tender.

Mix egg, crumb mixture, onion, parsley, salt, pepper, and spices; add meats. Beat 5 minutes at medium speed on electric mixer, or mix by hand till well combined. Shape into 1½-inch balls (mixture will be soft—for easier shaping, wet hands or chill mixture first). Brown in 2 tablespoons butter. Remove from skillet. Prepare Gravy; add meatballs. Cover; cook *slowly* 30 minutes; baste often. Makes 30.

Gravy: Melt 2 tablespoons butter in skillet with drippings. Stir in 2 tablespoons all-purpose flour. Add 1 beef bouillon cube dissolved in 1¼ cups boiling water and ½ teaspoon instant coffee powder. Cook and stir till thickened and bubbly.

Soy products

Soy-based products, such as textured vegetable protein, extend ground meat by stretching protein value and volume of ground meat while still keeping the meat's flavor.

Textured vegetable protein is available already mixed with ground meat or in a granular form ready to blend with meat. To make your own mixture, use 1 pound ground meat; add soy protein with the amount of liquid specified in label directions to yield about 1½ pounds.

HAMBURGERS

Panbroiled: Shape 1 pound ground beef into 4 patties, ¾-inch thick. Heat skillet sizzling hot; sprinkle skillet lightly with salt. Cook burgers over high heat 5 minutes; turn and cook 4 to 5 minutes. Partially cover if meat spatters.

Broiled: Combine 1 pound ground beef, ½ teaspoon salt, dash pepper, and ¼ cup finely chopped onion (optional). Shape burgers into 4 patties, ¾-inch thick. Broil 3 inches from heat 6 minutes; turn and broil 4 minutes or till done.

SPECIAL HAMBURGERS

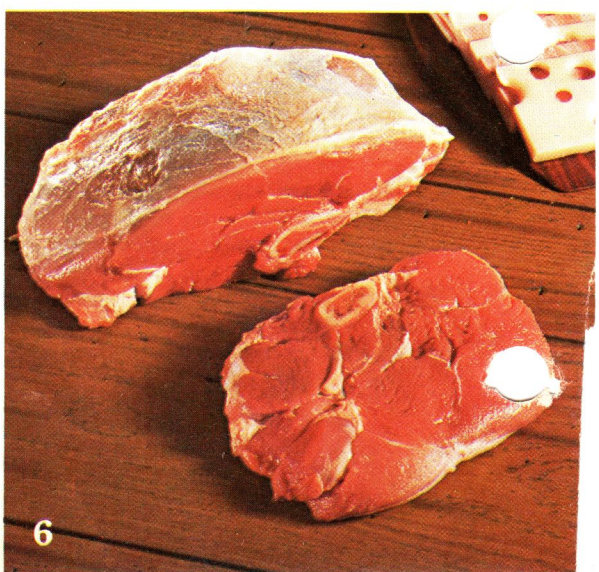
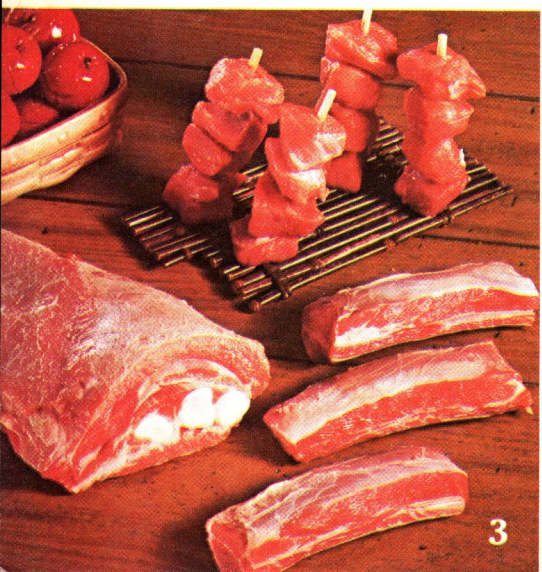
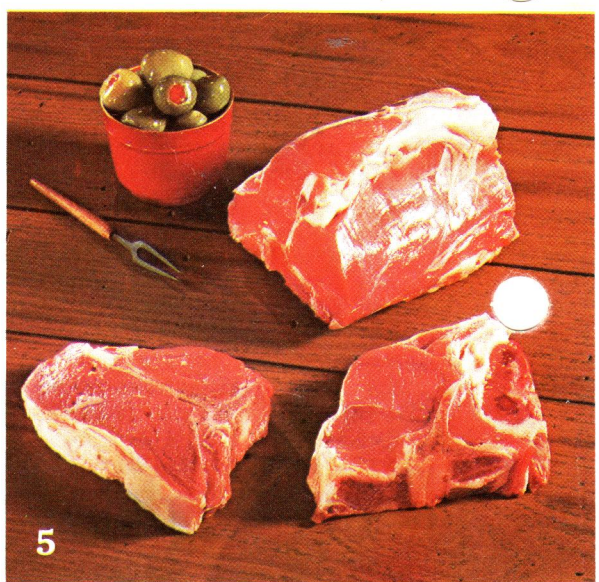
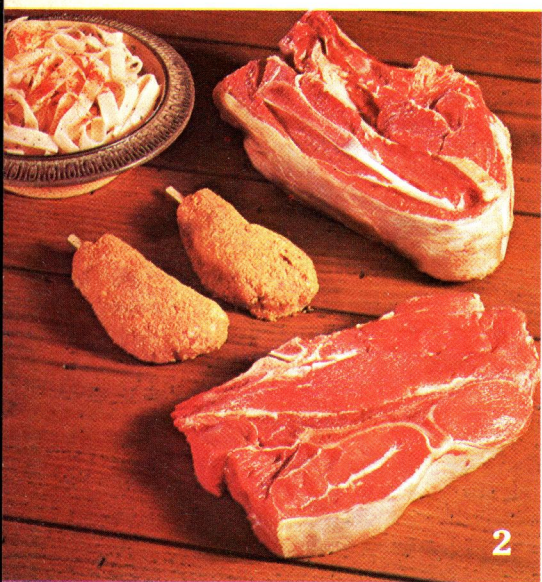
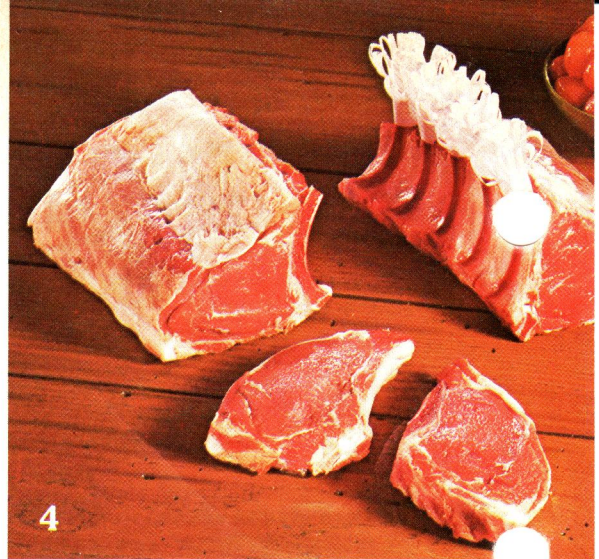
- 1 pound ground beef**
- 2 tablespoons finely chopped green pepper**
- ¼ cup chopped onion**
- ¼ cup catsup**
- 1 tablespoon prepared horseradish**
- ½ teaspoon dry mustard**

OVEN 375°

Combine ingredients and ½ teaspoon salt; mix well. Form into 4 to 6 patties. Broil as above, *or* place in greased shallow baking dish; bake at 375° for 30 minutes.

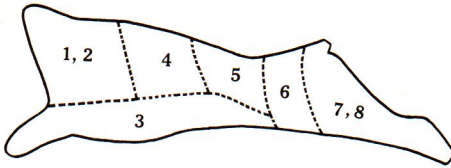
SWEET-SOUR MEATBALLS

Combine 1 beaten egg, 1 cup soft bread crumbs, 2 tablespoons chopped onion, 2 tablespoons milk, and ¾ teaspoon salt. Add 1 pound ground beef-textured vegetable protein mixture; mix well. Shape into 24 one-inch balls. In large skillet, brown meatballs in 2 tablespoons hot shortening. Drain off fat. Drain one 8¼-ounce can pineapple tidbits, reserving syrup; set pineapple aside. Add water to reserved syrup to make ¾ cup. Combine syrup mixture, one 8-ounce can whole cranberry sauce, ½ cup bottled barbecue sauce, ¼ teaspoon salt, and dash pepper. Pour over meatballs. Bring to boiling. Cover; simmer 15 to 20 minutes. Blend ¼ cup cold water into 1 tablespoon cornstarch; stir into skillet. Cook and stir till thick. Add pineapple and ½ cup green pepper strips. Simmer, covered, till pepper is barely tender. Serve over hot cooked rice. Serves 6.



VEAL CUTS

and how to cook them



Locate wholesale cuts on drawing, identify their retail pieces in the same numbered picture, then note cooking methods.

1. Boneless Shoulder Roast, upper right; *roast, braise*. Arm Roast, left; *roast, braise*. Arm Steak, lower right; *braise or panfry this veal cut*.

2. Blade Roast, upper right. Mock Chicken Legs, left; *roast, braise*. Blade Steak, lower right. *Braise, panfry*.

3. Cubes for Kabobs (City Chicken), top; *braise, panfry*. Breast, left; *roast, braise, cook in liquid*. Riblets, right; *braise, cook in liquid*.

4. Rib Roast, upper left; *roast*. Frenched Rib Roast, upper right; *roast*. Rib Chops, bottom; *braise, panfry*.

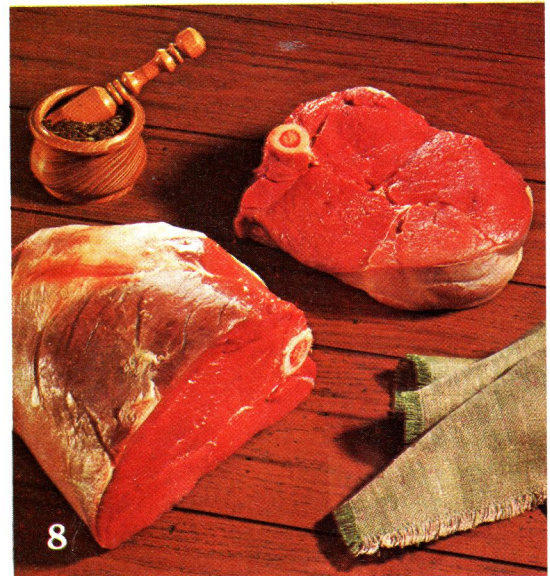
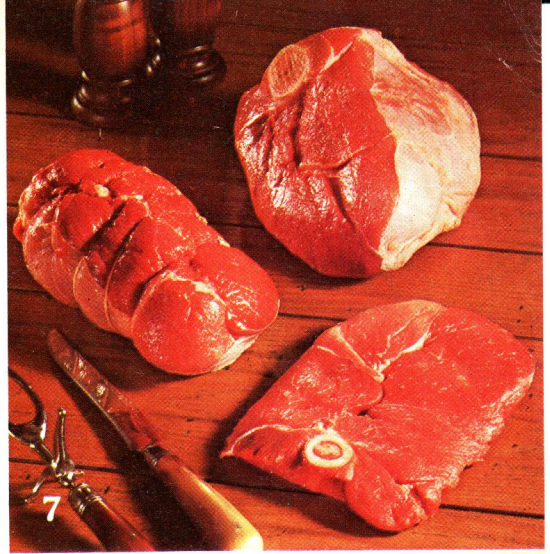
5. Loin Roast, top; *roast*. Loin Chop, left; *braise, panfry*. Loin Kidney Chop, lower right; *braise, panfry*.

6. Sirloin Roast, upper left; *roast*. Sirloin Steak, lower right; *braise or panfry this veal cut*.

7. Rump Roast, upper right; *roast, braise*. Boneless Rump Roast, left; *roast, braise*. Round Steak, lower right; *braise or panfry this veal steak*.

8. Round Steak (cut thick), upper right; *braise*. Round Roast, lower left; *roast or braise this veal roast*.

9. Veal Loaf, upper left; *bake*. Ground Veal Patties (wrapped with bacon), right; *panfry, braise, broil*.



VEAL ROAST

OVEN 325°

Season a bone-in veal loin or leg roast, or a boneless veal shoulder roast. Place, fat side up, on rack in open pan. Lay 5 bacon slices over top. Insert meat thermometer (see page 230). Roast according to time and temperature chart, page 231. Let stand 15 minutes before carving.

STUFFED BREAST OF VEAL

OVEN 325°

Have meatman bone one 3-pound veal breast. Cut off triangular end and skewer to larger piece to make an even rectangle. Sprinkle with salt. Spread Sausage-apple Stuffing on half of meat. Fold other half over; fasten with metal skewers. Place on rack in shallow pan. Cover with foil and bake at 325° for 2 hours. Uncover and lay 5 bacon slices over top. Roast, uncovered, 1 hour more or till well done. Serves 6 to 8.

Sausage-apple Stuffing: In skillet, cook ½ pound bulk pork sausage till lightly browned; drain. Combine 1 cup soft bread crumbs, 1 cup medium coarse cracker crumbs, 1 cup chopped tart apple, ¼ cup hot water, 2 tablespoons chopped onion, ½ teaspoon salt, dash pepper, and the drained sausage; mix well. Makes 2¾ cups.

VEAL CHOPS

Dip 4 veal chops, ½ to ¾ inch thick, in flour*; brown in hot shortening; season with salt and pepper. Add ½ cup water. Cover; cook slowly about 45 minutes, or till done, adding more water if necessary during cooking. Makes 4 servings.

*Or, dip chops into mixture of 1 slightly beaten egg and 1 tablespoon water, then into ¼ cup fine cracker crumbs.

BRAISED VEAL SHOULDER

OVEN 325°

Brown one 5- to 6-pound boneless veal shoulder roast on all sides in hot shortening. Season with salt and pepper. Place in roasting pan; add ½ cup water. Cover; cook at 325° for 2 to 2½ hours, or till tender. Vegetables may be added last 45 minutes. Makes 10 to 12 servings.

VEAL SCALOPINI

- 1½ pounds veal round steak
- ¼ cup all-purpose flour
- 1 teaspoon paprika
- 1 3-ounce can broiled sliced mushrooms
- 1 teaspoon beef-flavored gravy base
- ½ cup tomato sauce
- 2 tablespoons chopped green pepper
- 4 ounces medium noodles
- Parmesan cheese

OVEN 350°

Pound meat thoroughly with meat mallet. Cut into serving pieces. Coat with flour seasoned with ½ teaspoon salt, dash pepper, and paprika. Brown in a little hot shortening. Put in 9x9x2-inch baking dish.

Drain mushrooms, reserving liquid. Add water to mushroom liquid to make ½ cup; heat to boiling. Stir in beef-flavored gravy base and pour over meat.

Bake, covered, at 350° for 30 minutes. Combine tomato sauce, green pepper, and mushrooms; pour over meat and bake, uncovered, for 15 minutes more.

Meanwhile, cook noodles until tender in large amount boiling salted water; drain. Baste meat with sauce just before serving. Sprinkle with Parmesan cheese. Serve with hot buttered noodles. Serves 4 to 6.

VEAL STEW 'N DUMPLINGS

Have 1½ pounds veal cut in 1-inch cubes. Coat meat with all-purpose flour. Brown slowly in small amount of hot shortening in Dutch oven. Add 4 cups tomato juice, 2 teaspoons salt, and 4 to 6 drops bottled hot pepper sauce. Cover and simmer for 1 hour. Add 1 cup diced pared potatoes, ½ cup sliced celery, and ½ cup chopped onion; cover and cook 30 minutes, or till vegetables are almost tender. Meanwhile, prepare Corn-meal Dumplings. Drop by rounded tablespoons onto *hot bubbling* stew. Cover tightly; steam 10 minutes (don't lift cover). Serves 6.

Corn-meal Dumplings: Combine one 10-ounce package corn bread mix and 2 tablespoons snipped parsley. Then, prepare mix according to package directions, *except* reduce milk to ½ cup.

CITY CHICKEN

- 2 pounds veal, cut in 1½-inch cubes
- ⅓ cup fine cracker crumbs
- 1½ teaspoons salt
- 1 teaspoon paprika
- ¾ teaspoon poultry seasoning
- 1 slightly beaten egg
- 2 tablespoons milk
- • •
- 3 tablespoons shortening
- 1 chicken bouillon cube
- ½ cup boiling water

OVEN 350°

Thread veal cubes onto 6 short skewers. Combine crumbs, salt, paprika, and poultry seasoning. Combine egg and milk. Dip meat in egg mixture, then in crumbs. Brown slowly on all sides in hot shortening. Dissolve bouillon cube in boiling water; add to meat. Cover and bake at 350° for 45 minutes. Uncover; bake 30 minutes. Makes 6 servings.

VEAL AND HAM BIRDS

- 2 to 2½ pounds veal round steak or cutlets, ¼ inch thick
- 8 slices boiled ham
- 4 slices process Swiss cheese (4 ounces)
- 1 slightly beaten egg
- 2 tablespoons water
- ½ cup fine dry bread crumbs
- 1 10½-ounce can condensed cream of mushroom soup
- 2 tablespoons dry white wine
- ½ cup milk

OVEN 350°

Have meatman cut veal into 8 serving pieces and put through tenderizer. Or, at home pound each piece to about ⅛-inch thickness. Top each veal slice with a ham slice. Cut cheese in narrow strips and place a few stacks on each ham slice. Roll meat around cheese; secure with picks.

Dip rolls in mixture of egg and water; roll in crumbs to coat. Place seam side down in 13x9x2-inch baking dish. Combine soup, wine, and milk; heat till bubbly. Pour sauce around rolls.

Cover baking dish with foil; bake at 350° for 50 minutes. Uncover; bake 10 minutes or till crumbs are crisp. Makes 8 servings.

VEAL PARMIGIANO

- 3 tablespoons butter
- ½ cup cornflake crumbs
- ¼ cup grated Parmesan cheese
- 1 pound veal cutlets or round steak, about ¼ inch thick
- 1 slightly beaten egg
- 1 8-ounce can tomato sauce
- ½ teaspoon dried oregano crushed
- ½ teaspoon sugar
- Dash onion salt
- 2 thin slices mozzarella cheese, halved (4 ounces)

OVEN 400°

Melt butter in 10x6x1½-inch baking dish in 400° oven. Combine crumbs, Parmesan, ½ teaspoon salt, and dash pepper. Cut veal in serving pieces; dip in egg, then in crumb mixture. Place in baking dish. Bake at 400° for 20 minutes. Turn meat; bake 15 to 20 minutes more or till tender.

Meanwhile, combine tomato sauce, oregano, sugar, and onion salt; heat to boiling, stirring frequently. Pour sauce over meat. Top with cheese. Return to oven to melt cheese. Serves 4.

WIENER SCHNITZEL

- 1½ pounds veal round steak or cutlets, ½ inch thick
- ¼ cup all-purpose flour
- 1 beaten egg
- 1 tablespoon milk
- 1 cup fine dry bread crumbs
- ¼ cup salad oil
- Lemon wedges

Cut meat into 4 pieces; pound ¼ to ⅛ inch thick. Cut small slits around edges to prevent curling. Coat meat with flour seasoned with 1 teaspoon salt and ¼ teaspoon pepper. Combine egg and milk. Dip floured cutlets in egg mixture, then in bread crumbs. Cook meat in hot salad oil for 2 to 3 minutes on each side, or till tender. Serve with lemon. Serves 4.

Wiener Schnitzel a la Holstein: Prepare Wiener Schnitzel. In skillet, fry 4 eggs in butter till whites are set. Add 1 tablespoon water. Cover; cook till eggs are done. Place one cooked egg on each veal cutlet. Sprinkle with snipped parsley.

CITY CHICKEN

- 2 pounds veal, cut in 1½-inch cubes
- ⅔ cup fine cracker crumbs
- 1½ teaspoons salt
- 1 teaspoon paprika
- ¾ teaspoon poultry seasoning
- 1 slightly beaten egg
- 2 tablespoons milk
- • •
- 3 tablespoons shortening
- 1 chicken bouillon cube
- ½ cup boiling water

OVEN 350°

Thread veal cubes onto 6 short skewers. Combine crumbs, salt, paprika, and poultry seasoning. Combine egg and milk. Dip meat in egg mixture, then in crumbs. Brown slowly on all sides in hot shortening. Dissolve bouillon cube in boiling water; add to meat. Cover and bake at 350° for 45 minutes. Uncover; bake 30 minutes. Makes 6 servings.

VEAL AND HAM BIRDS

- 2 to 2½ pounds veal round steak or cutlets, ¼ inch thick
- 8 slices boiled ham
- 4 slices process Swiss cheese (4 ounces)
- 1 slightly beaten egg
- 2 tablespoons water
- ½ cup fine dry bread crumbs
- 1 10½-ounce can condensed cream of mushroom soup
- 2 tablespoons dry white wine
- ½ cup milk

OVEN 350°

Have meatman cut veal into 8 serving pieces and put through tenderizer. Or, at home pound each piece to about ⅛-inch thickness. Top each veal slice with a ham slice. Cut cheese in narrow strips and place a few stacks on each ham slice. Roll meat around cheese; secure with picks.

Dip rolls in mixture of egg and water; roll in crumbs to coat. Place seam side down in 13x9x2-inch baking dish. Combine soup, wine, and milk; heat till bubbly. Pour sauce around rolls.

Cover baking dish with foil; bake at 350° for 50 minutes. Uncover; bake 10 minutes or till crumbs are crisp. Makes 8 servings.

VEAL PARMIGIANO

- 3 tablespoons butter
- ½ cup cornflake crumbs
- ¼ cup grated Parmesan cheese
- 1 pound veal cutlets or round steak, about ¼ inch thick
- 1 slightly beaten egg
- 1 8-ounce can tomato sauce
- ½ teaspoon dried oregano crushed
- ½ teaspoon sugar
- Dash onion salt
- 2 thin slices mozzarella cheese, halved (4 ounces)

OVEN 400°

Melt butter in 10x6x1½-inch baking dish in 400° oven. Combine crumbs, Parmesan, ½ teaspoon salt, and dash pepper. Cut veal in serving pieces; dip in egg, then in crumb mixture. Place in baking dish. Bake at 400° for 20 minutes. Turn meat; bake 15 to 20 minutes more or till tender.

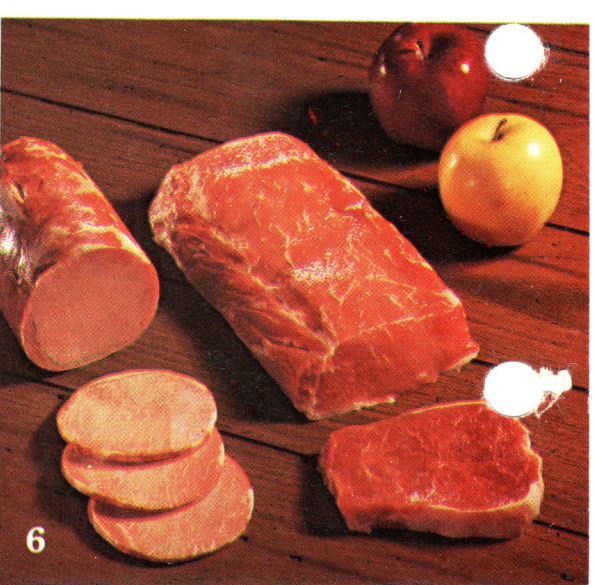
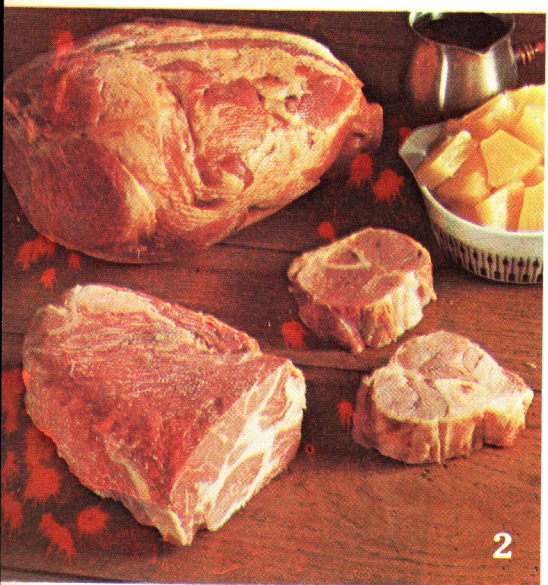
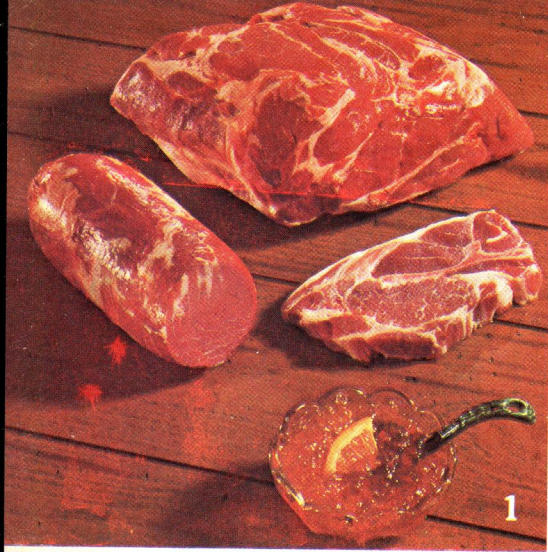
Meanwhile, combine tomato sauce, oregano, sugar, and onion salt; heat to boiling, stirring frequently. Pour sauce over meat. Top with cheese. Return to oven to melt cheese. Serves 4.

WIENER SCHNITZEL

- 1½ pounds veal round steak or cutlets, ½ inch thick
- ¼ cup all-purpose flour
- 1 beaten egg
- 1 tablespoon milk
- 1 cup fine dry bread crumbs
- ¼ cup salad oil
- Lemon wedges

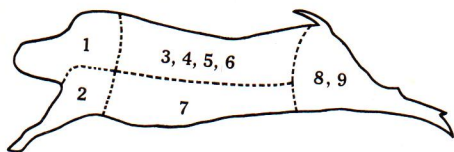
Cut meat into 4 pieces; pound ¼ to ⅛ inch thick. Cut small slits around edges to prevent curling. Coat meat with flour seasoned with 1 teaspoon salt and ¼ teaspoon pepper. Combine egg and milk. Dip floured cutlets in egg mixture, then in bread crumbs. Cook meat in hot salad oil for 2 to 3 minutes on each side, or till tender. Serve with lemon. Serves 4.

Wiener Schnitzel a la Holstein: Prepare Wiener Schnitzel. In skillet, fry 4 eggs in butter till whites are set. Add 1 tablespoon water. Cover; cook till eggs are done. Place one cooked egg on each veal cutlet. Sprinkle with snipped parsley.



PORK CUTS

and how to cook them



Locate wholesale cuts on drawing, identify their retail pieces in the same numbered picture, then note cooking methods.

1. Blade Boston Roast, top; *roast*. Smoked Shoulder Roll, left; *roast, cook in liquid*. Blade Steak, right; *braise, broil, panfry*.

2. Smoked Arm Picnic Roast, top; *roast, cook in liquid*. Canned Arm Picnic, left; *roast*. Smoked Hocks (cross cut), right; *roast, cook in liquid*.

3. Rib Crown Roast, top; *roast*. Center Loin Roast, right; *roast*. Rib Chops (stuffed); *roast, braise*.

4. Sirloin Roast, upper right; *roast*. Whole Tenderloin, left; *roast, braise, broil, panfry*. Loin Chop, lower right; *braise, panfry, or broil this pork chop*.

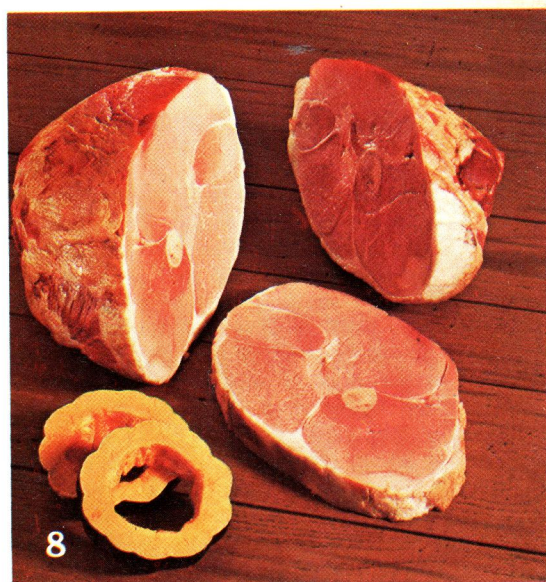
5. Loin Blade Roast, upper right; *roast*. Back Rib, upper left; *roast, braise*. Country-Style Rib, lower left; *roast, braise*. Rib Chop, lower right; *braise, panfry, broil*.

6. Canadian-Style Bacon, upper left; *roast*. Sliced Canadian-Style Bacon, lower left; *broil, panbroil, panfry*. Boneless Top Loin Roast, upper right; *roast*. Loin Butterfly Chop; *braise, broil, panfry*.

7. Spareribs, left; *roast, braise, cook in liquid*. Salt Pork, upper right; *cook in liquid (for seasoning), panbroil, panfry*. Bacon: Slab, middle right; Sliced, lower right; *broil, panbroil, panfry*.

8. Smoked Ham: Shank Portion, left; *roast, cook in liquid*. Rump Portion, upper right; *roast, cook in liquid*. Center Slice, lower right; *broil, panbroil, panfry, roast*.

9. Boneless Smoked Ham Roll, upper left; *roast*. Country-Style Ham; Shank Portion, right; *cook in liquid and roast*. Canned Ham, lower left; *roast*.





Have backbone loosened from ribs of pork loin roast. Rub salt, pepper, and sage over fat side; insert meat thermometer in center of meat. See roasting chart, page 231.

CROWN ROAST OF PORK

OVEN 325°

Have one 5½- to 6-pound pork rib crown roast (14 to 16 ribs) made from strip of pork loin (backbone removed). Have roast tied securely around loin area as well as near bones, and have ends of ribs "frenched" (meat removed from about a one-inch section). Season. Place in shallow roasting pan, bone ends up*; wrap tips in foil. Insert meat thermometer in loin, making sure it does not rest on bone.

Roast, uncovered, at 325° about 2½ to 3 hours, or till thermometer reads 170°. An hour before meat is done, fill center with Corn Stuffing. To carve, slice between ribs allowing one rib per serving.

*Or, if roast is to be filled after roasting with potatoes or other vegetables, place rib bones down forming a rack.

CORN STUFFING

Mix one 1-pound 1-ounce can cream-style corn, one 12-ounce can vacuum packed whole kernel corn, drained, 1 beaten egg, 1 cup soft bread crumbs, ¼ cup *each* chopped onion and green pepper, 2 tablespoons chopped canned pimiento, 1 teaspoon salt, and dash pepper. Fill roast 1 hour before done. Place remaining stuffing in casserole. Dot with butter; bake alongside crown roast at 325°.



Stuff pork chops lightly. Close opening with wooden picks or skewers, poking them in at a slight angle so meat will lie flat in baking dish. Lace with string; tie.

STUFFED PORK SHOULDER

1 4- to 5-pound boneless pork arm picnic for stuffing
Poultry seasoning
Celery Stuffing,
page 289

OVEN 325°

Rub outside of meat and pocket with poultry seasoning; sprinkle with salt and pepper. Lightly stuff with Celery Stuffing. (Cut pocket larger to hold more stuffing or bake remaining in casserole last hour.) Skewer and lace closed. Roast, uncovered, fat side up on rack in shallow roasting pan at 325° for 3 to 3¾ hours, or till well done. Make gravy. Serves 12 to 15.

SMOKED PORK DINNER

OVEN 350°

Place one 2-pound smoked pork shoulder roll (butt) in Dutch oven; cover with cold water. Bring just to boiling; simmer for 2 hours or till tender. Remove from water. Slice; spread with prepared mustard.

In 13x9x2-inch baking dish, arrange meat and onion slices alternately. Place one 1-pound 1-ounce can vacuum packed sweet potatoes around edges; top with ¼ cup brown sugar and drizzle with ¼ cup butter, melted. Bake, covered, at 350° for 1 hour. Uncover; bake 30 minutes longer. Makes 8 servings.

FRUIT STUFFED PORK

- 8 double-rib pork chops, with pockets cut for stuffing
- 2 cups small dry bread cubes
- 1 cup finely chopped unpared apple
- 1 cup shredded sharp process American cheese
- ¼ cup light raisins
- ¼ cup butter, melted
- ¼ cup orange juice
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon

OVEN 350°

Sprinkle salt and pepper over chops. Combine bread cubes, apple, cheese, raisins, butter, orange juice, ½ teaspoon salt, and cinnamon. Stuff mixture into pockets. Press edges of pockets together to seal. Bake at 350° for 1½ hours, or till chops are tender. Makes 8 servings.

PIZZA PORK CHOPS

- 6 double-rib pork chops, about 1¼ inches thick
- 1 cup packaged herb-seasoned stuffing mix
- ¼ cup chopped onion
- ¼ to ½ teaspoon dried oregano, crushed
- ⅓ cup water
- 2 tablespoons butter or margarine
- 1 10½-ounce can pizza sauce
- 1 8-ounce can tomato sauce
- 3 slices sharp process American cheese, halved diagonally

OVEN 350°

Have pocket cut on *bone side* of pork chops. Trim off excess fat. Combine stuffing mix, onion, and oregano. Prepare stuffing mixture according to label directions, using only ⅓ cup water and 2 tablespoons butter or margarine. Lightly stuff pockets of chops. Season chops with salt and pepper. Place in 13x9x2-inch baking dish.

Combine pizza sauce and tomato sauce; pour over meat. Cover tightly with foil. Bake at 350° for 1½ hours, or till well done. Remove foil. Top with halved cheese slices. Makes 6 servings.

BARBECUED PORK CHOPS

- 6 pork chops, 1 inch thick
- 1 8-ounce can tomato sauce
- ½ cup catsup
- 1 teaspoon Worcestershire sauce
- ½ teaspoon onion salt
- ½ teaspoon liquid smoke

Trim excess fat from chops. Cook trimmings in heavy skillet till 1 tablespoon fat accumulates. Discard trimmings. Brown chops slowly on both sides in hot fat. Drain off fat. Season chops with salt and pepper. For sauce, combine tomato sauce, catsup, Worcestershire, onion salt, and liquid smoke; pour over chops. Cover and simmer about 1 hour, or till tender, turning occasionally. Makes 6 servings.

CHICKEN-FRIED PORK CHOPS

- 6 pork chops, ½ inch thick
- 1 beaten egg
- 1 tablespoon milk
- ⅔ cup fine dry bread crumbs or cracker crumbs
- 2 tablespoons shortening
- ½ teaspoon salt

Trim excess fat from chops. Combine beaten egg and milk. Dip pork chops in egg mixture, then in bread crumbs or cracker crumbs. In heavy skillet, brown chops on both sides in hot shortening. Season with salt. Add ¼ cup water. Cover and cook over low heat for 30 to 45 minutes, or till tender. Lift chops occasionally to prevent sticking. For crisp coating, remove cover the last 15 minutes. Makes 6 servings.

BRAISED PORK

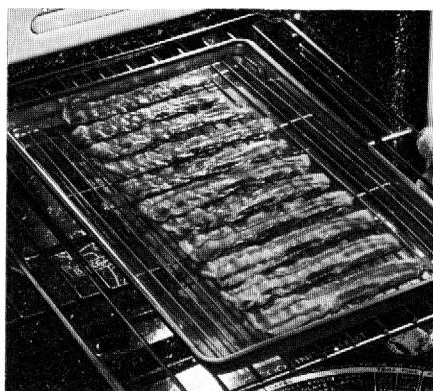
Trim excess fat from ¾- to 1-inch thick pork chops. Cook trimmings in heavy skillet till small amount of fat accumulates. Discard trimmings. Brown chops slowly on both sides in hot fat; drain off excess fat. Season chops with salt and pepper. Add a little hot water, if desired. Cover tightly; cook over low heat for 45 to 60 minutes, or till tender. Make gravy from pan juices, if desired.

CANADIAN-STYLE BACON

Broiled: Slice Canadian-style bacon ¼-inch thick; slash edges. Place on cold broiler rack. Broil 3 to 4 inches from heat, 1 to 2 minutes on each side.

Panbroiled: Slash edges of ¼-inch thick Canadian-style bacon slices. Preheat skillet; brush lightly with oil. Brown bacon quickly, about 2 to 3 minutes per side.

Baked: Place one 2-pound piece Canadian-style bacon in shallow baking pan; spread Tangy Mustard Glaze (page 252) over. Bake, uncovered, at 325° for 1½ hours. Baste with glaze every 15 minutes. Heat remaining glaze and pass. Serves 8.



Bacon the easy way—cooked in the oven. Place separated slices of bacon on cold rack in shallow baking pan. Bake at 400° for 10 minutes—no turning or draining.

SAUSAGE-STUFFING BAKE

- 1½ pounds bulk pork sausage
- 1 cup packaged herb-seasoned stuffing mix
- 1 cup finely chopped pared tart apple
- ½ cup finely chopped celery
- ¼ cup finely chopped onion
- 2 tablespoons snipped parsley
- 2 tablespoons chili sauce
- ¼ teaspoon dry mustard
- ¼ teaspoon pepper

OVEN 375°

Shape sausage in 12 patties, ¼ inch thick. Prepare stuffing according to package directions, using ¼ cup water and 2 tablespoons butter. Add apple, celery, onion, parsley, chili sauce, mustard, and pepper; toss well.

Arrange 6 of the sausage patties in shallow baking pan. Top each with ½ cup stuffing, then another patty; hold with wooden pick through center. Bake at 375° about 45 minutes, or till done. Garnish with crab apples, if desired. Makes 6 servings.

TENDERLOINS IN CREAM

- 6 pork tenderloin patties or pork cutlets
- 3 tablespoons all-purpose flour
- 2 to 3 tablespoons shortening
- ¾ cup light cream

Sprinkle meat with flour; season. In large skillet, brown meat in hot shortening. Add cream; cover; simmer 40 minutes, or till tender. Trim with parsley. Serves 6.

BACON

Fried: Put bacon strips in unheated skillet. Cook over moderately low heat for 6 to 8 minutes, turning often. Drain. For crisp bacon, spoon off fat while cooking.

Broiled: Separate bacon slices and place on cold rack of broiler pan. Broil 3 to 5 inches from heat till desired doneness; turn only once. Watch closely.

SAUSAGE

Patties: Buy or shape bulk pork sausage in a roll; cut in thin patties. Place in a cold skillet. Cook slowly 15 to 20 minutes, turning once. Drain thoroughly.

Links: Place in cold skillet; add ¼ cup cold water. Cover and cook slowly 5 minutes; drain. Uncover and cook slowly 12 to 14 minutes, turning with tongs till all sides are brown. Do not prick.

STUFFED PORK TENDERLOIN

OVEN 325°

Have 2 pork tenderloins of equal size split open lengthwise (do not cut through); flatten. Season. Spread Mushroom Stuffing (page 289) over one; lay other on top. Season with salt and pepper and top with 4 bacon slices. Place on rack in open roasting pan. Roast in a slow oven (325°) for 1½ hours. Makes 8 servings.

SWEET-SOUR PORK

- 1½ pounds lean pork, cut in 2x½-inch strips
- 2 tablespoons hot shortening
- 1 chicken bouillon cube
- 1 1-pound 4½-ounce can pineapple chunks
- ¼ cup brown sugar
- 2 tablespoons cornstarch
- ¼ cup vinegar
- 1 tablespoon soy sauce
- 1 medium green pepper, cut in strips
- ¼ cup thinly sliced onion
- Hot cooked rice

Brown pork slowly in hot shortening. Add 1 cup water, bouillon cube, and ¼ teaspoon salt; mix well. Cover and simmer till tender, about 1 hour. Meanwhile, drain pineapple, reserving syrup. Combine brown sugar and cornstarch; add reserved pineapple syrup, vinegar, soy sauce, and ½ teaspoon salt. Cook and stir over medium-high heat till thickened and bubbly.

Remove from heat. Add sauce to pork; mix well. Stir in pineapple, green pepper, and onion. Cook over low heat 2 to 3 minutes or till vegetables are tender-crisp. Serve over rice. Makes 6 servings.

ORANGE-GLAZED RIBS

- 4 pounds pork spareribs, cut in serving-sized pieces
- ¾ cup orange marmalade
- 3 tablespoons soy sauce
- 2 tablespoons lemon juice
- ¾ teaspoon ground ginger
- Orange slices

OVEN 450°

Place spareribs, meaty side down, in shallow roasting pan. Bake at 450° for 30 minutes. Remove meat from oven; drain off excess fat. Turn ribs meaty side up. Reduce oven temperature to 350°; continue baking 30 minutes longer.

Combine orange marmalade, soy sauce, lemon juice, and ground ginger; blend well. Spoon half of the mixture over spareribs. Bake 30 minutes longer, or till tender, spooning remaining sauce over ribs occasionally. Garnish with orange slices, if desired. Makes 4 servings.

OVEN BARBECUED RIBS

OVEN 350°

Simmer, covered, 4 pounds pork back ribs, cut in serving pieces, in enough salted water to cover about 1 hour, or till nearly tender.

Meanwhile, in saucepan melt 1 tablespoon butter; add 1 clove garlic, crushed, and cook 4 to 5 minutes. Add ½ cup catsup, ⅓ cup chili sauce, 2 tablespoons brown sugar, 2 tablespoons chopped onion, 1 tablespoon Worcestershire sauce, 1 tablespoon prepared mustard, 1 teaspoon celery seed, ¼ teaspoon salt, dash bottled hot pepper sauce, and 3 thin lemon slices. Bring to boiling. Drain ribs; place in shallow pan; pour boiling sauce over. Bake at 350° for 20 minutes, basting often with sauce. Makes 6 to 8 servings.

SPARERIBS WITH KRAUT

- 3 pounds pork spareribs
- 1 1-pound 11-ounce can (3½ cups) sauerkraut
- 1 cup finely chopped unpared tart apple
- 1 cup shredded carrot
- 1½ cups tomato juice
- 2 tablespoons brown sugar
- 2 teaspoons caraway seed

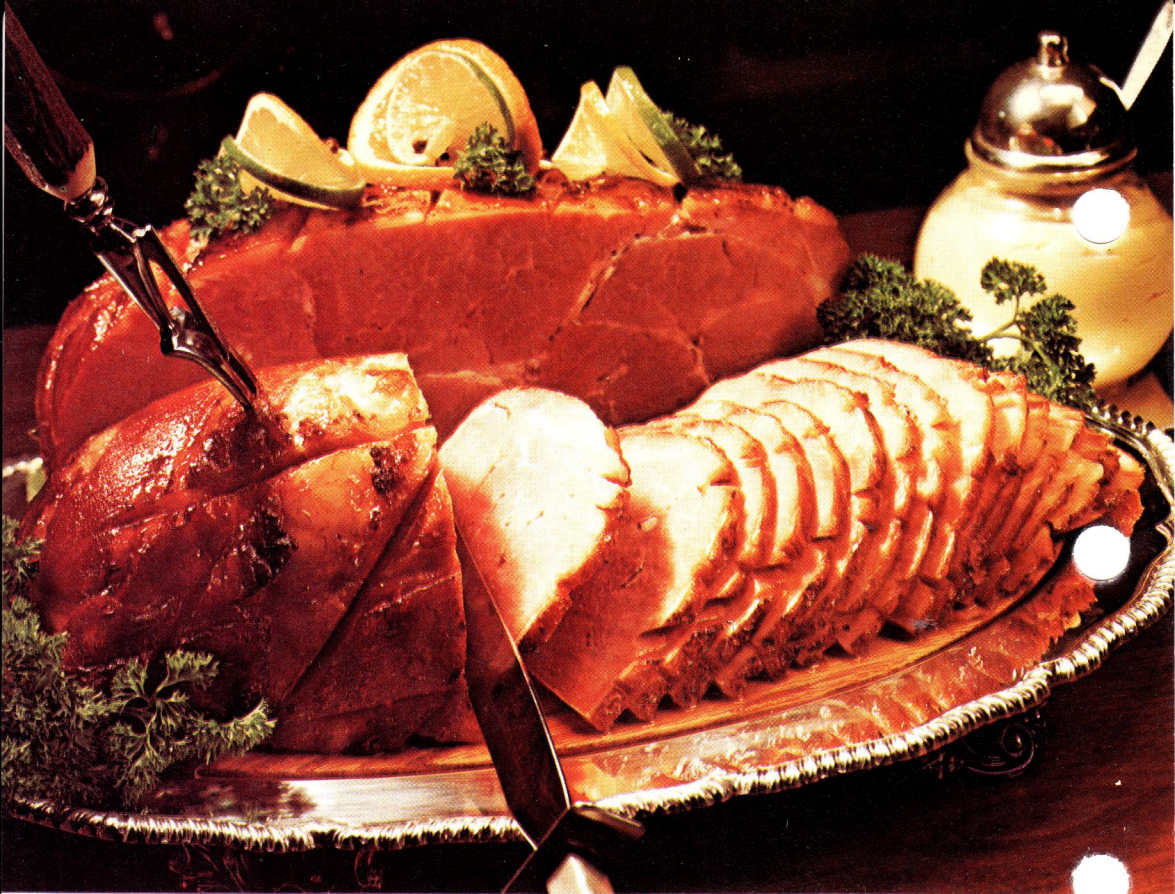
Cut ribs in pieces; season with 2 teaspoons salt and ¼ teaspoon pepper; place in Dutch oven and brown well. Combine kraut (including liquid) with remaining ingredients; spoon over ribs. Simmer, covered, 1¾ hours, or till ribs are done, basting with juices several times during the last hour. Skim off excess fat. Makes 6 servings.

ITALIAN PICNIC ROAST

- 1 5- to 6-pound smoked pork arm picnic roast
- 6 garlic cloves, quartered
- ¾ cup cider vinegar

OVEN 350°

Remove skin from picnic. Place in 10-quart Dutch oven; cover with water; add garlic and vinegar. Cover; simmer 2½ to 3 hours. Remove from liquid. Bake in shallow pan at 350° for 15 to 20 minutes. Makes 8 to 12 servings.



A boneless ham that carves with ease can be the hit of your next buffet. Serve with

one of several Mustard Sauces on page 344 to win you even more raves.

HAM WITH MUSTARD GLAZE

- 1 ham
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ teaspoon dry mustard
- 2 tablespoons fruit juice
- Whole cloves

OVEN 325°

Place ham, fat side up, on rack in shallow pan. Do not cover or add water. Score ham fat in diamonds (cut only $\frac{1}{4}$ -inch deep). (A strip of heavy paper, 12x2 inches, makes an easy guide for cutting parallel lines.) Insert meat thermometer (see page 230). Roast in slow oven (325°) according to chart, page 231. Meanwhile, prepare Tangy Mustard Glaze. The last 30 minutes of cooking time, spoon fat from pan. Stud ham with whole cloves. Spoon glaze over ham. Continue baking, basting occasionally.

Tangy Mustard Glaze: Combine brown sugar, dry mustard, and fruit juice.

HAM CROQUETTES

Melt 3 tablespoons butter; blend in $\frac{1}{4}$ cup all-purpose flour. Add $\frac{3}{4}$ cup milk all at once. Cook and stir till thick and bubbly; cook and stir 1 minute. Remove from heat. Add 2 cups coarsely ground cooked ham, 1 teaspoon grated onion, and 2 teaspoons prepared mustard; blend well. Chill well. Shape into 8 to 10 balls. Roll in $\frac{3}{4}$ cup fine dry bread crumbs. Shape into cones, handling lightly. Dip into mixture of 1 beaten egg and 2 tablespoons water; roll in crumbs again. Fry in deep hot fat (365°) for $1\frac{1}{2}$ to 2 minutes, till heated through. Drain. Serve with Creamy Egg Sauce. Makes 4 or 5 servings.

Creamy Egg Sauce: Melt 2 tablespoons butter; blend in 2 tablespoons all-purpose flour, $\frac{1}{4}$ teaspoon salt, and dash white pepper. Add 1 cup milk. Cook and stir till thick. Add 1 hard-cooked egg, chopped.

HAM PATTIES

Combine 2 cups ground cooked ham, $\frac{1}{2}$ cup soft bread crumbs, $\frac{1}{4}$ cup chopped green onion, $\frac{1}{3}$ cup milk, 1 slightly beaten egg, and dash pepper. Shape into 4 patties. Brown slowly in small amount hot shortening. Heat and stir 1 cup dairy sour cream just till hot. Top patties with sour cream and snipped green onion tops. Serves 4.

HAM LOAF

OVEN 350°

Combine 1 slightly beaten egg, $\frac{1}{2}$ cup milk, $\frac{3}{8}$ cup medium cracker crumbs, $\frac{1}{4}$ cup chopped onion, and dash pepper. Add 1 pound ground ham and 1 pound ground pork; mix well. Press into $8\frac{1}{2} \times 4\frac{1}{2} \times 2\frac{1}{2}$ -inch loaf dish, then turn out into shallow baking dish. Bake at 350° for $1\frac{1}{2}$ hours. Spoon Tangy Mustard Glaze (opposite page) over last 30 minutes. Serves 8.

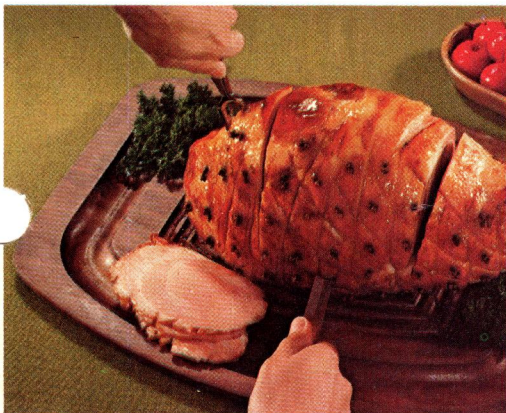
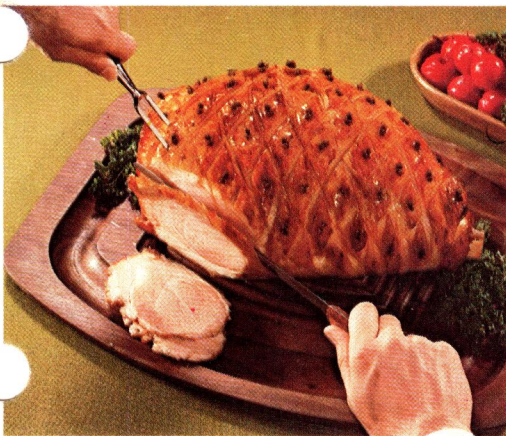
TO COOK HAM SLICES

HAM SLICES	TOTAL MINUTES	
	Broil	Panfry
Fully cooked, bone-in, 1 inch thick	14 to 16	16 to 18
Cook-before-eating, bone-in, 1 inch thick	18 to 20	20 to 22

Broiled: Slash fat edge of ham at 1-inch intervals to prevent meat from curling during cooking. Place meat on cold rack in broiler pan. Broil according to chart above, about 3 inches from heat.

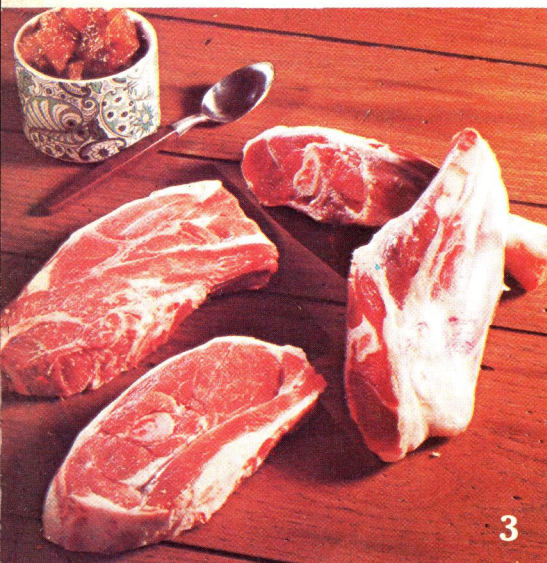
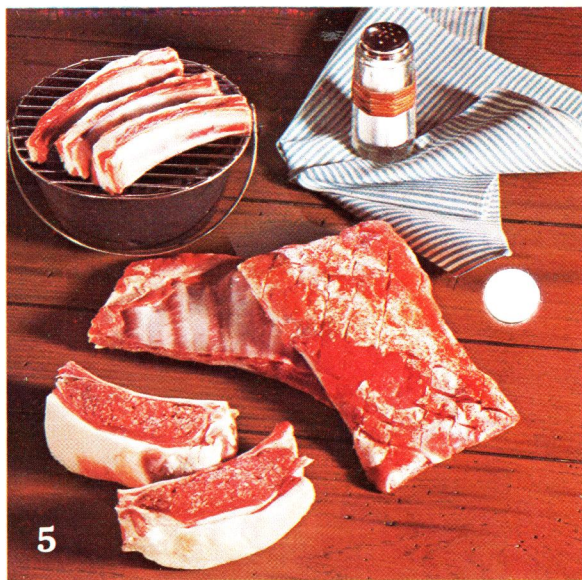
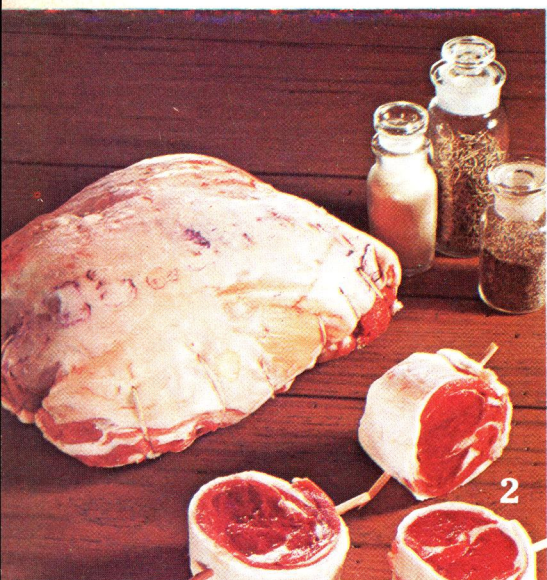
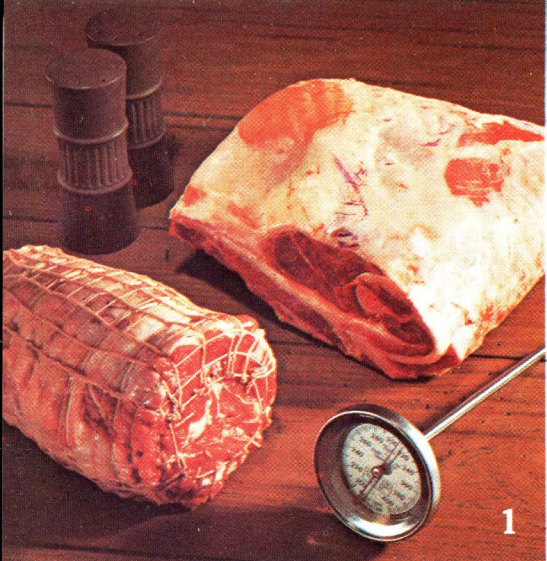
Panfried: In heavy skillet, cook ham in small amount hot shortening over medium heat according to chart; turn occasionally.

Carve clove-studded baked ham with a flourish



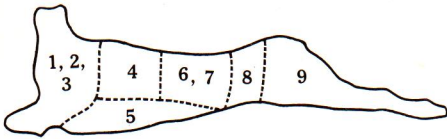
To carve a ham: With shank to right, cut 2 or 3 long slices from *thin* side and stand ham on this base (top left picture).

Anchor with meat fork. Remove a small wedge 6 inches from shank end. At large end, cut down to leg in front of bone that angles upward (find bone with skewer), and cut to leg bone. Run knife along leg bone (bottom picture). Lift this cushion of ham to cutting surface. Place, cut side down, and slice (top right picture). Return ham to first position; slice both ends.



LAMB CUTS

and how to cook them



Locate wholesale cuts on drawing, identify their retail pieces in the same numbered picture, then note cooking methods.

1. Whole Shoulder; Square Cut, upper right; *roast*. Boneless Shoulder Roast (netted), lower left; *roast, braise*.

2. Boneless Cushion Shoulder Roast, top; *roast*. Boneless Blade (Saratoga) Chops, bottom; *broil, panbroil, panfry, braise*.

3. Blade Chop, upper left; *broil, panbroil, panfry, braise*. Arm Chop, lower left; *broil, panbroil, panfry, braise*. Lamb Shanks, right; *braise, cook in liquid*.

4. Frenched Rib Roast, upper right; *roast*. Rib Chops, left; *broil, panbroil, panfry*. Frenched Rib Chops, lower right; *broil, panbroil, panfry*.

5. Top to bottom: Riblets; *braise, cook in liquid, grill*. Spareribs; *braise, roast*. Stuffed Chops; *roast, braise*.

6. Loin Roast, upper left; *roast*. Loin Chop, upper right; *broil, panbroil, panfry*. Loin Double (English) Chop, lower left; *broil, panbroil, panfry*.

7. Boneless Loin Double Roast, upper left; *roast*. Lamb Cubes for Kabobs, upper right; *broil*. Boneless Loin Double (English) Chop, lower left; *broil, panbroil, panfry*.

8. Leg Sirloin Half Roast, upper left; *roast*. Leg Sirloin Chop, lower left; *broil, panbroil, panfry, roast*. Leg Center Slice, lower right (section 9 on drawing); *broil, panbroil, panfry*.

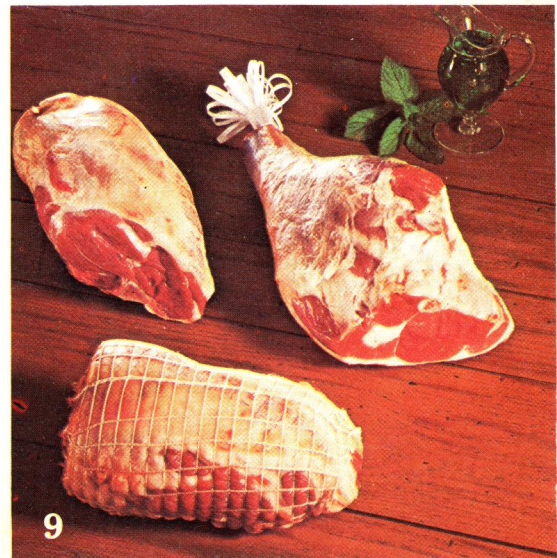
9. Leg American-Style Roast, upper left. Leg Frenched-Style Roast, right. Boneless Leg Roast (netted), lower left. *Roast*.



7



8



9

LAMB STEW

- 1½ pounds boneless lamb, cut in 1-inch cubes**
- 1 clove garlic, minced**
- 4 medium carrots, cut in 2-inch lengths**
- 6 tiny onions**
- 3 small potatoes, pared, cubed**
- ½ teaspoon dried basil, crushed**
- 1 10-ounce package frozen peas**
- 2 tablespoons snipped parsley**

Coat meat with flour. In large saucepan, brown meat in small amount hot shortening. Add 3 cups water, garlic, 2 teaspoons salt, and ¼ teaspoon pepper. Cover; simmer 1 hour, or till meat is almost tender. Add carrots, onions, potatoes, and basil; cook, uncovered, 20 minutes, or till done. Add peas and parsley. Cook 5 minutes. Season with salt and pepper. Serves 6.

BARBECUED LAMB RIBLETS

In large skillet, brown 3 to 4 pounds lamb riblets, cut in serving pieces. Skim off fat. Season with salt and pepper; top with slices of 1 lemon. Combine ¾ cup catsup, ¾ cup water, ½ cup chopped onion, 3 tablespoons Worcestershire sauce, 2 tablespoons brown sugar, 1 tablespoon vinegar, ¾ teaspoon salt, and dash bottled hot pepper sauce; pour over meat. Cover and simmer 1½ hours, or till meat is tender. Skim off fat. Makes 6 servings.

HERBED LAMB SHANKS

In large skillet, brown 4 lamb shanks (about 2½ pounds) in 1 tablespoon butter. Add 1½ cups water and 1 teaspoon salt. Cover skillet tightly; cook over low heat for 1 hour. In small skillet, melt 2 tablespoons butter; blend in ¼ cup all-purpose flour. Cook and stir over low heat till mixture is browned. Add to meat; cook and stir till gravy is thickened.

Add ½ cup water, 1 tablespoon snipped parsley, 1 clove garlic, minced, ⅛ teaspoon dried marjoram, crushed, and dash ground mace. Cover and cook about 1 hour more, till meat is tender. Serve on hot cooked noodles. Spoon on a little gravy; pass remaining. Makes 4 servings.

BROILED LAMB CHOPS

Slash fat edges of lamb loin, rib, or arm chops cut ¾ inch thick. Broil 3 inches from heat 5 to 6 minutes. Turn; broil 5 to 6 minutes, or till done.

For snappy flavor, brush once or twice on each side with Italian dressing.

LAMB CHOPS SUPREME

- 6 lamb arm or sirloin chops, ½ inch thick**
- 1 10½-ounce can condensed consomme**
- ½ cup chopped celery**
- ½ cup sliced green onion**
- ½ teaspoon dried thyme, crushed**
- 1 3-ounce can broiled chopped mushrooms**
- 3 tablespoons all-purpose flour**
- 1 tablespoon dried parsley flakes**

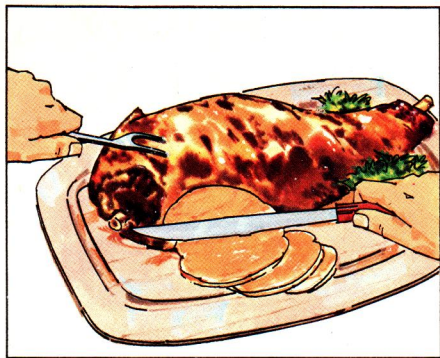
In large skillet, slowly brown chops in small amount hot shortening; sprinkle with salt and pepper. Drain off fat. Add consomme, celery, green onion, and thyme. Cover; simmer 40 to 45 minutes, or till meat is tender. Stack chops to one side. Drain mushrooms, reserving liquid. Stir and blend mushroom liquid slowly into flour. Gradually stir flour mixture into consomme in skillet; cook and stir till thickened and bubbly. Add drained mushrooms and parsley; heat through. Makes 6 servings.

LAMB WITH DILL SAUCE

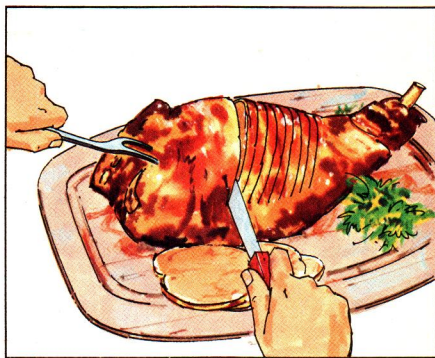
Combine 1 beaten egg, ½ cup quick-cooking rolled oats, ¼ cup finely chopped onion, 1 teaspoon salt, ¼ teaspoon dried thyme, crushed, and dash pepper. Add 1½ pounds ground lamb; mix well. Shape into 6 patties. Wrap 1 slice bacon around each; fasten with wooden pick. Broil 5 inches from heat 10 minutes; turn and broil 5 minutes more. Serve with Dill Sauce. Serves 6.

Dill Sauce: Cook 1 tablespoon finely chopped onion in 1 tablespoon oil till tender. Blend in 2 teaspoons all-purpose flour, 2 tablespoons grated Parmesan cheese, ½ teaspoon dried dillweed, ½ teaspoon paprika, and dash salt. Add 1 cup milk all at once. Cook and stir till bubbly.

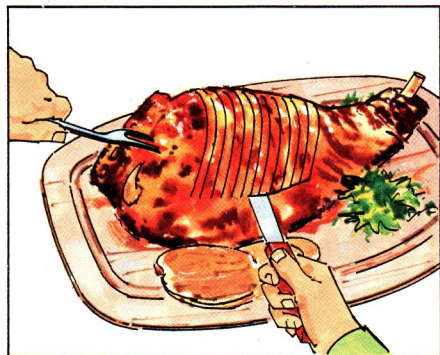
To carve a leg of lamb the professional way



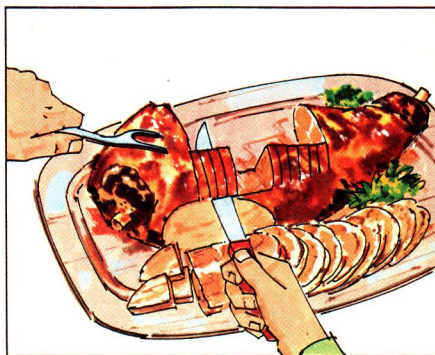
1. With shank on right, cut 2 or 3 slices from thin side parallel to bone; turn leg to rest on this base. Anchor with fork.



2. Beginning at shank end, cut $\frac{1}{4}$ -inch slices down to leg bone. Continue cutting till bone pointing upward is reached.



3. With fork still in place, start at shank end again and cut along leg bone to release horseshoe-shaped slices of lamb.



4. Carve 10 to 12 slices from a 6- to 7-pound leg of lamb. Tip roast on its side in order to carve the remaining meat.

LAMB SHOULDER ROLL

- 1 4- to 5-pound lamb shoulder roast
- 3 tablespoons all-purpose flour
- 1 tablespoon dry mustard
- $\frac{1}{2}$ teaspoon salt
- 1 cup currant jelly

Have roast boned and rolled. Place on rack in open roasting pan. Mix flour, mustard, salt, and $\frac{1}{4}$ teaspoon pepper; blend in $\frac{1}{2}$ cup cold water. Spread over meat. Insert meat thermometer. Roast according to chart, page 231. Spread with jelly the last hour; baste every 15 minutes. Serves 8.

SAUCED LAMB KABOBS

Drain one 1-pound 1-ounce jar purple plums, reserving $\frac{1}{4}$ cup syrup. Pit and sieve plums. Combine reserved syrup, sieved plums, 2 to 4 tablespoons lemon juice, 1 tablespoon soy sauce, 1 teaspoon Worcestershire sauce, $\frac{1}{2}$ clove garlic, crushed, and $\frac{1}{2}$ teaspoon dried basil, crushed. Marinate 1 pound boneless lamb, cut in 1-inch cubes, in mixture in refrigerator overnight. Thread meat on skewers; season with $\frac{1}{2}$ teaspoon salt and dash pepper. Broil 4 inches from heat 10 to 12 minutes; turn and baste often. Heat marinade 5 minutes; serve with meat. Serves 4.

BROILED VENISON STEAKS

Brush four ½-inch-thick venison steaks from leg, rib, or loin chops of young animal with 2 tablespoons salad oil. Let stand 15 minutes. Broil steaks 3 inches from heat for 7 to 10 minutes; turn. Broil on other side for 7 to 10 minutes. Combine ¼ cup melted butter or margarine, 1 tablespoon onion juice, and dash salt; brush on broiled steaks. Makes 4 servings.

HASENPFEFFER

Cut one 1- to 2-pound ready-to-cook rabbit into serving pieces. Mix 3 cups water, 1 cup vinegar, ½ cup sugar, 1 medium onion, sliced, 1 teaspoon mixed pickling spices, 2 teaspoons salt, and ¼ teaspoon pepper. Add rabbit; refrigerate 2 days. Remove meat; dry (reserve 1 cup marinade).

Place 2 tablespoons all-purpose flour and meat in plastic bag; shake to coat. In skillet, brown meat in 2 tablespoons hot salad oil. Gradually add reserved marinade. Cover; simmer for 45 to 60 minutes, or till meat is tender (add water, if necessary). Remove meat. Thicken liquid for gravy, if desired. Makes 2 or 3 servings.

TO COOK FRANKFURTERS

In water: Cover frankfurters with cold water; bring to boiling. Simmer 5 minutes.

Panfried: Score frankfurters, making shallow (¼-inch) diagonal cuts 1 inch apart, if desired. In skillet, brown frankfurters in 1 tablespoon hot butter or margarine for 5 minutes. Do not overbrown.

CONEY ISLANDS

Cook 10 frankfurters in water (see directions above). Place franks into 10 heated frankfurter buns; top with prepared mustard and chopped onion, if desired. Spoon hot Coney Sauce atop. Makes 10 servings.

Coney Sauce: In skillet, brown ½ pound ground beef slowly but thoroughly, breaking with fork till fine. Add ¼ cup water, ¼ cup chopped onion, 1 clove garlic, minced, one 8-ounce can tomato sauce, ½ teaspoon chili powder, and ½ teaspoon salt. Simmer, uncovered, 10 minutes, or till heated through. Makes 1½ cups.

BEEF AND KIDNEY PIE

OVEN 450°

Combine 1 beef kidney, 4 cups warm water, and 1 tablespoon salt; soak 1 hour; drain. Cover with cold water. Bring to boil; simmer 20 minutes. Drain; remove membrane and hard parts. Cut in ½-inch cubes.

Coat 1 pound beef round steak, cut in ½-inch cubes, with ¼ cup all-purpose flour. In Dutch oven, brown steak in 3 tablespoons hot oil. Add 1 medium onion, sliced, 2 cups water, and 1 teaspoon Worcestershire sauce. Cover; simmer 30 minutes, or till tender. Mix ½ cup cold water, ¼ cup all-purpose flour, 1 teaspoon salt, and dash pepper. Stir into hot mixture. Cook and stir till bubbly. Add kidney; heat. Pour into 1½-quart casserole.

Prepare pastry according to directions on page 264, using 1½ cups all-purpose flour, ½ teaspoon salt, ½ cup shortening, and 4 to 5 tablespoons cold water. Roll in circle ½ to 1 inch larger than casserole. Place atop hot meat mixture; turn under edge and flute. Cut slits for escape of steam. Brush with milk. Bake at 450° for 20 to 25 minutes. Serves 6.

CREAMED SWEETBREADS

Cover 1 pound sweetbreads with 1 quart water, ½ teaspoon salt, and 1 tablespoon vinegar. Simmer 20 minutes, or till tender. Drain; cube, removing white membrane.

In a saucepan, melt ¼ cup butter over low heat. Blend in 3 tablespoons all-purpose flour, ½ teaspoon salt, and dash pepper. Add 2 cups milk all at once. Cook quickly, stirring constantly, till mixture thickens and bubbles. Add sweetbreads and one 10-ounce package frozen peas with mushrooms, cooked and drained. Heat through, stirring gently. Serve over toast points or pastry shells. Serves 6.

CHICKEN-FRIED HEART

Slice one 2-pound beef heart,* ½ inch thick. Coat with seasoned flour. Brown on all sides in small amount hot shortening. Add small amount hot water; cover tightly. Cook slowly about 2 hours, or till tender. Add more water, if needed. Serves 6.

*Or, use veal, pork, or lamb hearts.

LIVER

Remove membrane and veins from 1 pound calves liver, $\frac{3}{8}$ - to $\frac{1}{2}$ -inch thick.

Panfried: Dip slices of liver in seasoned flour. Brown quickly on one side in $\frac{1}{4}$ cup hot shortening, about 1 minute; turn, cook 2 to 3 minutes. Don't overcook. Serves 4.

Broiled: Dip slices of liver in 2 tablespoons butter, melted, or French salad dressing. Broil 3 inches from heat for 3 minutes. Turn, top with bacon slices; broil 3 minutes longer; turn bacon once. Serves 4.

Braised: Dip slices in $\frac{1}{4}$ cup flour seasoned with salt and pepper. Brown quickly on both sides in 3 to 4 tablespoons hot shortening. Reduce heat. Add 1 beef bouillon cube dissolved in $\frac{1}{2}$ cup boiling water and 1 medium onion, thinly sliced. Cook over low heat 15 to 20 minutes. Serves 4.

LIVER LOAF

OVEN 350°

Cover 1 pound calves liver with hot water; simmer 5 minutes. Drain; reserve 1 cup stock. Put liver and 1 medium onion, quartered, through medium blade of food chopper. Add 1 pound ground pork, 1 cup soft bread crumbs, 1 teaspoon salt, dash pepper, 1 teaspoon Worcestershire sauce, $\frac{1}{2}$ teaspoon celery salt, 2 beaten eggs, and reserved stock. Form loaf in $8\frac{1}{2} \times 4\frac{1}{2} \times 2\frac{1}{2}$ -inch baking dish; top with 3 slices bacon, halved. Bake at 350° for 1 hour. Drain off excess fat. Let stand 10 minutes. Serves 8.

GINGER-SAUCE TONGUE

Place one 2- to 4-pound smoked beef tongue in Dutch oven; cover with water. Add 1 medium onion, sliced, 1 teaspoon whole cloves, 1 teaspoon whole black peppercorns, and 4 bay leaves. Cover; simmer till tender, allowing 1 hour *per pound*. Remove meat; strain and reserve 1 cup liquid for sauce. Cut off bones and gristle from large end; slit skin on underside from large end to tip; peel off. Slice meat on a slant. Serve with hot Gingersnap Sauce. Makes 4 servings per pound.

Gingersnap Sauce: Crush 5 gingersnaps; combine with $\frac{1}{3}$ cup brown sugar, $\frac{1}{3}$ cup raisins, $\frac{1}{4}$ cup vinegar, and reserved liquid. Cook and stir till mixture is smooth.

PERFECT PAN GRAVY

Remove roast to hot platter. Leaving crusty bits in pan, pour meat juices and fat into large measuring cup. Skim off fat, reserving 3 to 4 tablespoons. For 2 cups gravy, return reserved fat to pan. Stir in $\frac{1}{4}$ cup all-purpose flour. Blend fat and flour. Cook and stir over low heat till bubbly.

Remove pan from the heat. Add 2 cups liquid (meat juices plus water, milk, or giblet broth) all at once; blend well. Season with salt and pepper. If desired, add a dash of dried thyme, crushed, and a few drops Kitchen Bouquet sauce. Return pan to heat. Simmer and stir 2 to 3 minutes. Makes 6 to 8 servings.

Giblet Gravy: Remove turkey roast to hot platter. Prepare Perfect Pan Gravy *except* add giblet broth (page 286) to juices to make 2 cups liquid. Add chopped cooked giblets. Continue as directed above.

HURRY-UP GRAVY

Remove meat from roasting pan. Skim off excess fat from meat juices. Pour $\frac{1}{4}$ cup water into pan. Stir well to loosen crusty bits on bottom of pan. Blend in one 10 $\frac{1}{2}$ -ounce can condensed cream of chicken soup *or* cream of mushroom soup. Heat and stir over low heat. Thin with more water, if necessary. Makes about $1\frac{1}{2}$ cups.

POT ROAST GRAVY

Lift pot roast to hot platter. Skim most of fat from pan juices. Add water to juices to make $1\frac{1}{2}$ cups. Put $\frac{1}{3}$ cup cold water in shaker; add 3 tablespoons flour; shake well. Stir into juices; cook, stirring constantly, till gravy is bubbly. Season with salt and pepper. Simmer 2 to 3 minutes; stir occasionally. Makes about 2 cups.

SOUR CREAM GRAVY

Remove pot roast from pan. Skim fat from pan juices. Measure pan juices; add water if necessary to make $1\frac{1}{2}$ cups. Blend 1 cup dairy sour cream and 3 tablespoons all-purpose flour; gradually stir juices into sour cream mixture. Return to pan. Cook and stir till thickened and bubbly. Season with salt and pepper. Makes 3 cups gravy.

MEAT PRICE CHART

Find the best meat buys by using the Meat Price Chart to compare cost per serving. Run your finger across one of the rows. The chart shows that ground beef at \$.89 a pound is \$.30 a serving, but a boneless beef roast at \$1.69 a pound is just \$.28 a

serving. Even though the roast costs more per pound, it costs less per serving.

Since the chart is designed to help you stretch meat, the portions may be smaller than you are accustomed to serving (each is based on about 2½ ounces of cooked meat).

Price per pound	Cost per Serving of Boneless and Lean Meat (6 servings per pound)	Cost per Serving of Meat with Some Bone or Fat (3 servings per pound)	Cost per Serving of Meat with Much Bone or Fat (2 servings per pound)
\$.59	\$.10	\$.20	\$.30
.69	.12	.23	.35
.79	.13	.26	.40
.89	.15	.30	.45
.99	.17	.33	.50
1.09	.18	.36	.55
1.19	.20	.40	.60
1.29	.22	.43	.65
1.39	.23	.46	.70
1.49	.25	.50	.75
1.59	.27	.53	.80
1.69	.28	.56	.85
1.79	.30	.60	.90
1.89	.32	.63	.95
1.99	.33	.66	1.00
2.09	.35	.70	1.05
2.19	.37	.73	1.10
2.29	.38	.76	1.15
2.39	.40	.80	1.20
2.49	.42	.83	1.25
2.59	.43	.86	1.30
	Boneless Beef and Pork Roasts, Beef Flank Steak, Boneless Ham, Stew Meat, Liver, Heart, Tongue, Canadian-style Bacon, Frankfurters, Bologna, other Luncheon Meat, Canned Fish and Seafood	Round Steak, Beef Sirloin, Beef Blade Roast, Smoked Pork Shoulder Roll, Pork Shoulder Steaks, Ham with Bone in, Ground Meat, Fresh Fish and Seafood, Lamb, and Pork Chops	Poultry, Bulk Pork Sausage, Country-style Ribs, Beef Short Ribs, Lamb Shanks, Ham Shanks, and Oxtail