MEAT AND MEAT COOKERY

BY

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FORT COLLINS, COLORADO
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MEAT AND MEAT COOKERY

By Miriam M. Haines, State Leader of County in Home Demonstrators

We hear a great deal about the high cost of living, which is quite often due to the cost of high living and poor management in our homes. At the present time we are being urged by some to eliminate meat from our diet as a measure necessary to bring about food conservation. To attempt to cut down our food budget by doing without meat entirely would be a false economy, as meat is one of our most valuable sources of protein or tissue-building food. One of the best ways our present-day housewife can cut down the food budget is to learn to purchase meat understandingly; to prepare it economically and in a variety of ways; to use it in judicious combinations with other less expensive foods and to learn to use the left-overs. We should consider the cost of the different cuts in relation to the nutriment contained. Suggestions have been given in this bulletin for the use of lamb and veal in order that the meat work might be given in complete form, but it is expected that the housewife will eliminate these meats from her table during the war period so that she may do her part towards conserving food.

DEFINITION AND SELECTION

Meat includes the flesh of animals used for food. Beef is the flesh of the steer or cow. It should be bright red in color, firm and elastic to the touch, with little or no odor. It should be well marbled with a clear, firm, straw-colored fat. The bone is a valuable indication of the age and class of carcass from which the cut is taken. Coarse, hard bone is found in the same cut with coarse, stringy, tasteless meat. Veal is the flesh of the calf from six to eight weeks old. Veal is rose-pink in color and has a whitish fat. It is a little less firm than beef but not watery or fleshy.

Mutton is the flesh of sheep over one year old. Mutton is fatter than beef and the fat is more solid. The muscle fibers are shorter and more tender than beef; the flesh is a dull red color. Lamb is flesh of young sheep. It should be pink and less firm than mutton. Pork is the flesh of the pig. Pork cuts have a pale pink color, with a soft, white fat.
STRUCTURE OF MEAT

Meat consists of fat, muscle and bone. The muscle is made up of numbers of fibres bound together with connective tissues. Each muscle fibre is a small tube filled with juice. The fat is stored in the muscle fibres, in the connective tissues between the bundles of fibers, around the internal organs and in the layers under the skin. In the young animals, the walls of the muscle fibers are thin and the meat is tender. As the animal grows older and exercises, the muscle walls become thicker and more connective tissue is produced, making the meat tough. Cuts taken from along the backbone or from the parts of the animal which are exercised least are tender, while the cuts taken from the neck and legs are tough. Exercise increases the food value because much-used muscle absorbs much food material, making rich, juicy meat. For this reason the tougher cuts have the greater food value.

COMPOSITION AND FOOD VALUE

Meat contains from 50 to 75 percent water. The remainder is protein, fat and mineral ash. The amount of protein averages from 16 to 20 percent. The protein is nearly all albumen, the same substance which is found in the white of egg. Fat, the other principal constituent, is valuable as a producer of heat and energy. The amount of fat varies with the condition of the animal, and the part of the carcass from which the cut was taken. The extractives, albumen, and mineral salts are in the juice of the muscle fibers.

DIGESTIBILITY

Meats, when properly cooked and well chewed, are easily digested. The lean of meat is more easily digested than the fat. Meats with loose fibers, like beef and mutton, are more easily digested than those with close fibers, as pork. The protein from animal sources is very easily and completely digested.

PLACE IN THE DIET

Sherman says "When one-sixth instead of one-third the total expenditure for food is for meat, the dietary is usually both more economical and better balanced". The man at hard manual labor can use meat more often, and in larger quantities than the man at light work. Twice a day, at most is often enough to eat meat. The protein, at other meals, may be supplied by milk, eggs, cheese, beans, cereals, or nuts.
NO. 1
CUTS OF BEEF

1—Neck
2—Chuck
3—Ribs
4—Shoulder clod
5—Fore shank
6—Brisket
7—Cross ribs
8—Plate
9—Navel
10—Loin
11—Flank
12—Rump
13—Round
14—Second cut round
15—Hind shank

NO. 2
CUTS OF VEAL

1—Neck
2—Chuck
3—Shoulder
4—Fore shank
5—Breast
6—Ribs
7—Loin
8—Flank
9—Leg
10—Hind shank
NO. 3

CUTS OF LAMB AND MUTTON

1—Neck
2—Chuck
3—Shoulder
4—Flank
5—Loin
6—Leg

USES OF THE VARIOUS CUTS OF MEAT

Steak

Loin (tenderloin, sirloin, club steak, porterhouse or "T bone" steak)
Round (economical)
Rump
Shoulder Clod

Roast (Oven)
Tenderloin
Rib
Prime
Chuck

Roast (Pot)
Rump
Chuck
Brisket
Round (Cut thick)
Plate
Neck

Meat Loaf
Round
Rump
Neck
Flank
Shoulder

Beef Tea
Round
Soup
Shank
Shin
Shoulder
Stew
Rump
Chuck
Brisket
Round (Cut thick)
Neck
Flank

Corned Beef
Flank
Plate
Navel
Round

CARE OF MEATS

Meat purchased from the shop should be taken from the paper as soon as it is delivered so the paper will not absorb any of the juices. Wipe the meat with a damp cloth, weigh and put in a cool place where it will be protected from the flies.

PURPOSES OF COOKING MEAT

1. To soften connective tissue, develop flavor, and to improve the appearance.
2. To retain juices as in broiling, roasting.
3. To extract juices as in broths and soups.
4. To partly extract and partly retain juices as in pot roast and braised meats.
5. To kill parasites, as the trichina in pork.

PRINCIPALS OF COOKING MEAT

The muscular tissue is made up of bundles of fibers which are divided into single tubes, containing the juices and extractives. Heat causes these tubes to burst, liberating the extractives and juices. The loss of nutritive material is prevented by hardening of the albumen on the surface of the meat.

1. This surface albumen may be quickly coagulated by searing the meat in a hot oven or skillet, or by plunging it in boiling water.
2. The nutriments may be drawn out into the water by soaking in plenty of cold water and applying prolonged low heat.
3. Heat decomposes fat; therefore fats should be cooked at a low temperature.

DEGREES OF COOKING

In “rare” meat the albumen should be coagulated, the fibers cooked, and the juice red or pink. The general appearance should be “rosy” red.

In “medium done” meat there is some pink in the meat, but the red color has disappeared from the juice.

In “well-done” meat, there is no pink color in either meat or juice. The meat should not be overcooked, stringy and tasteless.
MEAT COOKERY

Table of Abbreviations

Methods of Cooking (Williams & Fisher)

C.—cup.

 tbsp.—tablespoonful.

tsp.—teaspoonful.

lb.—pound.

pts.—pints.

All measurements level unless otherwise stated.

1. Broiling.—Cooking over a glowing fire

2. Roasting.—Cooking before a glowing fire

3. Baking.—Cooking in an oven

4. Boiling.—Cooking in boiling water

5. Stewing.—Cooking for a long time in water below the boiling point
   a. moist: cooking in steamer
   b. dry: cooking in double boiler

6. Steaming

7. Frying.—Cooking in hot fat deep enough to cover the article to be cooked

8. Sauteing.—Cooking in a small quantity of hot fat

9. Pan-broiling or on a griddle with little or no fat
   Pan-baking


11. Fricasseeing.—A combination of frying and stewing.

PRINCIPLES OF COOKING MEAT

Broiling and roasting processes are best suited to the tender cuts of meat. The best cuts of beef for broiling are the porterhouse, the sirloin, the ribs and the loin. The chops of mutton and
lamb, young game, oysters and bacon may also be cooked by this method. Being a quick process, it is not good for either pork (except bacon) or veal. These may be pan broiled or sautéed, but should not be broiled over coals, as they require long, slow cooking.

For broiling purposes, it is best not to have beef less than 1 inch in thickness. One and one-half to two inches is much better. Veal and mutton are usually cut about one-half inch thick.

The best cuts of beef for roasting are the loin, prime ribs, sirloin and rump; of veal, mutton or lamb, the leg, round and shoulder; of pork, the loin, leg and rib.

Veal and pork should always be cooked until well done. A large roast may be more satisfactorily cooked than a small one as the retention of the juices is aided by the thickness of the meat. Many people buy unnecessarily in small quantities. When one's means are limited, it is far better to buy in quantities sufficient for several days. It is not necessary to prepare the meat always the same way, as the butcher is glad to cut it for different uses.

**BEEF**

**Broiled Steak**

(a) Range.—

Have the fire box well filled with red, glowing coals and the surface even. There should be no smoke or flame. Have the dampers open, so the smoke and odors will be carried up the chimney. Place the broiler on the stove or in the oven to heat. Have the platter where it will warm. Wipe the meat with a damp cloth and trim off the extra fat. Grease the broiler slightly with suet, place the meat on it and hold as near the coals as possible for about 10 seconds. Searing quickly, then turn and sear the other side. When both sides have been seared, hold the broiler farther away from the coals and turn frequently until the surface is well browned and the fat crisp. It requires from 12 to 15 minutes to cook a steak 1 1/2 to 2 inches thick well done. At the last turning sprinkle both sides well with salt and pepper, and remove it to the hot platter; add bits of butter. The steak may be made very attractive by garnishing with sprigs of parsley, slices of lemon or French fried potatoes. A properly broiled steak should be puffy and full of juice, well browned on the outside and red without being purplish to within 1-8 inch of the surface.
(b) Pan Broiling.—

Use a cast iron pan and have it very hot. Rub the pan lightly with suet, sear the meat quickly, first on one side and then the other. Finish the cooking, turning several times. Season and serve.

(Lamb and mutton chops may be broiled the same way.)

GENERAL RULES FOR ROASTING

See that the oven is hot, and place the roasting pan to heat. Wipe the roast with a damp cloth, tie and skewer it into shape, sprinkle with salt and dredge with flour. If the meat is quite lean, add extra pieces of fat. Place the meat, skin side down, on a small rack. Put it into a very hot oven for 10 or 15 minutes until the meat is seared. This seals in the juices and prevents their being drawn out into the pan. Baste with some of the melted fat. When the meat is lean, a little hot water should be placed in the pan and used in basting. Reduce the heat and continue the roasting. Baste the meat about every 15 minutes unless it is being roasted in a covered pan. Turn the roast occasionally so all sides may brown evenly. When beef is properly roasted, the outside fat is brown and crisp, the lean part brown to the depth of 1/4 inch, and the interior red and full of juice.

The Gravy

Place the roast on the hot platter, remove the pan to back of stove, take the rack from the pan and remove all solid bits of fat and gristle. If there is an excess of fat, part of it may be poured off and saved. These drippings are good to use for shortening and for frying. Leave in the pan at least 1 tablespoonful of fat for every cupful of gravy. Scrape all the brown from the edges and bottom of the pan. Add 1 1/2 tablespoonful flour for every tablespoonful of fat and stir until the flour is well browned, then pour in 1 cup cold water or milk. Stir constantly and boil for at least 5 minutes. Season with salt and pepper to taste. Serve in hot gravy boat or bowl.

Boiled Tongue

Wash the beef tongue. Put it in a kettle of hot, salted water, early in day. Cook slowly from 6 to 8 hours, according to the size. Stick the thin part of the tongue with a fork. If tender, it is done. Set aside to cool, leaving the tongue in the broth. When cold, remove the skin, season, slice and garnish. The broth may be seasoned and used for soup.
Tougher Cuts

The much-used muscles of an animal are tough, but they are juicy and rich in extractives. They have a higher food value than the more tender cuts of meat. Dry heat hardens connective tissues, therefore the tough meats should be cooked in moist heat to soften and dissolve the connective tissue, and render the meat more easily masticated. Long, slow cooking and judicious flavoring will make the tougher, inexpensive cuts of meat palatable. The heavy covered earthenware casserole is especially good to use in cooking these meats and quite often the meat may be served from the casserole. The fireless and pressure cookers are to be recommended where a large cut of meat is to be cooked. Stewing, boiling and braising are the best methods of cooking the tough meats.

In the boiling process, the meat is plunged into boiling water and cooked at this temperature 10 or 15 minutes and then simmered until it is tender. The boiling of meat gives a product of less flavor than that obtained by the higher heat, but this loss may be made up by the addition of vegetables.

Cuts not tender enough for roasting but of better quality than those used for stews, may be cooked by braising.

The object of stewing meat is to keep part of the juice in the meat and to extract part to flavor the gravy. A little vinegar is sometimes brushed over tough round steak or added to the boiled beef to help make it more tender.

Beef Pot Roast

Get a solid piece of meat weighing from 4 to 5 pounds from the round, rump, shoulder or neck. Wipe the meat thoroughly, dredge with flour and brown it on all sides in a hot iron skillet. Sprinkle well with salt and pepper after browning. Put the meat into an iron pot or earthenware baking dish and pour in enough hot water to cover to about one-third the depth of the meat. Cover closely and cook slowly four or five hours, either in a moderate oven or on the top of the stove. If cooked on a gas stove, use the simmering burner. Turn the roast when it is about half done. The potatoes may be baked around the roast.

Swiss Steak

2 pounds round steak, ½ to ¾ inch thick.
1 cup flour.
1 tsp. salt.
½ tsp. pepper.
1 tb. chopped onion, or 1 tb. chile sauce.
Sprinkle a part of the flour on the board, place the meat on it and beat the flour into it with edge of saucer or meat pounder. Brown the steak on both sides in a well-greased pan, then add 1 cup of boiling water. Cover tightly and simmer 1 hour. Add seasonings and continue cooking for 1/2 hour. Serve with the gravy.

Variation: The steak may be cut 1 1/2 to 2 inches thick and cooked as a casserole pot roast in the oven and served with tomato sauce.

Cannelon of Beef

2 pounds lean beef. Shoulder, from tougher cuts. Grated rind of 1/2 lemon. 1 tb. finely chopped parsley. 1 egg. 1 tsp. onion juice. 2 tb. melted fat. 1 tsp. salt. 1/4 tsp. pepper.

Chop the meat fine, add the remaining ingredients in the order given. Shape in a roll about 6 inches long and wrap in buttered paper, place in dripping pan and bake about an hour in a moderate oven. Baste every 20 minutes with 1/4 cup melted fat in 1 cup boiling water. Serve with Esperano or tomato sauce.

Variation: Left over cereal, as mush or oatmeal, may be added to this loaf.

Hard cooked eggs may be placed in the center and the loaf served cold.

Rolled Steak with Dressing

One slice of steak cut 1 inch thick. (The steak may be cut from the round, shoulder clod or flank). Wipe and trim the steak, season with salt and pepper. Spread a well seasoned dressing over it. Tie, or sew into shape. Dredge well with flour. Brown a few salt pork cubes in a hot skillet, sear roll of meat on both sides. Remove the meat from the skillet and add 2 tablespoonfuls of flour to the fat, then 2 cups of hot water or strained tomato juice. Stir until thick and smooth. Place the meat in the skillet, cover closely and simmer 3 hours on top of the stove. (Note). The steak may be baked in a casserole in the oven.
Dressing
4 c. stale bread crumbed or broken into small pieces.
2 tb. chopped parsley.
Salt and pepper to taste.
Sage and onion, if desired.
2/3 c. melted butter, suet or drippings.
1 c. scalding milk or water.
Add the seasoning to the bread. Add the melted butter or fat to the milk, then pour over the bread and mix well.

Veal
Roast Veal
Use the rack or ribs of veal. Trim and wipe the meat, season it with salt and pepper, rub with fat and dredge with flour. The oven should be very hot at first and the roast should be turned twice during the first 15 minutes, to thoroughly sear the surface of the meat and seal in the juices. Add a cup of boiling water, lower the heat and cook the roast until done. Fifteen to twenty minutes should be allowed for each pound.

Peel eight or ten sweet or Irish potatoes and lay around the roast during the last 3/4 hour of baking. Baste the meat every 20 minutes to prevent the roast from drying out.

Brown Fricassee of Veal
Melt 4 tablespoons of fat in an iron frying pan. Cut veal steak into pieces for serving; roll each piece in flour. Sear each piece of veal on both sides in a hot skillet, then add hot water to cover and simmer for about an hour. Make a smooth, thin paste of 2 tablespoons of flour, one-half teaspoon of salt, one-fourth teaspoon of pepper and 1 pint of cold water. Add this to the meat, stir until boiling, let simmer 10 to 15 minutes.

Variation: Add a can of peas or a little tomato puree to the sauce.

Breaded Veal Cutlets
Wipe, trim off the extra fat, season with salt and pepper, dip in bread crumbs, then egg, again in crumbs and fry in hot skillet until well browned on each side. Be sure that there is enough fat, or the cutlets will stick, removing the crumbs. Lower the heat and cook for 15 or 20 minutes. A tablespoon of cold water added to the beaten egg makes it go further and the crumbs stick better. These may be served with tomato sauce.

Mock Veal Birds
Cut veal steak into pieces 2 by 3 inches, wipe, season, spread with dressing; roll up and skewer with toothpicks, in such a way as to suggest a fat little bird. Put the birds into a deep stew pan and brown in hot fat, cover with milk and cook slowly until ten-
der (about 1 hour). Serve each bird on a round piece of toast and cover with a sauce made by thickening the liquid left over in the pan. Garnish with a slice of lemon and a sprig of parsley. Use same dressing as for flank steak.

**PORK**

**Roast Pork**

The loin and spare ribs are best for roasting. Trim and wipe the meat, rub with salt and pepper. Place on a rack in the roaster and sear the meat in hot oven. Lower heat and continue baking, allowing 35 minutes to the pound. Baste every 20 minutes. Make a gravy as for other roasts. Use water instead of milk when making pork gravy as the drippings are very rich.

**English Pork Pies**

(Three large pies)

6 lbs. meat, about equal proportions of lean and fat.
2 sc. tb. salt.
2 tsp. pepper.
4 1/4 lbs. flour and tsp. salt.
1 3/4 lbs. lard.
Hot milk.

Cut the meat up fine and mix with salt and pepper. Rub the lard well into the flour, then add enough hot milk to make a soft dough. Roll out, not too thin, while warm. Line the tin or basin. Now put in the meat, pressing it down firmly until the pan is full, being careful not to break thru the crust. Wet the edges and cover the top with the pastry and press the edges together. Make a small hole in the middle of the cover and bake in a slow oven for a long time. A four- or five-pound pie should bake fully three hours. When nearly cool, fill with warmed jelly which has been very highly seasoned with salt, black and red pepper. This jelly should be made from pork bone and the outside skin of the meat boiled until it becomes a dark, clear color and loses the "thick, whitey" look it had at first. These are nice made in large cups for a small family and should be eaten cold. They may be kept some time. (Receipt from an English housewife in Custer County, Colorado.)

**MUTTON**

**Stuffed Shoulder of Mutton**

1 good sized shoulder of mutton.
1 c. bread crumbs.
1 tb. chopped parsley.
Grated rind of half a lemon.
1 tb. chopped suet or drippings.
Salt and pepper to taste.
1 egg.

Remove the blade bone from the shoulder. Put the bread crumbs into a bowl with the parsley, lemon, suet, salt and pepper. Mix them with a well beaten egg. Stuff the cavity from which the bone was removed, sew up the opening. Roast, basting frequently with a little fat, or the meat will be dry. Allow 15 minutes to the pound.

Note—Leg of lamb may be stuffed and roasted as above. The strong mutton flavor often found may be eliminated by the careful removal of the skin about the fat on the outside of the meat. This skin is called the “caul”.

Brown Stew of Lamb

2 lbs. lamb
2 onions
2 carrots
1 head celery or little celery seed
2 tb. drippings
1 1/2 tb. flour
1 1/2 pts. water or stock
Salt and pepper

Cut the meat into pieces of convenient size for serving. Peel the onions, scrape the carrots and wash and scrape the celery. Melt the drippings in a sauce pan and fry the meat to a golden brown on all sides, removing it as soon as brown. Put in the flour and brown that too. Add the stock or water and stir until boiling, then put in the meat and the prepared vegetables. Season to taste and cook very slowly for 2 hours.

Note—Garnish with thoroughly steamed, seasoned rice.

Mutton Broth

3 lbs. mutton from neck
2 quarts cold water
1 tsp. salt
2 onions
1 carrot
3 tb. rice or
3 tb. barley

Wipe the meat, remove the skin and fat in small pieces. Put into kettle with bones and cover with cold water. Heat gradually to the boiling point. Skim; season with salt and pepper.
Cook the meat slowly until tender; add the vegetables and rice and cook until done. If the barley is used, soak it over night. (This is especially good to be served to an invalid.)

APPROPRIATE SAUCES FOR SERVING WITH VARIOUS MEATS

Roast Beef.—Horse radish, tomato catsup, chili sauce, Worcestershire.
Porterhouse Steak.—Brown juice gravy, mushroom sauce.
Roast Mutton.—Mint sauce, gooseberry jam, soubise sauce, spiced grape butter.
Roast Lamb.—Mint sauce, currant jelly, chili sauce.
Roast Pork.—Apple sauce, chantilly sauce, Worcestershire sauce.
Roast Veal.—Catsup, tomato sauce, plum butter.
Roast Turkey.—Giblet sauce, cranberry, grape or currant jelly, plum butter (tart).
Roast Duck.—Onion sauce, Spanish sauce, apple sauce (spiced).

Beef Loaf.—Tomato sauce, Spanish sauce.
Corned Beef.—Mustard, chili sauce.
Baked Ham.—Mustard, horse radish, apple sauce (tart).

COMBINATIONS OF MEATS AND VEGETABLES

Broiled Steak.—Stuffed potatoes, French fried potatoes, potato croquettes, baked potato or escalloped potatoes. String beans, mushrooms, peas, asparagus, fried onions, combination salad.
Round Steak.—Fried onions, mashed potatoes, baked squash.
Rolled Flank.—Tomato sauce, sweet potatoes, mashed turnips, carrots and peas.
Hamburg Steak.—Potatoes, onions, escalloped tomatoes.
Pot Roast or Boiled Beef.—Boiled potatoes, squash, cabbage, creamed onions, parsnips, macaroni or dumplings.
Corned Beef.—Cabbage, onions, cauliflower, spinach, turnips.
Creamed Fish.—Baked potatoes, saratoga potatoes or escalloped tomatoes.
Creamed Chipped Beef.—Baked potatoes.
Roast Beef (hot).—Browned potatoes, mashed potatoes, parsnips, cauliflower, sweet potatoes, mashed squash, corn, peas, hominy.
Roast Beef (cold).—Creamed or escalloped potatoes, escalloped corn or fritters, escalloped tomatoes.
Braised Beef.—Variety of vegetables.
Baked Ham.—Spinach, boiled potatoes, stewed onions, corn bread, hominy.

Roast Mutton.—Browned potatoes, boiled rice, peas, asparagus, spinach, beet greens.

Lamb Chops.—Stuffed potatoes, creamed cabbage or turnips.

Bacon, Calves' Liver.—Baked potatoes, hashed browned potatoes, parsnips.

Roast Veal.—Browned potatoes, cauliflower, parsnips, stewed tomatoes, peas.

Veal Stew.—Rice, dumplings, macaroni, escalloped tomatoes.

SAUCES

Esperano Sauce

2 tb. flour
2 tb. butter
1/2 tsp. salt
1 tb. chopped red or green pepper.
1 c. hot water.
3 tsp. Worcestershire Sauce.
1 lemon sliced thin.

Melt butter, add flour and salt and when well blended add water slowly. Cook thoroughly until it thickens. Then add chopped pepper, Worcestershire sauce and the sliced lemon.

Lemon Sauce

1 c. sugar
2 tb. flour
2 c. boiling water
1 lemon, juice and rind
1 tb. butter.

Mix the sugar and flour, add the boiling water slowly. Cook 15 minutes, then add the lemon juice, rind and butter; stir until the butter is melted.

Tomato Sauces

1

2 tb. butter
2 tb. flour
1/2 c. water
1 c. strained tomato juice
1 slice lemon
2 cloves
1/2 tsp. salt
1-8 tsp. pepper
Boil together the water and the tomato juice; mix the lemon and butter; add the flour. Add the hot liquid gradually. Boil 3 minutes. Strain. Serve.

II

1 3/4 c. fresh stewed tomatoes
or 1/2 can tomatoes
1 slice onion
3 tb. butter
3 tb. flour
1/4 tsp. salt
1-8 tsp pepper

Cook onion with tomatoes 15 minutes. Rub through sieve, melt butter, add the flour and seasonings, then add the strained tomatoes and cook until smooth.

Mustard Sauce

2 tsp. mustard
1 tsp. flour
1 tsp. salt
1 tsp. soft butter
1 tsp. sugar
1 tb. vinegar
1/2 c. boiling water

Mix in order given. Add the water and cook until the sauce thickens and becomes smooth.

Horse Radish Dressing

2 tb. horse radish
1/2 tsp. salt
1-8 tsp. pepper
1/2 tsp. mustard
1/2 tsp. sugar
1 tb. vinegar

Mix together and fold into 1 cup whipped cream.

Chantilly Apple Sauce

Pare, core and cut in slices five medium sized apples. Cook with as little water as possible and when dry, rub through fruit press or sieve. To the pulp add 1/2 cup sugar, 5 tablespoons freshly grated horse radish, then fold in an equal measure of whipped cream slightly seasoned with salt and onion juice.
Meat Croquettes

Croquettes may be made of chicken, veal, beef, salmon or a mixture with a thick white sauce for binding. It is a good way to use left-overs and is an excellent luncheon dish. Use about 1/6 as much sauce as meat. Cold cereals, mush or oatmeal may be added to small amounts of cold meat in making croquettes.

Making of Croquettes; General Methods.—Chop or grind the meat (never grind meat or poultry while warm, as it becomes “pasty”). Season carefully and moisten with thick stock or sauce. Onion juice, lemon juice, celery salt, or parsley, make excellent seasonings for left-over meats. When croquette material is cold and firm, shape into balls, cylinders, cones, or squares. Add 1 tablespoon water to slightly beaten egg, dip the croquette into egg then in stale bread crumbs; let them stand before frying. Fry in hot fat, drain on old linen or soft paper. (Fat should brown small cube of bread in 40 seconds.) Croquettes may be baked in a casserole.

Croquettes should be soft and creamy inside and brown and crisp outside.

MEAT PIE

Cut cold cooked meat into 1-inch cubes, removing gristle, tissue and some fat. Season with salt, pepper, and gravy. Heat. Cover bottom of a greased baking dish with mashed potatoes. Add thick layer of the cubed meat, cover with another layer of mashed potatoes. Bake until the meat is heated through and the potatoes browned on top.

Variation.—Make a rich “chicken pie” or cobbler crust, fill the baking pan and proceed as above, omitting the potatoes. Cubed potatoes, hard cooked egg, etc., are sometimes added when the amount of meat is scant.

MEAT FILLINGS

Left-over meat or combinations may be ground, seasoned with salad dressing and used as filling for meat sandwiches.

USES OF LEFT-OVER MEATS

Palatable and attractive dishes may be prepared from pieces of cooked meat if one will learn a few simple combinations or variations of regular recipes. Bread crumbs, rice or macaroni may serve as a practical substitute for potatoes; stewed tomatoes for gravy, etc. The following recipes suggest a variety of ways other than “slicing down cold” for using left-over meats.
**BEEF HASH**

2 c. chopped meat
2 c. chopped potatoes Not too fine.
2 tb. drippings.
2 tb. catsup.
Milk, stock or gravy.
A little powdered sage or celery salt may be added.

Chop the meat and potatoes separately; then combine. Season with salt, pepper and minced parsley. Add whatever moisture is needed, milk, stock, or gravy. Put the fat into the frying pan and when hot add the hash. Cover and cook slowly 15 to 20 minutes. Roll or fold without breaking brown crust and turn on hot platter. Note.—The hash may be baked in a casserole in the oven.

**RICE AND MEAT EN CASSEROLE**

2 c. cooked meat, chopped. 1/2 c. bread crumbs.
1 tsp. salt. 1/4 c. melted fat.
1/2 tsp. pepper. Gravy or stock to moisten.
1 tb. W. sauce. 1 beaten egg.
1/2 tb. minced onion. 2 c. boiled rice.

Put the chopped meat into a bowl, add the seasonings and gravy. Mix well and turn into a buttered mold which has been lined with 2 cups cooked rice, well packed down on the sides. Pack the meat mixture in; cover the top with rice, then wax paper, and steam 45 minutes. Turn out on hot platter and serve with tomato sauce.

Variation: Cooked macaroni or mush could be substituted for the rice.

**CREAMED MEAT**

Chop or grind cold meat; heat with gravy; season and serve on toast. Green peppers may be stuffed with creamed meat.

**MEAT CAKES**

Grind flank ends of steak or other left-over meat; season with salt, pepper, bread crumbs; add slightly beaten egg, shape and fry in small amounts of fat. Serve with tomato sauce.

Note.—Left-over meat may be ground and combined with some fish meat, and made into a loaf.

Farmers' Bulletin No. 391, "Economical Use of Meat In the Home", may be obtained free by writing U. S. Department of Agriculture, Division of Publications, Washington, D. C.