
UNIVERSITY OF IDAHO

EXTENSION DIVISION

O. D. CENTER, DIRECTOR

REFERENCE

MEATS

BY

Home Economics Department
University of Idaho

COOPERATIVE EXTENSION SERVICE IN AGRICULTURE AND HOME ECONOMICS OF
THE STATE OF IDAHO.
EXTENSION DIVISION AND HOME ECONOMICS DEPARTMENT
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INTRODUCTION

The Home Economics Department of the University of Idaho has prepared this bulletin to give practical suggestions regarding the common meats and their uses. We hope that it may fulfil its mission and be of help to the housekeepers of the State.

ABBREVIATIONS.

Cup	c.
Tablespoon	tb.
Teaspoon	t.

TABLE OF MEASUREMENTS.

Measurements in the recipes given in this bulletin are as follows:

3 teaspoons (t.)	equal	1 tablespoon
16 tablespoons (tb.)	equal	1 cup
2 cups (c.)	equal	1 pint
2 pints (pt.)	equal	1 quart
4 quarts (qt.)	equal	1 gallon (gal.)

All of these measurements mean that the measure is level full, but not heaped. To measure one teaspoon of flour, fill the spoon heaping full and then with the flat back of a knife scrape off the excess so that it is level full. One-half teaspoon is obtained by taking a level spoonful, cutting thru lengthwise of the bowl and scraping the extra half away. One-fourth teaspoon is obtained by dividing the half.

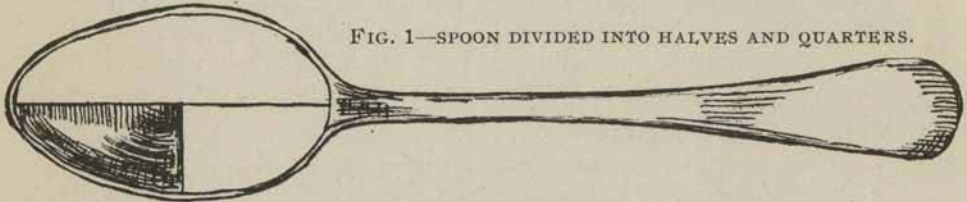


FIG. 1—SPOON DIVIDED INTO HALVES AND QUARTERS.

MEATS

During the last few years we have been forced, thru the advancing price of meats, to consider the use of all the cuts, both tender and tough. Thus forced by circumstances, we must turn our attention to the preparation of palatable dishes from less expensive cuts, and it is a matter of much interest to note the number and variety of dishes which may be prepared from the slower selling and cheaper cuts of meat. It is the aim of this bulletin to describe the various cuts of meat, where they are located in the carcass and to direct how they may be cooked.

Use of Meat in the Body.

Meat may serve a dual purpose in the human body. It may be used to furnish heat and energy, and also to build tissue. It is from animal food that we derive our chief source of tissue building material.

Meats Used for Food.

The following are the meats used ordinarily in the diet: Beef, veal, mutton, lamb, pork, fowls, game, fish. Only the meats that are produced on the farm are considered in this bulletin.

Color and Appearance of Good Meat.

Unless one knows something of the physical appearance, it is rather difficult to select good meat. Good beef, when it is first cut, is bluish red in color and, when exposed to the air for a few minutes, becomes a bright cherry red. It should be well marbled with fat, and the fat should be creamy white and of a firm, clean, consistency. Veal varies in color from pale pink to light red, and is best when a dull pink. Mutton is a dull brick red color, and lamb a light pink or grayish red, according to the age of the animal. The lean meat or muscle of pork, when from a young animal, is nearly white, and that from an older animal rose color. Meat that is tender should have a fine, smooth grain or fiber with little connective tissue and a velvety, pliable feeling. Another sign of tenderness is a good distribution of fat thru the meat.

Care of Meat.

Meat that is purchased from the shop should be taken from the paper immediately and put in a cool place, since some paper contains undesirable chemicals that give an unpleasant flavor to the meat. When ready to cook, wipe the outside of the meat with a moist cloth, but do not plunge it into water, or let it soak, as this dissolves some of the nutritive constituents and flavors.

Methods of Cooking Meat.

Altho some meat is more easily digested when raw, all meat is more palatable when cooked, and its flavor and appearance are improved. Cooking softens the fibers of tough meat and kills any organisms that may be present.

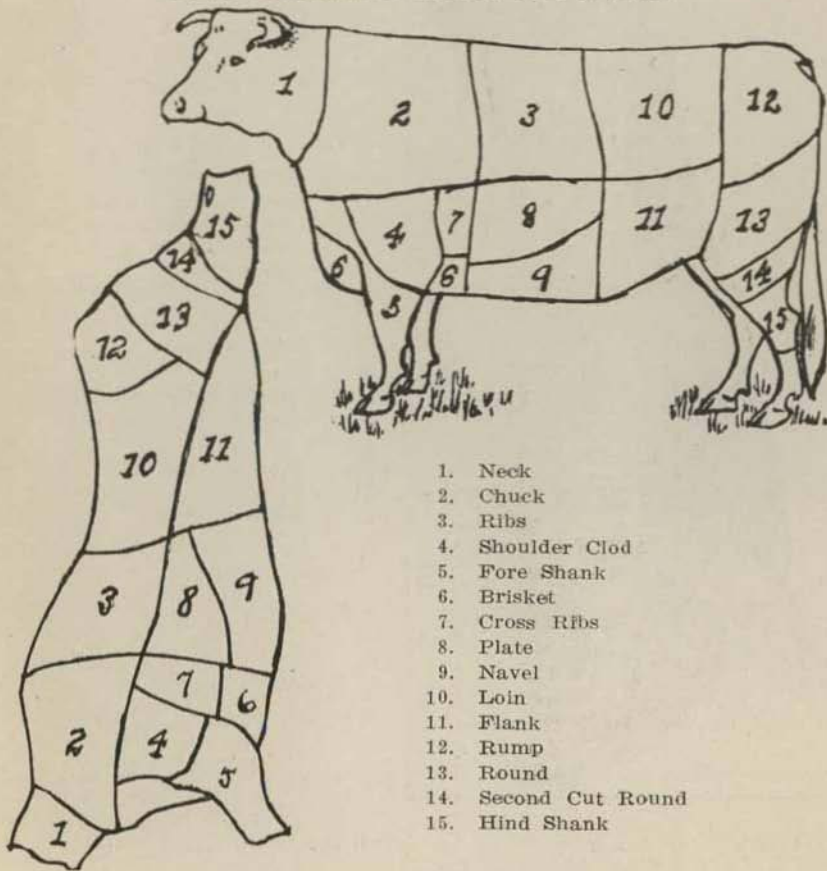
Different cuts of meat are cooked in the following ways: Boiled, stewed, fried, broiled, roasted and braised.

The juices and flavors of boiled or stewed meat may be extracted, or retained, according to method employed. The juice and flavor retained increase in proportion to the size of the cut and the temperature of cooking. The object of roasting or broiling meat is to retain the juice and flavor. Braising is a combination of boiling and roasting.

In the cooking of meat, the main consideration is the proper temperature. The temperature should be kept below boiling, as too great heat hardens the muscle fibers and renders the meat stringy and tasteless. The muscles are composed of bundles of tiny tube-like fibers, and when meat is cooked at a high temperature the tubes containing the flavors and extractives are burst, liberating the juices, and a dry, tasteless meat results. Meat becomes stringy when boiled, because the connective tissue has been dissolved. It

should slowly combine with water and form a gelatinous tissue. Muscular fiber that is much used has the connective tissue more fully developed, and hence requires long, slow cooking. The tougher or much used muscles are high in flavor, because with exercise the blood is drawn to these centers, and they become enriched and the flavors more pronounced. The outside of a cut should be subjected to high temperature, coagulating the albumin and juices; the inner portion, to a temperature close to simmering. The inner portion of both tough and tender cuts should be kept at a low temperature when cooking. In the case of a roast or broil, the inner part of the cut maintains a low temperature even when the outer part is exposed to a high heat.

FIG. 2—DIAGRAMS OF EASTERN CUTS OF BEEF.



Names and Approximate Cost of Western Cuts.

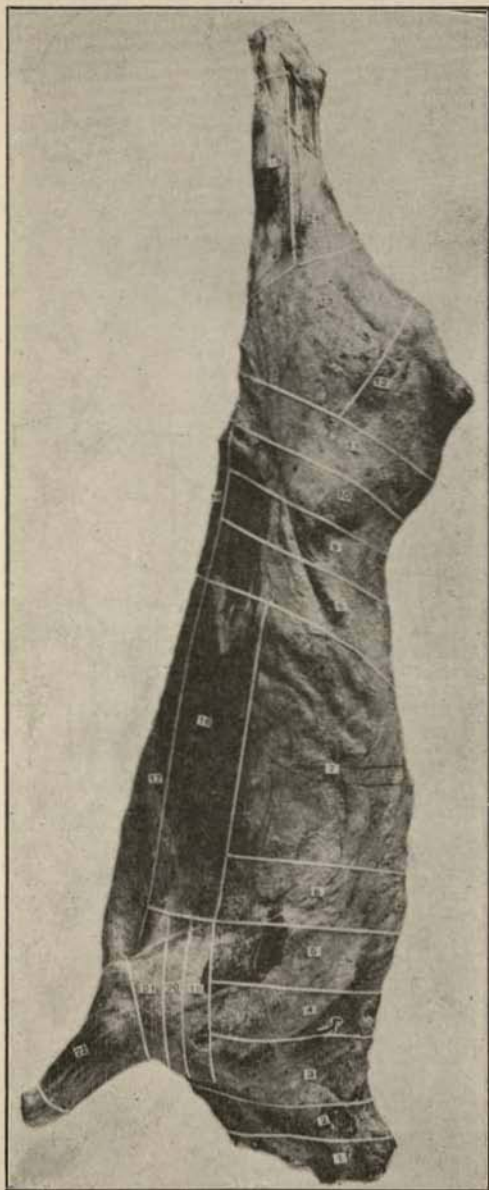


FIG. 3
DIAGRAM OF WESTERN
CUTS OF BEEF

1.	}	Neck cuts	15c
2.			
3.			
4.	}	Shoulder (chuck).....	18c
5.			
6.			
7.		Prime rib	20c
8.	}	Short loin, short cut (Delmonico)	22c
9.			
10.		Porterhouse, T bone....	35c
11.		Sirloin, split bone, pin bone, round bone....	12c
12.		Rump	18c
13.		Round	20c
14.		Heel, or lower round...	18c
15.		Shank (hind)	8c
16.		Flank	20c
17.		Brisket (plate, rib ends)	12 ½ c
18.		Short rib	12 ½ c
19.	}	Shoulder clod	18c
20.			
21.			
22.		Shank (fore).....	8c

The above cuts and prices are furnished thru the courtesy of Hagan & Cushing, Moscow, Idaho.

Slow Cooking Meats.

BOILING MEATS.

Beef horseshoe piece—end round (14).
Beef shoulder clod (19, 20, 21).
Rib ends of beef (17).
Short ribs of beef (18).
Beef brisket (17).
Corned beef.
Rump (12).
Flank (16).
Plate (17).
Beef tongue, fresh.
Beef tongue, smoked.
Leg of mutton.
Shoulder of lamb.
Shoulder of mutton.
Leg of pork.
Ham, smoked.
Pork shoulder, fresh.
Pork shoulder, smoked.
Pork hocks.
Back bones and neck bones.

STEWING MEATS.

Beef plate (17).
Beef flank (16).
Beef skirts.
Beef neck (1, 2, 3).
Beef shin (15 or 22).
Breast of mutton.
Breast of lamb.
Veal breast.
Veal neck.

SOUP AND BROTH MEATS.

Shin soup bones (15 or 22).
Hind shank soup bones (15).
Knuckle soup bones.
Oxtail.
Beef neck (1, 2, 3).
Beef shoulder clod (19, 20, 21).
Beef round (13).
Mutton shoulder.
Mutton neck.
Mutton shanks.

Tough Meats.

The preparation of tough meat is governed by three objects:

1. To retain flavor, as in boiled meats;
2. To extract flavor, as in soups;
3. To retain some flavor in meat and extract a portion, as in stews.

Object 1. To retain flavor, first sear the outside, or plunge in boiling water, to form a hard coating; then reduce temperature to simmering. Cook until tender. With this method, the connective tissue becomes gelatinous and holds fibers together, thus preventing a stringy piece of meat.

Object 2. To extract flavor, the meat should be cut into small pieces and soaked in cold water. Set meat and water over fire and slowly raise to simmering temperature.

Object 3. To retain some flavor in meat and extract a portion, cut meat into small pieces; sear in frying pan to develop flavor and retain juices, and put into water and cook at simmering temperature until tender.

Tender Meats.

Tender meats are usually broiled or roasted.

The object in broiling or roasting meat is to retain the juices by searing the outside with hot, dry heat. True broiling or roasting means that the meat is cooked directly over the flames, but the present day method of roasting is to cook the roast in the oven by the application of dry heat. Consequently then in cooking a roast no moisture should be added but the fat of the roast utilized to keep the outer portion moist.

Many people prepare tender and tough meats by frying. This method is the least desirable as meat cooked this way is usually greasy. The temperature of the fat in the ordinary method of frying is either too low, and the fat is absorbed, making the food greasy; or it is too high, causing the fat to decompose into dis-

agreeable acids, which are irritating to the digestive tract. It is much better to broil tender meat rather than to fry it. A tough piece can never be made tender by frying. Food, which has absorbed and is completely surrounded by fat, is not easily digested and assimilated.

RECIPES

SOUP.

Selection of Soup Bone.

Choose one that is two-thirds meat and one-third bone and fat. Two pieces of shin, one heavy with meat, and the other heavy with bone and gristle, will furnish, respectively, flavors and nutritive constituents, and gelatin and mineral. The meat can afterwards be used for hash and croquettes.

To Clarify Soup.

Use the crushed shell and white of one egg to each quart of soup stock. Heat and stir the mixture until it boils for two minutes. Reduce the heat, keeping it a little below the simmering point for about twenty minutes. This will entangle the solid portions of the soup. Strain thru cheesecloth. This liquid is called soup stock. The fat may be separated by cooling the soup, and then removing it when a hard crust is formed. In clarifying soup, some of the nutritive value is sacrificed.

Economical Soup Stock.

2 lbs. meat

1 qt. water (cooked meat)

Cooked or uncooked meat, left over portions and bones of roasted fowls, bits of vegetables, outside stalks of celery, etc., the tough ends of Porterhouse steaks, cooked or uncooked, and all the bones of roasts and chops may be used. Put all in the kettle, cover with water. Let simmer four or five hours. Then the liquor should be strained off, seasoned with salt, allowed to cool so that the grease may come to the surface and harden. A quart of soup will serve a family of six. If a plain macaroni soup is to be made, a quart of stock will be required, but for tomato soup only half that quantity is necessary. Vegetables should be added to stock only to give it flavor, and in summer the stock will keep longer if they are omitted.

Brown Soup Stock.

6 lbs. shin of beef

1 sprig marjoram

3 qt. cold water

2 sprigs parsley

½ t. peppercorns

½ c. each of the following, cut in

6 cloves

dice: Carrot, turnip, onion, cel-

½ bay leaf

ery

3 sprigs thyme.

1 tb. salt

(Seasoning may be varied according to taste and materials at hand.)

Wipe beef and cut the lean meat in inch cubes. Brown one-third of meat in hot frying pan in marrow from a marrow-bone, or any available fat. Put remaining two-thirds with bone and fat in soup

kettle, add cold water and let stand for thirty minutes. Place on back of range, add browned meat and heat gradually to boiling point. As scum rises it should be removed. Cover and cook slowly six hours, keeping below boiling point during cooking. Add vegetables and seasonings, cook until vegetables are tender, and strain and cool as quickly as possible to remove fat. Heat before serving.

White Soup Stock.

4 lbs. knuckle of veal	½ t. peppercorns
2 qt. cold water	1 onion
1 tb. salt	2 stalks celery (celery seed, or dried celery leaves)
Blade of mace	

Wipe meat, remove from bone, and cut in small pieces. Put meat, bone, water and seasonings in kettle. Heat gradually to boiling point, skimming frequently. Simmer four or five hours and strain. If scum has been carefully removed, and soup has been strained thru a double thickness of cheesecloth, the stock will be quite clear. This may be clarified as above.

BEEF.

Brown Stew.

Cut lean beef into inch cubes (neck beef will be found quite satisfactory). Season each piece, dredge thoroly with flour, and brown on all sides in a frying pan, using a little suet or fat to prevent sticking and to give necessary fat. Add sufficient hot water to cover the meat, and when this has boiled up once, turn all into a double boiler and cook for three hours. One hour before the stew is finished add any vegetables liked, cutting these also into cubes.

Note: Potatoes require a less time for cooking.

Pot Roast.

Sear a cut of beef (three or four pounds of a rump or second neck shoulder cut) in an iron kettle, using suet as above. Season and add one-half cup water. Arrange to carry on the cooking slowly for four or five hours, adding water from time to time if necessary. Fireless cooker is excellent for this method of cooking.

Cannelon of Beef.

2 lbs. lean beef, cut from round	½ t. onion juice
Grated rind of ½ lemon	2 tb. melted butter
1 tb. finely chopped parsley	Few gratings nutmeg
1 t. salt	¼ t. pepper
	1 egg

Chop meat finely and add remaining ingredients in order given. Shape in a roll six inches long; on top place slice of bacon, salt pork, or bit of butter; wrap in buttered paper, place on rack in dripping pan, and bake for thirty minutes. If desired serve with Brown Mushroom Sauce. (See Sauces).

Casserole of Beef.

Take two or three pounds of round steak and have the meat cut halfway across the round. Wipe, salt and pepper it; then roll in

flour till thickly coated. Sear in hot fat, turning every side of the cut till well browned. Have casserole hot, add two cups of canned tomato, half an onion, a slice of carrot, a turnip, two stalks of chopped celery, a sprig of parsley and half a teaspoon of mixed whole spices. Pour a cup of hot water over meat. Cover tightly and set in hot oven. As soon as meat begins to cook, reduce heat and cook very slowly for three hours.

Hamburg Steak.

Chop finely one pound lean, raw beef; season highly with salt, pepper and a few drops onion juice. Shape, cook and serve as meat cakes. Lemon juice and one egg slightly beaten may be added to the raw meat mixture. Cream may be substituted for lemon juice.

Sauted Round Steak.

Cut round steak one to one and one-half inches thick. Pound to a thickness of one-half inch, roll in flour and brown on both sides (in smoking hot fat). Remove to back of range and add about two tablespoons hot water; cover closely with lid and let cook slowly for about three-fourths hour; uncover and evaporate moisture, add bits of butter, and serve on hot platter. Shoulder, or heavy flank steak may be used instead of round.

Broiled Steak.

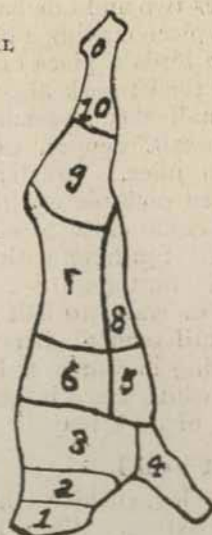
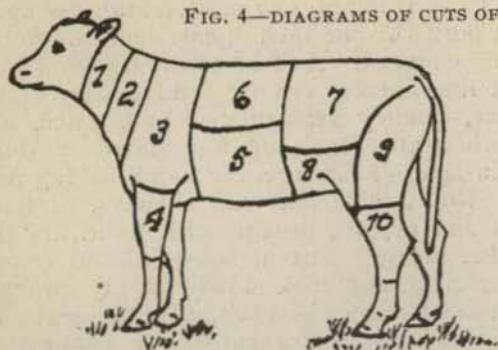
Select Porterhouse or sirloin cut (steak cut at least one and one-fourth inches thick). Wipe clean with a damp cloth and trim off excess of fat. Broil over live coals or under gas, turning each half minute for three minutes; after which complete the cooking at a lower temperature, turning every minute or two. The total time required varies from eight to twenty minutes, according to the thickness of the steak and the degree of cooking desired. Steak may be pan broiled; that is, the frying pan heated until smoking hot, and the meat put in, treating the same as above. Remove meat to a hot platter and salt evenly. A little salt previously sprinkled over the bottom of the dish will season the under side of the steak. Serve with any sauce liked, but avoid masking the flavor of the meat itself by the addition of stronger ones.

Beef Roast.

Select prime ribs of beef. See that the meat selected is clean. Trim off any ragged portions, but do not remove the fat. Place on rack in the pan, arranging to have the larger cut surfaces exposed to the direct heat of the oven. The part with the greatest surface of fat should be placed uppermost, so the melting fat will accomplish the basting. Place in a hot oven, maintaining even temperature for fifteen or twenty minutes; after which the heat should be lowered and the roasting continued. Allow fifteen minutes for each inch in thickness for rare; twenty to twenty-five minutes for well done.

VEAL.

FIG. 4—DIAGRAMS OF CUTS OF VEAL.



- | | |
|---------------|----------------|
| 1. Neck | 6. Ribs |
| 2. Chuck | 7. Loin |
| 3. Shoulder | 8. Flank |
| 4. Fore Shank | 9. Leg |
| 5. Breast | 10. Hind Shank |

Veal Stew.

For stew, the ends of ribs, neck, knuckle and breast may be used. Take two pounds veal. Cut in two inch squares; cover with boiling water, and let simmer until tender. Add one onion diced and one turnip sliced one-half inch thick when meat is put on to cook. Potatoes may be added later if desired; and also dumplings.

Dumplings.

- | | |
|-----------------------|-----------------------|
| 2 c. flour | $\frac{1}{2}$ t. salt |
| 4 t. baking powder | 2 t. butter |
| $\frac{1}{4}$ c. milk | |

Mix and sift dry ingredients. Work in butter with tips of fingers, and add milk gradually, using a knife for mixing. Toss on a floured board, pat, and roll out to one-half inch in thickness. Shape with biscuit-cutter, first dipped in flour. Place closely together in a buttered steamer, put over kettle of boiling water, cover closely, and steam twelve minutes. A perforated tin pie plate may be used in place of steamer. A little more milk may be used in the mixture, when it may be taken up by spoonfuls, dropped and cooked on top of stew. In this case some of the liquid must be removed, that dumplings may rest on meat and potatoes, and not settle into liquid.

Scalloped Veal.

Cut cooked veal in thin slices or cubes. Put in baking dish alternate layers of veal and buttered crumbs, seasoning each layer of meat with salt and pepper. Over top pour a tomato sauce and cover with a layer of buttered bread crumbs. Bake for half an hour.

Veal Birds.

Cut slices of veal from leg as thinly as possible. Wipe, remove bone, skin and fat. Pound till one-fourth inch thick and cut in

pieces two and one-half inches long by one and one-half inches wide, each piece making a bird. Chop trimmings of meat, adding for every three birds a piece of salt pork cut one inch square and one-fourth inch thick; pork also to be chopped. Add to trimmings and pork one-half their measure of fine cracker crumbs, and season highly with salt, pepper, cayenne, poultry seasoning, lemon juice, and onion juice. Moisten with beaten egg and hot water or stock. Spread each piece with thin layer of mixture, but avoid having mixture come close to edge. Roll and fasten with skewers, or tooth picks. Sprinkle with salt and pepper, dredge with flour, and fry in hot butter until a golden brown. Put in stewpan, add cream; milk or water to half cover meat, and cook slowly twenty minutes, or until tender. Serve on small pieces of toast, pouring gravy remaining in pan over birds and toast, and garnish with parsley. A thin white sauce in place of cream may be served around the birds. Loin of pork may be used in place of veal.

Roast Veal I.

The leg, cushion (thickest part of leg), and loin are suitable pieces for roasting. When leg is to be used, it should be boned. Wipe meat, sprinkle with salt and pepper, stuff, and sew in shape. Place on rack in dripping pan, dredge meat and bottom of pan with flour, and place around meat strips of salt pork. Bake three or four hours in moderate oven, basting every fifteen minutes with one-third cup butter melted in one-half cup boiling water, until used; then baste with fat in pan. Serve with brown gravy.

Roast Veal II.

The loin, breast and fillet (a thick piece from the upper part of the leg) are best for roasting. Remove the bone from the fillet and stuff with a highly seasoned bread stuffing; skewer into shape. To prepare the veal for roasting, cover the top with thin strips of salt pork; season with flour, salt and pepper. For cooking allow twenty-five minutes to a pound. Make a gravy from the drippings in the pan. Horseradish is very acceptable to serve with veal.

Veal Cutlets.

Dredge the cutlets with salt and pepper, dip in fine cracker crumbs, then in eggs, then again in the crumbs. Brown in hot fat, either salt pork, or beef drippings. Cook well and place on a hot platter. Surround with a tomato sauce or a gravy made by adding one tablespoon of flour to the fat, one cup of soup stock, season with salt, pepper and a teaspoon of lemon juice; or with butter, salt and pepper. Tartare sauce is excellent served with veal cutlets.

Veal Loaf.

2 ½ lbs. veal	1 t. summer savory
1 c. finely powdered cracker crumbs	1 t. salt
½ c. of soup stock	1 t. pepper
1 tb. finely chopped onion	¼ c. of salt pork chopped fine, or
1 t. thyme	2 tb. melted butter

Chop the veal fine, add cracker crumbs and seasonings, and cover the top with slightly beaten egg, and a layer of cracker crumbs. Place in a baking pan on four thin strips of salt pork. Bake for three hours, basting frequently with butter and hot water. This is better served cold.

Veal Loaf.

2 lbs. veal	2 c. cracker crumbs
¼ lb. ham	1 c. grated cheese
1 c. cooked macaroni	Salt
2 eggs	Pepper
	Onion juice

Grind the ham and veal together, add macaroni, eggs well beaten, cracker crumbs, cheese, and seasonings. Bake in a well greased pan.

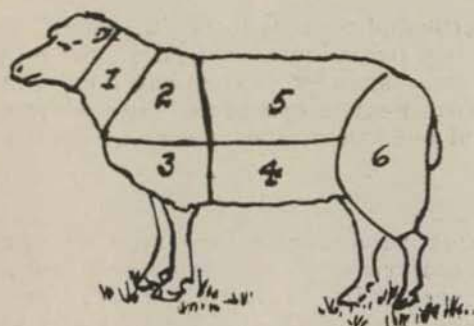
Veal Croquettes.

2 c. chopped cold cooked veal	Few drops onion juice
½ t. salt	Yolk 1 egg
½ t. pepper	1 c. thick sauce made of soup stock or milk
Few grains cayenne	

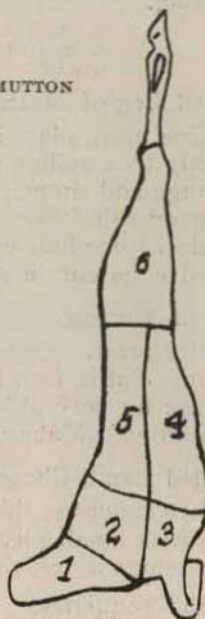
Mix ingredients in order given. Cool, shape, crumb and fry same as other croquettes.

MUTTON.

FIG. 5.—DIAGRAMS OF CUTS OF LAMB AND MUTTON



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



Mutton or Lamb Stew.

1½ lbs. breast of lamb	1 pt. boiling water
4 potatoes (medium-sized, quartered and parboiled.)	1 onion (sliced about 1½ inch in diameter)
2 tb. rice	1 c. tomato, strained or
Salt and pepper	1 tb. tomato ketchup

Brown the onions in a little fat in a sauce pan, put with them the meat cut into cubes of about one and one-half inches, and sprinkle with salt and pepper. Cover meat with boiling water, heat to the

boiling point again, then let it simmer for two hours; or cook it over hot water for three hours, or until the meat is tender. After one hour of simmering add the rice; half an hour before dishing the stew add the potatoes; when they are done remove the bones and pieces of fat, stir in the tomato or ketchup, add salt and pepper if needed and serve.

Braised Leg of Mutton.

Bone a leg of mutton. Wipe, stuff, sew and place in deep pan. Cook five minutes in one-fourth cup butter, a slice each of onion, carrot, and turnip cut in dice, one-half bay leaf and a sprig each of thyme and parsley; then add three cups hot water, one and one-half teaspoon salt, and twelve peppercorns. Pour over mutton, cover closely and cook slowly three hours, uncovering for the last half hour. Remove from pan to hot platter. Brown three tablespoons butter, add four tablespoons flour, and stir until browned; then pour on slowly the strained liquor; there should be one and three-fourths cups.

Stuffing.

1 c. cracker crumbs or bread crumbs	1/4 t. pepper
1/4 c. melted butter	1/2 t. poultry seasoning
1/4 t. salt	1/4 c. water

Boiled Leg of Mutton.

Wipe meat, place in a kettle and cover with boiling water. Bring quickly to a boiling point, boil five minutes and skim. Set on back of range and simmer until meat is tender. When half done, add one teaspoon salt. Serve with caper sauce, or add two cups white sauce (made of one-half milk and one-half mutton stock) and two hard-boiled eggs cut in slices.

Leg of Mutton.

Wipe meat. Remove tough membrane, and rub meat with half of lemon. Put in iron kettle, sear, cover with boiling water and allow to cook for several hours (four or five). The water will then have evaporated. Make a brown gravy of the fat remaining in kettle.

Broiled Lamb Chops.

Have chops cut thick. Wipe meat. Have frying pan very hot; rub over with small piece of fat. Put in chops, sear on both sides, reduce temperature, then cook for twenty-five to thirty minutes.

Lamb Croquettes.

1 tb. finely chopped onion	1 c. cold cooked lamb cut in small cubes
2 tb. butter	3/4 c. boiled potato cubes
1/2 c. flour	Salt and pepper
1 c. stock	1 t. finely chopped parsley

Fry onion in butter five minutes, then remove onions. To butter add flour and stock or milk and cook two minutes. Add meat, potato, salt and pepper. Simmer until meat and potato have absorbed

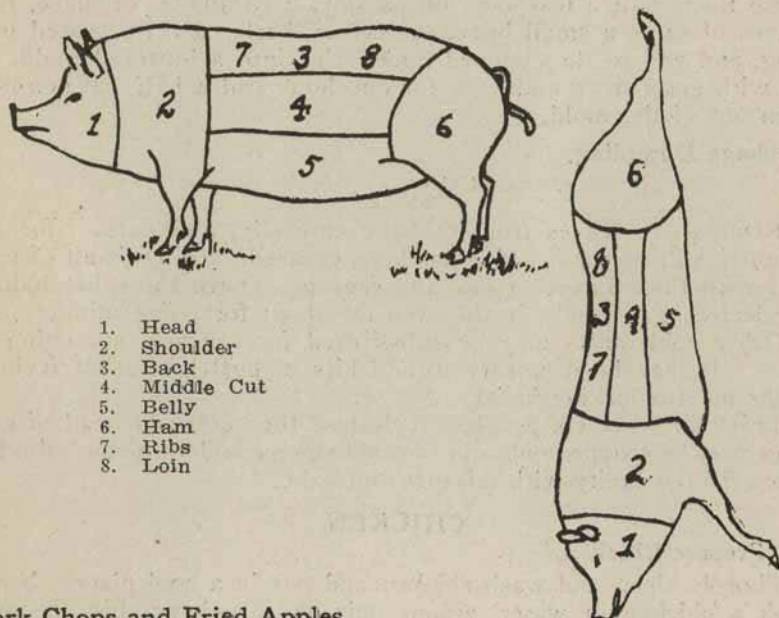
sauce. Add parsley, and spread on a shallow dish to cool. Shape, dip in crumbs, egg, and crumbs again. Fry in deep fat and drain. Serve with tomato sauce.

Casserole of Rice and Meat.

Line a mold, slightly greased, with steamed rice. Fill the center with two cups cold, finely chopped, cooked mutton, highly seasoned with salt, pepper, cayenne, celery salt, onion juice; then add one-fourth cup cracker crumbs, one egg slightly beaten and enough hot stock or water to moisten. Cover meat with rice, cover rice with buttered paper to keep out moisture while steaming, and steam forty-five minutes. Serve on platter surrounded with tomato sauce. Veal or any left-over meat, or fish, may be used in place of mutton. (See Sauces).

PORK.

FIG. 6—DIAGRAMS OF CUTS OF PORK.



Pork Chops and Fried Apples.

Broil chops in a very hot pan, no grease added, until very brown; salt and pepper. Arrange the chops on platter, and surround with slices of apples, cut one-half inch thick, fried in the fat remaining in pan.

Pork Tenderloins with Sweet Potatoes.

Wipe tenderloins, put in dripping pan and brown quickly in hot oven; then sprinkle with salt and pepper and bake forty-five minutes, basting every fifteen minutes.

Sweet Potatoes.

Pare sweet potatoes and parboil ten minutes, drain, put in pan with meat and cook until soft, basting when basting meat.

Pork Loaf.

½ lb. round steak and	3 slices of bread moistened with
1 lb. sausage; or	water
1 lb. round steak and	1 onion
½ lb. sausage	¼ lb. salt pork
1 egg	Pepper and salt

Chop the meat. Chop the onion and cook (but do not brown) it in the fat tried out of a small portion of the pork. Add the bread and cook a few minutes. When this is cool, mix all the ingredients and form into a long, round roll. The surface can easily be made smooth if the hand is wet with cold water. Lay the remaining pork cut in thin slices on top, and bake forty minutes in a hot oven. The sausage may be omitted if desired and other seasoning used.

Pork Cheese.

Chop finely two pounds of cold roast pork, allowing a quarter of a pound of fat to each pound of lean. Season with pepper and salt. Chop finely half a teaspoon of parsley, two blades of mace, four leaves of sage, a small bunch of savory herbs, a little grated nutmeg, and add to the chopped pork. Put into a buttered mold, fill up with good stock and bake for one hour and a half. When cold turn out of the mold.

Cabbage Dumpling.

2 c. cooked rice	½ lb. sausage
Cabbage	

Remove the leaves from cabbage carefully, and parboil for ten minutes. Put on pan which has been greased. Fill one-half of each leaf with the mixture of rice and sausage. Turn the other half of the leaf over and bake in the oven for about forty-five minutes.

Other cold meats may be substituted for sausage, seasoning to taste. It may be necessary to add bits of butter or meat fryings, if the meat is lacking in fat.

This will serve six people. If desired the center of head of cabbage may be scooped out, and the cabbage parboiled for ten minutes. Then fill the cavity with mixture and bake.

CHICKEN.

To Prepare Chicken.

Thoroughly clean and wash chicken and put in a cool place. Never soak a chicken in water, either plain or salted, as this dissolves much nutriment as well as flavor.

Chicken Fricassee.

Dress, clean and cut up a fowl. Sprinkle with salt and pepper, dredge with flour and fry in butter or drippings until a golden brown. Pack closely in baking pan and cover with water (milk or cream makes it more delicious), and cook slowly from two to four hours, according to age of chicken. A fireless cooker is excellent for this method of cooking.

Jellied Chicken.

Dress, clean and cut up a four pound fowl. Put in a stew pan with two slices of onion, cover with boiling water, and cook slowly

until meat falls from bones. When half cooked add one-half table-
 spoon salt. Remove chicken and boil stock down to three-fourths
 cup, strain and skim off fat. Decorate bottom of mold with pars-
 ley, and slices of hard-boiled eggs. Remove skin and bone from
 meat, sprinkle with salt and pepper and pack in mold. Pour on stock,
 weight and keep in a cold place until firm. In summer it is nec-
 essary to add to the stock one teaspoon granulated gelatin dis-
 solved in two tablespoons of cold water.

Chicken Croquettes.

1¾ c. chopped cooked fowl	1 t. lemon juice
½ t. salt	Few drops onion juice
¼ t. celery salt	1 t. finely chopped parsley
Few grains cayenne	1 c. thick white sauce

Mix ingredients in order given. Cool, shape, dip in egg, crumb
 and fry as croquettes. White meat of fowl absorbs more sauce than
 dark meat; this must be remembered if dark meat alone is used.
 Croquette mixtures should always be as soft as can be conveniently
 handled; then croquettes will be soft and creamy inside.

Chicken Souffle.

4 tb. butter	2 c. chicken
4 tb. flour	4 eggs
2 c. milk	Salt
Cayenne	

Melt butter, add flour, and when well mixed add milk gradually.
 When the mixture has boiled up thoroly add salt, cayenne, and
 finely cut chicken; remove from fire and add well beaten egg yolks.
 Cool the mixture, then fold in the whites of eggs beaten until stiff.
 Pour into buttered dish and bake in a moderate oven twenty min-
 utes.

SAUCES.

White Sauce.

White sauce is the foundation of all the cream soups, creamed
 vegetables, escalloped dishes, and of many fruit sauces. It is com-
 posed of liquid, fat, thickening, and seasoning. Liquid may be milk,
 vegetable or meat stock, tomato juice, fruit juice, or water. Fat
 may be butter, lard, drippings, vegetable oils, etc. Thicken-
 ing may be flour, corn starch, bread crumbs, cracker crumbs, starchy
 vegetables, rice, tapioca, etc. Seasonings may be salt, pepper, sugar,
 paprika, parsley, vanilla, etc.

Proportions.

Thin white sauce: 1 c. liquid with ¼ to 1 tb. thickening and 1 tb. fat.	Thick white sauce: 1 c. liquid with 3 tb. thickening and 3 tb. fat.
Medium white sauce: 1 c. liquid with 2 tb. thickening and 2 tb. fat.	Very thick white sauce: 1 c. liquid with 4 to 6 tb. thickening and 2 to 4 tb. fat.

Uses.

Thin white sauce used in cream soups and desserts.
 Medium white sauce used in creamed vegetables, gravies, and es-
 calloped dishes.
 Thick white sauce used same as medium.
 Very thick white sauce used for croquettes.

Methods.

1. Melt butter, add flour, cook thoroly, add hot milk gradually, stir constantly.

2. Melt butter, add flour, cook thoroly, add cold milk gradually, stir constantly.

3. Heat milk, saving out one-fourth cup; mix flour and cold milk and add the hot milk, being careful not to lump the mixture; add butter last. This is the most economical way as less butter is required. It is also the most hygienic method as the flour is not surrounded by an impervious layer of fat.

Tomato Sauce.

$\frac{1}{2}$ can tomatoes, or	3 tb. butter
1 $\frac{3}{4}$ c. fresh stewed tomatoes	3 tb. flour
1 slice onion	$\frac{1}{4}$ t. salt
$\frac{1}{2}$ t. pepper	

Cook onion with tomatoes fifteen minutes, rub thru a strainer. Melt butter, add flour and seasoning, stir until smooth, add the tomatoes and stir. If tomatoes are very acid add a few grains of soda. Cook until boiling point is reached.

Brown Mushroom Sauce.

1 can mushrooms	$\frac{1}{4}$ c. flour
$\frac{1}{4}$ c. butter	2 c. consomme or brown stock
$\frac{1}{2}$ tb. lemon juice	Salt and pepper

Drain and rinse mushrooms and chop finely one-half of the same. Cook five minutes with butter and lemon juice; drain; brown the butter, add flour, and when well browned, add gradually consomme. Cook fifteen minutes, skim, add remaining mushrooms cut in quarters or slices, and cook two minutes. Season with salt and pepper. Use fresh mushrooms in place of canned ones when possible.

Mint Sauce.

$\frac{1}{4}$ c. finely chopped mint leaves	1 tb. powdered sugar
$\frac{1}{2}$ c. vinegar	

Add sugar to vinegar; when dissolved, pour over mint and let stand thirty minutes on back of range. If vinegar is very strong, dilute with water. Serve with mutton or lamb.

Maitre D'hotel Butter.

$\frac{1}{4}$ c butter	$\frac{1}{2}$ tb. finely chopped parsley
$\frac{1}{2}$ t. salt	$\frac{1}{4}$ tb. lemon juice
$\frac{1}{2}$ t. pepper	

Put butter in a bowl, and with small wooden spoon work until creamy. Add salt, pepper, and parsley, then lemon juice very slowly.

Tartare Sauce.

1 tb. vinegar	$\frac{1}{4}$ t. salt
1 t. lemon juice	1 tb. Worcestershire sauce
$\frac{1}{2}$ c. butter	

Mix vinegar, lemon juice, salt, and Worcestershire Sauce in a small bowl, and heat over hot water. Brown the butter in frying pan, and strain into first mixture.

Drawn Butter Sauce.

$\frac{1}{2}$ c. butter	$1\frac{1}{2}$ c. hot water
3 tb. flour.	$\frac{1}{2}$ t. salt
	$\frac{1}{2}$ t. pepper

Melt one-half the butter, add flour with seasonings, and gradually pour on hot water. Boil five minutes, and add remaining butter in small pieces. Serve with boiled or baked fish.

Caper Sauce.

To Drawn Butter Sauce add one-half cup capers drained from their liquor. Serve with boiled mutton.

HOME CURING OF MEATS.

The primary object in curing meats is to preserve them for future use. On the farm but few kinds of cured meats are used. Pork is practically the only meat treated in this way. The aim is too often merely to preserve the meat, flavor and palatability not being considered. For the sake of variety, it would be well to spend a little time in curing meats other than pork.

Meat should be thoroly cooled before it is cured. It is equally important, however, that the meat shall not be in a frozen condition, for if it is frozen, the brine or pickling solution cannot penetrate freely, and the meat will not be of even flavor thruout.

The vessels for curing meats are of various sorts and sizes, depending upon the amount of meat to be cured, and the expense to which the owner cares to go. Large earthen jars give the best results, but these are expensive, and are very easily broken. Tight hardwood barrels may be used. New barrels, or barrels that have contained molasses, are best. If molasses barrels are used, they should first be thoroly scalded.

The principal preservatives used are salt, sugar, molasses and their combinations. Salt preserves meat thru its astringent and slightly germicidal action. It hardens the muscle fibers and draws the moisture from the meat. Sugar and molasses have an almost opposite effect. They cause the retention of the moisture of the meat and keep the muscle fibers soft and tender. Therefore, salt and sugar are commonly used together, as the sugar gives a desirable flavor and prevents the hardening action of the salt.

Saltpeter is used to retain the natural reddish color of the meat. It is detrimental to health and should be used sparingly.

Sugar cured meat is preferable to dry cured, or plain salt. It has a more pleasant flavor, and is not so dry and hard. Pork may all be cured except the loins, spareribs, and trimmings. The loins are used fresh for chops and roasts, the spareribs as roasts or boiling pieces, and the trimmings for lard and sausage.

Hams, shoulders, and bacons are usually sugar cured. Fat backs are dry cured, or pickled in plain salt pickle.

Before meat is pickled or dry salted, all corners and ragged edges should be trimmed off and used for sausage and lard. If left on they will be wasted, for they will be so thoroly soaked and hardened by the pickle that they will be of no use.

Care should be used in packing meat in the jar, or barrel, in which it is pickled. The heaviest hams and shoulders should be placed at the bottom, the lighter hams and shoulders next, and the bacons on top. This will allow the removal of the lighter pieces from the pickle without disturbing the heavier pieces. If all were allowed to stand in the pickle the same length of time, the lighter pieces would become over-salt.

In sugar cured meats the bacon strips should be removed from the pickle in from four to six weeks, depending on the thickness of the sides. The lighter hams and shoulders will be ready to be taken from the pickle in about six or seven weeks; the heavier hams and shoulders at the end of the eighth week.

All meat removed from a pickle should be hung and allowed to drain for three days, or more, before smoking, or before wrapping.

BEEF.

Corned Beef.

100 lbs. beef	2 ½ oz. saltpeter
7 to 9 lbs. salt	5 lbs. brown sugar
2 ½ lbs. baking soda	4 gal. boiling water

Since corned beef is used for practically the same dishes as fresh beef, only wholesome, untainted meat should be used for this purpose. Naturally, the choicer the meat that is put into the pickle, the better will be the meat that comes out. The cheaper cuts of beef are ordinarily used for corning, because the choicer cuts are more palatable in a fresh condition. Plate, flank, shoulder, chuck, cross ribs, and rump are most commonly used for corning.

Frozen meat should not be put into the brine; neither should the brine be frozen while the meat is in it.

Weigh the meat, and cut it in pieces about six inches square. Place a layer of salt on the bottom of the vessel in which the meat is to be packed, cover this with a layer of meat packed closely, and sprinkle a layer of salt over the meat. Add alternate layers of meat and of salt until the meat is packed. Seven to nine pounds of salt will usually be enough for one hundred pounds of meat. Allow the meat to stand in the salt over night. On the following morning make a brine of the sugar, baking soda and saltpeter, as given above, dissolved in the four gallons of boiling water. Allow the brine to cool thoroly before pouring it over the meat. If more or less than one hundred pounds of meat are to be cured, make the brine in the proportions here given. If four gallons of brine do not entirely cover one hundred pounds of meat, water may be added. The meat should be weighted down with a block or a clean stone, since any part that is not covered with the brine will decompose quickly.

If the brine shows signs of fermentation in warm weather, it should be drawn off, boiled, strained thru a clean cloth, thoroly cooled, and poured back on the meat.

The brine should be kept in a cool, dark place. At the end of thirty days the meat will be ready for use. If the pieces are larger than six inches square, a longer time may be allowed, according to the size of the pieces.

After removing meat from water, skim off fat and cook vegetables (with the exception of beets, which require a long time for cooking) in this water. Carrots need a longer time for cooking than cabbage, or turnips. Carrots and turnips, if small, may be cooked whole; if large, cut in pieces. Cabbage and beets may be served in separate dishes; other vegetables on same dish with meat.

Corned Beef Hash.

Take equal parts of cold corned beef and potatoes. Cook the potatoes until tender, drain and dry. Run meat and potatoes thru the meat grinder, using the coarse cutter. Add a tablespoon of finely minced onion to two cups of meat, and any other seasoning necessary. If needed, liquid may be added. The hash may then be formed into one large, or several small, cakes and browned slowly in a buttered pan. The stiffly beaten white of an egg added to the hash makes it more delicate, and also makes it go farther. It is very nice formed into small balls and fried in deep fat like codfish balls.

PORK.

Dry Cured Hams.

100 lbs. pork	1½ oz. saltpeter
5 lbs. salt	2½ lbs. sugar

Mix salt, sugar and saltpeter thoroly, and every three days rub the meat with one-third of the mixture, leaving pieces on an inclined plank or table to drain. After the last rubbing, pack into a barrel and let stand for from ten to fourteen days. Remove from barrel, wipe carefully with clean cloth, and smoke. Some brands of "liquid smoke," which may be obtained at almost any drugstore, have been found quite satisfactory; or each piece of meat may be thoroly wrapped in clean paper, covered with a heavy paper sack, or cloth, and hung where it will not be subject to extreme change of temperature, or to dampness. "Yellow Wash" applied to the cloth covering will more thoroly protect and preserve the meat.

Sugar Cured Hams.

100 lbs. pork	1½ oz. saltpeter
9 lbs. salt	2½ lbs. brown sugar
4 gal. boiling water	

Rub every piece with dry salt and let stand over night. Next day pack in a vessel prepared for the pickle. Mix together thoroly the nine pounds of salt with the other dry ingredients, and dissolve all by stirring into the four gallons of boiling water. Allow the brine to become cold before pouring over meat. The brine should cover the meat at all times. Weight meat down, if necessary.

To test its strength, drop a fresh egg in the brine. If the egg floats, almost submerged, the brine is of proper strength.

Sugar Cured Bacon.

Prepare as for hams, and leave in solution from four to six weeks.

To Smoke Meat.

Prepare a suitable smokehouse, with ventilation, so that the meat may not become heated. Put the fire receptacle on the outside with flue arranged to carry the smoke to the center of the house. The smoke should pass all around and thru the meat and then out of the house. The best wood to use is green maple, hickory, or birch, and the fire should be smothered with sawdust. If these woods cannot be obtained, apple prunings or apple wood, alder, or corn cobs, can be used very satisfactorily. Never use wood with resin in it; hard wood is preferable to soft.

Be careful not to let the pieces of meat touch each other. Keep the smoke regular in quantity. Exclude all insects from smokehouse.

Plain Salt Pork.

100 lbs. meat
10 lbs. salt

1½ oz. saltpeter
4 gal. boiling water

Rub the pork with salt and let stand in a barrel over night. The following day make a brine of the salt, saltpeter and boiling water, as given above. When brine is cold, pour over the meat in barrel, and weight down carefully to keep submerged. Meat above the brine will become rusty and strong.

Sausage.

5 lbs. lean meat
2 lbs. fat

2 oz. fine salt
¾ to 1 oz. black pepper

¾ oz. sage (rubbed fine)

Chop lean and fat meat together, or run thru grinder, and place in roomy vessel. Add seasoning and mix thoroly, so that the seasoning is evenly distributed. If meat is kneaded similar to bread, no difficulty will be experienced in distributing the seasoning. Pack solidly in jars, or stuff into casings. If sausage is to be kept until summer, it may be partially cooked (heated thru thoroly), packed in jars, and covered with hot lard, or the sausage may be placed in cans and sealed.

Headcheese.

Headcheese is made from the part of the head of the hog that would otherwise be wasted. When properly prepared it is a delicacy.

Skin the hog's head, split thru the midline, or down the center of the forehead and the nose, and remove the eyes and the brain. Usually the jowls are removed and salted. Put the head pieces into a cooker, add enough water to cover the meat, and boil the whole until the meat parts come readily from the bone. Remove the meat, separate it from the bones, and chop finely. Remove the liquid from the kettle and save it for further use. After the meat is chopped, return it to the kettle, pour on enough of the liquid to cover the meat, and allow it to cook for ten or fifteen minutes. While this final cooking is taking place, season the mixture with salt and pepper to suit the taste.

Put the cooked meat and the liquid that remains into jars, or a cold meat press, place a weight on top, and allow the meat to cool. It will then be solid, and can be sliced and eaten as desired.

Boiled Ham.

Wash ham thoroly, trim off hard portions near end of bone, put in a kettle, cover with cold water, heat to the boiling point, and cook slowly until tender. Remove kettle from range, take off cover and set aside that ham may partially cool. Take from water, remove outside skin, and serve cold, thinly sliced. A fireless cooker is excellent for cooking ham.

Baked Ham.

Soak ham in cold water over night; then put to boil in cold water, and let it boil slowly till tender. Remove from water and take off skin, which must come off easily. Prepare a dressing of one beaten egg, four tablespoons brown sugar and finely rolled bread crumbs, cracker crumbs, or flour, all mixed together, and spread over the ham. Stick about one dozen cloves over the surface; then bake in oven until well browned.

Baked Sliced Ham.

Place in a baking pan a slice of ham cut one inch thick. If the ham is not sugar cured, it should be soaked in cold water an hour. Sprinkle on top a little powdered mustard, brown sugar, and two tablespoons of vinegar. Add a little water, and bake about forty minutes, basting often. Boiling water may be added to the gravy, but do not thicken.

Ham Croquettes.

Chop a quarter pound of cooked ham, add two hard cooked eggs chopped finely, one tablespoon chopped parsley and then add an equal quantity of potatoes cooked and mashed very finely, season to taste with salt, pepper and a grate of nutmeg. Add one raw yolk of egg and mix thoroly. Flour the hands, and roll the mixture into balls rather larger than walnuts. Cover the surface of the balls with flour, drop into smoking hot fat, a few at a time, and fry a light brown color. Serve hot. The croquettes can be made with ham and eggs that have been left from breakfast. It is a nice breakfast dish.